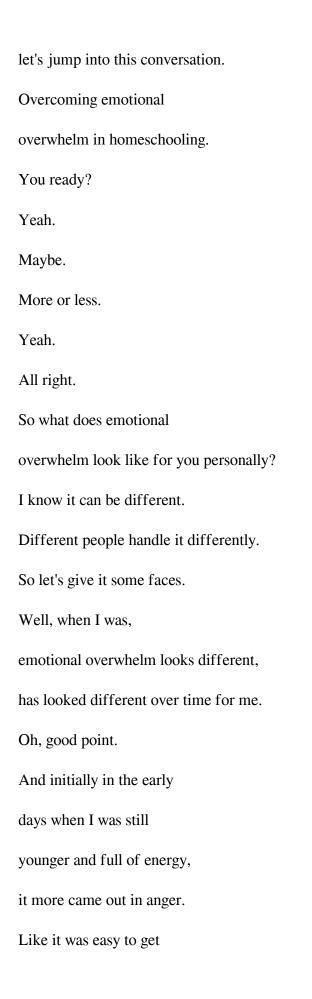
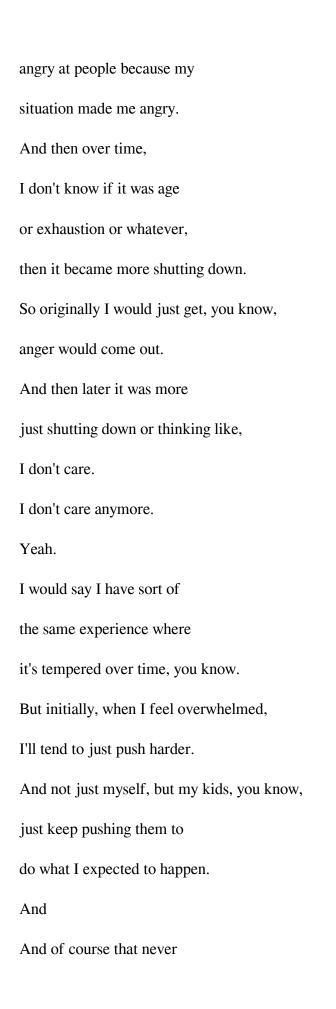
Welcome to Empowering Homeschool Conversations, your authority in navigating the world of homeschooling diverse learners. Featuring Peggy Ployer from Sped Homeschool, Annie Yorty from Annie Yorty.com, Leilani Melendez from Living with Eve, Stephanie Buckwalter from ELARP Learning, and Dawn Jackson from Dawn Jackson Educational Consulting and Tutoring. With over seventy five years of combined homeschooling expertise, experiences and perspectives, this group is eager to share their wealth of wisdom to empower your homeschooling journey. So grab your favorite mug, settle in and get ready for insightful discussions,

valuable insights and practical tips. Give your homeschool the power boost it needs to successfully educate the unique learners in your home. Thank you. Hey, friends. Welcome back to Empowering Homeschool Conversations. I'm so glad you're joining us today. Whether you're washing dishes, wrangling little ones, or finally sitting down for a minute with a cup of something warm, you're in good company. Today's episode is a little different. We don't just have a guest joining us, but we have almost our whole team here to have an honest, open conversation about something that's so real for every homeschool parent at some point, emotional overwhelm.

Whether it's constant demands, all the pressure to do it all right, the never-ending to-do list, or just carrying the weight of so much for our kids. Emotional overload can sneak in and suddenly it feels like just too much. So we're going to talk about it, what it looks like, how we've experienced, what's helped us go through it, and how we can offer each other grace along the way. And before we dive in, don't forget to check out Homeschool Heroes at spedhomeschool.com. If you're in a hard season and need support, encouragement, or just some practical tools for making things easier, there's a treasure trove waiting for you there. All right, ladies,

