



## Transcript from October 1, 2010 to October 1, 2010

All times are Pacific Time

### October 1, 2010

- 12:17 am **ljconrad:** RT @DeborahMersino: The votes are in! Sibling Wars: How to Support Individuality & Respect will be our 7pm/EDT #gtchat topic tomorrow/10.01. TY all!
- 12:24 am **mygiftedgirl:** Can't wait!! Via Ingenious Noon EST Friday #gtchat with Christine Fonseca, author of "Emotional Intensity in... <http://fb.me/w3SYSaQo>
- 12:35 am **teacher6th:** Hey IOWA TAG teachers. ITAG Conference is coming soon. Let's make it global by tweeting with #itag10 Pass it on! #gtchat
- 12:49 am **ColinTGraham:** REPLY to @tj007: Anyone have experience of #gifted/talented in Maths? I have Y8 pupils who'd benefit more from enrichment ... #gtchat
- 12:55 am **ljconrad:** #gtstooxies Please join me in the Lobby after the 7PM chat Fri 2 celebrate the release of @chrstinef's new book #emotionalintensity #gtchat
- 1:03 am **padgets:** RT @teacher6th: Hey IOWA TAG teachers. ITAG Conference is coming soon. Let's make it global by tweeting with #itag10 Pass it on! #gtchat
- 1:44 am **jofrei:** RT @padgets: RT @teacher6th: Hey IOWA TAG teachers. ITAG Conference is coming soon. Let's make it global by tweeting with #itag10 Pass it on! #gtchat
- 1:44 am **jofrei:** RT @ljconrad: #gtstooxies Please join me in the Lobby after the 7PM chat Fri 2 celebrate the release of @chrstinef's new book #emotionalintensity #gtchat
- 1:46 am **DeborahMersino:** @laughingatchaos - Excellent! So glad you'll make it!! #gtchat
- 1:46 am **jofrei:** RT @DeborahMersino: The votes are in! Sibling Wars: How to Support Individuality & Respect will be our 7pm/EDT #gtchat topic tomorrow/10.01. TY all!
- 1:49 am **DeborahMersino:** RT @padgets: RT @teacher6th: Hey IOWA TAG teachers. ITAG Conference is coming soon. Let's make it global by tweeting with #itag10 Pass it on! #gtchat
- 1:51 am **DeborahMersino:** @ColinTGraham - Here are a variety of #Math resources from a recent #gtchat: <http://bit.ly/beVBFF> #gifted
- 1:53 am **DeborahMersino:** @tj007 Here are a variety of #Math resources for #gifted from a recent #gtchat: <http://bit.ly/beVBFF> #gifted
- 3:18 am **prufrockpress:** RT @chrstinef: Join me tomorrow for #gtchat @ Noon EDT and learn all about #emotionalintensity in gifted student. #gifted
- 3:20 am **joelmcintosh:** RT @prufrockpress: Check out the #gtchat on Twitter at noon this Friday for a discussion with author Christine Fonseca: <http://bit.ly/ai7igp>
- 3:39 am **ljconrad:** RT @joelmcintosh: RT @prufrockpress: Check out the #gtchat on Twitter at noon this Friday for a discussion with author Christine Fonseca: <http://bit.ly/ai7igp>
- 3:52 am **ColinTGraham:** @tj007 I'm sure @DeborahMersino sent you these: Here are a variety of #Math resources from a recent #gtchat: <http://bit.ly/beVBFF> #gifted
- 4:08 am **chrstinef:** RT @mygiftedgirl: Can't wait!! Via Ingenious Noon EST Friday #gtchat with Christine Fonseca, author of "Emotional Intensity in... <http://fb.me/w3SYSaQo>
- 4:11 am **jimsissy:** RT @mygiftedgirl: Can't wait!! Noon EST Friday #gtchat with Christine Fonseca, author of "Emotional Intensity in... <http://fb.me/w3SYSaQo>
- 4:31 am **armadillosoft:** @berzerkeley This might be of interest to you re: Maia // @chrstinef 10/1 @ 9 a.m. PST #gtchat!! Topic: #EmotionalIntensity

4/1/2011

Transcript for #gtchat - What the Hasht...

5:52 am

**asynchnschlrsmo:** via [@DeborahMersino](#) Join tomorrow's noon/EDT [#gtchat!](#) Topic: [#EmotionalIntensity](#) in [#Gifted](#) with author [@chrstinef](#)

5:54 am

**asynchschrsmnd:** RT [@DeborahMersino](#): The votes are in! Sibling Wars: How to Support Individuality & Respect will be our [#gtchat](#) topic tomorrow/10.01. TY all!

5:57 am

**eshwaranv:** RT [@AsynchSchlrsmnd](#): Via [@DeborahMersino](#) Join tomorrow's noon/EDT [#gtchat!](#) Topic: [#Emotional](#) Intensity in [#Gifted](#) with author [@chrstinef](#)

7:40 am

**Giftedkidsie:** RT [@mygiftedgirl](#): Can't wait!! Via Ingeniousus Noon EST Friday [#gtchat](#) with Christine Fonseca, author of "Emotional Intensity in....."

8:16 am

**DazzlId:** RT [@DeborahMersino](#): Tomorrow. Noon/EDT. [#gtchat](#). [@chrstinef](#) - the. place. to. be. [#gifted](#)

9:59 am

**FrazzId:** RT [@DeborahMersino](#): Have emotionally intense kids/teens? Join us for [#gtchat](#) at 5pm GMT today. [@chrstinef](#) will be our Guest Expert!

10:01 am

**FrazzId:** RT [@DeborahMersino](#): The votes are in! Sibling Wars: How to Support Individuality & Respect will be our [#gtchat](#) topic at midnight GMT tonight

10:03 am

**CathRiordan:** RT [@DeborahMersino](#): Have emotionally intense kids/teens? Join us for [#gtchat](#) at 5pm GMT today. [@chrstinef](#) will be our Guest Expert!

10:03 am

**CathRiordan:** RT [@DeborahMersino](#): The votes are in! Sibling Wars: How to Support Individuality & Respect will be our [#gtchat](#) topic at midnight GMT tonight

10:05 am

**GiftedPhoenix:** I have moved the Gifted Phoenix blog to <http://giftedphoenix.wordpress.com/> Please update your blogrolls! [#gifted](#) [#gtchat](#)

10:06 am

**FrazzId:** RT [@GiftedPhoenix](#): I have moved the Gifted Phoenix blog to <http://giftedphoenix.wordpress.com/> Please update your blogrolls! [#gifted](#) [#gtchat](#)

10:12 am

**Begabungs:** RT [@FrazzId](#): RT [@GiftedPhoenix](#): I have moved the Gifted Phoenix blog to <http://giftedphoenix.wordpress.com/> Please update your blogrolls! [#gifted](#) [#gtchat](#)

11:37 am

**mygiftedgirl:** Deborah Mersino of Ingeniousus is having Christine Fonseca, author of Emotional Intensity today on Noon [#gtchat](#).... <http://fb.me/Cj5BcxPd>

12:25 pm

**chrstinef:** RT [@mygiftedgirl](#): Deborah Mersino of Ingeniousus is having Christine Fonseca, author of Emotional Intensity today on Noon [#gtchat](#).... <http://fb.me/Cj5BcxPd>

12:27 pm

**ljconrad:** [#gtchat](#) => let's make [#emotionalintensity](#) trend today :)

12:29 pm

**Just\_Marg:** RT [@ljconrad](#): [#gtchat](#) => let's make [#emotionalintensity](#) trend today :)

12:31 pm

**Giftedkidsie:** RT [@ljconrad](#): [#gtchat](#) => let's make [#emotionalintensity](#) trend today :)

1:08 pm

**GretchenJones:** RT [@mygiftedgirl](#): Deborah Mersino of Ingeniousus is having Christine Fonseca, author of Emotional Intensity today on Noon [#gtchat](#).... <http://fb.me/Cj5BcxPd>

1:09 pm

**chrstinef:** RT [@Giftedkidsie](#): RT [@ljconrad](#): [#gtchat](#) => lets make [#emotionalintensity](#) trend today :) [#gtchat](#)

1:10 pm

**chrstinef:** [@GretchenJones](#) Thanks for the RT [#gtchat](#)

1:10 pm

**DazzlId:** RT [@ljconrad](#): [#gtchat](#) => let's make [#emotionalintensity](#) trend today :)

1:13 pm

**DazzlId:** [@chrstinef](#) [@DeborahMersino](#) Really looking forward to [#gtchat](#) at 5pm GMT. It's going to be intense!

1:17 pm

**lisa\_amowitz:** RT [@mygiftedgirl](#): Deborah Mersino of Ingeniousus is having Christine Fonseca, author of Emotional Intensity today on Noon [#gtchat](#).... <http://fb.me/Cj5BcxPd>

1:17 pm

**lisa\_amowitz:** RT [@Giftedkidsie](#): RT [@ljconrad](#): [#gtchat](#) => let's make [#emotionalintensity](#) trend today :)

1:19 pm

**chrstinef:** [@lisa\\_amowitz](#) ahhh!!! THANKS lisa! [#emotionalintensity](#) [#gtchat](#)

1:19 pm

**chrstinef:** [@DazzlId](#) Love INTENSE chats! [#emotionalintensity](#) [#gtchat](#)

1:40 pm

**jofrei:** [@chrstinef](#) discussion newbook emotional intensity on [#gtchat](#) [#gtstoogies](#) wine/cheese tasting <http://www.giftedresources.org/jo/blog/?p=922>

2:04 pm

**prufrockpress:** Don't forget to check out Prufrock author Christine Fonseca at [#gtchat](#) today!

You can win copies of her new book here: <http://bit.ly/N2Pvm>

- 2:05 pm **lisa\_amowitz:** RT @prufrockpress: Don't forget to check out Prufrock author Christine Fonseca at #gtchat today! You can win copies of her new book here: <http://bit.ly/N2Pvm>
- 2:37 pm **jofrei:** RT @Giftedkidsie: RT @ljconrad: #gtchat => let's make #emotionalintensity trend today :)
- 2:38 pm **Susanewith3:** RT @ljconrad: #gtchat => let's make #emotionalintensity trend today :)
- 2:42 pm **chrstinef:** RT @Susanewith3: RT @ljconrad: #gtchat => lets make #emotionalintensity trend today :) #gtchat
- 2:42 pm **jofrei:** RT @GiftedPhoenix: I have moved the Gifted Phoenix blog to <http://giftedphoenix.wordpress.com/> Please update your blogrolls! #gifted #gtchat
- 2:49 pm **KerrySchafer:** YES! RT @chrstinef: RT @Susanewith3: RT @ljconrad: #gtchat => lets make #emotionalintensity trend today :) #gtchat
- 2:49 pm **chrstinef:** Catching up on some reading before #gtchat. The topic - #emotionalintensity
- 2:55 pm **shyj:** Has anyone out their had any experience with a "talent search" for universities like MIT, Stanford, etc with elem aged kids? #edchat #gtchat
- 3:31 pm **web20education:** Top 3 Stories in Social Media and Tech This Morning #elemchat #scichat #ukedchat #edchat #gtchat #ntchat #plenk10 <http://amplify.com/u/bjwc>
- 3:32 pm **armadillosoft:** Today! RT @DeborahMersino: Mark Your Calendars! Friday's noon/EDT #gtchat will be powerful w/ Author @chrstinef #EmotionalIntensity
- 3:32 pm **Begabung:** RT @GiftedPhoenix: I have moved the Gifted Phoenix blog to <http://giftedphoenix.wordpress.com/> Please update your blogrolls! #gifted #gtchat
- 3:37 pm **web20education:** Good news Google URL Shortener Gets a Website #edtech20 #elemchat #scichat #ukedchat #edchat #gtchat #ntchat... <http://fb.me/GXxN4IF4>
- 3:40 pm **Begabung:** RT @ljconrad: #gtstooxies Please join me in the Lobby after the 7PM chat Fri 2 celebrate the release of @chrstinef's new book #emotionalintensity #gtchat
- 3:40 pm **cybraryman1:** Friday Chats: #gtchat Noon & 7pm EST and #midleved (All day): <http://bit.ly/avnj3b>
- 3:40 pm **Begabung:** RT @jofrei: @chrstinef discussion newbook emotional intensity on #gtchat #gtstooxies wine/cheese tasting <http://www.giftedresources.org/jo/blog/?p=922>
- 3:41 pm **Begabung:** RT @cybraryman1: Friday Chats: #gtchat Noon & 7pm EST and #midleved (All day): <http://bit.ly/avnj3b>
- 3:43 pm **GiftedPhoenix:** Thanks for all the RTs to the effect that the #Gifted Phoenix Blog is now at <http://giftedphoenix.wordpress.com/> Do come and visit! #gtchat
- 3:47 pm **cybraryman1:** Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau>
- 3:48 pm **chrstinef:** RT @cybraryman1: Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau> #gtchat
- 3:48 pm **GaryBrannigan:** RT @cybraryman1: Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau>
- 3:49 pm **chrstinef:** Hey everyone...taking care of a few work things before we get underway in 10 minutes (give or take) #emotionalintensity #gtchat
- 3:50 pm **jimsissy:** RT Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau> #gtchat
- 3:51 pm **lkgg:** RT @jimsissy: RT Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau> #gtchat
- 3:51 pm **GretchenMcNeil:** RT @chrstinef: Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau> #gtchat
- 3:54 pm **Susanewith3:** RT @GretchenMcNeil: RT @chrstinef: Christine Fonseca, author of Emotional Intensity in15 minutes #gtchat.... <http://bit.ly/dneLau> #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 3:54 pm **web20education:** Now google had a official #[googledocs](#) blog [goo.gl/HCaJ](#) #[edtech20](#) #[elemchat](#) #[scichat](#) #[ukedchat](#) #[edchat](#) #[gtchat](#)... [http://fb.me/GPFFndJo](#)
- 3:56 pm **DeborahMersino:** My tweets for the next hour will be devoted to #[gtchat](#). Pardon the heavy stream; feel free to unfollow. Topic: #[emotionalintensity](#) #[gifted](#)
- 3:57 pm **chrstinef:** My tweets for the next hour will be devoted to #[gtchat](#). Pardon the heavy stream; Topic: #[emotionalintensity](#) #[gifted](#) #[gtchat](#)
- 3:57 pm **chrstinef:** @DeborahMersino Hey Deborah! #[gtchat](#)
- 3:57 pm **Begabung:** RT @DeborahMersino: My tweets for the next hour will be devoted to #[gtchat](#). Pardon the heavy stream; feel free to unfollow. Topic: #[emotionalintensity](#) #[gifted](#)
- 3:58 pm **ElanaJ:** RT @chrstinef: My tweets for the next hour will be devoted to #[gtchat](#). Pardon the heavy stream; Topic: #[emotionalintensity](#) #[gifted](#) #[gtchat](#)
- 4:00 pm **DeborahMersino:** Welcome to #[gtchat](#)! Today we have @chrstinef with us. Christine Fonseca, author of Emotional Intensity, will be answering our questions!
- 4:00 pm **chrstinef:** Hey everyone! Ready to embrace the intensity? #[emotionalintensity](#) #[gtchat](#)
- 4:01 pm **DeborahMersino:** Please take a moment to introduce yourself, your role (parent, educator, counselor, advocate) & where you reside. #[gtchat](#)
- 4:01 pm **chrstinef:** @DeborahMersino So looking forward to this! #[gtchat](#)
- 4:01 pm **bf4tbrainy:** Hi Christine & Deborah. Rebecca here. Looking forward to today's chat. #[gtchat](#) #[emotionalintensity](#)
- 4:02 pm **chrstinef:** @bf4tbrainy Hey Rebecca! #[gtchat](#)
- 4:02 pm **DeborahMersino:** My name is Deborah Mersino, moderator of #[gtchat](#), wife, mom to 2 girls, marketing consultant to global GT communities. Living in Colorado!
- 4:02 pm **Susannewith3:** Susanne, in NC, homeschooling mom to 4, 2 (at least) are gifted, younger 2 are still very little. Very interested in this topic. :) #[gtchat](#)
- 4:02 pm **jofrei:** Hi Christine and Deborah and everyone! Jo Freitag here from Gifted Resources in Melbourne Australia #[gtchat](#)
- 4:02 pm **DazzlId:** RT @chrstinef: @DeborahMersino So looking forward to this! #[gtchat](#)
- 4:02 pm **DeborahMersino:** @bf4tbrainy Glad you're with us! #[gtchat](#)
- 4:02 pm **gifts2love:** Missy, Parent, Chair Elect to Parent Division for the Ohio Association of Gifted Children, Ohio. #[gtchat](#)
- 4:02 pm **cybraryman1:** Twitterbrarian who has to learn to control his emotions on this topic. Here to learn #[gtchat](#)
- 4:02 pm **MaryStGeorge:** #[gtchat](#) I am in New Zealand at 5am but it is not every day that there is a book launch
- 4:02 pm **Begabung:** Greeting from Bavaria/Germany. Well I am not at Octoberfest now because I just wanted to join #[gtchat](#) :-D
- 4:03 pm **chrstinef:** I'm Christine Fonseca, school psychologist and author of Prufrock Press's Emotional Intensity in Gited Students. #[gtchat](#)
- 4:03 pm **cybraryman1:** ?Our emotional symptoms are precious sources of life and individuality.? #[gtchat](#)
- 4:03 pm **DeborahMersino:** Today's chat will have a different format in that we're going to give YOU a chance to direct your questions to @chrstinef. #[gtchat](#)
- 4:03 pm **laughingatchaos:** I'm Jen in CO, visiting Chicago now. Mom of 2GT boys. Blogger,advocate,wannabe writer. On 3G now, may not be able 2 contribute much. #[gtchat](#)
- 4:03 pm **chrstinef:** @Begabung @MaryStGeorge so glad you guys are here! #[gtchat](#)
- 4:03 pm **FrazzId:** Hello from Catherine in Wicklow, Ireland. Parent, advocate and support group co-ordinator. Surrounded by 6 intense teens right now! #[gtchat](#)
- 4:03 pm **chrstinef:** @cybraryman1 YES they are! #[gtchat](#)

