



Transcript from March 5, 2010 to March 5, 2010

All times are Pacific Time

March 5, 2010

- 4:00 am **gifts2love:** RT @DeborahMersino: "Creating Healthy Environments/Balance 4 #Gifted Kids" will be our noon/EST #gtchat topic tomorrow (Fri.).
- 4:45 am **AmazingAmma:** RT @DeborahMersino: The votes are in: "Disciplining the #Gifted Child: Fallacies & Facts" will be 7pm/EST #gtchat topic on Fri.
- 4:46 am **AmazingAmma:** RT @DeborahMersino: "Creating Healthy Environments/Balance 4 #Gifted Kids" will be our noon/EST #gtchat topic tomorrow (Fri.).
- 7:48 am **jofrei:** RT @DeborahMersino: "Creating Healthy Environments/Balance 4 #Gifted Kids" will be our noon/EST #gtchat topic tomorrow (Fri.).
- 7:49 am **jofrei:** RT @DeborahMersino: The votes are in: "Disciplining the #Gifted Child: Fallacies & Facts" will be 7pm/EST #gtchat topic on Fri.
- 12:20 pm **cybraryman1:** RT @jofrei: RT @DeborahMersino: "Creating Healthy Environments/Balance 4 #Gifted Kids" will be our noon/EST #gtchat topic
- 12:21 pm **cybraryman1:** RT @AudreyFG RT @DeborahMersino: "Disciplining the #Gifted Child: Fallacies & Facts" will be 7pm/EST #gtchat topic
- 12:22 pm **getsweetie:** RT @cybraryman1: RT @AudreyFG RT @DeborahMersino: "Disciplining the #Gifted Child: Fallacies & Facts" will be 7pm/EST #gtchat topic
- 2:15 pm **mygiftedgirl:** "Creating Healthy Environments/Balance 4 #Gifted Kids" - noon/EST #gtchat topic "Disciplining the #Gifted Child:... <http://bit.ly/a6aPPr>
- 3:27 pm **DeborahMersino:** Mark your calendars for #gtchat sessions today. First up - "Creating healthy Environments/Balance 4 #Gifted" Noon/EST
- 3:28 pm **DeborahMersino:** Mark you calendars: Second #gtchat session at 7pm/EST today. Topic: "Disciplining the #Gifted Child: Fallacies & Facts." Join us!
- 3:29 pm **Bobbie_Smith:** RT @DeborahMersino: Mark your calendars for #gtchat sessions today. First up - "Creating healthy Environments/Balance 4 #Gifted" Noon/EST
- 3:29 pm **Bobbie_Smith:** RT @DeborahMersino: Mark you calendars: Second #gtchat session at 7pm/EST today. Topic: "Disciplining the #Gifted Child: Fallacies & Facts."
- 3:35 pm **RobynOHSH:** I do #FF a bit differently, I #FF hashtags: #sawyblogging, #relevant10, #homeschool, #gtchat.
- 4:02 pm **DeborahMersino:** Countdown to #gtchat. In one hour, we'll discuss how to strike the right balance & create the right environment for gifted children.
- 4:09 pm **DeborahMersino:** @DeborahRuf - Good to see you on Twitter. We would love to have your expertise during today's #gtchat sessions (noon & 7pm/EST).
- 4:35 pm **DeborahMersino:** @deborahruf - Just listened to the first part of your ABC Radio #Australia interview. Well done! <http://bit.ly/dpa3Zw> #gtchat
- 4:36 pm **DavidsonGifted:** RT @DeborahMersino: Mark your calendars for #gtchat sessions today. First up - "Creating healthy Environments/Balance 4 #Gifted" Noon/EST
- 4:36 pm **DavidsonGifted:** RT @DeborahMersino: Mark you calendars: Second #gtchat session at 7pm/EST today. Topic: "Disciplining the #Gifted Child: Fallacies & Facts." Join us!
- 4:58 pm **mygiftedgirl:** #gtchat coming up!! YAY! Now I can breathe and be with my peeps. People who get it.

- 4:59 pm **DeborahMersino:** My tweets for the next hour will be devoted to #gtchat.
- 5:00 pm **DeborahMersino:** Welcome to the noon/EST session of #gtchat. Today's topic: ""Creating healthy Environments/Balance 4 #Gifted.""
- 5:00 pm **getsweetie:** RT @DeborahMersino: My tweets for the next hour will be devoted to #gtchat.
- 5:01 pm **DeborahMersino:** Take a moment to introduce yourself, your role (parent, teacher, advocate) and where you reside. #gtchat
- 5:01 pm **DavidsonGifted:** Rebecca, Family Consultant at The Davidson Institute for Talent Development #gtchat
- 5:01 pm **laughingatchaos:** Hi, I'm Jen, living in CO w/2 GT sons, one 2e. Glad to be here! #gtchat
- 5:01 pm **DeborahMersino:** I'm Deborah Mersino, moderator of #gtchat, consultant to #gifted communities and mother to two girls in gorgeous Colorado.
- 5:02 pm **mygiftedgirl:** I'm Audrey, founder of MyGiftedGirl.com I am mom of 2 #gifted #girls and advocate. #gtchat
- 5:02 pm **DeborahMersino:** @DavidsonGifted - Rebecca, as always, I'm glad @DavidsonGifted is here! #gtchat
- 5:03 pm **mygiftedgirl:** Oh yeah... I'm in South Florida where we have record cold again... #gtchat
- 5:03 pm **eagledawg:** Hi #gtchat! I'm Nikki, mom to a 7yr 2E, living in Seattle. Mostly lurking as I have a lot of telecommuting to do but so glad for the talks!
- 5:03 pm **DeborahMersino:** So many factors go into finding/realizing/creating the right environment for gifted children/students. #gtchat
- 5:03 pm **DavidsonGifted:** #gtchat, Thanks, Deborah!
