

## Gifted & Distractible

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May is a busy month for With Understanding Comes Calm! Welcome to the **thirty-five NEW subscribers** who just signed up within the last week. We are thrilled to share articles, resources, events and Julie's monthly blog with everyone interested in the gifted and distractible population.

This month's Newsletter addresses the importance and need for EMPATHY. As Mother's Day approaches (and a very happy one to all our Mama Readers) we know a big part of the parenting job is to empathize - with our kids, with our spouses and with ourselves. As we all know, ***With Understanding Comes Calm***...enjoy this month's edition!

**In this edition of "Gifted and Distractible" check out:**

## Articles and Blogs:

- Julie's essay appearing in SENGvine: ["The Dichotomy of My 2e Child"](#)
- Parents' feelings are important to consider in difficult meetings. ["Respecting Parents' Feelings in Special Education Planning; 8 Facts to Remember"](#)
- Validating your child's thoughts and feelings is [The Single Most Helpful Strategy in Raising Your Child](#), according to this article.
- This [blog](#) shines a light on possible reasons behind some behaviors observed in people identified with Autism.
- [Article](#) on: How Empathy Is Important For Parents And Teens When Things Get Stressful
- How Kids Learn Better by Taking Frequent Breaks Throughout the Day is discussed in [this article](#).
- Using Creative Ways to Get Your Kids Out of Bed in the Morning Shows You Understand Just How Difficult it is to Do This Seemingly Straight-forward and Simple Task. [Read more.](#)

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

- May 2 Screening of "2e: Twice Exceptional" a huge success!
  - Now you can listen to Julie LIVE on her monthly Facebook Live Broadcast! Check out her interviews of the vendors at her May 2 Movie Screening!
  - NAGC Parent Day at the Feynman School - A great lineup of speakers and great take aways on inspiring creativity. Julie spoke about Executive Functioning challenges for gifted minds.
  - 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.
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Julie's Monthly Blog appearing on the SENG website:

[The Dichotomy of My 2e Child](#)

*Parents hear conflicting adjectives to describe their 2e children. In this essay, Julie explores why 2e children behave differently in different situations and whose responsibility it is to adjust; the child or the adult.*



Friendship Circle

Acknowledging parents' feelings in difficult meetings is important, as is parents' ability to acknowledge their own feelings as they experience them. [Read](#) 8 Facts to Remember in these potentially *sticky* situations.

# ADDITUDE

Strategies and Support for ADHD & LD

The importance of validating your child's thoughts and feelings. Read about this important parenting strategy [here](#).



Guiding  
Exceptional  
Parents

Great blog from my friend and colleague, Sarah Wayland, "[Mysterious Things People With Autism Do – and Possible Reasons Why](#)"

# Mind/Shift

How we will learn.

The importance of using empathy with teens when they're stressed is discussed in this helpful [article](#).

# Mind/Shift

How we will learn.

Empathy allows us to grasp our children's and students' needs and then to respond with impactful strategies. [This article](#) talks about the importance of movement in order to learn and how Finland embraces this understanding as compared to the U.S.

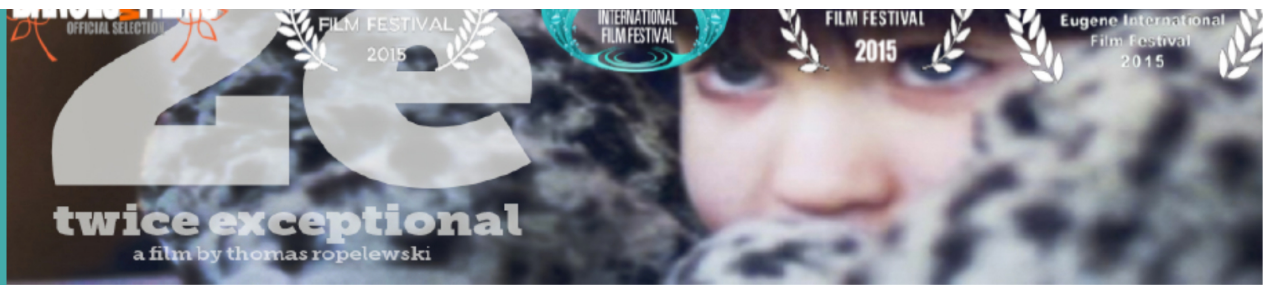
# ADDITUDE

Strategies and Support for ADHD & LD

Mornings can be awful. Understanding what makes them so difficult for our kids and using creative strategies changes bad into glad in this article: "[Iced Marbles, Dog Kisses, and Other Creative Ways to Get Your Kid Out of Bed!](#)"

SCREENING EVENT!  
What a GREAT evening!





On Tuesday, May 2, one hundred and twenty five people got together to learn about 2e and to find out about resources in the Maryland, Virginia and DC area.

Participants were treated to free Give-Away Bags full of information and resources, a Raffle for products and services and of course, the screening of Award-Winning and Inspirational documentary, "*2e: Twice Exceptional*."

