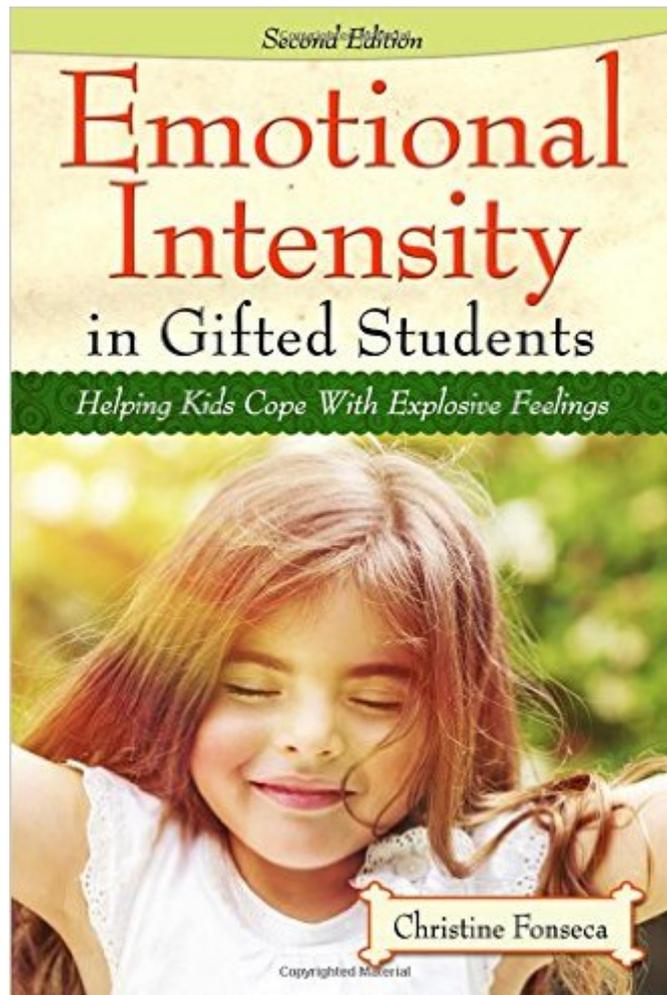


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# Emotional Intensity In Gifted Students: Helping Kids Cope With Explosive Feelings (2nd Ed.)



## Synopsis

Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

## Book Information

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## Customer Reviews

I love the small school that my children attend, but we don't have a GATE program. As a result, I know very little about what it means to be gifted. It would have been really helpful information, especially since it turns out I may have a gifted child in my house. Even as a toddler it was obvious that my child was different than other children. I searched numerous books on parenting, looking for answers. I read about ADHD, autism and indigos, trying to figure out how to be a better parent, sensitive to this child's needs. But none of the scenarios or definitions fit what we were experiencing until I read this book. Finally, this makes sense. This is what I've been looking for. Most people saw only the highly intelligent, cooperative child that my child can be. They thought I was crazy to think

something was wrong. They didn't see the erratic mood swings, the random hyperactivity, the inflexible viewpoint on issues, or the relentless drive for perfection that kept my child from trying new things. After I read the first chapter of this book online, I almost cried. I wasn't crazy. And neither was my child. Amazing how a book can change your life. While many of the parenting strategies found in *EMOTIONAL INTENSITY IN GIFTED STUDENTS* would be useful in any home, what really impressed me were the tips for helping children (as well as parents and teachers) recognize emotional triggers. Once kids and parents learn to see the signs building, they can work together to prevent outbursts and find ways to relax before negative emotions overtake the entire family. Useful tip sheets, checklists and worksheets throughout the book offer practical guidance for working through various issues.

The longer I read it the more dissatisfied I became with this book. Initially I was very pleased. I am ultimately glad I bought it and read it, mainly because it gave me a new way to think about my son. The concepts and the way it prompts you to conceive of your children are all fundamentally good. The book itself is entirely too short on translating this knowledge into practical action. There are case studies, and I like them. I like the range of the behaviours and symptoms in the archetypal children. The problem is that the case studies often say "After a family meeting, the parents gained some really subtle insight...". What is missing is the process the parents followed to reach that subtle insight. What questions did they ask? What answers did they get? How did those answers yield that insight? The scenarios often contain overly simplistic resolutions that sound like "they made some changes and everything got much better." There is no exploration of the changes the parents tried that didn't work, how they could recognise that it didn't work, and how they picked something new until they hit on the right technique. No change is a magic wand that works perfectly on the first try. Life isn't so simple that when you do the right thing, you'll do it correctly on the first try and it will be obvious that you've done the right thing. Too many of the resolutions are presented as a fait accompli, or perhaps obvious with hindsight. Many of the "worksheets" involve a series of yes/no questions or questions that have 2 discreet answers ("Is your discipline positive or punitive?"). There is no discussion of "If you answered yes to question 2, this might indicate X, Y, or Z."

Being a parent in today's world is a difficult job. Being the parent of an emotionally intense gifted child can be the most draining experience of your life. Emotional outbursts in public, nightly fights over homework, struggling to get your child to school in the morning, the dreaded phone call from the principal - sound familiar? Where do you turn for advice? Traditional parenting handbooks are of

little use. A gifted child's parent must fight the feeling of helplessness and of not knowing who to trust for information on dealing with their child. That is ... until now! Speaking as the mother of two gifted teens, author of Gifted Parenting Support blog, and a counselor to gifted parents for the past 15 years, I believe that Christine Fonseca's Emotional Intensity in Gifted Students is a once in a generation answer to the most pressing questions being asked today by gifted parents. It was a bittersweet read for me ... so wishing it had appeared 19 years ago ... but one I will highly recommend to parents of younger gifted children and their teachers. A school psychologist and gifted parent, the author shares her unique perspective on the subject of emotional intensity as she draws information from her professional development, personal experience, and some of the richest sources in gifted education today. Her depth of knowledge and understanding has produced a powerful framework for those parenting gifted children. Emotional Intensity offers specific strategies and techniques to assist parents and teachers as well as students. In each chapter, these strategies are applied to three different types of gifted children making it extremely useful and reader-friendly.

Ms.

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