- 4:03 pm **mygiftedgirl:** Hi! Audrey here, founder of mygiftedgirl.com and mom of two intense gifted girls! #gtchat
- 4:03 pm **asynchschrfsnd:** Hi all, Marlow from Asynchronous Scholars' Fund in California joining. I'm a parent, educator and advocate. #gtchat
- 4:03 pm **DeborahMersino:** @MaryStGeorge @jofrei - TY for getting up so early! ;-) #gtchat
- 4:03 pm **chrstinef:** @laughingatchaos Nice to see you Jen #gtchat
- 4:04 pm **ljconrad:** #gtchat Hi, from Pittsburgh! Welcome Christine! #emotionalintensity
- 4:04 pm **chrstinef:** What a great crowd! #gtchat
- 4:04 pm **DazzlId:** Hi everyone, Karen here in sunny Dublin, really looking forward to this one. I am an advocate, parent, blogger and much more! #gtchat
- 4:04 pm **Begabung:** Hi everyone! I'm Roya Klingner, Head & founder of Bavarian Center for G&T children #gtchat
- 4:04 pm **bf4tbrainy:** I'm parent to two EI pg sons, educator (homeschool and tutor) and gt advocate #gtchat
- 4:04 pm **GaryBrannigan:** Clinical & School Psychologist from NY specializing in helping parents advocate for children's reading/learning needs/rights #gtchat
- 4:04 pm **chrstinef:** @ljconrad Thanks Lisa!!! #gtchat
- 4:04 pm **chrstinef:** @GaryBrannigan Hey Gary #gtchat
- 4:04 pm **MTeacress:** @chrstinef What does #gtchat stand for?
- 4:04 pm **laughingatchaos:** Participating in #emotionalintensity blog hop next wk, can't wait. I think it's going to be a valuable book. #gtchat
- 4:05 pm **jofrei:** @DeborahMersino I would not miss it for anything! #gtchat
- 4:05 pm **DeborahMersino:** Feel free to start asking questions relative to Emotional Intensity. I'll keep track of the questions, while @chrstinef answers! #gtchat
- 4:05 pm **chrstinef:** @MTeacress Gifted chat. Today we are talking about #emotionalintensity in gifted kids and what to do as parents #gtchat
- 4:05 pm **chrstinef:** @DeborahMersino good thing! #gtchat
- 4:05 pm **FrazzId:** @MTeacress gifted/talented chat... #gtchat
- 4:05 pm **DeborahMersino:** I can't officially start, though, without saying a HUGE congratulations to Christine. It's here! #gtchat
- 4:05 pm **laughingatchaos:** @chrstinef Great to be here! Wish I was on wifi! #gtchat
- 4:05 pm **Begabung:** @chrstinef I am excited to get more infos about your book :- ) #gtchat
- 4:06 pm **laughingatchaos:** RT @DeborahMersino: I can't officially start, though, without saying a HUGE congratulations to Christine. It's here! #gtchat <-Agree!
- 4:06 pm **jimsissy:** Christine, what are the assumptions most Teachers make about gifted students? #gtchat
- 4:06 pm **chrstinef:** @DeborahMersino Thanks! This has been a true labor of love for me. Being the parent of EI GT kids, I know how hard it can be at time #gtchat
- 4:06 pm **DeborahMersino:** @MTeacress @chrstinef It stands 4 "Gifted and Talented Chat." We focus on issues relating to GT. Today's topic = Emotional Intensity #gtchat
- 4:07 pm **Christina\_Lee04:** stopping in with my pom-poms to yell "GO CHRISTINE"!!!!!! #gtchat
- 4:07 pm **Begabung:** RT @jimsissy: Christine, what are the assumptions most Teachers make about gifted students? #gtchat
- 4:07 pm **chrstinef:** @jimsissy Often teachers assume GT kids are high achievers - all the time. Which is just not the case #gtchat
- 4:07 pm **MaryStGeorge:** #gtchat when kids intensities often express themselves as sadness, what

- 4:07 pm **chrstinef:** approach do you recommend?  
@Christina\_Lee04 thx #gtchat
- 4:07 pm **FrazzIld:** @MTeacress This may help to explain: <http://www.ingeniosus.net/gtchat> #gtchat
- 4:07 pm **DeborahMersino:** Question: I know you discuss parents "coaching" their kids to monitor their intensities. Can you say more? #gtchat
- 4:07 pm **MTeacress:** @chrstinef I see. Thanks :) #gtchat
- 4:08 pm **mygiftedgirl:** Any tips on handling 2 intense girls who are so close in age? #gtchat
- 4:08 pm **chrstinef:** Gt kids often underperform in schools. They can be extremely intense in their behaviors which lead to a lot of other problems #gtchat
- 4:08 pm **BCGifted:** Hi! I'm a mom from BC with two INTENSE 2e kids. I'm happy to finally have caught a #gtchat - I usually miss them :)
- 4:08 pm **MSTA:** Aurora, Online Community Coordinator for the Missouri State Teachers Association in Columbia Missouri. #gtchat
- 4:08 pm **chrstinef:** @MaryStGeorge It is important to teach our kids that the extremes in emotions is NATURAL in GT kids #gtchat
- 4:08 pm **web20education:** The European Language Quiz was launched see it here #edtech20 #elemchat #scichat #ukedchat #edchat #gtchat #ntchat... <http://fb.me/yBppFalC>
- 4:08 pm **gifts2love:** #gtchat - Perfectionism is our biggest challenge here. Sometimes we can't get to the underlying emotions until a blow up's happened first.
- 4:08 pm **chrstinef:** Helping them with strategies to NAME their feelings is a great place to start #gtchat
- 4:09 pm **GaryBrannigan:** RT @chrstinef: @MaryStGeorge It is important to teach our kids that the extremes in emotions is NATURAL in GT kids #gtchat
- 4:09 pm **jimsissy:** Thanks Christine! #GTchat
- 4:09 pm **Christina\_Lee04:** Christine, as a former spec. ed. teacher, I know that gifted can be confused with Aspergers. Do you cover that topic? #gtchat
- 4:09 pm **chrstinef:** With regards to coaching kids - as parents we are in a unique position to show and guide our kids re their behaviors #gtchat
- 4:09 pm **laughingatchaos:** @chrstinef Underachievement and extreme intensities describes my oldest perfectly! #gtchat
- 4:09 pm **BCGifted:** @gifts2love #gtchat us too. DD struggles with perfectionism...
- 4:09 pm **chrstinef:** @jimsissy any time Julie #gtchat
- 4:09 pm **gifts2love:** #gtchat - this is frustrating for all - how to intercept the blow ups that happen from perfectionism - or is it possible?
- 4:09 pm **GiftedPhoenix:** Gifted Phoenix lurking - and multitasking! #gtchat
- 4:09 pm **giftedtaco:** @gifts2love with you on the blow ups before underlying emotions revealed! #gtchat
- 4:09 pm **bf4tbrainy:** How do we help EI kids enjoy the benefits of their intensity while minimizing the sometimes negative effects on others? #gtchat
- 4:10 pm **DeborahMersino:** @MSTA @BCGifted - Glad you're with us! #gtchat
- 4:10 pm **chrstinef:** @Christina\_Lee04 I do. ADHD and ASD is a common misdiagnosis with GT. That is NOT to say you can't be both - you can. #gtchat
- 4:10 pm **PJ\_Kaiser:** @DeborahMersino lurking today on the chat - a topic near & dear to my heart ;-)  
mom of a 5yo and 3yo #gtchat
- 4:11 pm **Susanewith3:** How do YOU handle family concerns? IE: a grandparent gives you the 'concerned' look when your 8 year old cries when they "shouldn't" #gtchat
- 4:11 pm **Christina\_Lee04:** @chrstinef definitely! Great--Going to order my copy today! #gtchat

- 4:11 pm **DazzlId:** RT @laughingatchaos: @chrstinef Underachievement and extreme intensities describes my oldest perfectly! <= mine too!! #gtchat
- 4:11 pm **chrstinef:** RE perfectionism - This often stems from the belief kids hold that making mistakes = failure = stupid. The thinking needs correcting #gtchat
- 4:11 pm **MSTA:** what's the best way to work with a gifted/LD or gifted/ADHD student? #gtchat
- 4:11 pm **jofrei:** RT @bf4tbrainy: How to help EI kids enjoy benefits of intensity while minimizing the sometimes negative effects on others? Great Q! #gtchat
- 4:11 pm **laughingatchaos:** RT @gifts2love: #gtchat - this is frustrating for all - how to intercept the blow ups that happen from perfectionism - or is it possible?
- 4:11 pm **0Quest0:** Hi - Petra here from Kildare, Ireland - joining late. #gtchat
- 4:11 pm **chrstinef:** I cover perfectionism, underperformance and behavior blow ups with lots of strategies in EI #gtchat
- 4:12 pm **MaryStGeorge:** @PJ\_Kaiser welcome to #gtchat
- 4:12 pm **gifts2love:** @Susannewith3 - Oh gosh - great question! #gtchat
- 4:12 pm **chrstinef:** @MSTA Deal with the giftedness FIRST. A lot of the behavior concerns minimize with proper educational stimulation #gtchat
- 4:12 pm **FrazzId:** RT @laughingatchaos: @chrstinef Underachievement and extreme intensities describes my oldest perfectly! / that's my youngest! #gtchat
- 4:12 pm **hfaesy:** RT @chrstinef: RE perfectionism - This often stems from the belief kids hold that making mistakes = failure = stupid. The thinking needs correcting #gtchat
- 4:12 pm **BCGifted:** RT DazzlId RT @laughingatchaos: @chrstinef Underachievement and extreme intensities describes my oldest perfectly! Same here! #gtchat
- 4:12 pm **DeborahMersino:** @Susannewith3 - Great question! #gtchat
- 4:12 pm **GaryBrannigan:** RT @chrstinef: I cover perfectionism, underperformance and behavior blow ups with lots of strategies in EI #gtchat
- 4:13 pm **DeborahMersino:** @0Quest0 Welcome Petra! #gtchat
- 4:13 pm **0Quest0:** RT @Christina\_Lee04: Christine, as a former spec. ed. teacher, I know that gifted can be confused with Aspergers. Do you cover that topic? #gtchat
- 4:13 pm **chrstinef:** Re. Intercepting blow ups - it is important to proactively start...Build an emotional vocab, establish trust and consistency #gtchat
- 4:13 pm **asynchschrfsnd:** @gifts2love re: how 2 intercept the blow ups from perfectionism=>We find that praising hard work & persistence (not outcomes) helps #gtchat
- 4:13 pm **laughingatchaos:** Sadly I will have to read the transcript; getting queasy following in the car. Drat! Great topic, vital book! #gtchat
- 4:13 pm **Begabung:** @chrstinef Could positivity be a key to support emotional needs of gifted kids? What do you think? #gtchat
- 4:13 pm **GaryBrannigan:** RT @chrstinef: @MSTA Deal with the giftedness FIRST. A lot of the behavior concerns minimize with proper educational stimulation #gtchat
- 4:13 pm **gifts2love:** @chrstinef - great! I will order - I've had the prufrock press catalog on my "to do" stack with your page dog eared sinc august! #gtchat
- 4:13 pm **giftedtaco:** RE: perfectionism @chrstinef @gifts2love Phil Gordon covered this last night in the SENG family webinar <http://bit.ly/arOT5F> #gtchat #gifted
- 4:13 pm **bf4tbrainy:** Not to mention the possible negative effects on themselves (self-judgment, criticism, etc.) #gtchat
- 4:13 pm **chrstinef:** @DeborahMersino I missed the Q from @Susannewith3 #gtchat
- 4:13 pm **AudreyFG:** @DeborahMersino Joining a little late but happy to finally join #gtchat. Great topic!
- 4:13 pm **mygiftedgirl:** @Susannewith3 I've learned to ignore all the looks and just educate others who

- 4:14 pm **Susannewith3:** @DeborahMersino :) I love my mom and she 'gets' that the oldest kids are gifted but she thinks they are "gifted" if that makes sense #gtchat
- 4:14 pm **MSTA:** @hfaesy could that be combatted by emphasizing that the best way to learn is from mistakes & mistake does not = failure or stupid? #gtchat
- 4:14 pm **chrstinef:** @Begabungsg definitely. It is a matter of switching perspective. INTENSE = PASSION which is a GREAT thing #gtchat
- 4:14 pm **FrazzIld:** RT @chrstinef: @MSTA Deal with the giftedness FIRST. A lot of behavior concerns minimize w/proper edu stimulation/ I so agree #gtchat
- 4:14 pm **BCGifted:** #gtchat My oldest has to be the BEST in a group or she becomes completely deflated and thinks she's failed. It breaks my heart.
- 4:14 pm **cybraryman1:** RT @chrstinef: Re. Intercepting blow ups-it is important to proactively start. Build an emotional vocab, establish trust & consistency #gtchat
- 4:14 pm **Susannewith3:** How do YOU handle family concerns? IE: a grandparent gives you the concerned look when your 8 year old cries when they "shouldnt" #gtchat
- 4:14 pm **MSTA:** @GaryBrannigan great suggestion! #gtchat
- 4:14 pm **ljconrad:** @chrstinef #gtchat What to do with older teens who have given up. Is there hope? #emotionalintensity
- 4:14 pm **0Quest0:** @DeborahMersino Thanks - glad to have made it! #gtchat
- 4:14 pm **Begabungsg:** @chrstinef I agree! We are on the same way :- ) #gtchat
- 4:14 pm **0Quest0:** RT @FrazzIld: RT @chrstinef: @MSTA Deal with the giftedness FIRST. A lot of behavior concerns minimize w/proper edu stimulation/ I so agree #gtchat
- 4:14 pm **DeborahMersino:** RT @Susannewith3: How do YOU handle family concerns? IE: a grandparent gives you the 'concerned' look when your 8 year old cries when they "shouldnt" #gtchat
- 4:15 pm **MSTA:** @chrstinef opps! the credit for the suggestions really goes to you. Thanks! #gtchat
- 4:15 pm **chrstinef:** @Susannewith3 I ignore. You're the parent. And trust me - I've been on the receiving end of that look #gtchat
- 4:15 pm **DeborahMersino:** Here's a link for @chrstinef's book, Emotional Intensity, <http://www.prufrock.com/searchproducts.cfm>. #gtchat
- 4:15 pm **asynchschrIrsfnd:** RT @chrstinef: perfectionism - often stems from belief kids hold that making mistakes = failure /stupid. Thinking needs correcting #gtchat
- 4:16 pm **MSTA:** RT @DeborahMersino: Heres a link for @chrstinef's book, Emotional Intensity, <http://www.prufrock.com/searchproducts.cfm>. #gtchat
- 4:16 pm **chrstinef:** @Susannewith3 and yes, you sometimes have to set boundaries. Giftedness is NEVER an excuse for poor behavior #gtchat
- 4:16 pm **PJ\_Kaiser:** @MaryStGeorge @DeborahMersino Thanks :- ) #gtchat
- 4:16 pm **FrazzIld:** @0Quest0: Hi Petra! #gtchat
- 4:16 pm **chrstinef:** Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:16 pm **bf4tbrainy:** We perfectionists (kids & adults) desperately need help internalizing Ms. Frizzle's mantra: Take chances, make mistakes, get messy! #gtchat
- 4:16 pm **DeborahMersino:** Can you talk more about establishing trust/consistency (relative to the rollercoaster)?! #gtchat
- 4:16 pm **0Quest0:** RT @MaryStGeorge Mary St George #gtchat when kids intensities often express themselves as sadness, what approach do you recommend?
- 4:17 pm **chrstinef:** Our job as parents and educators is to coach that behavior into something workable for the child #gtchat

