



## Transcript from February 19, 2010 to February 19, 2010

All times are Pacific Time

### February 19, 2010

- 2:12 am **gifts2love:** RT @SchoolFamily: RT @DeborahMersino: "Coping with Intensity & Overexcitabilities" will be our noon/EST #gtchat topic on Friday. #gifted
- 3:09 am **DeborahMersino:** Mark your calendars. Global #gtchat is coming tomorrow! Noon/EST & again at 7 pm/EST. #gifted
- 3:10 am **AmazingAmma:** RT @DeborahMersino: Mark your calendars. Global #gtchat is coming tomorrow! Noon/EST & again at 7 pm/EST. #gifted
- 3:50 am **deepwaterscoach:** RT @DeborahMersino: Mark your calendars. Global #gtchat is coming tomorrow! Noon/EST & again at 7 pm/EST. #gifted
- 2:08 pm **mygiftedgirl:** "Coping with Intensity & Overexcitabilities" noon/EST #gtchat topic on Friday. #gifted Deborah Mersino <http://bit.ly/8XsPV9>
- 2:20 pm **deepwaterscoach:** RT @mygiftedgirl: "Coping with Intensity & Overexcitabilities" noon/EST #gtchat topic on Fri. #gifted Deborah Mersino <http://bit.ly/8XsPV9>
- 2:37 pm **BetterLearning:** Looking forward to #gtchat today - I might actually be at my laptop at noon :)
- 2:37 pm **BetterLearning:** RT @mygiftedgirl: "Coping with Intensity & Overexcitabilities" noon/EST #gtchat topic on Friday. #gifted Deborah Mersino <http://bit.ly/8XsPV9>
- 3:47 pm **michelepaiva:** RT @mygiftedgirl: "Coping with Intensity & Overexcitabilities" noon/EST #gtchat topic on Friday. #gifted Deborah Mersino <http://bit.ly/8XsPV9>
- 3:55 pm **DeborahMersino:** Just an hour away! "Coping with Intensity & Overexcitabilities" will be our noon/EST #gtchat topic. Join & learn w/us. #gifted
- 3:58 pm **DeborahMersino:** @michelepaiva @BetterLearning @deepwaterscoach @mygiftedgirl @AmazingAnna @gifts2love @IHtherapies @ginarau TY for #gtchat RTs. Can't wait!
- 3:58 pm **MarjieKnudsen:** RT @DeborahMersino Just an hour away! "Coping with Intensity & Overexcitabilities" will be our noon/EST #gtchat topic. Join us #gifted
- 4:18 pm **cybraryman1:** RT @DeborahMersino: 40 minutes "Coping with Intensity & Overexcitabilities" will be our noon/EST #gtchat topic. Join & learn w/us. #gifted
- 4:39 pm **DeborahMersino:** In 20 min., we'll be sharing resources, links, articles & commentary on "Intensity & Overexcitabilities" re to #gifted. Join us. #gtchat
- 4:40 pm **DeborahMersino:** We'll discuss Dabrowski's Theory of Positive Disintegration & share critical info to help us better support students. #gifted #gtchat
- 4:46 pm **mygiftedgirl:** RT @DeborahMersino: We'll discuss Dabrowski's Theory of Positive Disintegration & share critical info to help us better support students. #gifted #gtchat
- 4:54 pm **Begabungs:** We are ready with a cup of cafe & a dictionary for #gtchat
- 4:55 pm **Begabungs:** RT @DeborahMersino: We'll discuss Dabrowski's Theory of Positive Disintegration & share critical info to help us better support students. #gifted #gtchat
- 4:57 pm **DeborahMersino:** My tweets for the next hour will be devoted to #gtchat.
- 4:58 pm **mygiftedgirl:** My tweets for the next hour will be devoted to #gtchat.
- 4:59 pm **Begabungs:** Lets tweets for gifted children around the world!#gtchat

