

Suggestions for Parents in Nurturing Their Gifted Child

Remember your child is just a child.

Why? The child may read and reason well beyond his chronological age but he is still a child.

Be aware of asynchronous development.

Why? The child's emotional and physical abilities are not as advanced as their intellect.

Talk and listen to your child.

Why? The child has many concerns and just acknowledging these is helpful.

Be more concerned about 'learning' than 'grades.'

Why? The process is more important than the result in education.

Help your child understand how to graciously question others, especially adults.

Why? The gifted child does not react well to mistakes and misinformation.

Give your child a chance to relax.

Why? Studies have shown that down time is needed to learn. The child needs time to process new information.

Being gifted does not mean the child is gifted in all areas.

Why? We all have our weaknesses.

Let your child be a child and arrange time for just having fun.

Why? Every person needs time to enjoy life.

Keep them grounded in everyday activities.

Why? Life has more mundane chores than exciting new discoveries.

Do not just value your child for her intellectual abilities; value the whole child.

Why? The child needs to be loved and 'liked' by the parent.

Build his/her self-esteem by finding an activity in which the child can be confident and interact with his/her peers.

Why? The gifted do suffer from self-esteem problems.

Help your child learn organizational skills.

Why? Their minds work overtime and they are easily distracted by other thoughts and ideas.

Teach your child when it is time to stop and regroup when a project becomes frustrating.

Why? Many gifted students are perfectionists and never think a project is 'good enough.'

Make sure your child gets enough sleep.

Why? Studies have shown that the gifted child needs less sleep BUT they still need to rest and recoup.

Help your child to learn to take risks and try new things.

Why? They fear failure.

Be aware of including your child in adult conversations or including him/her in adult decisions.

Why? It is easy to forget he/she is a child with the advanced vocabularies, and insight.

Do not disparage school and the teacher.

Why? This gives your child permission to do the same.

Praise hard work, perseverance, good thinking.

Why? These are the traits that will sustain one thru life.

Teach your child there is more than one way to do something.

Why? Gifted children think that there is only one way.

Tell your child it is okay to make a mistake. Have discussions about what he or she learned from the mistake.

Why? Many gifted children think that making a mistake will take away their gifts.

Help your child understand it is okay to be different from other peers. We all feel and learn differently.

Why? The gifted child know he is different from the other students.

The following suggestions are from www.bellybelly.com:

- Your child does not need to be praised for everything he or she does. Some people are better at things and it is okay.
- Nor does your child need to be criticized for everything. Your child must know it is okay to fail so he/she will take new risks.
- Everything your child says is not gospel. There are two sides to every story and it is normal human behavior to slant the story for one's own benefit.
- Your child will do as you do...not as you say. You are the first and foremost role model for your child.
- Your child's homework is not yours. Please advise but a reasonable struggle teaches problem solving.
- Your child can do more than you think; give him or her some independence.

Websites:

www.hoagiesgifted.org
www.sengifted.org
www.giftedkids.about.com
www.cec.sped.org

www.nagc.org
www.gifted-children.com
www.childdevelopmentinfo.com
www.cagifted.org

UCI also offers thru out the year single seminars on-line about issues of the gifted.

There are too many books to list here but some authors are:

Delisle, James
Galbraith, James
Moon, Sidney
Neihart, Maureen
Rimm, Sylvia
Robinson, Nancy
Tolan, Stephanie
Webb, James