- 5:04 pm **laughingatchaos:** @DeborahMersino Home or school environment? Or both? #gtchat
- 5:04 pm **janellewilson:** I'm a sixth grade gifted science teacher in GA. I'm on planning right now, but I'll be checking in every few minutes. #gtchat
- 5:05 pm **mygiftedgirl:** @DeborahMersino so many factors including our own perfectionism in creating that right environment. #gtchat
- 5:06 pm **DeborahMersino:** Schooling, home life, activities, friendships intermingle with intensities, overexcitabilities (OE) and asynchronous development. #gtchat
- 5:06 pm **laughingatchaos:** @mygiftedgirl Ay yi yi...perfectionism! Vile thing gets in the way of healthy environments. #gtchat
- 5:06 pm **DeborahMersino:** How can we as parents, educators and advocates strike the right balance for our #gifted children? #gtchat
- 5:06 pm **DeborahMersino:** RT @laughingatchaos: @mygiftedgirl Ay yi yi...perfectionism! Vile thing gets in the way of healthy environments. #gtchat
- 5:06 pm **laughingatchaos:** RT @DeborahMersino: Schooling, home life, activities, friendships mix w/intensities, (OE) and asynchronous development. #gtchat
- 5:07 pm **DeborahMersino:** @janellewilson - Welcome. Glad you're here! #gtchat
- 5:07 pm **getsweetie:** RT @DeborahMersino: How can we as parents, educators and advocates strike the right balance for our #gifted children? #gtchat
- 5:07 pm **LearningHelp:** RT @DeborahMersino: How can we as parents, educators and advocates strike the right balance for our #gifted children? #gtchat
- 5:07 pm **ThereseHaberman:** RT @DeborahMersino: So many factors go into finding/realizing/creating the right environment for gifted children/students. #gtchat
- 5:08 pm **laughingatchaos:** Wish I knew the right balance, but it changes from day to day. #gtchat
- 5:08 pm **pamfr:** #gtchat Strew. Notice. Support.
- 5:08 pm **laughingatchaos:** Something will work 1 day, then not the next. No warning. Hard to juggle. How to fix? #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:09 pm **cybraryman1:** First gifted children have to be comfortable with themselves. Parents & Teachers have to work together to develop their abilities. #gtchat
- 5:09 pm **DeborahMersino:** #Gifted children appreciate routines, need downtime, friendships and to know they need not be perfect across the board. #gtchat
- 5:09 pm **DeborahMersino:** What causes stress in today's world for #gifted children? #gtchat
- 5:09 pm **mygiftedgirl:** We must continue to identify our goals and our vision and help our child identify theirs and reidentify/evaluate as much as needed. #gtchat
- 5:09 pm **DeborahMersino:** RT @cybraryman1: First gifted children have to be comfortable with themselves. Parents & Teachers have to work together to develop their abilities. #gtchat
- 5:10 pm **DavidsonGifted:** What do you find your children are trying to balance, school and play? Challenge and speed? Peers and academics? #gtchat
- 5:10 pm **laughingatchaos:** @DeborahMersino Perfectionism, fear of failure, molehills into mountains... #gtchat
- 5:10 pm **azgirasol:** #gtchat
- 5:10 pm **DeborahMersino:** Resource: Life in the Asynchronous Family by Kathy Kearney via @HoagiesGifted <http://bit.ly/bfluxbr> #gtchat
- 5:11 pm **cybraryman1:** Parents face the difficult task of supporting but not pushing. #gtchat
- 5:11 pm **mygiftedgirl:** #stress for #gifted: perfectionism, scheduling, tests, inadequate curriculum, pacing of day at school. #gtchat
- 5:11 pm **DeborahMersino:** RT @DavidsonGifted: What do you find your children are trying to balance, school and play? Challenge and speed? Peers and academics? #gtchat
- 5:11 pm **laughingatchaos:** @DavidsonGifted Success/failure. Play/school. Everything 2e. #gtchat
- 5:11 pm **DeborahMersino:** @azgirasol - Welcome! #gtchat
- 5:11 pm **laughingatchaos:** I'm not pushing, they're pulling! #gtchat
- 5:11 pm **atxteacher:** Hello! I'm the Director for Advanced Studies in a school district in Texas. Just joining #gtchat
- 5:12 pm **DeborahMersino:** #stress for #gifted - Rushing. Self-demands for perfectionism. Having lots of interest/not enough time. #gtchat
- 5:12 pm **atxteacher:** I think the key is helping kids know themselves. They need to know their strengths, and their needs. #gtchat
- 5:12 pm **mygiftedgirl:** Challenge, balance of talent related gift to academic gifts. #gtchat
- 5:13 pm **DeborahMersino:** @atxteacher - Glad you're with us. We're talking about stress / #gifted children today. #gtchat
- 5:13 pm **DeborahMersino:** RT @atxteacher: I think the key is helping kids know themselves. They need to know their strengths, and their needs. #gtchat
- 5:13 pm **laughingatchaos:** @atxteacher How to teach those strengths? I see them, 2e son doesn't! #gtchat
- 5:13 pm **atxteacher:** Some of the best advice I have heard is asking kids what they want to right now - knowing they can do something else in the future #gtchat
- 5:14 pm **cybraryman1:** Adults have to practice a lot of patience with children. #gtchat
- 5:14 pm **laughingatchaos:** @atxteacher I like that. Will use it. Thx. #gtchat
- 5:15 pm **DeborahMersino:** "Living with Intensities" by Daniels & Piechowski discusses how #gifted children feel out-of-step w/their environments. #gtchat
- 5:15 pm **laughingatchaos:** @DeborahMersino Yes, I believe that bk was written from my hall closet. ;) I'm living with the Intensities kid. LOL #gtchat
- 5:16 pm **atxteacher:** @laughingatchaos I think really focus on praise for effort and structure lots of opportunities to shine in the strength areas #gtchat

- 5:16 pm **DeborahMersino:** Helping them know themselves can help them cope/learn about/understand their anxieties. #gtchat
- 5:16 pm **laughingatchaos:** @DeborahMersino But how to do that w/out feeding INTO those anxieties? That's where I get stuck. #gtchat
- 5:17 pm **getsweetie:** RT @DeborahMersino: "Living with Intensities" by Daniels & Piechowski discuss how #gifted children feel out-of-step w/their enviro #gtchat
- 5:17 pm **DeborahMersino:** From @HoagiesGifted re Dabrowski's Theory of Positive Disintegration/OEs - impact on stress/family <http://bit.ly/cgutos> #gtchat
- 5:17 pm **mygiftedgirl:** We must help them organize their passions and definition of success for that year. Help them write smart goals for those areas. #gtchat
- 5:17 pm **eagledawg:** @DeborahMersino Chs 8&9 of Living w/Intensities eye-opener for me w/family dynamics & perfectionism. Such a great resource! #gtchat
- 5:17 pm **atxteacher:** I was amazed at the kids' response when I taught them about the OEs. "You mean that is NORMAL?!" For them, yes! #gtchat
- 5:17 pm **DeborahMersino:** RT @eagledawg: @DeborahMersino Chs 8&9 of Living w/Intensities eye-opener for me w/family dynamics & perfectionism. Such a great resource! #gtchat
- 5:17 pm **cybraryman1:** RT @DeborahMersino: Helping them know themselves can help them cope/learn about/understand their anxieties. #gtchat
- 5:18 pm **DavidsonGifted:** #gtchat There are a few books that help kids understand themselves, More than a Test Score and The Gifted Kids Survival Guide.
