



# Parenting Your Highly Capable Child

SENG Model Parent Group (SMPG) - A guided discussion group for parents/caregivers of gifted/highly capable and twice exceptional children

## You are invited to join a discussion group with other parents of HiCap kids:

Join this weekly opportunity to share ideas, strategies and support in a relaxed setting, guided by SENG-trained facilitators. Through the valuable insights of the other parents and reading the book *A Parent's Guide to Gifted Children*, you will learn more about giftedness, discuss the challenges of parenting, and share strategies for supporting our gifted children while enhancing family relationships. SMPGs are not therapy sessions; however, participants often find the sessions to be therapeutic, empowering and comforting. Topics covered include:

- Characteristics of gifted children
- Communication
- Motivation, enthusiasm & underachievement
- Establishing discipline and teaching self management
- Perfectionism, stress, idealism & depression
- Acquaintances, friends, & peers
- Only children & siblings
- Values, traditions & complexities of parenting

**When:** Eight-session series on Mondays from 6:30 to 8:00pm, beginning Jan 7, 2019  
(1/7, 1/14, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11)

**Where:** Lucille Umberger Elementary School, 820 S Skagit St., Burlington, WA 98233. Thanks to the Burlington-Edison School District for generously providing meeting space for this group.

**Who:** Sponsored by the Skagit County Department of Health and Northwest Gifted Child Association ([www.NWGCA.org](http://www.NWGCA.org)). Co-facilitated by certified SMPG facilitators who parent HiCap children: Eleven Vexler & Denise Anderson. Eleven is a licensed Social Worker and a Child and Family Mental Health Therapist. Denise has an MA in Marriage and Family Therapy and is the VP of NWGCA.

**Contact:** Denise ([deniselanderson@comcast.net](mailto:deniselanderson@comcast.net)) or Eleven ([11Vexler@gmail.com](mailto:11Vexler@gmail.com))

**About SENG:** SENG's mission is to empower families and communities to guide gifted and talented individuals to reach their goals: intellectually, physically, emotionally, socially, and spiritually: [www.sengifted.org](http://www.sengifted.org)



**Cost:** \$120.00 - Covers the cost of the facilitated, 8-session series; the book *A Parent's Guide to Gifted Children* by James T. Webb, PhD; materials; and registration for one or two parents/caregivers.

**Registration:** Register early: class size is limited to 20 participants.

Register online at [www.tinyurl.com/BurlingtonReq2019](http://www.tinyurl.com/BurlingtonReq2019)

## What past participants have said:

"The class and book have been a lifesaver! I can't say enough good about them and feel that every parent should have the opportunity to be in a gifted parent discussion group!"

"I came into this class a little nervous and wondering what I would learn, just like everyone else. I'm leaving it knowing that I have made some good friendships and have gained a lot of knowledge about myself, my child, and how he perceives the world."

"This has been a great life saving class. It has been great knowing that I am not alone in the difficulties we have."

"Motivating my child to do homework and chores is now easier because of this group."