

# Parent Resources

National Association for Gifted Children—Parents receive the magazine *Parenting for High Potential* with membership. A parent membership is \$25.00.

[www.nagc.org](http://www.nagc.org)

Georgia Association for Gifted Children

[www.gagc.org](http://www.gagc.org)

Parent Place—Go to the following website and click on Parent Place. Here you will find some articles about raising gifted children.

<http://webtech.cherokee.k12.ga.us/littleriver-es/ewilliams/default.htm>

Books—I am listing a variety of books that are designed to help gifted students and parents of gifted children. When possible, I am including a summary of the book from catalogs.

## **For Children**

*The Gifted Kids' Survival Guide for Ages 6-10* by Judy Galbraith and *The Gifted Kids' Survival Guide: A Teen Handbook for Ages 11-18* by Judy Galbraith and Jim Delisle

“For many gifted students, *The Gifted Kids' Survival Guides* are their first chance to explore who they are and what being gifted means. For some, it will be their first exposure to the fact that they're not alone and that they're not weird. The fully illustrated books in this series have, for years, acted as the classic introduction to growing up gifted for bright youngsters. Your students will find them a valuable resource. The volumes in this series cover such topics as dealing with the label *gifted*, managing perfectionism, managing unreasonable expectations, dealing with challenges at schools with peers and teachers, handling complex social issues, and much more.”

## **For Parents**

*The Survival Guide for Parent's of Gifted Kids* by Sally Yahnke Walker

“This excellent resource offers an authoritative, up-to-date guide to understanding, living with, and sticking up for your gifted child. The guide addresses the topics of giftedness, gifted education, problems faced by gifted kids, personality traits, encouraging children both in and out of the home, and more.”

*They Say My Kid's Gifted Now What?*

*Raising Champions: A Parent Handbook for Nurturing Gifted Children*

“Designed for parents of gifted children, this book offers practical explanations and ideas for parents wanting to be more involved with their child's education and development. This book focuses on helping parents understand their gifted child, work with schools and

teachers, and nurture the gifts and talents of their child. *Raising Champions* includes practical ideas and information for parents.”

*Why Bright Kids Get Poor Grades and What You Can Do About It: A Six Step Program for Parents and Teachers* by Dr. Sylvia Rimm

“Millions of capable children with average, above-average, or even gifted abilities simply do not perform to their capabilities. This is what Dr. Sylvia Rimm terms underachievement syndrome. Drawing on both clinical research and years of experience counseling families, Dr Rimm developed this practical, six-step program that really works to help parents and teachers work together to get students back on track.”

*When Gifted Kids Don't Have All the Answers: How to Meet Their Social and Emotional Needs* by Jim Delisle and Judy Galbraith

“Gifted kids are much more than test scores and grades. In their second book together, the authors take a close-up look at gifted kids from the inside out. Topics include identification, super-sensitivity, self-esteem, perfectionism, underachievement, and trouble signs to watch for.”

*Some of My Best Friends are Books* by Judith Wynn Halsted

“Part One offers updated background information on the emotional and intellectual needs of children of high ability. Part Two describes typical reading patterns, the need for reading guidance, and how to discuss books with young readers. Part Three is an annotated bibliography of over 300 books carefully selected to be useful in promoting intellectual and emotional development of high ability youngsters from pre-school through grade 12.”

## **Gender Issues**

### **Female**

*See Jane Win* by Dr. Sylvia Rimm and *See Jane Win for Girls* (ages 9-13) by Dr. Sylvia Rimm

“In the 1990's, child psychologist Dr. Rimm and her daughters—Sara, a research psychologist, and Ilonna, a pediatric oncology researcher—surveyed more than 1,000 satisfied, successful women. Their goal was to ‘identify the essential childhood elements that encouraged these women to achieve fulfilling careers’ so other parents could give their daughters the same advantages. Their results and advice were published in *See Jane Win*. *See Jane Win* teaches parents how to help their daughters. *See Jane Win for Girls* teaches daughter how to help themselves. Dr. Rimm gives the girls ‘I Can’ tips and tools they need to be confident, capable, eager to learn, and ready to lead.”

*Gutsy Girls: Young Women Who Dare* by Tina Schwager

“In Part One of this inspiring book, 25 intrepid young women (ages 14-24) tell their exciting stories of daring feats and history-making achievements. They spare no details about the sweat, persistence, and courage it take to reach these kinds of goals. Part Two tells readers how to prepare themselves mentally and physically for the challenges they choose.”

*Smart Girls* by Dr. Barbara Kerr

“It is not enough to simply raise the aspirations of gifted girls; it is necessary to also help them become more deeply committed to their dreams. Women’s socialization and education shape them to be concerned with connectedness and intimacy; but gifted women still bear the responsibility for actualizing their talents.”

### **Males**

*Raising Boys: Why Boys are Different and How to Help Them Become Happy and Well-Balanced Men* by Steve Biddulph

“How can we teach our boys to be both confident and kind? How does testosterone change behavior, and what can we do about it? What are the three stages of boyhood, and how can we help them go smoothly. In *Raising Boys*, Biddulph considers the most important issues in boys’ development from birth to manhood, and then explains the warm, strong parenting and guidance boys need.”

*Smart Boys* by Dr. Barbara Kerr and Dr. Sandy Cohn

“Dr. Kerr and Dr. Cohn describe issues faced by our brightest boys and men, and the concerns of those around them. From studies done by other, their own research, and from their clinical practices, they offer us insights on bright beginnings, adolescent gifted boys, gifted minority boys, what research tells us, ‘boy code’ problems, relationships, family issues, self-actualization, and guiding gifted men.”

### **Perfectionism**

*Perfectionism: What’s Bad About Being Too Good?* By Miriam Adderholdt and Jan Goldberg

“Perfectionism is a problem for many teenagers today. Here’s first-aid for workaholics, procrastinators, overachievers—and caring adults. This thought-provoking, encouraging book helps teens discover if they’re perfectionists, explore possible reasons why they are, and try useful strategies for learning how to ease up on themselves and get their perfectionism under control. It also gives adults valuable insights into how their behavior and expectations can contribute to perfectionism in teens they parent and teach.”

*Freeing Our Families from Perfectionism* by Dr. Thomas Greenspon

“Perfectionism is not about doing our best. It’s not about the struggle for excellence, or the healthy striving for high goals. Perfectionism is about feeling that we’re never good enough—a burden that takes a heavy toll on our bodies, emotions, relationships, creativity, and every other aspect of our lives. This book explains perfectionism, where it comes from, and what to do about it.”