



## Transcript from March 13, 2010 to March 13, 2010

All times are Pacific Time

### March 13, 2010

- TheMissBobbie:** My tweets for the next hour will be devoted to #gtchat
- 12:01 am **DeborahMersino:** Welcome to global #gtchat ! Our topic: Understanding the Many Facets of Perfectionism. #gtchat
- 12:01 am **giftedmum:** RT @DeborahMersino: Welcome to global #gtchat ! Our topic: Understanding the Many Facets of Perfectionism. #gtchat
- 12:01 am **laughingatchaos:** Let's have a perfectly executed chat tonight, folks! ;) #gtchat
- 12:02 am **TheMissBobbie:** RT @DeborahMersino: Welcome to global #gtchat ! Our topic: Understanding the Many Facets of Perfectionism. #gtchat
- 12:03 am **DeborahMersino:** Let's take a moment to introduce ourselves, our role (teacher, parent, all-or-nothing perfectionist, advocate) & where you reside #gtchat
- 12:04 am **DeborahMersino:** I'm going to start posting some links, while you're introducing yourselves. Lots to share! #gtchat
- 12:04 am **giftedmum:** #gtchat How many of us as adults have areas of perfectionism in our life...not all...but in certain areas only perfection is acceptable?
- 12:04 am **TheMissBobbie:** single mom, advocate, church teacher, so all-or-nothing it's not even funny and psychology student in AR #gtchat
- 12:04 am **laughingatchaos:** I'm Jen in CO, mom & advocate for my 2 GT sons, 1 2e. I have a personal issue w/perfectionism. LOL #gtchat
- 12:05 am **giftedmum:** #gtchat sorry Mary from Sydney ...mother of 2 gifted boys (& possibly girl)
- 12:05 am **DeborahMersino:** "Helping Gifted Students Cope with Perfectionism" via the Davidson Institute @DavidsonGifted | <http://bit.ly/dchUQT> #gtchat
- 12:06 am **DavidsonGifted:** Erik from Las Vegas. I work with Gifted Kids and their families all around the country through The Davidson Young Scholars Program #gtchat
- 12:06 am **AmazingAmma:** I'm Asha, mother and advocate of two #gifted boys living in Perth, Australia and a #gt teacher #gtchat
- 12:06 am **profplayfair:** Parent, advocate, & struggling to recover perfectionist here in CO. I have 2 - 2e 17 yr old sons #gtchat (whoops forgot tag)
- 12:06 am **DeborahMersino:** From @HoagiesGifted on "Perfectionism and the Gifted Child" | <http://bit.ly/90qDjk> #gtchat
- 12:06 am **teachagiftedkid:** #gtchat Hi all! I'm a Gifted Specialist at a TX elem school with 2 grown gifted kids and a creatively gifted husband.
- 12:07 am **DeborahMersino:** (For reading later) Anna Quidlen's Commencement Speech on Perfectionism | Powerful | <http://bit.ly/b4QNiW> #gtchat
- 12:07 am **giftedmum:** The next hour my tweets will be devoted 2 #gtchat a forum discussing #gifted issues (children) including #2E
- 12:07 am **laughingatchaos:** @profplayfair Oh, we need to talk IRL. LOL! I need to know 2e sons grow up! And you're nearby. :) #gtchat
- 12:08 am **DeborahMersino:** Via @cfertig1 "Perfectionism & the #Gifted Child" | Prufrock's Child Information Blog | <http://bit.ly/b7jHWj> #gtchat
- 12:08 am **DavidsonGifted:** @DeborahMersino Thanks for posting that DM. Our database

www.davidsongifted.org/db/ has lots of articles and resources on the topic #gtchat

- 12:09 am **giftedmum**: RT @DavidsonGifted: @DeborahMersino Thanks for posting that DM. Our database www.davidsongifted.org/db/ has lots of articles and resources on the topic #gtchat
- 12:09 am **giftedmum**: RT @DeborahMersino: Via @cfertig1 "Perfectionism & the #Gifted Child" | Prufrock's Child Information Blog | <http://bit.ly/b7jHWj> #gtchat
- 12:09 am **DeborahMersino**: "Perfectionism and #Gifted Students" via @DukeTIP | <http://bit.ly/9UVsrH> #gtchat
- 12:09 am **minikhailovna**: I'm "apparently" gifted - although I wonder. Notwithstanding highly perfectionist. I'm a student from Brazil living in the UK.#gtchat
- 12:10 am **DeborahMersino**: Sylvia Rimm on Perfectionism in the #Gifted | SENG | <http://bit.ly/9EsZ9D> #gtchat
- 12:10 am **profplayfair**: @laughingatchaos Agreed but not grown up! Just really tall #gtchat
- 12:10 am **laughingatchaos**: Does one outgrow perfectionism? Overcome it? Live on despite having a music background? (Good enough never is). Yes, that's me. ;) #gtchat
- 12:10 am **DeborahMersino**: @DavidsonGifted Welcome and thank you for the link! Everyone should check out www.davidsongifted.org/db/ (incredible resource). #gtchat
- 12:11 am **laughingatchaos**: @profplayfair I guarantee they'll never actually grow up. :) But adulthood would be nice. LOL #gtchat
- 12:11 am **giftedmum**: RT @DeborahMersino: @DavidsonGifted Welcome and thank you for the link! Everyone should check out www.davidsongifted.org/db/ (incredible resource). #gtchat
- 12:11 am **AmazingAmma**: @laughingatchaos I'm yet to meet anyone who was perfectionist as child who outgrew it. Mine got worse with pregnancies #gtchat
- 12:11 am **DeborahMersino**: @laughingatchaos - I don't know if we outgrow it as much as learn to discern the difference b/w healthy & unhealthy perfectionism. #gtchat
- 12:12 am **giftedmum**: #gtchat my 4yo would correct his own writing...circle it..put a line through it & start again...I guess this is a sign of whats 2 come
- 12:13 am **laughingatchaos**: @DeborahMersino How to discern healthy/unhealthy perfectionism? Is there a limit or line in the sand? Gotta teach the boys. #gtchat
- 12:13 am **DeborahMersino**: What are the signs? @giftedmum - That's a good one. #gtchat Others?
- 12:13 am **AmazingAmma**: Some books on the topic <http://bit.ly/bpuq9u> #gtchat
- 12:13 am **laughingatchaos**: @giftedmum Very likely a sign of what's to come. But does he continue? Or beat himself up and refuse? #gtchat
- 12:13 am **TheMissBobbie**: i've tried to teach mine that there comes a time on a project when we simply MUST stop - good enough has to be! #gtchat
- 12:14 am **TheMissBobbie**: i received a letter from a family member once, corrected the mistakes and sent it back-very bad! #gtchat
- 12:14 am **TheMissBobbie**: my youngest (10) sometimes won't even start-he spins his wheels - if it can't be perfect, he won't do it #gtchat
- 12:14 am **profplayfair**: RT @DeborahMersino: What are the signs? #gtchat I think often avoidance. It all seems too much, too big.
- 12:14 am **getsweetie**: #gtchat How much of students turn in Failure to finish or perfectionism procrastination?
- 12:14 am **teachagiftedkid**: #gtchat I agree. Real life lessons can help one to realize that perfectionism is a high standard. Took me 37+ years to figure it out tho.
- 12:14 am **laughingatchaos**: RT @TheMissBobbie: i received a letter from a family member once, corrected the mistakes and sent it back-very bad!!ooh! how old? #gtchat
- 12:15 am **DavidsonGifted**: @DeborahMersino Agreed. Don't think it is something to outgrow, but learn 2

- 12:15 am **DeborahMersino:** Healthy perfectionism rests on our efforts toward our excellence. Unhealthy centers more on all-or-nothing/must-be-perfect ALWAYS. #gtchat
- 12:15 am **minikhailovna:** #gtchat I'm the type of person who gets up in the middle of the night, turns on my PC to correct a typo I made in some forum. That's crazy!
- 12:15 am **TheMissBobbie:** RT @getsweetie: #gtchat How much of students turn in Failure to finish or perfectionism procrastination?
- 12:15 am **laughingatchaos:** @TheMissBobbie Mine does that too. And frustration results. For all of us. #gtchat
- 12:15 am **giftedmum:** @laughingatchaos if I try 2 show him correct way. he'll cross mine out & say no.. I will do it my way & try 2 perfect it.. he knows best #gtchat
- 12:16 am **getsweetie:** #gtchat signs: anger, frustration, fear, feels of worthiness if performance tied to personal worth, control
- 12:16 am **TheMissBobbie:** @laughingatchaos i did that two years ago to my dad - he wasn't amused #gtchat
- 12:16 am **laughingatchaos:** RT @DeborahMersino: Healthy rests on our efforts toward our excellence. Unhealthy centers more all-or-nothing/must-be-perfect ALWAYS #gtchat
- 12:16 am **DeborahMersino:** @minikhailovna - I hear you! #gtchat
- 12:16 am **AmazingAmma:** @TheMissBobbie I know how he feels, I have a large element of that in me and in my boys #gtchat
- 12:16 am **DeborahMersino:** RT @getsweetie: #gtchat signs: anger, frustration, fear, feels of worthiness if performance tied to personal worth, control
- 12:16 am **laughingatchaos:** @giftedmum Yeah, hard to overcome that. MUST do it myself! He'll learn that way, though. #gtchat
- 12:16 am **janellewilson:** #gtchat Hi all! I teach 6th grade gifted science in NE GA. I'm also a perfectionist.
- 12:16 am **TheMissBobbie:** i'm 39 still working on it-have perfectionistic boys - sadly i can only blame myself #gtchat
- 12:16 am **laughingatchaos:** @TheMissBobbie Oops. :/ #gtchat
- 12:17 am **laughingatchaos:** RT @getsweetie: #gtchat signs: anger, frustration, fear, feels of worthiness if performance tied to personal worth, control #gtchat
- 12:17 am **getsweetie:** #gtchat One of the hardest lessons I work with in gt students and adults is valuing process not product, measuring steps, not arrival
- 12:17 am **kidlutions:** RT @DeborahMersino: From @HoagiesGifted on "Perfectionism and the Gifted Child" | <http://bit.ly/90qDjk> #gtchat
- 12:17 am **DeborahMersino:** I know I'm always touting Dr. Michele Borba (@micheleborba), but here are some signs she notes. #gtchat
- 12:17 am **laughingatchaos:** Do you think our kids learn it from us, or are naturally wired this way? Or both? #gtchat
- 12:17 am **ReneeFineArt:** RT @DeborahMersino: Healthy perfectionism rests on our efforts toward our excellence. Unhealthy centers more on all-or-nothing/must-be-perfect ALWAYS. #gtchat
- 12:17 am **giftedmum:** RT @getsweetie: #gtchat signs: anger, frustration, fear, feels of worthiness if performance tied to personal worth, control
- 12:17 am **TheMissBobbie:** my son (10) won't clean his room because he can't get it perfect - i can't correct him, i do some of the same in the house #gtchat
- 12:17 am **DeborahMersino:** @janellewilson - Welcome! We're talking about signs of perfectionism. Glad you're here. #gtchat
- 12:17 am **janellewilson:** My biggest issue with it is if it can't be "perfect" I give up or do just enough to get by. #gtchat