- 4:17 pm **DeborahMersino:** RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:17 pm **MaryStGeorge:** #gtchat ignoring grandparents would be a lot harder in some families and cultures than others
- 4:17 pm **0Quest0:** @FrazzIld Hi Catherine! #gtchat
- 4:17 pm **chrstinef:** Ah yes, consistency. It really starts with us. Kids are great at hooking us emotionally. #gtchat
- 4:17 pm **BCGifted:** RT @DeborahMersino: Here's a link for @chrstinef 's book, Emotional Intensity, <http://www.prufrock.com/searchproducts.cfm>. #gtchat
- 4:18 pm **chrstinef:** @MaryStGeorge SO SO True...In our culture, HARD...trust me. Supportive spouse has helped a lot #gtchat
- 4:18 pm **mygiftedgirl:** @chrstinef I agree. Too many let it go and don't teach with it. #gtchat. It's exhausting though.
- 4:18 pm **DeborahMersino:** @chrstinef What you just said about behaviors being normal, but not acceptable. How to handle during blow up? #gtchat
- 4:18 pm **DazzIld:** RT @chrstinef: Giftedness is NEVER an excuse for poor behavior <= that's the message in this house #gtchat
- 4:18 pm **jofrei:** Read first chapter of @chrstinef s book at <http://christinefonseca.files.wordpress.com/2010/09/emotional-intensity-watermarked.pdf> #gtchat
- 4:18 pm **0Quest0:** RT @chrstinef: Ah yes, consistency. It really starts with us. Kids are great at hooking us emotionally. #gtchat
- 4:18 pm **chrstinef:** We need to learn our own hot buttons first. Establish rules for behavior. Consequences . And then coach and sape the behavior #gtchat
- 4:18 pm **asynchschrIrsfnd:** RT @chrstinef: @MSTA Deal with the giftedness FIRST. A lot of the behavior concerns minimize with proper educational stimulation #gtchat
- 4:19 pm **chrstinef:** @mygiftedgirl VERY exhausting! #gtchat
- 4:19 pm **Susannewith3:** @chrstinef oh absolutely. i just get frustrated that they don't see how much better they've both gotten in the last few years :P #gtchat
- 4:19 pm **mygiftedgirl:** Spouse must also work to understand #gifted issues. #gtchat
- 4:19 pm **BegabungS:** RT @DazzIld: RT @chrstinef: Giftedness is NEVER an excuse for poor behavior <= that's the message in this house #gtchat
- 4:19 pm **AldridgeDuff:** Good afternoon! Great follow up topic to last week's discussion! Diane Duff here, educational consultant (Ottawa). How is everyone? #gtchat
- 4:19 pm **FrazzIld:** RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:19 pm **chrstinef:** @DeborahMersino I have no problem telling my kid exactly WHAT about their behavior is UNEXCEPTABLE. #gtchat
- 4:19 pm **chrstinef:** @Susannewith3 I so get that!!! #gtchat
- 4:19 pm **0Quest0:** Re "hooking us emotionally" - how tell the difference between that and genuine intensity expressed as sadness - even depression? #gtchat
- 4:19 pm **DeborahMersino:** @jofrei - TY for putting up the link to Chapter One! (it hooked me!). #gtchat
- 4:19 pm **cybraryman1:** RT @chrstinef: @DeborahMersino I have no problem telling my kid exactly WHAT about their behavior is UNEXCEPTABLE. #gtchat
- 4:19 pm **gifts2love:** @chrstinef #gtchat - great pt -there is no question in the early years ignoring stares was very difficult to do - ignoring family "concern"
- 4:20 pm **AldridgeDuff:** I think perfectionism also comes from the fear of being caught out as a fraud... Many gifted ppl don't trust their own talents. #gtchat

- 4:20 pm **chrstinef:** @chrstinef It is a convo we have BEFORE blow ups, and when we debrief. #gtchat
- 4:20 pm **GaryBrannigan:** RT @FrazzIld: RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok...just expected #gtchat
- 4:20 pm **Susannewith3:** @chrstinef yes, being specific to which parts (feelings vs. actions) has been key for me too. #gtchat
- 4:20 pm **DeborahMersino:** @AldridgeDuff - Great! Glad you're with us. Today, Author @chrstinef is answering ?s about Emotional Intensity in Gifted. #gtchat
- 4:20 pm **gifts2love:** RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:20 pm **chrstinef:** During the blow up is not the time to shape behavior. That comes later. During, you just concentrate on managing the behavior #gtchat
- 4:20 pm **MaryStGeorge:** @SuzanneWith3 I give feedback on improvement - you have cheered yourself up - you couldn't do that last year #gtchat
- 4:21 pm **cybraryman1:** I feel everyone has to be on the same page and work together (parent, spouse, grandparent (that's me!) #gtchat
- 4:21 pm **chrstinef:** For me, the hardest thing is how EXHAUSTING initial teaching/coaching can be... #gtchat
- 4:21 pm **gifts2love:** RT @DeborahMersino: @chrstinef What you just said about behaviors being normal, but not acceptable. How to handle during blow up? #gtchat
- 4:21 pm **MSTA:** how would you suggest teachers manage a blow up that occurs in class? especially without making the child feel worse. #gtchat
- 4:21 pm **AldridgeDuff:** RT @chrstinef: @Susannewith3 and yes, you sometimes have to set boundaries. Giftedness is NEVER an excuse for poor behavior #gtchat
- 4:22 pm **jofrei:** @chrstinef How do you deal with teachers relatives etc calling intense emotions "immature"? #gtchat
- 4:22 pm **Begabung:** @cybraryman1 I agree with you! working a team as a family! #gtchat
- 4:22 pm **BCGifted:** @mygiftedgirl #gtchat tricky in our house, since spouse is the only one who ISN'T 2e. He thinks we're all nuts ;) ...but loves us anyway :)
- 4:22 pm **chrstinef:** Initial teacher of behaviors can be hard for a while. But trust me, gentle encouragement can definitely lead to the behavior we want #gtchat
- 4:22 pm **asynschlrnsfnd:** RT @DeborahMersino: Here's a link for @chrstinef's book, Emotional Intensity, <http://www.prufrock.com/searchproducts.cfm>. #gtchat
- 4:22 pm **MSTA:** @jofrei exactly what I was talking about! #gtchat
- 4:22 pm **AldridgeDuff:** RT @bf4tbrainy: We perfectionists desperately need help internalizing Ms. Frizzle's mantra: Take chances, make mistakes, get messy! #gtchat
- 4:22 pm **FrazzIld:** RT @jofrei: @chrstinef How do you deal with teachers relatives etc calling intense emotions "immature"?/ Good Q #gtchat
- 4:22 pm **chrstinef:** @MSTA Important for educators to understand the function of that behavior. What was the child trying to communicate when they blew #gtchat
- 4:22 pm **Susannewith3:** @MaryStGeorge Thats a good idea. my 6 year old especially needs that. #gtchat
- 4:22 pm **bf4tbrainy:** RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:23 pm **asynschlrnsfnd:** RT @bf4tbrainy: perfectionists (kids & adults) need help internalizing Ms.Frizzle's mantra: Take chances, make mistakes, get messy! #gtchat
- 4:23 pm **BCGifted:** @jofrei #gtchat DD's gr 2 teacher called her immature, but was kind about it. I was ok with it because I know it's a GT thing.
- 4:23 pm **DazzIld:** RT @jofrei: @chrstinef How do you deal with teachers relatives etc calling

- 4:23 pm **0Quest0:** RT @jofrei: @chrstinef How do you deal with teachers relatives etc calling intense emotions "immature"? #gtchat
- 4:23 pm **chrstinef:** @Frazzlld Great question. I think explaining the social/emo aspects of giftedness is a great place to start! #gtchat
- 4:23 pm **Begabung:** @jofrei It will be very difficult when some teachers are not familiar with GT kids and their behavior #gtchat
- 4:23 pm **DeborahMersino:** @BCGifted - love that. #gtchat
- 4:23 pm **MSTA:** @chrstinef do you suggest stopping a lesson for the class if a blow up occurs? Or wait until the lesson is over? #gtchat
- 4:23 pm **ADDhousewife:** @AldridgeDuff dd would rather quit than fail so she wants to quit band because she lost a chair #gtchat
- 4:23 pm **chrstinef:** Most educators/psychs/etc NOT trained on the unique needs or emotional attributes of giftedness #gtchat
- 4:23 pm **MaryStGeorge:** @jofrei I would probably agree and explain asynchrony, myself. #gtchat
- 4:24 pm **asynchschr/sfnd:** RT @jofrei: Read first chapter of @chrstinef s book at <http://bit.ly/cZMw33> #gtchat
- 4:24 pm **chrstinef:** @MSTA depends on scoop of behavior. If it can be redirected WITHOUT escalating, during is fine. Otherwise, after #gtchat
- 4:24 pm **chrstinef:** @MaryStGeorge YEP! #gtchat
- 4:24 pm **GaryBrannigan:** RT @chrstinef: Most educators/psychs/etc NOT trained on the unique needs or emotional attributes of giftedness #gtchat
- 4:24 pm **0Quest0:** "hooking us emotionally" - how tell the difference between that and genuine intensity expressed as sadness - even depression? #gtchat
- 4:24 pm **mygiftedgirl:** @BCGifted I took my husband to a SENG conference. One look around and he began to understand. #gtchat
- 4:24 pm **BCGifted:** #gtchat I go from being proactive w/their school, to burning out from the effort and not caring what they think for awhile.
- 4:24 pm **DeborahMersino:** @ADDhousewife So get that...tender. #gtchat
- 4:24 pm **MSTA:** @chrstinef doesn't that emphasize to the rest of the class that, that kind of behavior equals attention? #gtchat
- 4:24 pm **chrstinef:** @BCGifted I have a friend who got my book for all the teachers :D #gtchat
- 4:25 pm **cybraryman1:** I had students either tell me or write me a note before class if anything was bothering them. This avoided a lot of problems #gtchat
- 4:25 pm **Ijconrad:** <=plans on buying many copies of #emotionalintensity Grad presents to school personnel of ds's schl! #gtchat
- 4:25 pm **KristaAshe:** @chrstinef I'm so thrilled that I got Gifted Certified, and I that I got to teach Gifted Kids for 4yrs! #gtchat
- 4:25 pm **Susanewith3:** @chrstinef true, my college roomie was in special ed. they took one class that covered gifted students. out of a ton of classes :P #gtchat
- 4:25 pm **chrstinef:** @0Quest0 I am a believer in first do no harm...so I ALWAYS start assuming I am dealing with NORMAL intensity in gifted kids #gtchat
- 4:25 pm **BCGifted:** @chrstinef #gtchat That's a great idea... hmmm...
- 4:25 pm **Frazzlld:** So often, emotions/behaviour beyond years expected...even parents can fall into that trap #gtchat
- 4:25 pm **DeborahMersino:** RT @chrstinef @BCGifted I have a friend who got my book for all the teachers :D #gtchat <=Smart investment!!
- 4:25 pm **Begabung:** @chrstinef your book is a good christmas gift for teachers :- ) #gtchat

- 4:26 pm **chrstinef:** @0Quest0 if the strategies are unsuccessful, then I begin to look at clinical depression #gtchat
- 4:26 pm **bf4tbrainy:** Aren't most blow-ups fundamentally about disjuncture between reality & the child's desires? It all starts with their expectations. #gtchat
- 4:26 pm **MaryStGeorge:** @BCGifted I think most parents vary like that. I have come to believe it is meant to be! #gtchat
- 4:26 pm **chrstinef:** @Begabungsg haha THANKS! #gtchat
- 4:26 pm **DeborahMersino:** @KristaAshe Glad you're here! Good for you! #gtchat
- 4:26 pm **chrstinef:** @Begabungsg My husband is a teacher - he would agree, I think! #gtchat
- 4:26 pm **AldridgeDuff:** We had relative who said DD would have emotional difficulties as adult - and charged me with being bad parent b/c DD so sensitive. #gtchat
- 4:26 pm **gifts2love:** RT @cybraryman1: I had students either tell me or write me a note before class if anything was bothering them. This avoided a lot of problems #gtchat
- 4:27 pm **chrstinef:** @Frazzldd haha OH YEAH!! Parents fall in all the time #gtchat
- 4:27 pm **Susannewith3:** @chrstinef just curious, how common is clinical depression in gifted kids? #gtchat
- 4:27 pm **MSTA:** wondering what all the @msta #gtchat chatter is all about? Click on the hashtag to find out! #gtchat
- 4:27 pm **Begabungsg:** @chrstinef :-)) #gtchat
- 4:27 pm **DeborahMersino:** @cybraryman1 - Excellent approach. #gtchat
- 4:27 pm **KristaAshe:** @DeborahMersino Thanks! Greatest challenge for me was reaching the unmotivated Gifted Child. #gtchat
- 4:27 pm **chrstinef:** @AldridgeDuff That IS frustrating. Other parents have share similar things with me #gtchat
- 4:27 pm **BlueMfly:** RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means its is expected #gtchat
- 4:27 pm **AldridgeDuff:** @ADDhousewife Sadly, I can relate - both personally and with eldest DD. #gtchat
- 4:27 pm **asynchschrlnsnd:** RT @chrstinef: I am a believer in first do no harm...so I ALWAYS start assuming I am dealing with NORMAL intensity in gifted kids #gtchat
- 4:27 pm **chrstinef:** @Susannewith3 Not as common as one would think. It is commonly misdiagnosed though. #gtchat
- 4:27 pm **Susannewith3:** @AldridgeDuff I have had that too. Only it was a 'friend' that said I needed to put ds8 in school to 'toughen' him up @@ #gtchat
- 4:27 pm **mygiftedgirl:** My kids have learned that I ask them for the "real reason" for the blow up. Usually different than what it seems. #gtchat
- 4:27 pm **gifts2love:** RT @bf4tbrainy: Aren't most blow-ups fundamentally about disjuncture between reality & the child's desires? It all starts with their expectations. #gtchat
- 4:27 pm **0Quest0:** @chrstinef I definitely need your book - to get started on the normal strategies! Am at a bit of a loss atm! #gtchat
- 4:28 pm **BCGifted:** @mygiftedgirl #gtchat LOL I bet :) I should look into that. Poor guy has no clue. He can't make the connection between GT & fireworks.
- 4:28 pm **AldridgeDuff:** @ADDhousewife Parents of kids who struggle @ school often envy those whose kids are gifted. You don't know unless you're raising one #gtchat
- 4:28 pm **chrstinef:** I wrote this book, and the kid companion book (coming in Spring 2011) as a way to help educate people about emotional intensity #gtchat
- 4:28 pm **Susannewith3:** @chrstinef that was my thought, misdiagnosis would be easy if someone didn't understand that bigger comprehension=bigger emotion #gtchat

