

THE Parenting *Toolbox*



Strategy and Support for Your 2e Child

Table of Contents



1. A strategy cheat sheet
2. An explanation of what 2e means
3. How to help your child through their big feelings
4. 3 Strategies to getting things done
5. Explaining the different types of overexcitabilities
6. Strategies for emotional regulation

For more on these topics, you can check out Julie's webinars inside the Let's Talk 2e Parent Conferences.

Get access for just \$97 when you enter the code
2EPARENTTOOLBOX at checkout.

Strategy Cheat Sheet

For raising and teaching twice-exceptional (2e) kids. Strategies tailored to the unique needs of 2e children can greatly support their growth and development. It is important to provide a nurturing and inclusive environment that recognizes their strengths and challenges. By implementing these strategies, we can create an environment that empowers 2e children to thrive academically, socially, and emotionally.

STEP 01

Lean in

When you observe that your child is emotionally overstimulated, it is important to respond with empathy and understanding. By leaning in and letting go of expectations, you create a safe space for them to express their feelings.

Here's what I mean

Take the time to ask them what is going on and genuinely listen to their response. By showing genuine interest and concern, you can help them feel heard and validated.

Additionally, asking what you can do to support them demonstrates your willingness to assist and provide comfort. Alternatively, sitting silently next to them can also be beneficial, as it allows them to process their emotions without feeling pressured to talk. This approach promotes a sense of trust and connection, fostering a supportive environment for emotional well-being.



STEP 02

Find Verbs



What happens when we encourage positive behavior in a 2e child?

➤ It can be beneficial to simply notice and acknowledge their actions without excessive praise or thanks.

By adopting this approach, you create an environment where their accomplishments and efforts are recognized and valued. This practice allows you to focus on their progress and strengths, reinforcing their sense of competence and self-worth.

➤ Just like we notice when they don't do something or they do something 'wrong,' this is an opportunity to catch them doing well

By catching them doing well, you provide subtle reinforcement and motivation for them to continue engaging in positive behaviors. It also helps to cultivate a growth mindset, where they understand that their efforts and achievements are noticed and appreciated.

STEP 03

Ask Questions



As parents or caregivers of 2e (twice-exceptional) children, we play a crucial role in supporting their development, including the growth of their frontal lobe functions.

Instead of constantly telling them what to do, it can be beneficial to encourage their independent thinking and problem-solving skills by asking thoughtful questions.

By doing so, we empower them to reflect on their own needs, make decisions, and take ownership of their actions. Asking open-ended questions can help stimulate their critical thinking, creativity, and self-awareness.

This approach fosters their ability to analyze situations, consider different perspectives, and develop effective strategies.

Ultimately, by guiding them through questioning, we can help our 2e children develop their frontal lobe functions and become more self-reliant individuals.

Here are some examples of open-ended questions that you can ask children to encourage conversation:

"Tell me about your favorite book and why you like it."

"What do you think would happen if animals could talk?"

"If you could invent something, what would it be and how would it work?"

"What is your favorite thing to do outside?"

"If you could visit any place in the world, where would you go and what would you do there?"

"If you could have any superpower, what would it be and how would you use it?"

"Tell me about a time when you felt really proud of yourself."

Remember, open-ended questions encourage children to think critically, express their thoughts and feelings, and engage in meaningful conversations.

STEP

04

Create a Wake

STOP

Nagging
Begging
Negotiating

START

Doing



It's important to take initiative and engage in activities that brings your child joy and fulfillment. Whether it's reading a book, playing a game, or going for a walk, these actions can provide valuable experiences and contribute to personal growth.

Remember to prioritize self-care and allocate time for activities that bring your child happiness and relaxation.

By taking proactive steps towards their interests, you can create a more fulfilling and satisfying life.

There are numerous activities you can enjoy with children that promote learning, creativity, and quality time together.

Here are some of my favorite activities

Arts and crafts: Engage in fun art projects like painting, drawing, or making collages. It encourages creativity and fine motor skills.

Outdoor adventures: Take children to the park, go for nature walks, or have a picnic. It allows them to explore the outdoors, appreciate nature, and engage in physical activity.

Storytelling and reading: Read books aloud to children or encourage them to tell their own stories. It enhances language skills, imagination, and fosters a love for reading.

Cooking or baking: Involve children in simple cooking or baking activities. It teaches them about measurements, following instructions, and promotes teamwork.

Science experiments: Conduct simple science experiments at home, such as making volcanoes or growing plants. It sparks curiosity and encourages critical thinking.

Board games or puzzles: Play board games or solve puzzles together. It promotes problem-solving skills, strategic thinking, and social interaction.