- 12:18 am **DeborahMersino**: RT @getsweetie: #gtchat One of the hardest lessons I work with in gt students and adults is valuing process not product, measuring steps, not arrival
- 12:18 am **getsweetie**: How very related are control/perfectionism/fear #gtchat in most of my students when their healthy boundaries aren't in place
- 12:18 am **giftedmum**: RT @DeborahMersino: Healthy perfectionism rests on our efforts toward our excellence. Unhealthy centers more on all-or-nothing/must-be-perfect ALWAYS. #gtchat
- 12:18 am **minikhailovna**: @DeborahMersino Well, that's me then. The worst thing is: I'm stuck with a lot of stuff right now. You can only imagine #gtchat
- 12:18 am **TheMissBobbie**: RT @laughingatchaos: Do you think our kids learn it from us, or are naturally wired this way? Or both? #gtchat //i blame myself
- 12:18 am **giftedmum**: RT @getsweetie: #gtchat One of the hardest lessons I work with in gt students and adults is valuing process not product, measuring steps, not arrival
- 12:18 am **AmazingAmma**: @getsweetie Oh I really like that! Runs along the same lines as James Delisle #gtchat
- 12:19 am **AmazingAmma**: <http://bit.ly/bhdPJV> - a letter from James Delisle about stress. Seems to accompany perfectionism #gtchat
- 12:19 am **DavidsonGifted**: Lots of parents and teachers talking about thier own perfectionistic tendencies. Always be cognizant of behaviors you are modeling. #gtchat
- 12:19 am **teachagiftedkid**: #gtchat It is important for teachers and parents demonstrate how to admit a mistake and how to learn from it to children & students.
- 12:19 am **DeborahMersino**: Borba on signs: Intensely competitive, physical/stress ailments, unwilling to risk, quick to anger, may put others down #gtchat
- 12:20 am **DeborahMersino**: RT @AmazingAmma: <http://bit.ly/bhdPJV> - a letter from James Delisle about stress. Seems to accompany perfectionism #gtchat
- 12:20 am **profplayfair**: @TheMissBobbie Don't be so hard on yourself. I think \*i\* am wired this way so they are too. And it can be good. #gtchat
- 12:20 am **getsweetie**: One of the saddest situation is when a GT child is NOT tied to trad perfectionism the teacher doesn't value their GTness #gtchat
- 12:20 am **minikhailovna**: I also fear writing in my blog, because I get panic attacks right before starting to write down the texts. So I don't do it #gtchat
- 12:20 am **DeborahMersino**: More Borba/signs: May expect perfectionism from others, may avoid or procrastinate, focuses on mistakes #gtchat
- 12:20 am **DeborahMersino**: RT @teachagiftedkid: #gtchat It is important for teachers and parents demonstrate how to admit a mistake and how to learn from it to children & students.
- 12:20 am **ReneeFineArt**: #gtchat I have a gifted child who taught herself to read at 3, was insatiably curious & incredibly empathetic to world problems until ...
- 12:20 am **TheMissBobbie**: @profplayfair thank you, i try to not blame me, but i still do #gtchat
- 12:21 am **mommyperks**: @DeborahMersino Really? The putting down issue is a #gifted challenge? Oh, man...we deal with that daily here! #gtchat
- 12:21 am **laughingatchaos**: RT @getsweetie: One of the saddest situation is when a GT child is NOT tied 2 trad perfectionism teacher doesnt value their GTness #gtchat
- 12:21 am **giftedmum**: #gtchat perfectionism makes like cruel when U have children with poor handwriting (Lowtone, hypermobility & proprioceptive issues) AVOIDANCE
- 12:21 am **DavidsonGifted**: Author Tom Greenspon has written extensively on "Freeing Our Families from Perfectionism" if you're looking for strategies #gtchat
- 12:21 am **DeborahMersino**: @minikhailovna - Make it a game. One that doesn't rest solely on a perfect

outcome. We would love to hear your voice. #gtchat

- 12:21 am **giftedmum:** RT @getsweetie: One of the saddest situation is when a GT child is NOT tied to trad perfectionism the teacher doesn't value their GTness #gtchat
- 12:21 am **KTVee:** interested in thoughts on perfectionism leading to work avoidance; can't get it "perfect" so don't do it at all #gtchat
- 12:22 am **getsweetie:** I think fear of inadequacy is often the root of perfectionism....a self imposed boundary of perfectionism to be enough #gtchat
- 12:22 am **ReneeFineArt:** #gtchat ...she hit school. She hated it, was bored & unhappy. Is 16 now & in her last year and has never fitted into the school system.
- 12:22 am **minikhailovna:** Well, firstly: I never had to put to much effort in anything. Tho, the moment I got challenged, I stop functioning academically too #gtchat
- 12:22 am **TheMissBobbie:** it helps to stop, look around, and realize that most of the world is happy with less than perfect, we have to learn it ourselves #gtchat
- 12:22 am **laughingatchaos:** RT @getsweetie: I think fear of inadequacy is often the root of perfectionism..a self imposed boundary of perfectionism to be enough #gtchat
- 12:23 am **DeborahMersino:** @giftedmum - I hear you - handwriting + the visual-spatial learner = avoidance and/or meltdown/frustrations. #gtchat
- 12:23 am **TheMissBobbie:** RT @getsweetie: I think fear of inadequacy is often the root of perfectionism..a self imposed boundary of perfectionism to be enough #gtchat
- 12:23 am **laughingatchaos:** @getsweetie I agree! If I don't try, no one will know I'm not perfect. #gtchat
- 12:23 am **getsweetie:** The dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 12:24 am **KTVee:** I have seen kiddos who put more pressure on themselves than imaginable; tough to talk them out of that behavior; gotta model it #gtchat
- 12:24 am **giftedmum:** #gtchat I know with myself avoidance& perfectionism they R not healthy.otherwise I will lay in Bed planning, thinking, scenario building etc
- 12:24 am **DavidsonGifted:** @TheMissBobbie Great point. The world is messy. Trying to make it perfect is a losing battle. Helping kids understand this is vital #gtchat
- 12:24 am **minikhailovna:** @DeborahMersino I try. I did some progress tho, but I still fear doing anything like writing, producing stuff, etc. Idk what to do #gtchat
- 12:24 am **AmazingAmma:** @TheMissBobbie That's a hard message when some schools push the "only the best will do" message to kids who already believe that #gtchat
- 12:24 am **DeborahMersino:** Strong feelings of deep-seated inadequacies can go hand-in-hand with giftedness. Hence, perfectionism/doubt. #gtchat
- 12:24 am **giftedmum:** RT @DeborahMersino: @giftedmum - I hear you - handwriting + the visual-spatial learner = avoidance and/or meltdown/frustrations. #gtchat
- 12:24 am **laughingatchaos:** @DeborahMersino AGH! Yes! VSL/handwriting/writing...misery here. I want to simply siphon out his great ideas, no writing involved! #gtchat
- 12:24 am **getsweetie:** In some ways there is this vast divide, perfectionism over fear and perfectionism involving pride Both detrimental #gtchat
- 12:24 am **DeborahMersino:** RT @KTVee: I have seen kiddos who put more pressure on themselves than imaginable; tough to talk them out of that behavior; gotta model it #gtchat
- 12:24 am **DeborahMersino:** RT @DavidsonGifted: @TheMissBobbie Great point. The world is messy. Trying to make it perfect is a losing battle. Helping kids understand this is vital #gtchat
- 12:24 am **laughingatchaos:** RT @getsweetie:dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 12:24 am **AmazingAmma:** RT @getsweetie: The dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 12:25 am **TheMissBobbie:** it's also good to set a timer for a task-when the timer goes off, the task is

