

Gifted and Distractible

Understanding, Supporting, and Advocating for Your Twice Exceptional Child

by Julie F. Skolnick



Non-Fiction - Parenting

400 Pages

Reviewed on 05/26/2025

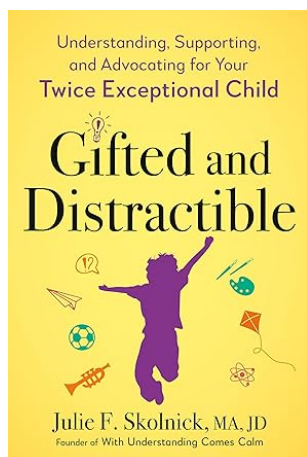
Book Review



Reviewed by Luwi Nyakansaila for Readers' Favorite

Gifted and Distractible by Julie F. Skolnick is a heartfelt book designed to help parents and educators understand and support their twice-exceptional (2e) children. The book is divided into three parts: Understanding, Strategies, and Advocacy. To effectively help your child, you first need to comprehend their unique condition. The author explains the differences between ADHD, dyslexia, and sensory sensitivity, while also addressing issues such as anxiety and debunking common myths about 2e children. Skolnick shares practical strategies for parents, which are organized into six categories known by the acronym PRAISE: Personal Connection, Reframe, Anticipate, Incentives and Choices, Sense of Humor, and Exercise. Finally, the author encourages parents to advocate for their 2e children by creating collaborative relationships with teachers and helping their children become their own advocates. The book also offers an eye-opening narrative about a typical day in the life of a 2e child, fostering empathy and a practical understanding of their daily struggles.

Gifted and Distractible is one of the most thoughtful and comprehensive guides I have ever read. It addresses details that many parents and teachers often overlook regarding 2e children. The author effectively categorizes the different groups these children may belong to and provides practical tips to aid in their development, making them feel comfortable and understood. The biggest lesson I learned from this book is that gifted children do not always find tasks easy; they can become easily fixated and distracted, leading to misunderstandings. The practical strategies provided are straightforward and actionable. They include building rapport with your child's educators without being demanding or sending lengthy emails, learning about your child's interests, and asking them questions to better understand their needs and values. Julie F. Skolnick includes stories about 2e children that highlight both their challenges and successes. I appreciate that the book addresses the emotional toll that parents and families experience when raising 2e children. It thoughtfully encourages patience, gradual trust-building, and self-awareness. This is a valuable read, filled with insights that will benefit anyone invested in understanding and nurturing 2e children.



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Author Biography

 Julie F. Rosenbaum Skolnick, M.A., J.D., Founder of With Understanding Comes Calm, LLC, passionately guides parents of gifted and distractible children, mentors 2e adults, trains educators and advises professionals on how to bring out the best and raise self-confidence in their 2e students and clients.

A prolific writer and beloved speaker, Julie hosts groups for parents and 2e adults, produces virtual conferences, and publishes “Gifted & Distractible,” a free weekly newsletter. Julie's new book is *Gifted and Distractible: Understanding, Supporting, and Advocating for Your Twice Exceptional Child*, provides a strength-based, practical, approach to understanding 2e kids and implementing best practice strategies to increase their self-confidence and self-love.

Located in Maryland, USA, Julie's clients, and audience hail from all four corners of the globe.