- 4:28 pm **asynschlrnsfnd**: @chrstinef RT if the strategies are unsuccessful, then I begin to look at clinical depression <=Can you say more about that? #gtchat
- 4:29 pm **ADDhousewife**: @AldridgeDuff now she wants to practice twice as much. She is so competitive! #gtchat
- 4:29 pm **DeborahMersino**: @AldridgeDuff - Ugh. Myths. Myths and more myths. So sorry you went through that...know many can relate. #gtchat
- 4:29 pm **chrstinef**: @OQuest0 The basics is a great place to start! #gtchat
- 4:29 pm **chrstinef**: @DeborahMersino I'm sure I've missed some things...??? #gtchat
- 4:29 pm **jofrei**: @chrstinef Looking forward to kid companion book! #gtchat
- 4:29 pm **BCGifted**: @MaryStGeorge #gtchat so true.
- 4:29 pm **bf4tbrainy**: For EI perfectionists, keeping one's expectations reasonable is a big challenge. #gtchat
- 4:29 pm **PJ\_Kaiser**: @chrstinef any advice on how 2 deal with intensities in young kids? I struggle with how to help them now 2 minimize probs in future #gtchat
- 4:29 pm **asynschlrnsfnd**: RT @chrstinef: The kid companion book (coming in Spring 2011) as a way to help educate people about emotional intensity #gtchat
- 4:30 pm **AudreyFG**: RT @chrstinef: Just because being intense is NORMAL with gifted kids, DOES NOT mean the behavior is ok. It just means it is expected #gtchat
- 4:30 pm **AldridgeDuff**: RT @BCGifted: #gtchat I go from being proactive w/ school, to burning out from effort & not caring what they think for awhile// I hear that!
- 4:30 pm **OQuest0**: @chrstinef Not that I don't know already of course - but the basics are..? :D #gtchat
- 4:30 pm **chrstinef**: @asynschlrnsfnd Sure. If I can't "coach" a behavior out of a kid - can't teach them to ACCURATELY interpret their particular sit #gtchat
- 4:30 pm **bf4tbrainy**: RT @jofrei: @chrstinef Looking forward to kid companion book! #gtchat
- 4:30 pm **OQuest0**: RT @AldridgeDuff: RT @BCGifted: #gtchat I go from being proactive w/ school, to burning out from effort & not caring what they think for awhile// I hear that!
- 4:30 pm **DeborahMersino**: RT @chrstinef @DeborahMersino I'm sure I've missed some things...??? #gtchat <= You're doing excellent!!!
- 4:30 pm **Susanewith3**: @AldridgeDuff yes. and then you have parents pushing their kids to BE "gifted" #gtchat
- 4:30 pm **AldridgeDuff**: I agree.RT @MSTA: @chrstinef doesn't that emphasize to the rest of the class that, that kind of behavior equals attention? #gtchat
- 4:30 pm **chrstinef**: @asynschlrnsfnd can't teach them to self-monitor their stress, etc THEN I begin to suspect the true brain chem issues with clin dep #gtchat
- 4:31 pm **DeborahMersino**: @chrstinef - What do you mean about "interpret" their particular situation/do you mean see it clearly/w/perspective? #gtchat
- 4:31 pm **chrstinef**: @AldridgeDuff Not if it is handled correctly! It is all about setting up the environment correctly, understanding that ALL beh #gtchat
- 4:31 pm **mygiftedgirl**: Need tips on dealing with multiple EI kids close in age. #gtchat
- 4:31 pm **OQuest0**: @chrstinef If part of 'sadness' 'intensity' is with mismatch at school hard to know what to do while waiting for school to adapt #gtchat
- 4:31 pm **ADDhousewife**: @AldridgeDuff its hard not to feel like our bright kids are behind the ones that are scary smart #gtchat
- 4:32 pm **chrstinef**: @AldridgeDuff is done for a reason, etc. Yes, ignore MINOR stuff...but you still need to learn what the behav is saying to you #gtchat
- 4:32 pm **DeborahMersino**: @AudreyFG Happy to see you here!! Feel free to ask @chrstinef a question! #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 4:32 pm **chrstinef:** I have TONS of role-play dialogues that cover behavior outbursts in schools, at home, etc #gtchat
- 4:32 pm **AldridgeDuff:** Good point! RT @bf4tbrainy: Aren't most blow-ups fundamentally about disjuncture between reality & child's desires/expectations. #gtchat
- 4:32 pm **bf4tbrainy:** @Susannewith3 We should talk. Also homeschooling an EI boy in NC. #gtchat
- 4:32 pm **asynchschrfsnd:** @chrstinef THEN I begin to suspect the true brain chem issues with clin dep<=Jow do you approach if child won't talk about stress? #gtchat
- 4:32 pm **MaryStGeorge:** #gtchat my opinion - overinvolved/underinvolved parent cycle gives kids times of huge support and times to practice making it on their own.
- 4:32 pm **chrstinef:** @ADDhousewife everyone is guilty of getting caught up in the race I think! #gtchat
- 4:33 pm **BCGifted:** @mygiftedgirl Ohhh... same here! It can take me a few days to get to the bottom of all DD's layers to the truth. #gtchat
- 4:33 pm **asynchschrfsnd:** @chrstinef Oops, I meant "How" instead of "Jow"! #gtchat
- 4:33 pm **chrstinef:** @mygiftedgirl That an be a tough one - sbling rivalry and competition, right?? #gtchat
- 4:33 pm **Susannewith3:** @bf4tbrainy :) how old? #gtchat
- 4:33 pm **DeborahMersino:** RT @chrstinef I have TONS of role-play dialogues that cover behavior outbursts in schools, at home, etc #gtchat <= Can't wait!!
- 4:33 pm **gifts2love:** @MaryStGeorge explain?#gtchat
- 4:33 pm **AldridgeDuff:** @Susannewith3 Gifted kids already tough enough on themselves. So hard to be so different. #gtchat
- 4:34 pm **BCGifted:** RT @AldridgeDuff: I think perfectionism also comes from the fear of being caught out as a fraud... Many gifted ppl don't trust their own talents. #gtchat
- 4:34 pm **chrstinef:** @DeborahMersino Hope so :D #gtchat
- 4:34 pm **mygiftedgirl:** @chrstinef yes. and it's either an EI party of fun between the two or an EI WAR. #gtchat
- 4:34 pm **AudreyFG:** RT @chrstinef: Our job as parents and educators is to coach that behavior into something workable for the child #gtchat
- 4:34 pm **chrstinef:** The book is also full of quick tips and worksheets so you don't have to try to remember all this at once! #gtchat
- 4:34 pm **BCGifted:** @ADDhousewife #gtchat My dd quit swim club because she couldn't find her flippers! Poor kid. Got SO upset.
- 4:34 pm **Susannewith3:** @AldridgeDuff yes. I thought my kids would have it easier because we homeschool...not so much. Even in small weekly groups he sees #gtchat
- 4:35 pm **gifts2love:** @BCGifted totally! And then when you do, it's so worth it - b/c it helps clarify things for both! #gtchat
- 4:35 pm **MaryStGeorge:** #gtchat many parents tell me I have times of being there for my kids gifted needs and times when I am too tired
- 4:35 pm **asynchschrfsnd:** @0Quest0 Re: sadness while school fails to adapt<=Yes, how 2 expect kids 2 wait for months while needs aren't met? (Rhetorical) #gtchat
- 4:35 pm **Begabung:** @chrstinef what about to write a book for GT kids with all role plays tips? ;-)  
#gtchat
- 4:35 pm **DeborahMersino:** RT @mygiftedgirl: @chrstinef yes. and it's either an EI party of fun between the two or an EI WAR. #gtchat
- 4:35 pm **MaryStGeorge:** #gtchat so many parents tell me this that I took an interest
- 4:35 pm **sherrilasko:** Our struggle is balancing a the emotional/social needs of a 6yr old while he is performing at 10-12 yr old levels. #gtchat #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

- 4:35 pm **chrstinef:** @mygiftedgirl I go through that...as have the families I worked with. It comes down to the same thing..coaching #gtchat
- 4:35 pm **MaryStGeorge:** #gtchat I decided it definitely had benefits
- 4:35 pm **AldridgeDuff:** @bf4tbrainy: Parents and teachers also have to work to maintain realistic expectations, I think. #gtchat
- 4:35 pm **PJ\_Kaiser:** @chrstinef i'd love some tips on dealing w/ intensities in younger kids (3yo/5yo). I struggle with this on a daily basis #gtchat
- 4:36 pm **Begabungs:** most of the books are just for adults, parents and not gt kids :-/ #gtchat
- 4:36 pm **asynschlrnsfnd:** RT @chrstinef: I have TONS of role-play dialogues that cover behavior outbursts in schools, at home, etc<=I take it roleplay helps? #gtchat
- 4:36 pm **MaryStGeorge:** #gtchat "On" time make kids feel fully supported = great
- 4:36 pm **chrstinef:** @Begabungs I DID! It is called 101 Success Secrets for Gifted Klds. It comes out in Spring 2011 #gtchat
- 4:36 pm **Jenniferkolari:** @DeborahMersino So happy to be here! Thanks for organizing!!! #gtchat
- 4:36 pm **MaryStGeorge:** #gtchat "Off" times let them be independednt and advocate for selves = great - like a balanced diet
- 4:36 pm **AldridgeDuff:** @Susannewith3 Those are the families I won't work with. Not into punishing kids to make them something they're not. #gtchat
- 4:36 pm **chrstinef:** @PJ\_Kaiser Great age to start teaching an emotional vocabulary and setting limits. T #gtchat
- 4:36 pm **Begabungs:** @chrstinef Looking forward to read it :-/ #gtchat
- 4:37 pm **BCGiftd:** @PJ\_Kaiser #gtchat When my two got intense w/eachother I'd order "quiet time" and separate them. Seemed to work.
- 4:37 pm **MSTA:** what should you do if you as a parent are coaching solutions and the regular classroom teacher isn't allowing those methods? #gtchat
- 4:37 pm **chrstinef:** @MaryStGeorge HA! Balanced diet - love that! #gtchat
- 4:37 pm **chrstinef:** I am MOST proud of it. I've interviewed 100s and 100s of gt kids for the book. #gtchat
- 4:37 pm **DeborahMersino:** What a gift to give @chrstinef 's book, Emotional Intensity as a gift to teachers/principals/admin! #gtchat
- 4:37 pm **BCGiftd:** #gtchat Also, now, when they get worked up, I tell them they need to calm down b4 we can talk, and I breathe with them. It helps too.
- 4:37 pm **DazzlId:** Do EI children have EI parents? My 1st step (when I get the book!) will be to look at my own intense emotions. #gtchat
- 4:38 pm **asynschlrnsfnd:** RT @AldridgeDuff: I think perfectionism also comes from the fear of being caught out as a fraud...<=Yes, "imposter syndrome" #gtchat
- 4:38 pm **chrstinef:** @MSTA Kids ae wonderfully adabptable. You can teach them HOW to get their need met, even in a tough environment. I think it... #gtchat
- 4:38 pm **mygiftedgirl:** I coach adults. Realized all the same stuff, works beautifully with the kids. They get it. #gtchat
- 4:38 pm **chrstinef:** @asynschlrnsfnd Imposter syndrome - next book I am working on! #gtchat
- 4:38 pm **BCGiftd:** RT @AldridgeDuff: @Susannewith3 Those are the families I won't work with. Not into punishing kids to make them something they're not. #gtchat
- 4:38 pm **Susannewith3:** @AldridgeDuff makes me sad. Think getting your kids to love learning is a bigger help then getting them to read on that extra level #gtchat
- 4:38 pm **DeborahMersino:** @DazzlId - LOVE that...such sage advice for us all. #gtchat
- 4:38 pm **chrstinef:** @DazzlId I would say in almost all cases...YES!!! #gtchat
- 4:39 pm **AldridgeDuff:** @chrstinef Re "Not if it is handled correctly...it's about setting up the

4/1/2011  
7:39 pm

Transcript for #gtchat - What the Hasht...

**AldridgeDuff:** @chrstinef: RT @MSTA: RT @DazzlId: Do EI children have EI parents? My 1st step (when I get the book!) will be to look at my own intense emotions. #gtchat

4:39 pm **DeborahMersino:** RT @DazzlId: Do EI children have EI parents? My 1st step (when I get the book!) will be to look at my own intense emotions. #gtchat

4:39 pm **bf4tbrainy:** @DazzlId No kidding. Often 2 of them. Apples & trees . . . #gtchat

4:39 pm **chrstinef:** @mygiftedgirl yes they do. #gtchat

4:39 pm **BegabungS:** I always think that gt kids are like a special rose not too much sunshine, not too much water, treat them sensibly and enjoy it #gtchat

4:39 pm **Ijconrad:** #gtchat So thankful I got to sit in today! Back to my ES class! TY @DeborahMersino & @chrstinef for a great chat #emotionalintensity

4:39 pm **0Quest0:** @MSTA #gtchat yes - a big issue is trying to get school to see where the prob is and how to solve it without leaving child in limbo waiting

4:39 pm **AudreyFG:** Thank you @DeborahMersino! Great to be here! #gtchat

4:39 pm **AldridgeDuff:** @ADDhousewife What do you mean, "behind" them? #gtchat

4:39 pm **chrstinef:** @AldridgeDuff sorry - te comment about paying attention to inappropriate behaviors #gtchat

4:40 pm **chrstinef:** @Ijconrad thank YOU #gtchat

4:40 pm **MSTA:** @0Quest0 and convincing the teacher/school that the gt child is not the problem. #gtchat

4:40 pm **asynchschrfsnd:** RT @chrstinef: @BegabungS I DID! It is called 101 Success Secrets for Gifted Kids. It comes out in Spring 2011<=Can't wait! #gtchat

4:40 pm **DeborahMersino:** @Ijconrad - TY! I owe you a note! Will chat soon with you. Thinking of you! #gtchat

4:40 pm **chrstinef:** @asynchschrfsnd Thanks! #gtchat

4:40 pm **PJ\_Kaiser:** @chrstinef can u expand a bit on "settling limits" - u mean what's allowed and what's not? #gtchat

4:41 pm **chrstinef:** @PJ\_Kaiser yes. Boundaries. Acceptable v nonacceptable behavior. I talk a lot about how to tell if your household is running well #gtchat

4:41 pm **PJ\_Kaiser:** @BCGifted yes, that is \*often\* necessary for us. but i also want to help them learn to manage their intensities too #gtchat

4:41 pm **0Quest0:** RT @MSTA and convincing the teacher/school that the gt child is not the problem. <- EXACTLY! #gtchat

4:42 pm **chrstinef:** @PJ\_Kaiser If the basic foundation is there, the rest goes more smoothly #gtchat

4:42 pm **DeborahMersino:** @PJ\_Kaiser @chrstinef - Re limits...yes, can you discuss a bit? How rigid/flexible? #gtchat

4:42 pm **BCGifted:** @gifts2love #gtchat Exactly! It's like finding a diamond in the coal. Worth digging for.

4:42 pm **AldridgeDuff:** I think moving gifted kids to alternate schooling enviros\_even homeschooling\_is just geographic cure. Kid is still gifted/hurting. #gtchat

4:42 pm **chrstinef:** I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat

4:42 pm **chrstinef:** It doesn't mean they are crazy. #gtchat

4:43 pm **gifts2love:** @PJ\_Kaiser #gtchat Limit - "if ur frustrated, u can hit a pillow, but NEVER hit your brother. You will always get in trouble for that."

4:43 pm **ADDhousewife:** @AldridgeDuff the kids are reaching milestones at different times. I feel I don't know what average or normal looks like #gtchat

4:43 pm **mygiftedgirl:** I have to run. Will see if I can keep up via Blackberry. Grateful for this boost I get from #gtchat @chrstinef @DeborahMersino and all.

- 4:43 pm **DeborahMersino:** @chrstinef - You said that the toughest part was setting up the coaching beforehand? Can you give us a sneak peek? #gtchat
- 4:43 pm **FrazzIld:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:43 pm **chrstinef:** @DeborahMersino I am a firm believer in limits that have some (small) amount of flexibility #gtchat
- 4:43 pm **DeborahMersino:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:43 pm **AldridgeDuff:** @sherrilasko That's hard - balancing social and academic needs. Both my DDs skipped grades and fit in better on both counts. #gtchat
- 4:44 pm **Susannewith3:** @AldridgeDuff my hope, in homeschooling, is to prevent the hurt from ever becoming deep like I experienced. #gtchat
- 4:44 pm **BCGifted:** Oops, I keep forgetting that hashtag #gtchat (it's my first chat :)
- 4:44 pm **chrstinef:** Barbara Colloruso likens setting flexible limits to a back bone. It is strong, supportive, sturdy - but can bend when needed #gtchat
- 4:44 pm **bf4tbrainy:** @AldridgeDuff re: geographic cure. Interesting point but at least a move minimizes secondary damage, which can be substantial. #gtchat
- 4:44 pm **MSTA:** @cybraryman1 thanks! We represent ~ 44,000 educators and all aren't equipped with gt knowledge. I like to find solutions all can use #gtchat
- 4:44 pm **0Quest0:** @AldridgeDuff Re alternate schooling enviros\_ just geographic cure. Kid is still gifted/hurting. <-but might change not end the hurt?#gtchat
- 4:45 pm **chrstinef:** Another message - we want to give our kids the tools to manage intensities over their lifetime. Learn HOW to work through their emo #gtchat
- 4:45 pm **BCGifted:** @AldridgeDuff You're lucky that way - my DD is a couple of grades ahead academically but a couple behind socially. I'm at a loss. #gtchat
- 4:45 pm **DeborahMersino:** @MSTA - Your vision and commitment is impressive! #gtchat
- 4:45 pm **FrazzIld:** @BCGifted Check out tweetchat.com for next time. Makes it SO much easier! #gtchat
- 4:45 pm **0Quest0:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:45 pm **Begabung:** TY@chrstinef @DeborahMersino - There are moments when I really like #gtchat
- 4:45 pm **bf4tbrainy:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:45 pm **0Quest0:** RT @chrstinef: It doesn't mean they are crazy. #gtchat
- 4:45 pm **MaryStGeorge:** #gtchat I like backbone analogy!
- 4:45 pm **chrstinef:** Learn HOW to talk themselves off the ledge, end their own spin. That is the goal with this book and a TON of practice #gtchat
- 4:45 pm **cybraryman1:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:45 pm **gifts2love:** @chrstinef yes! Even if the process seems sooooo slow to us as their parent! #gtchat
- 4:45 pm **chrstinef:** @MaryStGeorge I do to...sums it up perfectly, I think #gtchat
- 4:45 pm **asynchschrfsnd:** RT @0Quest0: a big issue is trying to get school to see where the prob is and how to solve it without leaving child in limbo waiting #gtchat
- 4:45 pm **MSTA:** @DeborahMersino thank you! we do what we can to gather resources all can use. #gtchat
- 4:45 pm **0Quest0:** RT @Susannewith3: @AldridgeDuff my hope, in homeschooling, is to prevent the hurt from ever becoming deep like I experienced. #gtchat

- 4:45 pm **DeborahMersino:** RT @BCGiftd Oops, I keep forgetting that hashtag #gtchat (it's my first chat :) <= I still do that sometimes. You're doing great!
- 4:46 pm **Begabung:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:46 pm **BCGiftd:** @chrstinef #gtchat yes! and that it's OK, and it's part of why they are lucky.
- 4:46 pm **BCGiftd:** @DeborahMersino thanks :) #gtchat
- 4:46 pm **DeborahMersino:** RT @chrstinef: Learn HOW to talk themselves off the ledge, end their own spin. That is the goal with this book and a TON of practice #gtchat
- 4:46 pm **0Quest0:** RT @BCGiftd: @AldridgeDuff You're lucky that way - my DD is a couple of grades ahead academically but a couple behind socially. I'm at a loss. #gtchat
- 4:46 pm **PJ\_Kaiser:** @gifts2love ok, a nice tangible rule or limit on behavior #gtchat
- 4:47 pm **jofrei:** RT @chrstinef: I think the key to all of this is really teaching our GT kids that the intensity is a part of who they are. #gtchat
- 4:47 pm **chrstinef:** To set up effective coaching takes three things; 1) GOOD communication between all parties, 2) Knowing how to FACILITATE learning #gtchat
- 4:47 pm **AldridgeDuff:** RT @BCGiftd: @PJ\_Kaiser #gtchat When my DDs too intense, gave left brain activities around house #gtchat
- 4:47 pm **AudreyFG:** This is key! RT @chrstinef: Learn HOW to talk themselves off the ledge, end their own spin... #gtchat
- 4:47 pm **cybraryman1:** Some Emotional Intensity links (GT too): <http://bit.ly/aUZlbb> #gtchat Of course I have to read @chrstinef book
- 4:47 pm **asynschlrshnd:** RT @AldridgeDuff: moving kid is just geographic cure. Kid is still gifted/hurting <=Not if alternate educ situation addresses needs #gtchat
- 4:47 pm **chrstinef:** Facilitate as opposed to TELLING the kids WHAT to think - teach them HOW #gtchat
- 4:47 pm **DeborahMersino:** @chrstinef - Helping kids manage their OWN intensities - so powerful. #gtchat
- 4:47 pm **DazzlId:** RT @AudreyFG: This is key! RT @chrstinef: Learn HOW to talk themselves off the ledge, end their own spin... #gtchat
- 4:47 pm **asynschlrshnd:** RT @chrstinef: @DeborahMersino I am a firm believer in limits that have some (small) amount of flexibility #gtchat
- 4:47 pm **chrstinef:** and 3) Unconditional high regard for the child #gtchat
- 4:48 pm **Begabung:** RT @cybraryman1: Some Emotional Intensity links (GT too): <http://bit.ly/aUZlbb> #gtchat Of course I have to read @chrstinef book
- 4:48 pm **0Quest0:** RT @chrstinef: Facilitate as opposed to TELLING the kids WHAT to think - teach them HOW #gtchat
- 4:48 pm **chrstinef:** Get three things in place first, and you have a foundation from which to help shape the child's behavior #gtchat
- 4:48 pm **DeborahMersino:** RT @chrstinef: Facilitate as opposed to TELLING the kids WHAT to think - teach them HOW #gtchat
- 4:48 pm **BCGiftd:** @AldridgeDuff Good idea :) #gtchat
- 4:48 pm **jofrei:** RT @DeborahMersino: @chrstinef - Helping kids manage their OWN intensities - so powerful. #gtchat
- 4:48 pm **AldridgeDuff:** Right on! RT @Susannewith3: @AldridgeDuff Getting yr kids to love learning is bigger help than getting them to read at extra level #gtchat
- 4:48 pm **Susannewith3:** @chrstinef how early do YOU start consciously doing this? Do you wait for verbal fluency? Or before? Or even later? #gtchat
- 4:48 pm **DeborahMersino:** @chrstinef - Can you give an example of the "How to think?" #gtchat

