

When Your Child Says They See Spirit

A Gentle Guide for Parents of Intuitive & Spiritually Sensitive Children

HEALING HEARTS MEDIUM

A supportive resource for parents and caregivers

You do not have to have all the answers. You can begin by listening, helping your child feel safe, and staying curious about what they are experiencing.

A Note to Parents

When a child says they see, hear, sense, or dream about someone others cannot perceive, parents can feel confused, worried, curious, or even frightened themselves. This guide is designed to help you respond calmly and compassionately without making your child feel ashamed or dismissed.

Children use imagination, dreams, memories, emotions, spiritual language, and developing perception in many different ways. You do not have to immediately decide exactly what an experience means. You can take your child's feelings seriously while remaining open to more than one explanation.

The most important message your child can receive is simple:

"You can talk to me. I will listen."

This guide reflects Theresa's personal perspective and experience as a medium and parent. It is educational and supportive, not medical or mental-health advice. If experiences are frightening, persistent, disrupt sleep or daily life, involve unsafe behavior, or you are concerned about your child's well-being, contact an appropriate pediatric or mental-health professional.

Why This Is So Close to My Heart

The first time I remember seeing Spirit, I was somewhere around six to eight years old. I'm not certain of my exact age. I had a very traumatic childhood, and there are parts of those years that I simply don't remember.

But I remember this.

I was lying in bed one night, still awake and trying to get comfortable, when I looked toward my bedroom doorway.

There was a man standing there.

He was enormous. He seemed to take up the entire doorway. What frightened me even more was that although I could clearly see him, I could also see through him slightly.

My dad did not live with us at the time, so there shouldn't have been a man standing in my bedroom doorway. I knew this wasn't my dad or someone who belonged in our home.

I screamed.

My mom came running into my room - and ran straight through the man.

She didn't react to him. She didn't see him.

And somewhere in my young mind, I realized something that frightened me even more than the man himself:

I was seeing something that other people couldn't see.

I didn't feel as though I had a safe place to talk about experiences like this. I had already learned that sharing certain things could lead to being made fun of, so I did what many children learn to do when they don't feel heard.

I became quiet.

I kept the experience to myself. But keeping quiet didn't make the fear disappear.

For a long time afterward, I didn't want to sleep alone. I would sneak into my mom's room or my sister's room, or sleep on the couch with the television on. I remember feeling scared, alone, distant, and frustrated because I didn't know how to explain what I was experiencing.

Looking back now, one of the things that stays with me most isn't simply what I saw that night. It's how alone I felt afterward.

Years later, when my own child began telling me about seeing Spirit, I knew I wanted her experience to be different.

I listened. I was receptive, loving, and nonjudgmental. I wanted her to know she could tell me what she was experiencing without being laughed at or made to feel strange.

At that time, I was still learning to understand my own spiritual gifts, so I didn't have all the knowledge or tools I have today. I couldn't explain everything to her.

But I could believe that **her experience was real to her**. I could listen. I could make sure she knew she had a voice. And I could make sure she didn't have to feel alone.

Today, after years of understanding and developing my own mediumship, helping children and their parents navigate experiences like these has become deeply important to me.

That is one of the reasons I created this guide.

Whether you personally believe your child is seeing Spirit, having a vivid dream, experiencing an active imagination, or you simply aren't sure yet, your child has trusted you enough to tell you something that feels very real to them.

You don't have to have all the answers.

Sometimes the most powerful place to begin is simply:

"I hear you. You can always talk to me. Let's figure this out together."

That is what I needed as a little girl. And it is what I hope every child who comes across my work will have today.

- Theresa, Healing Hearts Medium

When Your Child Tells You Something

Stay calm first

Your reaction can become part of the child's memory of the experience. Even if you are surprised, try to keep your face, voice, and questions calm.

Listen before explaining

Allow your child to describe what happened in their own words before offering an interpretation.

Avoid ridicule or leading questions

Try not to laugh, dismiss the experience, or supply details for the child. Open questions give them room to tell you what they actually experienced.

Focus on how they feel

A useful first question is not necessarily 'Who did you see?' but 'How did you feel when that happened?'

Helpful Questions to Ask

Keep questions simple

Try: 'Can you tell me what happened?' 'What did you notice first?' 'Did you feel scared, calm, or something else?' 'Were you awake, falling asleep, or dreaming?' 'Has this happened before?'