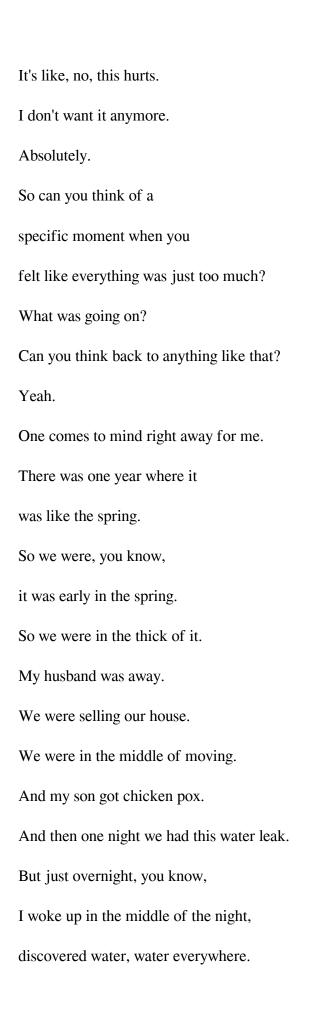


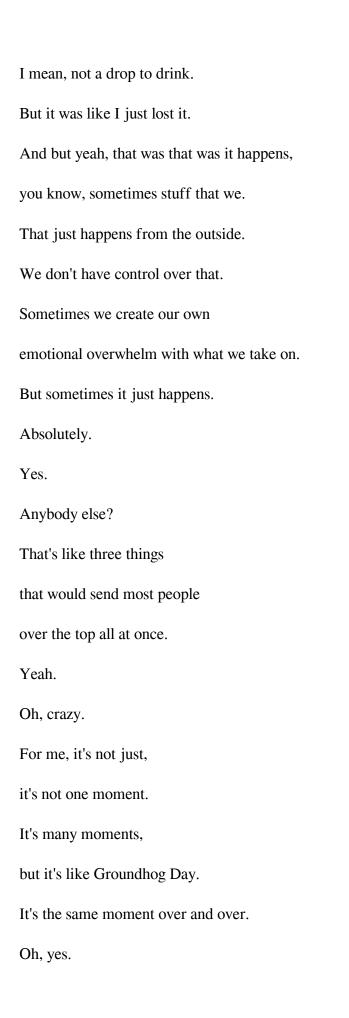


| really turns out well.                     |
|--|
| So, but, but over time, I mean,            |
| and then I can kind of go                  |
| the other direction a                      |
| little bit when I get to                   |
| the point where that even isn't working,   |
| I'll get to where I sort of                |
| avoid the priorities in my life,           |
| but because they seem harder.              |
| So I,                                      |
| I find something that helps me escape      |
| from it, the feelings or whatever,         |
| and avoid it.                              |
| So yeah, there's,                          |
| it depends where I'm at in the flow of it, |
| but,                                       |
| Yeah.                                      |
| None of that works out real well.          |
| Yeah.                                      |
| Yeah, exactly.                             |
| Yeah.                                      |
| I can relate with both of                  |
| you and all of that.                       |
|  |

And, you know, I, I just catch myself sometimes, you know, sitting on the couch going, I just don't want to do a thing. I just want to sit here and I don't even want to sit here. You know, I, I'll like go outside and just like lay down on the concrete and fall asleep. Ι I've done that multiple times just in the back. Well, we have a pool, but I mean, next to the pool and I'm just, I'm out and just want to check out of life. Yeah, absolutely. What about you, Dawn? Yeah, I think for me, when I think about that, it always had to do with getting enough rest.

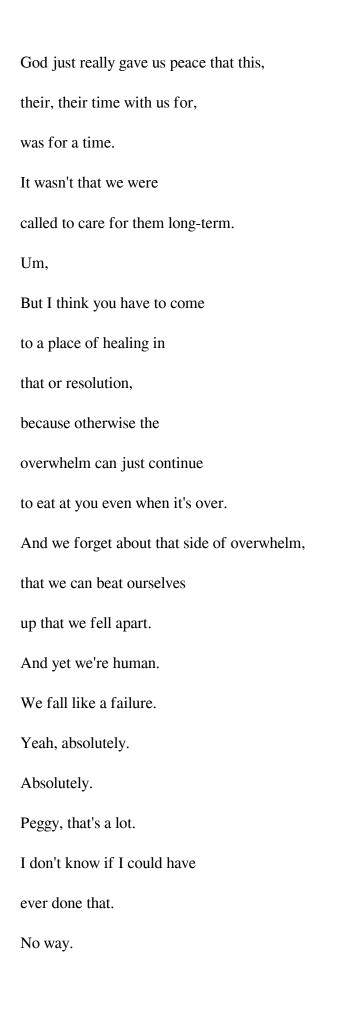
And if I didn't get enough sleep, if I was doing too much or burning the candle at both ends, that happened pretty much after my third child. I just felt like my duties and all the different things I was trying to do, I was running a business and then homeschooling, having a baby. It was just a lot. Yeah. But I didn't like have that compassion for myself to say, you're doing too much, you know, you're doing a lot. And so I just remember feeling really worn, like just worn out. Yeah, yeah. That's a very good word for it, I think. You think back to like the velveteen rabbit and all the fur being gone.

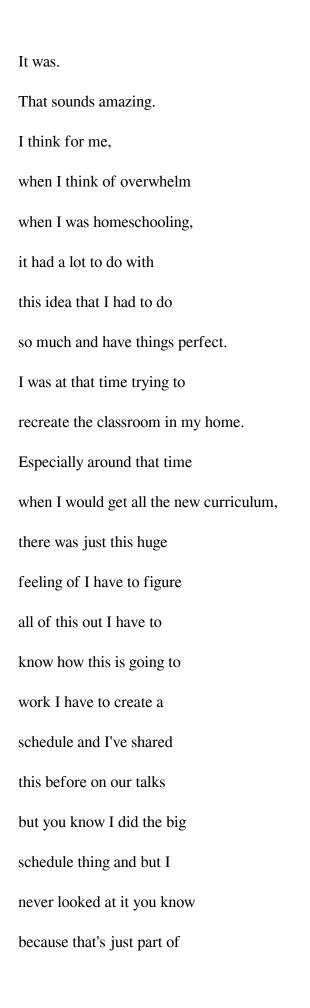




And that is dealing with irrational behaviors that just don't make sense. Because when a kid's in fight or flight, you can't reason with them. There's no making sense of the behavior. There's no way to ask if your child is nonverbal like mine. And it's kind of a one-sided conversation. And that's, so it's the groundhog day of irrational behavior for me. Yeah, yeah. I remember when we had our three foster kids that we were doing emergency foster care for, and I was getting two hours of sleep at night. And yeah, and they were all, you know, they were toddlers. One was preschool, the other two were toddlers, the twins. And