- done - perfect or not #gtchat
- 12:25 am **ReneeFineArt:** #gtchat She achieved only a fraction of her potential at school and I am so disillusioned with the education system at never reaching her!
- 12:25 am **getsweetie:** it is rare that when I am w/ other gifted adults that they have very few moments of "ahhhh" in their life w/o each other #Gtchat
- 12:25 am **TheMissBobbie:** @AmazingAmma so true, sadly my son is in a school that does NOT push anyone to do his/her best #gtchat
- 12:25 am **janellewilson:** @KTVEE definitely an issue I have. Leads to procrastination issues but unlike my students am very bound by deadlines-always on time. #gtchat
- 12:26 am **laughingatchaos:** @ReneeFineArt This is what I fear for my sons. What keeps me up at night. #gtchat
- 12:26 am **teachagiftedkid:** #gtchat Fear of inadequacy: the driving factor of perfectionism. Daughter voiced that to me as a 23 year old about her middle school years
- 12:26 am **TheMissBobbie:** sometimes getting started is the hardest part - more often stopping is the hardest part-that's when timer works best #gtchat
- 12:26 am **profplayfair:** So hard not to put that pressure on themselves when they can SEE what is possible but cannot do. What a hard place to be. #gtchat
- 12:26 am **giftedmum:** RT @laughingatchaos: @DeborahMersino AGH! Yes! VSL/handwriting/writing...miserly here. I want to simply siphon out his great ideas, no writing involved! #gtchat
- 12:26 am **DeborahMersino:** Dr. Borba: Suggests getting to the root of the issue:Temperament, insecurity, fear of humiliation, poor modeling? #gtchat
- 12:26 am **mommyperks:** @laughingatchaos We have the handwriting issue here, too...uggghh... #gtchat
- 12:26 am **AmazingAmma:** @getsweetie @TheMissBobbie #gtchatOh we use the timer a LOT in our house! :) #gtchat
- 12:26 am **giftedmum:** RT @laughingatchaos: RT @getsweetie:dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 12:26 am **DeborahMersino:** RT @getsweetie: The dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 12:27 am **KTVEE:** ?The thg that is rly hard, & rly amazing, is giving up on being perfect & beginning the work of becoming yourself.? A Qundlen #gtchat
- 12:27 am **laughingatchaos:** @profplayfair And that starts very early w/these kids. Before 2, often. Their whole lives are "I could do this, but..." #gtchat
- 12:27 am **getsweetie:** #GTchat my students wanted to KNOW and so much of their learning was automatic, when they couldn't break down what they did not "get"
- 12:27 am **chrstinef:** @teachagiftedkid It also has to do with how gifted kids define themselves..they think being smart means making NO mistakes #gtchat
- 12:27 am **kidlutions:** @DeborahMersino Is #gtchat going on NOW? HELP!
- 12:27 am **chrstinef:** RT @KTVEE: ?The thg that is rly hard, & rly amazing, is giving up on being perfect & beginning the work of becoming yourself.? A Qundlen #gtchat
- 12:28 am **laughingatchaos:** @mommyperks Typing a challenge some days. I've taken to scribing for him. #gtchat
- 12:28 am **DeborahMersino:** Borba: Is there an overemphasis on performance {parents can be guilty of this!}, fear of losing respect, status as a trophy child? #gtchat
- 12:28 am **DeborahMersino:** RT @KTVEE: ?The thg that is rly hard, & rly amazing, is giving up on being perfect & beginning the work of becoming yourself.? A Qundlen #gtchat
- 12:28 am **getsweetie:** Frustrates me as a Learning Consultant when teachers value Medium used, over CONTENT of the student's thought, process, procedures #gtchat

- 12:28 am **mommyperks:** @laughingatchaos Really? You type while he talks? For homework or general thoughts? #gtchat
- 12:28 am **chrstinef:** @laughingatchaos @mommyperks Lots of good technology to bridge the whole handwriting gap these days #gtchat
- 12:29 am **DeborahMersino:** @kidlutions - Yes! Join us. We're discussing "The Many Facets of Perfectionism." And trying to get it perfect (cough). #gtchat
- 12:29 am **giftedmum:** #gtchat I guess knowing 1's ability & failing 2 live up 2 that 4 whatever reason is not a nice feel... kids derive so much from approval
- 12:29 am **profplayfair:** RT @chrstinef: @teachagiftedkid Right! No mistakes. But also... my son (still) thinks he should just KNOW how to do calculus! #gtchat
- 12:29 am **laughingatchaos:** @mommyperks Mostly bk reports, but may start general thoughts. Have set up a blog for him, mostly unused this year. #gtchat
- 12:29 am **getsweetie:** The balancing of all six areas of life has to be taught as healthy boundaries #gtchat its not just academic goals that matter
- 12:29 am **DeborahMersino:** Tips: stop praising product, focus more on effort. #gtchat
- 12:29 am **minikhailovna:** @chrstinef Oh so real to me. I do wonder whether I'm gifted or not, simply because I do feel very stupid to do anything "right" #gtchat
- 12:29 am **laughingatchaos:** @chrstinef Not all of the tech is school-transferable tho. Do you have suggestions? #gtchat
- 12:30 am **giftedmum:** RT @getsweetie: The balancing of all six areas of life has to be taught as healthy boundaries #gtchat its not just academic goals that matter
- 12:30 am **getsweetie:** Modality is a huge player as well #gtchat Not all gt learners function in the modality of the teacher's class they are in #frustration!
- 12:30 am **THE\_REAL\_GIFTED:** #Gifted #TwitterFun #WatchingFromTheStands RT @DeborahMersino: My tweets for the next hour will be devoted to #gtchat.
- 12:30 am **AmazingAmma:** RT @getsweetie: Frustrates me as a Learning Consultant when teachers value Medium used, over CONTENT of the student's thought, process, procedures #gtchat
- 12:30 am **chrstinef:** @minikhailovna Common feeling... one that is often not true though #gtchat
- 12:30 am **mommyperks:** @laughingatchaos @chrstinef I tried to talk mine into blogging. He said, "no way." I wish he would do it. #gtchat
- 12:30 am **giftedmum:** RT @DeborahMersino: Tips: stop praising product, focus more on effort. #gtchat
- 12:31 am **DeborahMersino:** Anyone else face craziness in college years? Oh boy. Eating disorders, depression, all-or-nothingness. So sad. So real. #gtchat
- 12:31 am **TheMissBobbie:** we have to teach our kids to balance between the process and the outcome to find life balance we r trying to achieve #gtchat
- 12:31 am **laughingatchaos:** @mommyperks Could you scribe for him? Or have him put up photos? What about podcasts? #gtchat
- 12:31 am **getsweetie:** An important things a gifted child needs -exposure to is older/as gifted children with prob solving activities, not 1 answer issues #gtchat
- 12:31 am **kidlutions:** @DeborahMersino Thx, Deborah! I'm in on Tweetgrid, now! Ahhh, perfectionism! #gtchat
- 12:31 am **TheMissBobbie:** @DeborahMersino sadly i'm (back) in college - i fight perfectionism on a huge scale #gtchat
- 12:32 am **laughingatchaos:** @DeborahMersino YES! My college years were a study in perfectionism. Flute performance=perfect or fail. Still recovering. ;) #gtchat
- 12:32 am **giftedmum:** @DeborahMersino yes eating Disorders plagued me for most of my formative life.... Not now obviously... but I was so harsh on myself #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

12:32 am

**getsweetie:** The protecting of their hearts/minds is especially important for the high perceiver #gtchat they feel responsible for everything!

12:32 am

**mommyperks:** @laughingatchaos We do a lot w/photos. The podcast? Hmm...he might enjoy that, yes. I'm also thinking of hiring him 2 help with biz. #gtchat

12:32 am

**kidlutions:** @Blue\_Gyrl Join us on gifted ed chat, if you'd like! Perfectionism is the topic! #gtchat

12:32 am

**DeborahMersino:** Tip: Modeling risk-taking and the courage it requires. Showcasing that it can be a game, learning -experience, process. #gtchat

12:32 am

**AmazingAmma:** @mommyperks I found teaching mine to touch-type helped a lot. More able to keep up w/ own thoughts #gtchat

12:32 am

**janellewilson:** @getsweetie I had student turn in project in a different format than it was "supposed" to be in. Almost got upset but caught self. #gtchat

12:33 am

**mommyperks:** @laughingatchaos That might offer him a sense of power/control - w/in reason. He has trouble with boundaries, though. Yours, too? #gtchat

12:33 am

**chrstinef:** @giftedmom Very very common connection (and I was right there with ya!) #gtchat

12:33 am

**laughingatchaos:** RT @DeborahMersino: Model risk-taking and the courage it requires. Showcasing that it can be a game, learning -experience, process. #gtchat

12:33 am

**TheMissBobbie:** RT @getsweetie: protecting their hearts/minds is especially important for the high perceiver #gtchat they feel responsible for everything!

12:33 am

**kidlutions:** I LOVE teaching kids about how some of the biggest mistakes became some of the gr8st inventions! more #gtchat

12:33 am

**teachagiftedkid:** #gtchat Question: what, if any, is the role of underachievement in perfectionism?

12:33 am

**DeborahMersino:** High-performing colleges filled with eating disorders, all-nighters, depression, suicide. Sad. We must model, break cycle. #gtchat

12:33 am

**chrstinef:** @DeborahMersino Yes! risk-taking is a HUGE issue #gtchat

12:33 am

**minikhailovna:** @chrstinef Truly horrific feeling, btw. It just paralyzes me. #gtchat

12:33 am

**AmazingAmma:** @DeborahMersino Sounds like a history of my time at university! #gtchat

12:33 am

**janellewilson:** @getsweetie It met all expectations & I realized the format didn't matter. Mad at self for thinking so rigidly. #gtchat

12:33 am

**mommyperks:** @AmazingAmma Interesting. Okay...thanks for the tip. #gtchat

12:33 am

**laughingatchaos:** @DeborahMersino Going to teach myself banjo this summer to model trying something new and the strong poss of failure. #gtchat

12:34 am

**kidlutions:** GR8 mistakes were: potato chips, velcro, post it notes, choc. chip cookies, popsicles...etc. #gtchat

12:34 am

**getsweetie:** #minihilovna the harshness of our self evaluation is often tied to the disbelief in our identity as whatever it is we're doubting #gtchat

12:34 am

**AmazingAmma:** RT @teachagiftedkid: #gtchat Question: what, if any, is the role of underachievement in perfectionism? <= Gd question!