- 4:59 pm **DeborahMersino:** Welcome to our global #gtchat. Today's topic: "Coping with Intensity & Overexcitabilities."
- 5:00 pm **DeborahMersino:** Please take a moment to introduce yourself, your role (parent, educator, #gifted advocate) & where you reside. #gtchat
- 5:01 pm **DeborahMersino:** I'm Deborah Mersino, moderator of #gtchat, communications consultant for #gifted ed, parent to two gifted girls. I'm in gorgeous Colorado.
- 5:01 pm **mygiftedgirl:** Audrey here: mom of 2 gifted girls, and #gifted advocate from lately chilly South Florida. #gtchat
- 5:02 pm **ResourcefulMom:** @TheNextMartha I am now following @DeborahMersino, thank you! What is #gtchat?
- 5:02 pm **DeborahMersino:** There are many things to cover today. I'll start by posting some resource links, while others introduce themselves. #gtchat
- 5:03 pm **DeborahMersino:** Excellent book | "Living with Intensity" by Daniels & Piechowski | <http://bit.ly/csz9Kn> #gtchat #gifted
- 5:03 pm **Begabungs:** I'm Roya Klingner, founder & head of Bavarian center for Gifted & Talented children, Germany. #gtchat
- 5:04 pm **DeborahMersino:** Excellent SENG overview of "Overexcitability & the Gifted" by Sharon Lind | <http://bit.ly/bZEUf6> #gtchat
- 5:04 pm **swimfaster:** Jen, westernPA, mom of first grade boy, and PK girl. #gtchat
- 5:05 pm **DeborahMersino:** Hi @ResourceMom - It's a weekly global discussion of subjects relating to #gifted children. Today we're talking about Intensity. #gtchat
- 5:05 pm **DeborahMersino:** Welcome @swimfaster, @Begabungs @ResourcefulMom @mygiftedgirl ! #gtchat
- 5:06 pm **cybraryman1:** We need to help children channel energy positively! #gtchat
- 5:06 pm **DeborahMersino:** Blog "Raising Smart Girls" on "Overexcitabilities and the #Gifted" <http://bit.ly/ciL43x> #gtchat
- 5:06 pm **mygiftedgirl:** RT @cybraryman1: We need to help children channel energy positively! #gtchat
- 5:06 pm **deepwaterscoach:** Hello! Lisa, Chief Sanity Officer for Gifted Grownups & Parents of Gifted Kids, Parent of 2 gt (1 2e) kids #gtchat
- 5:06 pm **TheNextMartha:** I'm part of a gifted advocacy group in Chicago suburbs. Have a 1st grader who draws frowny faces at school. #gtchat
- 5:06 pm **ResourcefulMom:** @DeborahMersino Thank you! #gtchat
- 5:07 pm **DeborahMersino:** Hi @deepwaterscoach - We're just getting started. I've posted some resources & now we're readying to talk about INTENSITY! :- ) #gtchat
- 5:07 pm **Begabungs:** @cybraryman1 I agree with you! #gtchat
- 5:08 pm **DeborahMersino:** @TheNextMartha - Glad you're here! #gtchat
- 5:08 pm **DavidsonGifted:** Rebecca, Family Consultant, Davidson Institute for Talent Development #gtchat
- 5:08 pm **ResourcefulMom:** I'm Amy, mom of two kids - girl (K) & boy (3 years). Former teacher, MEd in Psych Services in Education, lost parent seeking help! #gtchat
- 5:08 pm **deepwaterscoach:** @DeborahMersino Wow...theme of the week! INTENSITY (has to be typed in all caps, no?)! #gtchat
- 5:08 pm **Begabungs:** [http://www.unc.edu/peplab/barb\\_fredrickson\\_page.html](http://www.unc.edu/peplab/barb_fredrickson_page.html) #gtchat
- 5:09 pm **DeborahMersino:** One more excellent resource page on this subject (for viewing later): <http://bit.ly/cGM83f> #gtchat via @HoagiesGifted
- 5:09 pm **ResourcefulMom:** @DeborahMersino This is the first time I'm seeing what was formerly called "sensitive" labeled OEs. That's game-changing for me. #gtchat
- 5:09 pm **DeborahMersino:** Love that @DavidsonGifted is here. Welcome Rebecca! #gtchat

