

Sr. No	Contents
1.	Introduction
2.	Chapter one
3.	Chapter two
4.	Chapter three
5.	Chapter four
6.	Chapter five
7.	Chapter six
8.	Epilogue

THE POWER OF BEING QUIET

INTRODUCTION

The world is divided into two types of personalities.

The introvert/extrovert are the fundamental dimensions of these two types, which makes a person different from one another. And at least a third of us are on the introverted side. Some of the world's talented people are introverts.

The fact that we can be an introvert or an extrovert also defines which friends, lovers or even which careers we choose.

Being sensitive and serious often makes us undesirable and thus being introverts we are criticized most of the times.

Extroverts voice their opinions quickly whereas introverts blush when they're embarrassed and always keep quiet when they should express themselves. The introverts are the quiet people with a unique power and personality.

Chapter one

The word 'quiet' means free from disturbance or tumult. It also means being peaceful. This is the quality of an introvert who is calm, serene and is silent.

A person who is an introvert prefers to be alone rather spend time with other people. They feel more comfortable focusing on their inner thoughts and ideas and are not concerned with what's happening externally. Introverts who are the quiet people enjoy spending time with just one or two people, rather than large

groups or crowds. They tend to feel drained after a lot of socializing unlike extroverts who become more energized with many people around.

The power of being quiet which the introverts have could also vary. When we think of such people, we assume them to be of shy nature, one who is not very talkative but some introverts seem to be pretty talkative. They just need personal time to recharge their batteries and you can discover a new person altogether. Introverts are also conscientious and kind. They are committed to meeting their obligations.

These people besides being the quiet ones have a tendency to put the needs of others above their own.

The definition of an introvert is someone who prefers calm, minimally stimulating environments. They feel drained after socializing and enjoy solitude. These people are usually shy and hence do not find it easy to talk to other people.

Being an introvert is often considered weak. They aren't quite as good as the extroverts, who just seem to breeze through life. But that's

not true, there is nothing wrong with being an introvert.

The main problem is with society which doesn't see it in the same way.

Many people grow up with misconceptions about what it means to be an introvert. Being an introvert is normal and healthy, 30 to 50 percent of the population is introverted. After all the power of being quiet i.e being an introvert has its advantages too!

Introverts should stop acting like extroverts to be successful, according to experts, the research is clear.

Making extra small talk or raising their hand for networking opportunities can help introverts find more energy, better social connections and higher levels of happiness.

Angry introverts are in a sensitive state, and they can easily become overstimulated by too much social contact. Interestingly, introverts won't usually respond to their anger by leaving altogether.

Many introverted people do have several close friends, but the fact remains that introverts will always need time to recharge alone.

Friends fulfill important social and emotional needs, but interaction can still drain their resources.

The power of an introvert lies in being quiet in most situations which is their actual way of dealing with whatever comes their way.

Introverts often possess greater levels of relational intelligence than most extroverts have and are highly self-aware, observant and are also excellent listeners.

Most introverts and especially intuitive ones, find it hard to trust people. The main reason is that they have a finite energy and need those exhausting interactions to be worth it.

One of the important personality traits, according to survey is that introverts prefer to cry when they're alone. They usually would cry alone or with a small group of friends unlike extroverts who would be more comfortable crying even when they are in public.

Introverts are actually great team leaders, but they are also successful when working independently. Since introverts have often struggled to get their true talents seen and appreciated, they are generally quite respectful of the different working styles and preferences of others.

Introverts don't give up easily which is a positive personality trait of these people.

On average, introverts and extroverts are the same in terms of intelligence. But statistics show that around 70% of gifted people are introverts.

People are considered "gifted" when they exhibit above-average intelligence or a superior talent for something, such as music, art or math.

In a research it has been found that there are four main types of introverts: social introvert,

thinking introvert, anxious introvert and restrained introvert.

All the introverts are confident that means they also do not lack self-belief, and studies also show that they are not necessarily shy.

Introverts are often described as quiet, reserved, and mellow, and are sometimes mistaken for being shy, people should not mistake an introvert's reserve for timidity.