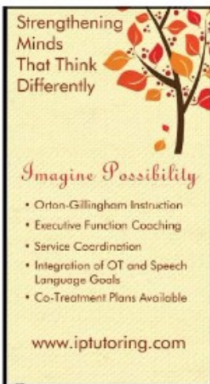
Check out our photo gallery including interviews of our exhibitors on Facebook Live - "LET'S TALK 2e!" @letstalk2e @WithUnderstandingComesCalm @JulieSkolnick





## Thank you to our Participants!

\* [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](#) \*



Helping kids grow smarter, stronger, and kinder™



Create • Explore • Soar



THE SYCAMORE SCHOOL  
Learning Rediscovered





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](#)

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 Naperville, Chicago on July 22-24.

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](#).

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**DADENT DAY**

**HELP**



**PARENT DAY**

**YOUR GIFTED CHILD SUCCEED**

Learn from leading experts including:  
**Jonathan Plucker**, Johns Hopkins University  
**Brian Housand**, East Carolina University

Visit the **Exhibit Hall** to gather resources & information

Enjoy lunch from a variety of **Food Trucks**

The event is being held at **Feynman School**  
6300 Tilden Lane, North Bethesda, MD 20852

**FREE!**

**RSVP Required**  
[bit.ly/ParentDay5-6](http://bit.ly/ParentDay5-6)  
(Reservations close 4/28)

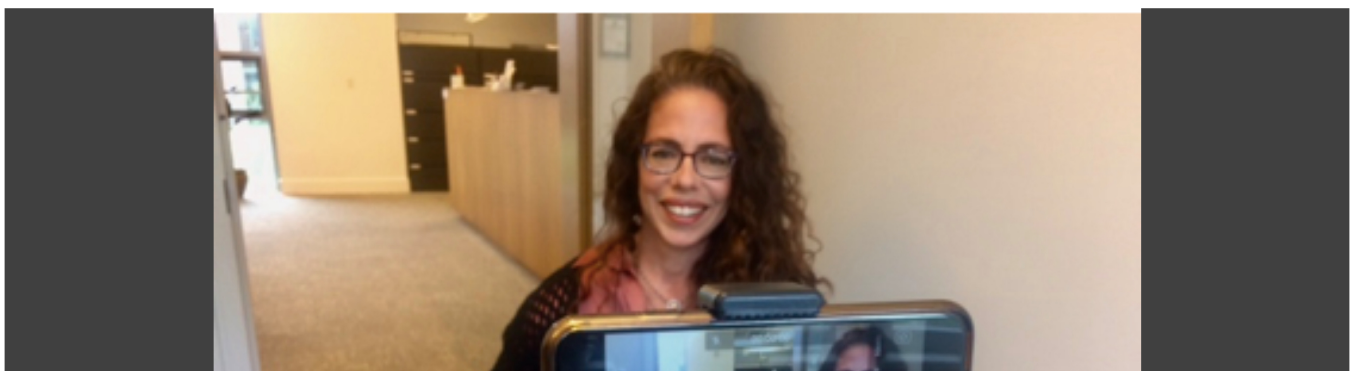
**Saturday, May 6th, 9am - 3pm**  
Sign-in starts at 8:30am

 NATIONAL ASSOCIATION FOR  
**Gifted Children**  
[www.nagc.org](http://www.nagc.org)

  
301-770-4370  
[www.feynmanschool.org](http://www.feynmanschool.org)

At this FIRST TIME Parent Day hosted by NAGC (National Association for Gifted Children) at the Feynman School for the Gifted, Julie spoke about ***"How Executive Functioning Challenges Present in Gifted Children and What to do about it."*** What a great audience of parents and educators!

[Book Julie](#) to speak to your parent group or teacher training.





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!



[Join Julie](#) at her May 2nd Screening Event and meet all of the Exhibitors to learn  
WHY they attended the event!



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

- May 17: **The Social Impact of ADHD**, Cathi Cohen, LCSW, CGP, 7:00-8:30 pm, Room 2, Thomas Jefferson Library, 7415 Arlington Blvd., Falls Church, Va 22042 [www.novadc@chadd.net](mailto:www.novadc@chadd.net)

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- May 17: Free Webinar, **The Benefits of Art Therapy for Children with ADHD and LD**. [More info and to Register.](#)

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- May 20: **2017 LDAMD Annual Meeting**<sup>[SEP]</sup>, Harbour School of Annapolis, 1277 Green Holly Dr, Annapolis, MD 21409. Bryon Fracchia, Program Director, Harbour School, will speak on “**Striking the Spark: Fanning the Flames of Independence, Motivation and Problem Solving in our Students**”. [Purchase Tickets.](#)

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

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- 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.](#)

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

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- 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/>

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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.](#)

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

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- 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.](#)

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

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- 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!

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- 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](mailto:Julie@WithUnderstandingComesCalm.com)**

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



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