- 5:09 pm **eagledawg:** Hi #gtchat! I'm Nikki, mom to 7yr 2E in Seattle constantly figuring out what is OE/asynch & dealing with sped who doesn't 'get it' w/gifted.
- 5:09 pm **apossedesse66:** Hi all, Karen here in Dublin, I will be dropping in & out of gtchat this evening. #gtchat
- 5:10 pm **ResourcefulMom:** If any of you are in the DC Metro area, I'd love to connect later. #gtchat
- 5:10 pm **dreamwithmefilm:** RT @cybraryman1: We need to help children channel energy positively! #gtchat
- 5:10 pm **DeborahMersino:** I'm by no means an expert, but want to share a bit about Dabrowski's Theory of Positive Disintegration, so we can learn/discuss #gtchat
- 5:11 pm **DeborahMersino:** Welcome everyone! We're getting ready to dive into Dabrowski's Theory of Positive Disintegration. #gtchat
- 5:11 pm **TheNextMartha:** My child knows if I switch brands of jelly and can not deal. The reaction I can get to such trivial things puts me in a corner #gtchat
- 5:11 pm **Begabungs:** I think this is a very good book to read!<http://www.positivityratio.com/> #gtchat
- 5:12 pm **DeborahMersino:** Here are the five OEs Dabrowski detailed: Psychomotor, Sensual, Intellectual, Imaginational and Emotional. #gtchat
- 5:12 pm **Begabungs:** RT @DeborahMersino: Here are the five OEs Dabrowski detailed: Psychomotor, Sensual, Intellectual, Imaginational and Emotional. #gtchat
- 5:12 pm **DeborahMersino:** Before we go into them further, why don't you all share you OWN experiences. Are you intense/overexcitable, your child? How? #gtchat
- 5:13 pm **ResourcefulMom:** @DeborahMersino I am incredibly intense/overexcitable in a number of ways. Have learned to control somewhat as an adult. #gtchat
- 5:14 pm **Begabungs:** We use in our center with the power of positive emotional to solve problems and help underachiever #gtchat
- 5:14 pm **DeborahMersino:** My daughter can't stop talking, constantly interrupts, has to be creating things AT ALL TIMES, can't sit in a chair, etc. #gtchat
- 5:14 pm **mygiftedgirl:** YES YES YES YES that would be Four intense/overexcitable people 2 adults 2 children in our house. #gtchat LOL
- 5:14 pm **ResourcefulMom:** @DeborahMersino My daughter most likely falls into imaginational & emotional. My son gets excited and turns into a whirling dervish! #gtchat
- 5:14 pm **TheNextMartha:** @DeborahMersino Having my son helped me identify my own OE's. #gtchat
- 5:15 pm **apossedesse66:** OE central here, every one of us! Life is intense but exhilarating, we really LIVE every moment! #gtchat
- 5:15 pm **swimfaster:** @DeborahMersino So emotional! and Intellectual, researching all the time. #gtchat
- 5:15 pm **deepwaterscoach:** We are all intensity in ten cities around here. Every single one of us in different ways. (ie, AMEN, Audrey!) #gtchat
- 5:16 pm **TheNextMartha:** @DeborahMersino I often feel an out pouring of emotion when expressing myself. Probably a bit much for most. #gtchat
- 5:16 pm **DeborahMersino:** Overexcitabilities are inborn intensities indicating a heightened ability to respond to stimuli. Found more in creative/gifted ind. Lind #gtchat
- 5:16 pm **mygiftedgirl:** Both gifted girls feel intense emotion. I knew we were in for it when my oldest would cry listening to classical music as a toddler. #gtchat
- 5:17 pm **DeborahMersino:** I'll share some of the five descriptions. See if you can identify yours/your child's OEs. #gtchat
- 5:17 pm **pigtailpals:** RT @mygiftedgirl: Both gifted girls feel intense emotion. I knew we were in for it when my oldest would cry listening to classical music as a toddler. #gtchat
- 5:17 pm **ResourcefulMom:** @mygiftedgirl YES! My daughter cries when we listen to opera. Started when she was four. \*sigh\* #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:17 pm **DeborahMersino:** @mygiftedgirl - Aww. #gtchat
- 5:17 pm **TheNextMartha:** @DeborahMersino and I can almost see the kids having to back away from son when he gets excited. #gtchat
- 5:17 pm **Begabungs:** RT @mygiftedgirl: Both gifted girls feel intense emotion. I knew we were in for it when my oldest would cry listening to classical music as a toddler. #gtchat
- 5:17 pm **mygiftedgirl:** Both girls very hyper energetic. When I ask why.. I get, "I don't know, I'm just happy!" #gtchat
- 5:18 pm **TheNextMartha:** @DeborahMersino my son cried when a cartoon character got hurt. Very concerned over others well being #gtchat
- 5:18 pm **Begabungs:** @mygiftedgirl how cute! #gtchat
- 5:18 pm **DeborahMersino:** Psychomotor OE - active, energetic, love of movement for own sake, surplus of energy, rapid speech, zealous enthusiasm need 4 action #gtchat
- 5:20 pm **aposseadesse66:** @TheNextMartha I cry at cartoons too! Roadrunner, Simpsons, the lot! #gtchat
- 5:20 pm **deepwaterscoach:** Everything around here is rich & delved into @ deep levels, whether intellectually, emotionally, spiritually, even physically! #gtchat
- 5:20 pm **DeborahMersino:** Often adults & peers want kids w/ Psychomotor OE to "sit down & be quiet" at home or school. Very difficult for these kids. #gtchat
- 5:20 pm **Begabungs:** gifted children are always looking for new challenge & they are full of creative ideas. #gtchat
- 5:21 pm **DeborahMersino:** Sensual OE - heightened experience of sensual pleasure (sight, smell, touch, taste, hearing) Dabraowski/iechowski #gtchat
- 5:21 pm **graingered:** @mygiftedgirl Are you saying that because a child shows intense emotion, he/she is gifted? Curious correlation... #gtchat
- 5:21 pm **mygiftedgirl:** Our youngest is 2e and very sensory and imaginative/creative dream land OE. #gtchat
- 5:21 pm **TheNextMartha:** @DeborahMersino my son was unable to sit while eating until he was 5. #gtchat
- 5:22 pm **mygiftedgirl:** RT @DeborahMersino: Often adults & peers want kids w/ Psychomotor OE to "sit down & be quiet" at home or school. Very difficult for these kids. #gtchat
- 5:22 pm **DeborahMersino:** Intellectual OE - marked need to seek understanding, truth, gain knowledge, analyze & synthesize. (D/P) #gtchat
- 5:22 pm **Begabungs:** They are like a lovely flame dont try to clear them at all otherwise you will burn your fingers at first ;) #gtchat
- 5:22 pm **TheNextMartha:** @DeborahMersino if we play memory he's running around not paying attention, yet he will win or come close to it #gtchat
- 5:22 pm **aposseadesse66:** Our psychmotor OE are more of the "motor-mouth" variety rather than the moving about kind. My kids have no off button/volume control #gtchat
- 5:23 pm **ResourcefulMom:** @DeborahMersino My son dances in front of the TV while he watches a show. He gets every moment he watches, but needs to move. #gtchat
- 5:24 pm **DeborahMersino:** Imaginational OE - heightened play of the imagination. Create private words, have difficulty completing tasks - off on tangent #gtchat
- 5:24 pm **aposseadesse66:** My eldest sniffs every mouthful of food before eating it, he must think he's a Roman emperor about to be poisoned! Is that OE? #gtchat
- 5:24 pm **mygiftedgirl:** I'm all the way Intellectual OE. Guilty and it takes up my time. Always learning and studying or reading or wondering. #gtchat
- 5:24 pm **DeborahMersino:** Emotional OE - Often first to be noticed by parents. Intense feelings, EXTREMES, id. w/others, stomachaches, concern/depression #gtchat
- 5:25 pm **eagledawg:** @DeborahMersino \*strong\* sensory OE, have found sensory fidgets at desk (velcro to feel) & cushion at school = lifesavers #gtchat

