

PRAEDITUS

Latin praeditus adj. 1 cl. meaning gifted

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Asynchronous Development

The words “asynchronous development” may be new to you but you live with the concept. Gifted children are often recognized by their asynchronous development. It is a term that describes a mismatch between the cognitive, emotional and social development levels of children.

For example, a child might be excellent at reading but poor in math. More likely, for a gifted child, the difference is between intellectual and social or emotional development. The higher the gifted level of a child, in general, the higher the level of asynchronicity.

You’ve seen it... your totally rational and logical third grader melts down about something little. Or maybe your child can tell you fabulous stories filled with detail but when you try to read something they’ve written you think you’re looking at chicken scratch. Okay, so you have a second grader who reads on a fourth grade level, is emotionally a Kindergartener and physically a second grader. What do you do?

Start by accepting that this is the way your child is and your job is to play to his or her strengths while addressing weaknesses. Learn all you can about asynchronous development and share the information with teachers, family members, coaches. Get to know the many ages of your child and understand that every interaction with your child may involve different ages. It is completely normal but a bit exhausting.

Finally, remember that many people expect too much from gifted kids. Not all of them get good grades and some don’t know how to behave. Accept them!

Brain-Boosting Foods for Bright Kids

You’re tired from a busy day and cooking a healthy meal is on the bottom of your to-do list. It’s okay to give yourself a pass sometimes but the good news is, a diet rich in brain-boosting foods is not hard to put together. It just takes knowing the right foods to keep in the kitchen and a little bit of planning.

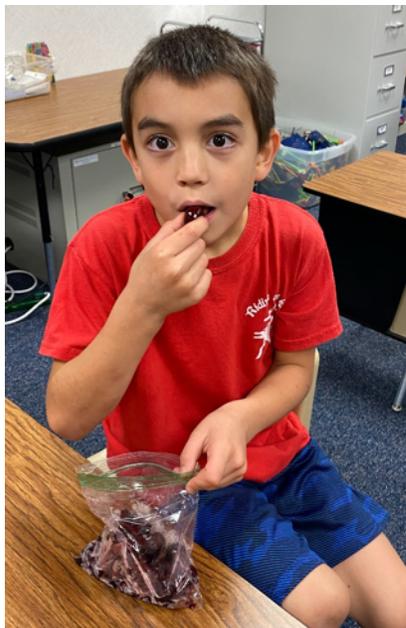
Breakfast is essential. Skipping it can result in poor concentration, especially in children. Too much sugar and they may feel sluggish and hungry again too soon. The best breakfasts include a balance of “good” carbohydrates and fat, and moderate protein. Low-sugar granola bars, an egg-and-spinach sandwich, a peanut-butter-and-banana smoothie, oats with fruit and walnuts or chia seeds, or a yogurt cup with blueberries will get their minds moving.

For lunch, pack low-sugar nut- or seed-butter sandwiches on tortillas or whole-grain bread and topped with sliced apples, bananas, or strawberries. As an alternative to sandwiches, try sweet potato and black bean quesadillas or grain and vegetable bowls. Snacks such as fruit and nuts or seeds, or hummus with carrot or celery sticks are good alternatives to sugary treats and help kids feel full and maintain mental focus.

In general, a diet rich in omega-3 fatty acids, antioxidants, and B vitamins can help maintain brain health and cognitive performance, as well as overall health. Eating salmon or tuna a couple of nights a week, choosing leaner cuts of meat,

taking the skin off of chicken, and having one or two meatless dinners per week are good ideas. Include berries, sweet potatoes, and leafy greens, whole grains, some fruits and vegetables in your meals. You can work these into dinners with a make-your-own taco or quesadilla bar offering healthy toppings such as spinach, sliced avocado, black olives, mushrooms, or other family favorites.

In the short-term, a poor diet can lead to tiredness, unnecessary stress on the body, and diminished academic performance. In the long-term, a diet high in saturated fat, sodium, and added sugar has been linked to obesity, cardiovascular disease, hypertension, and diabetes.



Advice adapted from an article by Katy Bowman from the Johns Hopkins Center for Talented Youth



The Almost Gifted Sibling

It's a heart-breaking moment. Your child has tested for gifted and talented services and was not identified as gifted. You've already got one child receiving services so how do you deal with a family where one child is receiving gifted services and one is not?

Research is optimistic. Perhaps the largest study was conducted back in the 1990's by Chamrad and Robinson. They studied 378 sibling pairs, ages eight to 13, where one sibling was gifted and the other was not.

The authors expected to find that "the non-gifted siblings were more anxious and depressed, that they were poorer students (relative to their ability), and that they thought less well of themselves and were negatively disposed toward their brother or sister."

Instead, the study concluded that "it is actually, if anything, an advantage to be the brother or sister of a gifted child. Some of the benefits were decreased anxiety in younger children with an older gifted sibling, gifted children viewing their siblings in a more positive light than non-gifted children do, and more positive sibling relationships for both, when one was gifted and one was not.

Does that mean the parents of a family with both gifted and non-gifted siblings need do nothing? No. Some advice: avoid labeling children, avoid excessively praising the gifted child, don't give special privileges to the gifted child, and finally, teach all siblings that fair does not mean equal. Each child is unique with different needs at different times, and you will strive to meet those needs.

Extroverts: Not Always the Loudest Kid

Most people believe that an extrovert is a person who is friendly and outgoing. While that may be true, that's not everything. An extrovert is a person who is energized by being around other people. This is the opposite of an introvert who is energized by being alone. When given a chance, an extrovert will talk with someone else rather than sit alone and think. In fact, extroverts often think best when they are talking.

Their strengths are communication, socializing in groups and working well with others. They bring a lot of energy and enthusiasm to situations. They are usually very talkative and don't shy away from meeting new people.

An extroverted child would prefer to play with other children than play alone. They are more likely to enjoy team sports and club activities. They may spend more time on social media, keeping up communication with others even at a distance. To meet their needs, create lots of opportunities to be around other kids- a mix of structured and unstructured activities. Your child will take the lead in an unstructured activity. In a structured activity, your child may have a hard time giving up that leadership. But it's important that they realize that structured activity is a part of life too.

Parents of extroverted children need to help them learn about sharing and how their behaviors impact others. They can be very talkative or think a group activity is all about them. They may be too aggressive when another child really needs a break and some space. They may find poking or punching fun, but another child may not like this behavior. The extrovert may not understand this and may not stop even when asked to.

While your child might be drawn to fellow extroverts, it is important that they also interact with more introverted children. Sometimes, extroverted kids struggle to grasp why others aren't as outgoing and friendly as they are. It's up to you to help them understand and respect others' need for alone time.

One of the best thing you can do for an extroverted child is to embrace their confident nature. However, you'll have to focus more on boundaries and politeness. Kids that aren't shy will go up to anyone and start a conversation, which can be a safety concern.

Many people don't realize that an extrovert can also be shy. This can be difficult because extroverts really do crave company, but the shyness can make it difficult to succeed with people they don't know. Shy, extroverted children are those who most need help overcoming their shyness.

While extroversion and introversion can help you categorize your child's usual behavior, it won't predict it in every circumstance. Remember that this is a spectrum and at times even the most extreme extrovert will want some quiet time to be alone.



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