

## Quick Information Guides for Parents

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### SNAPSHOT No 7

**Being highly able: What I would have liked my family to know and do.**

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## Things I would have liked my family to know/do

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I strongly believe that an able pupil's well-being begins at home and how a child or young person feels there will define who he/she is at school and in his/her everyday life!

There are some things I would have liked my parents to know (at home) before tackling the issue of what would have greatly helped me at school. Hence the following points:

✿ What I would have liked my parents to know

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## What I would have liked my parents to know

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✿ **How to understand what high ability is:**

so that they don't see it as something strange but more like something, perhaps rare, and yet natural.

✿ **How to read the signs:**

to know about the main characteristics and not be bewildered by some of my strange behaviours

✿ **How to cope with it:**

- 1) it would have meant to accept it, to know that I was different but that I still was their daughter who needed them;
- 2) then to talk about it with others - either to meet other parents with children like me or to learn how to deal with it. They could see if it really changes things in everyday life, or else they could tell the teachers about it so that they would be ready to adapt to me if need be;
- 3) and finally to read books about it: good books (written by specialists) that could have given them tips about what not to say like « you're too emotional... », « too sensitive »... or written by experts trying to make them understand how my brain works.

✿ **How to actually live with my differences:**

to know that I'm hyper-sensitive, accept that I need to move, hear me when I say I'm bored at school...

✿ **How to include me in the family:**

with my brothers and sisters so that there is no jealousy, no one laughing over some features of my personality that seem weird... and see if one of them is like me too but hides it because he/she is afraid...



## What I would have liked to know

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All the previous things would have greatly helped me in my everyday life but especially at school when I was a child!! I would have enjoyed:

\* **Being told what it was:**

To accept myself and not to be put on a pedestal, just to be able to relate to others differently and not just feel different or weird sometimes

\* **Being integrated:**

in groups whatever the age, either with people my age although I was more mature most of the time, or with adults: so that they would talk to me and be ready to answer my questions (which I realise now were very hard ones sometimes ) and not ignore me since I was just a child

\* **Being heard and listened to by the teachers:**

If bored in class, I would have liked them to find a good solution for both of us

\* **Being challenged:**

during my school years, to be given more exercises and more difficult ones sometimes or just extra-work

\* **Being prepared:**

to enter in real life with people, adults... not being cocooned like other children whereas I knew and felt it's a 'cruel' world we live in... because failure can be hard when it strikes you for the first time

## In Summary

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\* I simply would have liked my parents to know about it, to be able to 'diagnose' me as such and not to judge me as 'too something' or to make me feel like I was very different from my relatives.

\* I would have liked my parents to know about it but not to keep it to themselves — first to tell me so that I would accept myself sooner in my life and then to tell others like my teachers who would get to spend a lot of time with me everyday...