To conclude an introvert is a person with qualities of a personality type known as introversion, which means that they feel more

comfortable focusing on their inner thoughts and ideas, rather than what's happening externally. They are seen spending time with just one or two people rather than a large group or a crowd.

Chapter two

BENEFITS OF BEING AN INTROVERT

There are many benefits of being an introvert, some of them are:

1. CREATIVITY

Introverts are comfortable spending time alone which incubates creativity. Some of our greatest ideas, art, and inventions from the

theory of evolution to the personal computer all came from quiet and cerebral people who knew how to tune in to their inner worlds and the treasures to be found there.

2. ACADEMIC PERFORMANCE

‘Quiet people have the loudest minds’ is a popular saying.

Introverts excel in academic environments. They perform better academically than the extroverts. Their report cards are proof of this.

Introverts receive disproportionate numbers of graduate degrees and also outperform extroverts because of their critical thinking which they use whenever essential so they always think and then react, this makes them successful in their particular fields.

3. HEALTH

It is said that for introverts, to be alone with their thoughts is as restorative as sleeping and as nourishing as eating.

Because introverts tend to think before speaking, they are less prone to impulsive

behaviour and the kinds of accidents that can result. These people focus on internal rather than external cues which may curtail overeating.

The introverts stay tuned when they need to recharge and thus tend to get more sleep than extroverts.

4. BUSINESS SUCCESS

In the global workplace an introvert's low key personality may work well within cultures that place less emphasis like many countries do on basis of the traits of the extrovert.

Introverts also may excel at communicating via social media which is considered to be a top skill in today's world of influencers and connection.

5. LEADERSHIP

Introverts are more likely to be effective leaders in organizations that encourage workers to contribute ideas.

Introverts' listening skills may draw top results from their teams.

These people are also observant, noticing details and connections which others may not including contributions that other introverts can make.

The power of being quiet always helps them to achieve the success they want.

This quality certainly makes them different from extroverts.

6. THINK AND SPEAK

One of the surprising benefits of being an introvert is that you're more careful with words.

This is a trait which has many advantages.

These people think more about what they are going to say before they say it and pay more attention to the accuracy and impact of their words.

Because introverts typically feel less comfortable speaking than they do listening, they choose their words wisely.

An introvert puts more thought into his or her words and tries to make them as truthful and tactful as possible.

7. CHOOSE THEIR FRIENDS

An introvert is the one that will prize quality over quantity in their friendships.

They would have two close friends rather than fifteen random ones who don't mean a lot to them.

The introverts have friendships that are deep, profound and tend to last longer.

Their two close friends are the true and tried people whom they can truly connect with instead of the fifteen they hardly know well.

8. GOOD LISTENERS

An introvert is the one that people seek and trust because they know that these people are good listeners.

That's a very valuable trait for relationships, business, friendship and also for building trust and intimacy.

In today's smartphone obsessed world, the fact that you have time and attention to listen increases your value significantly to potential

mates, business partners and those around you.

9. ABLE TO FOCUS

Another benefit of being an introvert is that they have a heightened ability to focus.

Being quiet has a power to help them.

Introverts can study for hours without interruption and set their mind on a goal and at the same time stick to it.

These people need a break sometimes just like anyone but are less likely to toss their projects on the desk and head out for drinks with the guys or a girls' night out.

This trait makes them a force to be reckoned with.

10. RELATIONSHIPS

Not only their friendships prize quality over quantity but so do their romantic relationships.

The introverts would rather stay single than go on a date with a girl they are not interested in. And when these people do get into something serious, they put their whole heart into it and really get to know the girl whom they like and are keen to befriend, and they would later actually want to get into a relationship with her.

This gives these quiet people a much higher chance of finding a real and lasting love.

11. OBSERVANT AND GOOD MEMORY

The amazing and surprising benefits of being an introvert is that you perceive and remember more than many others around you.

This skill is extremely valuable for career and for many professions where your ability to remember may be needed always.

While others are speaking, introverts are taking notice and assimilating the little details.

The reserved personality of introverts helps them to see beyond the average eye.

12. LEADERSHIP ABILITY

We always think of extroverts to be a leader as they have the common image of being grand and charismatic.

It is actually the introverts who in many of history's had most noted and influential leaders who were distinctly introverted.

