

WEBVTT

00:00:00.129 --> 00:00:01.510
Welcome to Empowering

00:00:01.570 --> 00:00:03.351
Homeschool Conversations,

00:00:03.831 --> 00:00:04.732
your authority in

00:00:04.793 --> 00:00:06.115
navigating the world of

00:00:06.174 --> 00:00:08.135
homeschooling diverse learners.

00:00:08.877 --> 00:00:10.538
Featuring Peggy Ployer from

00:00:10.638 --> 00:00:11.720
Sped Homeschool,

00:00:12.259 --> 00:00:14.821
Annie Yorty from AnnieYorty.com,

00:00:15.303 --> 00:00:17.925
Leilani Melendez from Living with Eve,

00:00:18.385 --> 00:00:21.027
Stephanie Buckwalter from ELARP Learning,

00:00:21.428 --> 00:00:23.390
and Dawn Jackson from Dawn

00:00:23.449 --> 00:00:24.931
Jackson Educational

00:00:24.952 --> 00:00:26.312
Consulting and Tutoring.

00:00:26.913 --> 00:00:28.513
with over seventy five years

00:00:28.574 --> 00:00:30.175
of combined homeschooling

00:00:30.275 --> 00:00:32.898
expertise experiences and

00:00:32.938 --> 00:00:34.999
perspectives this group is

00:00:35.219 --> 00:00:36.860
eager to share their wealth

00:00:36.901 --> 00:00:38.722
of wisdom to empower your

00:00:38.762 --> 00:00:40.423
homeschooling journey so

00:00:40.484 --> 00:00:41.884
grab your favorite mug

00:00:42.185 --> 00:00:44.347
settle in and get ready for

00:00:44.487 --> 00:00:45.908
insightful discussions

00:00:46.268 --> 00:00:48.048
valuable insights and

00:00:48.109 --> 00:00:49.771
practical tips give your

00:00:49.811 --> 00:00:51.612
homeschool the power boost

00:00:51.671 --> 00:00:53.774
it needs to successfully

00:00:53.973 --> 00:00:56.536
educate the unique learners in your home

00:00:56.595 --> 00:00:56.661
you

00:01:01.851 --> 00:01:02.332
Hi, everyone,

00:01:02.371 --> 00:01:03.572
and welcome to Empowering

00:01:03.591 --> 00:01:04.793
Homeschool Conversations.

00:01:05.173 --> 00:01:05.612
Today,

00:01:05.692 --> 00:01:06.673
we are going to talk about

00:01:06.712 --> 00:01:07.832
passion-led learning,

00:01:07.912 --> 00:01:09.534
empowering school success

00:01:09.593 --> 00:01:10.394
through coaching.

00:01:10.593 --> 00:01:13.174
And my guest today is Uzma Asker,

00:01:13.715 --> 00:01:17.495
an ACCICF executive and

00:01:17.536 --> 00:01:19.135
leadership coach and consultant,

00:01:19.176 --> 00:01:21.477
a certified autism specialist,

00:01:21.876 --> 00:01:23.337
a neuroinclusion advocate,

00:01:23.397 --> 00:01:24.858
an international guest speaker,

00:01:25.298 --> 00:01:26.438
and the founder of Uzma

00:01:26.558 --> 00:01:28.138
Asker Coaching and

00:01:28.177 --> 00:01:29.679
Consulting and Motherhood

00:01:29.879 --> 00:01:30.718
on the Spectrum.

00:01:30.959 --> 00:01:32.799
Welcome to the show today.

00:01:32.959 --> 00:01:34.480
We're so excited to have you here.

00:01:34.519 --> 00:01:36.340
Thank you so much.

00:01:36.561 --> 00:01:38.840
I'm equally excited.

00:01:38.900 --> 00:01:39.081
Yeah,

00:01:39.141 --> 00:01:42.923
we met in person in England this summer.

00:01:43.322 --> 00:01:45.043
And I got to meet, actually,

00:01:45.063 --> 00:01:46.022
it was my son.

00:01:46.623 --> 00:01:48.284
And that was a delight as well.

00:01:48.343 --> 00:01:49.965
And actually speak on a panel with him.

00:01:50.784 --> 00:01:53.865
And so we hit it off.

00:01:53.945 --> 00:01:55.766

And I said, you've got to be on the show.

00:01:56.445 --> 00:01:58.106
She has a wealth of information to share.

00:01:58.787 --> 00:02:00.388
And you're just going to be

00:02:00.668 --> 00:02:02.590
blessed by this conversation.

00:02:02.650 --> 00:02:02.930
Today,

00:02:02.969 --> 00:02:04.551
we're going to talk some main themes

00:02:04.590 --> 00:02:06.352
about integrating passions into learning,

00:02:06.793 --> 00:02:08.074
coaching into home

00:02:08.133 --> 00:02:10.235
education and supporting unique learners.

00:02:11.436 --> 00:02:12.757
And also just.

00:02:13.978 --> 00:02:15.259
talking about Uzma's own

00:02:15.319 --> 00:02:16.781
personal journey as a

00:02:16.820 --> 00:02:17.641
homeschool mom from

00:02:17.741 --> 00:02:19.143
advocating for her own

00:02:19.182 --> 00:02:20.443
child to founding a company

00:02:20.484 --> 00:02:22.806
based on neurodiversity coaching.

00:02:23.067 --> 00:02:25.429
And so definitely join us

00:02:25.468 --> 00:02:26.610
for this conversation.

00:02:26.969 --> 00:02:29.211
And if you are watching live,

00:02:29.252 --> 00:02:31.533
we would love for you to join in with us.

00:02:31.574 --> 00:02:33.536
So put comments, questions in the feed,

00:02:33.876 --> 00:02:35.997
whether you're watching from Facebook,

00:02:36.038 --> 00:02:39.501
YouTube, Instagram, Twitter, Instagram,

00:02:40.723 --> 00:02:43.227
Those are all places that

00:02:43.366 --> 00:02:44.609
you should be watching from right now.

00:02:44.930 --> 00:02:47.153
So, yeah.

00:02:47.554 --> 00:02:50.058
So let's let's kind of kick

00:02:50.158 --> 00:02:52.301
off this conversation a little bit.

00:02:52.522 --> 00:02:52.782
You know,

00:02:55.187 --> 00:02:56.068
A lot of parents say they

00:02:56.109 --> 00:02:57.449
want to transform passions

00:02:57.489 --> 00:02:58.650
into learning opportunities.

00:02:58.669 --> 00:02:59.311
And you mentioned

00:02:59.670 --> 00:03:01.211
transforming when we

00:03:01.611 --> 00:03:02.612
chatted and shared some

00:03:02.633 --> 00:03:04.354
information of transforming

00:03:04.373 --> 00:03:05.454
your son's passions for

00:03:05.514 --> 00:03:07.575
technology into learning opportunities.

00:03:07.895 --> 00:03:09.015
Could you share a specific

00:03:09.075 --> 00:03:10.477
example of how you've

00:03:10.497 --> 00:03:11.877
incorporated his love for

00:03:11.978 --> 00:03:13.878
tech and machines into an

00:03:13.938 --> 00:03:14.819
educational activity?

00:03:17.664 --> 00:03:18.564
Yeah, absolutely.

00:03:18.585 --> 00:03:19.545
I would love to do that.

00:03:19.605 --> 00:03:20.186
I mean,

00:03:20.645 --> 00:03:22.306
I feel it just happened organically.

00:03:23.467 --> 00:03:26.367
It started when he was under two years old,

00:03:26.407 --> 00:03:26.747
actually.

00:03:26.788 --> 00:03:28.127
He loved vacuum cleaners.

00:03:28.187 --> 00:03:29.149
It all started with a love

00:03:29.188 --> 00:03:29.968
of vacuum cleaners.

00:03:30.688 --> 00:03:31.049
Yeah,

00:03:31.128 --> 00:03:33.330
he was playing with one and he would

00:03:33.349 --> 00:03:34.430
spend the whole day playing

00:03:34.569 --> 00:03:36.230
with this one particular vacuum cleaner.

00:03:37.251 --> 00:03:38.431
And as a first child,

00:03:38.451 --> 00:03:39.852
you want to give them everything, right?

00:03:40.472 --> 00:03:41.492
And then I went and bought

00:03:41.513 --> 00:03:42.453

another one and then

00:03:42.492 --> 00:03:43.893
another one and then another one.

00:03:43.913 --> 00:03:44.933
And he ended up having five

00:03:44.954 --> 00:03:46.174
or six other ones.

00:03:46.567 --> 00:03:48.207
He had a Dyson.

00:03:48.247 --> 00:03:49.609
He had a Henry the Hoover.

00:03:49.649 --> 00:03:51.310
He had one from Toys R Us,

00:03:51.689 --> 00:03:53.151
Early Learning Center, you name it.

00:03:53.632 --> 00:03:55.013
And every time you play with them,

00:03:55.073 --> 00:03:55.712
he would play.

00:03:56.193 --> 00:03:57.533
He wouldn't play the typical way, right?

00:03:57.554 --> 00:03:58.754
The kids play, you know,

00:03:59.074 --> 00:03:59.836
like cleaning the living

00:03:59.876 --> 00:04:01.497
room or cleaning the floor.

00:04:01.817 --> 00:04:03.377
He would actually open up

00:04:03.598 --> 00:04:04.618
the vacuum cleaner,

00:04:06.280 --> 00:04:07.320
the bottom of the base,

00:04:07.401 --> 00:04:09.421
and take out the parts from

00:04:09.461 --> 00:04:10.522
the toy vacuum cleaner.

00:04:11.082 --> 00:04:13.625
And I wouldn't see him panicking, right?

00:04:13.685 --> 00:04:14.544
I wouldn't see him panicking.

00:04:14.564 --> 00:04:15.545
Right, yes.

00:04:15.997 --> 00:04:16.598
They'll have fix it.

00:04:16.639 --> 00:04:17.738
They'll have fix it.

00:04:17.839 --> 00:04:19.521
And he would put it back

00:04:19.540 --> 00:04:20.982
together again and then do

00:04:21.021 --> 00:04:21.742
the same thing again.

00:04:22.783 --> 00:04:24.225
So he would spend the whole

00:04:24.264 --> 00:04:26.666
day opening and closing the

00:04:26.687 --> 00:04:27.427
vacuum cleaners.

00:04:27.947 --> 00:04:29.430
He would switch on my vacuum

00:04:29.449 --> 00:04:31.752
cleaner for the sound and

00:04:31.951 --> 00:04:35.033
he would sit watching, you know, YouTube.

00:04:35.894 --> 00:04:37.797
So he had this fascination

00:04:38.057 --> 00:04:39.158
with vacuum cleaners.

00:04:40.278 --> 00:04:42.019
And initially I thought, okay, it's good.

00:04:42.040 --> 00:04:43.380
He's playing, he's entertained.

00:04:43.442 --> 00:04:43.901
It's okay.

00:04:44.439 --> 00:04:46.379
And then it kind of went on and on.

00:04:46.660 --> 00:04:48.860
And I realized, hmm,

00:04:48.901 --> 00:04:50.081
maybe this is an obsession

00:04:50.120 --> 00:04:51.100
and I should put it away.

00:04:51.641 --> 00:04:52.641
So I did.

00:04:52.761 --> 00:04:53.341
I ended up putting his

00:04:53.382 --> 00:04:54.401
vacuum cleaners away.

00:04:55.502 --> 00:04:57.521
And something didn't feel

00:04:57.601 --> 00:04:59.963
right as a mom by me doing that.

00:05:00.103 --> 00:05:02.382
I felt like he's not happy anymore.

00:05:02.423 --> 00:05:03.603
He was really entertained.

00:05:04.002 --> 00:05:05.244
He was enjoying himself.

00:05:05.303 --> 00:05:05.983
He was busy.

00:05:06.084 --> 00:05:07.043
He was learning.

00:05:07.064 --> 00:05:08.783
And here's me now putting

00:05:08.843 --> 00:05:09.863
these vacuum cleaners away

00:05:09.884 --> 00:05:10.704
and giving him something

00:05:10.764 --> 00:05:11.485
else to play with.

00:05:12.504 --> 00:05:13.764
And then I started really learning.

00:05:14.132 --> 00:05:15.494
and trying to understand why

00:05:15.634 --> 00:05:17.154
my child was fixed on one

00:05:17.194 --> 00:05:18.916

particular toy or object.

00:05:20.117 --> 00:05:24.180
And then it came up as certain interests,

00:05:24.221 --> 00:05:26.262
and then the word autism came up.

00:05:26.281 --> 00:05:28.704
And I had never heard of autism, actually.

00:05:28.723 --> 00:05:30.305
This is going back, you know,

00:05:30.346 --> 00:05:31.185
thirteen years now.

00:05:32.406 --> 00:05:34.889
And I then did take out the

00:05:34.908 --> 00:05:36.029
vacuum cleaners because I

00:05:36.089 --> 00:05:36.790
thought it was the wrong

00:05:36.810 --> 00:05:37.750
thing for me to do as a mum.

00:05:38.591 --> 00:05:39.673
And I'm so glad I did,

00:05:39.853 --> 00:05:40.774
because if I hadn't,

00:05:42.235 --> 00:05:43.156
we wouldn't have this story.

00:05:43.937 --> 00:05:45.718
And I took out the vacuum

00:05:45.737 --> 00:05:46.838
cleaners and he started

00:05:46.879 --> 00:05:47.579
playing them again.

00:05:48.379 --> 00:05:49.781
And it just went on from

00:05:49.880 --> 00:05:52.822
vacuum cleaners to him going into a shop,

00:05:53.862 --> 00:05:56.785
listening to various sounds of, you know,

00:05:56.805 --> 00:05:59.005
machinery, going into a restaurant,

00:05:59.026 --> 00:06:00.726
for example, looking at the tails,

00:06:01.767 --> 00:06:04.408
anything to do with gadgets and devices.

00:06:04.449 --> 00:06:05.550
He was started really,

00:06:05.589 --> 00:06:06.411
he was intrigued and

00:06:06.451 --> 00:06:08.192
fascinated and he wanted to

00:06:08.232 --> 00:06:09.291
see how they would operate.

00:06:09.372 --> 00:06:10.413
So this is how he's working.

00:06:11.072 --> 00:06:11.913
And then as time went

00:06:12.432 --> 00:06:14.834
it went into technology.

00:06:15.074 --> 00:06:17.934
It was laptops and iPads and

00:06:18.514 --> 00:06:21.014
the phone and a PC.

00:06:21.115 --> 00:06:22.134
So when he was ten,

00:06:24.295 --> 00:06:25.935
he said to me... They always seem to grow,

00:06:25.956 --> 00:06:26.416
don't they?

00:06:28.117 --> 00:06:29.336
In the ways you never expect

00:06:29.357 --> 00:06:30.958
them to grow out of that.

00:06:31.038 --> 00:06:31.757
Exactly.

00:06:32.778 --> 00:06:34.338
So when he was ten, he said to me, Mum,

00:06:34.398 --> 00:06:35.639
I want to build my own PC.

00:06:36.439 --> 00:06:37.879
And I looked at him like, really?

00:06:37.899 --> 00:06:39.220
You want to build your own PC?

00:06:39.240 --> 00:06:40.439
It's a pretty expensive

00:06:41.831 --> 00:06:43.110
activity that you want to do

00:06:44.252 --> 00:06:45.252
so I explained to him yeah

00:06:45.273 --> 00:06:46.093
you can you know if you

00:06:46.112 --> 00:06:46.952
really want to you can

00:06:46.994 --> 00:06:47.894
because he would talk about

00:06:47.994 --> 00:06:50.035
pcs a lot um and I said

00:06:50.055 --> 00:06:52.055
okay you can but show me

00:06:52.396 --> 00:06:53.877
you know show me what you

00:06:53.937 --> 00:06:56.338
need show me how to um

00:06:56.418 --> 00:06:58.100
right and then we'll save

00:06:58.160 --> 00:06:59.221
up for it let's save up for

00:06:59.261 --> 00:07:00.440
it what do you earn the

00:07:00.461 --> 00:07:02.521
money um you can do chores

00:07:02.642 --> 00:07:03.822
extra chores chores he does

00:07:03.843 --> 00:07:05.324
without getting paid extra

00:07:05.363 --> 00:07:06.865
chores um and then you'll

00:07:06.884 --> 00:07:08.326
get paid you can save and

00:07:08.346 --> 00:07:09.526

you can buy your parts that

00:07:09.547 --> 00:07:10.166
you need for the pc

00:07:10.973 --> 00:07:13.913
So he started researching and I decided,

00:07:14.014 --> 00:07:15.434
I mean, we were already homeschooling,

00:07:15.934 --> 00:07:17.213
but what I decided then is

00:07:17.374 --> 00:07:19.475
turn this passion that he

00:07:19.535 --> 00:07:22.295
had into learning.

00:07:23.475 --> 00:07:27.257
So maths was not his favorite subject.

00:07:28.516 --> 00:07:30.177
Writing was not the most

00:07:30.237 --> 00:07:31.117
interesting thing he would

00:07:31.156 --> 00:07:32.577
like to do on a daily basis.

00:07:32.997 --> 00:07:34.718
So what I asked him to do was, okay,

00:07:34.757 --> 00:07:36.959
why don't you, more like a unit study,

00:07:37.379 --> 00:07:37.978
why don't you...

00:07:39.627 --> 00:07:40.848
create your learning around this.

