

How Do I Discipline My Sensitive Gifted Child?

**Presented by
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Outline

- What is Discipline?**
- Why are the Gifted Noncompliant?**
- How Do the Gifted Demonstrate Noncompliance?**
- What are Some Potential Problems?**
- What are Some Disciplinary Approaches?**
- What Three Questions Should You Ask Yourself?**
- Which Strategies Work Best for the Gifted?**
- Summary**

What is Discipline?

- **Discipline involves strategies for helping children develop their own internal:**
 - **self-control**
 - **self-respect**
 - **decision-making skills**
 - **impulse control**
 - **self-awareness**
 - **sense of responsibility**
 - **NOT to just enforce compliance.**

Why are the Gifted Noncompliant?

- **They may crave:**
 - **Responsibility**
 - **Independence**
 - **Meaning**
 - **Sense/logic**
 - **Competence**
 - **Separation/individuation**
 - **Validation**
 - **Acceptance**

How Do the Gifted Demonstrate Their Noncompliance?

- **Disrupt the flow**
- **Test the limits**
- **Cry/whine/fuss**
- **Ignore you**
- **Walk/run away**
- **Damage property**
- **Verbally/physically attack**
- **Do the opposite**
- **Drugs/alcohol/sex**

What are Some Potential Problems?

- **Disciplining the way you were disciplined**
- **Dispensing discipline when angry**
- **Focus on what not to do rather than on what to do**
- **Inconsistent limits and consequences**
- **Parents who disagree on discipline**
- **Unrealistic expectations for performance**
- **Fear losing your child's love**

What are Some Disciplinary Approaches?

Physical

- Spanking
- Slamming
- Damaging property
- Shoving

Verbal

- Threats
- Ridicule
- Yelling
- Sarcasm

What Three Questions Should You Ask Yourself?

- **How effective is this method of discipline in the long run?**
- **What will it do to my relationship with my child?**
- **What will be the effects on my child's self-esteem?**

Which Strategies Work Best for the Gifted?

1. Set Limits.

- **Focus on safety and security.**
- **Establish as few as possible.**
- **Clarify and post them.**

Which Strategies Work Best for the Gifted?

2. Develop Rules as a Family.

- **Invite input from all.**
- **Identify roles: parent, child...**
- **Differentiate expectations.**
- **Agree on rules.**

Which Strategies Work Best for the Gifted?

3. Collaborate on Outcomes.

- **Identify natural consequences.**
- **Find logical consequences.**
- **Strive for predictability.**
- **Predetermine imposed consequences.**
- **Discuss rationale.**

Which Strategies Work Best for the Gifted?

4. Implement Techniques.

- **Praise wanted behavior.**
- **Ignore unwanted behavior.**
- **Administer consequences for intolerable behavior.**
- **Follow through immediately.**
- **Role-model desirable behavior.**

Which Strategies Work Best for the Gifted?

• Tips:

- Exert your own self-control.**
- Acknowledge their feelings.**
- Ask them what they needed/wanted.**
- Pick your battles.**
- Avoid asking, “Did you...?”**
- Use behavior chart for progress/rewards.**
- Support the other parent.**
- Convey trust in their decision-making.**

Summary

- Gifted children can be noncompliant.**
- Adults need to teach them self-discipline.**
- There are many different ways to discipline the gifted, but some ways work better than others.**
- It helps to set limits, develop rules as a family, collaborate on outcomes, and implement strategies.**
- Parenting the gifted is extremely rewarding.**
- They are our future!**

Special thanks:

Webb, J., Gore, J., Amend, E., & DeVries, A. (2007). A parent's guide to gifted children. Scottsdale, AZ: Great Potential

Thank you for attending the presentation today.

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