- 5:18 pm **atxteacher:** YES YES YES! RT @DeborahMersino Helping them know themselves can help them cope/learn about/understand their anxieties. #gtchat
- 5:18 pm **DeborahMersino:** At the same time, some children will simply "check out" at school/home when they feel overwhelmed/misunderstood. #gtchat
- 5:18 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat There are a few books that help kids understand themselves, More than a Test Score and The Gifted Kids Survival Guide.
- 5:18 pm **mygiftedgirl:** RT @atxteacher: I was amazed at the kids' response when I taught them about the OEs. "You mean that is NORMAL?!" For them, yes! #gtchat
- 5:19 pm **pamfr:** #gtchat Stressors vary by personalities. ds7 ISTP: not enough free choice at school. ds4 ENFJ: few can keep up w his imaginative play
- 5:19 pm **laughingatchaos:** RT @DeborahMersino: At the same time, some children will simply "check out" at school/home when they feel overwhelmed/misunderstood. #gtchat
- 5:19 pm **atxteacher:** RT @DavidsonGifted: #gtchat There are a few books that help kids understand themselves, More than a Test Score and The Gifted Kids Survival Guide.
- 5:19 pm **DeborahMersino:** Also what are WE modeling? The asynchronous family involves multiple layers of challenges that we must first see/address/appreciate. #gtchat
- 5:19 pm **laughingatchaos:** @DeborahMersino That's my son. Checks out at school, acts out at home. #gtchat
- 5:20 pm **laughingatchaos:** @DeborahMersino Any resources on asynchronous family dynamics? #gtchat
- 5:21 pm **atxteacher:** Great podcast on anxiety from Prufrock <http://bit.ly/15WQtO> (@joelmcintosh) #gtchat
- 5:21 pm **mygiftedgirl:** @laughingatchaos Me too! She's in lala land at school and unleashes at home. #gtchat
- 5:21 pm **QueenOfShake:** RT @DeborahMersino: "Living with Intensities" by Daniels & Piechowski discusses how #gifted children feel out-of-step w/their environments. #gtchat
- 5:21 pm **DeborahMersino:** @laughingatchaos - The Kathy Kearney article via @HoagiesGifted that I posted address asynchronous family dynamics. #gtchat
- 5:21 pm **DeborahMersino:** RT @atxteacher: Great podcast on anxiety from Prufrock <http://bit.ly/15WQtO> (@joelmcintosh) #gtchat

- 5:21 pm **DavidsonGifted:** #gtchat Anxiety-Free Kids might also be worth checking out as a parent with a child with anxiety <http://bit.ly/9jSOK2>.
- 5:22 pm **laughingatchaos:** @DeborahMersino Got it, thx #gtchat
- 5:22 pm **DeborahMersino:** Helping #Gifted Children Soar by Strip & Hirsh offers tips on reducing stress. #gtchat
- 5:22 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat Anxiety-Free Kids might also be worth checking out as a parent with a child with anxiety <http://bit.ly/9jSOK2>.
- 5:22 pm **DeborahMersino:** @QueenofShake - Glad you joined us! #gtchat
- 5:22 pm **laughingatchaos:** RT @DeborahMersino: Helping #Gifted Children Soar by Strip & Hirsh offers tips on reducing stress. #gtchat
- 5:23 pm **DeborahMersino:** I'll post tips from Strip & Hirsh - Tip 1: Change environment, encourage breaks, exercise, play, "veg out" time. #gtchat
- 5:24 pm **cybraryman1:** Asynchronous Development Sites (left column on my GT page): <http://bit.ly/8rDekG> #gtchat
- 5:24 pm **aposedesse66:** Coming in a bit late here, hello from Dublin. Stress an issue here too. #gtchat
- 5:24 pm **laughingatchaos:** RT @cybraryman1: Asynchronous Development Sites (left column on my GT page): <http://bit.ly/8rDekG> #gtchat
- 5:24 pm **DeborahMersino:** Tip from Strip & Hirsh: Give him/her permission to "decompress". So vital! #gtchat
- 5:25 pm **DeborahMersino:** @aposedesse66 - Hello Ireland! Glad you're here. :-) #gtchat
- 5:25 pm **mygiftedgirl:** @DeborahMersino So hard to find time to let them veg, decompress - seems school takes over #gtchat
- 5:25 pm **eagledawg:** @DeborahMersino also recommend What To Do When You Worry Too Much, wish I had as kid! <http://bit.ly/bxIqPA> #gtchat
- 5:26 pm **DavidsonGifted:** #gtchat Helping Gifted Students with Stress Management <http://bit.ly/9cBXSn>
- 5:26 pm **laughingatchaos:** @mygiftedgirl School demands more from these kids. Not only more intellectually, but more coping skills too. #gtchat
- 5:26 pm **DeborahMersino:** Tip From S&H: Don't take on their stress (good one), rather stay objective, listen well. Remember we don't have 2 solve their prob. #gtchat
- 5:26 pm **laughingatchaos:** RT @eagledawg: @DeborahMersino also recommend What To Do When You Worry Too Much, wish I had as kid! <http://bit.ly/bxIqPA> #gtchat
- 5:26 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat Helping Gifted Students with Stress Management <http://bit.ly/9cBXSn>
