



### **Parenting Tips: Helping Your Gifted Child to Cope with Stress**

People generally have higher expectations for gifted children, who are commonly perceived to have high IQ and be more mature in mind. Some gifted children strive for perfection in everything they do and are too demanding of themselves. These result in more stress faced by gifted children, while long-term suppression might lead to illnesses and disorders. During this sharing session, some student members will share with participants how they handle stress and turn it into motivation. Parents of our student members will also share their experience on creating a relaxing and happy environment to support their children's growth. The sharing session will be concluded by the education psychologist's tips on effective stress management.

- **Date: 22 April, 2020 (Wednesday), 7:30pm-9:30pm**
- **Venue: Rm 105, HKAGE**
- **Language: Cantonese**

**Application:** <https://hkage.org.hk/b5/parent/Registration/courses/courseLogon.php?pid=445>