

March: Parenting Your GT Child

East Central BOCES Gifted & Talented Parent Newsletter, 2023

What is Twice Exceptional/2e?

Twice exceptional, or 2e, is the term used for a person who is identified as gifted and also has one or more disabilities such as dyslexia, ADHD, or Autism Spectrum Disorder. Twice exceptional students may display strengths in some areas and weaknesses in others. Because a student's gifts and disabilities may mask one another, it is often difficult for teachers and parents to realize the student is gifted or that he or she has a disability.

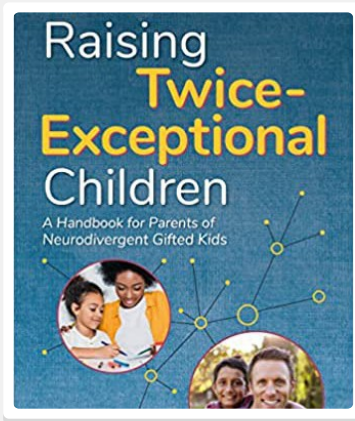
Common characteristics of twice exceptional students include:

- Advanced critical thinking and problem solving skills
- Intensified sensitivity to stimuli including sound, taste, smell, etc.
- Strong sense of curiosity
- Perfectionistic tendencies which may lead to low self-esteem
- Poor social skills
- Ability to sustain deep concentration in interest areas
- Difficulty in reading and writing due to cognitive processing deficits
- Behavioral challenges due to underlying frustration, boredom, or lack of motivation

If a child is truly twice exceptional it is important for parents and teachers to work together to address both the child's strengths and challenges.

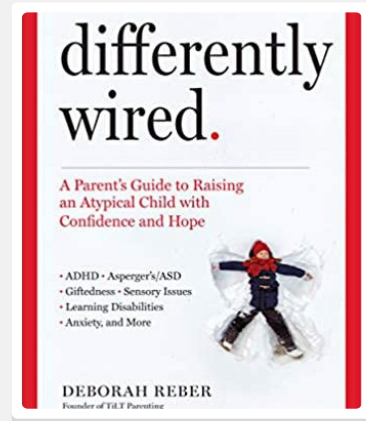
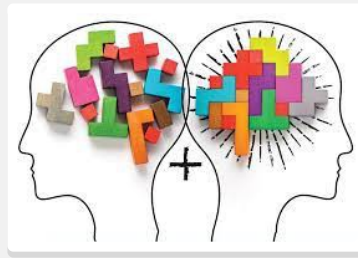
[Colorado Department of Education Twice Exceptional Resources for Parents](#)

[The Neurodiversity Podcast with Emily Kircher-Morris](#)



Raising Twice-Exceptional Children

by Emily Kircher-Morris



Differently Wired

by Deborah Reber

Random, Weird, and Interesting Links for Gifted Students

Be sure to preview these links before your kids do!

[Classical Music Mashup](#) This video is as entertaining to watch as it is to listen to!

BMX champ Matthias Dandois shows off his talent in [this video](#) full of tricks and technique, all on flat surfaces. Check out the spin near the end! Bonus fact: you can see the busiest pedestrian intersection in the world, Shibuya Crossing, at 2:38.

Did you know a set of Lego Mindstorms can [play a guitar](#)?

[27 Apps and Sites for Gifted & Talented Kids](#), from Common Sense Media. Each app and website are reviewed by other parents (according to the site). For ages 5 and up.

Parent Resources

[Boys Tough Enough to Be Kind](#) If you are raising a boy, this is a great read. When you have 5 minutes, take a look. The author, Mark Hess, has written several books, most are about the social emotional aspects of gifted kids. His latest is, [I Used to be Gifted: Understanding, Nurturing, and Teaching Gifted Learners at Home and in the Classroom](#).

[NAGC Gifted and Talented Resources Directory](#) Browse the categories for parent resources including books, lists of organizations, games, etc.

[Parenting Gifted Children to Succeed in Life](#) by Tanya Peterson for healthyplace.com



East Central Board of Cooperative Education Services

📍 820 2nd Street, Limon, CO

✉ jodic@ecboces.org

☎ 719 775-2342

🌐 ecboces.org