- 5:26 pm **mygiftedgirl:** I think my gifted girls...well all of us in house would be super stressed without the benefit of dance in their lives #gtchat
- 5:26 pm **laughingatchaos:** @DeborahMersino Hard to not take on their stress when your own OE is emotional #gtchat
- 5:27 pm **laughingatchaos:** RT @DeborahMersino: RT @DavidsonGifted: #gtchat Helping Gifted Students with Stress Management <http://bit.ly/9cBXSn> #gtchat
- 5:27 pm **DeborahMersino:** @mygiftedgirl - I hear you re homework demands. #gtchat
- 5:27 pm **atxteacher:** @mygiftedgirl Very hard to find decompression time! With a full day of school/work then extracurricular, not much time left to veg. #gtchat
- 5:27 pm **DeborahMersino:** Another tip from S&H: Teach him/her to concentrate on and finish one thing at a time. {not easy, but healthy} #gtchat
- 5:27 pm **HoagiesGifted:** Life in the Asynchronous Family by Kathi Kearney <http://www.hoagiesgifted.org/asynchronous.htm> #gtchat
- 5:28 pm **aposedesse66:** I used to be irritated by the rubbish tv shows mine watch after school! Now I let

- 5:28 pm **DavidsonGifted:** Fighting Invisible Tigers: A Stress Management Guide for Teens <http://bit.ly/aOeeln> #gtchat
- 5:28 pm **DeborahMersino:** And the older they get, the more interests, activities, homework they have! #gtchat
- 5:28 pm **DeborahMersino:** RT @DavidsonGifted: Fighting Invisible Tigers: A Stress Management Guide for Teens <http://bit.ly/aOeeln> #gtchat
- 5:28 pm **laughingatchaos:** RT @DavidsonGifted: Fighting Invisible Tigers: A Stress Management Guide for Teens <http://bit.ly/aOeeln> #gtchat
- 5:29 pm **DeborahMersino:** @HoagiesGifted - Welcome. Posted that link earlier too. So glad to have that resource via your site! TY! #gtchat
- 5:29 pm **atxteacher:** @DeborahMersino "Remember we don't have 2 solve their prob." That's a hard one as a parent! #gtchat
- 5:29 pm **laughingatchaos:** @DeborahMersino The teen yrs are scaring me, mainly because of OEs and increased workload/interests. #gtchat
- 5:30 pm **atxteacher:** @aposseadesse66 "I used to be irritated by the rubbish tv shows" I found I do that, too! #gtchat
- 5:30 pm **DeborahMersino:** @atxteacher - I couldn't agree more! #gtchat
- 5:31 pm **HoagiesGifted:** My eldest took a different approach, frustrating at times. She made time to decompress, skipped homework. Why not, she had A's? #gtchat
- 5:31 pm **DeborahMersino:** Challenge: Not giving passes on discipline/responsibilities/respectful tones/homework (appropriate). #gtchat
- 5:31 pm **HoagiesGifted:** Why not = GPA, college admissions, etc. <sigh> #gtchat
- 5:31 pm **DeborahMersino:** @HoagiesGifted - Refreshing to hear. #gtchat
- 5:32 pm **laughingatchaos:** RT @DeborahMersino: Challenge: Not giving passes on discipline/responsibilities/respectful tones/homework (appropriate). #gtchat
- 5:32 pm **danyelwierson:** #gtchat you have to let them fail from time to time or they won't be able to handle it when they're on their own and you can't be there
- 5:33 pm **laughingatchaos:** How to balance learning to deal w/stress and running away from it? He needs to face it sometimes, good life skill. #gtchat
- 5:33 pm **DeborahMersino:** What' your biggest challenge/frustration at home? #gtchat
- 5:33 pm **aposseadesse66:** @DeborahMersino Agreed, I need to be careful not to undermine the authority of the school, doesn't do kids any favors & can confuse #gtchat
- 5:33 pm **DeborahMersino:** RT @danyelwierson: #gtchat you have to let them fail from time to time or they won't be able to handle it when they're on their own and you can't be there
- 5:34 pm **kidlutions:** @laughingatchaos Yes, love 'em too much to let 'em "get away with" unacceptable behaviors. #gtchat ...gotta run...have a fun chat!
- 5:34 pm **HoagiesGifted:** How to not let others pile extra stress on you, make choices... I'm still learning that #gtchat
- 5:34 pm **mygiftedgirl:** @DeborahMersino Trying to keep her focused and moving ahead. She's in her own head, dancing. #gtchat
- 5:34 pm **atxteacher:** How do we handle stress? GT kids have GT parents. How to modify our coping strategies for our kids? #gtchat
- 5:34 pm **aposseadesse66:** Biggest challenge is not having enough hours in the day! #gtchat
- 5:35 pm **laughingatchaos:** @DeborahMersino Doing what needs to be done when it needs to be done. BIG stressor here. Sometimes you just have to do it. :(#gtchat
- 5:35 pm **danyelwierson:** #gtchat still not putting any thought or effort into things that aren't of interest. "will do better when I'm excited about it..."