- 4:48 pm **chrstinef:** @DeborahMersino And so rewarding to see. My oldest is a lot like one of the examples in the book. LOVE watching her talk herself down #gtchat
- 4:49 pm **asynchschrlnsnd:** RT @chrstinef: Learn HOW to talk themselves off the ledge, end their own spin. That is the goal with this book and a TON of practice #gtchat
- 4:49 pm **AudreyFG:** @chrstinef What do you see as the most important tool in learning to talk themselves off the ledge? For us, taking a breath is key. #gtchat
- 4:49 pm **BCGifted:** @Frazzld Thank you! Good to know. #gtchat
- 4:49 pm **AldridgeDuff:** RT @MSTA: @0Quest0 and convincing the teacher/school that the gt child is not the problem. #gtchat
- 4:49 pm **bf4tbrainy:** @chrstinef An important, even life saving skill for DI kids! #gtchat
- 4:50 pm **bf4tbrainy:** Make that EI! #gtchat
- 4:50 pm **chrstinef:** The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:50 pm **PJ\_Kaiser:** @AldridgeDuff @bcgifted ah, as a diversion tactic - yes, that can definitely work #gtchat
- 4:50 pm **chrstinef:** @bf4tbrainy SO very true! #gtchat
- 4:50 pm **jimsissy:** Your kids are the smart, emotional ones. Right? better head over to the Gifted and talented chat with Christine Fonesca @chrstinef #gtchat
- 4:50 pm **0Quest0:** RT @chrstinef: The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:50 pm **DeborahMersino:** RT @chrstinef: The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:51 pm **asynchschrlnsnd:** RT @chrstinef: effective coaching takes 3 things; 1) GOOD communication between all parties, 2) Knowing how to FACILITATE learning #gtchat
- 4:51 pm **chrstinef:** @AudreyFG When a person is in crisis, the thinking part of the brain literally STOPS. so you need TIME to get it working again. #gtchat
- 4:51 pm **BCGifted:** RT @chrstinef: The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:51 pm **DeborahMersino:** RT @AudreyFG: @chrstinef What do you see as the most important tool in learning to talk themselves off the ledge? For us, taking a breath is key. #gtchat
- 4:51 pm **gifts2love:** @PJ\_Kaiser consistency =key. If ur incnsistnt, it'll take them longer 2 learn - I've had times of incnsistncy & have pd the price. #gtchat
- 4:51 pm **asynchschrlnsnd:** RT @chrstinef: and 3) Unconditional high regard for the child #gtchat
- 4:51 pm **MSTA:** @jimsissy what a great introduction to #gtchat
- 4:51 pm **AldridgeDuff:** Bottom line problem with education. RT @ADDhousewife Kds reach milestones at diff times. Don't know what normal looks like #gtchat
- 4:51 pm **Begabungs:** @chrstinef Think about the solution rather than the problem #gtchat
- 4:51 pm **chrstinef:** @jimsissy <3 ya! #gtchat
- 4:51 pm **0Quest0:** RT @chrstinef: @AudreyFG When a person is in crisis, the thinking part of the brain literally STOPS. so you need TIME to get it working again. #gtchat
- 4:51 pm **chrstinef:** @AudryFG and yes, breathing is key #gtchat
- 4:51 pm **bf4tbrainy:** @Susannewith3 At birth, even in utero. ;-) #gtchat
- 4:52 pm **MaryStGeorge:** #gtchat could use Tony Ryan's "what if wheel" to explore ways of handling emotions and consequences
- 4:52 pm **AldridgeDuff:** @Susannewith3 #gtchat I absolutely get that! As parents, we have to figure out what's best for our child, and damn the systems! #gtchat
- 4:52 pm **chrstinef:** @MaryStGeorge definitely a practice strategy that works #gtchat

- 4:52 pm **asynschlrfsnd:** RT @chrstinef: The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:53 pm **DeborahMersino:** To stay up to date, here's @chrstinef 's page:  
<http://christinefonseca.wordpress.com/> #gtchat
- 4:53 pm **chrstinef:** I'll be adding to this conversation and trying to answer more questions on my blog tomorrow. #gtchat
- 4:53 pm **AldridgeDuff:** Great point! Thx. RT @bf4tbrainy: @AldridgeDuff re: geographic cure. Interesting, but at least a move minimizes secondary damage. #gtchat
- 4:53 pm **asynschlrfsnd:** RT @chrstinef: When a person is in crisis, the thinking part of the brain literally STOPS. so you need TIME to get it working again. #gtchat
- 4:53 pm **Susannewith3:** @bf4tbrainy sometimes I feel I'm being silly working on thinking through emotions with my 3 year old. :P I imagine it looks strange. #gtchat
- 4:53 pm **0Quest0:** RT @asynschlrfsnd: RT @chrstinef: The HOW - instead of saying, "Try doing "x" next time the problem happens" say "What do you think would work better?" #gtchat
- 4:53 pm **Begabungsg:** @chrstinef Your kids must be very grateful to have a mother like you #gtchat
- 4:53 pm **PJ\_Kaiser:** @gifts2love u r right - especially w/ my daughter - she strikes when she senses weakness ;-) #gtchat
- 4:53 pm **MSTA:** @jimsissy I may add it to our eventual book club review and study guide. thanks for a great endorsement! #gtchat
- 4:54 pm **DeborahMersino:** We have just a few more minutes! Final thoughts, learns, questions for @chrstinef (who has done an amazing job today!)? #gtchat
- 4:54 pm **chrstinef:** RT @DeborahMersino: To stay up to date, here's @chrstinef s page:  
<http://christinefonseca.wordpress.com/> #gtchat
- 4:54 pm **BCGifted:** @chrstinef #gtchat Lightbulb! Something I learned at a kids' anxiety clinic - "square breathing": 5 seconds ea: in/hold/out/hold
- 4:54 pm **chrstinef:** @Begabungsg I am certain there are times they would whole heartedly DISAGREE! I am pretty tough! #gtchat
- 4:54 pm **asynschlrfsnd:** RT @DeborahMersino: To stay up to date, here's @chrstinef 's page:  
<http://christinefonseca.wordpress.com/> #gtchat
- 4:54 pm **AudreyFG:** RT @chrstinef: When a person is in crisis, the thinking part of the brain literally STOPS. so you need TIME to get it working again. #gtchat
- 4:54 pm **chrstinef:** @Begabungsg but thank you #gtchat
- 4:54 pm **AldridgeDuff:** @0Quest0 #gtchat Good question. My thought was about child is still being gifted, still dealing with doubts, with emotions, with...#gtchat
- 4:54 pm **PJ\_Kaiser:** @Susannewith3 @bf4tbrainy i have to do this daily w/ my 3yo #gtchat #gtchat
- 4:54 pm **chrstinef:** @BCGifted totally works. My fav is breathing colors. ALWAYS works with kids. (its in my book) #gtchat
- 4:55 pm **asynschlrfsnd:** RT @chrstinef: I'll be adding to this conversation and trying to answer more questions on my blog tomorrow. #gtchat
- 4:55 pm **bf4tbrainy:** @Susannewith3 Don't worry about how it looks. It's like reading to your 3 yo. You're modeling skills they'll use later. #gtchat
- 4:55 pm **BCGifted:** @chrstinef #gtchat It's the conscious control of the breathing that switches the brain from emotional to rational. Awesome technique :)
- 4:55 pm **AldridgeDuff:** @BCGifted #gtchat Yes, we were all very lucky that way - but things did finally catch up... and kick us in the end (pardon the pun) #gtchat
- 4:56 pm **Susannewith3:** @chrstinef thats a really good visual. I can see that working for my oldest 2 and even my 3 year old. #gtchat
- 4:56 pm **chrstinef:** @bf4tbrainy yes yes yes #gtchat

- 4:56 pm **Begabungs:** RT @BCGifed: @chrstinef #gtchat It's the concious control of the breathing that switches the brain from emotional to rational. Awesome tecnique :)
- 4:56 pm **DeborahMersino:** Thank you also to @PrufrockPress - publisher of Emotional Intensity in Gifted Students. Smart pick! #gtchat
- 4:56 pm **0Quest0:** Final thought - in my experience (limited!) EA kids as they get older do well at learning to manage the outbursts type intensities . #gtchat
- 4:56 pm **chrstinef:** @BCGifed I know! That is why I love it. The breathing colors teaches kids to self monitor. It is pretty powerful too #gtchat
- 4:56 pm **BCGifed:** RT @DeborahMersino: To stay up to date, here's @chrstinef 's page: <http://christinefonseca.wordpress.com/> #gtchat
- 4:57 pm **chrstinef:** RT @DeborahMersino: Thank you also to @PrufrockPress - publisher of Emotional Intensity in Gifted Students. Smart pick! GREAT PUB! #gtchat
- 4:57 pm **BCGifed:** RT @chrstinef: @BCGifed I know! That is why I love it. The breathing colors teaches kids to self monitor. It is pretty powerful too #gtchat
- 4:57 pm **AldridgeDuff:** @asynchschrlnfd #gtchat Yes, true re academics. But all needs aren't academic, and gifted child still has to deal with self. #gtchat
- 4:57 pm **chrstinef:** @0Quest0 research would agree with you. Long term prognosis is good #gtchat
- 4:57 pm **cybraryman1:** @chrstinef Thank you so much for sharing so many great ideas and approaches. #gtchat
- 4:57 pm **Begabungs:** Thank you for great #gtchat! @DeborahMersino @chrstinef
- 4:58 pm **Begabungs:** RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. #gtchat
- 4:58 pm **chrstinef:** @cybraryman1 Thank you for jining the mayheim.! #gtchat
- 4:58 pm **MSTA:** seconded! RT @Begabungs: Thank you for great #gtchat! @DeborahMersino @chrstinef #gtchat
- 4:58 pm **DeborahMersino:** RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. #gtchat
- 4:58 pm **chrstinef:** @Begabungs thank you! You all made my day! #gtchat
- 4:58 pm **AudreyFG:** RT @chrstinef: @0Quest0 research would agree with you. Long term prognosis is good #gtchat
- 4:58 pm **DazzlId:** RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. <= Absolutely agree, thank you! #gtchat
- 4:58 pm **PJ\_Kaiser:** RT @Begabungs: Thank you for great #gtchat! @DeborahMersino @chrstinef #gtchat
- 4:58 pm **cybraryman1:** @DeborahMersino Keep your emotions in check when you read this: #gtchat keeps getting better thanks to you!
- 4:58 pm **0Quest0:** @chrstinef If only I realised when I was at that stage - now worry has moved to sad-type intensity- hope same is true! #gtchat
- 4:58 pm **Susannewith3:** @bf4tbrainy true, true, sometimes its hard to not worry about the vanity of it all. :) #gtchat
- 4:58 pm **0Quest0:** RT @DazzlId: RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. <= Absolutely agree, thank you! #gtchat
- 4:58 pm **DeborahMersino:** Thank you @chrstinef for doing a consummate job of fielding questions & offering sage input! #gtchat
- 4:58 pm **BCGifed:** RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. #gtchat
- 4:59 pm **chrstinef:** Thanks to ALL of you! #gtchat
- 4:59 pm **chrstinef:** Thank you very much for a great intense chat! #gtchat

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Transcript for #gtchat - What the Hasht...

4:39 pm

**joirei:** thank you very much for a great intense chat! #gtchat

4:59 pm

**0Quest0:** RT @PJ\_Kaiser: RT @Begabung: Thank you for great #gtchat!  
@DeborahMersino @chrstinef #gtchat

4:59 pm

**asynschlrfsnd:** RT @DeborahMersino: Thank you also to @PrufrockPress - publisher of Emotional Intensity in Gifted Students. Smart pick! GREAT PUB! #gtchat

4:59 pm

**chrstinef:** @0Quest0 Never to late to reteach the brain! #gtchat

4:59 pm

**Frazzlld:** RT @cybraryman1: @chrstinef Thank you so much for sharing so many great ideas and approaches. #gtchat

4:59 pm

**Begabung:** @chrstinef We would like to translate your book in German! #gtchat

4:59 pm

**bf4tbrainy:** @0Quest0 Absolutely. My 19 yo channeled his EI into music & is now @ New England Conservatory. Time heals many if not all wounds! #gtchat

4:59 pm

**0Quest0:** RT @jofrei: Thank you very much for a great intense chat! #gtchat

4:59 pm

**Susanewith3:** @chrstinef thank you so much for answering our questions. looking forward to reading your blog and book! #gtchat

4:59 pm

**0Quest0:** RT @DeborahMersino: Thank you @chrstinef for doing a consummate job of fielding questions & offering sage input! #gtchat

4:59 pm

**chrstinef:** Thanks everyone! Embrace your #emotionalintensity today :D #gtchat

4:59 pm

**Begabung:** RT @chrstinef: @0Quest0 Never to late to reteach the brain! #gtchat

4:59 pm

**asynschlrfsnd:** RT @chrstinef: The breathing colors teaches kids to self monitor. It is pretty powerful too #gtchat

4:59 pm

**Dazzlld:** @chrstinef REALLY looking forward to getting my hands on your book now! #gtchat

5:00 pm

**chrstinef:** @Begabung Talk to Prufrock Press on that one :D #gtchat

5:00 pm

**bf4tbrainy:** TY Deborah, Christine & all participants. Great chat! #gtchat

5:00 pm

**AldridgeDuff:** So important - especially when they often have trouble loving themselves. RT @chrstinef: 3) Unconditional high regard for the child #gtchat

5:00 pm

**0Quest0:** @bf4tbrainy Thanks! Great to hear that! #gtchat

5:00 pm

**Frazzlld:** RT @Dazzlld: @chrstinef REALLY looking forward to getting my hands on your book now! #gtchat

5:00 pm

**0Quest0:** RT @Dazzlld: @chrstinef REALLY looking forward to getting my hands on your book now! #gtchat

5:00 pm

**AudreyFG:** Thank you for a great #gtchat @DeborahMersino and @chrstinef!

5:00 pm

**MaryStGeorge:** #gtchat thanks all

5:00 pm

**asynschlrfsnd:** @chrstinef Thank you for sharing your thoughts and advice here, telling us about your book! #gtchat

5:00 pm

**Begabung:** RT @Dazzlld: @chrstinef REALLY looking forward to getting my hands on your book now! #gtchat

5:00 pm

**DeborahMersino:** That's a wrap. Thank you everyone, especially @chrstinef! I'll have transcript up soon! #gtchat

5:01 pm

**DeborahMersino:** RT @Frazzlld: RT @Dazzlld: @chrstinef REALLY looking forward to getting my hands on your book now! #gtchat

5:01 pm

**0Quest0:** Wow #gtchat sure does make an hour fly! Thanks Deborah, Christine & all participants.

5:01 pm

**chrstinef:** @DeborahMersino Thank you for hosting me! This was a blast. #gtchat

5:01 pm

**AldridgeDuff:** RT @PJ\_Kaiser: @gifts2love u r right - especially w/ my daughter - she strikes when she senses weakness ;-) #gtchat / coping strategies!

5:01 pm

**DeborahMersino:** Loud cooing now! Join us again at 7pm/EDT today for second #gtchat on

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Transcript for #gtchat - What the Hasht...