Music and dance: Encourage children to sing, dance, or play musical instruments. It enhances creativity, coordination, and can be a fun way to express themselves.

What is 2e?

2e is a synonym for 'Twice Exceptional' and is thought of as a type of neurodiversity. The 2e person is diagnosed 'gifted', and includes another diagnosed learning difference (LD) or disability.



2e learners often suffer from inappropriate expectations from everyone around them, including themselves.. either high or low

The LD part of 2e can include

ADHD

ASD

**Auditory
processing
disorder**

Anxiety

ADD

Dyslexia

**Executive
dysfunction**

**Social
emotional
challenges**

The gifted part of 2e can include:



- empathy
- perfectionism
- intellectual strength
- athleticism
- existential considerations
- artistic abilities
- leadership
- creativity
- charisma
- overexcitabilities

Strength-based approach

Focus on their passions and interests

Rather than addressing specific behaviors, consider triggers that underlie challenging behaviors (“Behavior is communication!”)

Validate emotions to help regulate emotions

By recognizing and nurturing their strengths, 2e individuals can develop resilience and confidence, which can then empower them to address areas that may require additional support or improvement.

This approach promotes a positive mindset and encourages the individual to embrace their unique abilities, leading to a more holistic and effective development process.

How to Help Your Child Through Big Feelings

Helping a child navigate through big feelings can be a supportive and nurturing process.



Validate Their Emotions



Encourage Coping Skills



Join Support Groups

VALIDATING EMOTIONS

Remind yourself your child is reacting to their intensities and is not in control

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.

EXAMPLES

Create a safe and open environment

Encourage your child to express their emotions without judgment or criticism. Let them know that it's okay to feel and that you are there to listen and support them.

Validate their emotions

Acknowledge and validate your child's feelings, letting them know that it's normal to experience a range of emotions. This helps them feel understood and accepted.

Teach emotional literacy

Help your child identify and label their emotions. Use age-appropriate language to describe different feelings and discuss how they might manifest in the body.

Encourage healthy coping mechanisms

Teach your child healthy ways to cope with their emotions, such as deep breathing exercises, journaling, drawing, or engaging in physical activities. Encourage them to find what works best.

Offer problem-solving strategies

Help your child develop problem-solving skills by brainstorming solutions together. This empowers them to take an active role in managing their emotions and finding solutions.

Be a role model

Show your child how to manage big feelings by modeling healthy emotional regulation yourself. Demonstrate coping strategies and communicate about your own emotions.

Remember, each child is unique, and it's important to tailor your approach to their individual needs.

If you find that your child's big feelings persist or significantly impact their daily life, consider seeking my one-to-one services.



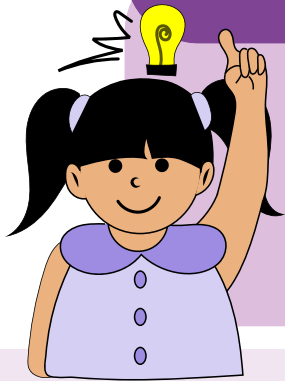
Get started here.

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.



Notice how hard your child is trying.



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

Consider Joining a Group

Take advantage of online groups with 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

Join our 2e Parent FB Group Here!

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

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

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.

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.

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.

Examples:

A child who becomes deeply engrossed in a particular subject or topic, spending hours researching and studying it beyond what is required for their academic curriculum. They may demonstrate a remarkable ability to grasp complex concepts quickly and may even engage in debates or discussions with peers or teachers to further explore the subject matter.

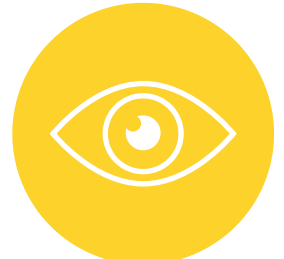
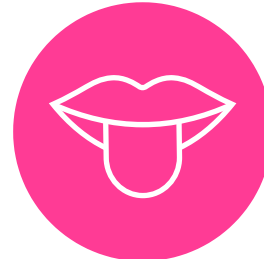
Another example could be an individual who constantly seeks out intellectual challenges and stimulation. They may actively seek out opportunities to engage in intellectually stimulating activities such as attending lectures, participating in academic competitions, or joining intellectual discussion groups.

It's important to note that intellectual overexcitability is just one aspect of a person's overall intellectual profile and can manifest differently in individuals. It is not necessarily indicative of giftedness or high intelligence, but rather a heightened sensitivity and intensity in the intellectual domain.

