Parenting Strategies: ***10 things NOT to say to your Gifted Child***

Table 1.1. Parenting Strategies to Develop Mastery Learning in Gifted Children

- Recognize and discuss perfection with your child, including your own.
- Help your child set reasonable goals.
- Emphasize process more and product less.
- Discuss how learning is a continual, long-term process.
- Use targeted, specific (rather than general) praise.
- Discuss the role of failure and how failure may be used to learn how to overcome obstacles.
- Expose your child to biographies of prominent individuals who have built a lifetime of achievement.
- Expose your child to biographies of prominent individuals who have dealt with failures.

Table 2.1. Parenting Strategies to Deal with Underachievement in Gifted Children

- Determine whether underachievement is present. Consider the results of a variety of assessments.
- Diagnose causes of underachievement: student, family, or school-related.
- Develop a course of action that addresses the root cause(s) of the specific case.
- Communicate with your child's school about issues of concern. Involve the child in discussions.
- Ensure that the child's classroom is an environment that is supportive and friendly.
- Communicate to your child that learning is enjoyable and useful.
- Communicate to your child your belief in his abilities.

Table 3.1. Parenting Strategies to Deal with Fears and Anxieties in Gifted Children

- Determine your child's fears and anxieties are too frequent and/or debilitating. If they are, seek professional counseling.
- When dealing with your child's fear or anxiety, listen and observe carefully.
- Acknowledge the fear or anxiety, and set yourself up as an ally to your child.
- Help your child understand the fear or anxiety, emphasizing the positive.
- Reassure your child, and help her to decompress.
- Divert your child's attention to something else.

Table 4.1. Parenting Strategies for Communicating with Gifted Children

- Offer young children limited choices.
- Gain buy-in from the child, if possible.
- Develop a problem- solving solution that:
  - ➢ Describe the problem.
  - ➢ Focuses on objectives.
  - ➢ Develops and evaluates one or more specific solutions, with consequences and rewards.
- Spend time with child outside of the difficult situation.

Table 5.1. Parenting Strategies to Help Gifted Children with Socialization

- Understand your child's needs for socialization, and keep it apart from your own need for popularity.
- Understand where your child is on the introversion-extraversion continuum and the implications is this placement.
- Ensure that your child has at least one good friend.
- If your child is unhappy socially, arrange for get-togethers with one or two other children of his choosing.
- Make sure your child is involved with one or two clubs or other social groups of his choosing.
- Keep a harmonious family environment that can be a safe haven for your child during difficult times.
- Reassure your child that social relationship become easier as children grow older.
- Avoid pressuring your child to make more friends; Let it happen naturally.
- Describe a bright future to your child that involves wonderful experiences.

Table 6.3. Parenting Strategies to Deal with Gifted Children Constant Questioning

- Understand your child's need for information, and try to view it as a positive trait.
- Establish a system, such as a "parking lot," in which questions are placed until you can deal with them.
- Take your child to the library occasionally.
- Let your child know that you value her questions by sitting down at an appointed time to discuss them.
- Teach your child how to use some age-appropriate search engines.
- Help your child learn how to evaluate websites for accuracy.

Table 7.1. Parenting Strategies to Deal with Selective Achievement in Gifted Children

- Evaluate your desire to have your child "succeed." Is it: (1) within the realm of possibility, and (2) reasonable?
- Question your child on his interests. What classes and activities would he find most interesting?
- Insisted that your child become involved with one or two classes or activities that he really likes.
- Insist that your child see the activity through for a predetermined period.
- If the first activity doesn't do the job, keep trying!
- Once your child has found an activity he likes, support it.
- Discuss with your child:
  - ➢ Why he likes the activity (be specific)
  - ➢ How he feels when he does the activity
  - ➢ The benefits of the activity
  - ➢ How the improvement is linked to effort

Table 8.1. Parenting Strategies to Provide Career Guidance to Gifted Children

- Avoid steering your child towards one career.
- Expose your child to a variety of clubs and extracurricular opportunities that may help her explore her strengths and interests.
- Actively discuss your child's strengths and interests with her.
- Help your child think about her values. What does she value when envisioning a career? Working with people? Making the world a better place? Working to stimulate her intellectual curiosity? Asses these periodically over time as she matures.
- Help your child think about her goals. What does she want to do in her career? Make more money? Have more time? Be flexible in her working hours? Gain prestige? Asses these periodically over time as she matures.
- As your child matures, help her consider the compromises involved with specific careers. For example, is she becomes a doctor, she may make more money, but she may have less flexibility in her personal time.

Table 9.1. Parenting Strategies to Develop Persistence in Gifted Children

- Discuss the importance of persistence with your child. Provide examples of admired individuals who persisted through difficulties.
- Set and agree upon milestone--an event that must take place before your child may withdraw from an activity.
- Support your child through struggles. Discuss the task or activity with him. Brainstorm solutions to problems that may arise. Let you child know that you're there to help him.
- Encourage a task mastery approach in your child. Remind him to measure his own progress and not to compare himself to others.
- Exhaust all solutions before allowing your child to withdraw from an activity, and only do so if it is vital to his physical or psychological health. Talk with your child about how quitting is a "last resort."
- If your child must withdraw from an activity, encourage him to replace it with a healthier alternative.

Table 10.1. Parenting Strategies to Identify and Develop Your Gifted Children's Creativity

- For children who exhibit creative abilities:
  - ➢ Realistically assess your children's creativity. Is it big "C" or little "c"?
  - ➢ If you cannot realistically assess your child's abilities, take her to an expert (e.g., an art or music or dance teacher) who can.
  - ➢ Find a teacher/mentor who will take your child's abilities to the next level.
  - ➢ Be alert for the possibility that your child may outgrow the teacher's abilities. Be prepared to take her to another teacher who can help her reach an even higher level.
  - ➢ Be aware of your child's special social-emotional needs, which may accompany her creative abilities.
  - ➢ Involve your child in extracurricular groups that will help her find others who are interested in the same area(s) (e.g., drama club).
- For all children:
  - ➢ Understand types of creative abilities that may be developed in your child (e.g., flexibility, fluency, originality, elaboration).
  - ➢ Play creativity games with your child to develop those abilities.
  - ➢ Develop problem-solving abilities in your child by practicing the Creative Problem Solving method with her.
  - ➢ Point out when your child is creative, and encourage this type of behavior.