



**Gifted & Distractible**

NEWSLETTER FOR THE TWICE-EXCEPTIONAL COMMUNITY

with Julie Skolnick

This issue of "Gifted & Distractible" is sponsored by:



**LE SALLAY  
INTERNATIONAL  
ACADEMY**

[Le Sallay International Academy](#) is an international middle school based on a blended learning model. This model is especially beneficial for our 2E students, who prefer the small group [online lessons](#) and benefit from socialization and individualized attention during our [in-person sessions](#).

We prioritize our engaging and rigorous approach to academics with strong socio-emotional support for all students. [Enrollment is now open](#) for 2021-2022. Come join us at [Le Sallay International Academy](#)!

To sponsor an issue of *Gifted & Distractible*, Fill out [this form](#).

*[With Understanding Comes Calm](#) serves ALL parents and teachers seeking guidance and support for their gifted and twice exceptional children and students.*



**What you'll find in this issue of  
Gifted & Distractible**

**(Scroll down for detailed descriptions and links!)**

**Julie's Blog** - [Responding vs. Reacting to Twice Exceptional Behavior: Tapping into Your Treasure Chest](#)

**Articles** - [How to Help Overly Picky People Become Less Picky](#)  
[How Children Read Differently From Books vs. Screens](#)

**Let's Talk 2e Parent Community** - [Registration for our next Parent Empowerment Group Series is now open!](#)

**Video** - [Let's Talk 2e Tuesdays - Classroom Strategies](#)

[2eResources.com](#) - THE listing directory of educational and professional resources for 2e families!

**With Understanding Comes Calm Out and About** - So many incredible events you DON'T WANT TO MISS!

**Events** - Scroll down to see our listing of events for the gifted and 2e community.

The [Let's Talk 2e Educator Conference](#) now on-demand!

## Julie's Blog



[Reacting vs. Responding to Twice Exceptional Behavior: Tapping into Your Treasure Chest](#) It's hard to quell our own emotions in response to twice exceptional reactive behaviors. In order to respond with empathy, we need to tap into love,

LOVE  HOPE  
UNDERSTANDING

understanding and hope.  
Learn how in Julie's blog.

## Articles

### [How to Help Overly Picky People Become Less Picky](#)

Need help dialing down your (or your 2e child's) perfectionism? Check out this article suggesting a combination of flexibility, emotion regulation, and cognitive reappraisal.

[Read More.](#)

### [How Children Read Differently From Books vs. Screens](#)

The format makes a difference in how your child absorbs information. This article has a great breakdown of what format works best for each age group.

[Read More.](#)

## PARENTS...

### Let's Talk 2e Parent Community

Find your tribe.

Get support.

Ask your burning questions.

Meet weekly with a 2e expert.

Learn 2e parenting  
best practices.

Space is limited!

Join today at [bit.ly/2eparenting](https://bit.ly/2eparenting)



**Registration for the second Parent Empowerment Group Series is now open!**

The **Let's Talk 2e Community Parent Empowerment Series** provides live, expert-led education and the opportunity to connect with like-minded parents in a supportive environment.

You'll gain a deeper understanding of your child, learn interventions you can implement right away, and receive community support for your parenting challenges AND triumphs!

9 Tuesdays from 2:00-3:00 pm EST beginning April 20  
Just over \$16 a week - \$147

Week 1: Getting to Know You: Making Connections

Week 2: Community Building

Week 3: Recognizing and Adjusting for Intensities/Overexcitabilities

Week 4: Community Building

Week 5: Motivation and Underachievement

Week 6: Community Building

Week 7: Advocacy - What to do as school is coming to an end to prepare for next year

Week 8: Community Building

**\*\*Bonus:** Conversation with Ed Amend, Psy.D., Misdiagnosis and Dual Diagnoses in Gifted and 2e Learners

Space is limited! Sign up at [bit.ly/2eparenting](http://bit.ly/2eparenting) to reserve your spot.

## **VIDEO - Let's Talk 2e Tuesdays: Classroom Strategies**

At this month's LIVE Let's Talk 2e Tuesday, Seth Perler, Joan Green, Colin Seale, Kate Bachtel, and I had a fascinating and fun conversation answering teacher questions! This conversation was too special to be missed so we wanted to share the recording with you here.