- 5:35 pm **HoagiesGifted:** RT @aposseadesse66: Biggest challenge is not having enough hours in the day! #gtchat
- 5:35 pm **mygiftedgirl:** RT @aposseadesse66: Biggest challenge is not having enough hours in the day! #gtchat
- 5:35 pm **laughingatchaos:** @atxteacher I suspect wine wouldn't be a good idea for him. ;) #gtchat
- 5:35 pm **DeborahMersino:** @danyelwierson - Good point. Dr. Rick Olenchak pointed that out at CAGT Conference. (Getting a B isn't the end of the world.) #gtchat
- 5:36 pm **HoagiesGifted:** > things that aren't of interest. Helping them learn when they should "create" interest for their long-term well-being. #gtchat
- 5:36 pm **DeborahMersino:** Me too! RT @HoagiesGifted How to not let others pile extra stress on you, make choices... I'm still learning that #gtchat
- 5:36 pm **laughingatchaos:** @HoagiesGifted That's it! FIND a way to be interested! #gtchat
- 5:36 pm **Bobbie_Smith:** RT @DeborahMersino: What' your biggest challenge/frustration at home? #gtchat --son's mouth getting him bullied-he knows he's smart & rubsin
- 5:36 pm **mygiftedgirl:** I think one way to create more time for us is to relax bedtime. We have elementary age kids... 8pm bed seems impossible. #gtchat
- 5:36 pm **DeborahMersino:** RT @atxteacher: How do we handle stress? GT kids have GT parents. How to modify our coping strategies for our kids? #gtchat
- 5:37 pm **DeborahMersino:** RT @HoagiesGifted: > things that aren't of interest. Helping them learn when they should "create" interest for their long-term well-being. #gtchat
- 5:37 pm **atxteacher:** Anxiety is a thinking thing. GT kids are great thinkers. Helping them think through the stress/problem solve can help #gtchat
- 5:37 pm **laughingatchaos:** @mygiftedgirl Too early or too late? Bedtime here 7:30, lights out at 8. WE need that time. #gtchat
- 5:37 pm **atxteacher:** especially putting it on paper #gtchat
- 5:37 pm **aposseadesse66:** RT @laughingatchaos: @HoagiesGifted Thats it! FIND a way to be interested!/Need to do that in this house too! #gtchat
- 5:37 pm **HoagiesGifted:** Bedtime varies by kid. My kids never had 8 pm - they'd be up by 5 am with that! #gtchat
- 5:38 pm **laughingatchaos:** @atxteacher True, but he thinks himself into a near panic attack; unable to think around the problem. #gtchat
- 5:38 pm **DeborahMersino:** @Bobbie_Smith - Tender. #gtchat
- 5:38 pm **mygiftedgirl:** @laughingatchaos I hear ya, but it would create a little breather for them to have chill time. School is taking over. #gtchat
- 5:38 pm **danyelwierson:** #gtchat teen daughter and I stay up, after everyone else is sleeping, and just talk. Could be important, could be garbage. Just talking.
- 5:38 pm **gifts2love:** @DeborahMersino #gtchat - as a parent, I have to work very hard not to model perfectionist behavior - which is stressful in itself!
- 5:39 pm **mygiftedgirl:** RT @atxteacher: Anxiety is a thinking thing. GT kids are great thinkers. Helping them think through the stress/problem solve can help #gtchat
- 5:39 pm **HoagiesGifted:** Long term stress, deal by an hour or day off here & there. Biggie: make sure the kids KNOW you're dealing, to do better tomorrow #gtchat
- 5:39 pm **DeborahMersino:** @gifts2love - Oh, I hear you, sister! #gtchat
- 5:39 pm **laughingatchaos:** @mygiftedgirl That will happen next year, I'm sure. Worried about the increased workload in 4th gr. #gtchat
- 5:40 pm **HoagiesGifted:** Talk in car, too. Helps them open up safely (no mom eye contact ;-) #gtchat
- 5:40 pm **getsweetie:** #gtchat Helping children /parents learn where the boundaries are in their roles is one of the biggest parts of my consulting

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:40 pm **aposedesse66:** @danyelwierson That's great to have "chat time". I get that on long journey to violin lessons with DS (14), we love it! #gtchat
- 5:40 pm **danyelwierson:** #gtchat my little ones are in bed at 8. 8yo usually reads till almost ten, though. Still up and in good spirits by 7:30.
- 5:40 pm **laughingatchaos:** RT @HoagiesGifted: Talk in car, too. Helps them open up safely (no mom eye contact ;-) #gtchat
- 5:40 pm **atxteacher:** @laughingatchaos Mom always asked what's the worst that can happen? how likely is it & what would you do? #gtchat
- 5:40 pm **HoagiesGifted:** don't worry about work in advance. May or may not happen. Depends on the teacher, kid, etc. #gtchat
- 5:40 pm **DeborahMersino:** @HoagiesGifted - Say more...about "KNOW you're dealing, to do better tomorrow." #gtchat
- 5:41 pm **laughingatchaos:** @danyelwierson Sounds like MY 8yo! LOL Need to surgically remove the books! :) #gtchat
- 5:41 pm **getsweetie:** Just because my students are able, doesn't mean that they are to be excused from schools planning #gtchat
- 5:41 pm **DeborahMersino:** RT @atxteacher: @laughingatchaos Mom always asked what's the worst that can happen? how likely is it & what would you do? #gtchat
- 5:41 pm **HoagiesGifted:** Never too old to read TO them once in a while. #gtchat
- 5:42 pm **LearningHelp:** One of the distressors I find my gt clients/adults/students need is to be reminded that they are not respon for others success #gtchat
- 5:42 pm **getsweetie:** One of the distressors I find my gt clients/adults/students need is to be reminded that they are not respon for others success #gtchat
- 5:42 pm **laughingatchaos:** @atxteacher Ooh, will try that line of thinking. Might help. He's a worrier, that one. #gtchat
- 5:42 pm **DeborahMersino:** @getsweetie - Boundaries. Critical issue still being explored/worked on in this CO home. *sigh* #gtchat
- 5:42 pm **HoagiesGifted:** RT @getsweetie: One of the distressors I find my gt clients/adults/students need is to be reminded that they are not respon for others success #gtchat
- 5:42 pm **LearningHelp:** Using appropriate measures is a huge part of parenting a GT child, reward for the actions of learning, not the products #gtchat
- 5:42 pm **getsweetie:** Using appropriate measures is a huge part of parenting a GT child, reward for the actions of learning, not the products #gtchat
- 5:42 pm **trinanjana:** RT @aposedesse66: Biggest challenge is not having enough hours in the day! #gtchat
- 5:43 pm **laughingatchaos:** RT @LearningHelp: Using appropriate measures is a huge part of parenting a GT child, reward 4 the actions of learning, not products #gtchat
- 5:43 pm **LearningHelp:** Losing the appreciation for perfect was really hard for my child when process installed as the measure from us as parents #gtchat
- 5:43 pm **getsweetie:** Losing the appreciation for perfect was really hard for my child when process installed as the measure from us as parents #gtchat
- 5:43 pm **mygiftedgirl:** RT @getsweetie: Using appropriate measures is a huge part of parenting a GT child, reward for the actions of learning, not the products #gtchat
- 5:43 pm **getsweetie:** GT learners want to KNOW, they very often dont' know how to learn #gtchat
- 5:43 pm **LearningHelp:** GT learners want to KNOW, they very often dont' know how to learn #gtchat
- 5:43 pm **gifts2love:** @trinanjana #gtchat - not having enough hours in the day - isn't that the truth on many levels!
