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**ESSENTIALS OF
PARENTING GIFTED KIDS**

Webinar Facilitator's Guide



TEXAS ASSOCIATION FOR THE
GIFTED & TALENTED

5 ESSENTIALS OF PARENTING GIFTED KIDS

Introduction

(Coordinators, consider using this introduction as you welcome your group of parents.)

If only our children came with instruction manuals! Every child has his or her own subtle needs and differences, so what works with one child does not necessarily work with another. When you add giftedness, it gets even more complicated.

Many parents of gifted and talented (G/T) children find it difficult to talk to others about their parenting challenges and concerns. It can feel as though you are humble-bragging even though your concerns are legitimate. Understanding more about your gifted child can help.

This webinar focuses on five points to keep in mind as you navigate the incredible journey of G/T parenthood.

1. Respect your child's asynchronous development and varied strengths profile.
2. Follow your child's lead while offering opportunities for your child to explore.
3. Be open to acceleration options.
4. Help your child find a friend or two rather than many acquaintances.
5. Talk to your child about her/his intensities and recognize your own.

Remember, you are not alone. Other parents of G/T children are having similar challenges, concerns, and joyous experiences. Through your school, school district, or advocacy organizations, look for a parent group to join. Gifted and talented parent groups are a powerful place to find friends with which to share your experiences.

Discussion Questions

- In what ways has your child's asynchronous development presented challenges? How do you balance your child's advanced curiosity and thinking with his or her age-limited lived experiences?
- There is a lot of cultural pressure to be exceptional at everything. How is the message that well-roundedness is preferable communicated and reinforced? What are the benefits of fully developing expertise for the individual and our communities?
- Think back on how you developed your closest friendships. How did they start? What contributed to those friendships being more meaningful than others? How might you apply your experiences to helping your child establish a meaningful friendship or two?
- Some gifted and talented children struggle with the compromises required to be part of a large friend group. What are those compromises? How have you navigated that in order to be part of different social groups? Consider how you might discuss this from a logical or practical perspective with your child.
- What intensities do you recognize in yourself, your significant other, and/or your child? How do they complement one another and how do they conflict? What are the early signs that your own or a family member's intensity response is escalating? What strategies have worked to help manage them?
- What resources (i.e., books, blogs, articles, organizations) have you found helpful regarding parenting your gifted child?

About Dr. Lynette Breedlove

Lynette Breedlove, Ph.D. currently serves as the Director of The Carol Martin Gatton Academy of Mathematics and Science in Kentucky located on the campus of Western Kentucky University. Prior to that, she served as the Director of Advanced Academic Studies and Secondary Counseling in Spring Branch Independent School District in Houston, Texas, where she led the establishment of a school for highly gifted students.



She served in a number of roles with the Texas Association for Gifted and Talented, including President. Currently, she is the Treasurer of the Kentucky Association for the gifted, Chair of the Special Schools and Programs Network of the National Association for Gifted Children, and President-Elect of The Association for the Gifted, a division of CEC.

Lynette completed her doctorate in Educational Psychology with an emphasis in Intelligence, Creativity, and Giftedness at Texas A&M University.

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