I lost it. I just like crumpled into a mess on the floor and I'm like, I can't do this anymore. You know, the trauma that they were trying to deal with and not being able to express it, the support that I was not getting, even though I'd asked multiple places for it. that, that was what broke the camel's back and ended up, they had to shift to other family members because our family just was falling apart. And, you know, that's, that's hard because it was something that we really felt like we were called to do. But then after praying more, after all that changed, you know,



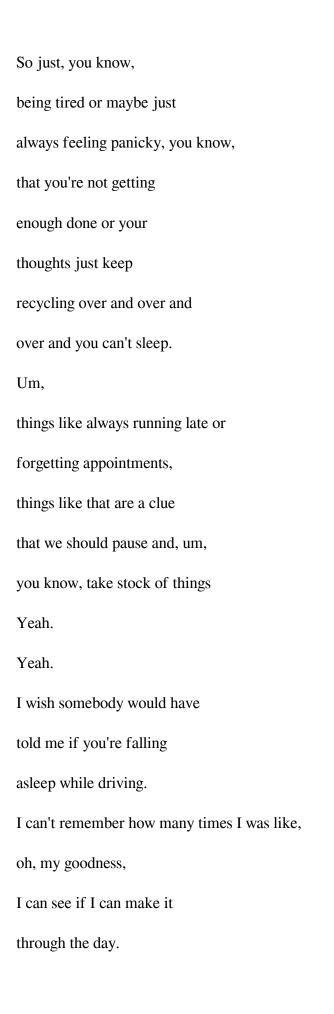


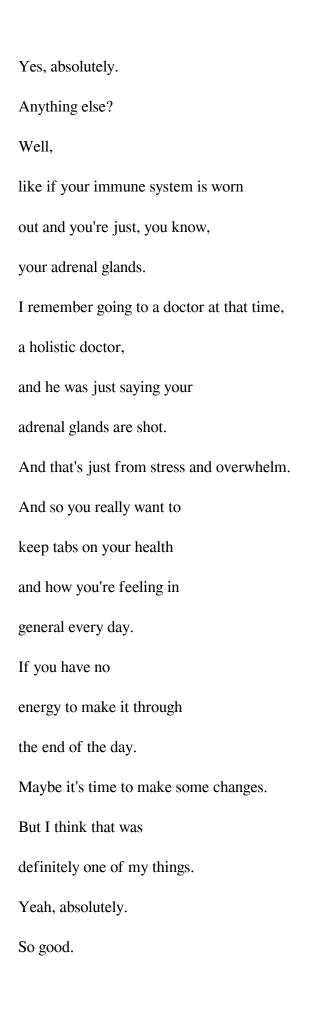
my brain I made it it was great but there was just that feeling I have to do all these things and you guys I didn't have youtube Could you imagine? I would have been a psycho. They would have had to lock me up. I was just cleaning stuff for my friends and these homeschool conventions. And I just had these ideas that I had to do so much. And it was a lot of failing moments. Yeah, I think you're pointing to some good warning signs there, Dawn, that, you know, overwhelm is coming if you are doing this. And as a homeschool mom, watch out. Yes, that is. And like you said, nowadays... how much more are these

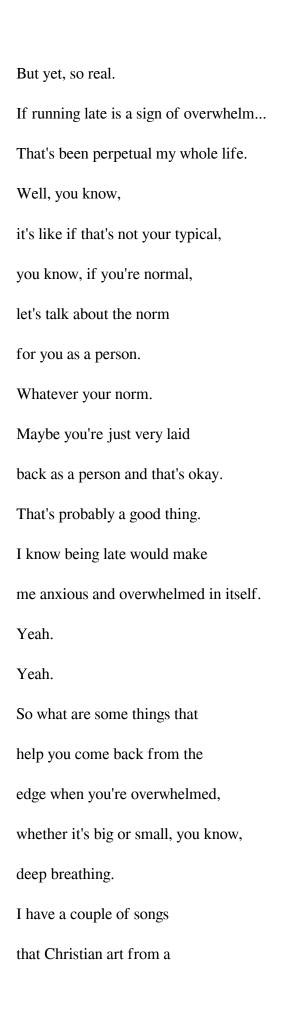
young moms getting bombarded with than we ever were? And, um, yeah, just crazy. What are some other warning signs that you noticed about yourself, um, other than wanting to lock the bathroom door and hide in there the whole day? Oh, you get, um, for me, I, um, I find myself caring more about what gets done than caring about my kids. When I'm all consumed with the schedule and missing those cues that my kids give me and if I'm snapping at them or whatever, conflicts, that kind of thing can really be a sign of being overwhelmed. you know, also there are physical signs, you know,

our bodies can only go so far

when we're overwhelmed.







