

## SPAN Meeting Minutes – April 24, 2015

### Intro & Welcome – Apryl Henry

Apryl welcomed everyone and ask for introductions.

### Treasurers Report – Anne Fry

### MCGT Chat Night with Carol Malueg, President of MCGT

#### What is MCGT?

MCGT is described as a village or a safe place to talk about my children

#### Benefits of MCGT:

1. Newsletter
2. 1-2 Conferences per year
  - a. Mini Conference in spring for new parents and educators
  - b. Fall Conference
3. Yahoo Group which is an online forum for all things gifted

\*You do not need to be an MCGT member to take advantage of these benefits (with the exception of the yahoo group)

#### What is MCGT Doing?

1. National and State Advocacy
2. Javits Grant
3. ESE Act has wording about serving gifted kids, but figuring out what we can do at the local level
4. Article writing in newsletter
5. Forum for getting the same message to many people

### CHAT Night Discussion on Sibling Relationship/Disparity

The rationale for having siblings have good relationships with each other comes from:

1. Family enjoyment – it is what we are after
2. The need to be their own network
3. Later in life, they need to be able to work as a team (collaboration)

How they see/react to the world is often the cause of much conflict.

- Technique for getting them to understand: Hoola Hoop. Have your child stand inside a hoola hoop. Have the sibling outside of the hoola hoop. Tell your child they can only change what is inside the hoola hoop.
- Personality tests – online websites host free Meyers Briggs which might help in understanding strengths, others like you through history, careers which are for your child.

How struggle versus what comes easy may be a source of conflict

- Siblings struggle with different things (and have different strengths)
- The Brain is like a muscle, you need to work it – doing things that are hard is good brain work.
- Parents need to praise each child's gifts

### More Techniques for Parents:

- Allow them to work it out
  - Power struggles work
  - acknowledge conflict
  - point out irrationalities
  - let them work it out.
- Walking away is always ok
- Pick your battles
- Teresa Boatman uses shoe analogy – if you compare yourself to someone, you should be ready to wear their shoes for the day.
- Resource: Mary Sheedy Kurcinka (author of “Raising Your Spirited Child” and other books)
- The apology (cup of cocoa):
  - Acknowledge what you did wrong
  - Tell how you feel about it
  - Tell what you will do differently next time
  - Ask “will you forgive me?”

Messiness is always a struggle

### In closing:

- Fair does not mean the same
- Accept feelings and know I cannot change them
- Define what you value and expect
- “This is how we appreciate someone’s hard work.”

See Apryl for Handouts (3)