

Gifted & Distractible

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You can almost hear the collective sigh of relief as summer vacation draws near. At the very least it's a break from homework hassles and at the best it's allowing our kids to spend quality time doing things they love - things that allow their minds to engage in unfettered thinking, imagination and creativity.

In this issue of "Gifted and Distractible" check out articles and information relevant to: end of year considerations - test stress and advocacy (believe it or not, now is the time to start thinking about success for the next school year), making the most of summer vacation to engage gifted minds in meaningful endeavors, address sleep hygiene, and taking a moment to consider what it's like being a gifted adult:

Articles and Bloas:

- Julie's latest blog: [Advocacy: Crafting Your 2e Child's Story](#)
- ["Brain Based Strategies to Reduce Test Stress"](#)
- [Sleep Interrupted: The ADHD Insomnia Link in Children](#)
- [Being Gifted: Does it Mean Feeling Lonely](#)
- [After Compulsively Watching YouTube, Teen Girl Lands in Rehab](#)
- [From Apathy to Flow](#)
- [What it's like to be a Gifted Adult](#)
- Check out what this awesome 2e kid created!
- I stumbled upon a really cool summer fidget!

With Understanding Comes Calm - Out and About in the Community; Spreading the word about the 2e Population

- Fall Screening of "2e: Twice Exceptional" in Northern Virginia. Date coming soon!
- Now you can listen to Julie LIVE on her monthly Facebook Live Broadcast every third Tuesday of the month! Check out her last broadcast talking about the dichotomy of 2e kids.
- A week-long summer oasis for Gifted Kids! Sign your child up for Camp Summit now!
- SENG Conference 2017 - What a great line up! Register now and attend Julie's Friday morning session!
- Upcoming events in and around Maryland, Virginia and DC.
- Survey of interest for a Parent Empowerment Group.
- What is With Understanding Comes Calm, LLC?
- ***Please remember that "Gifted & Distractible" is not published in July. See you in August!***





Julie's Monthly Blog: *Advocacy: Crafting Your 2e Child's Story*

The end of the school year is the perfect time to capture important data about your child's functioning in the classroom - academically and behaviorally. Using this information to supplement a story you craft about your child is the best way to inform his teachers next year. Read about how to do this in Julie's blog this month. [Read it.](#)



A neurologist shares ideas for beating stress before and during test time in *Brain Based Strategies to Reduce Test Stress*. [Read it.](#)

ADDITUDE

Strategies and Support for ADHD & LD

Gifted and sleep issues. ADHD and sleep issues. Lots of similarities in these diagnoses that can make sleep difficult to initiate or maintain. [Read about it](#) in: Sleep Interrupted:



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Summer is a great time to find camps or activities for our gifted and 2e kids to engage with like-minded peers. This article talks about the importance of these connections for gifted and 2e kids to combat loneliness. [Check it out.](#)

KQED Science

Finding engaging activities for our children is imperative. Self medicating through compulsive screen time is not uncommon. [Read about one such case in:](#) *After Compulsively watching YouTube Teen Girls Lands in Rehab*

Byrdseed

"Flow" always a goal for gifted minds to experience this wonderful, lose-yourself-in-your thoughts-complete-engagement experience. How do we get children there? [Read](#) *From Apathy to Flow* to find out.