12:34 am

**chrstinef:** @teachagiftedkid HUGE role...no risk = underachievement every time #gtchat

12:34 am

**KTVee:** @kidlutions I agree-- I am constantly talking about how "mistakes" can be blessings! #gtchat

12:34 am

**profplayfair:** RT @DeborahMersino: Thanks for risk-taking modeling tip. It hit home. #gtchat Sorry must run enjoyed it!

12:34 am

**laughingatchaos:** @mommyperks What are these boundaries of which you speak? LOL Yes, prob there. #gtchat

12:34 am

**DeborahMersino:** Huge! RT @teachagiftedkid #gtchat Question: what, if any, is the role of underachievement in perfectionism?

- 12:34 am **TheMissBobbie:** we narrow choices for our kids, is easier - tomorrow's clothes u may choose this or that, which one - gives control w/o overwhelming #gtchat
- 12:34 am **laughingatchaos:** @mommyperks Yeah, may re-encourage the blogging for him. #gtchat
- 12:35 am **laughingatchaos:** RT @kidlutions: I LOVE teaching kids about how some of the biggest mistakes became some of the gr8st inventions! more #gtchat
- 12:35 am **getsweetie:** Most of the children I work with in Juv prisons in the 1980's were misplaced/misguided/missed by test GT children with LD issues #gtchat
- 12:35 am **chrstinef:** @minikhailovna I wrote a series of posts on this topic a while back...you are not alone in those feelings #gtchat
- 12:35 am **DeborahMersino:** @proplayfair - Glad you were with us! #gtchat
- 12:35 am **laughingatchaos:** @kidlutions aspertame... #gtchat
- 12:35 am **mommyperks:** @laughingatchaos Oh, gosh. He hates "no" and thinks he can outsmart us. Pushes the limits to NO END. Drives me batty. #gtchat
- 12:35 am **minikhailovna:** @teachagiftedkid I think by being afraid of failure, it is easier to withdraw stuff, you know? at least to me it works this way #gtchat
- 12:35 am **giftedmum:** #gtchat the sad thing is as a perfectionist I gave 110% & I also expected that from others 2...Now as an adult I have a better world view.
- 12:35 am **kidlutions:** @KTVee Yes, absolutely! Mistakes are GR8! #gtchat
- 12:35 am **getsweetie:** #gtchat @teachagiftedkid glad to hear it might help!
- 12:35 am **kidlutions:** @laughingatchaos =) #gtchat
- 12:36 am **getsweetie:** @janellewilson its so easy for us all to create "rules" that truly don't support "what was the point of this" #gtchat
- 12:36 am **laughingatchaos:** @mommyperks LOL! Sounds VERY familiar. #gtchat
- 12:36 am **kidlutions:** @Blue\_Gyrl Awesome! Thx! #gtchat
- 12:36 am **laughingatchaos:** @giftedmum DH has this prob too; causes no end of stress for him #gtchat
- 12:36 am **DavidsonGifted:** Big, competitive universities can be pressure cookers for perfectionists. Know your kids and what kind of school is right for them #gtchat
- 12:36 am **getsweetie:** Many of the #gtchat adults I work with in business (both broke and highly successful) the bigger issues are not allowing down time
- 12:37 am **DeborahMersino:** For those of you who joined late, be sure to review transcripts later (many resource links were shared at the beginning). #gtchat
- 12:37 am **DeborahMersino:** RT @DavidsonGifted: Big, competitive universities can be pressure cookers for perfectionists. Know your kids and what kind of school is right for them #gtchat
- 12:37 am **AmazingAmma:** @TheMissBobbie Sounds like what Laurie Westphal was saying about using menus in the classroom #gtchat
- 12:37 am **KTVee:** teach kids it's not about how many mistakes you make, but how you handle them! #gtchat
- 12:37 am **kidlutions:** Also, perfectionism may be linked to rigidity in thinking AND anxiety...lots tied up in this issue. #gtchat
- 12:37 am **cybraryman1:** It is important to learn how to deal with failure. #gtchat
- 12:37 am **getsweetie:** Our gt children have their own set of valueing/rules/performance critiques, very often VERY unrealistic rituals for healthy living #gtchat
- 12:37 am **DeborahMersino:** Keeping our own perfectionism (and hopes/dreams/wants) for our kids is VITAL. #gtchat
- 12:37 am **mommyperks:** RT @DavidsonGifted: Big, competitive universities can be pressure cookers for perfectionists. Know your kids and what kind of school is right for them #gtchat

- 12:37 am **laughingatchaos:** @AmazingAmma Menus in the classroom? #gtchat
- 12:37 am **TheMissBobbie:** @AmazingAmma things are more simple when we help children learn how to make decisions early! #gtchat
- 12:37 am **minikhailovna:** It is intriguing to me, that, right after I found out I was gifted and labeled as one, I started to feel pressure #gtchat
- 12:37 am **DeborahMersino:** RT @KTVEe: teach kids it's not about how many mistakes you make, but how you handle them! #gtchat
- 12:38 am **kidlutions:** Sometimes (not always) #ocd can be a factor, too! Need to be aware and monitor #gtchat
- 12:38 am **laughingatchaos:** RT @KTVEe: teach kids its not about how many mistakes you make, but how you handle them! #gtchat
- 12:38 am **giftedmum:** #gtchat I now make a silly game of mistakes ...showing the kids Hey look even mum makes mistakes (&their teachers) it always make them smile
- 12:38 am **laughingatchaos:** RT @kidlutions: Also, perfectionism may be linked to rigidity in thinking AND anxiety...lots tied up in this issue. #gtchat
- 12:38 am **kidlutions:** RT @DeborahMersino: RT @KTVEe: teach kids it's not about how many mistakes you make, but how you handle them! #gtchat
- 12:38 am **laughingatchaos:** RT @cybraryman1: It is important to learn how to deal with failure. #gtchat
- 12:38 am **chrstinef:** @getsweetie HUGE issue...#gtchat We need BALANCE and we need to teach our kids that as well
- 12:38 am **mommyperks:** RT @KTVEe: teach kids it's not about how many mistakes you make, but how you handle them! #gtchat
- 12:38 am **DavidsonGifted:** Many small, liberal arts schools provide wonderful educations and tend to focus more on the process of learning rather than product. #gtchat
- 12:38 am **getsweetie:** I believe anxiety, false beliefs about what they ARE responsible for is the #1 p the high GT students I am called to work with face #gtchat
- 12:38 am **minikhailovna:** I am already an underachiever since the age of 11, so now, I think it kinda took a turn to worse #gtchat
- 12:38 am **laughingatchaos:** RT @chrstinef: @getsweetie HUGE issue...#gtchat We need BALANCE and we need to teach our kids that as well//I still struggle w/this #gtchat
- 12:38 am **DeborahMersino:** Dr. Rick Olenchak, former president of NAGC, spoke at conf. about how parents need to let kids "be", including getting Bs! #gtchat
- 12:39 am **chrstinef:** @minikhailovna its the whole being afraid you are a fraud thing, you know #gtchat
- 12:39 am **kidlutions:** YES! Need to teach kids to EMBRACE mistakes, by doing so ourselves! #gtchat
- 12:39 am **DeborahMersino:** RT @DavidsonGifted: Many small, liberal arts schools provide wonderful educations and tend to focus more on the process of learning rather than product. #gtchat
- 12:39 am **laughingatchaos:** @DavidsonGifted And more likely 2 B big fish in small pond. Success feeds success then. #gtchat
- 12:39 am **AmazingAmma:** @laughingatchaos Prufrock Press podcast <http://bit.ly/bv0k3l> #gtchat The one with Laurie Westphal is about differentiation using menus
- 12:39 am **getsweetie:** So much emphasis put on order at times in households, the #gtchat ADD child simply never "gets" to the chore....handled as "stupid"
- 12:39 am **laughingatchaos:** RT @kidlutions: YES! Need to teach kids to EMBRACE mistakes, by doing so ourselves! #gtchat
- 12:39 am **DeborahMersino:** So relate. RT @chrstinef @minikhailovna its the whole being afraid you are a fraud thing, you know #gtchat