- 5:25 pm **cybraryman1:** @tweetwell You have to validate child's feelings when they get frustrated. Let them know it's ok to be frustrated. #gtchat
- 5:25 pm **DeborahMersino:** How refreshing to see all of these comments. We are so NOT alone!! #gtchat
- 5:25 pm **TheNextMartha:** @DeborahMersino son rips apart different games- monopoly, othello, checkers to repurpose them in his play.#gtchat
- 5:26 pm **mygiftedgirl:** @graingered Saying that it comes with the territory. Some say that it's an indicator of giftedness. for my family OE is the norm. #gtchat
- 5:26 pm **DeborahMersino:** @cybraryman1 - Great point. Let's talk strategies. That's what we're here for!  
#gtchat
- 5:26 pm **Begabungs:** @DeborahMersino We are following you now! You are never alone! #gtchat
- 5:27 pm **DeborahMersino:** OE people living w/ other OE individuals often have more compassion for each other - Lind. #gtchat
- 5:27 pm **deepwaterscoach:** @wendybalman recognize NE1? LOL! RT @DeborahMersino: Imaginational OE-heightened play of imagination. Create words, off on tangent #gtchat
- 5:28 pm **DeborahMersino:** General strategies from Lind: Focus on the positives, cherish & celebrate diversity. #gtchat
- 5:28 pm **swimfaster:** Many of the OEs are wonderful traits, but my son overwhelms others. Yet I love all of these things about him. How to balance? #gtchat
- 5:28 pm **Begabungs:** All we need is to be patient and the gt kids need to have endurance #gtchat
- 5:28 pm **DavidsonGifted:** This article has some great strategies for parents of emotionally intense kids <http://bit.ly/dwk7pR> #gtchat
- 5:28 pm **DeborahMersino:** From Lind - Use & Teach Clear Verbal and Non-Verbal Communication Skills. {This is a BIG one for our family - need to do more} #gtchat
- 5:29 pm **mygiftedgirl:** Does your child's OE impact performance at school? Does his/her teacher recognize it and now how to manage? #gtchat
- 5:29 pm **Begabungs:** RT @DeborahMersino: General strategies from Lind: Focus on the positives, cherish & celebrate diversity. #gtchat
- 5:29 pm **TheNextMartha:** @DeborahMersino my strategy is to pray that it's a phase and will pass #gtchat
- 5:29 pm **ResourcefulMom:** @TheNextMartha That's my three year old! He plays the drums with pencils but hears every word we're saying all the while. #gtchat
- 5:29 pm **cybraryman1:** If you can you have to control the environment if you cannot control the behavior. #gtchat
- 5:29 pm **DeborahMersino:** @swimfaster - The Lind article { [www.bit.ly/bZEuF6](http://www.bit.ly/bZEuF6) } has solid suggestions, as does the book, "Living w/ Intensity" #gtchat
- 5:30 pm **DeborahMersino:** RT @DavidsonGifted: This article has some great strategies for parents of emotionally intense kids <http://bit.ly/dwk7pR> #gtchat
- 5:30 pm **aposseadesse66:** @DeborahMersino My experience is that schools often don't cherish the diversity and focus on conformity, difficult for OE kids. #gtchat
- 5:30 pm **Begabungs:** They need compliments and challenges...be creative like a child if you work with them #gtchat
- 5:30 pm **mygiftedgirl:** @DeborahMersino We use a scale of 0-5. 0 is sleep or tv coma lol and 5 is Jumanji #gtchat
- 5:30 pm **DeborahMersino:** @TheNextMartha - :- ) It's likely there for the long-haul. #gtchat
- 5:30 pm **DeborahMersino:** RT @aposseadesse66: @DeborahMersino My experience is that schools often don't cherish the diversity and focus on conformity, difficult for OE kids. #gtchat
- 5:31 pm **Begabungs:** RT @DavidsonGifted: This article has some great strategies for parents of emotionally intense kids <http://bit.ly/dwk7pR> #gtchat
- 5:31 pm **DeborahMersino:** @aposseadesse66 - I agree w/you. Often misdiagnose ADHD and/or label kids

- 5:31 pm **aposseadesse66:** as troublemakers, talk-out-of-turners, etc. #gtchat @mygiftedgirl Nice scale, I like it! #gtchat
- 5:31 pm **deepwaterscoach:** RT @DavidsonGifted: This article has some great strategies for parents of emotionally intense kids <http://bit.ly/dwk7pR> #gtchat
- 5:31 pm **twochicky:** I have a gifted son with these extreme emotions. It is so refreshing to read that other people have the same issues. Thank you. #gtchat
- 5:32 pm **DeborahMersino:** OE people need understanding & patience to a greater degree b/c their experiencing the world w/greater intensity - Lind #gtchat
- 5:32 pm **Begabungs:** If schools dont work right try to find a solution and dont waste your time with problems #gtchat
- 5:32 pm **DavidsonGifted:** #gtchat Mellow Out is a wonderful book from the OE child's perspective <http://bit.ly/bYgowx>
- 5:33 pm **mygiftedgirl:** @aposseadesse66 Thanks! it works for a few mins. they are usually at a 4 all the time. So it gets them to a 2 or 3 so I can think #gtchat
- 5:33 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat Mellow Out is a wonderful book from the OE child's perspective <http://bit.ly/bYgowx>
- 5:33 pm **carolynwells:** RT @DavidsonGifted: This article has some great strategies for parents of emotionally intense kids <http://bit.ly/dwk7pR> #gtchat
- 5:33 pm **Begabungs:** RT @DavidsonGifted: #gtchat Mellow Out is a wonderful book from the OE child's perspective <http://bit.ly/bYgowx>
- 5:33 pm **DeborahMersino:** It's vital to learn good communication skills and to teach them to children. (Lind - SENG article). Verbal-listening, responding #gtchat
- 5:33 pm **DavidsonGifted:** Another general article that may be helpful is overexcitability and the highly gifted child <http://bit.ly/alclOp> #gtchat
- 5:33 pm **aposseadesse66:** @DeborahMersino So right, but non-OE people haven't lived inside our intensities and think we are over-reacting to everything. #gtchat
- 5:34 pm **DeborahMersino:** @twochicky and @carolynwells - Glad you're here! #gtchat
- 5:34 pm **Begabungs:** RT @DeborahMersino: It's vital to learn good communication skills and to teach them to children. (Lind - SENG article). Verbal-listening, responding #gtchat
- 5:34 pm **Begabungs:** RT @DavidsonGifted: Another general article that may be helpful is overexcitability and the highly gifted child <http://bit.ly/alclOp> #gtchat
- 5:34 pm **DeborahMersino:** @aposseadesse66 - Couldn't agree more. #gtchat
- 5:34 pm **cybraryman1:** You have to involve child in the solution.They must share ownership in the solution. Allow for trial & error. From my practical wife #gtchat
- 5:34 pm **ettyoop:** @aposseadesse66 YES!! We have this problem at home. Dad doesn't GET it. I do because I'm there too but my poor kids... #gtchat
- 5:35 pm **swimfaster:** @Begabungs School is such a huge part of his day. It's like they chip away at the enthusiasm every day. Do you mean private ed? #gtchat
- 5:35 pm **twochicky:** It is so hard to explain to others, especially teachers and grandparents. #gtchat
- 5:35 pm **DeborahMersino:** From Lind - Paradoxically, OE people are often insensitive & unaware of how their behaviors affect others. #gtchat
- 5:36 pm **DeborahMersino:** RT @cybraryman1: You have to involve child in the solution.They must share ownership in the solution. Allow for trial & error. From my practical wife #gtchat
- 5:36 pm **Begabungs:** We dont have to be gifted if we are going to help GT kids. All we need is to be kind, patient and creative #gtchat
- 5:36 pm **aposseadesse66:** We need to teach our kids that others react differently to situations so they can anticipate how others may see them #gtchat
- 5:36 pm **DeborahMersino:** We can teach them strategies to "fit in" by they must choose to change; meanwhile, we don't want to squash gifts/OEs. So tricky!! #gtchat

