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Forman School educates high school students and post-graduates with diagnosed learning differences – such as dyslexia and ADHD – and ensures that 100% of them get into a four-year college. By exploring abundant academic, artistic, athletic, and social opportunities, Forman students build identities that outshine their diagnoses.

To sponsor an issue of "Gifted & Distractable," [fill out this form.](#)

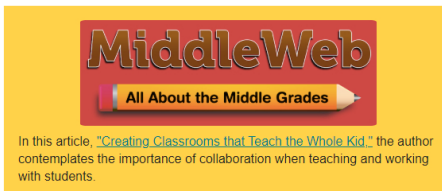
In this month's issue of "Gifted & Distractable" Julie shares her "Top 10 Considerations" for parenting and teaching 2e. As we head toward the new school year, keep these in mind as you prepare to send your child to school or welcome a 2e child to your classroom.

2 Days of 2e Virtual Conference is pleased to announce that Maryland is offering 1-2 Continuing Professional Development Credits for teachers! If you would like us to apply to YOUR STATE, [contact us.](#)

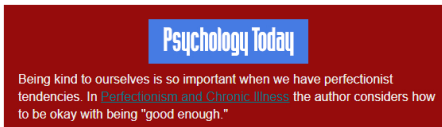
Scroll down to check out our listing of upcoming events for the 2e Community.



[Top 10 Considerations when Parenting or Teaching a 2e Child](#) addresses the importance of what underlies behavior, and teaches us to be curious about what's going on for the child in front of us. Bringing this awareness to our parenting and teaching will allow the 2e child to relax and feel understood.



In this article, "[Creating Classrooms that Teach the Whole Kid](#)," the author contemplates the importance of collaboration when teaching and working with students.



Being kind to ourselves is so important when we have perfectionist tendencies. In [Perfectionism and Chronic Illness](#) the author considers how to be okay with being "good enough."





Bringing Out the Best and Raising Self-Esteem in Gifted and 2e Individuals

EARLY BIRD RATE! ONLY \$109 FOR ALL 12 SESSIONS  
10% OFF FOR GROUPS OF 5+  
[register.at.2Daysof2e.com](http://register.at.2Daysof2e.com)



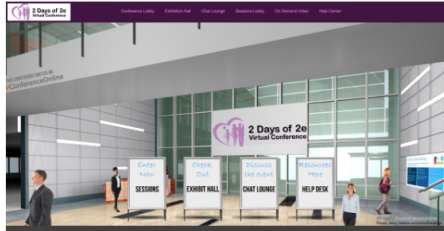
### TEACHER CPD CREDITS

2 Days of 2e Virtual Conference APPROVED in Maryland for Professional Development Credits! [Learn More here.](#)

The State of Maryland has approved 2 Days of 2e for one or two (1-2) Continuing Professional Development (CPD) credits. [Register now](#) and receive 10% off for groups of 5+.

Want your State to offer credits for participating in 2 Days of 2e? Contact Stephen Wynkoop, [Steve@WithUnderstandingComesGains.com](mailto:Steve@WithUnderstandingComesGains.com)

(REMEMBER - WE ARE VIRTUAL! No need to miss work, pay for lodging or food!)



### Interested in Exhibiting at 2 Days of 2e?

Tell the world about your 2e service, school, book or conference!

Contact 2 Days of 2e co-Producer, Steve Wynkoop at [Steve@WithUnderstandingComesGains.com](mailto:Steve@WithUnderstandingComesGains.com)

Exhibitor booths are ONLINE and available for SIX MONTHS beginning October 29.

No need to travel or miss work - WE. ARE. VIRTUAL.

Thank you to our growing list of exhibitors



### Did you miss Julie's LIVE FACEBOOK BROADCASTS?

Don't worry! You can check them out at:

- [SENG Conference, July 18-21, 2019](#)
- [Bridges Summer Institute Study with the Masters, July 25, 2019](#)



It was a great conference!

**Julie presented:**  
**"Cycle for Success: Parenting and Teaching 2e"**  
 and with colleague, Joanna Haase, Ph.D.:  
**"Irritability and the 2e Brain"**

If you would like to book Julie to speak at your event, school or parent group email: [julie@WithUnderstandingComesCalm.com](mailto:julie@WithUnderstandingComesCalm.com)



**Study with the Masters of 2e Education**  
 An Exceptional Week for Teachers of Twice-Exceptional Students!

Hosted by the 2e Center for Research and Professional Development at Bridges Academy

A wonderful group of speakers and learners came together on the Bridges Academy Campus to learn with the Masters. Julie was honored to present on Parent/Teacher Communication and Collaboration with Robin Schader and Debbie Steinberg Kuntz.



**2 Days of 2e Virtual Conference**

**OPENING KEYNOTE: UNDERSTANDING AND ADDRESSING EMOTION REGULATION IN 2E CHILDREN**  
 Julie Skolnick, M.A., J.D., Founder With Understanding Comes Calm

**CLOSING KEYNOTE: BEYOND CLASSIFICATION**  
 LeDerrick Horne, Ph.D., Speaker, Disability Activist

Joanna Haase, Ph.D., MFT | Richard Cash, Ed.D. | Paul Budge, Psy.D., ADHD, ADD | Harriet Moore, Ph.D., MEd | Don Ambrose, Ph.D.

Debbie Reber, M.A. | Josh Shaine | Fennea Hovings, M.A. | Maria Johnson, BLP | Greg Burdette, M.S.

At 2 Days of 2e Virtual Conference  
 Register: [2Daysof2e.com](http://2Daysof2e.com)

Watch this video to learn how 2 Days of 2e provides: Content, Community and Collaboration for parents, educators and clinicians.