- 12:39 am **chrstinef:** @getsweetie DEFINITELY! #gtchat
- 12:39 am **giftedmum:** @laughingatchaos #gtchat yes I learnt the hard way...don't expect from others what they R often not capable of giving... 110% A hard lesson
- 12:39 am **TheMissBobbie:** @DeborahMersino regarding Bs - i feel like a total failure for a B in college classes #gtchat - working on reality of that...
- 12:40 am **hipbrandgroup:** My son has been a gifted underachiever since kindergarten! He's not a senior and about to head off to college. #gtchat
- 12:40 am **AmazingAmma:** @giftedmum Oh isn't that interesting. I expect 110% from self but not from others! #gtchat
- 12:40 am **chrstinef:** @DavidsonGifted I attended a small liberal arts college...best experience of my life! #gtchat
- 12:40 am **mommyperks:** RT @kidlutions: YES! Need to teach kids to EMBRACE mistakes, by doing so ourselves! #gtchat
- 12:40 am **kidlutions:** @DeborahMersino YES on the "B's"...sometimes our OWN perfectionism gets stirred up here! #gtchat
- 12:40 am **laughingatchaos:** @AmazingAmma I have it, haven't listened to it yet! LOL Thanks! #gtchat
- 12:40 am **laughingatchaos:** RT @DeborahMersino: So relate. RT @chrstinef @minikhailovna its the whole being afraid you are a fraud thing, you know #gtchat
- 12:40 am **getsweetie:** One of the hardest fights I've fought is qualifying the nonsupported inner city #gtchat kids....somehow committee linked support to quals
- 12:41 am **getsweetie:** RT @chrstinef: @DavidsonGifted I attended a small liberal arts college...best experience of my life! #gtchat/ me too!
- 12:41 am **laughingatchaos:** @AmazingAmma You're not alone, I'm a lot like that too. #gtchat
- 12:41 am **getsweetie:** RT @AmazingAmma: @giftedmum Oh isn't that interesting. I expect 110% from self but not from others! #gtchat/ this is one of my issues!
- 12:41 am **AmazingAmma:** @laughingatchaos Hehehe.. I listened to it yesterday while kids were at swimming lessons :) #gtchat
- 12:41 am **kidlutions:** Ask kids, "What's the WORST thing that would happen if you make a mistake?" "Can u survive that?" #gtchat
- 12:41 am **hipbrandgroup:** Is large university or small liberal arts best choice for gifted underachiever? #gtchat
- 12:41 am **chrstinef:** @laughingatchaos don't we all :D #gtchat
- 12:41 am **getsweetie:** One of my favorite exercises for #gtchat kids is to only eval on each PROCESS being utilized product doesn't count at all....
- 12:41 am **AmazingAmma:** @TheMissBobbie So agree! #gtchat
- 12:42 am **laughingatchaos:** @AmazingAmma Still need to listen to all 4. Have only had them for a year. If only I were perfect...le sigh... LOL #gtchat
- 12:42 am **DavidsonGifted:** @chrstinef Wonderful! "Colleges that Change Lives" and "The Hidden Ives" are two great guidebooks for finding the smaller gems! #gtchat
- 12:42 am **laughingatchaos:** RT @kidlutions: Ask kids, "Whats the WORST thing that would happen if you make a mistake?" "Can u survive that?" #gtchat
- 12:42 am **DeborahMersino:** Tip: When perfectionism interferes w/ school work, extra curricular act., social life, children may need counseling. So vital. #gtchat
- 12:42 am **TheMissBobbie:** @kidlutions reminds me - "will that matter in 10 years" is another great question #gtchat
- 12:42 am **mommyperks:** @kidlutions I ask him that often. It's great to bring that to reality. Most often, the fear is far worse than the possible outcome! #gtchat
- 12:42 am **chrstinef:** @kidlutions very good strategy! #gtchat

- 12:42 am **kidlutions:** Hmm...how many w/ perfectionist kids were perfectionists themselves...or still are? #gtchat
- 12:42 am **DeborahMersino:** RT @DavidsonGifted: @chrstinef Wonderful! "Colleges that Change Lives" and "The Hidden Lies" are two great guidebooks for finding the smaller gems! #gtchat
- 12:42 am **DeborahMersino:** RT @laughingatchaos: RT @kidlutions: Ask kids, "Whats the WORST thing that would happen if you make a mistake?" "Can u survive that?" #gtchat
- 12:42 am **getsweetie:** I went to 6 colleges in 3 yrs & graduated after searching "serious dedicated students" that didn't exist anywhere #gtchat
- 12:43 am **mommyperks:** RT @DeborahMersino: Tip: When perfectionism interferes w/ school work, extra curricular act., social life, children may need counseling. So vital. #gtchat
- 12:43 am **laughingatchaos:** RT @TheMissBobbie: @kidlutions reminds me - "will that matter in 10 years" is another great question//LOVE THIS!!! #gtchat
- 12:43 am **DeborahMersino:** @kidlutions - Great tip! Great for adults too. My husband helps me remember that one - often! #gtchat
- 12:43 am **kidlutions:** @chrstinef @mommyperks AND ask, if that happened...the worst thing...what would that say about YOU? #gtchat
- 12:43 am **chrstinef:** @kidlutions Both kids are perfectionists...as were both parents :D #gtchat
- 12:43 am **getsweetie:** So believe in training staffs "What is the point" to be asked throughout planning, evaluating, dealing with learners #gtchat
- 12:43 am **laughingatchaos:** @kidlutions RAISING HAND AND WAVING! Yeah, me. ;) #gtchat
- 12:43 am **DavidsonGifted:** @hipbrandgroup Really depends on the kid, but sm school usually means sm classes and more opportunity for prof/student relationship. #gtchat
- 12:43 am **teachagiftedkid:** #gtchat It is valuable for a child to be the perfectionist sometime. I need it c Keeps me going in this imperfect world.
- 12:43 am **AmazingAmma:** How do we encourage achievement without tipping over into perfectionism? My boys find it hard to measure what is THEIR best #gtchat
- 12:43 am **mommyperks:** @kidlutions Raising hand now :- ) #gtchat
- 12:44 am **giftedmum:** @AmazingAmma #gtchat yes I expect 110% from myself..but not from others...as I can cut them some slack..because life is tough (Hello Logic)
- 12:44 am **GeorgeDesign:** RT @kidlutions: YES! Need to teach kids to EMBRACE mistakes, by doing so ourselves! #gtchat
- 12:44 am **laughingatchaos:** RT @kidlutions: @chrstinef @mommyperks AND ask, if that happened...the worst thing...what would that say about YOU? #gtchat
- 12:44 am **minikhailovna:** @DeborahMersino Yes. The feeling that, "oh yeah, who are you trying to deceive?" "Im not all that" that's the saddest thing #gtchat
- 12:44 am **mommyperks:** RT @DavidsonGifted: @chrstinef Wonderful! "Colleges that Change Lives" and "The Hidden Lies" are two great guidebooks for finding the smaller gems! #gtchat
- 12:44 am **KTVee:** Love this Michael Jordan commercial on failure=success <http://tinyurl.com/yIs7da3> #gtchat
- 12:44 am **getsweetie:** #gtchat unfortunately the stakes ARE often much higher for our gt students, they are held to a much higher standard of expectation
- 12:44 am **AmazingAmma:** Sorry forgot hashtag first time #gtchat
- 12:44 am **kidlutions:** @laughingatchaos @TheMissBobbie YES...I often say this...will it matter in 10, 5, 1 year...or even tomorrow? Taught my kids that #gtchat
- 12:44 am **laughingatchaos:** @giftedmum LOL! Hard to be logical about ourselves. #gtchat
- 12:45 am **getsweetie:** So many of our children do not know how to turn off their brain, the anxiety

- 12:45 am **kidlutions:** @chrstinef See...double whammy then! It's painful to watch our kids go thru it, cuz we know how painful it WAS/IS #gtchat
- 12:46 am **getsweetie:** Many of my referrals have never used physical act to help burn out the stress they are caring #gtchat they wouldn't risk part
- 12:46 am **laughingatchaos:** @getsweetie Yes, 2e son can't turn his brain off, and things multiply. #gtchat
- 12:46 am **minikhailovna:** @mommyperks I got to the point where I told myself "I'm going through therapy now". #gtchat
- 12:46 am **DeborahMersino:** "The Gifted Adult" by Jacobsen offers excellent insights into understanding ourselves better. Highly recommend it. #gtchat
- 12:46 am **chrstinef:** @getsweetie This is where we can become the emotional coach for our kids. teach them to slow down, embrace all aspects of themselves #gtchat
- 12:46 am **getsweetie:** #gtchat but p2 physical exertion would not have to involve a team experience to help burn the stress away,
- 12:46 am **kidlutions:** RT @DeborahMersino: Tip: When perfectionism interferes w/ school work, social life, etc, kids may need counseling. So vital. #gtchat
- 12:46 am **laughingatchaos:** RT @DeborahMersino: "The Gifted Adult"- Jacobsen offers excellent insights into understanding ourselves better. Highly recommend it. #gtchat
- 12:46 am **chrstinef:** @DeborahMersino Great book! #gtchat
- 12:46 am **AmazingAmma:** RT @TheMissBobbie: @DeborahMersino regarding Bs - i feel like a total failure for a B in college classes #gtchat - working on reality of that...
- 12:47 am **laughingatchaos:** @DeborahMersino I'll second that GT book recommendation; very good. #gtchat
- 12:47 am **AmazingAmma:** @TheMissBobbie I so relate to what you're saying about Bs! #gtchat
- 12:47 am **chrstinef:** @kidlutions Ah...but so much insight to help them! We have worked on this since they were born #gtchat
- 12:47 am **mommyperks:** @minikhailovna You put yourself into therapy? #gtchat
- 12:47 am **getsweetie:** Proolly 40% of the time I spend w/parents and schools is helping them learn healthy expectations & boundaries for their #gtchat students
- 12:47 am **kidlutions:** @agirlsgirl I'm thinking it's highly related to temperament and other inborn traits.... #gtchat
- 12:47 am **laughingatchaos:** Going for balance over perfectionism tonight; DH is home w/pizza. Boys gone, date night! LOL Night all! #gtchat
- 12:47 am **getsweetie:** RT @DeborahMersino: "The Gifted Adult" by Jacobsen offers excel insights into understanding ourselves better. Highly recommend it. #gtchat
- 12:48 am **giftedmum:** RT @getsweetie: So many of our children do not know how to turn off their brain, the anxiety and exhaustion that produces is problematic #gtchat
- 12:48 am **DeborahMersino:** Tip: Let's begin celebrating "Bs"...think of how much happiness they stole from us. Seriously. #gtchat
- 12:48 am **chrstinef:** @kidlutions equally important to find a counselor well versed in giftedness. Many are not. #gtchat
- 12:48 am **kidlutions:** Counseling can be a Godsend for some kids. Diff b/t stomachaches, headaches, ulcers, insomnia and being better adjusted. #gtchat
- 12:48 am **TheMissBobbie:** @laughingatchaos oops wrong key for hashtag #gtchat
- 12:48 am **mommyperks:** RT @getsweetie: RT @DeborahMersino: "The Gifted Adult" by Jacobsen offers excel insights into understanding ourselves better. Highly recommend it. #gtchat
- 12:48 am **DeborahMersino:** @laughingatchaos - Thank you - for your authentic input! #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

