



This issue of "Gifted & Distractible" is sponsored by:

Join us for the **6th** Annual Innovators in Education Conference
Embracing Neurodiversity: Strength-Based Strategies for Children & Teens
Saturday, October 19, 2019 • 8:00 AM – 4:45 PM • Universities at Shady Grove 9630 Gudensky Dr. Rockville, MD 20850

Center for Communication and Learning (CCL) is an established speech - language private practice located in Rockville, Maryland.

To sponsor an issue of "Gifted & Distractible," [fill out this form.](#)

In this month's issue of "Gifted & Distractible" Julie's blog "The Environment Matters" gives a shout out to young Greta Thunberg, the Swedish teen advocating for the health of our planet and relates the importance of environment in homes and classrooms for the flourishing of our 2e kids!

Articles this month discuss parental IEP attendance under the Family Medical Leave Act, emotion regulation, and what our kids want to hear from a gifted teacher.

2 Days of 2e Virtual Conference Update: Early Bird Rate EXTENDED through October 7! That's 12 sessions for just \$109 (groups of 5+ enjoy a 10% discount)

Video: Hear Dr. Joanna Haase talk about her session including a physiologically holistic approach to understanding twice exceptional students.

With Understanding Comes Calm Out in the Community let's you know where Julie is speaking next.

Events Listing highlights events for the 2e Community.

JULIE'S BLOG



In "[The Environment Matters](#)," Julie draws a parallel between climate activist, Greta Thunberg's arguments, and the importance of the environment in homes, classrooms and clinician's offices for twice exceptional children. Read Julie's 10 suggestions for making climate better for your 2e child or student.

ARTICLES

ADDITUDE *Inside the ADHD mind*

The recent article, "[Caregivers may use Family Medical Leave Time for IEP Meetings](#)," looks to a recent letter from the United States Department of Labor to indicate that attending IEP meetings may qualify for intermittent leave under FMLA. Julie is quoted in the article: "*Skolnick suggests that employers keep in mind the big picture. 'If you don't let parents go to their IEP or 504 meetings, especially at the beginning of the year, you're just going to have more times the parents will be calling in sick or missing work in order to pick up their kids from school.'*" she says.

Psychology Today

[How Do We Regulate Emotions in Depression and Anxiety](#) discusses findings that suggest that repetitive negative thinking contributes more strongly than positive reappraisal in affecting emotion regulation.



["What Your Kids Want You to Know"](#), an essay appearing on the SENG website, gives us perspective from a fifth grade GT Teacher.

2 DAYS OF 2e VIRTUAL CONFERENCE



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

EARLY BIRD RATE! ONLY \$109
Extended through October 7!

[Register Today!](#)

10% OFF FOR GROUPS OF 5+
[Register at 2Daysof2e.com](#)

Why aren't we free? Some people have asked us this. We know you'll want more than 24 hours to view our sessions. We are on-demand for 6 months. For \$109 you have access to all sessions, our Discussion Forums and our VIRTUAL Exhibitor hall filled with 2e Resources through April 2020! [Learn More](#)



In this short video, Dr. Joanna Haase tells us about her topic at 2 Days of 2e - Gifted Physiology. Dr. Haase is passionate about taking a whole-body approach to the 2e child.

[REGISTER](#)

[See More Videos](#)

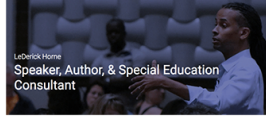
Looking for a 2e Resource?
Register for 2 Days of 2e and GAIN ACCESS TO OUR VIRTUAL EXHIBITOR HALL filled with 2e Resources like these...





NATIONAL ASSOCIATION FOR
Gifted Children

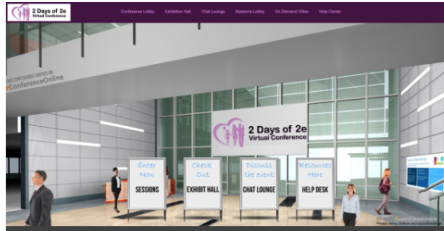
Beyond IQ



LeDerick Home
Speaker, Author, & Special Education
Consultant



Thank you to our growing list of exhibitors



Interested in Exhibiting at 2 Days of 2e?

