

What Can I Do as the Parent?

Parenting a gifted child is both a challenge and a joy. We influence our children's development in significant ways that shape their intelligence, their perspective on their talents and life, and their happiness.

Remember parenting styles make a difference.

Focus on the positive aspects of your child's behavior.

Understand that discipline requires the right kind of creativity.

Some structure and limits are necessary. Let your child know that he or she has your unconditional love. Rules should be few, reasonable, and consistently enforced.

Provide an enriched environment.

Balance "being on task" activities with relaxation and lots of free time.

Remember the ABCs of stress management.

Gifted children may be at high risk for burnout. Children need to feel empowered with choices and positive about themselves. They need to stay physically fit (including a balanced diet), learn how to relax, and learn how to break tasks down into manageable bites.

Nurture your child's creativity.

Provide a responsive and expressive climate. Give emotional support for unusual thinking.

From "Considerations and Strategies for Parenting the Gifted Child" by James Alvino and the National Research Council on Gifted Education.

Ascent Contacts:

AES: Julie Willie (jwille@aspenk12.net) x3208

AMS: Caroline Hanson (chanson@aspenk12.net) x2365

ASD Phone : (970)925-3760