Christian artist that I go to that have a message that is meaningful to me. And I will just sit there and listen to it. And it's interesting because I, Actually, one of them, old school album. This one guy, he used to do music. He's still alive, but he did music in the seventies. And I'll listen to his albums. I have them on YouTube. And I can just feel after about two or three songs, I can just feel, you know, I'll just all of a sudden take a deep breath and relax even more into it. And it's nothing I'm trying to do. I'm not taking that deep breath on purpose. I can just feel the songs working well. on my body, on my nervous system and things

like that.

and then um the other one I

do is I get up earlier than

everybody else in the house

because if I don't I and I

was I probably would have

been able to do this when I

had a lot of kids at home

but now that I just have

the one I have to care for

I know when she gets up and

if I get up about two hours

before her that's when I

have down time because the

rest of the day when she's

up I'm a caregiver twenty

four you know twenty four

seven until she's unless she's asleep

and so that's my downtime

and if I don't get it

within three or four days

I'll my body will respond

like dawn was talking about

where I can just feel my

adrenal glands are shutting

down and everything I can

actually feel my nervous

system you know the feeling

you get when you're falling

asleep and you can like

feel your nervous system

shutting down all your

systems I get that when I'm

standing up and if I'm like

moving and then I just

stand still I can feel my

nervous system doing that

sometimes so that's why I

know I'm like way over the edge

So in that case, I just have to sleep.

The only thing that takes

care of that is sleep.

Oh, a good nap does wonders.

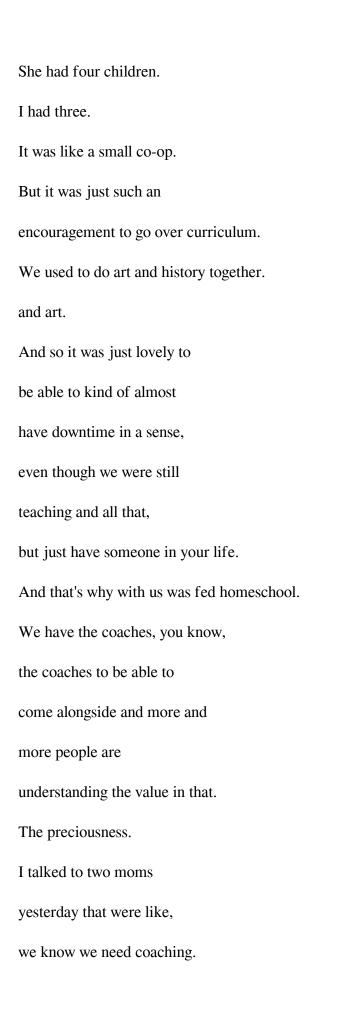
It does.

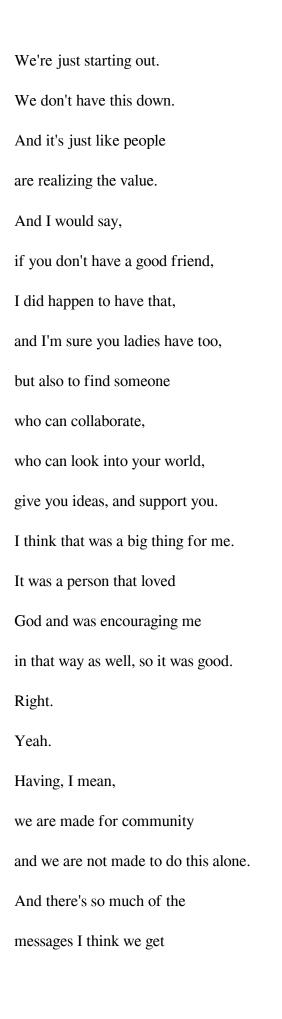
Absolutely.

I'll just throw out there, you know,

a lot of times when we're very, very stressed or overwhelmed, we tend to think like our minds go into depression. you know, what are we going to do? What are we going to, you know, what am I going to do? How am I going to handle this? Whatever. But we need to tap into a power beyond our own. We need to just stop and pray. You know, that's, that's the source of our help. Where does our help come from? It comes from the Lord and pray on your own, pray with your kids, help them to see that, well, they'll already see you don't have it all together. You can't really hide that from your kids, but you go to the one that

does and you're teaching them even in those moments, they're learning some valuable skills that there is a source and they can go to him and we can too. And ask God for peace. Ask God to settle your spirit. Ask God to show you and guide you what's next. Great. And I also, I want to add to that too, something that's been kind of new in my life lately is being very specific when you ask God for help. Like asking God for help and whatever that looks like. It could be a person. For me, it was a friend when I was homeschooling. It was so wonderful just to get together with her.





like short messages about homeschooling is, you know, here's this great homeschool mom, you know, all by herself doing these awesome things. And, and yet the community that you need to maintain that is, is, you know, it's gotta be either deep or wide. And for a lot of us, our relationships are deep just because we only maybe have one or two families, as most of you just have shared, that those relationships we have to be able to cling on to a lot. And I had the same thing as I needed those people. That was my refreshment. Once a And I felt like I could

breathe because my kids

were able to interact with other kids.

I was able to talk about

things other than with my spouse.

And they were able to, you know,

be truthful to me about

what was really going on

that I was missing, too.

You know,

and have friends that could talk

you through that stuff.

Because we miss so much when

we are overwhelmed.

We have that tunnel vision.

And we do need other people

to come in and to help us.

Right.

I'm also thinking we have

two different kinds of

overwhelming situations.

One is in the moment there's

a situation or a period of

time that's just overwhelming.

