



How Parents Can Help Their Gifted Child

Inside this issue:

(by Dr. Ron Rubenzer, Greensboro, NC)

Parenting a gifted child can be a challenge at the best of times.

You can help your child develop his "gifts" by becoming involved in and encouraging his early task development, but avoid pushing him/her.

Emphasize early verbal self expression, reading, and the discussion of ideas. Have a steady supply of good books, magazines, and other aids to home learning (encyclopedias, charts, maps, etc.). Allow your child to watch carefully selected TV programs.

Provide opportunities for cultural enrichment—go to museums, art galler-

ies, educational institutions.

Provide private lessons, if possible, in the strong area(s) and cultivate good taste in music, art, and other cultural interests by setting a good example yourself.

Finally, all great performances start with rehearsals. Provide your child with approved, practice test experiences (Below see reference to the book *How the Best Handle Stress*).

Tests can be stepping stones and not stumbling blocks. Help your child to develop the life-long habit of mindfully "breathing and believing" when faced with a testing challenge. That is, have your child slow down and deepen his or her breathing* and believe they

are prepared for each test.

Approaching a test with a gaming attitude, like when playing a complex game like chess. This will develop a winning mindset.

By helping your child truly show what he or she knows, you will surely see your child's abilities and joy grow.

Comment by O.S.: Parents need to also learn to be good advocates for their children.

A valuable resource book is an Ontario Ministry of Education document entitled: "Shared Solutions: a Guide to Preventing and Resolving Conflicts Regarding Programs and Services for Students with Special Education Needs". It is available at website:

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/shared.pdf>

Dr. Ron Rubenzer, earned his doctorate in gifted education from Columbia University (NYC) where he specialized in helping children do best-on-tests by reducing stress. He has authored the internationally sold book, *How the Best Handle Stress: Acing all life's tests at home, work and school.* www.dr rubenzer.com

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Amazing Websites

Santa Ski Jump (dumb game but fun for a few minutes) <http://mistupid.com/games/santaskijump.htm>

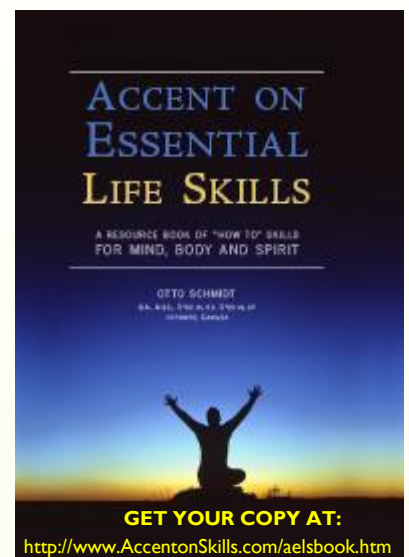
Xmas Movies (extensive list!) http://www.auburn.edu/~vestmon/christmas_movie.html

Elf Yourself (put your face on a dancing elf and send the show to others) <http://www.elfyourself.com/>

Christmas Around the World <http://www.the-north-pole.com/around/>

Funny Lyrics to Traditional Xmas Songs <http://www.coolest-holiday-parties.com/funny-christmas-carols.html>

Custom Songs on Demand (great gift idea. Written, composed and recorded just for you) <http://my-song.ca/>



News and Views

Dec 1 - World AIDS Day
Dec 2 – Intn'l Day for Abolition of Slavery
Dec 3 – Intn'l Day of Disabled Persons
Dec 5 – Intn'l Volunteer Day for Economic and Social Development
Dec 7 – International Civil Aviation Day
Dec 10 – Int'l Human Rights Day
Dec 11 – International Mountain Day
Dec 12 – Full Moon tonight
Dec 18 – International Migrant's Day
Dec 21 – First day of Winter
Dec 22 - Hanukkah starts
Dec 25 – Christian Xmas Day
Dec 26 – Kwansaa
Dec 29 – Intn'l Day for Biological Diversity
December is also Stress-Free Family Holidays Month

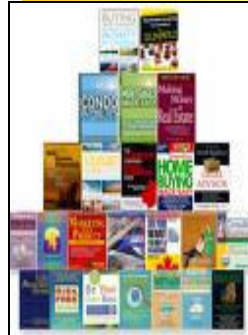
Resist Temptation and Be More Successful in Life (by O.S.)