Tell the world about your 2e service, school,
book or conference!

Contact 2 Days of 2e co-Producer, Steve Wynkoop at
Steve@WithUnderstandingComesCalm.com

Exhibitor booths are ONLINE and available for SIX MONTHS
beginning October 29.

No need to travel or miss work - WE. ARE. VIRTUAL.

2 Days of 2e Schedule

DAY 1		
11:00-00	Julie Skolnick, M.A., J.D.	Understanding and Addressing Emotion Regulation in 2e Children
AM-12:00	Joanna Haase, Ph.D.	The gifted brain: How it is different and what that could mean in the real world
12:30-1:30 pm	MFT	
2:00-3:00	Richard Cash, Ed.D.	Finding Balance: Teaching 2e Students to be Self-Regulated
	Paul Beljan, Psy.D., ABPN, ABN	The Expression of Asynchronous Development and Associated Intervention
3:30 - 4:30	Renee D. Mayes, Ph.D., NCC	Supporting the Success of Culturally Diverse 2e Students
5:00 - 6:00	Don Ambrose, PhD.	Using Visual Metaphor to teach 2e learners
6:30 - 7:30		
DAY 2		
11:00 -12:00	Debbie Reber, M.A.	Creating a Secure World for 2e Kids
12:30-1:30	Josh Shaine	Non-Linear Thinkers in a Linear World
2:00-3:00	Femke Hovinga, M.A.	Gifted at Work: Different Profiles, Different Challenges
3:30 - 4:30	Marla Johnson, SLP	Uncovering the Social Minds of Tweens and Teens
	Greg Burnham, M.S., LMFT	Looking at 2e through a developmental trauma lens
5:00-6:00		
6:30-7:30	LeDerick Home	Beyond Classification



TEACHER CPD CREDITS

2 Days of 2e Virtual Conference APPROVED in Maryland for Professional Development Credits! [Learn More here.](#)

The State of Maryland has approved 2 Days of 2e for one or two (1-2) Continuing Professional Development (CPD) credits. [Register now](#) and receive 10% of for groups of 5+.

Want your State to offer credits for participating in 2 Days of 2e? Contact Stephen Wynkoop, Steve@WithUnderstandingComesCalm.com

(REMEMBER - WE ARE VIRTUAL! No need to miss work, pay for lodging or food!)

WITH UNDERSTANDING COMES CALM
OUT IN THE COMMUNITY



YACHAD
BECAUSE EVERYONE BELONGS

Julie is thrilled to be invited by Yachad to bring Gifted and Twice Exceptionality for the FIRST TIME to their Special Education Conference on Feb. 5 in Baltimore, MD! 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.](#)



SPINS
Special Kids International Summit

Julie brings her perspective on gifted and 2e to the virtual global SPINS conference on March 5. More information coming.

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.

- **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](#) with any inquiries.

2e News

Opportunity for "Gifted & Distractable" Readers!

Use code: R1RRMW9IW4_WUCC at www.2enews.com to get \$10 off a full subscription to 2e News! This is a fabulous resource for parents, educators and professionals. All you have to do to sign up is click subscribe, enter your information, enter the code, submit payment and you are all set!