5:01 pm

**DeborahMersino:** Loved seeing new faces! Join us again at 7pm/EDT today for second #gtchat on Sibling Wars. More intensity in store! #gtchat

5:02 pm

**BCGifted:** #gtchat Thanks everyone!!

5:02 pm

**FrazzIId:** RT @0Quest0: Wow #gtchat sure does make an hour fly! Thanks Deborah, Christine & all participants. /! second that! #gtchat

5:02 pm

**asynschlrnsfnd:** @AldridgeDuff re: moving educational situation<=can address not just academic needs but many others simultaneously. #gtchat

5:03 pm

**AldridgeDuff:** @DeborahMersino: @chrstinef Thanks for leading a great discussion. #gtchat

5:03 pm

**Begabungs:** RT@BCGifted #gtchat Thanks everyone!!

5:04 pm

**MaryStGeorge:** RT @asynschlrnsfnd: @AldridgeDuff re: moving educational situation<=can address not just academic needs but many others simultaneously. #gtchat

5:05 pm

**MaryStGeorge:** #gtchat because the programme I work for teaches children out of school/homeschool, we teach kids through a move - often see great results

5:06 pm

**0Quest0:** RT @chrstinef: Most educators/psychs/etc NOT trained on the unique needs or emotional attributes of giftedness #gtchat

5:06 pm

**DeborahMersino:** Transcript from 10.01 noon/EDT #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {Scroll to 4pm for start} TY!

5:07 pm

**AldridgeDuff:** @MaryStGeorge: RT @asynschlrnsfnd: re changing schools #gtchat can only speak from own experience, but am sure moving is great for some

5:07 pm

**jofrei:** RT @DeborahMersino: Transcript from 10.01 noon/EDT #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> #gtchat

5:07 pm

**DeborahMersino:** @cybraryman1 @DeborahMersino Keep your emotions in check when you read this: #gtchat keeps getting better thanks to you! <= Means a lot/TY!

5:07 pm

**FrazzIId:** RT @DeborahMersino: Transcript from 10.01 noon/EDT #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {Scroll to 4pm for start} TY!

5:07 pm

**AldridgeDuff:** @MaryStGeorge: @asynschlrnsfnd: re changing schools #gtchat Have you found it to work for your children?

5:08 pm

**Jenniferkolari:** RT @DeborahMersino: Trans from 10.01 noon #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {Scroll to 4pm for start} TY!

5:08 pm

**AudreyFG:** RT @DeborahMersino: Trans from 10.01 noon #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {Scroll to 4pm for start} TY!

5:08 pm

**asynschlrnsfnd:** RT @DeborahMersino: Transcript from 10.01 noon/EDT #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {see 4pm for start}

5:08 pm

**hfaesy:** @MSTA No not the best way, but show how failure isn't necessarily bad and to see the bright side of it. We all fail=part of life #gtchat

5:09 pm

**asynschlrnsfnd:** @AldridgeDuff Shifting to #homeschool made all the difference in the world. #gtchat

5:09 pm

**MSTA:** @hfaesy so true! #gtchat

5:10 pm

**chrstinef:** If you asked a question and I did not get to it, send it to me and I will try to answer in my blog post tomorrow. #gtchat

5:11 pm

**DeborahMersino:** RT @chrstinef: If you asked a question and I did not get to it, send it to me and I will try to answer in my blog post tomorrow. #gtchat

5:12 pm

**asynschlrnsfnd:** @chrstinef I asked re: suspecting clinical depression if stress management doesn't work<=what to do if child won't discuss? Thanks! #gtchat

5:12 pm

**jimsissy:** RT @chrstinef: If you asked a question and I did not get to it, send it to me and I will try to answer in my blog post tomorrow. #gtchat

5:14 pm

**jimsissy:** For more information about Christine Fonesca, Gifted and Talented children and what to do, go here. <http://is.gd/fEHBf> #gtchat

5:16 pm

**GretchenJones:** RT @jimsissy: For more information about Christine Fonesca, Gifted and

Talented children and what to do, go here. [#gtchat](http://is.gd/fEHBf)

- 5:19 pm **asynchschrfsnd**: RT @jimssissy: For more info about Christine Fonesca, #gifted and talented children and what to do, go here: [#gtchat](http://is.gd/fEHBf)
- 7:21 pm **web20education**: Integrate technology in classroom with #eduteacher #edtech20 #elemchat #scichat #ukedchat #edchat #gtchat #ntchat... <http://fb.me/KrujgOul>
- 7:54 pm **web20education**: #Google Stories Video Creator #edtech20 #elemchat #scichat #ukedchat #edchat #gtchat #ntchat #plenk10 #P21cs... <http://fb.me/J9NfaKNj>
- 8:25 pm **mygiftedgirl**: MT @deborahmersino Transcript from 10.01 noon #gtchat on Emotional Intensity /@chrstinef <http://bit.ly/a7C5Jx...> <http://fb.me/CpJjDM3>
- 9:01 pm **Begabung**: RT @mygiftedgirl: MT @deborahmersino Transcript from 10.01 noon #gtchat on Emotional Intensity /@chrstinef <http://bit.ly/a7C5Jx...> <http://fb.me/CpJjDM3>
- 9:16 pm **CoralBurbano**: RT @DeborahMersino: Transcript from 10.01 noon/EDT #gtchat on Emotional Intensity with @chrstinef <http://bit.ly/a7C5Jx> {Scroll to 4pm for start} TY!
- 9:43 pm **DazzlId**: @DeborahMersino Sorry I won't make later #gtchat this evening. Sibling issues very relevant in this house so I'll be reading transcript!
- 10:05 pm **KTVee**: @shyj Duke has a TIP program; does the search involve taking the SAT/ACT early? #gtchat
- 10:06 pm **KTVee**: Today I observed in a classroom where 1st graders took responsibility for their learning; self-assessed, and met goals #gtchat
- 10:17 pm **DeborahMersino**: Less than an hour to #gtchat! "Sibling Wars: How to Support Individuality & Respect" will be our topic. Join us at 7pm/EDT! #gifted
- 10:19 pm **Ijconrad**: RT @DeborahMersino: Less than an hour to #gtchat! "Sibling Wars: How to Support Individuality & Respect" will be our topic. Join us at 7pm/EDT! #gifted
- 10:39 pm **Ijconrad**: #FF @chrstinef In honor of her new book #EmotionalIntensity in Gifted Students #gtchat #gifted
- 10:41 pm **cybraryman1**: RT @DeborahMersino: 20 min. #gtchat! "Sibling Wars: How to Support Individuality & Respect" will be our topic. Join us at 7pm/EDT! #gifted
- 10:42 pm **armadillosoft**: RT @DeborahMersino: Sibling Wars: How to Support Individuality & Respect will be our 7pm/EDT #gtchat topic 10.01.
- 10:43 pm **giaimojosephine**: Looking forward to one of the best chats on Twitter at 7 pm with @DeborahMersino #gtchat
- 10:44 pm **Ijconrad**: #FF @cybraryman for his tireless efforts to make our lives easier by cataloging the best sites for educators, parents, and students! #gtchat
- 10:55 pm **giaimojosephine**: RT @armadillosoft: RT @DeborahMersino: Sibling Wars: How to Support Individuality & Respect will be our 7pm/EDT #gtchat topic 10.01.
- 10:55 pm **Ijconrad**: @chrstinef Hope you take a look at this #gtstooxies blog posted in your honor!!! #gtchat <http://www.giftedresources.org/jo/blog/?p=922>
- 10:58 pm **DeborahMersino**: My tweets for the next hour will be devoted to #gtchat. Pardon the heavy stream; feel free to unfollow. Topic: Sibling Rivalry! #gifted
- 10:59 pm **Susannewith3**: My tweets for the next hour will be devoted to #gtchat. Pardon the heavy stream; feel free to unfollow. Topic: Sibling Rivalry! #gtchat
- 11:00 pm **DeborahMersino**: Welcome to #gtchat! Our topic: "Sibling Wars: How to Support Individuality & Respect." Join us! #gifted #siblings
- 11:00 pm **cybraryman1**: "Sibling rivalry is inevitable. The only sure way to avoid it is to have one child." #gtchat
- 11:01 pm **DeborahMersino**: Please take a moment to introduce yourself, your role (parent/educator/counselor/grandparent/student/advocate) & where you reside! #gtchat
- 11:01 pm **jofrei**: Hi all! Jo Freitag from Gifted Resources in Melbourne Aus here -only child myself mum of 4 and grandma of 1 #gtchat

11:01 pm **DeborahMersino**: @cybraryman1 - Excellent starting point/quote! #ntchat

- 11:01 pm **DeborahMersino**: @CyberJman - Excellent starting point/quote: #gtchat
- 11:02 pm **Susannewith3**: Hi, I'm Susanne, homeschooling mom to 4 in NC. 2, at least are gifted, and in very different ways:) Very important subject to me. #gtchat
- 11:02 pm **DeborahMersino**: I'm Deborah Mersino, moderator of #gtchat, wife, mom to 2 girls {rivals! :-)}, marketing consultant to GT communities - living in Colorado.
- 11:02 pm **Ijconrad**: Hi, from Pittsburgh, mother of 2 gifted teens -poster kids for sibling rivalry, pres local parents' grp, gifted advocate/consultant #gtchat
- 11:03 pm **DeborahMersino**: The Effects of Sibling Competition via @DavidsonGifted <http://bit.ly/bDwYuy> #gtchat
- 11:03 pm **DeborahMersino**: Gifted and non-gifted siblings via @DukeTIP <http://bit.ly/aAuXKN> #gtchat
- 11:03 pm **Ijconrad**: @jofrei Thanks for Sprite's post! ;) #gtchat
- 11:04 pm **Ron\_Peck**: Hi, from Medford, Oregon. I'm a teacher and father of gifted children. #gtchat
- 11:04 pm **DeborahMersino**: Q1: What types of sibling rivalry issues do you see in your own home or the homes of others? #gtchat
- 11:05 pm **DeborahMersino**: @Ron\_Peck Good to see you! #gtchat
- 11:05 pm **DeborahMersino**: @Ijconrad is in the house! #gtchat
- 11:05 pm **giaimojosephine**: Good evening, Josephine M. Giaimo here, experience designer, consultant, gifted advocate, central NJ #gtchat
- 11:06 pm **Susannewith3**: Q1: In my home, 1 upsmanship. Each has their own strengths and they like showing them off to each other and us as parents. #gtchat
- 11:06 pm **jofrei**: RT @DeborahMersino: The Effects of Sibling Competition via @DavidsonGifted <http://bit.ly/bDwYuy> #gtchat
- 11:06 pm **Ron\_Peck**: In my home the older child is very successful and the younger one feels pressure to achieve at the same level. #gtchat
- 11:06 pm **FrazzIld**: Hi from Ireland. Catherine, parent & advocate. Will dip in and out as I prepare for bed (12am here. Tired and have work in the am) #gtchat
- 11:06 pm **Ijconrad**: Oy, one overachiever and one 2E - overachiever has no compassion for sibling! #gtchat
- 11:06 pm **DeborahMersino**: Q1: Differing strengths leading to frustration on both ends (messy/neat, shy/extrovert), intensities and sensitivities in both. #gtchat
- 11:06 pm **Susannewith3**: Q2: In a friends house she has territorialism going on They have lines of demarkation where each of their 'stuff' is and everything #gtchat
- 11:06 pm **Ijconrad**: @DeborahMersino :D and ready to chat!!! #gtchat
- 11:07 pm **Ron\_Peck**: @DeborahMersino Thanks Deborah, good to see you too. #gtchat
- 11:07 pm **GiftedJourney**: I'm kathee in Colo: GT Advocate, involved w#CAGT & local affil, mom to 3 not-ever-very-rivals: ds20, dd17, ds 15 largely homeschool #gtchat
- 11:07 pm **jofrei**: @Ijconrad thank you! - lots of fun -will add a homework post later #gtchat
- 11:07 pm **DeborahMersino**: @Susannewith3 - One upsmanship...great descriptor! #gtchat
- 11:07 pm **Ijconrad**: When both kids home - powderkeg! #gtchat
- 11:08 pm **FrazzIld**: Q1: 1st is high achieving rule follower. 2nd is underachieving, creative rule breaker who feels inadequate in his shadow. #gtchat
- 11:08 pm **Ron\_Peck**: If both or all siblings are gifted, frustration, acting out occurs with younger ones. Attention seeking behaviors persist. #gtchat
- 11:08 pm **DeborahMersino**: @GiftedJourney - Welcome! Q1: What sorts of sibling rivalry issues do you/have you seen in your home & others? #gtchat
- 11:09 pm **Ijconrad**: @FrazzIld exactly the same here. #gtchat
- 11:09 pm **Ron\_Peck**: The best thing a parent can do is recognize their uniqueness and make them all feel special. #gtchat

- 11:09 pm **Susannewith3:** @ljconrad yes, with 4 home (though one is just a baby so not adding to the mix yet) its explosive... #gtchat
- 11:09 pm **DeborahMersino:** RT @ljconrad When both kids home - powderkeg! #gtchat <= sums it up nicely!
- 11:10 pm **giaimojosephine:** Sometimes I get the sense that sibling rivalry is the result of someone not feeling listened to, acknowledged, or seen. #gtchat
- 11:10 pm **jofrei:** Q1 Yes we had 2 boys 2 girls one messy one neat in each case also age difference caused stress re lights out times #gtchat
- 11:10 pm **DeborahMersino:** For those of you who indicated a variance b/w high achiever and another child, you'll like the DITD link I posted earlier. #gtchat
- 11:10 pm **GiftedJourney:** I think my kids have made it a point to be very different from each other ( challenging for their parents to apply lessons learned) #gtchat
- 11:10 pm **ljconrad:** @Ron\_Peck I've been tring for 17 years! Am exhausted! #gtchat
- 11:11 pm **cybraryman1:** @DeborahMersino I can identify with the messy/neat (OCD) one! #gtchat
- 11:11 pm **giaimojosephine:** You know, Smothers Brothers "Mom always liked you best." Whether it's true or not, it's how it may seem or feel to a sibling. #gtchat
- 11:11 pm **Ron\_Peck:** As a teacher it is important to treat each sibling as if the other did not exist. Make them feel singularly important. #gtchat
- 11:11 pm **DeborahMersino:** Q2: What does it look like when rivalries take place? How does it show? {arguments, intensity, vying for attention, sulking, etc.} #gtchat
- 11:11 pm **jofrei:** @giaimojosephine re someone not feeling listened to, acknowledged - yes very much the case! #gtchat
- 11:11 pm **Frazzlld:** @Ron\_Peck Having difficulty getting no.2 to recognise/value her own uniqueness #gtchat
- 11:11 pm **Susannewith3:** @giaimojosephine sometimes it is. They compete for time just like anything else. Though sometimes its just natural butting heads #gtchat
- 11:11 pm **GiftedJourney:** @giaimojosephine Yes! sibling rivalry is the result of someone not feeling listened to, acknowledged, or seen. #gtchat
- 11:12 pm **Ron\_Peck:** @ljconrad I work hard to feed their interests. Play down competition and play up special abilities. #gtchat
- 11:12 pm **Frazzlld:** RT @DeborahMersino: The Effects of Sibling Competition via @DavidsonGifted <http://bit.ly/bDwYuy> #gtchat
- 11:12 pm **DeborahMersino:** @Ron\_Peck - Wise indeed. So often, the siblings are different. They'll appreciate being seen on their own accord! #gtchat
- 11:12 pm **Susannewith3:** Q2: I'm lucky. My oldest is a tender and gentle soul. So rivalry is normally simple whining or arguing. They resolve quickly. #gtchat
- 11:13 pm **ljconrad:** @Ron\_Peck Did I mention 17 years??? #gtchat
- 11:13 pm **Susannewith3:** Q2: As a kid me and sibs (2 bros and a sister) would actually physically fight with each other. #gtchat
- 11:13 pm **giaimojosephine:** Human beings learn through contrast, so children and adults struggle with turning contrast into "better than" or competition. #gtchat
- 11:13 pm **chrstinef:** Hi everyone! Sorry I am LATE #gtchat
- 11:14 pm **DeborahMersino:** Heard Dr.Robin Schader talk recently; she spoke about helping kids climb their own (unique) mountain. Not climbing siblings/but own. #gtchat
- 11:14 pm **Frazzlld:** Difficult when 1 is 2E and need lots of support, if other is more capable. Easy for one to feel unseen #gtchat
- 11:14 pm **jofrei:** @Ron\_Peck: re recognize their uniqueness and make them all feel special. Yes! We had to make sure the undemanding one was not missed #gtchat
- 11:14 pm **Ron\_Peck:** @Frazzlld Do they have a particular interest? Music, art, dance, sports, reading

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Transcript for #gtchat - What the Hasht...