00:07:40.867 --> 00:07:43.108
So we introduced, you know, numeracy,

00:07:43.189 --> 00:07:44.928
literacy, research,

00:07:46.369 --> 00:07:49.589
various skills within this interest.

00:07:50.689 --> 00:07:55.151
And through that, he did, he researched,

00:07:55.211 --> 00:07:56.290
he found out the names that, you know,

00:07:56.350 --> 00:07:57.591
the parts of the items that

00:07:57.630 --> 00:07:58.490
go into the PC.

00:07:59.011 --> 00:08:01.091
He researched the cost, the price,

00:08:01.432 --> 00:08:02.711
you know, the total amount.

00:08:03.612 --> 00:08:04.973
We went to the mall,

00:08:05.052 --> 00:08:06.252
he went to the shop assistant,

00:08:06.392 --> 00:08:07.673
asked for those particular pieces.

00:08:08.245 --> 00:08:09.848
Some were available, some were not,

00:08:10.148 --> 00:08:11.668
then he bought them online.

00:08:12.769 --> 00:08:13.850
So there was so much going

00:08:14.031 --> 00:08:15.752
on in this project of learning,

00:08:15.992 --> 00:08:17.894
but he was interested.

00:08:18.014 --> 00:08:18.415
Yes.

00:08:18.454 --> 00:08:19.656
He was writing, he was reading,

00:08:19.696 --> 00:08:21.237
he was counting, you know,

00:08:21.278 --> 00:08:23.939
he was researching, he was communicating.

00:08:25.100 --> 00:08:26.583
So within this one interest,

00:08:26.702 --> 00:08:29.365
we had so much learning, rich learning.

00:08:30.105 --> 00:08:30.425
Right.

00:08:30.807 --> 00:08:33.989
And that was his, that was a unit study.

00:08:34.089 --> 00:08:34.269
Mm-hmm.

00:08:35.168 --> 00:08:36.368
That is so awesome.

00:08:36.408 --> 00:08:36.587
Mike.

00:08:37.308 --> 00:08:37.989
Yeah.

00:08:38.609 --> 00:08:39.668
That's interesting that.

00:08:39.788 --> 00:08:40.068
Yeah.

00:08:40.168 --> 00:08:42.750
And so starting at age two through ten.

00:08:43.070 --> 00:08:45.910
And so how how long did this

00:08:46.870 --> 00:08:49.230
is he still kind of in that

00:08:49.311 --> 00:08:50.991
realm of tech and and

00:08:51.032 --> 00:08:52.211
liking all things tech?

00:08:52.792 --> 00:08:54.493
Yeah.

00:08:54.533 --> 00:08:54.793
Yeah.

00:08:54.812 --> 00:08:55.332
It's amazing how.

00:08:55.352 --> 00:08:55.432
Yeah.

00:08:56.072 --> 00:08:56.293
Yeah.

00:08:57.282 --> 00:08:58.803
And if you had taken away

00:08:59.283 --> 00:09:01.004
that vacuum cleaner, you know,

00:09:01.806 --> 00:09:03.307
at that young age and say, oh,

00:09:03.326 --> 00:09:04.688

this is what you're supposed to be doing,

00:09:06.850 --> 00:09:09.131
what it had grown into would just,

00:09:10.153 --> 00:09:11.014
would have been stifled.

00:09:12.134 --> 00:09:14.697
And so, yes, that mom instinct.

00:09:16.018 --> 00:09:17.820
I think as mothers, we just know,

00:09:17.899 --> 00:09:18.379
don't we?

00:09:18.419 --> 00:09:18.721
You know,

00:09:18.821 --> 00:09:20.341
and it's funny you're saying that

00:09:20.402 --> 00:09:21.702
because if I had taken the

00:09:21.722 --> 00:09:22.783
vacuum cleaner away or the

00:09:22.803 --> 00:09:23.664
vacuum cleaners away,

00:09:24.522 --> 00:09:26.043
we wouldn't have had this story.

00:09:26.123 --> 00:09:27.364
We wouldn't have had him

00:09:27.923 --> 00:09:29.225
doing what he loves doing.

00:09:30.044 --> 00:09:31.245
And I wouldn't be able to

00:09:31.265 --> 00:09:32.245
sit here and share my

00:09:32.285 --> 00:09:33.606
experience and really

00:09:33.687 --> 00:09:35.288
advocate for it because I

00:09:35.327 --> 00:09:36.989
often hear parents say, well,

00:09:37.028 --> 00:09:38.229
my child doesn't like anything.

00:09:38.490 --> 00:09:38.690
You know,

00:09:38.710 --> 00:09:39.669
he's not into anything or she's

00:09:39.690 --> 00:09:40.410
not into anything.

00:09:40.910 --> 00:09:41.910
And I said, give it time.

00:09:42.111 --> 00:09:42.552
They will.

00:09:42.772 --> 00:09:43.371
And if they're not,

00:09:43.412 --> 00:09:44.373
give them opportunities.

00:09:45.253 --> 00:09:45.732
Right.

00:09:45.753 --> 00:09:46.254
If you give them

00:09:46.293 --> 00:09:47.654
opportunities and they'll

00:09:47.794 --> 00:09:49.796
see what they like,

00:09:49.936 --> 00:09:51.456
you can then enhance that learning.

00:09:52.177 --> 00:09:53.437
And that's exactly what we did.

00:09:53.518 --> 00:09:53.957
And now,

00:09:54.687 --> 00:09:56.628
Honestly, Peggy, since that time,

00:09:57.129 --> 00:09:58.308
he did build that PC.

00:09:58.710 --> 00:10:00.130
So he built the PC.

00:10:00.730 --> 00:10:03.232
He put it all together.

00:10:03.332 --> 00:10:05.033
He pressed that power button.

00:10:06.715 --> 00:10:08.035
And that moment of joy,

00:10:08.115 --> 00:10:09.996
he just turned twelve and

00:10:10.236 --> 00:10:12.038
he had created something

00:10:12.078 --> 00:10:13.480
that he was so passionate about.

00:10:14.360 --> 00:10:16.461
Yeah, that's really neat.

00:10:16.522 --> 00:10:18.163
It's amazing.

00:10:18.202 --> 00:10:18.503
Yeah.

00:10:20.049 --> 00:10:20.210
Yeah.

00:10:20.330 --> 00:10:20.409
Yeah.

00:10:20.791 --> 00:10:21.691
My middle child did

00:10:21.750 --> 00:10:24.173
something similar when he was fifteen.

00:10:24.214 --> 00:10:24.975
He decided he wanted to

00:10:25.014 --> 00:10:27.957
build a PC and his math

00:10:27.998 --> 00:10:29.479
component was to build a

00:10:29.538 --> 00:10:31.782
program that tracked on

00:10:31.822 --> 00:10:32.863
different websites the

00:10:32.903 --> 00:10:34.403
prices of all the parts

00:10:34.443 --> 00:10:36.005
that he needed so that when

00:10:36.025 --> 00:10:36.966
it hit the low,

00:10:37.206 --> 00:10:39.509
he was notified and then he could buy it.

00:10:40.169 --> 00:10:41.511

I was like, wow, how smart.

00:10:43.572 --> 00:10:44.273
That's amazing, actually.

00:10:44.312 --> 00:10:44.952
That's better math than I

00:10:44.972 --> 00:10:47.234
can provide for you because

00:10:47.254 --> 00:10:48.913
that's applicable math to

00:10:49.153 --> 00:10:49.914
things that people are

00:10:49.955 --> 00:10:53.416
looking for in today's market for jobs.

00:10:53.676 --> 00:10:56.596
And yes, he may never have done algebra,

00:10:56.736 --> 00:10:58.856
but that's way above and beyond.

00:10:59.017 --> 00:11:01.278
So I think it's that

00:11:01.317 --> 00:11:03.099
different perspective that

00:11:03.139 --> 00:11:04.058
we have to take,

00:11:04.359 --> 00:11:05.379
whether they're playing

00:11:05.399 --> 00:11:06.519
with a vacuum cleaner or a toy.

00:11:07.039 --> 00:11:09.841
They're building a computer, you know, or,

00:11:10.202 --> 00:11:11.884
you know, doing things around that,

00:11:11.964 --> 00:11:13.485
that supplement that learning.

00:11:14.086 --> 00:11:14.745
It's learning.

00:11:15.767 --> 00:11:17.369
And we have to be joyful about that.

00:11:17.389 --> 00:11:19.090
And instead of saying, oh,

00:11:19.129 --> 00:11:20.230
it's not the right learning

00:11:20.291 --> 00:11:21.231
or it's not fitting into

00:11:21.251 --> 00:11:23.092
this category or the box that I,

00:11:23.894 --> 00:11:25.895
that learning is supposed to fit into.

00:11:26.395 --> 00:11:27.657
Yeah, exactly.

00:11:27.677 --> 00:11:29.018
It's the right learning for them.

00:11:29.379 --> 00:11:30.119
And they're growing and

00:11:30.139 --> 00:11:32.041
they're developing and they're happy.

00:11:32.100 --> 00:11:32.961
And that's what really matters,

00:11:32.981 --> 00:11:33.341
doesn't it?

00:11:34.235 --> 00:11:35.535
Yeah, exactly.

00:11:35.796 --> 00:11:36.235
Yes.

00:11:36.496 --> 00:11:37.778
And yeah,

00:11:38.498 --> 00:11:40.779
taking away that panic of I'm not

00:11:40.820 --> 00:11:41.399
not teaching them

00:11:41.460 --> 00:11:42.441
everything they need to know.

00:11:44.783 --> 00:11:45.003
Yeah.

00:11:45.062 --> 00:11:46.703
I mean, that's so easily done, though.

00:11:46.724 --> 00:11:48.946
I mean, that's so that's such a I mean,

00:11:48.966 --> 00:11:50.166
I did that I was guilty of it.

00:11:50.206 --> 00:11:51.267
You know, I homeschooled.

00:11:51.748 --> 00:11:52.628
I'm still homeschooling.

00:11:52.648 --> 00:11:53.408
But in the beginning,

00:11:53.448 --> 00:11:54.629
in the early years of homeschooling,

00:11:54.789 --> 00:11:57.231
I was always comparing my learning,

00:11:57.792 --> 00:11:59.793
or my teaching, I guess, to my children,

00:12:00.033 --> 00:12:00.594
you know, think,

00:12:01.138 --> 00:12:01.298
You know,

00:12:01.317 --> 00:12:02.460
the school has a certain amount

00:12:02.500 --> 00:12:03.260
of hours a day.

00:12:03.421 --> 00:12:05.222
My kids are not doing that many hours.

00:12:05.764 --> 00:12:07.666
Or have they even done

00:12:07.745 --> 00:12:08.807
everything that a typical

00:12:08.827 --> 00:12:09.688
school day would cover?

00:12:09.729 --> 00:12:11.049
So I was forever comparing.

00:12:12.052 --> 00:12:12.272
Right.

00:12:12.312 --> 00:12:13.734
And that was my biggest struggle.

00:12:13.754 --> 00:12:14.094
So I don't know.

00:12:14.153 --> 00:12:14.575
What about you?

00:12:14.595 --> 00:12:14.754

I mean,

00:12:14.774 --> 00:12:16.197
were you doing the same thing as...

00:12:16.846 --> 00:12:17.667
Yeah, you know,

00:12:18.368 --> 00:12:19.610
I avoided homeschool

00:12:19.629 --> 00:12:20.850
conferences because I just

00:12:20.890 --> 00:12:22.033
cried when I went to them

00:12:22.572 --> 00:12:24.054
because everybody was, you know,

00:12:24.095 --> 00:12:25.076
saying how my child could

00:12:25.177 --> 00:12:26.619
read by this age and go to

00:12:26.678 --> 00:12:28.721
college by the time they're five.

00:12:28.740 --> 00:12:30.703
You know, I'm exaggerating,

00:12:30.764 --> 00:12:33.246
but I kind of felt that way as you know.

00:12:34.268 --> 00:12:34.687
my child,

00:12:34.748 --> 00:12:36.668
what is now ten and still not reading.

00:12:36.749 --> 00:12:39.490
So we're going to, you know,

00:12:39.789 --> 00:12:40.671
how to homeschool your

00:12:40.691 --> 00:12:41.951
child through high school and then do,

00:12:42.130 --> 00:12:42.331
you know,

00:12:42.410 --> 00:12:44.091
this many years of this subject

00:12:44.131 --> 00:12:44.731
and this subject.

00:12:44.751 --> 00:12:46.753
And I'm like, no,

00:12:47.894 --> 00:12:49.134
this isn't working either.

00:12:49.173 --> 00:12:51.294
And so it just seems like, yeah,

00:12:51.455 --> 00:12:53.135
you just have to be able to say,

00:12:53.176 --> 00:12:54.735
you know what, this is my child.

00:12:54.775 --> 00:12:55.736
This is their path.

00:12:56.376 --> 00:12:58.398
And it's not going to look

00:12:59.077 --> 00:13:00.198
like everybody else's.

00:13:00.239 --> 00:13:01.458
And that's really okay.

00:13:03.159 --> 00:13:04.421
Because I mean,

00:13:04.500 --> 00:13:05.900
they lose their self-confidence.

00:13:05.961 --> 00:13:06.761
I mean, and that,

00:13:06.802 --> 00:13:07.861
that's something you can't

00:13:07.881 --> 00:13:09.883
gain back as much as them

00:13:10.003 --> 00:13:11.644
learning how to read,

00:13:11.683 --> 00:13:13.104
how to write all those

00:13:13.144 --> 00:13:16.765
things when they're supposed to.

00:13:16.806 --> 00:13:18.767
But yeah, I agree.

00:13:18.787 --> 00:13:18.966
I agree.

00:13:19.187 --> 00:13:21.067
I mean, no learner is linear anyway.

00:13:21.148 --> 00:13:22.849
And then we have on your divergent child,

00:13:22.869 --> 00:13:25.289
who's going to be everywhere on this map.

00:13:26.190 --> 00:13:28.051
And then if you put them in a system,

00:13:29.030 --> 00:13:29.831
and they put them in that

00:13:29.871 --> 00:13:31.052
grade level where they may

00:13:31.111 --> 00:13:33.533
not be able to deliver their work,

00:13:34.073 --> 00:13:35.715
that just hinders their confidence.

00:13:35.815 --> 00:13:37.056
And you're right,

00:13:38.277 --> 00:13:39.136
I think it's so important

00:13:39.157 --> 00:13:40.457
for them to be happy during

00:13:40.477 --> 00:13:42.938
the learning process rather

00:13:42.958 --> 00:13:43.960
than ticking the boxes of

00:13:43.980 --> 00:13:44.539
what they're learning.

00:13:45.721 --> 00:13:46.881
Yeah, absolutely.

00:13:47.822 --> 00:13:50.182
So your background in

00:13:50.302 --> 00:13:53.323
coaching and then home educating,

00:13:54.004 --> 00:13:55.684
how has that melded and you

00:13:55.725 --> 00:13:56.825
felt like it really has

00:13:56.884 --> 00:13:59.785
supported how you have

00:13:59.966 --> 00:14:01.225

actually taught within your

00:14:01.265 --> 00:14:06.607
home versus like a typical educator?

00:14:06.668 --> 00:14:08.528
Yeah, that's a brilliant question, Peggy.

00:14:08.548 --> 00:14:09.129
That's amazing.

00:14:09.208 --> 00:14:11.250
I mean, for me, coaching was,

00:14:11.309 --> 00:14:12.110
it's pretty recent.

00:14:12.269 --> 00:14:13.890
So I've only been in the coaching realm,

00:14:13.910 --> 00:14:14.910
I guess, four years now.

00:14:15.591 --> 00:14:16.412
Um, prior to that,

00:14:16.493 --> 00:14:18.052
I was a homemaker home

00:14:18.113 --> 00:14:20.354
educator and my world just

00:14:21.195 --> 00:14:21.975
rolled from my kids.

00:14:22.615 --> 00:14:25.596
Um, my approach, I guess,

00:14:25.616 --> 00:14:27.717
to teaching them was different.

00:14:28.470 --> 00:14:30.230
Initially, when I started, it was a panic,

00:14:30.490 --> 00:14:30.630
right?

00:14:30.691 --> 00:14:31.250
I'd compare.

00:14:31.291 --> 00:14:34.152
And then if you're not

00:14:34.192 --> 00:14:35.072
comparing it to the school,

00:14:35.091 --> 00:14:35.871
you're comparing it to

00:14:35.971 --> 00:14:37.052
another homeschooling family.

00:14:37.572 --> 00:14:39.513
Right, exactly.

00:14:41.394 --> 00:14:42.413
Which is really panic, right?

00:14:42.433 --> 00:14:43.333
You're panic every time.

00:14:43.453 --> 00:14:43.673
Right.

00:14:43.714 --> 00:14:45.274
And then I think throughout the years,

00:14:45.294 --> 00:14:45.835
it was like, okay,

00:14:45.934 --> 00:14:47.414
I need to follow curriculum, I'll do this,

00:14:47.455 --> 00:14:48.056
and I'll do that.

00:14:48.596 --> 00:14:49.296
And I mean,

00:14:49.316 --> 00:14:50.436
I wasn't ticking boxes in

00:14:50.475 --> 00:14:52.017
comparison to the pressure

00:14:52.037 --> 00:14:53.736
that a school may have, for example,

00:14:54.057 --> 00:14:55.337
but it was more my own.

