

PRAEDITUS

Latin praeditus adj. 1 cl. meaning gifted

A publication of Allen ISD Gifted and Talented Services

Parental Mindset

Your personal mindset has a tremendous impact on the mindset of your child. For example if you worry about your children seeing you fail... you may be unintentionally passing on the fear of failure to your kids. By seeing you mess up sometimes, your kids learn that they don't have to be perfect and you have modeled "bouncing back".

Think about your mindset on these four issues:

- grades
- sports and performances
- your child and frustration
- your child's mistakes and flaws

How do you respond to these situations? Could you be more growth oriented? How has your experience as a child impacted your thinking in these areas?

Modeling flexibility and optimism are two ways to improve your mindset. Praise flexibility and adaptability. Look for the best in every situation. It starts from the top of the family so check your mindset.



Developing a Young Scientist

Do you have a passionate young scientist at home? A child who wants to be Albert Einstein or Marie Curie when she grows up? Is he curious about nature or stars or medicine? An interest in the scientific world may develop at a young age and it is important to keep such interest alive.

Read science publications - Expose your child to a wealth of scientific knowledge presented in both magazines and books but avoid those publications that are outdated by checking the publication date.

Visit museums- There are many fabulous science museums to visit. Such visits are fun and educational. At museums, you can take part in hands-on experiments, learn about famous scientists, and learn about the latest inventions.

Science Competitions- Not only are research competitions fun, but they provide a wonderful chance for your child to explore a particular area of science and then to show off his knowledge. Make sure children feel a sense of accomplishment, even if they don't win.

Research programs- These university or corporate sponsored programs may provide an enjoyable learning environment for young scientists. To get involved, spend time searching the internet for programs that your child may take part in. Find research that seems interesting and contact the sponsors working on those topics to inquire if your gifted youngster would be able to join them in their labs or workshops.

There will always be people who refuse to take your child's interests seriously but that should not get in the way of your child's passion. It is important to make sure that your child does not get discouraged if he is laughed at for his scientific endeavors. History shows that the scientists with the best ideas, those who break boundaries, are often the ones who are ridiculed for their ideas.

When Emotions Get Out of Control

Frustrated or angry kids are hard to manage but it's critical that we hear our gifted kids when they are upset. Only then, can we help them communicate their emotions and learn how to identify and deal with them in healthy ways. By consistently using a process for dealing with feelings, children can internalize the process and become self-regulating.

Sometimes emotions escalate to a meltdown. In a meltdown, it is useless to say, "I know how you feel" because the child doesn't really care about your feelings at this point in time. Also, do not point out the positives in the situation ("at least you got most of the answers right") because that appears to gloss over the situation. Finally, do not reward the child for ignoring their feelings, which does not help the child develop coping skills.

Okay, so what should you say to a child in the middle of a meltdown? Start with this: "I bet you're feeling.... (really mad, really upset, really sad)".

Follow up with a "new thinking" strategy. Here are a few choices:

- "What is the worst that could happen in this situation? The best? The most likely?"
- "What would you say to a friend who has this problem/feeling?"
- "Will this bother you in an hour? Tomorrow? In a week?"
- "What is the chance that what you are worrying about will come true?"

The transformation from old stinkin' thinkin' to more realistic, fact based thinking can help children re-frame issues and emotions. Using more effective tools to manage emotions will help them be healthier, happier, and learn self-management skills.



Reading and the Gifted Child

The development of self-identity is tied into personal life experiences, and some of those experiences come from books. We have all read picture books to our young children because they espouse values that we believe in. We all encourage older children to read books that we think will continue to help them develop strong character. The power of story offers intangible benefits that go far beyond setting, characters and plot. Books don't just entertain. Books empower by helping readers go beyond their ordinary lives into fantasies, adventures and the real life experience of others.

For gifted kids, books are opportunities to explore social and emotional issues that they may be facing. Gifted children often feel the loneliness of being different and finding books that have characters similar to themselves validates that it's cool to be gifted.

Helping gifted children find appropriate reading material is challenging. Many gifted children read at a very early age, and even if they don't, they tend to engage with books at a level well beyond their age-peers. Finding age-appropriate books is an ongoing struggle for parents.

Here are a few good resources:

Gifted Guru <https://www.giftedguru.com/books-for-gifted-kids/>
Hoagie's Gifted Reading Page https://www.hoagiesgifted.org/reading_lists.htm

Mensa for Kids <https://www.mensaforkids.org/achieve/excellence-in-reading/>

We'd love to hear from you! Share your challenges, questions, and success stories at [Praeditus Feedback](#)

Strengths That May Become Problems

Gifted children acquire information quickly, which means they may become impatient with others who take more time.

What to do: Have a frank talk about the importance of conventions such as politeness, manners, courtesy, and respect for others. Remind them that not all people learn the same way and that if they would like others to respect their learning style, they also need to show respect.