

Gifted & Distractible

[View this email in your browser](#)



This spring-like weather is bringing out more than just t-shirts. Are your gifted and 2e kids/students getting their "Spring Swagger" on two months early?

It's time to think about strategies for engagement and focus: let them move, go outside when you can, brainstorm expectations and goals with them in a collaborative way and write them prominently in your home or classroom. Catch them doing well and above all, make time for laughter with them as their antics can be quite funny.

This month's Newsletter has lots of information about co-existing conditions. Many articles this month address the importance of being vigilant with appropriate strategies to bring out the best in our 2e kids!

In this edition of "Gifted and Distractable" check out:

- Julie's new blog: ["Honoring Overexcitabilities Allows Us to Soar Safely"](#)
 - "Does my Gifted Kid have ADHD?"
 - "Office of Civil Rights Clarifies Schools' Limits for Restraint of Students"
 - "Fact Sheet about depression"
 - "Blind Drawings, Humility and Perspective"
 - "Students with LD: What's the Difference Between an IEP and a 504 Plan?"
 - Awesome video of how one teacher connects with each of his students
 - "5 Questions to Ask Yourself About Your Unmotivated Students"
 - May Screening Event! Tickets are going fast and there's room for just one more Exhibitor. Buy your tickets Now!
 - Thank you to our Exhibitors!
 - 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!
 - Upcoming events in and around Maryland, Virginia and DC.
 - Survey of interest for a Parent Empowerment Group.
-



Julie's Monthly Blog:

["Honoring Overexcitabilities Allows Us to Soar Safely"](#)

Read about the importance of understanding **invisible reasons** behind behavior and

honoring intensities. Start the conversation - comment on this blog.



Gifted and ADHD often display similar characteristics. In this article, ["Does My Gifted Kid Have ADHD?"](#), the author lays out the correlation between ADHD like behavior and overexcitabilities.



ADHD is often misunderstood. The worst is expected and therefore, sometimes delivered. As the child experiences an ever faster revolving downward spiral adults scramble for effective responses and strategies. This article tells us about some bad choices that can be made and what to do about it. ["Office of Civil Rights Clarifies Schools' Limits for Restraint of Students."](#)

Depression is more than just a low mood

Existential depression can correlate with Giftedness. Check out this ["Fact Sheet about depression."](#)



Check out this cool strategy to slow your child/student down and get them to focus and concentrate in a very deliberate way. It's a brain break that gives them perspective. Read about this cool strategy in: ["Blind Drawings, Humility and Perspective."](#)

free spirit PUBLISHING®

It's that time where IEP and 504 plans are reviewed and tweaked. Clients often ask me about the differences between IEPs and 504 Plans. Here's a succinct article describing the differences. ["Students with LD: What the Difference Between an IEP and a 504 Plan?"](#)



(Photo: Judson, Andie)

If you've ever heard me speak, you know I think Personal Connection is the "A-1, #1" strategy with gifted and 2e kids. I love this [video of a teacher](#) who personalizes his welcome with each and every student through their own unique handshake." What an awesome, fun way to start each and every day and what a great feeling to know your teacher has something special and unique with you!

CULT OF PEDAGOGY

TEACHER NERDS, UNITE.

This is a great article about motivating your students. Important for parents to read too - great ideas!

["5 Questions to Ask Yourself About Your Unmotivated Students."](#)

SCREENING EVENT!

Featuring Award-Winning documentary, "2e: Twice Exceptional"



Date: May 2, 2017

Where: Silver Spring Civic Center, 8525 Fenton, Silver Spring, MD.

Time: 7:00 pm - 9:00 pm

Cost: \$8.50

Ticket Purchase: <http://www.WithUnderstandingComesCalm.brownpapertickets.com>

Join parents, educators and professionals for this incredible documentary and a chance to meet and greet experts in giftedness and learning differences.

Evening includes:

Free Raffle

Free Give-Away Bags

Exhibitors

A Short Talk About *"The True Meaning of Giftedness and Twice Exceptionality"*

[Contact Julie to exhibit or advertise.](#)

Thank you to our Exhibitors!

* [The Auburn School](#) * [Commonwealth Academy](#) * [McLean School](#) * [Fusion Academy](#) * [The Siena School](#) * [My Learning Springboard](#) * [SENG](#) * [Imagine Possibility](#) * [Sesame Street](#) * [Gifted Homeschoolers Forum](#) * [Weinfeld](#)

[Education Group](#) * [Camp Summit for the Gifted](#) * [Center for Communication and Learning](#) * [Breakthrough Test Prep](#) * [Fitness for Health](#) * [The Sycamore School](#) * [ARC School Placement](#) *



Strengthening Minds That Think Differently

Imagine Possibility

- Orton-Gillingham Instruction
- Executive Function Coaching
- Service Coordination
- Integration of OT and Speech Language Goals
- Co-Treatment Plans Available

www.iptutoring.com



Check out Maryland's latest GT Summer Center! [Camp Summit for the Gifted](#).

- What: An AWESOME week-long overnight camp for gifted and 2e kids
- 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](#)

Director of Community Outreach, [Julie Skolnick, M.A., J.D.](#)



CHANGE YOUR LIFE: GO TO THIS CONFERENCE!

SENG *Supporting the Emotional Needs of the Gifted* is

holding their annual conference in Chicago on August 2-6

holding their annual conference in Chicago on August 3-6.

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). [Register](#).



