



THERAPY NEWS

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Gifted Children

Gifted children tend to "feel" more intensely. Therefore, a gifted child worries more strongly than the average child when dealing with stressful issues. Unless the child is provided with some adequate coping skills, they will develop their own sub-standard adaptive strategies. Inadequate tactics to manage can lead to a deep level of anxiety, frustration, anger and/or depression. And, perhaps lead to some acting-out behaviors in the school setting. Exceptional kids know they are different from their peers. Many times

this disparity surfaces around the age of five or six. However, gifted attributes in children are obvious by two to three years of age. Again, if this population of children are not provided the proper support from parents or teachers, counseling is a helpful tool for these types of kids.

A few distinctions from their peers are:

- Gifted children get bored playing the same old games repeatedly, and so peers will avoid playing with the gifted child.

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I heard the bells on
Christmas Day
Their old, familiar carols
play,
And wild and sweet the
words repeat
Of peace on earth,
good-will
to men!
- Longfellow



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Meaningful Giving

- Give the gift of your time with caring and mindful attention to friends and family members.
- Make a family custom of charity donation projects.
- Start a collection for local toy funds.
- Gather warm clothes for needy families.
- Deliver a holiday meal to a deprived or sick person.
- Give useful and practical offerings such as new towels, blankets, sweaters, hats or gloves.
- Have children hand-make gift baskets of soaps, canned fruits or baked goods for less fortunate kids to learn that.....

Real wealth comes from what is shared rather than from what is received.

Parenting a Gifted Child

Parenting Tips

The following parental recommendations are for all children. However, they are beneficial for gifted children due to their varying levels of intense feelings:

Children want to be heard and understood. Even, as adults, if we do not agree with the issue at hand, a child still has a right to his/her feelings. It is very important that we seek to understand how the child feels and why, and not be critical or judgmental, but to normalize their feelings. When the child feels that we have empathy for their emotions, we are showing them respect, which builds their self-esteem and confidence. However, understanding them doesn't

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Resources

A Parent's Guide to Gifted Children,
(2007). Webb, J. T., Gore, J. L.,
Amend, E. R. & DeVries, A. R. Great
Potential Press, Inc. Scottsdale, AZ.

HAVE SOME COOL WINTER FUN!



Happy Holidays to One and All

- Differences in sense of humor: Many times we see children laugh at someone who falls – a rather novel childish response. However, the gifted child sees nothing the least bit humorous about this type of situation; conversely, they may feel a great deal of compassion for the person that fell.
- It is important for a gifted child to understand themselves. Sometimes no one understands the gifted child, e.g., peers, teachers, and at times, not even parents. Counseling can also be beneficial in helping parents understand their gifted child.
- Special parenting is required for gifted children.
- Gifted children are the ones that can play very significant roles in the betterment of our community and can be key players in the future successes of our country. We need these types of individuals to be in leadership positions. These are the individuals that we want as our doctors, surgeons, judges, and yes, even the President of the United States.
- The academic world provides an education, but they do not address the emotional and social needs of the gifted child. This is another value counseling can provide for the parent and child.

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mean giving in, agreeing with the child or letting them have their way. However, it can certainly make compromising an easier task. It is important to help these children to come up with good solutions by supporting their creative problem-solving abilities.

Gifted children know they are different from their peers. It is essential to get your child involved in activities where they can excel and meet others that are more similar to them, e.g., chess club, horseback riding, book clubs, drama clubs, etc.

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"Parents of Gifted Children Support Group" and
individual counseling for gifted children available
Please call (502) 819-6886 for details.