Another one is when it's chronic and it's just constantly and it's building and building and over a longer period of time. You also need to just when you see it like that, where it's just this constant and you're getting super discouraged and thinking about quitting, you really need to take a day or a weekend or whatever and evaluate your practices. What are you doing? How are you? What are your expectations? Are they? in line with reality, you know, are they realistic? And just think about, try to pinpoint that area of life or those areas that

are causing the extra stress. And, you know, some can be changed, some can't, of course, you know, our kids are going to be our kids, whatever, and their needs can be stressful. But maybe there's a different way that you can organize your life or, you know, that will help reduce that chronic state of overwhelm. Absolutely. Yeah. And Annie, you said a really good thing about some things you can do and can't do. And there's also things that you can take out. That there's things we can remove to make the situation better. Have any of you ever experienced something like

that when you took something out that you thought you needed and it actually made it less overwhelming? Housecleaning. It was just that. After my third child, you know, I think after my third child, now that I'm older and wiser, I think I had some postpartum. And often when you're a homeschool parent, you're in that skip of life, right? And you're just moving, moving. You're not really looking at... you know, wow, maybe I'm having some postpartum. So when things start to kind of fall by the wayside, like your house cleaning, you end up, I mean, for me, it was like, not a lot of compassion for myself. It was like, no, you need to do this, this and this.

And so I think when you can let those things go, even if it is deep cleaning that you're so used to doing you know when life events throw you a wrench like a new baby or something like that you just have to close your eyes and walk away it's not a big deal yeah it'll eventually get cleaned and yeah what is necessary yeah that is very true and there's there's other things like even subjects, you know, that teaching my kids, I found like getting rid of some of those, what's actually relieving to both of us and, and healthier for their growth and our relationship too. Yeah.

When you think about the activities that,

Sort of.

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I mean,
they sound really good and they are
probably.
But when we think about how
they can sort of layer up
as we we just kind of like, oh,
that's good.
Let's add that.
That's oh, there's another one.
And and they just sort of
build up and you think, well,
it's like one hour a week
or something like that or but or a co-op.
It's going to be half a day or whatever.
No big deal.
And then you realize, oh, there's like.
all this time.
maybe to prepare things for it, homework,
or, you know, there's, of course,
travel time, there would be, you know,
a lot of things that we do,
our kids do require
parental involvement to make it run,
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you know, we're co-op, and then you've,

you find yourself, you know,

you've joined a co-op,

and you find yourself

spending all this time

preparing for a class that

you're teaching, or helping with,

or whatever,

so you have to consider all of that, and

Those things aren't all necessary.

Your kids are going to turn

out okay if they didn't

have dance class or whatever.

You have to consider the

nature of your family and

just really what you really

are capable of doing

and still having a peace-filled life.

So no one's going to be

harmed if you cut out some

of those things.

I know I thought they were

necessary at one point in my life,

but I realized on the back end, it would have been okay. And today co-ops have changed a little bit where oftentimes if you join a co-op, They have a plan for you. They have curriculum. They have all these expectations. If you're in this co-op, you're going to do this science, this social studies. And I think as a parent, you have to really step back and ask yourself, is this right? Is this really going to benefit my child? So I'm kind of with family like that right now where the daughter didn't like the Bible curriculum. She didn't like the history. She didn't like the science or whatever it was. And so now we're kind of

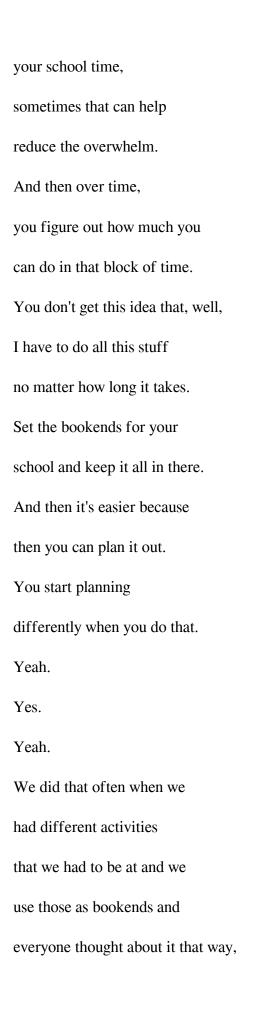
peeling that back and it's not, well, she didn't like it. She really, really was not thriving in it, I would say. And me, I know that's important to me. Some parents might say, well, you have to do it anyway. It's just, you know, it's the rules and that's fine. if that's your rules but but if your child isn't thriving and they're pushing against it maybe you have to look I want to be in a co-op where I have more freedom or more choices because having more expectations put on you can be overwhelming I know absolutely they've changed when I was homeschooling they've changed a lot in that respect so Yeah.

I went to support groups, you know, and the kids did a couple activities, you know, now it's like school and yes, you really have to investigate all of that because there's so many demands on parents and, and even the kids, they just have to be certain places, certain days. And yeah, it's a very big commitment that we don't always think all about. If there's learning challenges and now you're putting your child under that pressure again, it's what you were trying to get away from. I'm not boohooing co-ops, I think they're wonderful. But looking at it realistically, is this the best thing for my family? I just was talking to a mom

yesterday and she was telling me that the co-op that they're in, they want to step away from that and get a more personalized plan for their children. Not what, you know, they weren't doing anything wrong, but just having those options of what's going to work really well with my child versus a group telling me what to do. So it's just another thing because it is stressful to have, oh, we didn't get the math done or we didn't get the social, the reading done, you know, because you're on someone else's timeline when you do that. Right. Have any of you done you brought up something that was that was really good to

think about is making shifts. Sometimes when we get into those overwhelming places, we have to shift what we're doing in maybe a more dramatic way than just changing one or two things. But, you know, like. changing it all. So any of you have a story about that or any advice about, you know, how to do that without, I mean, just giving everything up? That would be a big shift. It comes down to making a shift is really just making a change in routine. It's when I think of At one point, one of my boys started going to a private school. And of course, there's no bus service. I was driving him to and from.