Save the date for the next  
Let's Talk 2e Tuesday: Cultural Diversity!

**Save the Date!**

## **Let's Talk 2e Tuesdays: Cultural Diversity**

April 27th, 2021 at 7 pm EST

Join us for a LIVE Q&A panel discussion about reaching  
and teaching 2e kids with these Let's Talk 2e experts:



**Nurturing the 3e Learner:  
Black, Gifted, and Twice Exceptional**  
Joy Lawson Davis, Ed. D.



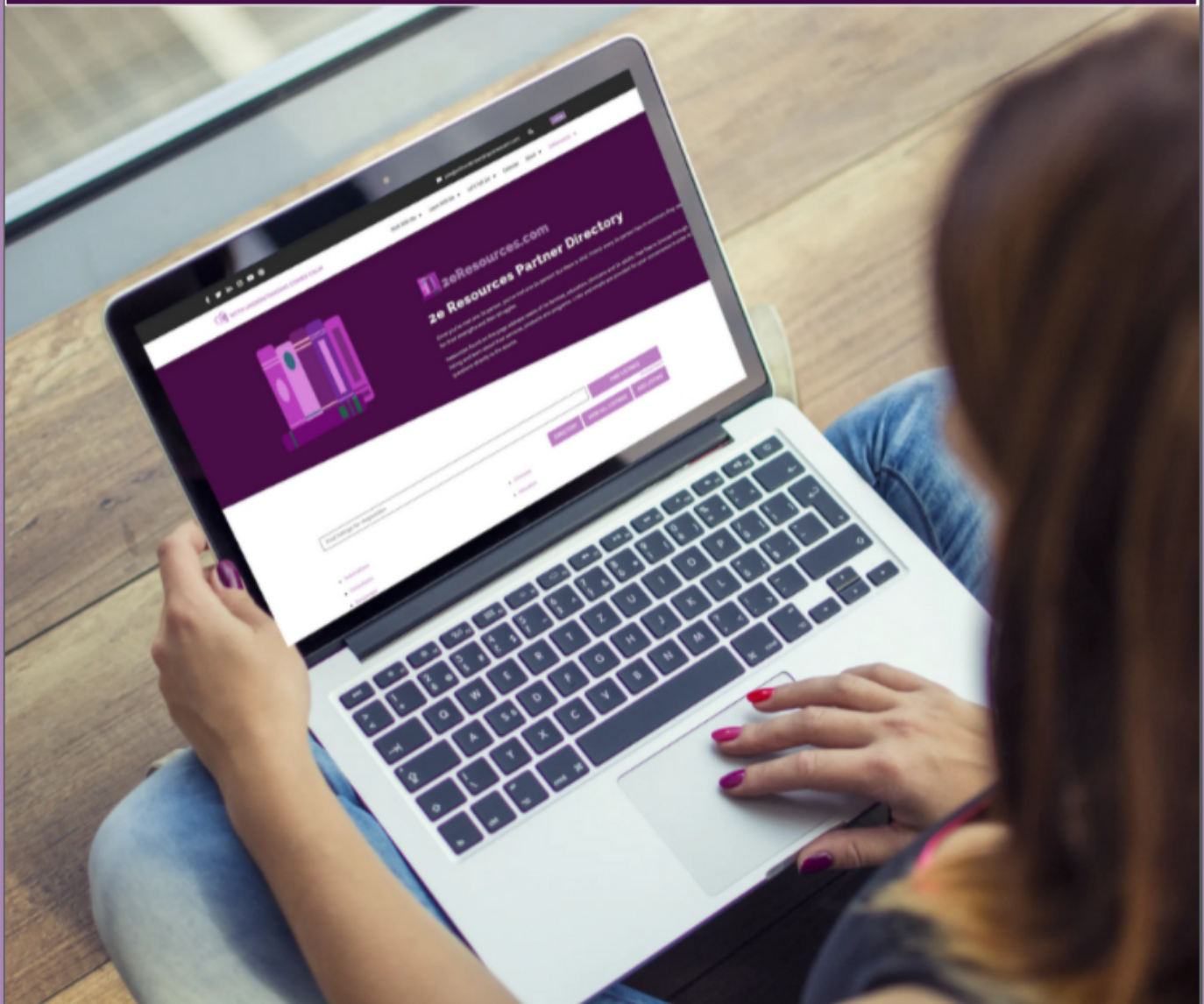
**Identifying Gifted English  
Language Learners**  
Wendy Behrens, Ed. D.



