

Parent Resources: Emotional Development

The Davidson Institute: An excellent resource of information for parents of gifted learners with information on social-emotional needs and ways to advocate for your child throughout their school years.

<https://www.davidsongifted.org/gifted-blog/supporting-emotional-wellness-at-home-for-gifted-and-2e-students/>

<https://www.davidsongifted.org/gifted-blog/perfectionism-and-gifted-students-our-favorite-books/>

<https://www.davidsongifted.org/gifted-blog/anxiety-sensitivities-and-social-struggles-among-profoundly-gifted-kids/>

<https://www.davidsongifted.org/gifted-blog/helping-gt-kids-understand-their-emotions-through-effective-emotional-coaching/>

<https://www.davidsongifted.org/gifted-blog/gifted-testers-and-therapists-list/>

SKILLS TRAINING

Emotion Focused Skills Training for Parents (Online Course):

<https://www.emotiontraininginstitute.org/courses/efstp>

Emotion Coaching: The Heart of Parenting (Online Course):

<https://www.gottman.com/product/emotion-coaching-the-heart-of-parenting-online/>

BOOKS

Emotional Intensity in Gifted Children by Christine Fonseca

<https://www.amazon.com/Emotional-Intensity-Gifted-Students-Explosive/dp/1618214578>

The Gifted Kids Workbook: Mindfulness Skills to Help Children Reduce Stress, Balance Emotions, and Build Confidence

https://www.amazon.com/Gifted-Kids-Workbook-Mindfulness-Confidence/dp/1684030889/ref=sr_1_8?crd=V8WT4C0HD56B&keywords=emotional+intensit

[y+in+gifted+students&qid=1700175409&s=books&sprefix=emotional+intensity+in+gifted+students%2Cstripbooks%2C61&sr=1-8](https://www.amazon.com/gifted+students&qid=1700175409&s=books&sprefix=emotional+intensity+in+gifted+students%2Cstripbooks%2C61&sr=1-8)

The Survival Guide for Gifted Kids: Ages 10 & Under

https://www.amazon.com/Survival-Guide-Gifted-Kids-Under/dp/1575424487/ref=pd_bxgy_d_sccl_1/139-2906746-9753742?pd_rd_w=V0hC5&content-id=amzn1.sym.7746dde5-5539-43d2-b75f-28935d70f100&pf_rd_p=7746dde5-5539-43d2-b75f-28935d70f100&pf_rd_r=JB3FXBMKDE8XJ0XAVNH6&pd_rd_wg=VDMgT&pd_rd_r=919a0f7d-a59e-498a-ad4a-117cfb11f41f&pd_rd_i=1575424487&psc=1

Living With Intensity: Understanding the Sensitivity, Excitability, and Emotional Development of Gifted Children, Adolescents, and Adults

https://www.amazon.com/Living-Intensity-Understanding-Sensitivity-Excitability/dp/0910707898/ref=sr_1_13?crid=V8WT4C0HD56B&keywords=emotional+intensity+in+gifted+students&qid=1700175541&s=books&sprefix=emotional+intensity+in+gifted+students%2Cstripbooks%2C61&sr=1-13

Tiny Humans, Big Emotions: How to Navigate Tantrums, Meltdowns, and Defiance to Raise Emotionally Intelligent Children

https://www.amazon.com/Tiny-Humans-Big-Emotions-Emotionally/dp/0063306263/ref=asc_df_0063306263/?tag=hyprod-20&linkCode=df0&hvadid=652501738211&hvpos=&hvnetw=g&hvrnd=10593298575700755170&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmid=&hvlocint=&hvlocphy=9007714&hvtar_gid=pla-2008311667871&psc=1&mcid=9867174479ee314b9231fe699d969a16

Cool, Calm, and Collected: A Workbook for Parents and Children to Co-Regulate, Manage Big Emotions, & Build Stronger Bonds

https://www.amazon.com/dp/1683734076/ref=sspa_dk_detail_0?psc=1&pd_rd_i=1683734076&pd_rd_w=4AykU&content-id=amzn1.sym.f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_p=f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_r=R3BMBN6XBH99YMW882YT&pd_rd_wg=sV7IJ&pd_rd_r=d4a8199b-6d59-4789-8e50-cbc6374f64d5&s=books&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw

Raising and Emotionally Intelligent Child

https://www.amazon.com/Raising-Emotionally-Intelligent-Child-Gottman-ebook/dp/B005HF2VI2/ref=sr_1_1?crid=2IPXAMY7C4E78&keywords=the+emotionally+intelligent+child&qid=1700175301&s=books&sprefix=the+emotionally+intelligent+child%2Cstripbooks%2C71&sr=1-1

Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges

https://www.amazon.com/Beyond-Behaviors-Compassion-Understand-Behavioral-ebook/dp/B07QFFQXVM/ref=sr_1_1?crid=L0D3A3NDZHAK&keywords=beyond+behaviors&qid=1700175276&s=books&sprefix=beyond+behaviors%2Cstripbooks%2C68&sr=1-1