

# LIVING IN THE GIFTED FAMILY

## Communication of feelings:

- Value them as sons and daughters, not for just what they do
- Use, "I admire the way you. . . ."
- Model respect and kindness
- Listen for feelings . . . respond by reflecting the feelings
- Acknowledge their extreme sensitivity: avoid "killer statements"
- Be aware of body language and tone of voice
- Use emotional temperature readings
- Encourage them to talk to someone when they can't talk to you

## Sibling Relationships:

- Treat each child uniquely, not equally
- Avoid negative comparisons
- Help children find their own special role
- Is the child rivaling for attention or control?
- Remove yourself from the squabble
- Have special time with each child
- Encourage sibling synergy



## Peer Relationships:

- Gifted children may have age peers, ability peers, physical peers
- Your gifted child may feel alienated
- Don't insist that introverts become extroverts
- Teach your child social skills
- Don't push them to have "many" friends, but encourage a "soul-mate"
- Help children develop self esteem that enables them to stand up to teasing
- Practice "win-win" strategies

## Parent Relationships:

- Acknowledge your child has special talents
- Be models of problem solving
- Be consistent between each other and with the child
- Create house rules based on honesty, responsibility, and self-respect
- Establish family priorities based on the needs of each member
- Take time to recharge your own batteries
- Model caring for your own physical, social, intellectual and spiritual needs

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