

## Strategy Cheat Sheet for Raising and Teaching Twice Exceptional Kids

1. Lean In: When you notice your child or student is emotionally over-stimulated, lean in. Let go of expectations. Ask what's going on. Ask what you can do... or sit next to them, silently.
2. Find Verbs: Think about what you want your 2e child or student to do. When they do it - simply notice. Don't thank or praise, just notice. Just like we notice when they don't do something or they do something 'wrong,' this is an opportunity to catch them doing well.
3. Ask Questions: We are often the frontal lobe for our 2e kids. They need to develop theirs. Stop telling them what to do and start asking questions that help them realize what they need to do.
4. Create a wake: Stop nagging. Stop begging. Stop negotiating. Start doing. Read that book, play that game, walk out the door.

For more on this topic, check out Julie's session "[Cycle for Success: Parenting & Teaching 2e Children](#)" inside the Let's Talk 2e Parent Conferences. Get access for just \$97 when you enter the code **2PARENTTOOLBOX** at checkout.

## Three Strategies to Help Your Gifted/2e Child Do The Things That Need To Get Done

1. **Attach Meaning to the Task:** 2e children often ask 'why?' Giving them a reason helps them relate to and understand the purpose of the task.
2. **Establish a Personal Connection:** For 2e kids, respect must be mutual and earned. The more you can indicate you understand them - and help them understand you - the more buy-in you get.
3. **Use Guiding Questions:** When we do things for our 2e kids, the message is clear that we don't think they are capable. By asking questions we can help them establish their own strategies and plan - therefore, creating independence and self-confidence.

For more on this topic, check out Susan Baum's session "[What, Me Organized? It's a Matter of Style](#)," inside the Let's Talk 2e Parent Conferences. Get \$20 off when you enter the code **2EPARENTTOOLBOX** at checkout.

## How to Help Your Child Through Big Feelings

- 1. Remind yourself your child is reacting to their intensities and is not in control of the moment.** It's easy to get swept away in your child's wave of emotion. Remind yourself to regulate your own big emotions and that no learning will occur at this moment. Compassion is key.
- 2. Find a safe space or way for them to ride their wave.** Pillows provide a safe landing place for a rush of emotion or a great punching bag for moments of anger. Make car rides a safe space where they can yell or express their feelings without judgment.
- 3. After the big feelings pass, talk to your child about their experience.** While walking, throwing a ball, or playing a game, ask your child what triggered the big feelings and ask whether there is a different way they might want to address those big feelings next time.
- 4. Notice how hard your child is trying. Remember how hard they're working.** When your child holds it together, be sure to notice and comment - "I know you had big feelings just then, but I noticed you paused, breathed, and moved on."
- 5. Join a group of like-minded parents of 2e kids to work through shared challenges like:**
  - a. Loneliness and how it affects your and your child's behavior and reactions.
  - b. Emotion regulation
  - c. Discipline vs. Punishment

For more on this topic, check out "[Understanding and Addressing Emotion Regulation in 2e Children](#)" inside the Let's Talk 2e Parent Conferences. Get \$20 off when you enter the code **2EPARENTTOOLBOX** at checkout.

## **Parenting Vocabulary: Responsibilities, Privileges, Expectations - What's the difference?**

### Responsibilities: what you have to do

You may have personal responsibilities like:

- self-care
- getting to school on time
- doing homework

You may have family responsibilities like:

- taking care of a pet
- helping in the kitchen and yard

### Privileges: what you get to do once you've done what you have to do

Example:

- Screen time
- Treat
- texting/phoning friends
- Use of the car

### Expectations: how you and adults expect responsibilities and privileges to be accomplished

Examples:

- When and how you walk the dog, empty the dishwasher, vacuum, etc.
- How you transition from screen time
- The tone you use in texts and social media posts

Consequences: Once you explain responsibilities and privileges, ask your child what happens if they don't meet expectations.

Expectations and consequences last longer if your child helps identify them.

Keep consequences logical. If they don't complete their responsibilities, they don't get their privileges.

### Parent Mantras

Responsibilities have to happen. Privileges may happen.

The more you meet expectations, the more privileges you enjoy.

Do what you have to do before you do what you want to do.

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## **What are Overexcitabilities?**

Overexcitabilities (OEs) are a result of gifted and 2e people's heightened awareness of the world around them. Here's a quick breakdown of the five types of OEs and how to address them...

### Intellectual Overexcitability

How it manifests: You have insatiable curiosity. You question and dive deep in areas of interest to the exclusion of all else. Rote and boring tasks can feel demoralizing to you.

How to regulate it: Go deep in your areas of interest and passions. Intentionally lift your head up to take in the world around you every once in a while. Know that others may not have your capacity or thirst for knowledge.

### Sensory Overexcitability

How it manifests: You are like a powerful antenna. You pick up on sights, sounds, smells, and textures around you. You gain immense joy or pain from your superpower senses.

How to regulate it: Dial up or dial down sensory input. Know if you are a sensory seeker or a sensory avoider - compensate and plan accordingly.

### Psychomotor Overexcitability

How it manifests: You may need to move to learn. Your speech may be rapid and persistent. You may pace while you talk.

How to regulate it: Be kind to yourself. Why can't you eat standing up? Invest in a standing desk and make sure you move first thing in the morning and often during the day.

### Imaginational Overexcitability

How it manifests: Creativity is your baseline. Your imagination is vivid as are your dreams. You may find it difficult to attend to everyday life because of your rich interior mind.

How to regulate it: Ensure you have an artistic outlet daily. Allow yourself to doodle, create, and dabble. The majority of your day should allow you to tap into your creative self.

### Emotional Overexcitability

How it manifests: You care deeply. You're an amazing, attentive friend. Often, you are disappointed that others don't give you the same attention. You care about the world around you and are frustrated when others aren't.

How to regulate it: Know that this is a superpower. If you are disappointed with others it has to do with what they can't do, rather than what you can do. But know, your powers are SUPER - rarely will you find parallel investment.

Learn more about accommodating and honoring overexcitabilities at [bit.ly/WUCCOverexcitabilities](http://bit.ly/WUCCOverexcitabilities)

For more on this topic, check out Julie Skolnick's "[Cycle for Success: Parenting and Teaching 2e](#)" inside the Let's Talk 2e Parent Conferences. Get \$20 off when you enter the code **2EPARENTTOOLBOX** at checkout.