UPCOMING EVENTS

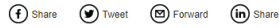
- Oct. 3; 12:00-12:45 Lunch and Learn; Increasing the Representation of Black Boys in Gifted Education: Strategies for Educators and Parents; Maryland Coalition for Gifted and Talented Education (McGate) Free for McGate members, \$25 non-members. [Register](#).
- Oct. 5; SENG Mini Conference, 8:00 am - 4:30 pm, Oak Park, California, [Register](#).
- Oct. 7; Book Club discussing Dr. Mona Delahooke's new book, *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*. Location in Bethesda, MD, [Register](#) for location. Sponsored by Guiding Exceptional Parents.
- Oct. 11-13; Vision and Leadership 2e Symposium, Bridges 2e Center for Research and Professional Development, [REGISTER](#).
- Oct. 11-12; Florida Assn. for Gifted Annual Conference, Cape Canaveral, FL, [REGISTER](#).
- Oct. 12; CHADD/NAMI ADHD and Mental Health Resource Fair, 8:00 AM to 1:00 PM, ASCE HQ Bechtel Conference Center, 1801 Alexander Bell Drive, Reston, VA 20191, [Register](#).
- Oct. 16-28; ECHA (European Council for High Ability) Annual Conference, Dubrovnik, Croatia. [REGISTER](#).
- Oct. 16; Webinar: "A Parent's Guide to Evaluating and Troubleshooting Your Child's IEP or 504 Plan with Susan Yellan, Esq." [Register](#).
- Oct. 17-29; Virginia Assn. for Gifted Annual Conference, Richmond, VA [REGISTER](#).
- Oct. 18-19; WAETAG, Hilton Bellevue, Bellevue, WA [REGISTER](#).
- Oct. 19; 6th Annual Innovators in Education Conference, Embracing Neurodiversity: Strength-Based Strategies for Children and Teens; 8:00 am - 4:45 pm; Universities at Shady Grove 9630 Gudelsky Dr. Rockville, MD 20850, [REGISTER](#).
- Oct. 20-22; CAGT, Colorado Assn. for Gifted and Talented, Annual Conference, "A Gifted State of Mind," Loveland, CO, [REGISTER](#).
- Oct. 20-22; Ohio Assn for Gifted Annual Conference [REGISTER](#).
- Oct. 29-30, [2 Days of 2e Virtual Conference](#) [Register](#) Live Chat with speakers available on October 29-30; Full Conference ON DEMAND through April 2020.
- Nov. 7-10; NAGC Annual Conference, Albuquerque, NM [REGISTER](#).
- Nov. 7; Screening, 6:30 pm - 8:30 pm, Community Education Night: It's Just Anxiety - Documentary Screening & Panel Discussion, Fusion Academy, Fusion Rockville Campus, 275 N. Washington Street, Suite 200, Rockville, MD 20850 [Register](#).
- Nov. 8; TECA 2019 BUILDING 2E AWARENESS & COMMUNITY CONFERENCE, 8:00 am - 5:30 pm Molloy College, Rockville Centre, NY, [Register](#).
- Feb. 5; Yachad Special Education Conference for Educators, Baltimore, MD. [Learn More](#).
- March 5; SPINS - Special Kids International Summit virtual conference.

ONGOING EVENTS:

- 2 Days of 2e Virtual Conference, Launch October 29-30. On-Demand through April 2020. [Register](#).
- Mom's Support Group for Raising Kids with ADHD, starting September 18, 2019, 8 Wednesdays 7:00 pm - 8:30 pm, Chesapeake Center, 6430 Rockledge Dr., \$125. [Register](#)
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#)
- Bright, sensitive, intense? Summit Center offers guided discussion groups to support parents of gifted and twice exceptional children, as well as gifted adults. The [Virtual Advanced Group for Parents of Gifted and 2e Children](#) and [Gifted Adult: The Intensity of Life](#) are offered virtually through the Zoom video meeting platform, both beginning October 28 and meeting monthly (facilitated by Kathleen Crombie, M.Ed.).
- In Northern California, the [Discussion Group for Parents of Gifted and 2e Children](#) will be held in Walnut Creek on Friday mornings, beginning October 4 (facilitated by Dr. Elena Chen & Melanie Hayes, Ed.D.). In Southern California, the [Parent Discussion & Support Group](#) meets in Torrance on Wednesday mornings, starting October 16 (facilitated by Dr. Lisa Hancock). Register now to reserve your spot!

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

Subscribe to "Gifted & Distractable"



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