Their ability to serve and lead, as well as to inspire crowds came partly from the deeper

thoughts and experiences which were not disclosed.

The fact that they were introverted made them a better leader because it erased a lot of the egotistical aspects that extrovert outgoing leaders had in them.

Being an introvert thus has many surprising benefits.

Chapter three

STUDENTS WHO ARE INTROVERTS

Introverts generally have a shy nature, and students who are introverted have a solitary learning style, as they often prefer to solve problems on their own.

Introverted learners like to brainstorm and seek theoretical exploration. They want to think out

a problem and weigh options before moving forward.

Research shows that students who are introverts more readily regulate impulsive responses and avoid risks. These students may be able to think more concretely and creatively.

Mostly, the Merit Scholars are introverted.

Studies prove that they are more attractive to others and have better relationships.

The behaviour of introverted students differs from person to person. They are quieter and

have a preference for stimulating environments.

They are more likely to recharge their batteries by spending time alone or with other fellow students.

In general these students make slower progress, especially in developing oral skills.

They are less likely to take advantage of or seek out speaking opportunities.

Some introverts learn through observation and analysis while others do not.

The introverted student must be quiet but studies show that it is silence and collaboration, that leads to accelerated learning.

Thus introverts learn faster than most extroverts.

Introverts are best at doing the following things:

1. Observation
2. Deliberation
3. Independence

4. Listening
5. Emotional Intelligence
6. Counselling
7. Conversation
8. Leadership

Sometimes there are students who try to behave in a more introverted way, this is not very easy.

They can achieve the power of being quiet, by trying and remaining mostly silent in their next group interaction and letting others talk more

than they do. This definitely helps them in the long run.

They can ask questions to get others talking but try to keep things focused on others and less on themselves. Speaking less doesn't mean disengaging entirely.

These points mentioned will help those students who are not introverts but want to be one when necessary.

It is not always easy to deal with an introvert student.

Here are 8 Ways To Support Introverts In The Classroom:

- 1) Don't typecast...
- 2) Draw out their valuable qualities...
- 3) Show introverts their strengths...
- 4) Provide private spaces...
- 5) Make participation about quality, not quantity...
- 6) Offer multiple ways to interact...
- 7) Offer a buffet of learning options...
- 8) Incorporate quiet time into each day.

It is OK to be an introvert in school. In fact, there are many ways of being one, and most of them are just fine.

If you have a child who is an introvert, it is very important to understand, there is absolutely nothing wrong in it. Being an introvert is not a condition or a problem that needs fixing. Not talking too much is just a personality trait.

It is very good to be quiet when the situation or circumstances demands it. This is helpful and also essential.

The power of being quiet has many plus points attached with it. Not everyone has this trait and so it has its advantages.

Introversion isn't totally genetic. It gets influenced at a young age, and our genes allow a certain amount of flexibility in response.

Some people are less or others are more introverts.

This means some people are more or some are less quiet, this differs and cannot be compared with one another, as being quiet is a personality trait.

For a group of people who do their best to avoid the spotlight, introverts are getting a lot of attention lately. We have come a long way in terms of how we understand introverts.

There is an important distinction between being shy and being an introvert. The introverted ones have a preference for a quiet, minimally stimulating environment.

Shy students, on the other hand, fear judgment from their peers.

Once you've aware of the introverts in your class, you can try out the best ways to teach and nurture them, so that all the students(the introverts and the extroverts) get a meaningful tailor made education.

Here are 5 great ways to reach introverted students:

1. Create Introvert Awareness

Knowledge is power, and creating awareness is the first step.

In schools and in western society in general, extroversion is widely considered the default model for success.

We must encourage our students to be leaders, reward the students who speak up most in class

and also praise students with wide circle of friends as the most socially well-adjusted.

These standards are slightly different for introverts as they are quiet and socialize less but creating an awareness definitely will help them as they will know where they stand and can improve.

2. Redefine Class Participation With Technology

Technology has developed so much and is favourable for both introverts as well as extroverts.

Class participation favours extroverts though the educational system which is the same for the introverts too.

Students who speak up more often are rewarded, while the introverted students simply need more time to develop their answers before raising a hand.

