

Gifted Education Month

JAN ✨ 2021

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GOTE Gifted and Talented Education
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 Smithsonian
National Museum of Natural History



 Colonial Williamsburg

EXPLORE

The British Museum

SAN DIEGO ZOO

 NATIONAL AQUARIUM

 SCHOLASTIC

The Nature Conservancy 

LOUVRE

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Supporting Your Gifted Child During COVID-19

This brand new TIP Sheet gives parents, caregivers, and educators strategies for helping gifted children manage their feelings, sadness, and anxiety during the COVID-19 pandemic. Special 4-page version includes strategies for children at each developmental age.

Helping Your Child Manage Stress Through Mindfulness

This article, written directly to teens and tweens, helps gifted adolescents understand mindfulness and the formal/informal pathways to mindfulness. Includes apps, books, and online resources for kids. (Michele Kane, Ed.D., *Parenting for High Potential*, Dec 2017)

Special Solocast: Thought on Parenting Differently Wired Kids Through a Pandemic

Special short episode in which Tilt Parenting host Debbie Reber shares thoughts and ideas for contemplation surrounding parenting differently wired children through the coronavirus pandemic.

Resources for Supporting Children's Emotional Well-being During the COVID-19 Pandemic

Guidance, recommendations, and resources provided by child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts.

Management of Anxiety Begins at Home

General article that focuses on the sources of anxiety in gifted children and what parents can do to help reduce anxiety at home. (Sal Mendaglio, Ph.D., *Parenting for High Potential*, Summer 2016)

Top 3 Strategies for Helping Your Child to Cope With Anxiety During Challenging Times

This interview with Michele Kane, Ed. D., and Patricia Steinmeyer, IAGC Executive Director, packs in many more than three strategies in under 20 minutes.

COVID-19 and Anxiety in Gifted Children

While gifted individuals are no more anxious than the general population, these uncertain times can cause anxiety and worry, especially when there are fewer intellectual pursuits in a day. With school closures and social distancing, it is important to help children develop a sense of purpose that can guide them as they deal with the unknown. (Kate Boonstra, March 23, 2020)

Parenting with Resilience in Unsettling Times

Advice for how parents can manage their own worries and fears, assess what we can and cannot control, and how to talk with our children during the COVID-19 pandemic. (Dr. Dan Peters, *Psychology Today*, March 16, 2020)

Video: Coping with the Stress of COVID-19: Tips for Families with Gifted Children

Edward R. Amend, Psy.D., of The Amend Group in Lexington, KY, shares thoughts and tips for parents and children as they navigate a new world with the coronavirus pandemic.