12:48 am

**giteamum:** @getsweetie #gtchat that sounds much like gifted adults...solving the worias problems while cooking, doing homework & tweeting

12:48 am

**janellewilson:** @getsweetie I can't turn off MY brain. Drives my husband crazy because I don't relax like he does. #gtchat

12:48 am

**DeborahMersino:** RT @getsweetie: Prolly 40% of the time I spend w/parents and schools is helping them learn healthy expectations & boundaries for their #gtchat students

12:49 am

**giftedmum:** RT @laughingatchaos: RT @DeborahMersino: "The Gifted Adult"- Jacobsen offers excellent insights into understanding ourselves better. Highly recommend it. #gtchat

12:49 am

**minikhailovna:** @DeborahMersino Thank you for the recommendation :) #gtchat

12:49 am

**DeborahMersino:** RT @chrstinef: @kidlutions equally important to find a counselor well versed in giftedness. Many are not. #gtchat

12:49 am

**kidlutions:** @chrstinef TRUE THAT! Not every counselor understands giftedness...have to search and interview #gtchat

12:49 am

**TheMissBobbie:** i've started saying "i'm practically imperfect in every way" (modified from mary poppins' quote about herself) #gtchat

12:49 am

**getsweetie:** Does anyone else see a pattern of how food is dealt with by their #gtchat children? Many of mine cannot handle carb loaded diets at all.

12:50 am

**kidlutions:** aha...for many of us here raising a gifted child, that likely means u r gifted, too! GIFTED FAMILIES #gtchat

12:50 am

**DavidsonGifted:** @chrstinef Oh so true. A counselor who does not understand unique gifted needs and characteristics just wont "get it" #gtchat

12:50 am

**giftedmum:** @laughingatchaos enjoy...thanks 4 all your wonderful insights #gtchat

12:50 am

**DeborahMersino:** Tip: In the interest of authentic modeling, can we focus on our efforts vs. outcome more this week? I'm game. #gtchat

12:50 am

**getsweetie:** It seems that the higher the giftedness, the less likely to do alot of protein, yet protein helps the anxiety balance out #gtchat

12:50 am

**TheMissBobbie:** @janellewilson @getsweetie - my brain never shuts off - every morning past week have awakened to need to write! #gtchat

12:50 am

**mommyperks:** RT @getsweetie: Prolly 40% of the time I spend w/parents and schools is helping them learn healthy expectations & boundaries for their #gtchat students

12:50 am

**teachagiftedkid:** #gtchat Recently told a parent that all A's means their child is not being challenged w/succes & failures. Shocked the parent.

12:50 am

**minikhailovna:** @mommyperks No really. It took me a great deal to consider it, because I'm so skeptical about everything, especially my giftedness #gtchat

12:50 am

**TheMissBobbie:** #gtchat - writing does help me overcome some of my perfection, when i read how unreasonable i am, i can slow down

12:50 am

**getsweetie:** We run into many disasterous conference where the testor/evaluator somehow is personally threatened by the giftedness #gtchat

12:50 am

**mommyperks:** @getsweetie My son cannot handle many carbs, either. True! #gtchat

12:51 am

**AmazingAmma:** @laughingatchaos Enjoy the you time! #gtchat

12:51 am

**getsweetie:** RT @teachagiftedkid: #gtchat Recently told a parent that all A's means their child is not being challenged w/succes & failures. / AMEN!

12:51 am

**DeborahMersino:** Favorite title of conference session by Dr. Linda Silverman, "So What If I'm Smart? Am I Thin Enough?" So sums up challenges. #gtchat

12:51 am

**getsweetie:** @janellewilson I run 18 hours a day to be able to sleep well....I know what it requires for my body to be able to shut down! #gtchat

12:51 am

**mommyperks:** @minikhailovna Have your parents been supportive? Where do you live?

#gtchat

- 12:51 am **DeborahMersino:** RT @getsweetie: RT @teachagiftedkid: #gtchat Recently told a parent that all A's means their child is not being challenged w/succes & failures. / AMEN!
- 12:51 am **AmazingAmma:** YES! RT @DeborahMersino: Tip: Let's begin celebrating "Bs"...think of how much happiness they stole from us. Seriously. #gtchat
- 12:51 am **janellewilson:** @TheMissBobbie Can totally relate. I sometimes dream lesson plans! #gtchat
- 12:51 am **giftedmum:** @getsweetie mine it is Salicylate rich foods, dairy, eggs & soy oh and Gluten so we are very strict with food... #gtchat food is a huge area
- 12:52 am **DavidsonGifted:** Good Advice from Dr. Jim Webb about finding a counselor for GT kids: <http://bit.ly/b0TLRW> #gtchat
- 12:52 am **teachagiftedkid:** #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 12:52 am **kidlutions:** I'm getting real-time search results at TweetGrid <http://tweetgrid.com/> #gtchat
- 12:52 am **TheMissBobbie:** RT @DeborahMersino: Favorite title-confsessn by Dr. Linda Silverman, "So What If I'm Smart? Am I Thin Enough?" So sums up challenges. #gtchat
- 12:52 am **getsweetie:** How many of your children have continual movement needs? I have learned to flex toes as an adult to still my body, many #gtchat need to move
- 12:52 am **giftedmum:** RT @teachagiftedkid: #gtchat Recently told a parent that all A's means their child is not being challenged w/succes & failures. Shocked the parent.
- 12:52 am **AmazingAmma:** RT @teachagiftedkid: #gtchat Recently told a parent that all A's means their child is not being challenged w/succes & failures. Shocked the parent.
- 12:53 am **giftedmum:** @teachagiftedkid that was a brilliant reality check... it would of been for me #gtchat
- 12:53 am **chrstinef:** @DavidsonGifted Yep - and more harm than good can be done in that situation #gtchat. Need to understand the NORMAL intensity of giftedness
- 12:53 am **getsweetie:** We see anger/ outbursts/ and tears on carbs around here...from children who function calmly on high protein low carbs@mommyperks #gtchat
- 12:53 am **DeborahMersino:** Link to @micheleborba 's Big Book of Parenting Solutions (includes chapter on perfectionism) <http://bit.ly/93Os75> #gtchat
- 12:53 am **AmazingAmma:** @teachagiftedkid I think I would be shocked if a teacher told me that too. But I get your point. #gtchat
- 12:53 am **minikhailovna:** @mommyperks Well I don't live with my parents. I live in the UK now. Not many people understand my condition, 'cept my boyfriend #gtchat
- 12:53 am **mommyperks:** @getsweetie Oh, holy cow. All day long. He moves and can't slow down or stop. Twitches from time to time, also. #gtchat
- 12:53 am **getsweetie:** RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A./ and refocus them on the WHOLE child
- 12:53 am **giftedmum:** RT @DavidsonGifted: Good Advice from Dr. Jim Webb about finding a counselor for GT kids: <http://bit.ly/b0TLRW> #gtchat
- 12:53 am **mommyperks:** RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 12:53 am **chrstinef:** @DavidsonGifted GREAT Resource! #gtchat
- 12:53 am **giftedmum:** RT @getsweetie: How many of your children have continual movement needs? I have learned to flex toes as an adult to still my body, many #gtchat need to move
- 12:53 am **kidlutions:** RT @giftedmum: RT @DavidsonGifted: Good Advice from Dr. Jim Webb about finding a counselor for GT kids: <http://bit.ly/b0TLRW> #gtchat
- 12:53 am **AmazingAmma:** YES YES YES! RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 12:54 am **TheMissBobbie:** @getsweetie as yall are saying-diet makes HUGE differences in my house!

#gtchat

- 12:54 am **minikhailovna:** @mommyperks And my boyfriend tries to help me, because well, he's gifted too. #gtchat
- 12:54 am **getsweetie:** I am a adhd / gt adult which means coffee is one of my thinking assistances...it slows me down, many of my gt kids the same #gtchat
- 12:54 am **DeborahMersino:** RT @AmazingAmma: YES YES YES! RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 12:54 am **DeborahMersino:** RT @kidlutions: RT @giftedmum: RT @DavidsonGifted: Good Advice from Dr. Jim Webb about finding a counselor for GT kids: <http://bit.ly/b0TLRW> #gtchat
- 12:54 am **chrstinef:** Thanks for another great #gtchat. Time to work on writing...deadlines looming!
- 12:54 am **mommyperks:** @minikhailovna Well...I always say, "One close friend is better than numerous acquaintances." I'm glad you have him! #gtchat
- 12:54 am **giftedmum:** @getsweetie yes.. especially if they have sat down in class all day.. I get there shoes a 1/2 size 2 big so they can flex their toes #gtchat
- 12:54 am **kidlutions:** @getsweetie: YES..continual movement needs. Try Brain Gym! All kids benefit from movement #gtchat
- 12:55 am **getsweetie:** My body is that way....I need to phys have movement to be still in thinking..I can twirl marbles in a pocket so fast...@mommyperks #gtchat
- 12:55 am **DeborahMersino:** We're nearing the end of our chat. Any final thoughts/learns as we go into our weekend and next week? #gtchat
- 12:55 am **TheMissBobbie:** regarding continual movement, i keep hotwheels car in purse, roll wheels to have something to "fidget" son keeps one in pencil bag #gtchat
- 12:55 am **getsweetie:** RT @minikhailovna: @mommyperks And my boyfriend tries to help me, because well, he's gifted too. #gtchat i'm glad you have someone :)
- 12:55 am **kidlutions:** A's are not a good guage for what our child "learns"...much as I coveted my own "A's"...much more relaxed w/ own kids #gtchat
- 12:55 am **mommyperks:** RT @AmazingAmma: YES YES YES! RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 12:56 am **AmazingAmma:** So interesting the relatedness of food and functioning and how far away from "real" foods we seem to have moved #gtchat
- 12:56 am **janellewilson:** @AmazingAmma @teachagiftedkid I wish we could get rid of A/B/C grading. #gtchat
- 12:56 am **kidlutions:** @agirlsgirl YES...love SMART MOVES. Have the book, not the video...brain gym in it! #gtchat
- 12:56 am **getsweetie:** Brain Gym is a great resource, also to use motion seating, balls, letting them stand to work, etc @Kidlutions #gtchat
- 12:56 am **DavidsonGifted:** Final Thoughts: said it before and will say it again....Modeling, Modeling, Modeling! Oh so important for everyone! #gtchat
- 12:56 am **kidlutions:** Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! #gtchat
- 12:56 am **DeborahMersino:** @minikhailovna - I'm glad you were with us tonight. I hope you will continue to reach out/get support. You deserve it. #gtchat
- 12:56 am **chrstinef:** Blog posts for next week finished; another great #gtchat had; I guess nothing to do but work on revisions now #amwriting #editing
- 12:57 am **TheMissBobbie:** thanks for all the responses and RT tonight everyone - love these chats!!! #gtchat
- 12:57 am **getsweetie:** @DavidsonGifted Indeed! Modeling is by far one of the most important needs for our children #gtchat
- 12:57 am **kidlutions:** RT @getsweetie: Brain Gym is a great resource, also to use motion seating, balls, letting them stand to work, etc @Kidlutions #gtchat