Here technology helps with a whole host of apps that level the participation of the students, giving everyone a voice.

The introverted students learn in the classroom, they absorb the new concepts at home and come into class prepared to ask questions and engage in discussions as by now

they know more about the topics studied in the class as they have gone through it at home.

They are well informed because of technology and already have brilliant answers to the teacher's questions and so they stand a chance to shine.

Redefining class participation with technology is a boon for the introverts to learn more.

3. Introduce Quiet Time In Your Classroom

Giving introverted students a little respite from the dull atmosphere in the day will help them

recharge their batteries and be better equipped to learn. This can be done in many ways.

One easy way is to incorporate some reading time into your class. Whether it's 10 minutes of quiet time to read from a book, work on a Edpuzzle, draw or write, the students will be more refreshed after any of these activities are done.

You can also work to create designated quiet spaces in the classroom where the students can take a breather when they need to. Set up a corner reading nook with beanbag chairs and a

bookshelf, or you can create a listening station where the students can plug in their headphones and avoid the classroom noise with some soothing music while they read or work on an assignment.

Another way could be introducing various table sizes into the cafeteria so students, who want to sit in small groups rather than long banquet-style tables and large groups can do so.

The recess could be made enjoyable with reading or drawing time or quiet board games

the introverted students would love to play in small groups.

These options will definitely payoff when the students will come back to life rather than wilt when the recess or lunch time is over!

4. Let them Do Leadership Their Way

The quiet students have a different nature. They may not want to be a leader but leadership takes many forms and it doesn't necessarily equal being the captain of a sports team.

The introverted students should be encouraged to pursue their passions in whatever form they take.

If the student is particularly interested in a certain topic, have them do an Edpuzzle student project so they can make their own video with questions to share with the class.

This way helps a lot when the quiet students won't need to stand up and present in front of everyone, but rather have their fellow students work on their video at home.

The introverts love to read, if your student is an active reader, you could ask them to suggest a book for the class to read next.

To conclude, find ways to encourage your introverted students to share their talents without forcing them into the traditional leadership roles.

5. Make Group Work “Work” For Everyone

Group work is not an easy job for a lot of introverts. They may feel inhibited about sharing their ideas without having enough time to process them. Their ideas may not be accepted as soon as they express it.

Small groups of three, rather than teams of five are approved first.

The introverted students can try “brain-writing”, where students individually write

down all their ideas for a few minutes, then pass them on for their teammates to add to, and finally share the collected ideas with the group as a whole.

Every project doesn't necessarily have to be a group project!

The bottom line is make your classroom comfortable and a safe space for introverts, extroverts and all the students.

By making some basic adjustments and an effort to understand your students' personality will make you create an inclusive environment where all the students can learn in the way that is best for them.

Chapter four

INTROVERTS AT THE WORKPLACE

The introverts behave a little different from the extroverts at the workplace.

They may be required to interact with others more than they would normally choose to.

While most extroverted employees may spend breaks, lunch hours and time after work

together, the introverts prefer to spend their free time alone recharging their energy.

It is OK to be an introvert at the workplace.

Introverts, typically have high standards and strong focus, but they also tend to overthink their work.

This leads to frustration and anxiety when something is less than perfect which just makes collaboration even harder!

The advice to such introverts would be, don't obsess over details, it will only hamper your ability to work effectively with others.

The introverts can survive in the workplace, when they feel drained from too much social interaction, they should prioritize alone time in their work schedule wherever possible. This could be an hour or two blocked off in their work calendar each day where they should focus on deep work, without calls or colleagues distracting or talking to them when they are sincerely busy at the workplace.

The introverts, in some circumstances, exhibit shyness, because they are self-conscious, they detest speaking in front of groups. Introverts

find public speaking agonizing. This is a disadvantage as public speaking is sometimes required in many situations.

Introverts are looked down upon for lack of good 'communication skills.'

Right from an early age, introverts have to compete very hard with peers, who seem to have no problem in public or interpersonal speaking.

What seems to be effortless for peers is actually the most difficult task for an introverted child.

Being an introvert or being quiet can sometimes be a disadvantage.