Neuroscientists have discovered that a simple test involving resisting temptation can be an indicator of success later on in life. It's called the "marshmallow test".

Four year old children were offered a choice. They would be given one candy immediately or if they waited for a grown up to come into the room, they would get two. If they couldn't wait, they would get only one.

The children were followed and studied over 40 years of their lives. The conclusion was remarkable. The longer children waited - from less than a minute to over 20 minutes - the more likely they would be at good at social skills, academics, and even testing.

This is now a powerful statement about the long-term rewards of self-control. If people can restrain themselves in a disciplined way, they will make better decisions, consider situations more deeply and solve problems better. All aspects of life are affected: dieting, investing, relationships, etc.



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To nurture self-control, try the following: set meaningful consequences for yourself and others, do a forensic analysis of what happened when you lose at something, reward yourself after accomplishments, set deadlines for tasks, talk about it rather than exploding verbally, say "no" once in a while even if you want something desperately, do the important and postpone the less important.

<http://www.ronaldgross.com/Marshmallow.html>

UTube Reenactment Video

<http://www.youtube.com/watch?v=FS4HRFSRGp0>

Computer Top Tip

Split Windows to Improve Comprehension in MS Documents

Sometimes the top of a document holds a list or series of items that are relevant to things farther down below. It may be necessary to refer back to the top many times to keep things clear. Instead, click "Window" and choose the "Split" feature. A dark line appears in the document and when released, a divider with ruler appears. Locate the ruler anywhere you want on the page. It is possible to enter information on the top or bottom section. Either way, one window is still and the other moves while you type. When deep into a document, it is easy to refer to a top section. It works extremely well in MS Excel Spreadsheets too. There may a series of titles across the top. As information is entered and the lists get longer vertically, the top may disappear. By using the "Split" feature, the top titles can be seen and the information can be entered easily in the lower section of the split. Nothing changes except in the section in which one types. To see the full document again at any time, re-click "Window" and then "Remove Split."

Creative, Innovative High-Tech Gifts

- Rovio - mobile webcam (cool!) www.meetrovio.com
- Robotic Insects (stunning!) <http://homepage.ntworld.com/kinetic-arts/sculpture/sculpture.htm>
- Casio CD-DVD Printer (print on the disc itself) http://www.casio.com/products/Label_&_Disk_Title_Printers/Disk_Title_Printers/CW-E60/
- USB Connected Gadgets <http://www.chowschina.com/>
- Model Engines made of Paper (very cool!) <http://www.yeesjob.com/paper-model.htm>
- Voice Activated Star Wars R2D2 <http://www.hammacher.com/publish/75698.asp?promo=72698>
See other amazing devices on their home page: <http://www.hammacher.com/>
- Ultimate Gaming Station (wow!) <http://www.mydice.com/>
- Computer on a Stick (super idea!) <http://www.fingergear.com/>
- Japanese Lucky Golden Poo (weird but elegant!) <http://www.thinkgeek.com/electronics/cell-phone/9069/>
- Waterproof Digital Wrist Camera <http://www.thinkgeek.com/electronics/cameras-photography/8fd4/>
- Titanium Spork (really geeky!) <http://www.thinkgeek.com/gadgets/travelpower/8ace/>
- LED Umbrella to Light Your Path <http://www.thinkgeek.com/gadgets/travelpower/9260/>
- Staple Free Stapler (cool and practical!) <http://www.thinkgeek.com/gadgets/tools/8b70/>
- Digital Pen Voice Recorder <http://www.spygadgets.com/digital-recorder-pen.htm>
- Flying Alarm Clock <http://www.firebox.com/product/1681/Flying-Alarm-Clock>
- USB Rechargeable AA Batteries <http://www.usbcell.com/product/1>
- Gyricon Electronic Paper <http://en.wikipedia.org/wiki/Gyricon>

(compiled by Emmeline Hobbs, Toronto Star Library)
- Toronto has 11 beaches on Lake Ontario.
- the Art Gallery of Ontario, in Toronto, is the 8th largest art museum in North America and has over 5,000 paintings.
- there are 1,300 parks and 3 hectares of

Tidbits of Trivia

parkland for every 1000 Torontonians.
- there are 104 licensed ice cream trucks in the city.
- Toronto owns more than 190 pieces of outdoor public art and monuments.
- there are over 3 million trees and over 650 horticultural beds in the city.
- the Toronto Transit Commission (TTC) can

provide information in more than 170 languages.
- there are between 800,000 to 1 million visitors to the famous Eaton Centre each week.
- the average temperature in July in Toronto is 20.8 C.
- the Royal York hotel, in the downtown, first served High Tea in 1904 and currently charges \$25 per person.