- 12:57 am **DeborahMersino**: RT @DavidsonGifted: Final Thoughts: said it before and will say it again....Modeling, Modeling, Modeling! Oh so important for everyone! #gtchat
- 12:57 am **AmazingAmma**: @DeborahMersino TY for organising and moderating again. Gr8 session! #gtchat
- 12:58 am **DavidsonGifted**: Thanks again Deborah. Be sure to visit the Davidson Database for articles and resources from the nations leading gifted experts. #gtchat
- 12:58 am **TheMissBobbie**: RT @AmazingAmma: @DeborahMersino TY for organising and moderating again. Gr8 session! #gtchat YES YES YES THANK YOU!
- 12:58 am **giftedmum**: is #gtchat still working?
- 12:58 am **kidlutions**: Getting to the heart of the perfectionism, means helping our kids get to the internal "talk" going on inside their heads. #gtchat
- 12:58 am **minikhailovna**: @DeborahMersino Thank you so much. I'm glad I found this chat. I do need support. Be sure I'll kee with you guys :) #gtchat
- 12:58 am **DeborahMersino**: Thank you everyone! I'm always inspired by the passion exuded during these chats. #gtchat
- 12:59 am **kidlutions**: Once we help kids id. what internal talks they are having about being perfect, we can help question that and refute it. #gtchat
- 12:59 am **mommyperks**: @Giftedmum Nope - it's gone for me, too! #gtchat
- 12:59 am **minikhailovna**: @getsweetie Oh me too! He's sweet and understanding :) Thank you! #gtchat
- 12:59 am **AmazingAmma**: Thanks everyone for #gtchat. Have learnt much and am buzzing with ideas.
- 1:00 am **DeborahMersino**: @GiftedMum - My #gtchat feed stopped working temporarily too. Not sure why. Hope you have a good weekend!
- 1:00 am **Blue\_Gyrl**: RT @Kidlutions: Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! #gtchat
- 1:00 am **getsweetie**: An important concept to get across to children is that faster processing does not have higher value than slower ones just different #gtchat
- 1:00 am **minikhailovna**: @mommyperks Yes, I'm truly glad as well, so that we can help each other. #gtchat
- 1:00 am **giftedmum**: @mommyperks #gtchat its frozen..the universe is conspiring 2 show us that perfection is just an illusion. mistakes do happen&we need 2 deal
- 1:01 am **DeborahMersino**: Isn't that just perfect? Our #gtchat feed on perfectionism crashes...lol. Thank you all again. Best wishes.
- 1:01 am **minikhailovna**: @CynGab Thank you so much for the link :) #gtchat
- 1:01 am **AmazingAmma**: ROFL! RT @DeborahMersino: Isn't that just perfect? Our #gtchat feed on perfectionism crashes...lol. Thank you all again. Best wishes.
- 1:01 am **CoachForADHD**: RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A./ and refocus them on the WHOLE child #gtchat
- 1:02 am **TheMissBobbie**: not only did it chat, but my tweetdeck says i've exceeded something or other rate oops #gtchat
- 1:03 am **SoularPowered**: RT @kidlutions: Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! #gtchat
- 1:03 am **getsweetie**: When I taught a 4/5/6 gr high gt class, we used walking/running track before school to help allow them to move/non compete /learn #gtchat
- 1:03 am **giftedmum**: @DeborahMersino you 2...once again..thanks the time just flew... obviously it resonates with all of us. You R doing a wonderful job #gtchat
- 1:03 am **kidlutions**: #gtchat
- 1:03 am **minikhailovna**: @getsweetie I guess I'm afraid of "it" too - because well, "I don't have to do it, therefore I won't fail", right? #gtchat

- 1:03 am **CoachForADHD:** RT @teachagiftedkid: #gtchat Need to also redirect parents to focus on the learning. Not the A.
- 1:03 am **getsweetie:** Walking/running/moving before school with only themselves to compete and limits on how much allowed #gtchat
- 1:03 am **getsweetie:** We saw a huge improvement in anxiety level once exertion was included 5 days a week in our plans #gtchat
- 1:04 am **DeborahMersino:** Partial Transcript from 03.12 #gtchat on Perfectionism <http://bit.ly/bOkkkX> {feed crashed at end/simply perfect!}
- 1:04 am **kidlutions:** Is #gtchat still going? I'm not get any feed in my stream!
- 1:04 am **getsweetie:** @minikhailovna so often we set the rules so tight and judging of our efforts we lose the beauty of trying and expressing #gtchat
- 1:04 am **minikhailovna:** @getsweetie Guess I'm just afraid of believing I'm too clever, I really don't know why this is, maybe for the same reason "failure" #gtchat
- 1:05 am **getsweetie:** #gtchat we also lose so many gt children who are in sibling groups when they are gifted differently, holy cow on that stress! #gtchat
- 1:05 am **DeborahMersino:** @Kidlutions - The #gtchat feed is frozen (lol). Isn't that just perfect? We're done, though. Thank you for being with us!
- 1:06 am **getsweetie:** How many of your gt perfectionistic issues have no lack of recognition of excellence attached to them e.g. child is the self abuser #gtchat
- 1:06 am **minikhailovna:** @getsweetie Yes, I noticed it. And when I allow myself to make mistakes, it is, indeed a lot easier, I'm still struggling, tho :( #gtchat
- 1:06 am **DeborahMersino:** RT @AmazingAmma: ROFL! RT @DeborahMersino: Isn't that just perfect? Our #gtchat feed on perfectionism crashes...lol. Thank you all again. Best wishes.
- 1:08 am **DeborahMersino:** RT @giftedmum: @mommyperks #gtchat its frozen..the universe is conspiring 2 show us that perfection is just an illusion. mistakes do happen&we need 2 deal
- 1:08 am **getsweetie:** You know, sometimes it simply helps to have a trusted friend review drafts you feel are "dumb" then trust their opin@minikhailovna #gtchat
- 1:08 am **DeborahMersino:** RT @DavidsonGifted: Thanks again Deborah. Be sure to visit the Davidson Database for articles and resources from the nations leading gifted experts. #gtchat
- 1:08 am **DeborahMersino:** RT @kidlutions: Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! #gtchat
- 1:08 am **getsweetie:** The thing is, giftedness IS a dime a dozen w/o balance.....and so many programs do not focus on the whole child #gtchat
- 1:09 am **minikhailovna:** @teachagiftedkid Oh so true. The only person I have at the moment is my boyfriend and in part my therapist. We're minority, sadly #gtchat
- 1:09 am **ReneeFineArt:** RT @getsweetie: #gtchat we also lose so many gt children who are in sibling groups when they are gifted differently, holy cow on that stress! #gtchat
- 1:10 am **getsweetie:** How many of you have PK-5 gr gt students/children? #gtchat
- 1:12 am **getsweetie:** Sometimes simply changing the medium, e.g. felt tip, thicker paper, color, medium makes the writing issues lessen #gtchat
- 1:12 am **minikhailovna:** @getsweetie Problem is: I don't "accept" compliments from anyone :( #gtchat
- 1:14 am **getsweetie:** @themissbobbie can tell you all about that....she's learning to be less hard on herself too @minikhailovna #gtchat
- 1:15 am **getsweetie:** RT @minikhailovna: @getsweetie Problem is: I don't "accept" :( #gtchat perhaps your standards are to devalue their opin as invalid
- 1:16 am **alukd:** Hello, I'm brazilian, 25 y/o adult gifted and @minikhailovna 's boyfriend - I discovered that I was gifted when I was 6 years old #gtchat

