

GATE SECONDARY COUNSELING RESOURCE NEWSLETTER

November 2021 Edition: Parent Resources

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As the GATE secondary counselor, I am sending a monthly newsletter with tips, strategies, and resources to support GT students and families. This month, I am highlighting resources that can be shared with parents to support the unique characteristics and needs of gifted children. As SENG facilitator, Amy Harrington eloquently states, "Parenting gifted children is a unique challenge, which I zealously embrace. We are the noticeably eccentric family wherever we go, and our strong personalities have been known to make people's head spin. We don't really go with the flow and my children don't blend in. Their personalities are overt and they exude their brilliance the way most people breathe. I have one child who lives in his head and one who is guided by his heart. They are both wholly original and dexterously challenge all societal expectations. Complex children are rarely easy to parent; however, they sure make life more interesting."

This school year, the GATE Department is offering Social Emotional Needs of the Gifted (SENG) parent support groups for parents of gifted children. The purpose of these groups is to allow parents to come together to share knowledge, information, and strategies to better understand and support their gifted children. Two GATE Department members will facilitate each group. If you are interested in joining a SENG parent group in January of 2022, please contact me at mivans@washoeschools.net by December 1, 2021. Thank you!



Featured Resources:

- **Tips for Parents:** This list compiled by the Summit Center is based upon the work of Jeane Sunde Peterson, Ph.D. The list suggests tips to encourage parents to be healthy role models for their children. <https://summitcenter.us/resources/links/tips-for-parents/>
- **Not What I Expected: A Guide for Parents of Exceptional Children** is a list of recommended resources offered by the Davidson Institute's Davidson Gifted Blog. <https://www.davidsongifted.org/gifted-blog/not-what-i-expected-a-guide-for-parents-of-exceptional-children/>
- **Supporting Emotional Needs of the Gifted (SENG):** SENEG offers support and guidance to the gifted community through education, research and connection. <http://sengifted.org/about-seng/>
- **National Association of Gifted Children (NAGC):** "NAGC's mission is to support those who enhance the growth and development of gifted and talented children through education, advocacy, community building, and research." <http://www.nagc.org/>

Featured Books:

- **A Parent's Guide to Gifted Children** by James T. Webb, Ph.D. et al. This book is a comprehensive guide to understanding and supporting gifted children; a must read for all parents of gifted children. https://www.amazon.com/Parents-Guide-Gifted-Children/dp/0910707529/ref=sr_1_1?ie=UTF8&qid=1536955631&sr=8-1&keywords=a+parents+guide+to+gifted+children
- **The Gifted Teen Survival Guide: Smart, Sharp, and Ready for (Almost) Anything** by Judy Galbraith & Jim Delisle. This book is an excellent resource for students and parents alike; it covers a variety of topics deemed interesting and relevant by gifted teens. https://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=gifted+teen+survival+guide
- **Living with Intensity: Understanding the Sensitivity, Excitability, and Emotional Development of Gifted Children, Adolescents, and Adults** by Susan Daniels, Ph.D. and Michael M. Piechowski, Ph.D. This book provides a wonderful exploration of the multi-faceted sensitivities and intensities of gifted children, adolescents, and adults. https://www.amazon.com/Living-Intensity-Understanding-Sensitivity-Excitability/dp/0910707898/ref=sr_1_1?ie=UTF8&qid=1536955740&sr=8-1&keywords=living+with+intensity

Warmest wishes for a wonderful Thanksgiving!