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



Examples:

An example of sensory overexcitability could be seen in a person who is highly sensitive to loud noises. They may find even moderate sounds to be overwhelming and may react strongly to sudden or unexpected noises. This individual may prefer quieter environments and may use earplugs or noise-canceling headphones to manage their sensitivity to sound.

Another example could be an individual who is highly sensitive to certain textures or fabrics. They may find certain clothing materials to be uncomfortable or irritating to their skin and may prefer to wear softer or smoother fabrics. They may also have strong preferences for certain textures in their food and may be more sensitive to tastes and textures than others.

It's important to note that sensory overexcitability can manifest differently in individuals and can involve any of the five senses. It is not necessarily indicative of a sensory processing disorder or a sensory integration issue, but rather a heightened sensitivity and intensity in the sensory domain.

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.

Examples:

An example of psychomotor overexcitability could be seen in a child who constantly fidgets, taps their feet, or has difficulty sitting still for extended periods. They may have a strong urge to move and may find it challenging to remain in one place or maintain a calm demeanor. This individual may benefit from activities that allow them to channel their energy, such as participating in sports, dance, or other physically demanding hobbies.

Another example could be an adult who has a constant need for physical stimulation and engagement. They may engage in activities that require high levels of physical exertion, such as running, weightlifting, or participating in intense workout routines. This individual may also have a tendency to engage in impulsive or spontaneous physical actions, such as pacing, gesturing, or constantly shifting positions.

It's important to note that psychomotor overexcitability can manifest differently in individuals and can vary in intensity. It is not necessarily indicative of a hyperactivity disorder or a need for medical intervention, but rather a heightened sensitivity and intensity in the physical domain.



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.

Examples:

An example of imaginational overexcitability could be seen in a person who spends a significant amount of time lost in their own imaginative world. They may have a rich inner life, constantly creating and exploring imaginary scenarios, characters, and settings. This individual may have a natural talent for storytelling, often weaving intricate narratives or creating detailed artwork inspired by their imagination.

Another example could be an individual who displays a strong passion for creative pursuits such as writing, painting, or music. They may have a constant flow of ideas and may find it easy to generate new and innovative concepts. This person may also have a heightened appreciation for art, literature, and other forms of creative expression, often seeking out opportunities to engage with and explore these mediums.



It's important to note that imaginational overexcitability can manifest differently in individuals and can involve various forms of creative expression. It is not necessarily indicative of artistic talent or creativity, but rather a heightened sensitivity and intensity in the imaginative domain.

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.

Examples:

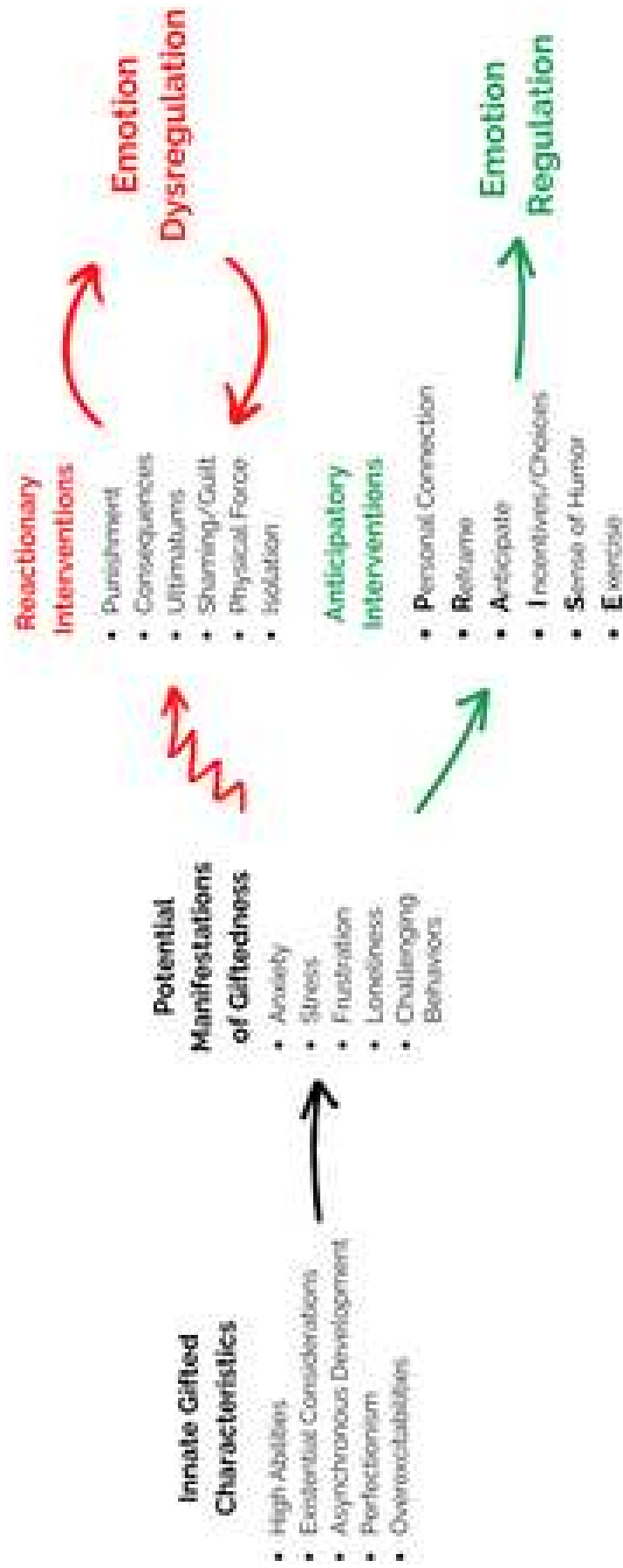
An example of emotional overexcitability could be seen in a person who is highly empathetic. They may feel the emotions of others very strongly and may become deeply affected by the emotional experiences of those around them. This individual may be more prone to experiencing intense empathy, compassion, and even distress in response to the emotions of others.

