

Gifted & Distractible

Newsletter for the Twice Exceptional Community



WITH UNDERSTANDING COMES CALM, LLC

*Compassionate Guidance. Durable Strategies.
For the 2e Community.*

This issue of "Gifted & Distractible" sponsored by:

Imagine Possibility

Strengthening Minds That Think Differently

Lisa A. Taylor, M.Ed.

Founding Director

Academic Therapist ~ Service Coordinator

lisa@iptutoring.com

www.iptutoring.com



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Another school year is drawing to a close and many of us (certainly our children and students) are focusing on summer vacations and plans. But remember, there are still 6 weeks left to school and in that time our children can still experience growth.

It's time to help our students and their teachers remain focused on attainable goals. In these last weeks we can learn a lot from this school year's experience and can bring this wisdom to our children's summer experience. Learn what worked and what didn't this year and share this wisdom with your children's camp counselors, relatives and babysitters so learning and growing continues over the summer.

As adults we can look forward to possibly a lighter or less intense summer schedule and use this time to reflect on our own successes and struggles over the past year. Setting goals for ourselves now, just as we are doing for our children and students, affords us perspective on how we want to grow in our own professional and personal lives.

In this month's issue, read Julie's latest blog, "[Hurricane Parenting,](#)" where she talks about the need to embrace the non-linear way that 2e brains often think, while harnessing that creativity to ensure productivity.

[Take our survey!](#) We want to know what "Burning Questions" keep you up at night so we can address them and give you resources.

Articles

Read about:

- the effects of nature on executive functioning,
- the need to help girls find their voice through unstructured

- play,
- how one state in the U.S.A. is helping teachers learn to identify giftedness in typically underserved populations including 2e kids,
- strategies for moving forward when anger rears its head and
- what's important in motivating the teen brain.

Events

See where With Understanding Comes Calm is speaking in the next few months and learn about events relevant to the 2e community.

Check out Julie's book suggestion for kids who struggle with big emotions.



Julie's Monthly Blog, [Hurricane Parenting](#) talks about how to help tame and organize our 2e kids' (and adults') hurricane, non-linear minds while enjoying and even encouraging this creative way of thinking.

Let's Talk 2e! Burning Questions Survey

TAKE OUR 'BURNING QUESTIONS' SURVEY!

"Let's Talk 2e!" is the video division of With Understanding Comes Calm. Maybe you've watched our videos through the ["Let's Talk 2e!"](#) button on our website, or perhaps our YouTube channel ([Subscribe here.](#)) In order to bring you content you crave, we set up this THREE QUESTION SURVEY. Please take a moment and let us know ["What are your burning questions?"](#)

ARTICLES



[Can Spending Time in Nature Improve Executive Functioning](#) talks about how our mental and physical wellbeing actually rely on interaction in and with nature.

Mind/Shift How we will learn.

[Helping Young Girls Find their Voice While Developing Friendships](#) advocates for allowing girls to push through challenging social encounters in order to strengthen these skills. For our 2e girls who often feel out of sync or wonder whether they need to hide their abilities to fit in, encouraging trial and error during unstructured play is priceless for building self esteem.

EDUCATION WEEK WEBINAR

Tackling the Challenges of Personalized Learning

[In Tennessee, a 'Microcredential' to Help Teachers Identify Students' Hidden Giftedness](#) looks at how one state in partnership with the NAGC, has created a 'microcredential' that assists teachers in identifying giftedness in traditionally underrepresented groups; racial or ethnic minorities, economically disadvantaged and those identified with learning disabilities.

ADDITUDE

Strategies and Support for ADHD & LD

[When your Anger Rears its Ugly Head](#) talks about how to move forward when you lose control of your emotions.

Mind/Shift

How we will learn.

[Why Identity and Emotion are Central to Motivating the Teen Brain](#) discusses turning moments of frustration into previously unseen opportunities for learning and academic excitement in our teens.

**With Understanding Comes Calm
in the Community**

2estudycenter
at the quad



May 10-12 is the 4th Annual "Breakthroughs in Twice Exceptional Education" Conference in NYC.

Described as "The first and only New York City conference focusing exclusively on [Twice Exceptional](#) children, this national conference, hosted by [The Quad Preparatory School](#), will bring together cutting-edge Twice Exceptional providers including physicians, educators, psychologists, therapists, lawyers, advocates, and children who are gifted and learn differently and their parents. Collectively, we aim to return education to the transformative experience every child deserves."

Julie is delighted to present "Cycle for Success: How Parents, Educators and Clinicians Can Bring Out the Best and Raise Self-Esteem in 2e Kids." [Learn more about the conference.](#)

THE BRIGHT & QUIRKY CHILD

ONLINE SUMMIT

APRIL 25 - 30

Dr. Ross Greene • Dr. Tina Payne Bryson • Dr. Temple Grandin
Dr. Edward Hallowell • Jonathan Mooney • Anya Kamenetz • Dr. Barb Oakley
Michelle Garcia Winner • Dr. Dan Peters • Dr. Susan Baum • Dr. Robin Schader
Austina De Bonte • Debbie Reber • Rebecca Shafir • Dr. Sharon Saline
Peter Shankman • Jade Rivera • Danny Raede • Seth Perler • Dr. Laura Markham

The Bright and Quirky Child Summit that ran for six days from April 25 to April 30,

IS BEING EXTENDED! You can view the videos from from 7am Tues. May 1 to 11pm Wed May 2, Seattle time.