- 5:37 pm **deepwaterscoach:** I think "MORE" describes gifted individuals. We have more energy b/c we need it to deal w/ everything else that's more w/in us. #gtchat
- 5:37 pm **cybraryman1:** There is an excellent program my wife used to facilitate: How to talk so kids will listen. #gtchat
- 5:37 pm **mygiftedgirl:** @cybraryman1 So True! "People support a world they helped create." Dale Carnegie #gtchat
- 5:38 pm **Begabungs:** We are coaching gifted children in solution oriented ways by using positive emotions #gtchat
- 5:38 pm **DeborahMersino:** @swimfaster I share information/resources w/the school in a non-threatening way. (i.e. I've noticed these charac. at home. Have u?) #gtchat
- 5:38 pm **aposseadesse66:** @DeborahMersino Absolutely, it's all in the balance. It's ok to feel intense, but it's ok for others not to also #gtchat
- 5:38 pm **jofrei:** Hi Jo Freitag joining in at 4.30 am in Australia #gtchat
- 5:38 pm **DeborahMersino:** RT @aposseadesse66: We need to teach our kids that others react differently to situations so they can anticipate how others may see them #gtchat
- 5:38 pm **eagledawg:** @esevetson OE= overexcitabilities, see <http://bit.ly/bKaXZ2>. Feel free to join us on #gtchat :)
- 5:38 pm **Begabungs:** We dont have to teach them just give them some impulses and they will do the rest #gtchat
- 5:39 pm **mygiftedgirl:** @jofrei WOW That's dedication! #gtchat
- 5:39 pm **DeborahMersino:** @jofrie - Morning! Glad you're here. We're discussing strategies for dealing w/ overexcitabilities. #gtchat
- 5:39 pm **DavidsonGifted:** A book that has a lot of information regarding intensities for adults and children Living With Intensity <http://bit.ly/aRCsuE> #gtchat
- 5:39 pm **Begabungs:** RT @DavidsonGifted: A book that has a lot of information regarding intensities for adults and children Living With Intensity <http://bit.ly/aRCsuE> #gtchat
- 5:39 pm **DeborahMersino:** Creating a comforting environment when possible is another SENG/Lind recommendation to deal w/ OEs. #gtchat
- 5:41 pm **aposseadesse66:** I came across a list of "feeling words", which was great for describing different degrees of emotions, will try to find it & share. #gtchat
- 5:41 pm **ResourcefulMom:** @deepwaterscoach BRILLIANT. I need to stitch that on a pillow. Many pillows. And place them throughout my home! #gtchat
- 5:41 pm **DeborahMersino:** I know I need to celebrate my daughters' psychomotor & emotional OEs, but also teach her about active listening. #gtchat
- 5:41 pm **mygiftedgirl:** How are your child's teachers coping with the OE? #gtchat
- 5:42 pm **DeborahMersino:** RT @ResourcefulMom: @deepwaterscoach BRILLIANT. I need to stitch that on a pillow. Many pillows. And place them throughout my home! #gtchat
- 5:42 pm **jofrei:** Have you mentioned the downloadable teaching unit [http://www.nswagtc.org.au/info/articles/Strickland\\_Dabrowski.html](http://www.nswagtc.org.au/info/articles/Strickland_Dabrowski.html) #gtchat
- 5:42 pm **KimMoldofsky:** @ResourcefulMom I'll have to find links to my old posts about #gifted kids and overexcitabilities for you. #gtchat @thenextMartha thanks
- 5:43 pm **DeborahMersino:** @mygiftedgirl - Great question. I think my one dd's teacher embraces/sees the gift/OE, while others (Art, Music) go nuts. #gtchat
- 5:43 pm **aposseadesse66:** @mygiftedgirl Some are good & give a fair amount of leeway, others more rigid. As kids get older they self-regulate a little. #gtchat
- 5:43 pm **esevetson:** @eagledawg Thx. have a v. intense (& smart) 7 yo. Can't spend too much time on #gtchat b/c running to teach a class, but saw good links.
- 5:43 pm **DeborahMersino:** @KimMoldofsky - Thank you! We would greatly appreciate the links. #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:43 pm **DeborahMersino:** RT @jofrei: Have you mentioned the downloadable teaching unit [http://www.nswagtc.org.au/info/articles/Strickland\\_Dabrowski.html](http://www.nswagtc.org.au/info/articles/Strickland_Dabrowski.html) #gtchat
- 5:44 pm **DeborahMersino:** @jofrei - No, not yet. Thank you! #gtchat
- 5:44 pm **deepwaterscoach:** An example! Luv it! RT @ResourcefulMom: @deepwaterscoach I need 2 stitch that on a pillow. Many pillows.& place them thruout my home!#gtchat
- 5:44 pm **ecollins8:** Interesting discussion about OE and giftedness. I have 2 gifted, 1 textbook OE, the other well-adjusted, but possibly even smarter #gtchat
- 5:44 pm **DeborahMersino:** @esevetson - Happy you saw links. We're here every Fri - noon and 7 pm/EST. #gtchat
- 5:44 pm **twochicky:** @mygiftedgirl Our preschool teachers don't understand at all. I don't even know what to tell them. #gtchat
- 5:45 pm **jofrei:** @mygiftedgirl Sprite said I must be there for the OEs session! <http://www.giftedresources.org/jo/blog/?p=479> #gtchat
- 5:45 pm **Begabungs:** I ´m learning alot here & I <3 #gtchat
- 5:45 pm **DeborahMersino:** Another tip: Stop referring to emotional OE as "drama" (in a negative connotation). #gtchat
- 5:46 pm **DeborahMersino:** @twochicky - Feel free to share resources and invite them into the discussion. The more you respect them/partner, the better. #gtchat
- 5:46 pm **NAGCGIFTED:** resources in NAGC Parenting for High Potential June 2008 and 2009 <http://bit.ly/c330rw> #gtchat
- 5:46 pm **swimfaster:** @twochicky we are constantly told by PK that she needs to learn "appropriate responses" #gtchat
- 5:46 pm **Begabungs:** RT @NAGCGIFTED: resources in NAGC Parenting for High Potential June 2008 and 2009 <http://bit.ly/c330rw> #gtchat
- 5:46 pm **DeborahMersino:** Realize they may not hear you/see you/understand you. #gtchat
- 5:46 pm **DeborahMersino:** RT @NAGCGIFTED: resources in NAGC Parenting for High Potential June 2008 and 2009 <http://bit.ly/c330rw> #gtchat
- 5:47 pm **DeborahMersino:** @NAGCGIFTED - Thank you. Thank you. Glad you dropped in and shared the link. #gtchat
- 5:47 pm **DeborahMersino:** Speaking of @NAGCGIFTED, if you're not a current member of NAGC, consider it. You won't regret it. [www.nagc.org](http://www.nagc.org) #gtchat
- 5:48 pm **Begabungs:** Another way to help them is to change a negative phrase to a positive simillar phrase #gtchat
- 5:48 pm **DeborahMersino:** @twochicky - Tender. So difficult when they want robots, not children - particularly gifted children to thrive. #gtchat
- 5:48 pm **aposseadesse66:** RT @DeborahMersino: Another tip: Stop referring to emotional OE as "drama" (in a negative connotation)./Oops, I am soooo guilty! #gtchat
- 5:48 pm **DeborahMersino:** We've got about 10 more minutes everyone. So far, it's been a lively #gtchat !
- 5:49 pm **twochicky:** @swimfaster When he was 3, our preschool teacher told me to take him to the Dr. to find out what was wrong with him. #gtchat
- 5:49 pm **TheNextMartha:** @Begabungs Right, like when son says "I NEVER learn at school" I try and pull up something that I know he has learned. #gtchat
- 5:49 pm **DeborahMersino:** @aposseadesse66 - I am guilty as well...that's why I put it down. :- ) We're works in progress though. We're here, aren't we? #gtchat
- 5:50 pm **twochicky:** I'm just worried because he is starting to see a difference and is speaking about himself in a negative way. Do I ignore? #gtchat
- 5:50 pm **DeborahMersino:** @twochicky - Just a thought, but maybe a different Pre-K would serve him better. He needs to be celebrated (part. at this age!). #gtchat
- 5:51 pm **DeborahMersino:** Lind Tip: Provide appropriate opp. for being in the limelight by giving unexpected

