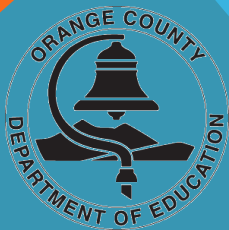




MY CHILD IS GIFTED:

WHAT A PARENT SHOULD KNOW

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21ST CENTURY THINKERS

Motivation

- Passion
- Purpose
- Play



Interpersonal

- Communication
- Teamwork & Collaboration
- Responsibility
- Conflict Resolution
- Leadership



Cognitive

- “Habits of Mind”
- Knowledge & Skills
- Creativity & Innovation
- Critical Thinking & Problem Solving



Experience

- Real-World
- Hands-on
- Interdisciplinary

Intrapersonal

- Empathy
- Perseverance & Initiative
- Metacognition
- Self Adjustment

BALANCE

Whole Child:

- Intellectual
- Emotional
- Social
- Physical
- Spiritual / naturalist / connect with self & others
- Unstructured play

Resources:

- Orange County Department of Education/healthy minds
- Kids in the House: The Ultimate Parent Resource
 - <http://www.kidsinthehouse.com>
- Facebook page: Supporting Gifted Learners
- Byrdseed.com
- The Davidson Institute: <http://www.davidsongifted.org>
- SENG: <http://sengifted.org>



WHAT GIFTED MEANS

Greater potential to learn

May learn faster than peers

Some things will come easier to them

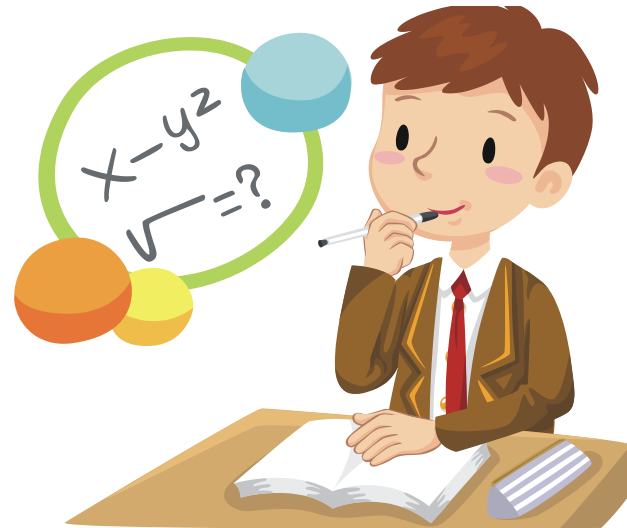
There will be areas of strength & weakness

Asynchronous development



ASYNCHRONOUS DEVELOPMENT

Physical, emotional and intellectual development differ from chronological age and develop at different rates.



WHAT GIFTED DOESN'T MEAN

Everything will be easy

Only have to do what they are good at

They will navigate through school easily

They will “be fine” on their own to learn



PERSISTENCE & GRIT

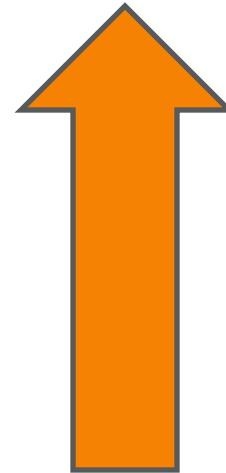


MINDSET THEORY

Fixed



Growth



PERFECTIONISM

Gifted children are at risk for becoming perfectionists.



Keys to Parenting the Gifted Child, Sylvia Rimm, Ph.D

PERFECTIONISM - PROBLEMS

- Unrealistic
- Unattainable
- Leads to self-criticism, depression, anxiety
- Fear of taking risks or doing challenging tasks
- All or nothing mentality



PERFECTIONISM

Teach / Model:

- Their best, not “the best” is enough
- There is always room for growth and improvement
- If their work is perfect, they are not being challenged
- Model satisfaction with a job well done
- More than one correct way to do most things
- Talk about your mistakes/ learning from mistakes
- The importance of being a life long learner



STRESS

Importance of students managing stress

A certain amount of stress is normal and healthy

Tipping point = overwhelmed

Increase control and stress goes down

We create stress by how we perceive situations



Make Your Worrier A Warrior: A Guide To Conquering Your Child's Fears,
Dan Peters, 2013

