

Courageous Parenting

Welcome
to the ALPS
Lunch & Learning



Courageous Parenting



“Caring about the welfare of children and shaming parents are mutually exclusive,” according to educator and researcher *Brene Brown, Ph.D.*

(<http://www.brenebrown.com/>)

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The Wholehearted Parenting Manifesto

“Daring Greatly”
by Brene’ Brown

<https://youtu.be/hhXqW>

[BshZwo](#)

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The Wholehearted Parent Manifesto



At your table, please
share your thoughts
with your friends from
the Wholehearted
Parenting Manifesto.

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10 Guideposts for Whole-hearted Living

By Brene' Brown



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Letting go of
what people
think.

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Letting go of
perfectionism.

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Letting go of
numbing &
powerlessness

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Letting go of
scarcity and
fear of the
dark.

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Letting go of
the need for
certainty.

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Letting go of
comparison.

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Letting go of
exhaustion as a
status symbol
& productivity
as self-worth.

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Letting go of
anxiety as a
lifestyle.

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Letting go of
self-doubt and
“supposed to.”

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Letting go of
being cool and
“always in
control.”

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Do's & Don't For Raising Gifted Kids



- Don't forget who's the child and who's the adult.
- Do provide intellectual challenge.
- Don't over schedule your gifted child.
- Don't focus on either strengths or weaknesses.
- Do focus on your child's interest.
- Do give complements for abilities and effort.
- Don't hold your child up as an example.
- Do demonstrate how to prioritize, schedule and let go!
- Do give your child information on their giftedness.

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Do's & Don't For Raising Gifted Kids



- Do give complements for abilities and effort.
- Don't hold your child up as an example.
- Do demonstrate how to prioritize, schedule and let go!
- Do give your child information on their giftedness.
- Don't worry that helping your gifted child know himself or herself better will lead to a "big head."
- Do enjoy this wonderful time in your life, have fun.
- **Don't major on the minors! (Karen's tip)**

Dr. Deborah Ruf, founded Educational Options to help gifted children and their families.

SENG <http://sengifted.org/>

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