D Daimon Institute

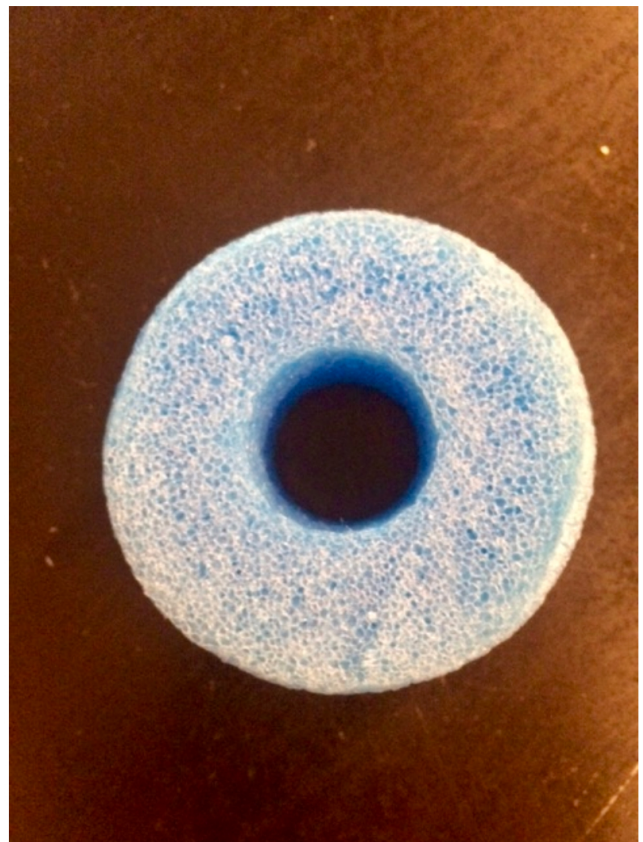
Being a gifted adult is complicated. Professional and personal relationships are affected and strategies for understanding oneself and engaging in positive self talk are necessary for success and joy. [Read about it](#) in this piece from The Daimon Institute.





With permission I'm sharing a photo of an awesome creation by a client's first grade son. Those are Trivial Pursuit Cards and in his own words he describes this creation as "a star being devoured by a white dwarf being eaten by a black hole." Man, I love these kids!

What a fun and easy fidget to make, especially during summer! These are pieces of swim noodles. Your children can make their own! They are so fun to squeeze.



With Understanding Comes Calm out and about in the Community:

SCREENING EVENT!

Coming in the Fall to Northern Virginia...stay tuned!



Check out our New Outreach Endeavor! Julie is on Facebook Live:
"LET'S TALK 2e!"

Third Tuesday of every month. Like and follow
[Facebook.com/WithUnderstandingComesCalm](https://www.facebook.com/WithUnderstandingComesCalm) to get notifications when
Julie is LIVE!

CALM



Check out Maryland's latest GT Summer Center!

[Camp Summit for the Gifted](#)

- What: AWESOME week-long overnight camp for gifted and 2e kids ages 9-15
- When: August 20-26
- Where: [NorthBay Adventure](#), on the Chesapeake Bay in North East, Maryland

"Every year I have to wait 51 weeks for Camp Summit." Camper, age 11
Activities (all activities are chosen by the camper from a menu each day):

Science in the Floating Eco Lab

Zip lines (land right in the bay!)

Kayaking

Snorkeling

High Ropes

Ga Ga

Epic Capture the Flag

Swimming

Art

Dungeons & Dragons

Creative Machine Making

Digital Animation

Swimming

Campfires

and so much more...

For more information and to [Register](#)

Contact Founder: [Wendy Zinn](#)

Director of Programming: [Michael Postma, Ph.D](#)



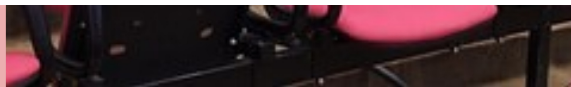
CHANGE YOUR LIFE: GO TO THIS CONFERENCE!

SENG *Supporting the Emotional Needs of the Gifted* is holding their annual conference in Naperville, Chicago on July 22-24.

Friday morning Julie will present "***The True Meaning of Giftedness and Twice Exceptionality***" where she will take participants through the inner experience of gifted and twice exceptionality and give strength-based strategies to bring out the best and raise self esteem in these awesome kids!

This is a **DO NOT MISS** opportunity to learn about the emotional experience of the gifted and to mingle with like minded parents, educators and professionals (CE Credits available). The weekend includes programming for children [Register](#).





