

# February: Parenting Your GT Child

*East Central BOCES Gifted & Talented Parent Newsletter 2023*

## **Perfectionism and the Gifted Child**

A tiny bit of perfectionism can be a good thing. Most of us encourage our gifted kids to work hard to reach their potential. It becomes an expectation that they will do well in school. In their early years of school, they typically do well without having to work very hard because schoolwork is easy for them. They may set unrealistic expectations for themselves and later, when they can't meet those expectations, problems arise. In a school setting, perfectionism is sometimes the cause of underachievement. The student may think that if they can't turn in a perfect assignment, why bother? In severe cases, perfectionism may lead to serious health issues. There are ways you can help your child. The two articles below both offer great tips for helping your child learn tools to manage their perfectionism. Be sure to reach out to your child's teacher and ask them to help reinforce the tools and strategies at school.

[Managing Perfectionism: 10 Tips for Helping Your Gifted Child](#), from the Raising Lifelong Learners blog

[Helping Gifted Students Cope with Perfectionism](#), by Michael Pyryt

For more thorough information on perfectionism, take a look at the two books below.

[Understanding Your Gifted Child From the Inside Out](#), by James R. Delisle, Ph.D.

[Perfectionism: A Practical Guide to Managing "Never Good Enough"](#), by Lisa Van Gemert, M.Ed.T.



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

Parents, please preview these sites before allowing your kids to browse!

[A Full Sized Lego Car with an Air Powered Engine](#) from The Kids Should See This website. This site is full of interesting things!

[Watch bees learn how to play soccer!](#) And they appear to teach their friends, too!

[Colorful Quilled Typography](#) Take a look at these beautiful paper creations. Do you want to learn how to do this? Check out this video: [Paper Quilling for Beginners](#)

Are you interested in learning **how to code**?

For younger students who are new to coding, take a look at these:

[Tynker](#)

[Code.org](#) - Grades K-5

[Scratch](#)

For more advanced coding, try these:

[Code.org](#) - Grades 6-12

[Khan Academy Computer Programming](#)

## Parent Resources

"Anxiety and its Impact on Gifted/2e Children, Teens, and Young Adults" with Mike Postma. **Tuesday, February 21st at 5:00 on Facebook Live.** This is part of the Conversations with CAGT Live series. CAGT (Colorado Association for Gifted and Talented). Find past conversations [here](#).

[Gifted and Talented Youth-Friendly Summer Camps and Opportunities](#) It's never too early to start looking for summer opportunities for your gifted child.

Looking for books or toys for gifted kids? The [Gifted Guru](#), Lisa Van Gemert, has put together a list of [Great Things for Gifted](#) on Amazon.



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