5 Ways To Treat An introvert At Work

- 1) Give your introverts time to think, plan and prepare. Let them gather their thoughts...
- 2) Respect space...
- 3) Respect silence...
- 4) Leverage virtual communication...
- 5) Become their voice when necessary.

Introverts actually struggle at work.

We live in a culture that equates leadership and ambition with extroversion and being present. That can be difficult for introverts, who may excel at work but struggle with office politics, long hours of being “on”, and overstimulation from noise, light and people in their personal space.

Introverts work better alone. They tend to do their best thinking and concentrating solo. They thrive in being alone. This is great when their work setting is in an office or a cubicle. For them working from home is easier because the introverts do not crave social interaction.

Introverted entrepreneurs are always looking for best solutions.

The power of being quiet helps them to put their egos aside and consider other people's ideas when making a decision.

Studies have found that introverts are more humble than extroverts.

Introverts have the trait humility which makes them more perceptive, more open and less egoistic. Humility helps them to be of service to others.

An introvert is an individual who is typically quiet, reserved, and independent. They don't require as much supervision as their extroverted colleagues, and they tend to plan more thoroughly.

The introverts also excel at developing ideas and incorporating everything they learn from even the most minor observation.

Their quiet nature which is a power of the introverts help them at the workplace to be as successful as they desire.

The benefits of hiring introverts are that we can draw introverts out of their shell and give them a chance to shine in the workplace.

Knowing an introvert's strengths and weaknesses help you make more strategic decisions regarding employee management.

7 Ways To Manage Introverts In The Workplace:

There are many ways you can successfully manage and support your introverted

employees without demotivating your extroverted ones.

1) Provide closed spaces

First, you will want to have some workspaces where people can work in solitude. This doesn't mean you need to give everyone their own office.

Even a “quiet” workplace can do the trick.

2) Respect boundaries

Don't pressure your employees to participate.

Introverts require time to recharge and may not be up for every team building activity. And that's okay.

3) Create introvert friendly team activities

Speaking of team building activities, it can help some introvert friendly options. This can include weekly questions from you. Channel or

an online game is a good activity to bond with the introverted employees.

They may be more interested in online or text team building activities than those that will put them on the spot. Being the quiet people, they will definitely prefer it.

4) Give them time

Once you've given the introverted employees an assignment, give them some time to get back to you for questions.

5) Be thoughtful on how you ask for answers

When you're dealing with an introvert and doing a general meeting, try prompting questions or answers at the end of the session, or let the team know they can always speak with you later.

Some introverted team members may prefer to talk 1 on 1 rather in big groups or may take time to formulate questions.

6) Provide opportunities

When assigning tasks and career development, think about what activities mesh well with your employees' personality types.

Matching job tasks off someone's strengths will not only provide you with better results, but your employees will appreciate the chance to shine.

7) Manage discussion

Consider moderating group discussion to ensure that the introverted employees have a chance to speak.

Before you can do anything, you must take a survey of the employees and on receiving feedback on what kind of a workplace they like, this is an easy way to figure out whether the employees are an introvert or an extrovert.

This makes it simple to put the employers management skills to work.

These 7 tips will help in motivating and keeping the introverts at the workplace more interested in doing their tasks successfully.

Being an introvert, you probably know how it feels to be routinely passed over for leadership roles in school, in an organization, or in college.

The daring boy who always speaks his mind and raises his hand in class is always recognized as a better student representative than the introverts in the classroom.

The frustration and disappointment that introverts have to go through because of the common misunderstanding that they are shy or anti social has probably left a negative impact on their lives.

For centuries, people have preferred extroverted leaders rather than introverted leaders because great leaders are always characterized as being gregarious and charismatic.

This could be a disadvantage for introverts and makes them different from the extroverts.

Chapter five

AN INTROVERTED CHILD

The introverted child likes imaginative play, and they prefers playing alone or with just one or two children.

They often spend time in their own room with the door closed, doing solitary things like reading, drawing, or playing computer games.

The introverted child has their thoughts and feelings anchor them inwardly.

These kids tend to make decisions based on their own standards, rather than following the crowd. They “march to the beat of their own drum”, choosing their own music, clothes, shows, books, and hobbies based on their interests and not on what’s trendy.

An introverted child has to be treated in a different way.