Another example could be an individual who has a strong emotional response to art, music, or literature. They may find themselves deeply moved or even overwhelmed by the emotional content portrayed in these forms of expression. This person may be more likely to experience intense joy, sadness, or other emotions when engaging with artistic or creative works.

It's important to note that emotional overexcitability can manifest differently in individuals and can involve a wide range of emotions. It is not necessarily indicative of a mood disorder or emotional instability, but rather a heightened sensitivity and intensity in the emotional domain.



The Skolnick Process for Emotion Regulation



(c) With Understanding Comes Calm, LLC

The 2e Adult's Guide to Emotional Regulation

During a calm moment, establish several responses that can help avoid a big reaction:

Create a menu of acceptable choices for **YOU** when you're triggered.

EXAMPLES

Walk away
Sit quietly
Work out
Take a shower

Use a mantra like "This isn't working out. Can we start over?" or "I need a break, can we resume this conversation in 30 mins?"

Metacognition for 2e Adults

Ask yourself these questions when you enter a difficult or triggering interaction:

"What is the goal and is what I'm about to say/do going to get me to that goal?"

"What is my trigger?"

"Is it more important to win or to preserve this relationship?"

"If I pause, will I be more calm later and therefore more effective?"

Ready for the next step?

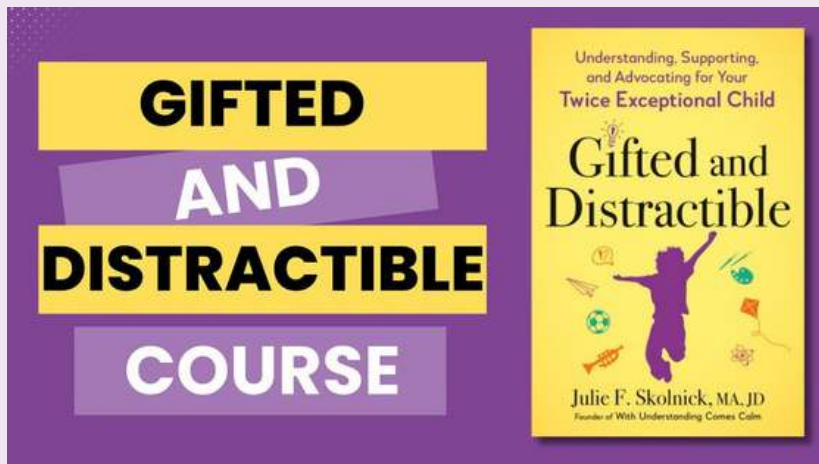
Turn individual strategies into a framework for understanding your 2e child.



This Toolbox gives you practical strategies you can start using right away. But no single strategy works in every situation.

The next step is understanding **why your child is struggling** and how their giftedness, intensities, emotions, executive function, and other differences interact.

The Gifted & Distractible Course



In the Gifted & Distractible Course, I help parents move beyond one-off tips and build a clearer framework for understanding their child, responding to challenges, and supporting the strengths that make them who they are.

- ✓ Understand what's driving the behavior
- ✓ Respond with strategies that fit your child
- ✓ Feel more confident about what to do next

[Explore the Gifted & Distractible Course](#)

Resources For Everyone



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Thank you!

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