11:14 pm

**Ron\_Peck:** @Frazzlld Do they have a particular interest? music, art, dance, sports, reading, writing, etc.? #gtchat

11:14 pm

**chrstinef:** @DeborahMersino Love that #gtchat

11:14 pm

**ljconrad:** RT @Frazzlld: Difficult when 1 is 2E and need lots of support, if other is more capable. Easy for one to feel unseen #gtchat

11:14 pm

**chrstinef:** @Frazzlld So true #gtchat

11:14 pm

**Susannewith3:** @Ron\_Peck yes yes yes. Playing up strengths and getting each kid to acknowledge the others strengths is key. #gtchat

11:15 pm

**DeborahMersino:** @Frazzlld I hear you re "feeling unseen"...big issue/so tricky for parents. #gtchat

11:15 pm

**giaimojosephine:** One of my teachers once said that there is no (spiritual) competition in a garden. The rose does not compare itself to a lily. #gtchat

11:15 pm

**Ron\_Peck:** @ljconrad I applaud you on the effort. Sometimes it helps to get them where they can look in the mirror. Confront their specialness! #gtchat

11:15 pm

**chrstinef:** @giaimojosephine beautiful analogy #gtchat

11:16 pm

**Frazzlld:** @Ron\_Peck Yes, but dropping out of each, one by one, due to lack of self confidence :-#gtchat

11:16 pm

**DeborahMersino:** Schader said it's vital to identify what interests a child/teen (not just gifted areas) and support/foster curiosity/learning. #gtchat

11:16 pm

**Susannewith3:** @giaimojosephine I like that imagery very much. #gtchat

11:16 pm

**laughingatchaos:** Made it! I'm Jen in CO, visiting Chicago. Mom 2 2 GT boys. Blogger/advocate/wannabe writer. Sib relations good, but can be tense. #gtchat

11:16 pm

**GiftedJourney:** @Frazzlld Hard to give time/attn to child w/o greater apparent needs & intensities, esp when the parent (or teacher) is exhausted #gtchat

11:16 pm

**DeborahMersino:** Remembering that sibling rivalry is NORMAL is also something parents need to be reminded of (know I do). #gtchat

11:17 pm

**Susannewith3:** @DeborahMersino yes! Doing that unlocks their love of learning anyway. Not just helps them identify themselves. #gtchat

11:17 pm

**chrstinef:** @laughingatchaos Hi Jen! I just got here too. #gtchat

11:17 pm

**ljconrad:** @laughingatchaos Yea! You get extra effort award tonight! #gtchat

11:17 pm

**DeborahMersino:** @laughingatchaos - TY for making time for #gtchat! We're talking about how rivalries "look like" in our homes/other homes.

11:17 pm

**Susannewith3:** @GiftedJourney everything is so much easier when you aren't tired isn't it? #gtchat

11:17 pm

**laughingatchaos:** RT @Frazzlld: Difficult when 1 is 2E and need lots of support, if other is more capable. Easy for one to feel unseen<-THE CASE HERE! #gtchat

11:17 pm

**chrstinef:** RT @DeborahMersino: Remembering that sibling rivalry is NORMAL is also something parents need to be reminded of (know I do). YES #gtchat

11:17 pm

**Frazzlld:** @GiftedJourney It takes conscious effort! #gtchat

11:18 pm

**laughingatchaos:** @chrstinef WHEW! ;) #gtchat

11:18 pm

**chrstinef:** RT @Susannewith3: @GiftedJourney everything is so much easier when you aren't tired isn't it?--> So so true! #gtchat

11:18 pm

**Ron\_Peck:** @Frazzlld Important for you to help them find who they are and want to be. Parents often times play counselor. Tis what we must do. #gtchat

11:18 pm

**laughingatchaos:** @ljconrad Double extra reward; late from practicing flute for the wedding I'm playing tomorrow. LOL #gtchat

11:18 pm

**chrstinef:** @laughingatchaos hope you are enjoying your reading ;) #gtchat

11:18 pm

**heabe:** RT @DeborahMersino: The Effects of Sibling Competition via @DavidsonGifted

- 11:18 pm **giaimojosephine**: Q2 When I was growing up, I don't remember any sibling rivalry. Later, my sister told me that teachers held me up as an example. #gtchat
- 11:19 pm **chrstinef**: RT @heabe: RT @DeborahMersino: The Effects of Sibling Competition via @DavidsonGifted <http://bit.ly/bDwYuy> #gtchat
- 11:19 pm **jofrei**: @DeborahMersino re sibling rivalry is NORMAL - it is also helpful learning debate and give/take As an only child I missed that #gtchat
- 11:19 pm **laughingatchaos**: @chrstinef I am! : ) Have to read transcript, hubby may learn about HIMSELF! lol #gtchat
- 11:19 pm **DeborahMersino**: Families that valued communication, offered free/down time for play, educational opport for exploration = healthier (Schader) #gtchat
- 11:19 pm **Susannewith3**: @giaimojosephine Teachers did that to me too. My sister was well behaved...I was gifted and explosive (emotionally intense) sigh. #gtchat
- 11:19 pm **laughingatchaos**: Growing up, my bro & I were so different! He's obviously 2e, I'm not. I see the same thing w/my boys. & I know how the non-2e feels #gtchat
- 11:19 pm **Ron\_Peck**: Rivalry is a good thing too! Just use it so that everyone benefits from "friendly" competition and nothing more. #gtchat
- 11:20 pm **chrstinef**: @DeborahMersino oh yes...that is the foundation! Makes the EI thing easier too #gtchat
- 11:20 pm **ljconrad**: @laughingatchaos Wish there was a You Tube video! Would love to hear you (honestly)! :) #gtchat
- 11:20 pm **DeborahMersino**: The Davidson article also discusses distinctions b/w two close-aged, same-gender children (@mygiftedgirl). #gtchat
- 11:20 pm **Susannewith3**: @DeborahMersino makes sense. discussing issues that haven't become issues has been key here. Talking it out=prevention for me. #gtchat
- 11:21 pm **Susannewith3**: @DeborahMersino I wonder about the same-gender, mine are paired (boy/girl/boy/girl) so I'm thinking I lucked out a bit. #gtchat
- 11:21 pm **DeborahMersino**: DITD article also covers Following a very talented oldest child, saying its difficult to convince younger children of strengths. #gtchat
- 11:21 pm **giaimojosephine**: Q2 There may have been some "sibling" rivalry between my parents, though! They would bake apple pies and ask the children to vote. #gtchat
- 11:21 pm **GiftedJourney**: Q2 No physical fighting. Bickering. Nit-picking. I start singing the Simpsons' "Itchy and Scratchy" theme song and they know... #gtchat
- 11:21 pm **DeborahMersino**: Says younger may resort to underachievement for attention seeking. Become route to family recognition. wow. #gtchat
- 11:22 pm **ljconrad**: @Ron\_Peck got a spare room? Think I'll send one of mine to your house. Maybe they will listen to you! lol #gtchat
- 11:22 pm **beccasara**: I have identical twins so they are on the same level in everything - but one tends to test better than the other. that is tricky. #gtchat
- 11:22 pm **Susannewith3**: @giaimojosephine hahahaha well...at least there was tons of apple pie! #gtchat
- 11:22 pm **chrstinef**: @Susannewith3 girl drama intensifies when siblings close in age - competition for affection/spotlight thing #gtchat
- 11:22 pm **chrstinef**: @DeborahMersino Absolutely! #gtchat
- 11:22 pm **FrazzIId**: @DeborahMersino I'll have to read it then! #gtchat
- 11:22 pm **laughingatchaos**: @ljconrad Aw, thanks hon! I used to be really good, now not so much. #gtchat
- 11:23 pm **FrazzIId**: RT @DeborahMersino: ..younger may resort to underachievement for attention seeking. Become route to family recognition. wow. #gtchat
- 11:23 pm **ljconrad**: All kidding aside - this can be really heart breaking at times for a mother. #gtchat

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Transcript for #gtchat - What the Hasht...

- 11:23 pm **DeboranMersino:** Some sibling rivalry can be healthy/normal (particularly w/ gifted!) it's when it begins to cause constant battling that overwhelms. #gtchat
- 11:23 pm **Susanewith3:** @chrstinef I'm skerred for when my oldest girl (6 now) reaches puberty. She loves the drama now. #gtchat
- 11:23 pm **DeborahMersino:** @beccasara - That would be tough. Do they have unique interests? #gtchat
- 11:24 pm **chrstinef:** @DeborahMersino the idea is to not let it get that far, when possible #gtchat
- 11:24 pm **Ron\_Peck:** @ljconrad lol, well, if I had room, they'd be welcome. The only protest would be from the dogs. 8) #gtchat
- 11:24 pm **laughingatchaos:** Suppose I've been lucky here; my boys are BFFs. It's the playing/roughhousing that gets over the top. #gtchat
- 11:24 pm **beccasara:** @DeborahMersino what about when 1 qualifies for a program/class and 1 doesn't? what do you do? not send either? #gtchat
- 11:24 pm **Susanewith3:** @ljconrad yes. you never feel so unworthy as when one of your kids is obviously in need of something that you could have done better #gtchat
- 11:24 pm **Frazzlld:** RT @Susanewith3: @chrstinef I'm skerred for when my oldest girl (6 now) reaches puberty. She loves the drama now./ brace yourself!! #gtchat
- 11:24 pm **chrstinef:** @Susanewith3 sorry - hormones do add an interesting flavor to it all. My girls are 10 and 14. I live it often #gtchat
- 11:24 pm **DeborahMersino:** Q3: How do you handle the conflict/rivalry? #gtchat
- 11:25 pm **laughingatchaos:** @Frazzlld I'm scared when my 9yr hits puberty. God help me. He's a moody handful NOW! #gtchat
- 11:25 pm **Susanewith3:** @DeborahMersino We start with a time apart (normally 5 minutes of quiet, breathing, just not looking) then we time back in and talk #gtchat
- 11:25 pm **DeborahMersino:** @chrstinef - Agree and believe those fortunate enough to read your book Emotional Intensity will benefit greatly/be better prepared! #gtchat
- 11:25 pm **giaimojosephine:** RT @DeborahMersino: distinctions b/w two close-aged, same-gender children ...what does the article say?(@mygiftedgirl). #gtchat
- 11:25 pm **beccasara:** @DeborahMersino no. they are so in sync it's scary. only an issue when we've dealt with johns hopkins, etc. & only 1 made the cut. #gtchat
- 11:25 pm **ljconrad:** @Frazzlld Ain't that the truth!!! #gtchat
- 11:25 pm **laughingatchaos:** Q3: Separate corners/rooms to cool off. Beyond that...HELP! #gtchat
- 11:25 pm **chrstinef:** @DeborahMersino man I HOPE so! #gtchat
- 11:25 pm **Ron\_Peck:** @ljconrad Sometimes it helps to find someone they will listen to, like a coach, teacher, relative... #gtchat
- 11:26 pm **GiftedJourney:** @DeborahMersino So what does it suggest? I have a not-GT brother who I guess is still in that cycle. Scary! #gtchat
- 11:26 pm **chrstinef:** @beccasara that can be really tough! #gtchat
- 11:26 pm **chrstinef:** @Ron\_Peck yes yes yes #gtchat
- 11:26 pm **giaimojosephine:** RT @GiftedJourney: Q2 I start singing the Simpsons' "Itchy and Scratchy" theme song and they know...I want to learn that song, too. #gtchat
- 11:27 pm **Ron\_Peck:** @DeborahMersino Q3: Find out what the source of the conflict is and address the needs associated with it. #gtchat
- 11:27 pm **Susanewith3:** Q3 can't THEN we try to resolve the conflict, compromise, reparations, etc. THEN we do something else together, team building type #gtchat
- 11:27 pm **chrstinef:** @laughingatchaos seems appropriate for during crisis. Before and after is where you can tweak things #gtchat
- 11:27 pm **laughingatchaos:** @Ron\_Peck I was often that person when I taught private flute lessons. More kids need that kind of outside mentorship. #gtchat

- 11:27 pm **beccasara:** @chrstinef it really is. one only missed by abt 2 questions - so we opted out of the whole thing rather than create that rivalry. #gtchat
- 11:27 pm **ljconrad:** @Ron\_Peck Not to be contrary, but tried that several times once they got to hs. At 19 and 17 it just seems like a lost cause. #gtchat
- 11:27 pm **laughingatchaos:** @chrstinef Before & after I'm too wiped to tweak! If there was just a book...LOL #gtchat
- 11:28 pm **DeborahMersino:** @giaimojosephine - Says both siblings are likely to compete for attention of same-sibling parent/youngest feels frustration. #gtchat
- 11:28 pm **chrstinef:** @beccasara I would have done the same thing! #gtchat
- 11:28 pm **chrstinef:** @laughingatchaos I think I have JUST THE THING! #gtchat
- 11:28 pm **giaimojosephine:** RT @Susannewith3: @giaimojosephine hahahaha well...at least there was tons of apple pie! ...true. Talk about a sticky situation! #gtchat
- 11:28 pm **DeborahMersino:** @giaimojosephine - Also says puts extra stress on family. At least it's researched/we're not alone! #gtchat
- 11:29 pm **laughingatchaos:** @chrstinef LOL! #gtchat
- 11:29 pm **beccasara:** @DeborahMersino my girls are exactly the same IQ. (they've been tested so many times in NYC for schools) so we're lucky. #gtchat
- 11:29 pm **laughingatchaos:** Funny...here w/my brother, he doesn't think he's GT. I say he's undx 2e. #gtchat
- 11:29 pm **chrstinef:** @DeborahMersino not alone at all! #gtchat
- 11:29 pm **ljconrad:** dd online now ... maybe she'll hopefully do some lurking tonight. ;) #gtchat
- 11:29 pm **Susannewith3:** Q3 My husband only has a younger brother. His parents just sent them out back to fight it out. MINE grounded us... :P #gtchat
- 11:29 pm **Ron\_Peck:** @ljconrad Unfortunately, there is only so much a parent can do. It must come from within if they wish to resolve the conflict. #gtchat
- 11:30 pm **giaimojosephine:** RT @Frazzlld: RT @DeborahMersino: .underachievement Become route to family recognition...or parents may just write it off, no? #gtchat
- 11:30 pm **DeborahMersino:** DITD article also noted that it's good to have talks ABOUT competitiveness/help them identify their feelings. #gtchat
- 11:30 pm **laughingatchaos:** @Ron\_Peck Hard to want to resolve the conflict in the heat of the battle. #gtchat
- 11:30 pm **ljconrad:** I was only child. Hard to understand sibling rivalry. #gtchat
- 11:31 pm **GiftedJourney:** I'm fortunate no one at our house likes emotional drama--could have been a real ace up the sleeve. #gtchat
- 11:31 pm **Susannewith3:** @DeborahMersino that also makes sense. They feel better knowing that I understand what they are feeling. #gtchat
- 11:31 pm **chrstinef:** @DeborahMersino open and honest communication is foundation for so many things #gtchat
- 11:31 pm **ljconrad:** @Ron\_Peck I haven't given up all hope! :D Will keep trying! #gtchat
- 11:32 pm **ljconrad:** RT @chrstinef: @DeborahMersino open and honest communication is foundation for so many things #gtchat
- 11:32 pm **DeborahMersino:** Rimm wrote the DITD article/should have credited her earlier. She suggests avoiding labeling. (i.e. you're the shy one/limiting) #gtchat
- 11:32 pm **giaimojosephine:** RT @Susannewith3: @chrstinef She loves the drama now. Jacobson's book "The Gifted Adult" includes a plan for mental/intensity mgt...#gtchat
- 11:32 pm **jofrei:** @ljconrad snap! I was an only child too! #gtchat
- 11:32 pm **GiftedJourney:** Emphasizing not only everyone's uniqueness but also similarity and "we are all in the together" seemed to really help sometimes. #gtchat
- 11:32 pm **chrstinef:** RT @DeborahMersino: Rimm wrote the DITD article/should have credited her

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Transcript for #gtchat - What the Hasht...

11:32 pm

**chrstinef:** RT @DeborahMersino: Rimm wrote the DTD article/should have credited her earlier. She suggests avoiding labeling. #gtchat

11:32 pm

**ljconrad:** @jofrei lol #gtchat

11:32 pm **laughingatchaos:** @GiftedJourney "us against the world" is a good philosophy for a family #gtchat

11:33 pm **DeborahMersino:** @giaimojosephine @Frazzlld Interesting re underachievement...think it depends on each family. What are they being supprt in? #gtchat

11:33 pm **Susannewith3:** @giaimojosephine cool! Thanks @christinef too. Reading is my favorite way to get ideas. #gtchat

11:33 pm **chrstinef:** RT @jofrei: @ljconrad snap! I was an only child too! me three, until HS Then I had two older stepsiblings. Rivalry kicked right in! #gtchat

11:33 pm **ljconrad:** Wish I had known about this whole #emotionalintensity thing years ago! #gtchat

11:33 pm **giaimojosephine:** RT @beccasara: @DeborahMersino what do you do? ...that's when you talk about fairness being what each individual needs #gtchat

11:34 pm **DeborahMersino:** RT @GiftedJourney: Emphasizing not only everyone's uniqueness but also similarity and "we are all in the together" seemed to really help sometimes. #gtchat

11:34 pm **jofrei:** RT @laughingatchaos: @GiftedJourney "us against the world" is a good philosophy for a family yes! #gtchat

11:34 pm **chrstinef:** RT @ljconrad: Wish I had known about this whole #emotionalintensity thing years ago! --> Man I hear that A LOT! #gtchat

11:34 pm **laughingatchaos:** RT @ljconrad: Wish I had known about this whole #emotionalintensity thing years ago!<-I needed it when 9yr was 4. Lucky he saw 5 LOL #gtchat

11:34 pm **DeborahMersino:** Q4: Do you mediate? This is an intriguing question...(I do, too often) #gtchat

11:35 pm **giaimojosephine:** RT @Susannewith3: @DeborahMersino 5 minutes of quiet, breathing, just not looking) then we time back in and talk ...sounds terrific! #gtchat

11:35 pm **laughingatchaos:** Q4: I try not to play referee, but tend to get sucked in when I can't stand the squealing anymore. #gtchat

11:35 pm **chrstinef:** @DeborahMersino I think mediating is okay when it stays at facilitating. Do not do the problem solving for the kids IMHO #gtchat

11:35 pm **ljconrad:** @DeborahMersino Yea, and I've got the emotional bruises to prove it! #gtchat

11:36 pm **GiftedJourney:** @laughingatchaos This brother is not GT -- adopted and added difficulty of diabetes at age 15. Hard deal but a lot of drama. Still. #gtchat.