00:14:56.118 --> 00:14:56.498
I created

00:14:57.179 --> 00:14:58.301
self-induced stress and

00:14:58.321 --> 00:15:00.482
pressure for myself so I

00:15:00.783 --> 00:15:03.365
can really take that we do

00:15:03.446 --> 00:15:04.667
all the time all the time

00:15:05.727 --> 00:15:07.068
and stress about activities

00:15:07.089 --> 00:15:08.309
stressing about learning

00:15:08.370 --> 00:15:11.133
right forever and I think

00:15:11.153 --> 00:15:12.354
when coaching kicked in it

00:15:12.374 --> 00:15:13.634
gave me this realization

00:15:14.235 --> 00:15:16.238
that I can take a step back

00:15:17.538 --> 00:15:20.841
and allow my children to take over and

00:15:21.299 --> 00:15:23.081
And it was through asking them questions.

00:15:23.101 --> 00:15:24.403
So what do you want to learn?

00:15:24.442 --> 00:15:26.325
Yeah.

00:15:26.404 --> 00:15:27.985
What do you want to do?

00:15:29.147 --> 00:15:30.427
What makes you happy?

00:15:31.269 --> 00:15:32.831
Rather than me saying, OK, let's read,

00:15:32.971 --> 00:15:33.471
you know,

00:15:33.490 --> 00:15:35.072
let's read ten books this year

00:15:35.113 --> 00:15:36.313
in our homeschooling year.

00:15:37.153 --> 00:15:38.635
Let's complete this task or

00:15:38.655 --> 00:15:41.639
let's complete this particular subject.

00:15:42.019 --> 00:15:43.019
It was like, what do you want to do?

00:15:44.306 --> 00:15:44.706
Right.

00:15:44.745 --> 00:15:44.966

You know,

00:15:45.025 --> 00:15:47.967
how can we create the learning for twenty,

00:15:47.988 --> 00:15:49.528
twenty four, twenty, twenty five?

00:15:49.568 --> 00:15:50.408
What can we do this year?

00:15:51.429 --> 00:15:52.549
And sit with them and ask

00:15:52.570 --> 00:15:53.770
those questions and engage

00:15:53.791 --> 00:15:57.712
with them and get that feel of, OK,

00:15:57.732 --> 00:15:58.913
this is going to be rich learning.

00:15:58.933 --> 00:15:59.974
This is going to be true learning.

00:16:00.455 --> 00:16:01.414
They're going to enjoy it.

00:16:01.534 --> 00:16:02.916
They're going to digest what

00:16:02.936 --> 00:16:03.855
they're learning this year.

00:16:04.456 --> 00:16:05.317
So that's, I think,

00:16:05.356 --> 00:16:06.317
my biggest kind of

00:16:06.378 --> 00:16:08.139
transformation with the coaching.

00:16:08.198 --> 00:16:09.739
That's really good.

00:16:09.759 --> 00:16:10.879
Taking the back seat.

00:16:11.360 --> 00:16:11.900
Mm hmm.

00:16:13.567 --> 00:16:13.947
Yeah.

00:16:14.148 --> 00:16:14.427
I mean,

00:16:14.648 --> 00:16:17.029
our kids have so many ideas and

00:16:17.049 --> 00:16:18.030
they're wonderful.

00:16:18.171 --> 00:16:19.231
And to be able to explore

00:16:19.272 --> 00:16:21.033
them and to kind of get into their world,

00:16:22.615 --> 00:16:23.696
it is going to take you places.

00:16:23.716 --> 00:16:24.355
And like you said,

00:16:25.017 --> 00:16:27.399
they want to learn those things.

00:16:27.678 --> 00:16:28.820
And so they're going to be

00:16:28.860 --> 00:16:29.760
more passionate about

00:16:29.900 --> 00:16:30.682
getting up and learning.

00:16:31.241 --> 00:16:31.481
you know,

00:16:31.542 --> 00:16:33.943
getting started and exploring

00:16:33.984 --> 00:16:34.784
those things with you.

00:16:34.884 --> 00:16:37.586
And yeah, I, I love that you,

00:16:37.706 --> 00:16:38.826
you talked about questions

00:16:38.886 --> 00:16:41.068
because I interviewed a couple and it was,

00:16:41.229 --> 00:16:43.629
it just kind of transformed my,

00:16:43.990 --> 00:16:45.150
my view of education.

00:16:45.932 --> 00:16:46.711
When they said this,

00:16:46.751 --> 00:16:48.013
they said the first major

00:16:48.052 --> 00:16:50.095
decision we offer kids is

00:16:50.414 --> 00:16:51.816
what do you want to be when you grow up?

00:16:52.756 --> 00:16:54.217
And we ask them that at the

00:16:54.337 --> 00:16:55.458
end of their high school years.

00:16:56.100 --> 00:16:56.980
And they said,

00:16:57.059 --> 00:16:59.582
what a detriment we have

00:17:00.823 --> 00:17:01.803
done throughout our

00:17:01.845 --> 00:17:03.206
education system of telling

00:17:03.225 --> 00:17:04.287
kids what they have to do

00:17:04.406 --> 00:17:05.988
every year and then leaving

00:17:06.028 --> 00:17:07.148
the biggest decision of

00:17:07.449 --> 00:17:08.369
what direction their life's

00:17:08.390 --> 00:17:10.112
going to take at the end of

00:17:10.152 --> 00:17:11.752
that when we've given them

00:17:11.853 --> 00:17:14.315
no decisions to make along the way.

00:17:15.036 --> 00:17:16.656
And I thought, oh, my goodness,

00:17:16.738 --> 00:17:17.657
that is so true.

00:17:17.758 --> 00:17:17.878
Yeah.

00:17:19.038 --> 00:17:20.980
We need to be asking those questions.

00:17:21.101 --> 00:17:22.101

We need our kids to be

00:17:22.181 --> 00:17:25.763
making small decisions that

00:17:26.604 --> 00:17:27.884
kind of lead their life

00:17:28.224 --> 00:17:30.386
versus asking them those

00:17:30.406 --> 00:17:31.528
big questions when they

00:17:31.708 --> 00:17:35.250
have no idea what to choose anymore.

00:17:36.727 --> 00:17:37.347
Absolutely.

00:17:37.508 --> 00:17:37.968
Absolutely.

00:17:38.008 --> 00:17:39.528
I mean, I think that's so important,

00:17:39.910 --> 00:17:41.030
giving them the autonomy to

00:17:41.070 --> 00:17:43.291
decide and make those small,

00:17:43.333 --> 00:17:44.272
like you said, decisions,

00:17:44.534 --> 00:17:47.455
because that's their educational journey.

00:17:47.715 --> 00:17:48.676
And surely they should have

00:17:48.737 --> 00:17:49.837
some control over it.

00:17:50.077 --> 00:17:50.959
If they have that cognitive

00:17:50.979 --> 00:17:52.900
ability and understanding,

00:17:53.461 --> 00:17:55.563
surely they should be part of it.

00:17:55.583 --> 00:17:57.064
It shouldn't just be dictated by us.

00:17:59.231 --> 00:18:00.373
Yeah, absolutely.

00:18:01.394 --> 00:18:05.836
And I think they feel like that ownership,

00:18:06.116 --> 00:18:07.578
you know, it,

00:18:08.900 --> 00:18:10.800
it gives them something more than just,

00:18:11.101 --> 00:18:11.240
well,

00:18:11.260 --> 00:18:13.222
I'm just doing this for somebody else.

00:18:13.242 --> 00:18:14.203
I'm doing it for me.

00:18:14.243 --> 00:18:17.807
And this, this is, it's, yeah,

00:18:17.886 --> 00:18:21.088
it changes the whole dynamic of that.

00:18:21.209 --> 00:18:21.308
And,

00:18:21.569 --> 00:18:23.671
and also you don't become enemy number

00:18:23.851 --> 00:18:26.553
one.

00:18:26.613 --> 00:18:28.295
We are anyway in the house, aren't we?

00:18:30.135 --> 00:18:30.737
Exactly.

00:18:32.218 --> 00:18:33.719
I had read a book years ago

00:18:33.739 --> 00:18:34.779
that talked about getting

00:18:34.819 --> 00:18:35.840
out of the boxing ring with

00:18:35.861 --> 00:18:37.563
your children and becoming

00:18:37.823 --> 00:18:39.324
their coach instead and

00:18:39.845 --> 00:18:41.546
facing them towards their opponent,

00:18:41.625 --> 00:18:42.646
which is, you know,

00:18:42.666 --> 00:18:44.008
whatever they're struggling against.

00:18:44.087 --> 00:18:46.569
But we are so comfortable in their lives.

00:18:46.589 --> 00:18:48.291
They often will attack us.

00:18:48.731 --> 00:18:50.152
Because we're the comfortable one.

00:18:50.792 --> 00:18:53.113
And helping them to turn and say, no,

00:18:53.713 --> 00:18:54.773
I'm going to be your advocate.

00:18:54.794 --> 00:18:55.673
I'm going to be your helper.

00:18:56.114 --> 00:18:57.434
I'm back here behind you.

00:18:57.755 --> 00:18:59.355
We're going to face this together.

00:19:00.756 --> 00:19:02.195
And that has helped.

00:19:03.016 --> 00:19:04.596
Just that picture has helped me a lot,

00:19:04.676 --> 00:19:04.856
too.

00:19:08.791 --> 00:19:08.991
Yeah.

00:19:09.071 --> 00:19:11.113
So what advice would you give parents?

00:19:12.433 --> 00:19:14.434
Oh, yeah, no, go ahead.

00:19:15.055 --> 00:19:15.714
I'll let you finish.

00:19:15.775 --> 00:19:16.455
I think we have a little bit

00:19:16.476 --> 00:19:17.096
of a lag time.

00:19:17.215 --> 00:19:21.698
So I'm just saying, yeah,

00:19:21.738 --> 00:19:22.739

we do have a little bit of lag,

00:19:22.778 --> 00:19:24.900
but I just feel like we should be off.

00:19:25.539 --> 00:19:26.681
We should be the facilitators.

00:19:26.740 --> 00:19:27.020
Right.

00:19:27.601 --> 00:19:27.881
And that's it.

00:19:27.901 --> 00:19:29.061
That's the main thing,

00:19:29.281 --> 00:19:30.583
being their facilitator and

00:19:30.603 --> 00:19:31.682
just taking that backseat

00:19:31.702 --> 00:19:33.723
and just seeing how they develop,

00:19:33.743 --> 00:19:35.924
which is so important.

00:19:36.025 --> 00:19:37.226
Yeah, absolutely.

00:19:38.791 --> 00:19:40.613
So I would love to know your advice.

00:19:40.893 --> 00:19:42.134
There's a lot of parents who

00:19:42.273 --> 00:19:43.775
are opting out of the

00:19:43.815 --> 00:19:46.017
traditional education system.

00:19:47.116 --> 00:19:48.498
What advice do you have for

00:19:48.557 --> 00:19:49.898
them if they're considering

00:19:49.919 --> 00:19:51.160
making that change and they

00:19:51.240 --> 00:19:53.902
have a child who has unique

00:19:53.942 --> 00:19:57.784
learning abilities and they

00:19:57.804 --> 00:19:59.224
aren't quite sure even where to start?

00:19:59.244 --> 00:20:02.386
Yeah, that's a good question.

00:20:02.587 --> 00:20:03.167
It's...

00:20:04.211 --> 00:20:04.372
I mean,

00:20:04.432 --> 00:20:05.712
I guess when in the situation it's

00:20:05.772 --> 00:20:07.375
tricky because they feel a

00:20:07.394 --> 00:20:08.454
lot of parents feel that

00:20:08.516 --> 00:20:10.596
schooling is the only way.

00:20:10.998 --> 00:20:12.278
But sometimes if we can if

00:20:12.298 --> 00:20:13.159
we can see it this way,

00:20:13.199 --> 00:20:16.001
where not every child is

00:20:16.122 --> 00:20:18.222
fit for the schooling system or not,

00:20:18.262 --> 00:20:19.324
the schooling system may

00:20:19.364 --> 00:20:20.305
not work with that child.

00:20:20.444 --> 00:20:21.605
So they're unique, right?

00:20:21.625 --> 00:20:22.287
They have the unique

00:20:22.366 --> 00:20:23.428
learning abilities and

00:20:23.448 --> 00:20:24.929
their unique challenges, I guess.

00:20:25.548 --> 00:20:26.549
And if we look at it in that

00:20:26.589 --> 00:20:28.791
way and we see that there's

00:20:28.872 --> 00:20:32.054
an alternative to to the brick and mortar,

00:20:32.795 --> 00:20:33.816
then it becomes easier.

00:20:34.914 --> 00:20:35.214
You know,

00:20:35.335 --> 00:20:37.056
it becomes easier because we will then,

00:20:38.296 --> 00:20:39.036
we will feel better as

00:20:39.076 --> 00:20:40.257
parents and we'll know how

00:20:40.336 --> 00:20:41.257
we can support them.

00:20:41.656 --> 00:20:42.997
And nowadays anyway, I mean,

00:20:43.438 --> 00:20:44.678
back in the days when we were,

00:20:44.718 --> 00:20:45.637
when we started our journey,

00:20:45.678 --> 00:20:46.818
there wasn't much out there

00:20:46.878 --> 00:20:47.778
in terms of support.

00:20:48.278 --> 00:20:49.259
Now we have, you know,

00:20:49.318 --> 00:20:52.779
homeschooling communities, co-ops,

00:20:52.799 --> 00:20:54.240
you know, international groups,

00:20:54.461 --> 00:20:56.602
national groups, you name it.

00:20:56.622 --> 00:20:58.041
So there's a lot more and

00:20:58.201 --> 00:20:59.402
people are hiring tutors.

00:20:59.962 --> 00:21:01.442
People can go online and do learning.

00:21:01.482 --> 00:21:02.323

So there's so many different

00:21:02.363 --> 00:21:03.644
options that parents will

00:21:03.683 --> 00:21:04.564
have to choose from.

00:21:05.411 --> 00:21:07.212
that it's not as scary or as

00:21:07.272 --> 00:21:08.074
daunting anymore.

00:21:09.154 --> 00:21:10.497
And if the system doesn't

00:21:10.537 --> 00:21:12.818
work for the child, it's okay.

00:21:13.180 --> 00:21:15.321
We can look at alternative ways to teach.

00:21:15.442 --> 00:21:16.583
And like you mentioned,

00:21:16.603 --> 00:21:18.244
do they need to know everything in maths?

00:21:18.986 --> 00:21:20.448
Functional maths is really

00:21:21.067 --> 00:21:22.950
more than enough if that's

00:21:22.990 --> 00:21:23.490
what they need.

00:21:24.852 --> 00:21:27.315
If it's functional literacy,

00:21:28.205 --> 00:21:28.926
If that works for them,

00:21:28.946 --> 00:21:29.547
that works for them.

00:21:29.626 --> 00:21:30.528
Do we have to teach them

00:21:30.567 --> 00:21:32.169
everything that the school

00:21:32.189 --> 00:21:32.949
will be teaching them?

00:21:33.068 --> 00:21:34.130
Is it even necessary?

00:21:35.391 --> 00:21:36.551
I don't think it is personally.

00:21:37.452 --> 00:21:39.213
We go for functional learning.

00:21:39.233 --> 00:21:40.515
We go for the life skills.

00:21:40.555 --> 00:21:42.155
We look at executive functioning at home,

00:21:42.736 --> 00:21:44.478
planning, emotional regulation.

00:21:44.518 --> 00:21:46.259
These things for me are really important.

00:21:47.559 --> 00:21:48.901
And that's what we want to

00:21:48.961 --> 00:21:50.422
kind of pass down to our own children.

00:21:50.922 --> 00:21:53.624
So I feel it shouldn't be so

00:21:53.804 --> 00:21:55.464
overwhelming if we look at

00:21:55.486 --> 00:21:56.066
it in that way.

00:21:57.272 --> 00:21:57.833
Yeah.

00:21:57.953 --> 00:21:58.794
Yeah.

00:21:59.253 --> 00:21:59.694
I, I agree too.

00:21:59.875 --> 00:22:02.656
It's and I love how you said

00:22:02.737 --> 00:22:04.837
that is that it's an alternative.

00:22:04.857 --> 00:22:07.961
I don't, I think we think it's an opt out,

00:22:08.040 --> 00:22:10.422
you know, or we, we, this failed.

00:22:10.501 --> 00:22:12.903
So this is what's left, but it's not,

00:22:12.963 --> 00:22:15.826
it's a very viable alternative is,

00:22:15.986 --> 00:22:16.807
is homeschooling.

00:22:17.426 --> 00:22:18.327
And, you know,

00:22:18.748 --> 00:22:20.848
I I sit in the world where I

00:22:20.888 --> 00:22:21.750
actually teach public

00:22:21.769 --> 00:22:23.550
schoolers and I teach homeschoolers.

00:22:23.631 --> 00:22:25.112
And I was telling I had a

00:22:25.192 --> 00:22:26.192
sixteen year old drop into

00:22:26.232 --> 00:22:27.294
my studio this week.

00:22:27.894 --> 00:22:29.934
And and I said the

00:22:29.974 --> 00:22:32.457
homeschoolers learn faster

00:22:32.477 --> 00:22:33.718
than my public school kids.

00:22:33.758 --> 00:22:34.898
They're used to moving around.

00:22:34.919 --> 00:22:36.339
They have better crossbody skills.

00:22:36.559 --> 00:22:38.240
They just pick up on things faster.

00:22:38.280 --> 00:22:39.521
So I have to be ready as a

00:22:39.582 --> 00:22:41.022
teacher to teach them

00:22:41.042 --> 00:22:42.503
quicker than my lesson plan.