This [FREE online Summit includes](#):

- Day 1: Understanding your bright and quirky child
- Day 2: Managing Anger and Intensity
- Day 3: Navigating School and Learning Challenges
- Day 4: Strategies for Motivation and Organization
- Day 5: Ideas for Anxiety and Social Awkwardness
- Day 6: Balancing Screens and Video Games Use

An All Access Pass is available for purchase and allows you to view the conference talks forever for \$129. There are many DO NOT MISS opportunities to hear great speakers: [Register Here](#)

ADDITIONALLY, REGISTER FOR THE CONFERENCE AND YOU'LL RECEIVE BONUS VIDEOS INCLUDING HIGHLIGHTS AND "AHA MOMENTS." See Julie discuss Day 1, Understanding your bright and quirky child.

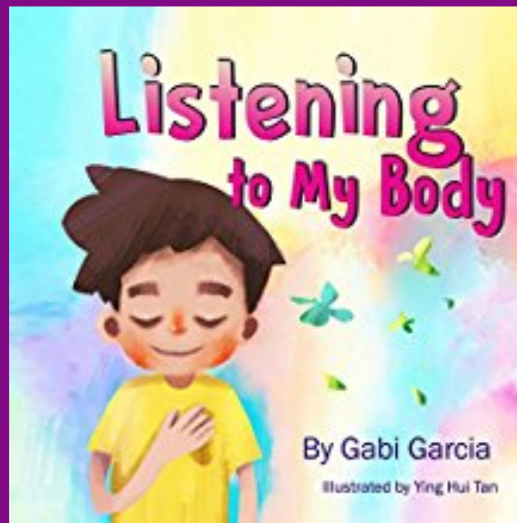


The SENG (Supporting the Emotional Needs of the Gifted) conference, is July 19-22 in San Diego, CA.

Julie is excited to present:

Why Assessments Often Lead to Remediation and Accommodations for 2e Learners and What to Do About It

Learn more and register [here](#).



Book/Toy Review

[Listening to My Body](#), by Gabi Garcia gives words to describe big emotions and sensitivities. In normalizing the range of feelings one can experience, this book brings mindfulness to parent/child discussions.

UPCOMING EVENTS FOR FAMILIES, EDUCATORS AND PROFESSIONALS OF GIFTED AND TWICE EXCEPTIONAL CHILDREN

- May 5: NAGC Family Day at the Grayson School. 8:30 am -12:00 pm 35 North Malin Road, Broomall, PA 19008 [More info and Register](#).
- May 8, 2018 – MEGS (Maryland Educators of Gifted Students) Conference proposals due (www.megsonline.net)
- May 10-12; Breakthroughs in 2e Education, [Learn More and Register](#)
- May 11; The Sycamore School Fundraising Breakfast, 8:00-10:00 am, Holiday Inn Arlington, 4810 Fairfax Dr, Arlington, VA 22203, Meet the Head of School, Board of Directors, teachers, students and parents. Call 703-717-5360

- May 16: Javits-Frasier Scholars Program Deadline, Applications for the [Javits-Frasier Scholars Program](#) are now being accepted. The scholars are passionate, innovative educators who work in districts that serve students from low-income and minority populations that are historically underrepresented in gifted education. [Information.](#)
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- June 29-July 1 ASCD Conference on Teaching Excellence: Pathways to Equity, Grapevine, TX. [Register.](#)
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- July - STEAM Camp for 4th-8th grades, The Sycamore School, Camp Pursuit is a week-long mixed aged, academic summer camp based on the concept that campers pursue their passions and cultivate their talents. Choose your Favorite courses from a catalog of interdisciplinary, high-interest STEAM curricula that aligns with passions and curiosity. Full Day \$375 Extended Day \$450, 4600 N. Fairfax Drive Suite 300 Arlington, VA 22203. Contact [Karyn Ewart](#)
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- August 8-11; ECHA (European Council for High Ability) Conference, Dublin, Ireland. [Register](#)
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• ONGOING:

- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#) Through June, "Gifted & Distractible" readers enjoy a **50% discount** using the code CALM50. Prep for Summer Screen Time and take advantage of this discount.
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- First Sunday evening of each month; Procrastination Webinar & Student Group Discussion. Includes discussion how procrastination is an emotional response to task aversion - includes current research and strategies to help avoid procrastination. Student group discussions for high school and college age students. **Contact Michael Bromley at info@school4schools.com**
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- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland info@ccl-md.com to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>
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- **TO ADVERTISE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE" PLEASE EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.**

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.

- **Mentoring Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Supporting Individuals** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

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



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