

# January: Parenting Your GT Child

East Central BOCES Gifted & Talented Parent Newsletter, 2023

Be sure to check out the upcoming parent book study! Find the details in Parent Resources section below.

## How to Best Support Your Gifted Child

Start fresh this new year by learning new strategies to support your gifted child. Nurture your child by supporting their interests and exposing them to new topics and experiences. You probably realized early on that your child is curious and always wants to know more and especially, to know WHY. Gifted children have a need for intellectual stimulation.

There are some helpful tips in the article, [Some Do's and Don'ts for Raising Your Gifted Kids](#), by Deborah Ruf.

The author suggests that you don't forget your gifted child is just a child. I've heard the quote, "Child first, Gifted second". Don't undermine your authority by giving too much power or decision making to your child. Likewise, don't burden your child with more responsibility than they are able to handle. Don't expect perfection; they are human.

Provide opportunities for intellectual challenge. Gifted children thrive when learning something new and interesting. Be sure they encounter tasks where they have to work hard and even get frustrated. Let them fail and then discuss how their failures are necessary steps in learning and growing.

Don't overschedule your child. They do need exposure to different skills and activities but they also need down time to read for fun, relax, mull over new ideas, and dream of what they want to do next.

Allow your child to pursue their interests. For example, if they are gifted in math but really want to delve into learning everything they can about World War I in their free time, let them!

Do give sincere praise for your child's hard work and successes. Compliment the process and hard work rather than the final product. For example, when your child earns an A on a tough assignment, discuss how proud you are of their effort and resilience to continue working hard all the way through to completion of the assignment.

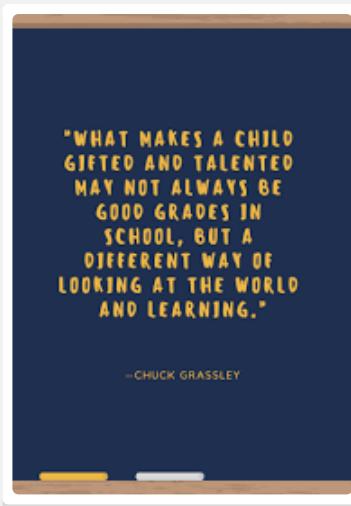
Don't speak of your gifted child as an example to others. This puts unfair pressure on your gifted child and as a result they may start to hide their abilities. Comparing your gifted child to other children is also detrimental to the child who is not gifted.

Often, gifted children have a wide variety of interests and can become overwhelmed if they over-involve themselves. Teach them how to prioritize their activities and commitments to others.

Be honest with your child about their advanced abilities. When they are mature enough to understand, have an honest conversation about why they think the way they do. (See the link to the Common Characteristics list at the end of this newsletter) Remind them that there will be positives and challenges that come along with being gifted. Help them understand why some of their behaviors are typical of a gifted child but at the same time, very different than their same-aged peers.

### [How to Deal with Gifted Kids That Ask Many Questions](#)

### [20 Tips for Nurturing Gifted Children](#)



## Random, Weird, and Interesting Links for Gifted Students

Parents, please preview these sites before your kids check them out!

[Mensa For Kids](#) This website has a reading program for kids as well as interesting articles they can delve into. Scroll down toward the bottom for the kids' articles. There are also parent resources on this site.

[Science Friday](#) Educational and entertaining stories about science and technology

[Freerice](#) Freerice is an educational trivia game created by the United Nations World Food Program. Earn 10 grains of rice for each question answered correctly.

[TIME for kids](#) News articles for kids in grades K-6 from the publishers of Time Magazine

## Parent Resources

### **Parent Book Study:** [Make Your Worrier a Warrior](#) by Dan Peters

We will meet virtually for one hour, three times starting in early February. Meeting times will be determined after responses are gathered. **Register by January 18th** to receive your free book. Feel free to share the registration information with any parent of a gifted or talent pool student in any of the East Central BOCES school districts.

[Flyer](#)

[Registration Link](#)

[Common Characteristics and Self-Acceptance Strategies](#) Sharing and discussing these characteristics with your child may help them understand why they think the way they do. The self-acceptance strategies are tips for parents.



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