So then our days were anchored around the, you know, dropping him off and picking him up. And I think that actually helped that even though we had to shift everything that we were doing, if you find some anchor points that in your day that you can organize around that can really help with overwhelm because, you know, if you don't get it done between the time he's dropped off and the time he's picked up, you don't get the homeschool done with the other kids at home. Then, you know, it's, that's it for the day. It doesn't matter. So it puts bookends. If you have bookends around



but it seemed like it was less stressful when we knew that this is the end of the time and this is what we're going to get done. Good point. Yeah. When, uh, when my child, my daughter who has Down syndrome was young and really before homeschooling, but it's the same principle. I got very overwhelmed with all of her needs and trying to meet them, going to all the appointments, doing all the things I was told to do at home. And that created a very stressful life no joy in that life when that's that's what you're really uh all you're focused on is you know your child's development and um

and at some point I heard

uh you know I was a young

christian at that time very

young and um I heard the

bible verse you know from

matthew six thirty three

seek first the kingdom of god

And all these other things

will be added to you.

All the necessary things will be added.

And that was a huge shift

for me where I realized that, you know,

whether Alyssa could, you know,

at the time we were

thinking about whether she

could walk or talk or, you know,

things like that.

I wasn't even to the point of academics.

But turning away from the

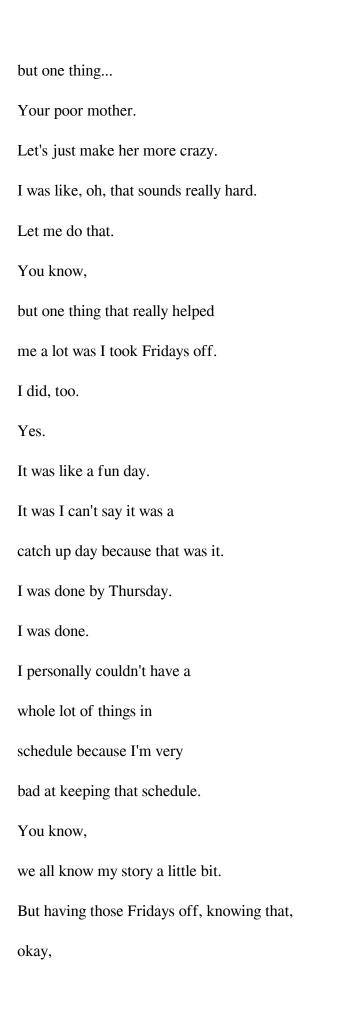
focus being on her

achievements and turning it towards

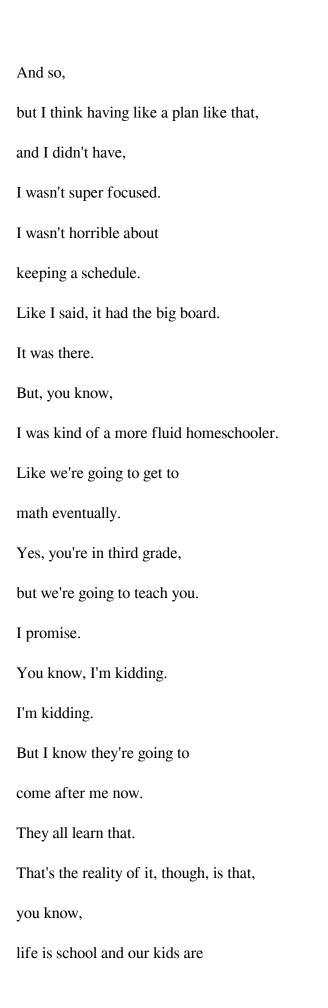
who she was and what she was

created for to know God and

to learn to trust him. Just that was a dramatic shift in my life that I'll never forget where it gave me, you know, the focal point became her, you know, knowing God. And so that once we did that, the other things really do fall better into place. That's so beautiful, Annie. I know that's where we're supposed to be now, right? Each of us in our daily lives, like we have no control over anything except for this moment right here, what we're doing. But really when we just live in that existence and knowledge of knowing that what we were created for, our identity, what is our identity? I wanted to share something. I think I was born overwhelmed personally,