- 5:43 pm **laughingatchaos:** RT @LearningHelp: GT learners want to KNOW, they very often dont know how to learn #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 5:44 pm **HoagiesGifted:** We had trouble young; teacher assume kid's work was parent's, graded accordingly. Taught kids not to care about grades... backfire! [#gtchat](#)
- 5:45 pm **mygiftedgirl:** RT [@HoagiesGifted](#): We had trouble young; teacher assume kid's work was parent's, graded accordingly. Taught kids not to care about grades... backfire! [#gtchat](#)
- 5:45 pm **DeborahMersino:** Letting them spend time each day/week (even if it's just chatting about) passion-areas seems to fill up their tanks. [#gtchat](#)
- 5:46 pm **DeborahMersino:** RT [@HoagiesGifted](#): We had trouble young; teacher assume kid's work was parent's, graded accordingly. Taught kids not to care about grades... backfire! [#gtchat](#)
- 5:46 pm **HoagiesGifted:** Gt learners need to have opportunity fail EARLY, along with classmates - they often don't get this until YEARS later, big trouble [#gtchat](#)
- 5:46 pm **laughingatchaos:** RT [@DeborahMersino](#): Letting them spend time each day/week (even if its just chatting abt) passion-areas seems 2 fill up their tanks. [#gtchat](#)
- 5:46 pm **gifts2love:** [#gtchat](#) - I thnk my biggest stressor is insistence on negativity when mistakes are made, accidents happen - which agn goes to perfectionism
- 5:46 pm **laughingatchaos:** [@DeborahMersino](#) Plan to use CU summer camps for that too. LOTS of gr8 science camps out there. [#gtchat](#)
- 5:47 pm **DeborahMersino:** [@HoagiesGifted](#) - Already seeing this. "Checking out" at school if something isn't intriguing/interesting enough. [#gtchat](#)
- 5:47 pm **HoagiesGifted:** Make SURE to laugh at your own spilt milk, and at theirs! [#gtchat](#)
- 5:47 pm **apossedesse66:** Mine love to talk about their interests, school, activities etc with their Grandparents. Often share worries too, better than Mum! [#gtchat](#)
- 5:47 pm **laughingatchaos:** [@HoagiesGifted](#) Yeah, but 2e kid has had plenty of failures, not as many successes. I think that's where the anxiety stems from. [#gtchat](#)
- 5:47 pm **danyelwierson:** [#gtchat](#) we have endless "stupid" mistakes, copying something down wrong, forgetting a directional vector... ALL THE TIME.
- 5:48 pm **DeborahMersino:** Remembering they ARE kids when they are kids. Being in the moment. Not rushing, always talking about next thing, etc. [#gtchat](#)
- 5:48 pm **gifts2love:** [@HoagiesGifted](#) yes! Sometimes through gritted teeth. [#gtchat](#)
- 5:48 pm **HoagiesGifted:** [@laughingatchaos](#) 2e is a whole 'nother ball of worms, definitely. Need 2e peers, mentors, too. [#gtchat](#)
- 5:49 pm **laughingatchaos:** [@DeborahMersino](#) AGH! So hard to do. Again, the AD rears its ugly head! [#gtchat](#)
- 5:49 pm **danyelwierson:** [#gtchat](#) DETAILS are not of interest and it affects school work dramtically
- 5:49 pm **DeborahMersino:** [@gifts2love](#) - My own perfectionism really feeds the beast. Must focus on stepping back, having perspective, laughing at myself. [#gtchat](#)
- 5:49 pm **HoagiesGifted:** Doing fun stuff together with family relieves loads of stress. My little one LOVES geocaching with us. [#gtchat](#)
- 5:49 pm **laughingatchaos:** [@HoagiesGifted](#) Still searching 4 2e mentors and friends. Hard to find, esp. mentors. NEED a mentor for him. [#gtchat](#)
- 5:50 pm **DeborahMersino:** [@laughingatchaos](#) - I didn't say I'm good at it! :-)) Just realizing I need to do it more. [#gtchat](#)
- 5:50 pm **apossedesse66:** RT [@danyelwierson](#): [#gtchat](#) DETAILS are not of interest and it affects school work dramtically/ So true here too. [#gtchat](#)
- 5:50 pm **DeborahMersino:** I share so many of your thoughts! RT [@danyelwierson](#) [#gtchat](#) DETAILS are not of interest and it affects school work dramtically
- 5:50 pm **HoagiesGifted:** For aspergers kids, use Temple Grandin's new TED talk (link on Hoagies' Aspergers page) to show them world needs ALL sorts of minds [#gtchat](#)
- 5:50 pm **gifts2love:** [@HoagiesGifted](#) [#gtchat](#) - such a great point - quality family time reduces

- 5:50 pm **laughingatchaos:** @DeborahMersino Bwahahaha!!! Glad I'm not alone :) #gtchat
- 5:50 pm **DeborahMersino:** How can we teach them that details matter? #gtchat
- 5:51 pm **laughingatchaos:** RT @HoagiesGifted: Doing fun stuff together with family relieves loads of stress. My little one LOVES geocaching with us. #gtchat
- 5:51 pm **DeborahMersino:** RT @gifts2love: @HoagiesGifted #gtchat - such a great point - quality family time reduces everyone's stress exponentially.