- 1:16 am **getsweetie**: one of the boys I work with currently has to be in continual motion to think, still him and he cannot track [#gtchat](#)
- 1:17 am **getsweetie**: we've learned for kinetic kids that need motion that things like marbles in their pockets to turn help [#gtchat](#)
- 1:17 am **minikhailovna**: [@getsweetie](#) Simply because of my fear of believing I'm THAT smart and good at things. Well, I try to believe, but I fail at it [#gtchat](#)
- 1:18 am **giftedmum**: [@mommyperks](#) have a gr8 weekend & it was grt chatting with you on [#gtchat](#)
- 1:18 am **getsweetie**: [@minikhailovna](#) is it that if you were "that" smart you would fear what you had to be responsible to living up to? that was my issue [#gtchat](#)
- 1:18 am **getsweetie**: RT [@giftedmum](#): [@mommyperks](#) have a gr8 weekend & it was grt chatting with you on [#gtchat](#) you were so enjoyable to have with us!
- 1:19 am **alukd**: I come from a family where my two brothers are also GT, so, as you can imagine, my parents always saw us just as 'normal' but quirky [#gtchat](#)
- 1:20 am **getsweetie**: RT [@alukd](#): I come from a family where my two brothers are also GT, my parents always saw us just as 'normal' but quirky [#gtchat](#)
- 1:20 am **Sensorystkids**: {agree!} RT [@Kidlutions](#) Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! [#gtchat](#)
- 1:20 am **giftedmum**: [@getsweetie](#) thanks I appreciated what your brought 2 the conversation.... have a gr8 weekend [#gtchat](#)
- 1:21 am **getsweetie**: I came behind two high abilitied boys, who are more analytically based while I was high artistic based analytically 2nd....[@alukd](#) [#gtchat](#)
- 1:21 am **minikhailovna**: [@getsweetie](#) I guess it is. The "pressure" to perform, to show intelligence etc. I fear this responsibility, yes. [#gtchat](#)
- 1:21 am **FroggyPrinceMom**: RT [@Sensorystkids](#): {agree!} RT [@Kidlutions](#) Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! [#gtchat](#)
- 1:21 am **getsweetie**: RT [@Giftedmum](#): [@getsweetie](#) thanks I appreciated what your brought 2 the conversation.... have a gr8 weekend [#gtchat](#)/ you too!
- 1:21 am **mommyperks**: [@Giftedmum](#) LOL. That was funny. Yeah - mine froze up and then my computer shut down! Have a great night. [#gtchat](#)
- 1:21 am **Sensorystkids**: Yes! RT[@getsweetie](#): Brain Gym is a great resource, also to use motion seating, balls, letting them stand to work, etc [@Kidlutions](#) [#gtchat](#)
- 1:22 am **mommyperks**: RT [@getsweetie](#): RT [@giftedmum](#): [@mommyperks](#) have a gr8 weekend & it was grt chatting with you on [#gtchat](#) you were so enjoyable to have with us!
- 1:22 am **mommyperks**: [@getsweetie](#) Have a nice weekend! Hopefully I'll catch the next chat, too. [#gtchat](#)
- 1:22 am **getsweetie**: I so appreciate that so much of what i focus on with our gt kids in trouble is broadening their definitions of "normal life" [#gtchat](#)
- 1:22 am **teachagiftedkid**: RT [@Sensorystkids](#): {agree!} RT [@Kidlutions](#) Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! [#gtchat](#)
- 1:23 am **getsweetie**: RT [@mommyperks](#): [@getsweetie](#) Have a nice weekend! Hopefully I'll catch the next chat, too. [#gtchat](#)/ Nice to have you here!
- 1:23 am **giftedmum**: RT [@Sensorystkids](#): {agree!} RT [@Kidlutions](#) Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! [#gtchat](#)
- 1:23 am **Sensorystkids**: RT [@CoachForADHD](#) RT [@teachagiftedkid](#): [#gtchat](#) also redirect parents to focus on the learning. Not the A./refocus them on the WHOLE child
- 1:24 am **giftedmum**: RT [@getsweetie](#): we've learned for kinetic kids that need motion that things like marbles in their pockets to turn help [#gtchat](#)
- 1:25 am **giftedmum**: [@getsweetie](#) both my boys are visual spatial kinesthetic learners...yes movement is crucial 2 learning I think I am as well [#atchat](#)

- 1:25 am **alukd:** @getsweetie My older brother is more analytical while my middle brother is more artistic - I'm about 50/50, I'd say #gtchat
- 1:25 am **mommyperks:** Oh...anyone who wishes to submit an article to the Gifted category is more than welcome! <http://earlychildhoodnews.net/> #gtchat
- 1:25 am **chrstinef:** @getsweetie Thank you! #gtchat
- 1:25 am **minikhailovna:** @teachagiftedkid Yes, it is hard haha ;) I don't think we change, but we can only improve it. Keep it up! #gtchat
- 1:25 am **getsweetie:** RT @mommyperks: Oh...anyone who wishes to submit an article to the Gifted cat is more than welcome! <http://earlychildhoodnews.net/> #gtchat
- 1:26 am **giftedmum:** #gtchat thanks everyone...it was lovely chatting about such an important topic..1 close 2 my heart & own instincts... time 4 me 2 go parent
- 1:26 am **getsweetie:** I am @learninghelp at my Prescriptive Learning solutions if you are looking for assistance @learninghelp=@getsweetie #gtchat
- 1:27 am **getsweetie:** @alukd We are alike then....My olders are both analytically, yet highly creative, I am highly creative and balance analytically #gtchat
- 1:27 am **getsweetie:** @chrstinef you're a joy to visit with, thanks for the input! #gtchat
- 1:27 am **minikhailovna:** Thanks everyone for the nice chat. I'll surely be here the next time. Have a nice weekend :) #gtchat
- 1:28 am **getsweetie:** @Giftedmum They would be peas in my pod...I am visual kinesthetic as well! #gtchat
- 1:28 am **getsweetie:** @alukd #gtchatvery nice to meet you! #gtchat
- 1:29 am **getsweetie:** I finally realized was that my thinking differences, high creativity wasn't attached to a "have to" list! @minikhailovna #gtchat
- 1:29 am **alukd:** @getsweetie nice to meet you too - nice to meet you all, guys =) #gtchat
- 1:30 am **getsweetie:** RT @alukd: @getsweetie nice to meet you too - nice to meet you all, guys =) #gtchat I hope you will join us again!
- 1:34 am **getsweetie:** #gtchat Thanks again for a great evening with this topic, Perfectionism in GT kids...great chat!
- 1:35 am **mommyswishlist:** @DeborahMersino I am now stumbling on to #gtchat thank you for the resource rec's.
- 1:35 am **Harmuny:** RT @Blue\_Gyrl: RT @Kidlutions: Need to teach our kids we don't have to be really perfect, just perfectly real. Same is true in parenting! #gtchat
- 1:36 am **getsweetie:** RT @mommyswishlist: @DeborahMersino I am now stumbling on to #gtchat thank you for the resource rec's./ glad you've found it!
- 1:49 am **TeacherLori:** @DeborahMersino ACK! Missed the chat on a topic w/ which I am intimately acquainted. rats. (gonna have to do better next time! LOL!) #gtchat
- 1:58 am **teachagiftedkid:** @DeborahMersino Thanks for hosting another great #gtchat Got lots of valuable info to read and pass along! Have a great weekend!
- 2:05 am **getsweetie:** RT @tonyrobbins: "Better to do something imperfectly than to do nothing perfectly" Robert Schuller/ amen! #gtchat
- 2:09 am **DeborahMersino:** The #gtchat feed is working again! I'll take another stab at the transcripts.
- 2:12 am **drdrrose:** RT @kidlutions: RT @DeborahMersino: RT @KTVee: teach kids it's not about how many mistakes you make, but how you handle them! #gtchat
- 3:32 am **giftedmum:** @jsloan1223 well I think that is just perfect...given the #gtchat topic was perfectionism & giftedness..... it was v good...similiar stories
- 3:47 am **JJNW:** @Giftedmum Teach Writing Without Handwriting -Ideas 4 Teaching Writing with No Penmanship <http://bit.ly/UXV4e> #gtchat My article - I agree!
- 3:52 am **giftedmum:** RT @JJNW: @Giftedmum Teach Writing Without Handwriting -Ideas 4

Teaching Writing with No Penmanship <http://bit.ly/UXV4e> #gtchat My article - I agree!

- 3:53 am **JJNW:** Teach Writing Without Handwriting - Ideas for Teaching Writing with No Penmanship Needed <http://bit.ly/UXV4e> #gtchat I #homeschool #teacher
- 4:01 am **Boz23:** RT @getsweetie: The dichotomy between what our GT children can think yet not produce yet on paper is often the source of classroom issues #gtchat
- 4:15 am **getsweetie:** RT @JJNW: Teach Writing Without Handwriting - Ideas for Teaching Writing with No Penmanship Needed <http://bit.ly/UXV4e> #gtchat I #homeschool
- 4:20 am **myautisticson:** came across #gtchat. interesting tweeps. among them the amazing truly @Giftedmum
- 5:03 am **AudreyFG:** RT @DeborahMersino: Partial Transcript from 03.12 #gtchat on Perfectionism <http://bit.ly/bOkkkX> {feed crashed at end/simply perfect!}
- 5:03 am **Jenniferkolari:** RT @DeborahMersino: Partial Transcript from 03.12 #gtchat on Perfectionism <http://bit.ly/bOkkkX> {feed crashed at end/simply perfect!}
- 1:42 pm **AmazingAmma:** RT @JJNW: Teach Writing Without Handwriting - Ideas for Teaching Writing with No Penmanship Needed <http://bit.ly/UXV4e> #gtchat I #homeschool #teacher
- 5:24 pm **shobhanashenoy:** RT @momsinspire: Great quote 4 #edreform! @DeborahMersino RT @laughingatchaos: @chrstinef Teaching HOW to think is more important than WHAT to think! #gtchat
- 5:24 pm **shobhanashenoy:** RT @momsinspire: Children can learn so much about themselves and the world via great literature. We should encourage our children to read more! #gtchat
- 10:23 pm **JJNW:** @getsweetie Thx for RT! Teach Writing Without Handwriting: Teaching Writing w/ No Penmanship <http://bit.ly/UXV4e> #gtchat #homeschool
- 10:39 pm **getsweetie:** @JJNW Enjoyed several of your articles, nice to meet you! #gtchat #homeschool