00:22:42.624 --> 00:22:44.464
I actually move into other

00:22:44.525 --> 00:22:45.625
lesson plans with them.

00:22:47.606 --> 00:22:49.548

And so I'm seeing the fruit

00:22:49.827 --> 00:22:51.909
of these parents, you know, in their work,

00:22:51.969 --> 00:22:53.049
and I'm seeing it as a

00:22:53.130 --> 00:22:54.351
better alternative as an

00:22:54.510 --> 00:22:57.211
educator from that point of view.

00:22:57.352 --> 00:22:59.512
And some of these kids do have diagnoses,

00:22:59.873 --> 00:23:00.713
but they're still learning

00:23:00.733 --> 00:23:03.055
faster than their public

00:23:03.075 --> 00:23:05.336
school counterparts because

00:23:05.375 --> 00:23:06.336
they're given these.

00:23:07.737 --> 00:23:08.817
other ways to learn,

00:23:08.938 --> 00:23:10.779
and they're integrating

00:23:10.819 --> 00:23:13.942
them into how they perceive the world,

00:23:14.002 --> 00:23:15.463
how they engage in the world,

00:23:15.544 --> 00:23:16.964
how they learn new material,

00:23:17.384 --> 00:23:18.566
and how they integrate it

00:23:18.626 --> 00:23:19.646
with what they already know.

00:23:20.847 --> 00:23:25.071
And so it's not the second best option,

00:23:25.952 --> 00:23:27.773
as a lot of people think,

00:23:27.875 --> 00:23:30.056
is that traditional schooling is...

00:23:31.077 --> 00:23:32.019

the top of the line.

00:23:32.358 --> 00:23:35.722

Um, I'm actually seeing it as the opposite,

00:23:35.923 --> 00:23:37.424

but, um, but it is, it's,

00:23:37.645 --> 00:23:40.288

it's an alternative and, um,

00:23:42.188 --> 00:23:44.308

I just wish we had more data to say,

00:23:44.368 --> 00:23:45.169

you know, how,

00:23:45.409 --> 00:23:47.690

how well it works for our

00:23:47.730 --> 00:23:48.829

neurodivergent learners,

00:23:48.869 --> 00:23:51.211

because the data is not out there,

00:23:51.230 --> 00:23:53.791

but we have so many parents that have,

00:23:53.991 --> 00:23:54.291

you know,

00:23:54.392 --> 00:23:56.532

over the years seen so much success.

00:23:57.272 --> 00:24:00.513

And so it's, it's coming.

00:24:01.835 --> 00:24:02.474

I know it's coming.

00:24:03.035 --> 00:24:03.855

Yeah, it'll come.

00:24:04.055 --> 00:24:05.375

It definitely will come.

00:24:05.415 --> 00:24:05.796

And I think,

00:24:06.461 --> 00:24:08.683

going with the stories, the experiences,

00:24:09.163 --> 00:24:10.546

speaking to neurodivergent

00:24:10.665 --> 00:24:11.486

individuals who have now

00:24:11.526 --> 00:24:13.688
passed that stage and graduated.

00:24:14.409 --> 00:24:14.929
And I think that's

00:24:14.969 --> 00:24:15.990
reassuring to listen to

00:24:16.009 --> 00:24:18.211
their stories because we

00:24:18.251 --> 00:24:20.193
need to hear that more for

00:24:20.294 --> 00:24:21.095
new parents who are

00:24:21.115 --> 00:24:23.596
entering the homeschooling,

00:24:23.636 --> 00:24:25.238
for parents who have just

00:24:25.278 --> 00:24:26.578
recently had their children diagnosed,

00:24:26.599 --> 00:24:27.200
for example,

00:24:27.259 --> 00:24:29.102
or have just realised or

00:24:29.122 --> 00:24:30.542
figured out that there might be something

00:24:31.023 --> 00:24:32.325
they need that reassurance.

00:24:32.345 --> 00:24:33.185
And I think we're at that

00:24:33.226 --> 00:24:34.846
point now where we can talk

00:24:34.866 --> 00:24:36.948
about it or go to other

00:24:36.988 --> 00:24:39.911
homeschooling graduates who

00:24:39.971 --> 00:24:41.711
are neurodivergent and they

00:24:41.731 --> 00:24:42.772
can share their experiences.

00:24:42.813 --> 00:24:45.094

So it's happening, but yeah,

00:24:45.114 --> 00:24:46.355
we don't have enough data, you're right,

00:24:46.394 --> 00:24:47.016
absolutely.

00:24:49.557 --> 00:24:49.958
Yeah, yeah.

00:24:49.978 --> 00:24:52.378
So you pointed also on life

00:24:52.419 --> 00:24:54.840
skills and social skills

00:24:54.901 --> 00:24:56.582
and kind of the development

00:24:56.642 --> 00:24:58.623
of the non-academic things,

00:24:58.682 --> 00:24:59.983
as we want to call them.

00:25:00.784 --> 00:25:02.365
Can you elaborate just how

00:25:02.585 --> 00:25:06.207
you have balanced that

00:25:06.587 --> 00:25:08.969
through homeschooling with, you know,

00:25:09.009 --> 00:25:13.352
just more academic type learning?

00:25:13.412 --> 00:25:14.872
Yeah,

00:25:14.892 --> 00:25:16.012
I'm going to say the answer to that

00:25:16.032 --> 00:25:17.374
would be it's just very organic.

00:25:18.357 --> 00:25:19.378
I haven't kind of set up

00:25:19.538 --> 00:25:22.420
like a time or day to teach life skills.

00:25:23.060 --> 00:25:24.320
We just incorporate in our day,

00:25:24.820 --> 00:25:25.261
day to day.

00:25:25.622 --> 00:25:27.563
So, for example, my eldest is fourteen.

00:25:28.303 --> 00:25:29.423
All of them have chores, you know,

00:25:29.463 --> 00:25:30.805
every day in the morning.

00:25:30.845 --> 00:25:32.265
They have three chores each

00:25:33.546 --> 00:25:34.586
and they like to save one

00:25:34.727 --> 00:25:36.186
chore for the evening for some reason.

00:25:36.326 --> 00:25:37.288
And I'm not sure why they do that,

00:25:37.327 --> 00:25:38.208
but they have two chores in

00:25:38.228 --> 00:25:39.288
the morning and then

00:25:39.308 --> 00:25:40.068
they'll keep the last one

00:25:40.108 --> 00:25:41.250
for the evening.

00:25:42.150 --> 00:25:42.631
In between that,

00:25:42.651 --> 00:25:43.590
they'll have something else to do,

00:25:43.631 --> 00:25:44.451
but they think that it's

00:25:44.511 --> 00:25:45.311
three only in the day.

00:25:46.060 --> 00:25:46.362
Anyway,

00:25:46.382 --> 00:25:47.684
so they have the three trolls and

00:25:48.046 --> 00:25:51.773
then they have the life skills.

00:25:51.814 --> 00:25:53.337
So the life skills I would say would be,

00:25:53.858 --> 00:25:54.701
you know, if it's cooking,

00:25:55.538 --> 00:25:56.439
I mean,

00:25:56.479 --> 00:25:57.979
cleaning and organizing comes into

00:25:57.999 --> 00:25:58.640
place anyway.

00:25:58.680 --> 00:26:00.461
But then if they, my eldest especially,

00:26:00.480 --> 00:26:01.461
he loves to be in the kitchen.

00:26:02.021 --> 00:26:03.722
So we don't make it a separate subject.

00:26:04.242 --> 00:26:05.884
We'll, breakfast will be together.

00:26:06.423 --> 00:26:07.404
They'll go into the kitchen,

00:26:07.444 --> 00:26:08.665
make their own breakfast.

00:26:09.385 --> 00:26:09.766
Yesterday,

00:26:09.826 --> 00:26:11.606
he had this urge to make a dessert.

00:26:12.627 --> 00:26:13.808
It was pretty late.

00:26:13.848 --> 00:26:14.749
And he said, yeah, he's like,

00:26:14.769 --> 00:26:15.650
I want to make a dessert.

00:26:15.710 --> 00:26:17.351
And he wanted to make the protein bars.

00:26:18.050 --> 00:26:19.071
And he went alone.

00:26:19.092 --> 00:26:20.232
I was in a meeting and I said, well,

00:26:20.252 --> 00:26:20.972
you can wait for me.

00:26:20.992 --> 00:26:22.253
He said, no, I don't want to wait for you.

00:26:22.273 --> 00:26:22.974

I'm going to go make them.

00:26:23.335 --> 00:26:24.415
So in the back of my mind,

00:26:24.435 --> 00:26:26.116
I'm panicking about this

00:26:26.136 --> 00:26:28.578
kitchen being a mess when I walk in.

00:26:31.421 --> 00:26:32.961
He did an amazing job.

00:26:35.624 --> 00:26:36.223
Exactly.

00:26:37.003 --> 00:26:37.484
Exactly.

00:26:37.765 --> 00:26:39.246
He measured all the ingredients.

00:26:39.766 --> 00:26:40.846
He put everything together.

00:26:41.407 --> 00:26:42.888
He put it all in the fridge

00:26:43.308 --> 00:26:44.229
ready for breakfast.

00:26:44.289 --> 00:26:46.290
So his dessert was for breakfast.

00:26:47.026 --> 00:26:48.426
Um, and he cleaned up,

00:26:48.846 --> 00:26:49.708
everything was cleaned up.

00:26:49.807 --> 00:26:50.929
Like the dishes were done.

00:26:51.588 --> 00:26:52.430
Um, everything was put, not,

00:26:52.549 --> 00:26:53.711
not the dishes, the dinner dishes,

00:26:53.911 --> 00:26:54.771
the dishes that he used

00:26:55.192 --> 00:26:56.313
were done and put away.

00:26:56.952 --> 00:26:58.634
But that was enough for him.

00:26:59.275 --> 00:27:02.076
That was enough for him, but he managed,

00:27:02.416 --> 00:27:02.757
you know?

00:27:02.876 --> 00:27:03.938
And so it's just

00:27:04.038 --> 00:27:05.479
incorporating the life

00:27:05.519 --> 00:27:08.000
skills into our kind of day to day,

00:27:08.560 --> 00:27:11.844
not planning, um, or scheduling.

00:27:12.243 --> 00:27:13.545
It's like, okay, we're having breakfast.

00:27:13.565 --> 00:27:13.664
Okay.

00:27:14.025 --> 00:27:14.925
Let's go do it together.

00:27:15.289 --> 00:27:16.151
So he's observing,

00:27:16.191 --> 00:27:18.192
he's watching and now picking up.

00:27:18.231 --> 00:27:19.634
So he'll make his own smoothies,

00:27:19.673 --> 00:27:21.394
he'll make his breakfast,

00:27:21.414 --> 00:27:22.576
he'll make his siblings,

00:27:22.615 --> 00:27:23.876
younger siblings breakfast.

00:27:25.558 --> 00:27:26.659
So there's a lot that he's

00:27:26.699 --> 00:27:28.201
picking up naturally around

00:27:28.240 --> 00:27:28.961
his environment.

00:27:30.923 --> 00:27:32.324
Putting the trash out, for example,

00:27:32.904 --> 00:27:34.365
bringing the milk in in the morning.

00:27:35.086 --> 00:27:35.846
There's so much that he's

00:27:35.926 --> 00:27:38.648
doing without me reminding

00:27:38.689 --> 00:27:39.650
him or prompting him now

00:27:39.670 --> 00:27:41.751
because it's part of his learning.

00:27:42.355 --> 00:27:43.116
a part of the day,

00:27:43.156 --> 00:27:44.259
part of the rhythm of the

00:27:44.299 --> 00:27:46.986
day that we're not teaching

00:27:47.286 --> 00:27:48.690
in a sense of sitting down teaching,

00:27:49.612 --> 00:27:50.393
which has been wonderful.

00:27:50.413 --> 00:27:51.777
So all very, very organic.

00:27:52.781 --> 00:27:53.781
Yeah, yeah.

00:27:54.803 --> 00:27:56.702
And I think we forget how

00:27:56.742 --> 00:27:58.344
much learning is around us

00:27:58.644 --> 00:27:59.743
in our homes because we

00:27:59.903 --> 00:28:01.825
think that they need to come from a book.

00:28:02.144 --> 00:28:06.066
And so that is really a good reminder that,

00:28:07.205 --> 00:28:07.445
yeah,

00:28:07.506 --> 00:28:10.047
whatever we do is a teaching

00:28:10.106 --> 00:28:11.446
opportunity for our children.

00:28:11.487 --> 00:28:13.347

And there's so much everyday

00:28:13.387 --> 00:28:15.788
life happening in our everyday life.

00:28:15.868 --> 00:28:16.169
Yeah.

00:28:17.308 --> 00:28:18.750
We just have to see it as a

00:28:18.849 --> 00:28:21.832
learning teaching opportunity versus, oh,

00:28:21.852 --> 00:28:23.353
I'll get around to that, you know,

00:28:23.472 --> 00:28:24.913
after the kids are, you know,

00:28:25.013 --> 00:28:25.894
doing something else,

00:28:25.934 --> 00:28:28.376
but integrate them into that.

00:28:30.438 --> 00:28:30.837
Right.

00:28:31.278 --> 00:28:31.818
Yeah.

00:28:31.898 --> 00:28:32.419
Unfortunately,

00:28:33.019 --> 00:28:34.361
I fell on the other side of

00:28:34.401 --> 00:28:35.461
that so many times.

00:28:35.520 --> 00:28:37.403
And I look back now going, why?

00:28:37.563 --> 00:28:38.963
Why did I just, you know,

00:28:39.243 --> 00:28:41.965
wait until they were put

00:28:42.006 --> 00:28:43.426
away doing something else

00:28:43.467 --> 00:28:44.667
to get stuff done?

00:28:44.968 --> 00:28:45.788
I should have done that more.

00:28:47.328 --> 00:28:50.191
oh well that's that's the

00:28:50.211 --> 00:28:52.952
way it is um yeah but but

00:28:53.012 --> 00:28:54.013
yeah your your kids are

00:28:54.034 --> 00:28:56.256
with you let them take part

00:28:56.375 --> 00:28:58.616
in what is happening in

00:28:58.717 --> 00:29:00.719
your family life and and

00:29:00.739 --> 00:29:02.000
make sure that they have

00:29:02.099 --> 00:29:03.099
ownership of that too yeah

00:29:03.780 --> 00:29:05.701
very absolutely they should

00:29:05.721 --> 00:29:06.623
be able to see what we're

00:29:06.643 --> 00:29:08.263
doing on a daily basis they

00:29:08.284 --> 00:29:09.664
should see that we are

00:29:09.865 --> 00:29:11.105
we're cooking we're cleaning so of

00:29:11.589 --> 00:29:12.351
let them observe,

00:29:12.711 --> 00:29:14.813
let them watch and just be part of it.

00:29:14.873 --> 00:29:16.173
I think initially it was like, okay,

00:29:16.213 --> 00:29:17.494
I'll cook in the morning when they,

00:29:17.595 --> 00:29:18.615
when they're doing something else.

00:29:18.635 --> 00:29:19.155
I'm like, no,

00:29:19.256 --> 00:29:21.798
we can just put it together and it works.

00:29:21.857 --> 00:29:25.260
Um, and I get little helping hands as well,

00:29:25.280 --> 00:29:26.060
which is brilliant.

00:29:26.141 --> 00:29:30.384
So it works for both.

00:29:31.326 --> 00:29:31.526
Yeah.

00:29:31.566 --> 00:29:32.486
Sometimes it feels like

00:29:32.506 --> 00:29:34.887
you're wasting time, but in the long run,

00:29:34.988 --> 00:29:35.969
really you're not.

00:29:36.308 --> 00:29:36.549
Um,

00:29:36.670 --> 00:29:38.471
cause those helping hands into bigger

00:29:38.510 --> 00:29:40.653
hands and, um,

00:29:41.211 --> 00:29:43.534
yeah, it's, it,

00:29:43.773 --> 00:29:45.115
it definitely does pay off.

00:29:45.776 --> 00:29:47.336
Um, so yeah.

00:29:47.376 --> 00:29:47.576
Yeah.

00:29:50.078 --> 00:29:50.660
Well, awesome.

00:29:50.940 --> 00:29:51.319
Yes.

00:29:51.941 --> 00:29:57.945
So, you know, we, um, let me see.

00:29:58.006 --> 00:29:58.885
We're getting where I'm at.

00:29:58.905 --> 00:29:58.986
Okay.

00:30:02.509 --> 00:30:04.671

Um,

00:30:04.711 --> 00:30:06.952
so going back to your example with

00:30:07.012 --> 00:30:09.394
building the PC, um,

00:30:09.494 --> 00:30:10.556
I think a lot of parents,

00:30:12.557 --> 00:30:15.159
may have issues and trying to figure out,

00:30:15.618 --> 00:30:18.680
you know, how do I make a certain passion,

00:30:19.039 --> 00:30:23.881
a learning, um, you know, activity?

00:30:24.540 --> 00:30:26.321
Um, cause it may seem very vague.

00:30:26.501 --> 00:30:28.801
Is there any advice you have

00:30:28.821 --> 00:30:29.962
for them on maybe how to

00:30:30.022 --> 00:30:33.284
break down an interest into

00:30:34.523 --> 00:30:36.684
how do we make school around this?

00:30:36.724 --> 00:30:36.805
Yeah.

00:30:36.825 --> 00:30:40.125
Yeah.

00:30:40.145 --> 00:30:40.705
That's brilliant.