Upcoming Area Events for Families of Gifted and Twice Exceptional Children:

- June 5: Free webinar, Bullying Prevention: Tips & Tech Tools, 4 p.m. Eastern Time, [REGISTER HERE](#), *Presented by Maya Claridge, Singer/Songwriter and No Bully Advocate; Nicholas Carlisle, CEO for No Bully; and Alex Ruwe, Training and Development Manager for CrisisGo* Visit [School Safety](#)

 - June 6: Free Webinar, **Summer Screen Limits and Learning: Using Apps and Games to Build Social Skills, Creativity, and Fitness.** [More info and to Register.](#)

 - June 8, 2017, Webinar, Reinforcing Resilience: Navigating Trauma Through the Eyes of the Gifted, 7.30PM EST - 9.00PM EDT Fee: \$30.00 for SENG Members; \$40.00 for Non-Members [Register.](#)

 - June 8: Free Webinar, Behavioral Strategies for Students with Autism: Going Beyond 1:1, 2 p.m. Eastern Time, [REGISTER HERE](#), *Presented by Nina Finkler, M.Ed., LDT/C, BCBA, President of Nina Finkler Autism Services*, Visit [Teaching Students with Autism](#)

 - June 14: Free Webinar, **“What Do You Mean?” Language Processing Deficits in Children with ADHD.** [More info and Register.](#)

 - Starting June 26: **"Need to improve performance for the end-of-the-year push?"** This ten hour, 5 session course to improve study skills including Time Management, Organization and Starting and Completing work teaches the skills students need but are not fully taught in school. For more information and to register: <http://thestudypro.com/essential-study-skills-course/>

 - July 11 - August 10: Tuesdays and Thursdays, Superflex the Social Super Hero, small groups based on Michelle Garcia Winner, Ages: 6-11, 3:30-5:00PM, Imagine Possibility at Launch Sport Performance, [Questions and to Register.](#)

 - July 31 - August 4: Learning on the Move! is filled with awesome action, creative learning, and fun challenges for Ages 4-6! Summer Session: Five, 3-Hour Sessions, 9:00 am - 12:00pm, Fitness for Health, Rockville, Cost: \$675.00
[Register](#)
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- August 4-6: **SENG (Supporting the Emotional Needs of the Gifted) Annual Conference**; "In Our Hands, Creating New Possibilities," Chicago Marriott Naperville, Children's Companion Programming available. [More Info and Register.](#)

- August 14 for three weeks: SMARTs Executive Functioning Training, 8th-12th grade, Co-Led by Lisa A Taylor, M.Ed. and Dr. Stephanie Gerstenblith, Launch Sport Performance Classroom, 2600 Tower Oaks Blvd, Rockville, MD [To Register](#)

- August 20-26: **Camp Summit for the Gifted**, NorthEast Maryland, week-long overnight camp for gifted kids ages 9-14. [More info and Register.](#)

- October 13-15: **Leadership and Vision in 2e Education**, 2e Center for Research and Development, the [Garland](#) in North Hollywood, CA., and Bridges Academy in Studio City, CA. [Register and Information.](#)

- October 14: **Innovators in Education Anxiety, Essential Strategies of Effective Treatment**, Rockville, MD. [More Info.](#)

- October 20: **MEGS (Maryland Educators of Gifted Students) Annual Conference**, North County High School, 10 E. 1st Avenue, Glen Burnie, MD 21061. Mark the date, more info coming!

- November 9-12: **NAGC (National Assn. for Gifted Children) Annual Conference**, Shining a Light on Gifted, Charlotte, NC. [More Info and Register.](#)



WITH UNDERSTANDING
COMES CALM, LLC

Interested in getting together with other parents of gifted and distractible children in a safe and confidential setting to discuss unique challenges and accomplishments that gifted children bring to families? As a SENG certified parent group facilitator, Julie will start a Parent Empowerment Group in Maryland based on interest. Please email her if you are interested and specify whether you prefer morning or evening. Julie@WithUnderstandingComesCalm.com

What is With Understanding Comes Calm, LLC?

Our mission is to *bring out the best and raise self esteem* in twice exceptional people.

We do this for *children* by circling the wagons of adults in a child's world to help them understand the 2e child and to give them unique and durable strategies.

We do this for *adults* by teaching and normalizing for them their 2e "symptoms" and by working through issues and providing strategies for success at home and in their profession.

We provide half-day and shorter workshops for *educators* to help them understand and use strength based strategies to bring out the best in their 2e students.

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

If you like what you see in our Newsletter, please share widely!



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