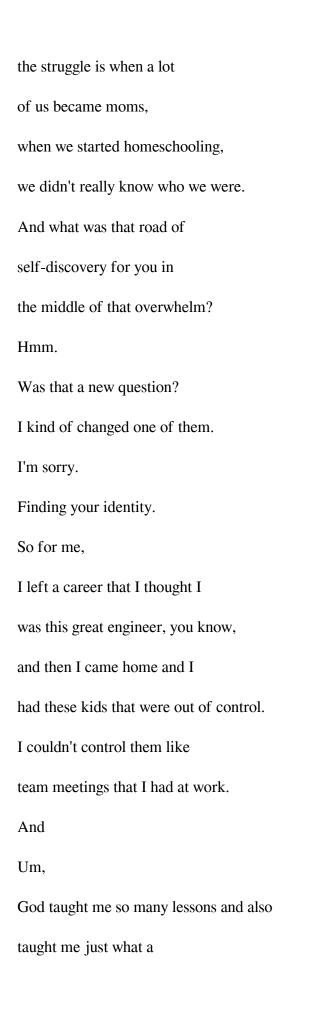
if it didn't happen during the week or scheduling a dentist appointment or whatever it was, it was just kind of a comfort to know this is a more relaxed day. We'll go take a field trip. We'll hang out with our friends, you know, go swimming or whatever it was. But it was just nice to know. Just go, we're just going to do school for four days. But in my mind, we were always homeschooling. And probably you guys were thinking that too. Like the minute you came out of the womb, you know, we're reading to them in the womb. And, you know, read them as soon as they're seeing to them or whatever.

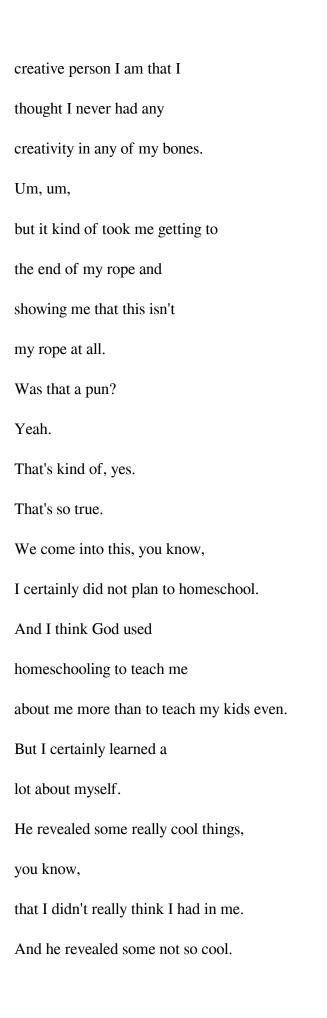


learning and we don't always have to have the books out. And we will get overwhelmed if we allow that curriculum to control us. We cannot do that. We have to be the one that picks and chooses how we use those tools, those tools that are wonderful, but not tools that were made to control our lives. Yeah, that's where the divide has to happen. And, you know, just kind of thinking on that, you know, there is a lot of pressure right now to do it all. What advice do you have for moms who feel like they just are overwhelmed with trying to keep up? Keeping up, that's the key words right there.

What are we keeping up with? Yeah, some image in our mind that we've created from social media or from friends that we watch, you know, and we can learn from other people and work alongside of other people. But we really need to be careful of that trap of comparison because we are all unique. Our families have unique situations. And I think comparison is the devil's playground. I mean, the minute you start doing that, you are going to either elevate yourself in pride or feel like in the depths of despair because you haven't made it, you know, you haven't done it all and kept up with others. You know, we just need to find a way to,

you know, if that means get off of social media, stop reading so much. Because you're just seeing this little picture someone's created. And even with friends, you know, friends can do that, too. I would like to say we should all be transparent with one another about our struggles. But, you know, we aren't always. But do understand that there are things... you know, that just stop the comparing, just be you and be satisfied in what you've got. And it's hard to do. I know that, but you got to rein that in when you, when you sense yourself feeling that discontent because you're looking around. Yeah. Yeah, I think, too,





things, you know, that I had in me too. And so he's working all that out through homeschooling in us. Well, you know, we're trying to do this task with our kids. But there's a lot of growing pains. And we do look to other people, we often, you know, as humans, we're in a community, we do imitate other people, we can learn from them. But then at some point, you know, we have to take all that we've learned and sift through it and see what's right for us. And just continue to go to God and understand your value to him is not wrapped up in how well you homeschool, how your kids turn out. It's none of that. And when we get our sense of

identity and sense of value

out of that place and into

what God says about us,

then we do have a lot more

peace with whatever is going on.

those circumstances don't

throw us into that state of

overwhelm that we're talking about.

Yeah, that's beautiful, Annie.

Good way to summarize that.

I kind of didn't really...

ever figure out the identity

piece until years later.

I was pretty consumed with

my identity being wrapped

up in a mother and a wife

and a homeschool person and

a business person and all those things.

And even though I was the

daughter of the king,

I can honestly say that my

walk was not like, I mean,

I was a Christian.

I was going to church.

I was having a Bible study in the home. But my faith really, like comparing it now, I guess, is what I'm doing. Like comparing to who I am now and how I live my life now with total, total dependency, totally knowing who I am in the Lord. And it has nothing to do with who I am as a mother or any of those other parts, right? But for me, I was kind of the stubborn one. So God had to kind of break me. You know, I was the one that was super strong, resilient in a lot of ways, had to be, you know, I was a survivor in a lot of ways. And so I love the Lord. Like, I know that because like, I used to write songs and I

had all these poetries and

letters to God.