00:30:40.726 --> 00:30:41.645
I mean, I love that question.

00:30:42.135 --> 00:30:43.155
I think it's so important to

00:30:43.176 --> 00:30:44.636
just understand what

00:30:44.676 --> 00:30:45.538
they're interested in.

00:30:46.778 --> 00:30:47.498
And if they're not,

00:30:47.538 --> 00:30:48.038
and if they don't have a

00:30:48.058 --> 00:30:48.898
particular interest,

00:30:49.219 --> 00:30:50.119
maybe you can introduce a

00:30:50.180 --> 00:30:53.000
topic and incorporate rich

00:30:53.201 --> 00:30:54.461
learning experiences.

00:30:54.521 --> 00:30:56.442
It doesn't have to be, you know,

00:30:56.461 --> 00:30:58.083
book learning or sitting at

00:30:58.103 --> 00:30:59.304
the desk and doing your work.

00:30:59.443 --> 00:31:01.644
It could be, you know, going outdoors.

00:31:01.744 --> 00:31:03.705
It could be, you know,

00:31:03.766 --> 00:31:05.606
a trip to the museum or something,

00:31:05.707 --> 00:31:06.987
you know, which they're going to be,

00:31:07.146 --> 00:31:07.867
I guess they're going to

00:31:07.968 --> 00:31:10.028
really take in everything

00:31:10.068 --> 00:31:11.009
through their senses and

00:31:12.464 --> 00:31:13.425
And with that,

00:31:14.487 --> 00:31:15.847
you'll tell if they're enjoying it.

00:31:15.887 --> 00:31:16.488
You can tell.

00:31:17.167 --> 00:31:18.028
You can really tell if

00:31:18.048 --> 00:31:18.568
they're enjoying it.

00:31:19.230 --> 00:31:20.290
My third, who's eight,

00:31:20.471 --> 00:31:21.971
he absolutely tries to

00:31:22.031 --> 00:31:24.153
avoid handwriting practice.

00:31:25.433 --> 00:31:27.134
He'll do anything to avoid it.

00:31:27.194 --> 00:31:28.776
But then I've put it in a way,

00:31:29.217 --> 00:31:30.897
I add more writing to his science.

00:31:31.038 --> 00:31:31.978
So he likes science.

00:31:32.419 --> 00:31:33.980
So I've added more to his science.

00:31:34.480 --> 00:31:35.540
And he gets more writing done.

00:31:35.560 --> 00:31:36.201
So today he was doing a

00:31:36.260 --> 00:31:38.722
project on do cats eat chocolate?

00:31:40.252 --> 00:31:42.973
You know, and it was a fun, fun activity.

00:31:42.993 --> 00:31:44.993
And he's doing some research

00:31:45.013 --> 00:31:45.674
and he needs to call

00:31:45.734 --> 00:31:47.295
friends of cats to find out

00:31:47.315 --> 00:31:48.295
if their cats eat chocolate.

00:31:48.654 --> 00:31:49.615
But he's getting writing

00:31:49.655 --> 00:31:50.615
done now because he's

00:31:50.695 --> 00:31:52.316
researching and he's not

00:31:52.355 --> 00:31:53.696

realizing that he's writing.

00:31:53.717 --> 00:31:54.156
Right.

00:31:54.176 --> 00:31:55.896
Yep.

00:31:55.916 --> 00:31:58.498
Don't let him listen to the episode.

00:31:58.538 --> 00:31:58.958
Exactly.

00:31:59.057 --> 00:32:02.318
Be a little sneaky is my advice.

00:32:02.338 --> 00:32:04.200
Be a little sneaky and you

00:32:04.400 --> 00:32:05.380
get a lot of learning done.

00:32:06.626 --> 00:32:07.627
Absolutely.

00:32:07.867 --> 00:32:08.248
Yes.

00:32:08.729 --> 00:32:10.490
Yeah.

00:32:10.509 --> 00:32:10.609
Yeah.

00:32:10.750 --> 00:32:11.290
And I think.

00:32:12.230 --> 00:32:13.972
Yes, absolutely.

00:32:14.053 --> 00:32:15.253
That's how I got my daughter to write.

00:32:15.354 --> 00:32:16.575
She loved doing art.

00:32:16.795 --> 00:32:19.416
So we if she could write

00:32:19.436 --> 00:32:21.057
about something that she

00:32:21.097 --> 00:32:22.259
had drawn a picture about,

00:32:23.700 --> 00:32:25.662
then she was happy to do that.

00:32:25.761 --> 00:32:26.903

So to describe, you know,

00:32:26.923 --> 00:32:27.762

all the thoughts that were

00:32:27.782 --> 00:32:28.743

going through her head

00:32:28.804 --> 00:32:30.244

about putting that together

00:32:30.305 --> 00:32:32.267

and where she got the idea.

00:32:34.228 --> 00:32:35.990

So because we all want to talk about.

00:32:37.855 --> 00:32:39.257

ourselves and our interests.

00:32:39.537 --> 00:32:41.396

And so getting that

00:32:41.436 --> 00:32:44.077

self-expression out in ways

00:32:44.397 --> 00:32:46.258

that are beyond just talking,

00:32:46.337 --> 00:32:49.098

but are like academic skills,

00:32:50.058 --> 00:32:51.259

build those skills without

00:32:51.339 --> 00:32:52.380

your kids really knowing

00:32:52.720 --> 00:32:54.500

that that's what's going on.

00:32:55.059 --> 00:32:56.401

And I love what you're talking about.

00:32:57.520 --> 00:32:57.921

Yes.

00:32:58.001 --> 00:32:59.122

I love that you talked about

00:33:00.742 --> 00:33:03.005

rich environments because you're right.

00:33:03.085 --> 00:33:04.165

There are some kids that

00:33:04.266 --> 00:33:05.846

don't know what they're interested in.

00:33:06.326 --> 00:33:07.147
But when you put them in

00:33:07.167 --> 00:33:08.348
environments that have them

00:33:08.449 --> 00:33:09.368
asking questions,

00:33:09.670 --> 00:33:12.811
you kind of go out of their main element.

00:33:12.872 --> 00:33:15.473
So it makes them more curious.

00:33:16.515 --> 00:33:17.836
Or it opens their world to

00:33:17.895 --> 00:33:18.757
things that they've never

00:33:18.817 --> 00:33:20.499
experienced before that

00:33:20.538 --> 00:33:22.380
start them asking questions.

00:33:23.622 --> 00:33:25.363
And that's really important, too,

00:33:25.784 --> 00:33:26.984
because our kids can get,

00:33:27.265 --> 00:33:28.326
especially the kids,

00:33:28.625 --> 00:33:30.627
like if you have a child on the spectrum,

00:33:30.969 --> 00:33:32.309
they tend to want to stay

00:33:33.550 --> 00:33:35.292
kind of isolated, right?

00:33:35.773 --> 00:33:37.015
And and to sort of find

00:33:37.035 --> 00:33:38.497
those opportunities where

00:33:38.576 --> 00:33:40.558
they feel like they are

00:33:40.618 --> 00:33:43.403
safe and they can explore

00:33:43.903 --> 00:33:46.405

and they don't feel like

00:33:47.146 --> 00:33:51.152
they're it's it's not it's

00:33:51.211 --> 00:33:52.574
not a social situation or

00:33:52.614 --> 00:33:54.936
something that is intimidating to them.

00:33:56.194 --> 00:33:58.356
So what types of

00:33:58.416 --> 00:34:00.699
environments have you found, you know,

00:34:00.739 --> 00:34:02.559
like museums and things like that,

00:34:02.619 --> 00:34:04.922
or have really worked for

00:34:04.981 --> 00:34:07.124
your own family to kind of

00:34:08.405 --> 00:34:09.385
get your kids outside the

00:34:09.405 --> 00:34:10.306
box and thinking?

00:34:12.268 --> 00:34:14.170
Well, I have boys.

00:34:14.369 --> 00:34:15.811
So for them, honestly,

00:34:15.972 --> 00:34:17.253
they love going to tech shop,

00:34:17.413 --> 00:34:18.954
everything tech shop, tech shops,

00:34:19.474 --> 00:34:20.554
anything to do with, you know,

00:34:21.896 --> 00:34:22.978
I get so tired when we go

00:34:22.998 --> 00:34:23.478
out to the mall.

00:34:23.873 --> 00:34:26.074
Like, today, can we just do my shopping?

00:34:26.135 --> 00:34:27.014
Can it be about me?

00:34:27.896 --> 00:34:28.996

But they're learning so much

00:34:29.016 --> 00:34:30.237

when they're going into a shop.

00:34:30.677 --> 00:34:32.317

They're picking up, you know,

00:34:32.677 --> 00:34:33.757

new vocabulary.

00:34:34.277 --> 00:34:35.639

They're looking at new items.

00:34:35.679 --> 00:34:36.458

They're researching.

00:34:36.498 --> 00:34:38.199

They come home and talk about it.

00:34:38.300 --> 00:34:38.500

I mean,

00:34:38.739 --> 00:34:41.061

their topics are very tech-related

00:34:41.101 --> 00:34:41.880

and tech-based.

00:34:41.960 --> 00:34:43.302

But when they get out,

00:34:43.342 --> 00:34:44.541

they get a lot of learning

00:34:44.661 --> 00:34:45.702

within that subject.

00:34:46.322 --> 00:34:48.443

They can come back and discuss it with us.

00:34:48.483 --> 00:34:49.324

They can come back and share

00:34:49.344 --> 00:34:49.983

what they've learned.

00:34:50.385 --> 00:34:51.704

They can talk about the new

00:34:51.744 --> 00:34:53.085

products that are out in the market.

00:34:53.106 --> 00:34:53.565

So they're kind of...

00:34:54.150 --> 00:34:56.530

in touch with everything in that sense.

00:34:57.090 --> 00:34:59.771
But what I do do is because

00:34:59.791 --> 00:35:01.271
they are so tech-based and

00:35:01.311 --> 00:35:05.092
so in love with tech, I've incorporated,

00:35:05.253 --> 00:35:05.552
you know,

00:35:05.733 --> 00:35:07.333
there's a few times a day where

00:35:07.373 --> 00:35:08.293
you can talk about it.

00:35:08.634 --> 00:35:09.634
So, for example, my eldest,

00:35:09.673 --> 00:35:11.034
he likes to talk about the whole day.

00:35:11.494 --> 00:35:13.275
So we've introduced five

00:35:13.315 --> 00:35:15.016
times you can talk about this.

00:35:15.818 --> 00:35:17.719
in a day because we need to

00:35:17.820 --> 00:35:19.681
expand our knowledge.

00:35:19.721 --> 00:35:21.101
We need to expand our

00:35:21.141 --> 00:35:22.282
conversational skills.

00:35:22.663 --> 00:35:24.063
So yeah, we call it the peg system.

00:35:24.563 --> 00:35:25.625
And we have this system

00:35:25.664 --> 00:35:26.585
where he will have a peg

00:35:26.684 --> 00:35:28.106
and he changes it over to

00:35:28.126 --> 00:35:29.286
the other side when he's done.

00:35:29.306 --> 00:35:31.327

And you can see visually.

00:35:32.309 --> 00:35:32.688
Yeah,

00:35:32.748 --> 00:35:33.869
you can see visually that he's done

00:35:33.889 --> 00:35:36.090
it five times and then he stops.

00:35:36.731 --> 00:35:37.652
And then it's like, okay,

00:35:37.692 --> 00:35:38.833
I have to talk about something else.

00:35:38.913 --> 00:35:40.373
And then he'll pick up a book,

00:35:40.492 --> 00:35:41.253
read a book or,

00:35:41.922 --> 00:35:42.143
you know,

00:35:42.163 --> 00:35:43.523
learn something new that he can share.

00:35:43.623 --> 00:35:44.744
And that kind of expands his

00:35:44.784 --> 00:35:46.005
conversational skills as well.

00:35:46.445 --> 00:35:47.846
So we try to take,

00:35:48.085 --> 00:35:49.126
we try to kind of make it

00:35:49.226 --> 00:35:51.228
an all round experience

00:35:52.588 --> 00:35:53.909
because we do see a lot of

00:35:54.309 --> 00:35:55.489
neurodivergent individuals,

00:35:55.510 --> 00:35:55.989
which is fine.

00:35:56.010 --> 00:35:56.670
That's what they like.

00:35:56.710 --> 00:35:57.530
They like talking about the

00:35:57.590 --> 00:35:59.371
same topic sometimes of interest,

00:36:00.152 --> 00:36:01.413
which is brilliant.

00:36:01.432 --> 00:36:03.213
But we are, you know,

00:36:03.253 --> 00:36:04.235
living in a world where

00:36:04.775 --> 00:36:06.255
they'll be going to school

00:36:06.295 --> 00:36:07.356
or they'll be going to work.

00:36:07.775 --> 00:36:08.896
They'll be interacting with other,

00:36:09.117 --> 00:36:10.418
you know, other individuals.

00:36:10.438 --> 00:36:10.958
So that,

00:36:11.856 --> 00:36:12.998
That's why I bought this

00:36:13.057 --> 00:36:16.282
into place at home and it's working.

00:36:16.322 --> 00:36:16.742
Good.

00:36:16.862 --> 00:36:18.403
Yeah, I've never heard of that before,

00:36:18.443 --> 00:36:20.626
but that does make a lot of sense.

00:36:20.766 --> 00:36:22.889
And it's a good visual too.

00:36:23.510 --> 00:36:24.951
And it gives them the

00:36:24.990 --> 00:36:27.753
freedom as well to speak about it when,

00:36:28.094 --> 00:36:28.315
you know,

00:36:28.355 --> 00:36:31.018
the topic is to the point where

00:36:31.038 --> 00:36:32.639
they're bubbling over and

00:36:32.679 --> 00:36:33.519
they've got to release it.

00:36:33.539 --> 00:36:33.659
Yeah.

00:36:34.800 --> 00:36:36.463
Um, and so, but they,

00:36:36.603 --> 00:36:38.224
they have to choose wisely too.

00:36:38.565 --> 00:36:39.304
Um,

00:36:39.405 --> 00:36:41.347
and so all of that comes into play and

00:36:41.407 --> 00:36:42.788
it's helping them to,

00:36:43.489 --> 00:36:44.710
to understand as well that

00:36:44.750 --> 00:36:45.931
other people have boundaries.

00:36:46.150 --> 00:36:47.311
So there's so many things

00:36:47.391 --> 00:36:50.054
involved with that, that, um, you know,

00:36:50.114 --> 00:36:51.835
just by moving a peg over

00:36:52.016 --> 00:36:52.835
that they're learning

00:36:53.297 --> 00:36:54.978
without you having to set, you know,

00:36:55.038 --> 00:36:55.398
all those,

00:36:56.239 --> 00:36:58.001
maybe you set the unique goals and,

00:36:58.221 --> 00:36:59.561
you know, but yeah.

00:36:59.802 --> 00:37:02.523
But all that's happening underneath.

00:37:03.864 --> 00:37:04.884
Is there any other things

00:37:04.923 --> 00:37:07.324

that you do that have been

00:37:07.364 --> 00:37:10.146
helpful in just coaching

00:37:10.166 --> 00:37:10.905
your kids to more

00:37:11.005 --> 00:37:13.206
independence and helping

00:37:13.246 --> 00:37:15.208
them to self-regulate, you know,

00:37:15.228 --> 00:37:18.289
with not only behaviors,

00:37:18.349 --> 00:37:21.449
but also just in directing

00:37:21.489 --> 00:37:25.231
their own interests to like self-learn,

00:37:25.670 --> 00:37:26.331
things like that?

00:37:26.351 --> 00:37:26.751
Yeah.

00:37:26.891 --> 00:37:27.231
Yeah.

00:37:29.315 --> 00:37:30.235
Yeah, absolutely.

00:37:30.376 --> 00:37:30.836
Absolutely.

00:37:30.876 --> 00:37:31.757
That's a brilliant question.

00:37:32.137 --> 00:37:33.219
So I, I, um,

00:37:33.679 --> 00:37:34.920
obviously I homeschool and I

00:37:34.981 --> 00:37:36.943
work and I often hear people saying, oh,

00:37:36.963 --> 00:37:37.943
well, you, you know, you're, you're,

00:37:38.043 --> 00:37:38.643
you're superwoman,

00:37:38.664 --> 00:37:39.304
you work and you have

00:37:39.364 --> 00:37:40.246
children and you homeschool,

00:37:40.266 --> 00:37:41.146
you do this and you do that.

00:37:41.166 --> 00:37:42.869
And I said, no, I'm not superwoman.

00:37:43.088 --> 00:37:44.891
I'm just managing my time well.

00:37:45.652 --> 00:37:48.054
So I, I, I'm into a lot of, I'm,

00:37:48.614 --> 00:37:50.356
I would say productivity is my thing.

00:37:50.615 --> 00:37:51.536
I love talking about it.

00:37:51.597 --> 00:37:52.717
I love putting it into practice.

00:37:53.818 --> 00:37:54.778
I love being organized.

00:37:54.798 --> 00:37:54.978
You know,

00:37:55.059 --> 00:37:56.099
everyone likes to have a list of

00:37:56.139 --> 00:37:56.800
things to do.

00:37:57.880 --> 00:37:59.442
And every time I tick off the list,

00:37:59.501 --> 00:38:01.903
it's just like so, it's inner joy.

00:38:01.963 --> 00:38:03.164
I can't explain that feeling.

00:38:04.164 --> 00:38:05.025
So they've seen me do that.