STRESS

Teach kids how to deal w/ stress

Relaxing skills

Self calming skills

Talk through problems: “what's the worst thing that could happen”

Physical activity

Conflict resolution

Volunteer work



Make Your Worrier A Warrior: A Guide To Conquering Your Child's Fears,
Dan Peters, 2013

STRESS

IMPORTANCE OF PARENTS MANAGING STRESS

Emotions are contagious...

ability of parents to manage stress is a great predictor of student stress



Make Your Worrier A Warrior: A Guide To Conquering Your Child's Fears,
Dan Peters, 2013

SLEEP: LARK OR OWL

Amount of Sleep:

3-6 Years Old: 10 - 12 hours per day

7-12 Years Old: 10 - 11 hours per day

12-18 Years Old: 8 - 9 hours per day

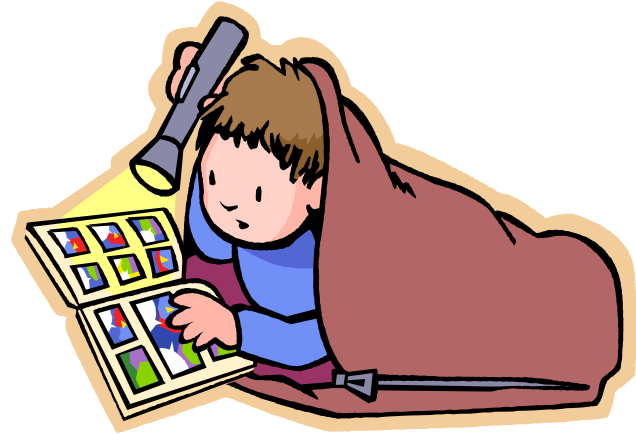
Sleep Problems:

No screens an hour before bed

Exercise and time outdoors

Journal writing or list of “Things to Do” before bed

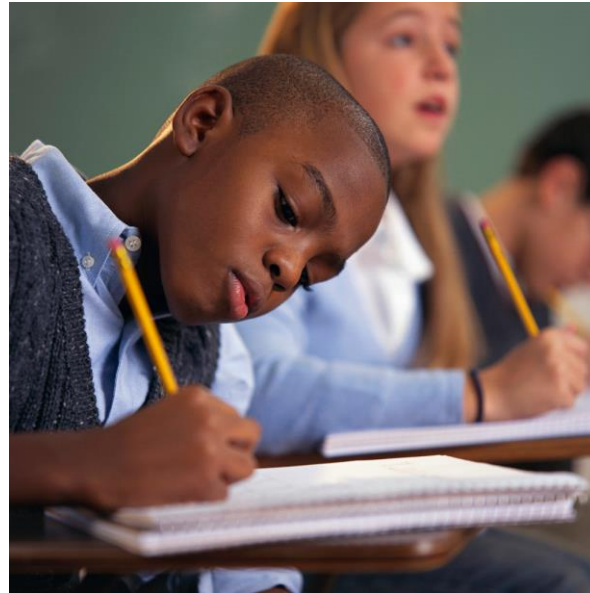
Reading for pleasure



SELF REGULATION

Conscious of the rules that get us through life

- Metacognition
- Time management
- Ability to control emotion
- Goal setting
- Flexible and adaptable



ENRICHMENT

After School Programs

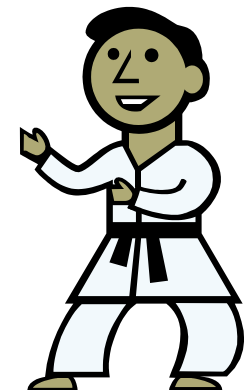
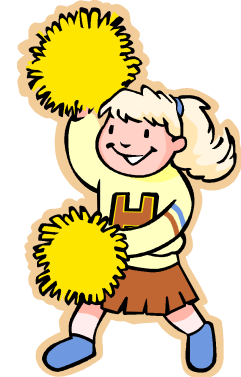
Summer Camps

On-line Courses

Community College Courses

Mentors

Khan Academy



PARENTING A GIFTED CHILD

Anticipate what your child will need

Meet with the teacher at the start of the school year

Know your options

Best “worst option”

Support your child, but let them fail and experience natural consequences

Make sure your child is challenged

Encourage risk-taking and support failed attempts

Provide & model balance

Model coping strategies and self-regulation

Accept who your child is





QUESTIONS

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