Let 'I don't know' be okay

Children should not feel pressure to produce names, messages, descriptions, or proof. If they do not know, that is a complete answer.

Write down their exact words

If an experience seems meaningful, record what the child said before family members discuss possible explanations. This helps preserve the child's original description.

Bedtime, Dreams & Feeling Safe

Create a predictable bedtime routine

A calm routine can help children settle: a bath, book, gentle music, night-light, favorite stuffed animal, or quiet breathing.

Give them permission to set boundaries

Within a spiritual framework, you might teach a child to say, 'Not right now. This is my bedtime. I want to sleep.' The purpose is to help the child feel a sense of agency and safety.

Do not force darkness or isolation

If a child is frightened, comfort comes before proving they can sleep alone. Gradually building confidence is different from leaving them alone with overwhelming fear.

Talk about dreams in the morning

Ask what they remember and how the dream felt. You do not have to decide whether every vivid dream has a spiritual meaning.

Grounding for Children

Feet on the floor

Have your child notice their feet, wiggle their toes, and take three slow breaths.

Five-senses grounding

Name five things they see, four they can touch, three they hear, two they smell, and one they taste or enjoy imagining.

Imagine roots

If your family enjoys visualization, invite the child to imagine gentle roots growing from their feet into the earth, helping them feel steady and present.

Return to ordinary life

A snack, playtime, drawing, going outdoors, or cuddling a pet can help a child reconnect with the here and now.

Support Without Assuming

You can believe your child without deciding the explanation

Believing that your child is sincerely describing an experience is different from telling them exactly what caused it.

Leave room for ordinary explanations

Dream states, shadows, sounds, imagination, grief, stress, and other experiences can sometimes feel extremely real to a child.

Spiritual beliefs can coexist with practical care

Families can honor spiritual beliefs while also checking the child's environment, sleep, stress, and overall well-being.

What I Wish an Adult Had Done for Me

Looking back at my own childhood, these are the things I believe can make an enormous difference for a child who is trying to explain an experience they do not understand.

A Parent's Gentle Checklist

- Listen without laughing or immediately dismissing them.
- Tell them they are allowed to talk about what they experienced.
- Ask whether the experience made them feel safe, scared, confused, or curious.
- Comfort the fear first instead of focusing only on whether the experience was 'real.'
- Do not pressure them to see, hear, or communicate with anything.
- Let them know they can say 'not right now' and return their attention to ordinary life.
- Watch for patterns in sleep, stress, grief, changes at home, or other circumstances.
- Get additional support when the child is struggling, frightened, or unable to function normally.
- Remind them that they are loved and that they do not have to navigate difficult experiences alone.

When to Seek Additional Support

A child can have spiritual beliefs or unusual experiences and still benefit from professional support. Consider contacting your child's pediatrician or an appropriately qualified mental-health professional if your child is experiencing significant distress or if you are worried about their safety or functioning.

Pay particular attention if:

- Fear is persistent or getting worse.
- The child is regularly losing sleep or afraid to sleep.
- School, friendships, eating, play, or everyday activities are being disrupted.
- The child seems confused about what is happening around them.
- They report being told to hurt themselves or someone else, or you have any immediate safety concern.
- You simply feel that something is not right and your child needs more support.

Seeking professional help does not require you to abandon your family's spiritual beliefs. It simply adds another layer of care around your child.

Parent Observation Journal

Use this page to record what your child actually said before interpreting the experience.

Date / time	
Where was my child?	
Awake, falling asleep, waking, or dreaming?	
My child's exact words	
What did my child say they saw / heard / felt?	
How did my child feel?	
What happened just before?	
Sleep, stress, illness, grief, or major changes?	
What helped my child feel safe?	
Anything I want to follow up on	

A Story to Help Children Feel Less Alone

Sebastian Discovers His Superpower

I created *Sebastian Discovers His Superpower* for children and families navigating spiritual sensitivity. My hope is that a child who recognizes themselves in Sebastian's experience can feel understood, supported, and less alone - and that the story can give parents a gentle way to begin a conversation.

DIRECT AMAZON BOOK LINK

Add the Amazon product link here before publishing this PDF on your website.

For Parents

Your child does not need you to know everything. They need to know that they can come to you, that their feelings matter, and that you will help them feel safe while you work together to understand what they are experiencing.

"I hear you. You can always talk to me. Let's figure this out together."

Healing Hearts Medium