- 5:51 pm **laughingatchaos:** @HoagiesGifted We've started game night. 2e kid wipes the floor w/us in Monopoly. LOL #gtchat
- 5:51 pm **HoagiesGifted:** Sometimes our kids focus on details and miss big picture (my weakness, and my child's). Work together, point out when you do it. #gtchat
- 5:51 pm **laughingatchaos:** @HoagiesGifted TG is speaking in Boulder CO next month. Can't wait. #gtchat
- 5:51 pm **Giftedkidsie:** RT @DavidsonGifted: RT @DeborahMersino: Mark your calendars for #gtchat sessions today. First up - "Creating healthy Environments/Balance..."
- 5:52 pm **DeborahMersino:** So true about family time. I see it show up in her writings at school...the passion/happiness she references re trips, etc. #gtchat
- 5:52 pm **HoagiesGifted:** @DeborahMersino show them examples in OUR lives... oops, we missed a detail, caused problem (even if you have to fake missing it!) #gtchat
- 5:52 pm **gifts2love:** @DeborahMersino #gtchat - great question - related one I have is abt rushing in and doing something without listening to/reading directions.
- 5:53 pm **aposseadesse66:** Family time can mean extended family too, aunts, uncles, grandparents can be wonderful mentors, esp. older generation. #gtchat
- 5:53 pm **HoagiesGifted:** @laughingatchaos so many great games out there!
http://www.hoagiesgifted.org/smart_toys.htm #gtchat
- 5:53 pm **atxteacher:** @DeborahMersino overlook some details at home... wash pink shirt with white sock, cook with wrong spice, miscalculate allowance #gtchat
- 5:53 pm **JenRBoyd:** @mygiftedgirl Sounds like my 7 yo #gifted girl is living at your house! Getting anything done on time and clutter r our bigst probs. #gtchat
- 5:54 pm **laughingatchaos:** @aposseadesse66 Unless they don't "get" the kid. Then hard. Grandparents coming today don't get my 2e kid. Painful. #gtchat
- 5:54 pm **laughingatchaos:** @atxteacher OH, they'd catch me on the allowance! LOL #gtchat
- 5:54 pm **DeborahMersino:** Helping them realize THEY are ultimately responsible for their education/future. (not us). But support along the way? #gtchat
- 5:54 pm **HoagiesGifted:** @laughingatchaos Definitely. Sorry you have this, too. #gtchat
- 5:55 pm **laughingatchaos:** RT @DeborahMersino: Help them realize THEY are ultimately responsible for their edu/future. (not us). But support along the way? #gtchat
- 5:55 pm **aposseadesse66:** @laughingatchaos Aww, that is hard, not fair on kid :- (#gtchat
- 5:55 pm **laughingatchaos:** @HoagiesGifted However, other GP set totally get him and LOVE the quiriness. Totally supportive. #gtchat
- 5:56 pm **HoagiesGifted:** Careful. Our little one didn't "get" sarcasm, so we tried to teach her, now ALL she uses is sarcasm. #gtchat
- 5:56 pm **DeborahMersino:** I worry I give too many passes (messy room, shoes untied). Finding healthy balance w/parenting & acceptance/tricky! #gtchat
- 5:57 pm **laughingatchaos:** RT @HoagiesGifted: Careful. Our little one didnt "get" sarcasm, so we tried 2 teach her, now ALL she uses is sarcasm./LOL! Puns here #gtchat
- 5:57 pm **HoagiesGifted:** Gotta run - thanks! #gtchat
- 5:57 pm **laughingatchaos:** @DeborahMersino No shoes w/ties here. LOL! #gtchat

- 5:57 pm **laughingatchaos:** @HoagiesGifted Thanks for your insights! Much appreciated! #gtchat
- 5:57 pm **DeborahMersino:** Just a few minutes left. Any last thoughts and/or learns from today's chat? #gtchat
- 5:57 pm **kim_mcneill:** RT @DeborahMersino: Helping them realize THEY are ultimately responsible for their education/future. (not us). But support along the way? #gtchat
- 5:58 pm **HoagiesGifted:** No ties here! Well, now... at nearly 15. But not for years! #gtchat
- 5:58 pm **mygiftedgirl:** @JenRBoyd It's exhausting! #gtchat
- 5:58 pm **DavidsonGifted:** #gtchat for more resources that might be helpful in parenting a gifted child visit www.davidsongifted.org/db. Have a nice Friday!
- 5:58 pm **aposseadesse66:** @DeborahMersino I think my kids give ME too many passes, messy house, behind on laundry, etc! #gtchat
- 5:59 pm **getsweetie:** Helping our very abilitied children realize they are not THE big fish in the sea is part of it finding brt friends to learn w/ from #gtchat
- 5:59 pm **DeborahMersino:** Taking care of ourselves - vital. So that we can be in a healthy place to truly "see" them & support them (OD, OEs). #gtchat
- 6:00 pm **DeborahMersino:** RT @DavidsonGifted: #gtchat for more resources that might be helpful in parenting a gifted child visit www.davidsongifted.org/db. Have a nice Friday!
- 6:00 pm **laughingatchaos:** RT @DeborahMersino: Taking care of ourselves-vital. So that we can be in a healthy place 2 truly "see" them & support them (OD, OEs). #gtchat
- 6:01 pm **DeborahMersino:** Thank you everyone! @HoagiesGifted and @DavidsonGifted - It's a privilege having you both with us. #gtchat
- 6:02 pm **laughingatchaos:** @DeborahMersino Thx 4 your work on this! Wish I could sit in tonight, going to dinner w/in-laws. I'll catch up w/transcript. Thx! #gtchat
- 6:02 pm **DeborahMersino:** Throughout this week, feel free to tweet any successes you're having and/or new learns. Include hashtag: #gtchat. Thank you all again!