Would you like Julie Skolnick to screen "2e: Twice Exceptional for your event?" [Email Julie](#)



Julie Skolnick can address your parent group or conduct a half day teacher training on "The True Meaning of Giftedness and Twice Exceptionality." [Email Julie](#)



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

- Registration NOW OPEN for Camp Summit for the Gifted in North East, Maryland. August 20-26 overnight adventure camp. [More information and to Register](#).
- March 2 - May 18, Thursday nights, *An Individualized Approach to Raising*

Your Challenging Child with Sarah Wayland, 4451 Parliament Place, Suite A, Lanham, Maryland 20706. [Register](#).

- March 2, 9:00-10:30 am; "The Basics of Special Needs Financial Planning," presented by Colin Meeks, Part II at the Silver Spring Campus of The Auburn School. RSVP to [Lauren Anderson](#),
-

- March 5, 12:30pm **Knowing which Art Degree Program is Right for You** – Discussion topics include: academic and lifestyle differences between Colleges of Art and Design and Traditional Liberal Arts Colleges. Glen Echo Park (7300 MacArthur Blvd, Arcade Room 202, Glen Echo MD). [More information](#).
-

- Wednesday March 8th 6-8 p.m., Experiential Open House, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St Falls Church, VA 22046. [More information](#).
-

- March 10, deadline for WISER Scholarship for students with learning differences who are graduating seniors in the Metro DC area. [More information](#).
-

- Wednesday March 15th 7:30-9 p.m., Navigating Technology: How to help children address cyber bullying & manage electronics, Arlington Central Library. Sponsored by The Sycamore School. [More information](#).
-

- March 15-16, Annual Conference: Breakthroughs in Twice Exceptional Education, The Cooper Union Square for the Advancement of Science and Art, New York, NY. [Register](#).
-

- Sunday, March 19, 2:00-4:00 pm, Experiential Open House, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA 22046. [More information](#).
-

- Wednesday March 22nd 7:30-9 p.m. Ways to support your anxious child, Arlington Central Library. Sponsored by The Sycamore School. [More information](#).
-

- Saturday 3/25/17 @ 5pm, Knowing which Art Degree Program is Right for You – Discussion topics include: academic and lifestyle differences between Colleges of Art and Design and Traditional Liberal Arts Colleges. Greater Reston Center for the Arts (Reston TownCenter, Reston VA) [More information](#).
-

Wednesday March 29th 7-8:30 p.m.

Wednesday March 29th 7-8:30 p.m.

Promoting Executive Functioning & Study Skills at Home, Westover Library.
Sponsored by The Sycamore School. [More information.](#)

- April 18, 6:00-8:00 pm, Experiential Open House, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA 22046. [More information.](#)
-

- Sunday April 23rd 2-4 p.m., Experiential Open House, The Sycamore School, Falls Church Presbyterian Church, 225 E Broad St., Falls Church, VA 22046. [More information.](#)
-

- April 30, Registration Closes for Maryland Dept. of Education GT Summer Centers. [Check out all the great offerings!](#)
-

- May 2; "2e: Twice Exceptional" Documentary Screening; Silver Spring Civic Center, Event includes: Award-winning documentary screening, Exhibitors, Give-away bags, Raffle, Light Refreshments; Tickets \$8.50 at www.WithUnderstandingComesCalm.brownpapertickets.com
-

- March 15- 16, AEGUS (Association for the Education of Gifted underachieving students) and quadprep conference , NYC scottone@quadprep.org
-

- April 4 – May 30 (skip April 11); Eight Tuesday nights at Washington Episcopal School In Bethesda, MD, Parent Child Journey: An Individualized Approach to Raising Your Challenging Child. [More information.](#)
-

- May 4: Helping Your Child Manage Their Own Anxiety; Parent Child Excursions: Special Topics in Raising Your Challenging Child with Dr. Dan Shapiro. [More information.](#)
-

- May 25: Helping Siblings Learn to Get Along; Parent Child Excursions: Special Topics in Raising Your Challenging Child with Dr. Dan Shapiro. [More information.](#)
-

Ongoing:

- *Parent Footprint Awareness Training*; Dr. Dan Peters' new web-based, interactive training program for parents is based on the fact that the most important predictor of how we parent is how we were parented as a child. [LEARN MORE & SAVE 50%](#)
-

- iParent 101 course Dr. Adam Pletter's 2 hour course teaches

how to protect your children by combining basic parental controls with proven behavior modification techniques to empower them to use technology safely!

If you would like to see your event advertised in "Gifted & Distractible" contact us:
Julie@WithUnderstandingComesCalm.com



**WITH UNDERSTANDING
COMES CALM, LLC**

PARENT EMPOWERMENT GROUPS

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

At With Understanding Comes Calm, LLC we:

- **Support parents** of gifted and distractible children through one-on-one meetings where we cover education, durable strategies, implementation plans and advocacy training
- **Support Educators** through workshops that include break out sessions, interactive discussions, role play and loads of strategies
- **Support gifted and 2e adults** in understanding themselves and maximizing their success in relationships
- **Support professionals** through presentations and "Lunch and Learns" about "The True Meaning of Giftedness and Twice Exceptionality"

Schedule your free 20 minute consultation with Julie Skolnick today
Julie@WithUnderstandingComesCalm.com or 240-542-WUCC (9822)

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



Copyright © 2017 With Understanding Comes Calm, LLC, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