Tips for caring for introverted children:

1. Respect their need for alone time
2. Get to large gatherings early
3. Talk through social situations beforehand
4. Help them take a break
5. Don't push them to make lots of friends
6. Reprimand them privately
7. Don't interrupt them.

CHARACTERISTICS OF AN INTROVERTED CHILD:

- Whether someone is an introvert or an extrovert is determined in large part by genetics, and tends to remain stable over time.
- Children may start to display introverted tendencies as early as 4 months of age.
- In a culture that praises extroversion, it is important for parents and other adults to

recognize introverted children's strengths and challenges.

- Introverted children have a rich interior world. But they may struggle in social settings, and can appear overly hesitant or cautious.

7 CHARACTERISTICS OF AN INTROVERTED CHILD:

1) They have a vivid inner world.

The introverts are always alive and think of the present. They rely on the inner resources rather than constantly turning to other people for support and guidance.

Their quiet nature and the fact that they live in a private garden away from the material world makes them different from extroverts. They concentrate and puzzle out complex and intricate thoughts and feelings.

It is important for parents of introverted children to help them see how their temperament can be a source of strength.

- 2) They engage with the deeper aspects of life. Introverted children are not afraid of the big questions. They want to know why something is the way it is or what it means on a deeper level.

Astonishingly, even at a young age, many of them can step outside themselves and reflect on their own behaviour.

Often, introverted children want to understand themselves and everyone and everything

around them. They always have questions about other people and are eager to find the answers.

3)They observe first, act later.

Generally, the introverted children prefer to watch games or activities before joining in.

They sometimes appear hesitant and cautious, they stand back from the action and enter new situations slowly. They may be more energetic and talkative at home, where they feel more comfortable.

4)They make decisions based on their own values.

Their thoughts and feelings anchor them inwardly, so the introverted children make decisions based on their own standards, rather than following the crowd.

This can be an extremely positive aspect of their nature, because it means that they're less vulnerable to peer pressure. They don't do things just to fit in.

5)It can take time for their real personality to come out.

Just like introverted adults, the introverted kids warm up to new people slowly. They may be quiet and reserved when you first meet them, but as they become more comfortable with you, they come alive.

Often their aim in conversation is to better understand their own or someone else's inner world, they value connecting and really getting to know someone on a deeper level.

The introverted children are just like the introverted adults and are generally good

listeners, paying attention and remembering what the other person says.

The introverted child may speak softly, occasionally pausing to search for words, and stop talking if interrupted. They may look away when speaking to gather their thoughts, but make eye contact when listening.

6) They struggle in group settings.

Over the years, our society's values have shifted, and extroversion has become the ideal. We praise assertiveness, group acceptance, and

external accomplishment, rather than quiet reflection, solitude and careful decision making.

The introverted child has to go through standards of being outgoing and assertive which is now prevalent in every school and institution today.

At a younger age the children are spending time in group day cares and preschools.

When they begin formal schooling they may spend 6-7 hours a day with up to 30 other children, all the while being encouraged to participate and work in groups.

This is very challenging for the introverted children, who do better at home during their early years and adapt better to group settings as they grow older.

7) They socialize differently than extroverts.

They may have just one or two close friends and count everyone else as an acquaintance, because introverts seek depth in relationships rather than breadth.

They probably won't spend as much time socializing as extroverted kids, and they need to go off on their own after a while to recharge

their energy. Like introverted adults, the introverted kids have limited social energy. Too much time spent socializing might result in tears, meltdowns, and bad moods.

The parents of an introverted child should honour their temperament, this is the best thing they could do.

They should teach their children that there is nothing wrong if they want to spend time alone.

Above all the parents should make them understand that there is nothing wrong with them because they are introverted.

When they embrace the introverted kids for who they are, the parents help them in gaining confidence to fully show up in the world.

Chapter six

HOW TO RAISE AN INTROVERTED CHILD:

Every parent wants to raise a happy and well-adjusted child. They do their best to help their children to be prepared to face life and be successful.

These parents read parenting books to learn about strategies for raising children and also look for advice from friends, family and even

parenting experts. They don't take into account that some children are introverts.