00:38:05.045 --> 00:38:08.148
They've seen me ticking off

00:38:08.588 --> 00:38:09.688
list on pay it has to be a

00:38:09.708 --> 00:38:10.949
paper list it has to be so

00:38:10.969 --> 00:38:13.010
you can see it on my phone

00:38:13.590 --> 00:38:17.291
yes there's such a

00:38:17.331 --> 00:38:18.452
difference between an app

00:38:18.572 --> 00:38:21.612
and paper yeah yeah diary

00:38:22.534 --> 00:38:24.434
oh it's amazing so yeah we

00:38:24.554 --> 00:38:25.434
I mean I do that so I've

00:38:25.454 --> 00:38:26.554
been doing that for years

00:38:26.614 --> 00:38:27.856
and they've been watching

00:38:27.896 --> 00:38:30.177
me and you know I would say

00:38:30.217 --> 00:38:31.297
especially my eldest I mean

00:38:31.317 --> 00:38:32.938
they're all doing it but my

00:38:33.018 --> 00:38:34.458
eldest who is on the autism

00:38:34.498 --> 00:38:35.759
spectrum he is

00:38:37.278 --> 00:38:39.000
like if you introduce some concept to him,

00:38:39.059 --> 00:38:39.981
he will stick to it.

00:38:40.440 --> 00:38:42.702
So he's really following a system.

00:38:43.041 --> 00:38:43.222
You know,

00:38:43.262 --> 00:38:46.864
he has apps like Notion and Obsidian.

00:38:46.884 --> 00:38:47.405
I mean,

00:38:47.425 --> 00:38:48.284
there's so many different things

00:38:48.304 --> 00:38:49.606

that he talks about on his

00:38:49.686 --> 00:38:52.226
laptop and he puts down reminders.

00:38:53.007 --> 00:38:54.809
He'll plan his day according to, you know,

00:38:54.829 --> 00:38:55.708
what he needs to study.

00:38:56.610 --> 00:38:57.550
And this has just been,

00:38:58.210 --> 00:38:59.251
he's been building on it.

00:38:59.411 --> 00:39:00.452
So again, you know,

00:39:00.492 --> 00:39:02.353
he's managing his own

00:39:02.413 --> 00:39:04.454
schedule now where he wants to learn.

00:39:04.494 --> 00:39:05.815
And this is a child that would,

00:39:06.336 --> 00:39:07.297
Literally in the beginning

00:39:07.336 --> 00:39:08.056
of homeschooling,

00:39:08.317 --> 00:39:09.918
he would sit on the chair

00:39:09.938 --> 00:39:10.978
for thirty seconds.

00:39:11.318 --> 00:39:12.619
This is when I started homeschooling.

00:39:12.739 --> 00:39:13.679
When I pulled him out of school,

00:39:13.719 --> 00:39:15.498
he was six, around six and a half.

00:39:15.559 --> 00:39:17.280
And he would last thirty

00:39:17.320 --> 00:39:19.519
seconds on a chair.

00:39:19.559 --> 00:39:21.721
He wouldn't go beyond thirty seconds.

00:39:21.740 --> 00:39:22.820

And then I, you know,

00:39:22.840 --> 00:39:24.641

we built it over the years.

00:39:25.202 --> 00:39:27.081

And now he manages his own schedule.

00:39:27.181 --> 00:39:27.862

I don't tell him when he

00:39:27.902 --> 00:39:29.402

needs to take a break.

00:39:30.523 --> 00:39:31.402

I don't tell him when he

00:39:31.422 --> 00:39:33.463

needs to go do his work.

00:39:33.523 --> 00:39:35.244

He knows Monday to Friday school.

00:39:35.822 --> 00:39:37.043

Saturdays, Sundays off.

00:39:38.083 --> 00:39:39.784

And he'll plan his day accordingly.

00:39:40.304 --> 00:39:41.166

And then he has,

00:39:42.065 --> 00:39:43.246

we call them thinking breaks.

00:39:43.286 --> 00:39:45.568

So he likes to process what he's learned.

00:39:45.708 --> 00:39:47.289

And that means walking,

00:39:47.329 --> 00:39:49.150

pacing and processing.

00:39:50.391 --> 00:39:51.152

And there were times where

00:39:51.172 --> 00:39:52.253

he would go off into a room

00:39:52.273 --> 00:39:53.675

and be there for for thirty

00:39:53.695 --> 00:39:54.815

minutes because he hadn't

00:39:54.835 --> 00:39:56.396

realized that he was there for so long.

00:39:57.056 --> 00:39:59.579
So I bought him a sand timer,

00:39:59.599 --> 00:40:00.418
which is visual.

00:40:00.539 --> 00:40:01.840
And it was set to eight minutes.

00:40:03.719 --> 00:40:04.840
would turn it and then he

00:40:04.860 --> 00:40:06.561
would do his walk and think

00:40:06.681 --> 00:40:07.882
and process and come back

00:40:08.503 --> 00:40:10.143
um and now I don't even

00:40:10.184 --> 00:40:11.425
tell him he'll go and do it

00:40:11.885 --> 00:40:13.505
and he'll turn it he'll

00:40:13.525 --> 00:40:15.367
turn the sand timer and do

00:40:15.387 --> 00:40:16.248
his thing and then come and

00:40:16.288 --> 00:40:18.188
do his work so it's been

00:40:18.208 --> 00:40:20.110
amazing it's just practice

00:40:20.289 --> 00:40:21.351
you know practice and it's

00:40:21.371 --> 00:40:22.550
just been so good for him

00:40:22.650 --> 00:40:25.632
um that he's now himself a

00:40:25.893 --> 00:40:27.074
productivity guru yeah

00:40:30.268 --> 00:40:31.150
you can teach others.

00:40:31.590 --> 00:40:34.610
So yes, that's amazing.

00:40:35.072 --> 00:40:36.072

And, and yeah,

00:40:36.172 --> 00:40:37.672
I think we get frustrated

00:40:37.713 --> 00:40:39.273
when things don't come right away.

00:40:39.313 --> 00:40:40.574
But with our kids,

00:40:40.653 --> 00:40:42.235
it's a it's a long game.

00:40:42.315 --> 00:40:43.275
It's not a short game.

00:40:44.215 --> 00:40:45.856
Those things do happen.

00:40:46.297 --> 00:40:47.637
And and like you said,

00:40:47.998 --> 00:40:49.259
they they tend to stick

00:40:49.298 --> 00:40:51.440
better than with most normal kids.

00:40:51.500 --> 00:40:51.599
Yeah.

00:40:52.501 --> 00:40:56.123
Because they are regimented

00:40:56.302 --> 00:40:57.905
and they want a schedule.

00:41:02.748 --> 00:41:04.690
It's just reassuring to know

00:41:04.750 --> 00:41:06.871
that things are going to

00:41:06.951 --> 00:41:09.032
happen in a certain way.

00:41:09.652 --> 00:41:10.373
And then giving them the

00:41:10.393 --> 00:41:12.936
freedom to reorder them as

00:41:12.976 --> 00:41:14.077
they feel comfortable and

00:41:14.297 --> 00:41:14.936
get things done.

00:41:15.336 --> 00:41:16.677
And have you found,

00:41:16.798 --> 00:41:18.079
I know I found this with my kids,

00:41:18.119 --> 00:41:18.920
that when I gave them

00:41:18.980 --> 00:41:20.300
control over their own schedules,

00:41:20.380 --> 00:41:21.282
things got done quicker.

00:41:23.038 --> 00:41:23.557
Oh, yeah.

00:41:23.697 --> 00:41:23.878
Yeah.

00:41:24.219 --> 00:41:25.838
I mean, this is happening now.

00:41:25.898 --> 00:41:26.119
You know,

00:41:26.440 --> 00:41:27.940
the eldest is fourteen and the

00:41:28.219 --> 00:41:28.981
second is twelve.

00:41:29.340 --> 00:41:30.320
So it's happening now.

00:41:30.380 --> 00:41:32.101
Like you said, it's a long process.

00:41:32.121 --> 00:41:32.943
It's a long journey.

00:41:33.402 --> 00:41:34.063
And yeah, you're right.

00:41:34.103 --> 00:41:35.623
When I've now that I have, you know,

00:41:35.643 --> 00:41:36.164
they have their own

00:41:36.204 --> 00:41:36.963
schedules and they're

00:41:36.983 --> 00:41:37.784
managing their own

00:41:37.844 --> 00:41:40.065
schedules in the day independently.

00:41:40.266 --> 00:41:41.186
It's brilliant,

00:41:41.385 --> 00:41:42.686
but it does take practice

00:41:42.726 --> 00:41:43.686
and it does take time.

00:41:43.788 --> 00:41:45.547
And it's taken years, you know,

00:41:45.588 --> 00:41:46.648
to get to where we are.

00:41:47.389 --> 00:41:48.849
So I don't want parents to

00:41:49.190 --> 00:41:50.170
think that it just happens

00:41:50.210 --> 00:41:51.210
overnight because it doesn't.

00:41:52.215 --> 00:41:53.335
for us to be where we are

00:41:53.416 --> 00:41:55.356
now it's been it's been

00:41:55.916 --> 00:41:56.878
work you know it's been a

00:41:56.978 --> 00:41:58.737
lot of work um we started

00:41:58.777 --> 00:41:59.679
with visuals around the

00:41:59.739 --> 00:42:01.480
house we started with I

00:42:01.500 --> 00:42:02.920
used to block book the day

00:42:03.541 --> 00:42:04.541
um so everything was doing

00:42:04.601 --> 00:42:05.382
blocks because

00:42:05.782 --> 00:42:06.983
neurodivergent kids love

00:42:07.362 --> 00:42:07.963
you know majority of the

00:42:07.983 --> 00:42:10.164

kids love a schedule they

00:42:10.204 --> 00:42:11.784
love um a rhythm in their

00:42:11.804 --> 00:42:13.005
day they they like things

00:42:13.025 --> 00:42:14.766
that they expect they know

00:42:14.786 --> 00:42:15.527
what's going to be going on

00:42:15.547 --> 00:42:16.847
so they feel more relaxed

00:42:16.867 --> 00:42:18.108
so we still use a lot of

00:42:18.748 --> 00:42:19.530
visual reminders,

00:42:19.550 --> 00:42:20.871
a lot of pecks around the house.

00:42:21.371 --> 00:42:22.411
And that's practice.

00:42:22.431 --> 00:42:23.273
So over time,

00:42:23.373 --> 00:42:25.235
we've now shown them that

00:42:25.275 --> 00:42:26.235
we're following a schedule.

00:42:26.295 --> 00:42:27.376
We have a routine.

00:42:28.516 --> 00:42:29.818
We do have, you know,

00:42:30.579 --> 00:42:32.061
I don't call it a strict routine.

00:42:32.081 --> 00:42:32.900
I call it more of a rhythm

00:42:32.920 --> 00:42:34.202
because sometimes things happen.

00:42:34.583 --> 00:42:34.802
You know,

00:42:34.842 --> 00:42:36.244
you might have one child sick or

00:42:36.264 --> 00:42:38.346
you might have, God forbid, an emergency.

00:42:38.686 --> 00:42:39.646
In those situations,

00:42:39.686 --> 00:42:40.648
you have to step away.

00:42:41.385 --> 00:42:42.425
And then neurodivergent

00:42:42.445 --> 00:42:44.507
children really struggle because, yeah,

00:42:44.568 --> 00:42:45.507
they struggle because it's

00:42:45.547 --> 00:42:47.309
something that's not right in their day.

00:42:47.710 --> 00:42:48.891
So we had to show and

00:42:48.931 --> 00:42:49.992
introduce flexibility.

00:42:51.432 --> 00:42:53.375
But it's been a long process.

00:42:53.414 --> 00:42:54.615
It's been years and years

00:42:54.655 --> 00:42:55.836
and years and years of hard

00:42:55.896 --> 00:42:58.157
work to now say, OK, guys,

00:42:58.197 --> 00:42:59.099
here's your schedule.

00:43:00.059 --> 00:43:00.760
You can follow it.

00:43:00.820 --> 00:43:02.681
I mean, there's days it might slip.

00:43:03.251 --> 00:43:04.952
But then again, I'm the facilitator.

00:43:05.333 --> 00:43:07.253
I'm like, okay, please, you know, go back.

00:43:07.733 --> 00:43:07.833
Yeah.

00:43:07.853 --> 00:43:07.934
Yeah.

00:43:07.954 --> 00:43:11.898
Yeah.

00:43:12.237 --> 00:43:13.298
So I'd like to talk a little

00:43:13.318 --> 00:43:14.398
bit about advocacy.

00:43:15.360 --> 00:43:15.760
You know,

00:43:16.181 --> 00:43:17.942
we advocate a lot for our kids

00:43:18.141 --> 00:43:19.222
when they're younger.

00:43:19.362 --> 00:43:20.983
And it's that transitioning

00:43:21.784 --> 00:43:23.005
of them being able to

00:43:23.065 --> 00:43:24.586
advocate for themselves.

00:43:25.608 --> 00:43:27.929
And how do you go about that?

00:43:28.630 --> 00:43:30.291
approaching that as a parent.

00:43:30.351 --> 00:43:32.052
And then also you work with

00:43:32.112 --> 00:43:34.514
other parents who are, you know,

00:43:34.614 --> 00:43:35.253
trying to,

00:43:36.114 --> 00:43:38.795
to deal with things with their own kids.

00:43:39.097 --> 00:43:39.376
And,

00:43:39.416 --> 00:43:41.637
and what do you tell those parents as

00:43:41.677 --> 00:43:44.599
they're, they're trying to get the,

00:43:44.920 --> 00:43:46.340
you know, the best for their kids,

00:43:46.420 --> 00:43:48.302

but also to teach their kids how to,

00:43:48.661 --> 00:43:49.003
you know,

00:43:49.043 --> 00:43:52.505
reach out and ask for what they need too.

00:43:52.644 --> 00:43:52.965
Yeah.

00:43:53.284 --> 00:43:53.465
Yeah.

00:43:53.545 --> 00:43:54.226
It's a, it's a,

00:43:55.324 --> 00:43:57.146
Again, it's, I guess, a process.

00:43:57.186 --> 00:43:57.425
You know,

00:43:57.525 --> 00:43:59.106
I think when we start the journey

00:43:59.206 --> 00:44:00.347
or whenever our kids are younger,

00:44:00.367 --> 00:44:02.867
we're in it as their advocate,

00:44:02.887 --> 00:44:03.588
with their voice.

00:44:04.188 --> 00:44:05.548
Oftentimes what happens,

00:44:05.588 --> 00:44:06.509
we're so emotionally

00:44:06.548 --> 00:44:08.530
attached that we forget to

00:44:08.630 --> 00:44:09.590
advocate because we're so

00:44:09.610 --> 00:44:10.210
emotionally attached.

00:44:10.231 --> 00:44:12.010
We just go in, for example, you know,

00:44:12.070 --> 00:44:13.271
if it's a school situation

00:44:13.891 --> 00:44:16.552
and certain accommodations

00:44:16.572 --> 00:44:17.773
are not being placed with a child,

00:44:18.273 --> 00:44:20.195
we go in as that parent, you know,

00:44:20.275 --> 00:44:21.114
really emotionally.

00:44:22.170 --> 00:44:23.431
shouting right fighting yeah

00:44:23.490 --> 00:44:28.536
yeah yeah fighting yeah

00:44:28.576 --> 00:44:29.836
when mike when my kids were

00:44:29.856 --> 00:44:31.199
in school but one of the

00:44:31.219 --> 00:44:32.079
teachers hiding away from

00:44:32.099 --> 00:44:33.019
me when I walked in because

00:44:33.079 --> 00:44:34.221
I would go in like ready to

00:44:34.240 --> 00:44:35.782
fight because of certain

00:44:35.822 --> 00:44:36.664
accommodations were not

00:44:36.704 --> 00:44:37.704
being placed for him and

00:44:37.724 --> 00:44:39.005
you know like a simple

00:44:39.045 --> 00:44:40.007
thing a break you know I

00:44:40.027 --> 00:44:41.387
needed he needed a break in

00:44:41.427 --> 00:44:43.030
his in forty minutes and

00:44:43.090 --> 00:44:44.030
that wasn't being given so

00:44:44.150 --> 00:44:45.371
I was ready to fight the whole school

00:44:45.871 --> 00:44:47.172
And then I realized, well, no, actually,

00:44:47.211 --> 00:44:48.353
by shouting and screaming,

00:44:48.373 --> 00:44:49.373
we're not going to get anywhere.

00:44:49.733 --> 00:44:50.534
Yes, I'm upset.

00:44:50.614 --> 00:44:51.295
I love my child.

00:44:51.315 --> 00:44:52.175
I want the best for him.

00:44:52.617 --> 00:44:54.418
But we need to advocate for our child.

00:44:54.438 --> 00:44:55.478
We need to learn to use that

00:44:55.539 --> 00:44:58.121
voice so we could be heard.

00:44:58.722 --> 00:45:00.844
And that's where I kind of, you know,

00:45:00.903 --> 00:45:03.626
tweaked my approach and

00:45:04.286 --> 00:45:05.347
started advocating for him.

00:45:06.148 --> 00:45:06.728
And that helped.

00:45:06.809 --> 00:45:07.509
That really helped.

00:45:07.548 --> 00:45:09.550
And that's where I've been with parents.

00:45:09.570 --> 00:45:09.831
You know,

00:45:09.931 --> 00:45:11.432
I'll remind them during our

00:45:11.452 --> 00:45:13.054
workshops or sessions that we have.