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- 5:51 pm **DeborahMersino:** Lind tip: Provide appropriate opp. for being in the moment by giving unexpected attention. They literally "feel" the recognition. #gtchat
- 5:51 pm **Begabungs:** @twochicky Try to talk with him and find a creative way to get flow & positivity #gtchat
- 5:52 pm **CathRiordan:** So disappointed to have missed this chat. My parents called in with "perfect" timing! #gtchat
- 5:52 pm **deepwaterscoach:** This is 1 of my pet peeves! RT @DeborahMersino: Another tip: Stop referring to emotional OE as "drama" (in a negative connotation). #gtchat
- 5:52 pm **DeborahMersino:** Let's share final thoughts. What's one thing you can do this week to better support yourself/your child's OEs? #gtchat
- 5:52 pm **KimMoldofsky:** Here's one OE post w/ links 2more  
[http://blogs.babycenter.com/momformation/2007/11/20/mom-i-think-i-have-a-  
psychomotor-oe/](http://blogs.babycenter.com/momformation/2007/11/20/mom-i-think-i-have-a-psychomotor-oe/) #gtchat #gifted
- 5:52 pm **deepwaterscoach:** What msg r we sending kids when we call their emotions "drama"? What have we shut down in ourselves to be able to speak like that? #gtchat
- 5:53 pm **swimfaster:** @twochicky NO! Talk to him about his different brain, and discuss the positive and the neg. Maybe see SENG website? #gtchat
- 5:53 pm **Begabungs:** fantasy stories, theatre or painting with music could help as well #gtchat
- 5:53 pm **DeborahMersino:** @CathRiordan - We missed you! I'll get transcripts up soon, so you can review. Great links/discussion today. #gtchat
- 5:53 pm **KimMoldofsky:** Sorry for the long url. I'm also trying to focus on #mom2summit session right now! #gtchat
- 5:53 pm **jofrei:** @twochicky Let him know the things that are 'normal for gifted and OE' and that it is OK - will help overcome much worry #gtchat
- 5:54 pm **DeborahMersino:** @deepwaterscoach - So true. It's as if I can't accept seeing myself (Emotional OE) in them...yikes. Will work on it! #gtchat
- 5:54 pm **Begabungs:** RT @jofrei: @twochicky Let him know the things that are 'normal for gifted and OE' and that it is OK - will help overcome much worry #gtchat
- 5:54 pm **DeborahMersino:** @KimMoldofsky - No worries. We appreciate link. You're a master multi-tasker! #gtchat
- 5:54 pm **swimfaster:** @DeborahMersino Living room dance party! Thanks. #gtchat
- 5:54 pm **aposseadesse66:** Here's the list of emotions so our kids can describe how they are feeling:  
[http://www.davidsongifted.org/db/Articles\\_id\\_10233.aspx](http://www.davidsongifted.org/db/Articles_id_10233.aspx) #gtchat
- 5:55 pm **Begabungs:** RT @deepwaterscoach: What msg r we sending kids when we call their emotions "drama"? What have we shut down in ourselves to be able to speak like that? #gtchat
- 5:55 pm **DeborahMersino:** Lind Tip: Accept all feelings, regardless of intensity. Accept emotional intensity, help work through problems to facilitate growth. #gtchat
- 5:56 pm **brilliantsass:** @DeborahMersino Lurked through the conversation and am now further motivated to explore my own newly discovered GT-ness #gtchat
- 5:56 pm **DeborahMersino:** @swimfaster - Happy. #gtchat
- 5:56 pm **cybraryman1:** Try to get child to look at you eye to eye for more effective communication. #gtchat
- 5:56 pm **twochicky:** Thank you everyone for your advice! It really does mean so much! #gtchat
- 5:56 pm **DavidsonGifted:** RT @aposseadesse66: Here's the list of emotions so our kids can describe how they are feeling: [http://www.davidsongifted.org/db/Articles\\_id\\_10233.aspx](http://www.davidsongifted.org/db/Articles_id_10233.aspx) #gtchat
- 5:56 pm **DeborahMersino:** @brilliantsass - So glad. So glad! #gtchat
- 5:56 pm **CathRiordan:** @DeborahMersino I look forward to reading the transcripts. A lot of good stuff was covered, it seems. #gtchat

