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What you'll find in *this* issue of "Gifted & Distractible"

Julie's blog:

In [The Importance of Classroom Culture and Connection for Gifted and Twice Exceptional Learners](#) Julie talks about empaths and how they are affected by school and classroom culture. Read ten suggestions for encouraging humanity and empathy in classrooms as well as in homes, and get a script for speaking with your child about their sensitive souls.

Articles

[Love in the Brain](#) - This *Psychology Today* article looks at insights gleaned in the wake of a brain injury and whether there are brain regions that are involved in love. Understanding brain wiring is always of interest to the gifted twice exceptional population as we know our diverse experiences are brain based.

[Parents can help build mental wellness in kids and teens at risk for bipolar](#) - The Stanford Medicine publication, *Scope*, takes a look at evidence published in *JAMA Psychiatry* stating that parent involvement in therapy can positively affect mental wellness in at risk children and teens. The involvement of parents in their kids' reality is the hallmark of [With Understanding Comes Calm's](#) mission for parents of twice exceptional kids. We're thrilled to see this research and intervention!

[Signs of Dyscalculia at Different Ages](#) - *Dyscalculia* is a learning disability in math. It's not anxiety around math and having challenges in math isn't always dyscalculia. Read this *Understood* article to learn the signs at different ages and stages.

Spreading the Word about Twice Exceptionality

Where can you find Julie out and about in the community? Check out the listing below.

Events

[2 Days of 2e Virtual Conference](#) - It's not just two days! We are on-demand through (at least) April 2020. Looking for after working hours resources? Need accountability to demonstrate attendance? No problem! [REGISTER TODAY](#). Questions? Contact [Julie](#) or [Steve](#).

Scroll down to see our complete listing of events for the gifted and 2e community.

Can you help us?

We want to deliver content that is meaningful to you as a parent, educator, clinician or 2e adult. Take a moment to [update your user preferences](#).

JULIE'S BLOG





In [The Importance of Classroom Culture and Connection for Gifted and Twice Exceptional Learners](#), Julie talks about empaths and how they are affected by school and classroom culture. Read ten suggestions for encouraging humanity and empathy in classrooms as well as in homes and get a script for speaking with your child about their sensitive souls.

2 DAYS OF 2e VIRTUAL CONFERENCE
It's not too late! [REGISTER](#) now!

[REGISTER TODAY!](#)

EDUCATORS AND ADMINISTRATORS - DID YOU KNOW...

- 2 Days of 2e virtual conference is on-demand and **ALWAYS available** for professional development TWENTY FOUR HOURS A DAY?
- Our software allows us to capture **accountability data on attendance?**
- We offer **10% off** for groups of 5+?
- The cost is just \$139 (under \$15 a session!)
- **Certificates of Attendance** available from the University of Connecticut and With Understanding Comes Calm
- **Credits** available from the Maryland Department of Education
- Our **TWELVE EXPERTS** delve deeply into **emotion regulation, classroom interventions, asynchronous development, brain neurology, culturally diverse 2e learners, learning strategies** like visual metaphor and non-linear thinking...and SO. MUCH. MORE.

[REGISTER TODAY!](#)

WITH UNDERSTANDING COMES CALM
OUT IN THE COMMUNITY



Maryland State Department of Education
Maryland State Advisory Council on Gifted and Talented Education
Celebrating Gifted and Talented Education in Maryland

Thank you to the Maryland State Department of Education for recognizing [With Understanding Comes Calm, LLC](#) as an outstanding Business Successfully Supporting Gifted and Talented Education. The EGATE (Excellence in Gifted and Talented Education) Award Ceremony takes place on Feb. 11.



Julie is thrilled to be invited by Yachad to bring Gifted and Twice Exceptionality for the **FIRST TIME** to their Special Education Conference on Feb. 5 in Baltimore, MD! Training educators to understand and address the needs of Gifted and 2e Learners speaks to the With Understanding Comes Calm mission to empower educators and raise self confidence in 2e students.
[Learn more here.](#)



Julie is thrilled to join the first-ever [2e conference at William & Mary](#) on February 28 - 29th. You can find Julie presenting:

Feb. 28, 2:00-2:45: "Top 10 Strategies for Successful Communication between Parents and Educators of 2e Students"

Feb. 29, 1:00-1:45 "Understanding and Addressing Emotion Regulation in 2e Children"



Julie brings her perspective on gifted and 2e to the virtual global SPINS conference on March 5. More information coming.

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.

Looking for a 2e Resource?

Register for 2 Days of 2e Virtual Conference and **GAIN ACCESS TO OUR VIRTUAL EXHIBITOR HALL** filled with 2e Resources like these...





UPCOMING EVENTS

- Feb. 4: First session of Summit Center's [Discussion and Support Group for Parents of Gifted and 2e Children](#), in Torrance, CA. Based on the [SENG](#) model. [Details](#)
- Feb. 5: Yachad Special Education Conference for Educators, Baltimore, MD. [Learn More](#).
- Feb. 6: Time Management, Attention and Organization, Your Questions Answered, Free Webinar from Understood.org, 12:00 pm EST. [Register](#)
- Feb. 17-20: 57th Annual International LDA (Learning Disabilities of America) Conference, Orlando, FL. [Register](#).
- Feb. 19: First meeting of Summit Center's [Executive Functioning Support Course](#) in Walnut Creek, CA. [Info](#)
- Feb. 24: Bridges 2e Center Lunch with Scott Barry Kaufman, 11:30 am - 1:30 pm, UCLA Campus. [More information and to Register](#).
- March 5: SPINS - Special Kids International Summit virtual conference.
- March 5: McGate (Maryland Coalition for Gifted and Talented Education) 2e Workshop, North Bethesda Middle School, Bethesda, MD, 6:30-7:30 pm, [RSVP](#)
- August 7-9: SENG (Supporting the Emotional Needs of the Gifted) Annual Conference, Minneapolis, MN. [More information](#).

ONGOING EVENTS:

- 2 Days of 2e Virtual Conference, Launch October 29-30. On-Demand through April 2020. [Register](#)
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#)
- First Sunday of each month, Fitness for Health Open House, 5:00-6:00 pm, [REGISTER](#)
- Bright, sensitive, intense? Summit Center offers guided discussion groups to support parents of gifted and twice exceptional children, as well as gifted adults. The [Virtual Advanced Group for Parents of Gifted and 2e Children](#) and [Gifted Adult: The Intensity of Life](#) are offered virtually through the Zoom video meeting platform, both beginning October 28 and meeting monthly (facilitated by Kathleen Crombie, M.Ed.).

POST 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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