Join us at [facebook.com/groups/letstalk2eteachers](https://facebook.com/groups/letstalk2eteachers)

Although the [Let's Talk 2e Teacher's Lounge](#) is for educators, we will be sure to share a recording of this event with our general audience!

**2eResources.com**



Looking for a school, service, or enrichment resource for your 2e child or student? Visit [2eResources.com](https://2eResources.com) to learn about and connect with **essential resources for the 2e Community.**

**2eResources.com is open 24/7 and is free to use! With over 50+ resources (and growing every week) we know you'll find what**

you're looking for.

*List YOUR service or school at [2eResource.com](http://2eResource.com)*

[Contact Us!](#)

As always, a big "Thank You!" to our  
Gold Level 2e Resources Partners!

[ADDiva](#) - [Athena Academy](#) - [Davidson Institute](#) - [Fitness for Health](#) -  
[GHF Learners](#) - [Gifted Unlimited](#) - [Young Scholars Academy](#)

With Understanding Comes Calm - Out & About  
Here's where you can find Julie Speaking...

Julie will present at this year's  
[Maryland Educators of Gifted & Talented Students Spring Keynote!](#)  
**April 20 - 7 pm EST**

Maryland Gifted & Talented Education



**TEFOS**  
THE EXECUTIVE FUNCTION ONLINE SUMMIT

[Find Julie speaking](#) at this popular,  
free online executive functioning  
summit for parents with Seth  
Perler. **Aug. 20-22**

Julie will present at this year's SENG  
Spring Mini Conference!





## Events

### ON-DEMAND EVENTS

#### Let's Talk 2e Conferences:

**For Educators:** [Register Now](#) to join us on April 27th for the third of four Let's Talk 2e Tuesdays - a Q&A style panel discussion with our speakers.

**For Parents:** [Register Now](#) and gain strategies for parenting your 2e child.

### UPCOMING EVENTS

**Apr. 6, 2021:** [Autism, Gender, and Sexual Identity Conference](#)

**Apr. 10-17, 2021:** [Montana AGATE Conference](#)

**Apr. 14, 2021:** [Gender Diversity and Neurodiversity: How to Support a Child, Teen, or Young Adult with ADHD Exploring Gender](#)

**Apr. 16-18, 2021:** [CAG Educator Conference](#)

**Apr. 21, 2021:** [Iowa Talented & Gifted Association Spring Virtual Workshop](#)

**Apr. 21, 2021:** ["Why Am I Always So Tired?" The Latest Science on Improving Sleep in Children and Teens with ADHD](#)

**Apr. 21, 2021:** [NAGC/Johns Hopkins Panel: Supporting Your Gifted Child and Yourself Through Challenging and Stressful Times](#)

**Apr. 29, 2021:** [Equity in ADHD Care: Strategies for Improving Diagnosis and Treatment Among Black and Latinx Children](#)

**Apr. 29-30, 2021:** [SENG Online Spring Mini Conference](#)

**May 1, 2021:** [CAG Parent Conference](#)



**May 6, 2021:** [Discipline with a Twist: How to Manage Challenging Behavior Problems in Children & Teens with ADHD](#)

**May 6-9, 2021:** [Eighth World Conference on ADHD](#)

**May 11, 2021:** [Do I Have Autism? ADHD? Both? An Adult's Guide to Diagnosis and Treatment](#)

**May 17-18, 2021:** [Summit on the Neuroscience of Twice-Exceptionality](#)

**May 22-30, 2021:** [Gifted Awareness Week 2021: Australia & New Zealand](#)

***POST YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE!"  
EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR  
EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.***

## **Looking for one-on-one guidance and support?**

Schedule your **FREE** 20-minute consultation with Julie at  
[JulieSkolnick.YouCanBook.Me](https://JulieSkolnick.YouCanBook.Me)

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