- 5:56 pm **DeborahMersino:** RT @aposseadesse66: Here's the list of emotions so our kids can describe how they are feeling: [http://www.davidsongifted.org/db/Articles\\_id\\_10233.aspx](http://www.davidsongifted.org/db/Articles_id_10233.aspx) #gtchat
- 5:57 pm **Begabungs:** They are different from other children but normal in their own view #gtchat
- 5:57 pm **jofrei:** Put Dabrowski into search box on Sprite's blog <http://www.giftedresources.org/jo/blog> #gtchat
- 5:57 pm **DeborahMersino:** RT @cybraryman1: Try to get child to look at you eye to eye for more effective communication. #gtchat
- 5:57 pm **mygiftedgirl:** @DeborahMersino TY for today. I needed this reminder. I need to help them understand their emotions more and validate it. #gtchat
- 5:57 pm **eagledawg:** @DeborahMersino Tried finding 'Living w/Intensity' in library system & failed, might just go ahead & purchase based on rec for OEs! #gtchat
- 5:57 pm **Begabungs:** RT @cybraryman1: Try to get child to look at you eye to eye for more effective communication. #gtchat
- 5:57 pm **ginarau:** @DeborahMersino Hi Deborah. Missed the chat & only have a minute. Wanted to mention neurotransmitter tests we just did for OE son #gtchat
- 5:57 pm **NAGCGIFTED:** @cybraryman1 and not go to corner or try and hide when upset! my dd has been doing that lately! #gtchat
- 5:58 pm **deepwaterscoach:** Recognition and acceptance, in myself, in my kids, in my gifted DH! #gtchat
- 5:58 pm **DeborahMersino:** Watch what I model relative to OE. Do I think about my own impact on others relative to talking/conversing/listening? #gtchat
- 5:58 pm **ginarau:** @DeborahMersino Crazy high on excitability amino acids, inhibitory aminos not high enough 2 balance. Trying treatment w/amino acids. #gtchat
- 5:58 pm **jofrei:** Also see <http://www.giftedresources.org/gr/webgifdab.htm> #gtchat
- 5:58 pm **Begabungs:** RT @deepwaterscoach: Recognition and acceptance, in myself, in my kids, in my gifted DH! #gtchat
- 5:59 pm **CathRiordan:** @eagledawg Well worth reading Living with Intensity. A great book. #gtchat
- 5:59 pm **DeborahMersino:** @eagledawg - Worth the investment! #gtchat There's also a lot of great links to resources online (free).
- 5:59 pm **aposseadesse66:** Intense emotions are more than okay, they're great. Reminding myself & kids that life is more interesting lived to the full! #gtchat
- 6:00 pm **DeborahMersino:** RT @aposseadesse66: Intense emotions are more than okay, they're great. Reminding myself & kids that life is more interesting lived to the full! #gtchat
- 6:00 pm **eagledawg:** @CathRiordan @DeborahMersino Thanks! I'm a librarian, had to try ;) Have read most of great links already & need \*more\* (OE myself) #gtchat
- 6:00 pm **DeborahMersino:** That's it everyone! Thank you for your thoughts, links, recommendations, vulnerability, and enthusiasm! #gtchat
- 6:01 pm **DeborahMersino:** I'll work to have transcript up soon! Join us at 7pm/EST for "Launching a Parent Advocacy Group: How and Why?" #gtchat
- 6:02 pm **Begabungs:** thank you Deborah! Vielen Dank! #gtchat
- 6:02 pm **jofrei:** @DeborahMersino Thank you SO much for these #gtchat sessions!
- 6:02 pm **DeborahMersino:** One last thank you to our international participants. We're grateful you're here and appreciate your commitment! #gtchat
- 6:03 pm **TheNerdyTeacher:** RT @Begabungs fantasy stories, theatre or painting with music could help as well #gtchat
- 6:04 pm **mygiftedgirl:** @DeborahMersino I hope to join tonight. Very active of course with #gifted advocacy in Palm Beach county #gtchat
- 6:05 pm **PennyAW:** Hi to everyone ! Not here for long as in the UK its dinner time for kids ! I work

