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In this month's issue of "Gifted & Distractible":

**Julie's Blog:**  
["New Year's Resolutions for Parents and Teachers of Twice Exceptional Students"](#) offers **daily thoughts and mantras** to keep parents and educators calm when faced with challenges. Learn what to think and what to say (to yourself or to the 2e child), to keep yourself on track toward enumerated goals of strong personal connection and happiness with your 2e child or student.

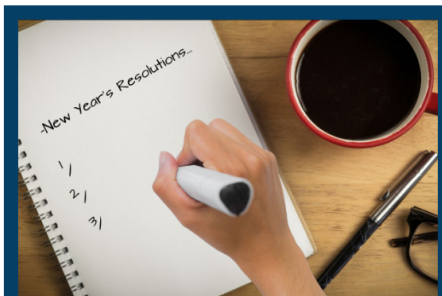
**Articles**  
["5 Things I Wish People Knew About Parenting a Child with Executive Functioning Issues"](#)  
["Low Self-Esteem Can Seep into Physical Behaviors, Cause Health Issues"](#)

**With Understanding Comes Calm Out in the Community** where Julie is speaking next.

**2 Days of 2e Virtual Conference** - You're not too late! The conference received rave reviews and remains on demand through April 2020. [REGISTER TODAY](#) to learn from 12 twice exceptional experts - watch at your own pace through April 2020!

**Events Listing**  
 Highlight events for the 2e Community.

## JULIE'S BLOG



In ["New Year's Resolutions for Parents and Teachers of Twice Exceptional Students"](#) Julie offers **daily thoughts and mantras** to keep parents and educators calm when faced with challenges. Learn what to think and what to say (to yourself or to the 2e child), to keep yourself on track toward enumerated goals of strong personal connection and happiness with your 2e child or student.

## ARTICLES



In ["5 Things I Wish People Knew About Parenting a Child With Executive Functioning Issues"](#) the author discusses ways to understand and address EF challenges. It's important to remember that EF skills are inherently tied to social success.

## THE SWADDLE

We know twice exceptional people (children and adults) often suffer from self confidence issues. They receive a lot of negative feedback and internalize these as truths. In ["Low Self Esteem Can Seep into Physical Behaviors Cause Health Issues"](#) the author talks about the fall out from low self esteem. While the article suggests therapy, specifically cognitive behavior therapy, oftentimes, 2e people need tools all day everyday from the moment they come into contact with others to combat negative messaging and self image. Julie, in her blog, ["Self-Esteem, Self-Confidence, Self-Love"](#) discusses the importance of strengthening self-confidence and how to do it.

## 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*

[With Understanding Comes Calm, LLC](#) was nominated and will be recognized by the Maryland State Department of Education as a Business Supporting Gifted and Talented Education. The EGATE (Excellence in Gifted and Talented Education) Award Ceremony will take place on Feb. 11. Check out the March issue of "Gifted & Distractable" to see photos from the event!



Once again, Yachad is featuring Julie as a trainer at its upcoming teacher conference in Southern Florida. On February 10 Julie will speak to a broad audience of educators on her "Cycle for Success: Educating Twice Exceptional Learners" and "Understanding and Addressing Emotion Regulation in 2e Children."

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.](#)

## William & Mary School of Education

On February 28 and 29 Julie is excited to spread the word about twice exceptional at William and Mary's first ever conference on 2e! On February 28 Julie will address an audience of parents, educators and clinicians on the "Top 10 Strategies for Successful Communication between Presents and Educators of 2e Students" and on February 29 Julie will present "Understanding and Addressing Emotion Regulation in 2e Children." [Learn more.](#)



Julie brings her perspective on gifted and 2e to the virtual global SPINS conference on April 9. Check out the full speaker list [here.](#)



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

**REGISTER TODAY** and access all 12 expert talks any time through April 2020!

- Emotion Regulation
- Brain Based Differences
- Asynchronous Development

- Differential Learners
- Social Minds of Tweens and Teens
- 2e as Developmental Trauma

Read Speaker Bios and Session Descriptions at  
[www.4Dsped2e.com](http://www.4Dsped2e.com)



Want to talk to Julie FOR FREE?

Book your 20 minute FREE consultation with Julie to determine if she can support and guide you as you travel your parent, 2e adult or educator journey.

Book your FREE 20 minute consultation at  
[JulieSkolnick.YouCanBook.Me](http://JulieSkolnick.YouCanBook.Me)

### UPCOMING EVENTS

- Jan 16, Late, Lost and Unprepared: Executive Functioning Skills with Dr. Joyce Cooper-Kahn, 7:00 pm - 8:30 pm, Northwood High School, 919 University Blvd W, Silver Spring, MD. [Register](#).
- Jan. 24; Managing ADHD Medications with Dr. Dan Shapiro, 10:00 am - 12:00 pm, McLean, Va. [More information](#).
- Jan. 27: First meeting of Summit Center's [Discussion Group for Parents of Gifted and 2e Children](#) in Walnut Creek, 6 weekly sessions. [Details](#).
- 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. 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.
- 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](#).

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

[Subscribe to "Gifted & Distractable"](#)

### 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 confidence** 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](mailto:julie@withunderstandingcomescalm.com) with any inquiries.

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