Interesting Reading

Ontario Trillium Book Awards Winners (may not be suitable for minors)

- 1. Helpless** by Barbara Gowdy. Gripping tale of a man who abducts a young girl.
 - 2. Human Resources** by Rachel Zolf. Wasting words and words as waste.
- Toronto Book Awards 2008
- And Beauty Answers: The Life of Frances Loring and Florence** by Elspeth Cameron.
 - Soucouyant** by David Chariandy
 - Loyalty Management** by Glen Downie
 - Long Short Story** by Elyse Friedman
 - Helpless** by Barbara Gowdy

I Don't Believe in Atheists by Chris Hedges

“Accent on Essential Life Skills”

a resource book of 48 personal “how to” skills

- * Improve: thinking, creativity, self awareness
- * For children ages 7 to adults
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<http://www.accentonskills.com/aelsbook.htm>

Staff Development

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Otto Schmidt, 416-226-2332, Toronto, CA
o.schmidt@accentonskills.com

Year-End Examination of the Heart

(by O.S.)

It is the end of the year again and time to go on another inner journey of examination. Reflect on the year that has passed.

Here are some suggested introspective questions:

How was my past year and what are my aims, goals and objectives for this next year?

Who am I growing to be?

What am I doing to still be worthy of my life?

How am I loved and show love in return?

How do I show gratitude for all I have?

How do I show respect for the rights and dignity of others and for all life?

When do I show awe and wonder at the forces of the universe?

When do I show humility and realize that I am not a god?

How am I dependent on others in the world?

How do I reciprocate and do for others?

How do I show a zest, zeal and passion for living a good life?

How do I show charity toward others and love them as I love myself?

How do I help, volunteer, show mercy, reach out to show that I am a participant and not a spectator in life?

Buddhist Examination of Conscience

<http://www.hackwriters.com/Nirvana.htm>

Examination of Conscience based on 10 Commandments

<http://www.theworkofgod.org/Library/examine.htm>

Islamic Examination of Conscience

<http://www.islaam.net/main/display.php?id=649&category=>

Ethicability (how to decide what is right and then do it)

http://www.actuaries.org.uk/_data/assets/pdf_file/0014/31316/Steare.pdf

The Other View articles by Ahmed Sheta will continue next month.

We welcome creative contributions to this newsletter. Send us your articles or ideas, jokes, wise

words, fun activities,

letters, trivia.

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Stephen Dubrofsky
 speaker, teacher, instructor,
 author, radio show host

<http://www.familyground.com>
416-557-6659

Jokes of the Month

- * A worried woman went to her doctor. "Doctor, look at me. When I woke up this morning, I noticed in the mirror that my hair was all frazzled and stringy, my skin was wrinkled and saggy, my eyes were bloodshot and bugging out. I had a corpse-like look on my face! What's WRONG with me, Doctor!?" The doctor looked at her and then calmly said: "Well, I can tell that there's nothing wrong with your eyesight."
- * What do you call a monkey in a minefield? A Baboom!
- * What day of the week do fish hate the most? Fry-day.
- * Two blondes were driving in a car. The blonde driver asked her friend in the passenger seat to check if the blinker lights are working. The blonde friend looked out the window and said, "Yes. No. Yes. No. Yes. No."

What Will They Invent Next?
Pee Powered Batteries
 The inventors soaked a piece of paper in a solution of copper chloride and put it between copper and magnesium strips. This sandwich was then laminated in plastic. A small hole was left open.
 When a drop of urine was added to the paper, a chemical reaction created electricity. A typical AA battery produces 1.5 volts and runs for about 90 minutes. Buy yours today at this website.
http://www.treehugger.com/files/2007/09/pee_powered_bat.php

Wise Words of Wisdom

The wise man learns from other people's mistakes. The fool learns only from his own.
 "Accuracy is the twin brother of honesty, inaccuracy of dishonesty." - Charles Simmons
 If what you want is too far away, move closer.
 Values involve not only how you behave, but the behaviour you accept in others.
 When you give yourself the permission to do anything you want at any time, you will ultimately end up alone.

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