- 6:06 pm **CathRiordan:** @DeborahMersino Thanks, Deborah. Not expecting visitors at midnight, so will be here for the next chat! #gtchat
- 6:06 pm **mygiftedgirl:** Twitter #gtchat was AWESOME!! Thank you Deborah Mersino for hosting!! <http://bit.ly/bD9jam>
- 6:08 pm **jofrei:** RT @mygiftedgirl: Twitter #gtchat was AWESOME!! Thank you Deborah Mersino for hosting!! <http://bit.ly/bD9jam>
- 6:09 pm **DeborahMersino:** @PennyAW - Sorry, Penny. We just finished #gtchat ! However, I'll have the transcripts up shortly. We also have a #gtchat session at 7pm/EST
- 6:10 pm **Begabungs:** @swimfaster yes thats what I meant. If school sucks try to do something outside of school. #gtchat
- 6:11 pm **deepwaterscoach:** Thanks @DeborahMersino! #gtchat
- 6:14 pm **CathRiordan:** @PennyAW Hi from Ireland, Penny. 7pm EST is midnight for you if you're in the UK. Hope you can make it. #gtchat
- 6:29 pm **DeborahMersino:** Transcript from noon/EST #gtchat "Coping w/Intensity & Overexcitabilities" <http://bit.ly/aLkBaR> {scroll down a bit} #gifted
- 6:38 pm **jofrei:** RT @DeborahMersino: Transcript from noon/EST #gtchat "Coping w/Intensity & Overexcitabilities" <http://bit.ly/aLkBaR> {scroll down a bit} #gifted
- 6:41 pm **DavidsonGifted:** #gtchat If anyone has further questions we may be able to answer, feel free to email us directly at [info@davidsongifted.org](mailto:info@davidsongifted.org)
- 6:41 pm **motherthinker:** @DeborahMersino Looking forward 2 tonight's #gtchat - I started an advocacy grp in 2002 & we're still going strong & of value 2 our schools!
- 6:44 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat If anyone has further questions we may be able to answer, feel free to email us directly at [info@davidsongifted.org](mailto:info@davidsongifted.org)
- 6:44 pm **DeborahMersino:** @motherthinker - Great! Glad you'll be there. #gtchat
- 6:59 pm **DeborahMersino:** Miss the first #gtchat session today? Transcript here: [www.bit.ly/aLkBaR](http://www.bit.ly/aLkBaR) #gifted #OE
- 7:00 pm **Begabungs:** RT @DeborahMersino: Miss the first #gtchat session today? Transcript here: [www.bit.ly/aLkBaR](http://www.bit.ly/aLkBaR) #gifted #OE
- 7:03 pm **Begabungs:** Together for a better world for gifted and talented kids around the world! #gtchat #gifted
- 9:01 pm **DeborahMersino:** @PrufrockPress Just received Prufrock's "Special Needs Advocacy Resource Book" by Weinfeld & Davis. Perfect timing for tonight's #gtchat !
- 10:55 pm **AmyJeynes:** @twochicky Was checking transcript of today's #gtchat and wanted to share tips! DM me?
- 10:57 pm **DeborahMersino:** We're an hour away from #gtchat. Topic: "Launching a Parent Advocacy Group: How and Why?" #gifted Join/learn with us!
- 11:00 pm **mygiftedgirl:** RT @DeborahMersino: We're an hour away from #gtchat. Topic: "Launching a Parent Advocacy Group: How and Why?" #gifted Join/learn with us!
- 11:36 pm **cybraryman1:** RT @DeborahMersino: In a half hour: #gtchat. Topic: "Launching a Parent Advocacy Group: How and Why?" #gifted Join/learn with us!
- 11:47 pm **CathRiordan:** RT @DeborahMersino: 15mins to #gtchat. Topic: "Launching a Parent Advocacy Group: How and Why?" #gifted Join/learn with us! #gtchat
- 11:52 pm **DeborahMersino:** @CathRiordan @cybraryman1 @mygiftedgirl - TY for spreading the word about #gtchat. Looking forward to collaborating & sharing.
- 11:58 pm **DeborahMersino:** My tweets for the next hour will be devoted to #gtchat. Interested in #gifted education & advocacy? Join us! Use hashtag #gtchat.
- 11:59 pm **hashtager:** # My tweets for the next hour will be devoted to #gtchat. Interested in #gifted education & advocacy? Join us! Use hashtag #gtchat.

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11:59 pm

**jofrei:** Hi Jo Freitag Gifted Resources joining #gtchat at a more respectable 11.00am in Australia

11:59 pm

**DeborahMersino:** Welcome to #gtchat ! Our topic: "Launching a Parent Advocacy Group: How and Why?" Vital subject in a world of budget cuts!

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