Introverted children are often mistaken for shy children, but being introverted and being shy aren't the same thing.

Parents may see that their child doesn't seem to socialize as many other children do. Their introvert child may prefer to spend time alone reading or engaging in other individual activities rather than eagerly seeking out the companionship of other kids.

Wanting a well-adjusted child, these parents may apply tips that can help shy children

become more outgoing, but they won't be able to change the nature of an introverted child.

Some Tips To Raise An Introverted Child Are:

1. Understand Introversion

The first thing to do is to make sure that you understand what it means to be an introvert.

Understanding what it is will go a long way in understanding how to parent an introvert.

Parents can learn some of the common traits of introverts to help them see whether their child

exhibits these traits, and consider it quite normal for introverts and nothing to worry about.

Parents often worry about their child who spends time alone and doesn't talk about their feelings. They should not think that the child is in some kind of emotional distress such as depression.

This behaviour may be a sign of depression but they should also look for changes in the child's behaviour pattern.

After all introversion is not a response to outside influences but it is a personality trait.

Children, who are quiet generally don't "open up", but it is their nature to talk less as this is what is introversion and the parents should learn to deal with it and be sensible parents. The parents should understand the child's emotions and verbal expressions and be the best parents.

The power of being quiet of an introverted child is actually good in most of the situations in life.

2. Respect Your Child's Preferences

Once the parents understand what it means to be an introvert, they will be able to recognize

the child's preferences better. Once they have recognized the child's preferences they need to respect those preferences.

For example, Introverts tend to have (and need) few friends. If the parent sees that their child has just one or two friends while they see that other children with five more friends, the parents of an introverted child may start to worry that their child is having trouble socializing.

The parents should then encourage their child to make more friends. They may arrange numerous playdates and invite several children

over at one time. They might even try to talk to their child to find out what the “problem” is.

Forcing your child to spend more time than he wants with other children and trying to push them to do it is not going to make him more outgoing.

It is going to drain more energy from him and make him more irritable, which can make you think you’re right that he has problems.

Instead, you can let your child take the lead on who he wants as friends and how much time he wants to spend with them.

3. Accept Your Child

Accepting your child just as he is shows your child that you love him.

The parents of an introverted child will make the child happy if they show positive responses to their behavior. The parents should encourage the child to have more friends and tell them to spend more time with them.

The parents should explain to the child that, it is quite normal to have more friends and they can express this in a way that they are not forcing it on the child.

Gifted kids can be emotionally sensitive and they may not feel in the same manner as the parents. The parents love the child and when they try to change the child completely. The introverted child may misinterpret it and think that the parents don't love them.

They should like them as well as love them.

4. Support Your Child

When the parents understand their child's introverted nature, they may notice that others may not be doing what is best for the child.

For example, a teacher may tell the parents that their child is having trouble socializing because he doesn't enjoy working with other students in group activities.

The teacher may be pushing the child to participate more enthusiastically.

This is a difficult situation because group work has become such an integral part of education. The parents do not want to support their child, but they also don't want to try to convince the teacher to excuse their child from group work.

The parents want to help the teacher and make her understand why their child doesn't enjoy group activities the way other children do.

The best way to help the teacher is to make the child undergo a personality test, which would give the parents a better idea of the child's personality, including the introversion.

The test will help the parents to talk to the teacher about the child's behaviour.

To conclude, both of them will understand the introverted child, who are actually quite interesting people with much to offer.

The tips mentioned above can play a pivotal role in helping to raise an introverted child and know them better.

EPILOGUE

This book, “The Power of being quiet”, gives you the correct definition of being quiet.

When a person is making or involving no noise or very little noise, it is being quiet.

A person who is an introvert maybe a quiet person but that does not necessarily mean that he/she, is shy.

The power of being quiet has many benefits and at the same time some disadvantages. The book tells you how you can identify an introverted person, they can be students or

children or sometimes, quiet people are also seen at the workplace.

There are ways discussed in the book about how you can reach and deal with the introverts.

Important tips to raise an introverted child are given in the book which can be very helpful to understand the quiet people to improve their personality traits.

Overall, this self help book is interesting to read and follow if you want to motivate the introverted people with the information given in detail.

Author,

Farzana Hussain