

# Supporting Multipotentialites

How to support kids and teens who have a lot of different interests and curiosities and don't fit neatly into one box.

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Full list of resources and slides are available at:

<http://puttylike.com/parents/>

## Overview:

- Being a multipotentialite is normal and healthy.
- Throughout the 21<sup>st</sup> century, multipotentialites will become more and more in demand for their ability to synthesize, work with teams in different areas and innovate.
- Multipotentialites face unique challenges and are lacking resources that cater to their particular needs.
- As parents, you can help them develop the skills and confidence they will need to have happy and successful lives as multipods.

## 10 Ways to help support your multipotentialite child:

1. Expose them to a lot of subjects and new ideas. Encourage them to get involved in various activities.
2. Share in their interests.
3. Be supportive, no matter how bizarre their interests may seem.
4. Don't project identities onto them. Encourage learning for learning's sake.
5. Teach structure.
6. Encourage them to be a self-starter.
7. Encourage them to connect and integrate their interests.
8. Help them think about their Why(s).
9. Actively talk with them about how you can do many things.
10. Lead by example.

## Further Reading:

- *Refuse to Choose* by Barbara Sher
- *The Renaissance Soul* by Margaret Lobenstine
- *One Person/Multiple Careers* by Marcy Alboher
- *Secrets of a Buccaneer-Scholar* by James Marcus Bach
- *How to Find Fulfilling Work* by Roman Krznaric
- *Multipotentialite* by Emilie Wapnick, coming out in late 2014. More info on the progress of the book can be found at <http://puttylike.com/the-book/>