00:45:13.632 --> 00:45:14.992
You know, we need to be their voice.

00:45:15.032 --> 00:45:16.072
We need to represent them.

00:45:16.614 --> 00:45:17.813

If there's anything, you know,

00:45:17.835 --> 00:45:19.054
we are emotionally attached,

00:45:19.114 --> 00:45:20.655
but we need to step away from that,

00:45:20.735 --> 00:45:21.536
which is not easy.

00:45:22.556 --> 00:45:24.998
But we need to step away.

00:45:25.079 --> 00:45:27.139
It's so difficult, so difficult.

00:45:27.599 --> 00:45:29.181
But let's be that person

00:45:29.201 --> 00:45:31.822
where we can go in and talk, you know,

00:45:31.922 --> 00:45:32.922
and advocate for their

00:45:33.003 --> 00:45:35.385
rights that will be then met, hopefully.

00:45:36.746 --> 00:45:38.266
And that's how we do as parents.

00:45:38.347 --> 00:45:39.726
And that's how I work with parents and,

00:45:39.847 --> 00:45:40.588
you know, support them.

00:45:41.389 --> 00:45:42.690
um but then it comes on to

00:45:42.730 --> 00:45:44.030
the self-advocacy which is

00:45:44.072 --> 00:45:47.074
so important you know we

00:45:47.094 --> 00:45:47.655
we're not going to be

00:45:47.675 --> 00:45:49.115
around forever and we know

00:45:49.155 --> 00:45:51.677
that right um it's really

00:45:51.697 --> 00:45:52.579
trying to like you know

00:45:52.599 --> 00:45:53.739
teach them self-advocacy

00:45:53.760 --> 00:45:55.320
skills being confident in

00:45:55.360 --> 00:45:56.782
who they are you know

00:45:56.842 --> 00:45:57.802
really understanding what

00:45:57.842 --> 00:45:59.864
their needs are um how can

00:45:59.885 --> 00:46:01.925
they voice those needs um

00:46:01.945 --> 00:46:03.708
that's really important so

00:46:04.434 --> 00:46:05.594
it's a work in progress at home.

00:46:05.614 --> 00:46:06.195
We're doing that.

00:46:07.456 --> 00:46:08.557
We talk about it a lot.

00:46:09.518 --> 00:46:10.219
You know, we'll say, look,

00:46:10.278 --> 00:46:11.340
if you're in this situation

00:46:11.380 --> 00:46:12.762
or this scenario, what would you do?

00:46:13.302 --> 00:46:14.943
And it often is, you know, role play,

00:46:16.204 --> 00:46:18.086
you know, it could be conversations.

00:46:18.166 --> 00:46:18.447
Yeah.

00:46:18.586 --> 00:46:19.827
So we do a lot of that or

00:46:20.128 --> 00:46:21.088
some watching something on

00:46:21.148 --> 00:46:23.851
YouTube where he will see, okay,

00:46:23.871 --> 00:46:24.992
this person's going through

00:46:25.012 --> 00:46:27.135
this and this is how he's, you know,

00:46:27.275 --> 00:46:29.137
you know, kind of supporting himself,

00:46:29.257 --> 00:46:30.458
you know, using his own voice.

00:46:31.735 --> 00:46:32.335
So we do that.

00:46:32.835 --> 00:46:34.637
And then we have we actually

00:46:34.657 --> 00:46:36.438
have a program for for for

00:46:36.478 --> 00:46:40.601
teens that incorporates self-advocacy,

00:46:42.023 --> 00:46:44.003
self-regulation, self-advocacy.

00:46:44.083 --> 00:46:46.025
And again, through a lot of role plays,

00:46:46.786 --> 00:46:47.427
discussions,

00:46:47.467 --> 00:46:48.387
conversations with their

00:46:48.467 --> 00:46:50.489
peers where they can talk

00:46:50.509 --> 00:46:53.090
about how they can support their own.

00:46:54.356 --> 00:46:55.617
themselves in a situation

00:46:55.659 --> 00:46:57.940
which may be a challenging

00:46:58.000 --> 00:47:02.543
situation for them.

00:47:02.903 --> 00:47:03.724
Exactly.

00:47:03.804 --> 00:47:04.965
It's not like you can give

00:47:04.985 --> 00:47:06.527
them answers and they can

00:47:06.588 --> 00:47:08.289

just reverberate them

00:47:08.489 --> 00:47:10.411
because every situation is

00:47:10.451 --> 00:47:12.773
so unique and their needs

00:47:12.813 --> 00:47:14.414
in those situations are unique.

00:47:14.574 --> 00:47:15.635
They need to go through

00:47:15.655 --> 00:47:17.677
those scenarios and to

00:47:17.737 --> 00:47:18.677
think through how they

00:47:18.697 --> 00:47:20.438
would respond and what

00:47:20.498 --> 00:47:21.519
really are my needs.

00:47:22.139 --> 00:47:25.684
And do I really need that or not?

00:47:25.704 --> 00:47:26.284
And, you know,

00:47:26.324 --> 00:47:28.047
kind of fumble through some of that.

00:47:29.208 --> 00:47:30.829
My kids, now that they're all adults,

00:47:31.291 --> 00:47:33.914
I've kind of lived this on

00:47:33.954 --> 00:47:34.954
that side longer.

00:47:35.175 --> 00:47:35.976
And, you know,

00:47:36.275 --> 00:47:37.697
I found my oldest decided

00:47:37.737 --> 00:47:38.858
not to get re-diagnosed

00:47:38.898 --> 00:47:41.141
when he went to college.

00:47:41.882 --> 00:47:43.202
And that was his own choice.

00:47:44.103 --> 00:47:46.244
He often would text me and say,

00:47:46.284 --> 00:47:47.405
this is what's going on.

00:47:47.525 --> 00:47:49.005
And sometimes he just needed

00:47:49.025 --> 00:47:50.146
a sounding board to,

00:47:50.286 --> 00:47:51.967
to like throw things at, you know,

00:47:52.007 --> 00:47:54.668
me and then go, okay, I can,

00:47:54.807 --> 00:47:55.768
I can take it from here.

00:47:56.088 --> 00:47:57.588
But always knowing that

00:47:57.628 --> 00:47:59.050
somebody was available to

00:47:59.090 --> 00:48:01.010
just chat and your

00:48:01.030 --> 00:48:02.150
homeschooling doesn't end

00:48:02.251 --> 00:48:03.211
when your kids graduate.

00:48:03.251 --> 00:48:04.132
Sorry to let you know.

00:48:04.172 --> 00:48:08.793
It continues on your parenting.

00:48:09.440 --> 00:48:11.461
Um, and my daughter really dove in,

00:48:11.501 --> 00:48:12.262
my daughter has a lot of

00:48:12.302 --> 00:48:16.202
physical disabilities and, um, and so she,

00:48:16.262 --> 00:48:17.543
the second she got accepted

00:48:17.563 --> 00:48:18.483
to her new college,

00:48:18.503 --> 00:48:20.625
she's in the disability services office.

00:48:20.644 --> 00:48:21.905
She's saying, what can you give me?

00:48:22.465 --> 00:48:24.766
And, um, and she was really on top of it.

00:48:24.786 --> 00:48:26.387
She goes to a lot of disability,

00:48:26.507 --> 00:48:29.088
like not conferences, but, um,

00:48:29.847 --> 00:48:31.349
like, shows where they have, like,

00:48:31.449 --> 00:48:33.050
new things that help people

00:48:33.090 --> 00:48:39.054
with various disability, like,

00:48:39.574 --> 00:48:40.735
devices and tech.

00:48:40.795 --> 00:48:42.637
And it's really cool,

00:48:42.717 --> 00:48:45.298
kind of the melds of her world, even,

00:48:45.358 --> 00:48:45.978
like, clothing.

00:48:46.880 --> 00:48:48.481
But she's so into all of that,

00:48:48.541 --> 00:48:50.121
and she keeps up with it.

00:48:50.202 --> 00:48:51.242
And so she knows what's

00:48:51.262 --> 00:48:54.826
available and takes what she needs.

00:48:55.666 --> 00:48:56.326
to move forward.

00:48:56.346 --> 00:48:57.146
So, so yeah,

00:48:57.186 --> 00:48:59.206
you just don't know how your

00:48:59.226 --> 00:49:00.768
kids are going to do that, but they,

00:49:00.807 --> 00:49:02.168

they seem to find their voice.

00:49:02.688 --> 00:49:05.909
And when they do, then they,

00:49:05.929 --> 00:49:06.829
they're able to let other

00:49:06.849 --> 00:49:07.909
people know what they need.

00:49:08.070 --> 00:49:09.570
And that's, that's what's most important.

00:49:09.590 --> 00:49:11.751
Absolutely.

00:49:11.771 --> 00:49:12.952
And I think we can just do,

00:49:13.492 --> 00:49:15.773
we can just do what we can do as parents,

00:49:15.813 --> 00:49:16.012
right?

00:49:16.032 --> 00:49:17.753
We can support them, encourage them,

00:49:18.253 --> 00:49:19.355
guide them, teach them.

00:49:19.835 --> 00:49:20.934
And hopefully one day when

00:49:20.974 --> 00:49:22.275
they are living independently,

00:49:22.356 --> 00:49:23.235
like your daughter now,

00:49:23.751 --> 00:49:25.215
And your son, they have their own ways,

00:49:25.295 --> 00:49:26.699
but whatever way they choose,

00:49:26.760 --> 00:49:27.501
it's okay for them.

00:49:30.074 --> 00:49:31.717
Yeah, absolutely.

00:49:32.376 --> 00:49:33.297
So I'd like you to talk a

00:49:33.318 --> 00:49:34.679
little bit about your

00:49:34.719 --> 00:49:38.161
coaching business and just

00:49:38.222 --> 00:49:40.063
how you work with various

00:49:40.123 --> 00:49:42.704
people in different realms

00:49:42.985 --> 00:49:45.907
and maybe even a little

00:49:46.186 --> 00:49:48.128
story on how that all came together too.

00:49:50.510 --> 00:49:51.150
It's interesting.

00:49:51.210 --> 00:49:52.152
I think a lot of things

00:49:52.172 --> 00:49:53.393
happen during COVID.

00:49:53.413 --> 00:49:54.554
You hear stories about COVID.

00:49:55.313 --> 00:49:56.074
In my situation,

00:49:56.114 --> 00:49:58.436
it was I was a homemaker for, you know,

00:49:58.615 --> 00:50:00.215
ten, eleven years, homeschooling.

00:50:01.036 --> 00:50:02.456
And I realized, well,

00:50:02.838 --> 00:50:03.918
I want something for myself.

00:50:04.677 --> 00:50:05.619
And what is that?

00:50:05.679 --> 00:50:06.619
I wanted to go back to work.

00:50:06.679 --> 00:50:07.960
I really did want to go back to work.

00:50:08.079 --> 00:50:09.940
My job was heavy full time.

00:50:09.960 --> 00:50:12.501
I'm a lawyer professionally

00:50:12.681 --> 00:50:16.423
and it wasn't going to be an easy route.

00:50:16.923 --> 00:50:19.105
So I decided, OK, I want to stay at home.

00:50:19.204 --> 00:50:19.885
That's what I want.

00:50:19.925 --> 00:50:21.306
I need to do something from home.

00:50:22.706 --> 00:50:23.467
And coaching came up.

00:50:23.860 --> 00:50:25.161
And that's when I decided, okay,

00:50:25.221 --> 00:50:27.282
coaching could be a good balance,

00:50:27.742 --> 00:50:30.005
you know, a work-life balance,

00:50:30.025 --> 00:50:30.664
so they call it.

00:50:30.744 --> 00:50:33.807
And I went into my studies during COVID,

00:50:33.867 --> 00:50:36.730
took some courses, you know,

00:50:36.750 --> 00:50:37.771
completed my credentials,

00:50:38.030 --> 00:50:40.393
got my license and started

00:50:40.432 --> 00:50:41.233
my coaching journey.

00:50:41.393 --> 00:50:42.293
And then, you know,

00:50:42.313 --> 00:50:43.215
when you go into coaching,

00:50:43.235 --> 00:50:44.115
they'll just say, well,

00:50:44.135 --> 00:50:45.717
what niche would you like to go into?

00:50:46.376 --> 00:50:49.119
And mine was nothing but, you know,

00:50:49.679 --> 00:50:50.701
I only knew autism.

00:50:50.820 --> 00:50:51.021

You know,

00:50:51.460 --> 00:50:53.523
I talked about autism all day long.

00:50:54.449 --> 00:50:56.192
And that's all I knew, you know,

00:50:56.311 --> 00:50:58.356
throughout the time I had my eldest.

00:50:59.376 --> 00:51:00.318
So it was a no-brainer.

00:51:00.619 --> 00:51:03.384
And I went into neurodiversity.

00:51:03.443 --> 00:51:04.505
And then, I mean,

00:51:04.525 --> 00:51:06.648
it started with homeschooling support.

00:51:07.014 --> 00:51:08.233
It started with helping and

00:51:08.273 --> 00:51:09.594
supporting families and

00:51:09.614 --> 00:51:10.715
coaching and mentoring them

00:51:11.934 --> 00:51:14.815
who had really struggled with the system,

00:51:15.815 --> 00:51:16.737
who had been in the system

00:51:16.757 --> 00:51:17.436
for many years and they

00:51:17.456 --> 00:51:18.197
felt their children were

00:51:18.217 --> 00:51:19.777
just not learning.

00:51:21.617 --> 00:51:22.958
So we'd create plans.

00:51:23.739 --> 00:51:25.179
I'd be sharing strategies

00:51:25.219 --> 00:51:26.858
and tools on how to bring

00:51:26.878 --> 00:51:28.159
in the learning for their children.

00:51:28.360 --> 00:51:29.440

And that's how it started.

00:51:29.500 --> 00:51:32.121

It started with one client to two.

00:51:33.298 --> 00:51:34.099

Then to three.

00:51:34.179 --> 00:51:36.099

And then I realized, well, actually, no,

00:51:36.139 --> 00:51:38.360

this isn't a,

00:51:38.900 --> 00:51:40.541

when we're talking about neurodiversity,

00:51:40.561 --> 00:51:42.201

it's not only at home.

00:51:42.782 --> 00:51:44.061

It's not only at school.

00:51:44.282 --> 00:51:45.981

It's beyond because an

00:51:46.021 --> 00:51:47.063

autistic individual is

00:51:47.083 --> 00:51:47.922

going to still continue

00:51:47.943 --> 00:51:49.163

being an autistic adult.

00:51:50.302 --> 00:51:52.744

So it's not really going to stay at home.

00:51:53.311 --> 00:51:55.432

It's going to go beyond into society.

00:51:56.233 --> 00:51:57.795

Um, and then, yeah, I just,

00:51:57.916 --> 00:51:59.398

I wanted to do more, you know, it just,

00:51:59.777 --> 00:52:00.759

it was just,

00:52:00.798 --> 00:52:01.860

it was a lot and I wanted to

00:52:01.920 --> 00:52:03.702

offer more to the, to the community.

00:52:04.443 --> 00:52:07.987

Um, and yeah, from, from workshops to, to,

00:52:08.608 --> 00:52:10.188
uh, working with parents who homeschool,

00:52:10.590 --> 00:52:13.233
it went to creating training material, um,

00:52:13.373 --> 00:52:14.393
training resources.

00:52:14.963 --> 00:52:16.324
and developing training

00:52:16.364 --> 00:52:18.945
courses and programs for educators,

00:52:19.885 --> 00:52:22.347
for corporates on neuro inclusion,

00:52:22.547 --> 00:52:24.248
neuro diversity, you know,

00:52:24.309 --> 00:52:26.130
looking at inclusive workplace,

00:52:26.231 --> 00:52:27.411
inclusive workplaces,

00:52:27.472 --> 00:52:29.293
inclusive work practices.

00:52:31.094 --> 00:52:33.936
It just kind of went, yeah,

00:52:34.016 --> 00:52:34.896
it kind of just grew.

00:52:34.956 --> 00:52:36.418
And here we are now,

00:52:37.619 --> 00:52:39.380
we're CPD providers and we, you know,

00:52:39.840 --> 00:52:41.021
deliver training and it's

00:52:41.041 --> 00:52:41.862
just been amazing.

00:52:41.922 --> 00:52:43.603
It's been a really fun journey.

00:52:44.632 --> 00:52:45.873
Yeah.

00:52:45.893 --> 00:52:46.134
Yeah.

00:52:46.393 --> 00:52:47.213

That's really neat.

00:52:47.853 --> 00:52:48.074
Yeah.

00:52:48.253 --> 00:52:50.635
So much good has come out of COVID.

00:52:51.556 --> 00:52:53.175
I hate to say that because

00:52:53.195 --> 00:52:54.916
many people had a hard time through that.

00:52:55.376 --> 00:52:57.617
But in the education realm,

00:52:57.737 --> 00:52:59.619
things changed in a very

00:52:59.659 --> 00:53:02.719
good way because we were

00:53:02.780 --> 00:53:05.121
forced to rethink how we

00:53:05.141 --> 00:53:06.141
approach education.

00:53:06.382 --> 00:53:06.702
And

00:53:07.322 --> 00:53:10.425
And when the status quo is kind of upset,

00:53:10.445 --> 00:53:14.530
it, it, you, you have to go, why?

00:53:14.731 --> 00:53:16.391
And, and is this the best way?