11:36 pm **Susannewith3:** Q4: Sometimes. Sometimes they run to me to fix it and I send them off to talk amongst themselves. It depends on how intense it is. #gtchat

11:36 pm **Ron\_Peck:** @laughingatchaos Never a good idea to try and think or resolve anything in the heat of the battle. Wait for the calm. #gtchat

11:36 pm **chrstinef:** @laughingatchaos I just tell them if I have to get involved neither will enjoy the consequence ;) #gtchat

11:36 pm **Frazzlld:** Q4: I try to avoid it now that they are teens. It's time they learned to sort things out for themselves! #gtchat

11:36 pm **chrstinef:** @ljconrad haha #gtchat

11:36 pm **chrstinef:** @Ron\_Peck ALWAYS wait for the calm...YES #gtchat

11:36 pm **DeborahMersino:** Q4: Rimm - Attention given to rivalry usually serves to reward the fighting behavior...each child tries to get parent on their side. #gtchat

11:36 pm **laughingatchaos:** @chrstinef OOH! Me likey! I'll use that! Probably tonight! LOL #gtchat

11:37 pm **Susannewith3:** @laughingatchaos yes! The squealing. The whining...ugh. #gtchat

11:37 pm **chrstinef:** @DeborahMersino thus facilitate. If you are proactive, not as much need to intervene during. #gtchat

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Transcript for #gtchat - What the Hasht...

- 11:37 pm **GiftedJourney:** @DeborahMersino smart! She suggests avoiding labeling. #gtchat
- 11:37 pm **Ron\_Peck:** Q4: I mediate and use reason and logic on them. They understand that! lol #gtchat
- 11:37 pm **chrstinef:** @laughingatchaos I have to say - it does work! #gtchat
- 11:37 pm **FrazzIld:** RT @DeborahMersino: Q4: Rimm - Attention given to rivalry usually serves to reward the fighting behavior...each child tries to get parent on their side. #gtchat
- 11:37 pm **Susanewith3:** @giaimojosephine it helps me too get back from being too irritated at what I see as silly conflicts but are so serious for them. #gtchat
- 11:37 pm **DeborahMersino:** RT @chrstinef @laughingatchaos I just tell them if I have to get involved neither will enjoy the consequence ;) #gtchat <= like this!
- 11:37 pm **laughingatchaos:** @chrstinef The trouble begins when the consequence ends up needing a consequence. :( #gtchat
- 11:38 pm **jofrei:** Q4 Loved overhearing youngest trying to sort out a debate with sister's friend (5 years older) "Let's settle this democratically!" #gtchat
- 11:38 pm **chrstinef:** @laughingatchaos Hmmm...yeah, we should probably talk ;) (jk) #gtchat
- 11:38 pm **DeborahMersino:** @chrstinef - Can you give example of facilitating vs. getting over-involved? #gtchat
- 11:38 pm **giaimojosephine:** RT @DeborahMersino: In my family there were three children born within 2 years and 3 months...seemed like triplets sometimes...#gtchat
- 11:38 pm **chrstinef:** @jofrei love that #gtchat
- 11:39 pm **Susanewith3:** RT @jofrei: "Lets settle this democratically!" AWESOME :) #gtchat
- 11:39 pm **DeborahMersino:** @jofrei - That's priceless. #gtchat
- 11:39 pm **GiftedJourney:** @laughingatchaos Q4. "If you're gonna yell like that and I have to come in and check, there'd better be blood!" #gtchat
- 11:39 pm **laughingatchaos:** @chrstinef Bwahahahahaha!!!! #gtchat
- 11:39 pm **giaimojosephine:** RT @Susanewith3: Q3 His parents just sent them out back to fight it out. ...makes me sad to hear that... :P #gtchat
- 11:39 pm **DeborahMersino:** Keep going! I'm going to put up some additional tips from the Rimm article. #gtchat
- 11:39 pm **laughingatchaos:** @GiftedJourney In our house the rule is "blood, bone, vomit, fire" LOL #gtchat
- 11:40 pm **chrstinef:** @DeborahMersino um sure...Getting overly involved = solving the problem FOR them. Facilitating = 1) proactively discussing probl solv #gtchat
- 11:40 pm **DeborahMersino:** @chrstinef - feel free to agree/disagree w/ Rimm tips; I'd be interested! #gtchat
- 11:41 pm **chrstinef:** @DeborahMersino and 2) cuing if needed during the problem and 3) debriefing afterwards - W/O taking sides #gtchat
- 11:41 pm **chrstinef:** @DeborahMersino haha! Sure! #gtchat
- 11:41 pm **laughingatchaos:** RT @chrstinef:@DeborahMersino Getting overly involved=solving the problem FOR them. Facilitating=1) proactively discussing probl solv #gtchat
- 11:41 pm **DeborahMersino:** Rimm Tip: Do set limits for reasonable noise levels or aggressive behaviors. #gtchat
- 11:41 pm **GiftedJourney:** @laughingatchaos I see I was only dealing with small potatoes LOL! #gtchat
- 11:41 pm **DeborahMersino:** RT @chrstinef: @DeborahMersino and 2) cuing if needed during the problem and 3) debriefing afterwards - W/O taking sides #gtchat
- 11:42 pm **giaimojosephine:** Underachievement may be a "cloak" that a child can wear until they can grow up and do what they choose. #gtchat
- 11:42 pm **chrstinef:** RT @DeborahMersino: Rimm Tip: Do set limits for reasonable noise levels or aggressive behaviors.--> Absolutely! #gtchat

- 11:42 pm **DeborahMersino**: "Cheer for your siblings and they'll cheer for you." Rimm #gtchat
- 11:42 pm **cybraryman1**: RT @chrstinef: @DeborahMersino and 2) cuing if needed during the problem and 3) debriefing afterwards - W/O taking sides!! #gtchat
- 11:42 pm **chrstinef**: @DeborahMersino I tell the kids my ears are bleeding when it gets too loud #gtchat
- 11:42 pm **laughingatchaos**: RT @giaimojosephine: Underachievement may be a "cloak" that a child can wear until they can grow up and do what they choose. #gtchat
- 11:42 pm **laughingatchaos**: @giaimojosephine I'd believe it; I see it w/my brother #gtchat
- 11:42 pm **ljconrad**: RT @giaimojosephine: Underachievement may be a "cloak" that a child can wear until they can grow up and do what they choose. #gtchat
- 11:42 pm **Susannewith3**: @giaimojosephine he says it matter of factly. very old school though. #gtchat
- 11:42 pm **writinginbinary**: Thankfully, my boys are so different they don't bother to compete, rivalry is minimal, but impatience is huge. #gtchat
- 11:42 pm **chrstinef**: RT @DeborahMersino: "Cheer for your siblings and theyll cheer for you." Rimm--> also agree. Mutual high regard should be there #gtchat
- 11:43 pm **giaimojosephine**: My sister became a pro photographer, but she first tried several careers in line with my parent's expectations, w/out success 1st #gtchat
- 11:43 pm **GiftedJourney**: Reminding kids to use "I messages" even with each other can be good because sometimes they don't see each others' perspectives #gtchat
- 11:43 pm **DeborahMersino**: Rimm - Don't take sides when your children put each other down. (Communicate concern privately to one doing the putting down) #gtchat
- 11:43 pm **Susannewith3**: @chrstinef i pretend i can't hear the "sorry kids, ears only work when you speak in a normal voice." #gtchat
- 11:43 pm **giaimojosephine**: RT @ljconrad: Wish I had known about this whole #emotionalintensity thing years ago! Me too. 1000% me too! #gtchat
- 11:43 pm **chrstinef**: RT @DeborahMersino: Rimm - Dont take sides when your children put each other down. --> completely agree #gtchat
- 11:44 pm **DeborahMersino**: Rimm suggests not correcting child in front of siblings (w/ regard to argument/name calling/put-downs). #gtchat
- 11:44 pm **chrstinef**: @GiftedJourney coaching perspective taking is anoter key. #gtchat
- 11:44 pm **chrstinef**: @Susannewith3 love that too! #gtchat
- 11:44 pm **GiftedJourney**: Also as they've gotten older they've counseled each other more effectively than I have sometimes. Change from rival to mentor. #gtchat
- 11:44 pm **chrstinef**: RT @DeborahMersino: Rimm suggests not correcting child in front of siblings (w/ regard to argument/name calling/put-downs).--> yep #gtchat
- 11:45 pm **laughingatchaos**: RT @Susannewith3: @chrstinef i pretend i cant hear the "sorry kids, ears only work when you speak in a normal voice."<- LOVE! #gtchat
- 11:45 pm **Susannewith3**: RT @DeborahMersino: "Cheer for your siblings and theyll cheer for you." Rimm--> big yes, start from loving each other! #gtchat
- 11:45 pm **DeborahMersino**: @GiftedJourney That has to feel great! #gtchat
- 11:45 pm **DeborahMersino**: Don't appoint your achiever to the role of tutor for your underachiever. - Rimm #gtchat
- 11:45 pm **ljconrad**: Every once in a while, they actually talk! Those are priceless moments for dh and !! ;) #gtchat
- 11:46 pm **ljconrad**: RT @DeborahMersino: Dont appoint your achiever to the role of tutor for your underachiever. - Rimm #gtchat
- 11:46 pm **GiftedJourney**: @DeborahMersino I've wept in the hallway listening, actually. #gtchat
- 11:46 pm **chrstinef**: RT @DeborahMersino: Dont appoint your achiever to the role of tutor for your

- 11:46 pm **christinef:** RT @DeborahMersino: Dont appoint your achiever to the role of tutor for your underachiever. - Rimm - VERY VERY TRUE! #gtchat
- 11:47 pm **giaimojosephine:** Q4 Rivalry can mean different things...is it emotional, for example, or is it coming to blows? Parents can model problem-solving...#gtchat
- 11:47 pm **DeborahMersino:** Sometimes when one child excels in a "domain" he/she doesn't want to let other sibling encroach. #gtchat
- 11:47 pm **christinef:** @GiftedJourney I do that when I see the girls control their intensities w/o my intervening! #gtchat
- 11:47 pm **FrazzIld:** RT @DeborahMersino: Dont appoint your achiever to the role of tutor for your underachiever. - Rimm #gtchat
- 11:47 pm **jofrei:** @GiftedJourney re they've counseled each other more effectively- yes now ours are adult they often care for each other well #gtchat
- 11:47 pm **DeborahMersino:** RT @GiftedJourney @DeborahMersino I've wept in the hallway listening, actually. #gtchat <=love
- 11:47 pm **GiftedJourney:** @DeborahMersino You know your lessons actually "took" when you here them repeated. #gtchat
- 11:48 pm **giaimojosephine:** Jesper Juul talks about children learning to develop what he calls a "personal language". Parents can model that...empowering. #gtchat
- 11:48 pm **Susannewith3:** "Dont appoint your achiever to the role of tutor for your underachiever." - Rimm --> dunno that i agree with that always #gtchat
- 11:49 pm **DeborahMersino:** Regarding labeling, other examples to avoid - calling one "the creative child" or the "social child" or "our athlete"...harmful. #gtchat
- 11:49 pm **giaimojosephine:** RT @Susannewith3: RT @jofrei: "Lets settle this democratically!" Well...that sounds nice in theory, and is cute, but will it work? #gtchat
- 11:50 pm **DeborahMersino:** @Susannewith3 I think the idea is to instill self-motivation vs. external...need to build own mountain. @christinef? #gtchat
- 11:50 pm **cybraryman1:** Need to know that respect is part of love. #gtchat
- 11:50 pm **writinginbinary:** Trying to show support for each ds's individual achievement, model pride for one another. #gtchat
- 11:50 pm **Susannewith3:** @giaimojosephine kids will surprise you. #gtchat
- 11:50 pm **giaimojosephine:** RT @DeborahMersino: Rimm Tip: Do set limits for reasonable noise levels or aggressive behaviors. I like the sound of that. #gtchat
- 11:51 pm **jofrei:** RT @cybraryman1: Need to know that respect is part of love. #gtchat
- 11:51 pm **Susannewith3:** @DeborahMersino i'm just thinking if you have both teach each other something they can learn to lean on each other, team work #gtchat
- 11:51 pm **DeborahMersino:** RT @cybraryman1: Need to know that respect is part of love. #gtchat
- 11:51 pm **christinef:** @DeborahMersino YEP! Must build an internalized motivation. SO KEY #gtchat
- 11:51 pm **DeborahMersino:** @writinginbinary - So healthy! #gtchat
- 11:51 pm **christinef:** RT @jofrei: RT @cybraryman1: Need to know that respect is part of love.--> respect is actually one of the only rules in our house #gtchat
- 11:52 pm **laughingatchaos:** RT @cybraryman1: Need to know that respect is part of love. <-My boys will understand that connection. Thanks! #gtchat
- 11:52 pm **DeborahMersino:** @FrazzIld - Still awake? If not, hope you're having sweet dreams!! #gtchat
- 11:52 pm **FrazzIld:** @DeborahMersino Still hanging in!! #gtchat
- 11:53 pm **ljconrad:** @christinef okay, what the heck is 'internalized motivation'? Example please! #gtchat
- 11:53 pm **DeborahMersino:** Parents + children + educators working together to support individual to create life of individuality/intrinsic motivation #gtchat

- 11:53 pm **chrstinef:** @Frazzlld I'm impressed~! #gtchat
- 11:53 pm **giaimojosephine:** RT @GiftedJourney: Reminding kids to use "I messages"...helps develop personal language, keeps them grounded, focused, breathing #gtchat
- 11:53 pm **DeborahMersino:** Respect as the only rule in the house - intriguing...#gtchat
- 11:54 pm **chrstinef:** @ljconrad ha! sorry - still have work hat on. Kid needs to find motivation/confidence WITHIN , not depend on an outside resource. #gtchat
- 11:54 pm **laughingatchaos:** Ok, gotta run. Dinner w/the fam. I like being home! :) 'Til next week! Thx @deborahmersino!!! #gtchat
- 11:54 pm **laughingatchaos:** RT @DeborahMersino: Respect as the only rule in the house - intriguing...#gtchat<-I like! #gtchat
- 11:54 pm **DeborahMersino:** @Frazzlld - Happy! #gtchat
- 11:54 pm **Frazzlld:** @chrstinef You mightn't be if you saw me...almost under the covers in bed! #gtchat
- 11:54 pm **chrstinef:** @ljconrad I go through this with my kid - when she wants me to "fix" her emotionally. I tell her I will support her, but ... #gtchat
- 11:54 pm **DeborahMersino:** @laughingatchaos TY for being with us! I know you'll be brilliant tomorrow with your flute! #gtchat
- 11:54 pm **ljconrad:** @chrstinef thank you! :p #gtchat
- 11:55 pm **chrstinef:** @ljconrad I will not patch her together emotionally. That has to come from her. I can teach her how - but I won't do it for her #gtchat
- 11:55 pm **giaimojosephine:** RT @DeborahMersino: Don't appoint your achiever to the role of tutor for your underachiever. - Thankfully, my parents never did. #gtchat
- 11:55 pm **ljconrad:** @laughingatchaos by eee! Will save a bottle for you from the Lobby! :) #gtchat
- 11:55 pm **DeborahMersino:** We have just a few minutes left. Final thoughts/learns/ahas? #gtchat
- 11:55 pm **chrstinef:** @laughingatchaos take care! #gtchat
- 11:55 pm **GiftedJourney:** GiftedJourney Q4 Modeling that you have strengths and weaknesses yourself, even relative to you children. That you #gtchat
- 11:56 pm **chrstinef:** @ljconrad anytime! #gtchat
- 11:56 pm **chrstinef:** @Frazzlld haha #gtchat
- 11:56 pm **DeborahMersino:** By the way...guess what I'm wearing right now? A #gtchat T-shirt!!! Woot! Shop will be up soon!
- 11:57 pm **chrstinef:** @DeborahMersino AHHH! I am wearing my EMOTIONAL INTENSITY - Embrace it shirt! Giving on a way in a few weeks #gtchat
- 11:57 pm **giaimojosephine:** RT @Susannewith3: @giaimojosephine kids will surprise you. I'm sure of that. But I'm not sure a democratic model will work. #gtchat
- 11:57 pm **Frazzlld:** For dealing with difficult teens/pre-teens. "How to Hug a Porcupine" is a fantastic book: <http://ow.ly/2NfjH> #gtchat
- 11:57 pm **cybraryman1:** Glad I didn't have to intervene as there was no sibling rivalry exhibited among our family on this #gtchat Have a fun stress filled weekend
- 11:57 pm **writinginbinary:** Respect is taught by using our own open eyes and minds..#gtchat
- 11:57 pm **giaimojosephine:** RT @Susannewith3: @giaimojosephine kids will surprise you. I mean, families aren't political institutions, are they? #gtchat
- 11:58 pm **giaimojosephine:** RT @cybraryman1: Need to know that respect is part of love. #gtchat
- 11:58 pm **DeborahMersino:** Final thought: Help both develop their own sense of self/build their own mountain/not label/let them work things out more often. #gtchat
- 11:58 pm **Susannewith3:** @giaimojosephine no, but they can vote and abide by votes :) #gtchat

4/1/2011

Transcript for #gtchat - What the Hasht...

11:59 pm **DeborahMersino**: @Frazzld - Re Porcupine book - Helpful for 10 year old too? #gtchat

11:59 pm **ljconrad**: @DeborahMersino :p I'm obviously under-dressed for this chat! #gtchat

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