[REGISTER](#)

**2 Days of 2e Virtual Conference**  
 For Parents, Educators, and Professionals

<p><b>Day One</b></p> <p>Julie Skolnick, M.A., J.D.          Understanding &amp; Addressing Emotion Regulation in 2e Children</p> <p>Joanna Haase, Ph.D., MFT          Gifted Physiology: A Whole Body Approach to Understanding OEs &amp; Gifted Differences</p> <p>Richard Cash, Ed.D.          Finding Balance: Teaching 2e Students to Be Self-Motivated</p>	<p><b>Day Two</b></p> <p>Debbie Reber, M.A.          Creating a Secure World for 2e Kids</p> <p>Josh Shaine          Non-Linear Thinkers in a Linear World</p> <p>Fennea Hovings, M.A.          Gifted at Work: Different Profiles, Different Challenges</p>
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<p><b>Paul Beljan, Ph.D., ADRP, AIBN</b> The Expression of Asynchronous Development &amp; Asynchronous Interactions</p> <p><b>Renee D. Hayes, Ph.D., NCC</b> Supporting the Success of Culturally Diverse 2e Students</p> <p><b>Don Ambrose, Ph.D.</b> Using Visual Metaphor to Teach 2e Learners</p>	<p><b>Maria Johnson, SLP</b> Uncovering the Social Minds of Tweens &amp; Teens</p> <p><b>Greg Burrahm, M.S., LMFT</b> Looking at 2e Through a Developmental Trauma Lens</p> <p><b>LeDerick Horne</b> Beyond Classification</p>	
<p><b>Content</b> Renowned Speakers</p>	<p><b>Community</b> Live Discussion Boards</p>	<p><b>Collaboration</b> Virtual Exhibitor Hall</p>

### What is With Understanding Comes Calm, LLC?

Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.

- **Guiding Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Mentoring Individuals** Connection, Fulfillment, Validation, Solutions
- **Collaborating with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution

Contact Founder and President, [Julie Skolnick](#) with any inquiries.

# 2e News

**Opportunity for "Gifted & Distractible" Readers!**

Use code: R1RRM9IWI4\_WUCC at [www.2enews.com](http://www.2enews.com) to get \$10 off a full subscription to 2e News! This is a fabulous resource for parents, educators and professionals. All you have to do to sign up is click subscribe, enter your information, enter the code, submit payment and you are all set!

### UPCOMING EVENTS

- Aug 18-22; Camp Summit for the Gifted, Camp Summit for the gifted, talented, creative is a multi-night sleeper summer camp designed specifically for gifted students ages 9 through 14 in northern Maryland <http://www.campsummitforthe gifted.com>
- Aug. 19; Gifted Homeschoolers Forum Learners (GHF Learners) session begins; For details on course descriptions, times and availabilities visit GHFLearners at <https://ghfleaders.org>
- Aug. 21; 6:30 - 8:15pm, LDAMC "Be LD (for a hot second)," Simulations and Solutions for parents and professionals to better support our learners in and out of the classroom/Rockville Memorial Library (2nd floor meeting room) 21 Maryland Ave. [REGISTER](#)
- Sept. 18-19; Gifted Education in Independent Schools; Sycamore School, Indianapolis, IN. [REGISTER](#)
- Sept. 22nd, Annual Cork Autism Conference for families and professionals. [www.bookwren.com/autismcork](http://www.bookwren.com/autismcork)
- Oct. 11-13; Vision and Leadership 2e Symposium, Bridges 2e Center for Research and Professional Development. [REGISTER](#)
- Oct. 11-12; Florida Assn. for Gifted Annual Conference, Cape Canaveral, FL. [REGISTER](#)
- Oct. 16-28; ECHA (European Council for High Ability) Annual Conference, Dubrovnik, Croatia. [REGISTER](#)
- Oct. 17-29; Virginia Assn. for Gifted Annual Conference, Richmond, VA. [REGISTER](#)
- Oct. 18-19; WAETAG, Hilton Bellevue, Bellevue, WA. [REGISTER](#)
- Oct. 19, 6th Annual Innovators in Education Conference; Embracing Neurodiversity: Strength-Based Strategies for Children and Teens; 8:00 am - 4:45 pm; Universities at Shady Grove 9630 Gudensky Dr. Rockville, MD 20850. [REGISTER](#)
- Oct. 20-22; CAGT, Colorado Assn. for Gifted and Talented, Annual Conference, "A Gifted State of Mind," Loveland, CO. [REGISTER](#)
- Oct. 20-22; Ohio Assn for Gifted Annual Conference. [REGISTER](#)
- Oct. 29-30; [2 Days of 2e Virtual Conference Register](#) Live Chat with speakers available on October 29-30; Full Conference ON DEMAND through April 2020.
- Nov. 7-10; NAGC Annual Conference, Albuquerque, NM. [REGISTER](#)

**ONGOING EVENTS:**

- 2 Days of 2e Virtual Conference; Launch October 29-30. On-Demand through April 2020. [Register](#)
- The StudyPro Executive Function offers summer courses for study skills, writing and college transition in McLean, Va. Courses are offered weekly throughout the summer for rising 4<sup>th</sup> - 12<sup>th</sup> graders and graduating seniors. For more information, please visit our [summer course page](#), email [info@thestudypro.com](mailto:info@thestudypro.com) or call at 571-321-5800.
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#)
- First Sunday evening of each month: Procrastination Webinar & Student Group Discussion. Includes discussion how procrastination is an emotional response to task aversion - includes current research and strategies to help avoid procrastination. Student group discussions for high school and college age students. Contact [Michael Bromley](#) at [info@school4schools.com](mailto:info@school4schools.com)
- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland [info@ccl](mailto:info@ccl)

[md.com](#) to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACnHTGonVnk1>

WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"  
EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S  
DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.

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