- 6:02 pm **eagledawg:** Talking abt how we're learning to handle our own OEs, perfectionism etc helpful too. Breaking the cycle together! #gtchat
- 6:03 pm **mygiftedgirl:** @DeborahMersino Thank you!!! #gtchat
- 6:03 pm **DeborahMersino:** RT @eagledawg: Talking abt how we're learning to handle our own OEs, perfectionism etc helpful too. Breaking the cycle together! #gtchat
- 6:03 pm **atxteacher:** @DeborahMersino Thank you so much for moderating and creating the #gtchat
- 6:04 pm **getsweetie:** RT @atxteacher: @DeborahMersino Thank you so much for moderating and creating the #gtchat/ yes! so fun to find community!
- 6:06 pm **gifts2love:** @DeborahMersino #gtchat - thank YOU!
- 6:09 pm **DeborahMersino:** Transcript from noon/EST #gtchat "Creating Healthy Environment/Balance for #Gifted" <http://bit.ly/c6LIWQ> {scroll to 5pm/GMT}
- 6:52 pm **OnlyHealthiest:** RT @DeborahMersino: Taking care of ourselves - vital. So that we can be in a healthy place to truly "see" them & support them (OD, OEs). #gtchat
- 6:52 pm **OnlyHealthiest:** RT @DeborahMersino: I worry I give too many passes (messy room, shoes untied). Finding healthy balance w/parenting & acceptance/tricky! #gtchat
- 10:10 pm **DeborahMersino:** Discipline with a #gifted child can be exhausting. Join us for #gtchat at 7pm/EST for a discussion of fallacies & facts.
- 10:34 pm **DeborahMersino:** Every child has strengths! However, intellectual giftedness is different and requires support. #gifted #gtchat
- 10:36 pm **DeborahMersino:** To say, "Every child is #gifted" makes as much sense as, "Every child is athletic." (Delisle) #gtchat
- 10:36 pm **tomjmassey:** RT @DavidsonGifted: Fighting Invisible Tigers: A Stress Management Guide for Teens <http://bit.ly/aOeeln> #gtchat

- 10:36 pm **DeborahMersino:** I dream of a world where every child's strengths are recognized and supported (regardless of intellectual ability). #gifted #gtchat
- 10:36 pm **tomjmassey:** RT @DavidsonGifted: #gtchat Helping Gifted Students with Stress Management <http://bit.ly/9cBXSn>
- 10:37 pm **BCGifted:** RT @DeborahMersino: Every child has strengths! However, intellectual giftedness is different and requires support. #gifted #gtchat
- 10:37 pm **BCGifted:** RT @DeborahMersino: To say, "Every child is #gifted" makes as much sense as, "Every child is athletic." (Delisle) #gtchat
- 10:37 pm **Bobbie_Smith:** RT @DeborahMersino: To say, "Every child is #gifted" makes as much sense as, "Every child is athletic." (Delisle) #gtchat --AMEN to that!
- 10:38 pm **DeborahMersino:** I also want children who learn 3X faster (sometimes even more) than average students to get the support they deserve. #gtchat #gifted
- 10:41 pm **hildebuys:** What I would like everybody to know! What is ?it? that they need to "get"? <http://tinyurl.com/yhtcwb7> #gifted #gtchat
- 10:42 pm **DeborahMersino:** RT @hildebuys: What I would like everybody to know! What is ?it? that they need to "get"? <http://tinyurl.com/yhtcwb7> #gifted #gtchat
- 10:43 pm **hildebuys:** RT @Bobbie_Smith: RT @DeborahMersino: To say, "Every child is #gifted" makes as much sense as, "Every child is athletic." (Delisle) #gtchat --AMEN to that!
- 10:56 pm **DeborahMersino:** Parenting a #gifted child? Global #gtchat starts in a little over an hour. Join us at 7pm/EST. Use hashtag #gtchat
- 11:18 pm **armadillosoft:** RT @DeborahMersino: Parenting a #gifted child? Global #gtchat starts at 7pm/EST. Use hashtag #gtchat
- 11:22 pm **deepwaterscoach:** RT @DeborahMersino: Parenting a #gifted child? Global #gtchat starts in a little over an hour. Join us at 7pm/EST. Use hashtag #gtchat
- 11:22 pm **deepwaterscoach:** @DeborahMersino Hey, dear--so wish I could be on #gtchat today, but it's not working out. My heart is there!
- 11:27 pm **DeborahMersino:** If you have some time before #gtchat, take a moment to talk to your kids about discipline (what motivates them, frustrates them, etc.)
- 11:30 pm **DeborahMersino:** "Mom, I'd be happy to talk to you about discipline. I just want to design this brochure first." - 9 yo dd. #gtchat
- 11:34 pm **DeborahMersino:** In 30 min., we'll discuss what works, what doesn't and why (relative to disciplining gifted children). #gtchat
- 11:40 pm **giftedmum:** @Struggle2Learn thanks for the RT... are you going on the #GTchat?
- 11:42 pm **jofrei:** RT @DeborahMersino: In 30 min., we'll discuss what works, what doesn't and why (relative to disciplining gifted children). #gtchat
- 11:43 pm **DeborahMersino:** From Australia to Ireland and from coast-to-coast in US, we are fortunate 2 share, learn & grow via #gtchat. TY 2 all who make it possible.
- 11:44 pm **jofrei:** RT @DeborahMersino: "Mom, I'd be happy to talk to you about discipline. I just want to design this brochure first." - 9 yo dd. #gtchat
- 11:45 pm **TheMissBobbie:** RT @DeborahMersino: In 15 min., we'll discuss what works, what doesn't and why (relative to disciplining gifted children). #gtchat
- 11:58 pm **DeborahMersino:** My tweets for the next hour will be devoted to #gtchat.
- 11:58 pm **TheMissBobbie:** RT @DeborahMersino: My tweets for the next hour will be devoted to #gtchat. - Me too!
- 11:58 pm **prufrockpress:** Prufrock Press' tweets for the next hour will be devoted to #gtchat. #gtchat
- 11:59 pm **DeborahMersino:** Welcome to #gtchat! Our topic tonight will be "Disciplining the #Gifted Child: Fallacies and Facts"