00:53:16.512 --> 00:53:18.594
And, and, um, I'm,

00:53:19.295 --> 00:53:20.496
I'm so excited with all

00:53:20.516 --> 00:53:21.398
that has come about that.

00:53:21.538 --> 00:53:22.099
And, um,

00:53:22.239 --> 00:53:22.398
Yeah.

00:53:22.438 --> 00:53:23.739
So your website is coaching

00:53:23.780 --> 00:53:27.862
with Uzma and it's so, um, we'll,

00:53:27.882 --> 00:53:29.342
we'll share that link, um,

00:53:29.722 --> 00:53:32.784
in our show notes as well as, um,

00:53:32.903 --> 00:53:34.704
on YouTube and things like that.

00:53:34.744 --> 00:53:36.025
So you'll be able to just

00:53:36.085 --> 00:53:37.487
click on that as well.

00:53:37.567 --> 00:53:37.967
And what,

00:53:38.166 --> 00:53:40.108
what can people find as far as

00:53:40.128 --> 00:53:41.789
like on your site if they go there?

00:53:45.835 --> 00:53:47.177
I mean, we have blogs,

00:53:47.257 --> 00:53:50.762
we have training courses, information.

00:53:51.463 --> 00:53:55.347
So I do live talks as well on YouTube.

00:53:55.367 --> 00:53:56.708
So you can have a look at those.

00:53:58.070 --> 00:53:59.032
A lot of deep discussion on

00:53:59.052 --> 00:53:59.873
various topics.

00:54:00.434 --> 00:54:01.675
So you'll find a lot on the website.

00:54:02.496 --> 00:54:04.478
You'll find a lot on Instagram.

00:54:05.074 --> 00:54:07.295
I try to post informative

00:54:07.574 --> 00:54:08.695
posts every now and then

00:54:08.735 --> 00:54:09.615
when I get a chance.

00:54:10.757 --> 00:54:11.177
And yeah,

00:54:11.197 --> 00:54:12.436
just lots of different things

00:54:12.456 --> 00:54:13.777
that I'm working on will be

00:54:13.797 --> 00:54:14.717
shared on there.

00:54:15.259 --> 00:54:16.079
We have a Bridging the Gap

00:54:16.119 --> 00:54:18.239
initiative every few months

00:54:18.619 --> 00:54:19.280
where we invite

00:54:19.340 --> 00:54:20.740
professionals and we have a

00:54:20.800 --> 00:54:22.041
brilliant panel every time

00:54:22.461 --> 00:54:23.641
that can support not just

00:54:23.661 --> 00:54:24.902
the neurodivergent world.

00:54:25.443 --> 00:54:26.364
I call it the neurotypical

00:54:26.403 --> 00:54:28.123
neurodivergent that come together.

00:54:29.324 --> 00:54:30.344
So we have this platform

00:54:30.364 --> 00:54:31.706
where we want to invite everyone

00:54:32.960 --> 00:54:34.541
to talk about it comfortably

00:54:34.621 --> 00:54:36.282
and not just raise an awareness,

00:54:36.302 --> 00:54:37.483
but go beyond raising that

00:54:37.503 --> 00:54:38.422
awareness because we're at

00:54:38.443 --> 00:54:39.242

that point now where we

00:54:39.282 --> 00:54:40.523
want to be living together

00:54:40.543 --> 00:54:41.844
in harmony and we want to

00:54:41.884 --> 00:54:42.903
be able to understand that

00:54:43.023 --> 00:54:45.724
there are differences in people's,

00:54:45.804 --> 00:54:48.186
you know,

00:54:48.246 --> 00:54:49.907
thinking and processing the

00:54:49.927 --> 00:54:50.726
world and that's okay.

00:54:51.567 --> 00:54:53.847
So we have that coming up and, you know,

00:54:54.168 --> 00:54:55.148
you're invited there as a

00:54:55.208 --> 00:54:56.588
speaker and we're looking

00:54:56.608 --> 00:54:57.489
forward to you sharing your

00:54:57.548 --> 00:54:58.349
experience as well.

00:54:58.429 --> 00:55:00.730
So, I mean, we have a lot going on within

00:55:02.503 --> 00:55:03.224
Absolutely.

00:55:03.284 --> 00:55:04.226
So thank you so much.

00:55:04.286 --> 00:55:05.688
I mean, it's brilliant.

00:55:05.708 --> 00:55:06.088
Yeah.

00:55:06.969 --> 00:55:07.750
Yeah, yeah.

00:55:08.391 --> 00:55:10.132
So many resources for

00:55:10.213 --> 00:55:11.614

families and definitely

00:55:11.653 --> 00:55:13.737

encourage you to check out that website.

00:55:14.016 --> 00:55:16.119

And, and yeah,

00:55:16.179 --> 00:55:18.922

just thank you for being in the space and,

00:55:20.043 --> 00:55:21.844

and for helping families and

00:55:22.847 --> 00:55:24.809

Yeah, the more people that are out there,

00:55:24.829 --> 00:55:26.771

I know it's parents are

00:55:27.211 --> 00:55:28.753

just scrambling for help.

00:55:28.833 --> 00:55:33.400

And, you know, one coach is,

00:55:35.242 --> 00:55:36.342

it really helps to have

00:55:36.382 --> 00:55:38.326

somebody who comes into your life and

00:55:38.945 --> 00:55:40.106

And and says, well,

00:55:40.146 --> 00:55:41.949

this is what I see versus

00:55:42.048 --> 00:55:43.610

because we get so buried as

00:55:43.670 --> 00:55:46.512

parents in in just the our

00:55:46.552 --> 00:55:49.994

anxiety expectations, you know,

00:55:50.355 --> 00:55:51.817

and in the comparison,

00:55:51.856 --> 00:55:52.577

like we were talking about

00:55:52.617 --> 00:55:53.577

at the very beginning.

00:55:54.179 --> 00:55:56.119

And it all just seems so overwhelming.

00:55:56.159 --> 00:55:57.601
But when you have somebody come in and say,

00:55:57.641 --> 00:55:57.862
well,

00:55:57.942 --> 00:55:59.862
this is what I see and this is how I

00:55:59.902 --> 00:56:00.764
see a way out.

00:56:01.403 --> 00:56:01.605
Right.

00:56:02.264 --> 00:56:04.025
It's like you can just like

00:56:04.425 --> 00:56:06.447
drop everything that you've

00:56:06.467 --> 00:56:08.648
been holding on to so tightly and say,

00:56:08.728 --> 00:56:10.449
okay, let's move forward.

00:56:11.268 --> 00:56:14.550
And your kids need that for you to do,

00:56:14.630 --> 00:56:15.791
not just you,

00:56:16.192 --> 00:56:18.753
but as a family and to help

00:56:18.773 --> 00:56:20.414
them to be successful too.

00:56:20.494 --> 00:56:21.833
So, yeah, so important.

00:56:22.255 --> 00:56:22.994
Absolutely.

00:56:23.695 --> 00:56:24.195
Absolutely.

00:56:24.215 --> 00:56:25.376
I mean, I think, you know,

00:56:25.416 --> 00:56:26.936
if we see ourselves as the pillars,

00:56:27.016 --> 00:56:28.518
you know, we have to be strong,

00:56:29.818 --> 00:56:31.298

but we can't be strong alone.

00:56:32.416 --> 00:56:33.516
It really takes that village.

00:56:33.717 --> 00:56:34.677
And I always say this,

00:56:34.717 --> 00:56:35.538
it takes a village to raise

00:56:35.557 --> 00:56:36.318
that one child,

00:56:36.378 --> 00:56:37.458
but it takes even a bigger

00:56:37.498 --> 00:56:40.119
village to raise a neurodivergent child.

00:56:40.599 --> 00:56:41.739
And if we're going to do it alone,

00:56:41.759 --> 00:56:43.059
we are going to be burnt out.

00:56:43.539 --> 00:56:43.778
You know,

00:56:43.818 --> 00:56:45.820
we're going to hit rock bottom

00:56:46.860 --> 00:56:47.480
and it's not going to

00:56:47.500 --> 00:56:48.760
benefit us and it's not

00:56:48.780 --> 00:56:49.860
going to benefit our children.

00:56:50.221 --> 00:56:52.501
So we have to be, I mean, you know,

00:56:52.521 --> 00:56:52.940
it's not going to be

00:56:52.981 --> 00:56:54.141
picture perfect every day,

00:56:54.362 --> 00:56:56.242
but if we can have that

00:56:56.362 --> 00:56:58.101
community that we can go to,

00:56:58.463 --> 00:56:59.103
if we can have some

00:56:59.163 --> 00:57:00.382
resources that we can look at,

00:57:00.956 --> 00:57:02.197
That's what really, you know,

00:57:02.277 --> 00:57:04.518
if I can help that one family, I'm happy.

00:57:04.838 --> 00:57:05.079
You know,

00:57:05.679 --> 00:57:07.019
when I was on my journey in the beginning,

00:57:07.079 --> 00:57:08.460
it was very isolating.

00:57:09.481 --> 00:57:10.342
I honestly thought I was the

00:57:10.362 --> 00:57:11.322
only one going through it

00:57:11.483 --> 00:57:12.824
until I met another mum.

00:57:13.224 --> 00:57:14.784
And I realised, actually, there's more,

00:57:15.405 --> 00:57:15.625
you know,

00:57:15.704 --> 00:57:16.505
more families are going through

00:57:16.525 --> 00:57:17.507
this in the world, not only me.

00:57:17.527 --> 00:57:20.027
And I was struggling for years.

00:57:20.407 --> 00:57:21.148
Honestly, mentally,

00:57:21.168 --> 00:57:22.108
I was struggling for years.

00:57:22.188 --> 00:57:23.530
Emotionally, I was struggling for years.

00:57:23.851 --> 00:57:24.710
But I would wake up in the

00:57:24.751 --> 00:57:26.032
morning and be ready to

00:57:26.132 --> 00:57:27.693
face the world and support my child.

00:57:28.219 --> 00:57:29.300
But by the evening,

00:57:29.400 --> 00:57:32.101
I was absolutely burnt out.

00:57:32.161 --> 00:57:34.282
And it was a different occurrence.

00:57:34.342 --> 00:57:36.163
And then now, you know,

00:57:36.362 --> 00:57:37.324
even if I can help that one

00:57:37.364 --> 00:57:38.844
family and support that one family,

00:57:38.923 --> 00:57:40.324
that's my job done.

00:57:41.764 --> 00:57:42.565
That's it, you know,

00:57:42.626 --> 00:57:44.545
because we don't want to be

00:57:44.606 --> 00:57:45.947
left alone in this process.

00:57:46.391 --> 00:57:47.572
it's not nice it's not

00:57:47.612 --> 00:57:51.114
pleasant at all yeah yeah

00:57:51.155 --> 00:57:53.757
that's that's great yes um

00:57:53.878 --> 00:57:54.918
and we don't have to be

00:57:55.179 --> 00:57:55.958
there's there's enough

00:57:56.000 --> 00:57:58.882
people out there that um so

00:57:59.141 --> 00:58:00.824
yeah well thank you so much

00:58:00.844 --> 00:58:02.045
for this conversation it's

00:58:02.085 --> 00:58:04.786
been so pleasant and um and

00:58:04.827 --> 00:58:05.487

so filled with

00:58:05.527 --> 00:58:08.710
encouragement um so I just want to

00:58:09.010 --> 00:58:10.351
Thank you for your time and

00:58:10.592 --> 00:58:11.813
for sharing with us today.

00:58:11.932 --> 00:58:14.773
Definitely empowering us to

00:58:14.813 --> 00:58:15.815
homeschool successfully.

00:58:16.815 --> 00:58:18.856
And you may have come into

00:58:18.896 --> 00:58:20.257
this conversation thinking

00:58:20.277 --> 00:58:21.038
you're going to get a bunch

00:58:21.057 --> 00:58:21.838
of tips and tricks,

00:58:21.858 --> 00:58:23.438
but I hope it has changed your mindset.

00:58:23.780 --> 00:58:24.760
I think really that's what

00:58:24.780 --> 00:58:26.501
our conversation today has

00:58:26.541 --> 00:58:28.282
been about is how do I look

00:58:28.342 --> 00:58:29.103
at this learning

00:58:29.163 --> 00:58:30.663
differently and how I can

00:58:30.684 --> 00:58:31.684
do it differently and

00:58:31.724 --> 00:58:32.905
surround myself with people

00:58:32.945 --> 00:58:33.844
that are going to encourage

00:58:33.864 --> 00:58:34.706
me to think that way.

00:58:35.965 --> 00:58:36.987

That's really important.

00:58:37.146 --> 00:58:38.547

So thank you for taking us there.

00:58:38.646 --> 00:58:40.807

I appreciate your time and

00:58:41.648 --> 00:58:42.949

just for this conversation.

00:58:43.009 --> 00:58:44.449

It was amazing.

00:58:45.969 --> 00:58:46.751

You're welcome.

00:58:46.811 --> 00:58:48.050

Thank you for having me, Peggy.

00:58:48.090 --> 00:58:48.891

Thank you so much.

00:58:49.351 --> 00:58:50.231

I really appreciate it.

00:58:51.701 --> 00:58:52.201

Yeah.

00:58:52.541 --> 00:58:52.920

Yeah.

00:58:53.300 --> 00:58:55.702

So this podcast will come out next week.

00:58:55.922 --> 00:58:57.362

And for those of you that

00:58:58.103 --> 00:59:00.222

were looking for the

00:59:00.302 --> 00:59:01.563

podcast that was supposed

00:59:01.583 --> 00:59:02.963

to come out in this place,

00:59:03.864 --> 00:59:06.144

just know that that one is

00:59:06.244 --> 00:59:07.085

going to be next.

00:59:07.824 --> 00:59:08.925

Building Strong Voices,

00:59:08.945 --> 00:59:10.646

Speech Strategies for Social Skills,

00:59:10.686 --> 00:59:11.746
Self-Regulation and

00:59:11.786 --> 00:59:13.766
Learning Success had to be rescheduled.

00:59:14.186 --> 00:59:16.387
And so now it is going live

00:59:16.527 --> 00:59:18.168
next week and the podcast

00:59:18.188 --> 00:59:19.827
will come out the following week.

00:59:20.288 --> 00:59:22.789
So so stay tuned for that.

00:59:23.130 --> 00:59:25.190
And and we'll make sure that

00:59:25.311 --> 00:59:27.172
we get into that speech therapy stuff,

00:59:27.192 --> 00:59:27.472
too.

00:59:28.172 --> 00:59:31.673
And so we're going to do that next week.

00:59:31.793 --> 00:59:34.155
But that's how things roll

00:59:34.175 --> 00:59:36.737
when you got lots of things going on.

00:59:36.817 --> 00:59:38.177
And so.

00:59:38.657 --> 00:59:38.958
Anyways,

00:59:39.018 --> 00:59:40.458
so thanks for your patience with us.

00:59:40.639 --> 00:59:41.519
And make sure to check out

00:59:41.539 --> 00:59:43.181
our website at spedhomeschool.com.

00:59:43.280 --> 00:59:44.081
We've got lots of things

00:59:44.121 --> 00:59:44.882
going on over there.

00:59:45.181 --> 00:59:46.902

That is a new interactive platform.

00:59:46.943 --> 00:59:48.003
It's not just a website.

00:59:48.023 --> 00:59:49.364
You can go and make an account,

00:59:49.764 --> 00:59:50.666
even a free account.

00:59:51.005 --> 00:59:52.246
You can ask people questions.

00:59:52.286 --> 00:59:53.327
You can post things.

00:59:53.947 --> 00:59:55.289
We have some parents posting

00:59:55.349 --> 00:59:57.090
stories of their homeschool journeys,

00:59:57.230 --> 00:59:58.951
and we want you to be part

00:59:58.990 --> 00:59:59.911
of that community.

01:00:00.291 --> 01:00:01.452
It is a safe place.

01:00:02.592 --> 01:00:03.853
It is not like Facebook

01:00:03.893 --> 01:00:05.255
that's going to use all your information.

01:00:05.315 --> 01:00:05.835
We do not.

01:00:07.175 --> 01:00:08.416
But we just want to form a

01:00:08.476 --> 01:00:09.916
very safe community for you

01:00:09.976 --> 01:00:12.057
to be able to have groups,

01:00:12.538 --> 01:00:14.338
to connect with other people,

01:00:14.518 --> 01:00:16.378
to find resources and to

01:00:16.418 --> 01:00:17.659
get information that is

01:00:17.679 --> 01:00:18.800
really going to be helpful

01:00:18.840 --> 01:00:19.860
to your homeschool journey.

01:00:20.541 --> 01:00:23.201
So check us out at spedhomeschool.com.

01:00:23.442 --> 01:00:25.461
And then I will see you next

01:00:25.501 --> 01:00:27.382
time here on Empowering

01:00:27.443 --> 01:00:28.742
Homeschool Conversations.

01:00:28.782 --> 01:00:29.402
Bye, everybody.

01:00:29.923 --> 01:00:32.485
And take care and God bless.

01:00:32.525 --> 01:00:33.885
And we'll see you next week.

01:00:35.492 --> 01:00:37.052
This has been Empowering

01:00:37.112 --> 01:00:39.014
Homeschool Conversations

01:00:39.375 --> 01:00:41.175
provided by Sped Homeschool,

01:00:41.717 --> 01:00:43.338
a nonprofit that empowers

01:00:43.378 --> 01:00:45.338
families to home educate

01:00:45.358 --> 01:00:46.519
diverse learners.

01:00:46.920 --> 01:00:50.322
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