Like there was this love, but there wasn't this, Lord, Lord of all. So if something didn't work, it was OK. It was because God was in control. And so I'm the bad sheep. I'm the black sheep here. OK, OK, fine. And so but, you know, he's faithful, right? He's gracious and kind. So I think for me, it took a long time. And I would just say that to any mom that. feels like her identity is riding on how well her children turn out or how well she does this. This is a really, it's a really hard thing to do. And I'm just going to add this. If you're married to someone who's kind of a perfectionist or what we

call very organized, you know, like a person that, why aren't they doing this? Why doesn't your day look like this? Why doesn't school look like this anymore? That makes it even more challenging. And so I think, Hopefully and prayerfully, together as a couple, you would see our school, our home may look different. then the classroom first, and then other people. And just having a lower expectation, I think, especially if you're starting out, give yourself a break. Give yourself like years. Absolutely. Well, and I mean, we never arrive. When you are done homeschooling, it doesn't mean that God has refined you to your perfection.

That's far from it. I'm kind of hoping. I'm kind of hoping that we... I think I'm older than most of you here. And I'm like, Lord, we're good, right? Like we're good. Oh, no, no. I only just begun and he was near the end of his life. So yes, we got a long way to go. Do you have anything to add, Stephanie? Actually, I enjoyed homeschooling and I didn't see it as my identity, but I thought I found my people because I spent like a six year stint in the corporate world and I knew those were not my people. And then, but then, you know, got married, had kids, started homeschooling, went to a few homeschool conventions, you know, homeschool groups in the area.

And I finally found people that I identified with. And that was really, really helpful for me, like helped forming my identity. as, um, but then it, it was hard when, you know, start graduating those kids and you start losing that even when they get older, they're not doing, you know, all the homeschool group activities like we used to. Right. That it, um, so I guess my identity kind of formed that way and now it's forming a different way and then growing a special needs kid in the mix at the end, you know, that created a whole new thing. But I really, I just love homeschooling because I like learning and

it was so much fun and you

know the internet was

advanced enough to where

you could just whenever

there was a question we

would just hop online and

look it up whereas you know

the good old days we'd have

to go to the library and

look at the encyclopedias

or the atlas or you know a

book so it was and it was

fun although I may have

taken that too far because

one of my sons when he was

in high school he would ask

me a question and so I knew

he knew how to go on there

and look it up I'd say well

why don't you just look it up he goes

Google is not my mom.

You are.

I'm asking you.

Well, now you'd say chat GPT, but yes. That's right. So knowing that we've all been on this journey, what advice would you have given your younger self and maybe to the young moms that are listening to us today that you wouldn't have had in your wheelhouse when you hit those moments of overwhelm? I know for me, God is faithful. You know, that is so hard. to believe when you see the chaos and just the pain in this world and that he's going to make something good and clinging to truth that you have yet to realize and to have seen it happen over and over again. And, you know, and hearing stories.

And now I can go back and I

can share stories that God was faithful. God was faithful. God was faithful, you know, in all of these things. And he will be faithful because he has proven himself and over and over again in so many ways. And he will prove this in your prayers. in your life and the testimony that he is giving you. I think I needed to hear that more than just, you know, just feeling always, there's so many unanswered things that are going on in my life. That's, that's a great point. And another thing I would say is God is with you. You are not alone in this. You are not even the one who's most responsible for, for your kids.

God created them. He knows them. He can empower you to understand things that you don't really have the human ability to understand and that He is always with you. You do not have to do this all on your own and run yourself ragged trying to do everything. Absolutely. And I would say if you're, uh, like Dawn was mentioning, if you and your spouse aren't on the same page, do the hard work to get on the same page because it makes a difference. Your kids kind of know, can see that. And you know that you're not on the same page and it's just that that leads, that contributes to the overwhelm.

Just knowing that you're not on the same page when it

comes to what you're doing,

how you're doing.

Now there is some, uh,

I mean,

part of that is because my husband

was one who was perfectly

happy with folks, you know,

doing school at home.

And that's not at all my MO or, you know,

my own learning, much less trying to,

you know, force my kids into that same,

uh, that way of learning.

And that's not even the way

that I learned best.

And we didn't take the time to do that.

And I wish we would have,

I wish we would have, um,

I don't know what the answer

would have been if I would have changed.

I mean, I tried to change my methodology,

but it just wasn't me.

And I just wish we would

have worked through that a

little bit more.

But the other thing I would

say is take the time to do

the most important things,

especially if you have a

child who's got more severe

needs and they're not able

to follow a regular curriculum,

or if you have health needs

that are draining your

energy and your time.

I think we get too caught up

in school instead of education.

So think of your child,

education is designed to

prepare your child for adulthood,

whereas school is kind of

what we end up doing day to day.

So if you're overwhelmed,

you get your mind off of

school and get more into

the mode of thinking about education. What's important for my child when they graduate? And it's not gonna be, probably not gonna be everything you're doing right now. So true. Pretty much guarantee that. And I can kind of give it like a kind of off the tail ends of that. I agree with that so much that one, I had a parent say this to me yesterday. It's my heart is building lifelong learners, right? That's kind of what you're saying there too. Like how do we instill a love for learning in our child instead of just trying to cram a bunch of information into their brains? How do we create a wholehearted, how do you look at the

whole child and learn how they learn? Take in that observation. I've told a couple of parents now in my coaching, stop homeschooling your child. Just observe your child. Just sit with your child. Just play with them. Get on the floor with them. Just get to know them a little bit before you try to create this whole plan. And then once you get to know them and you understand, oh, they are a moving learner. They like to learn through moving. then you can adapt your ideas and your curriculum and everything else around that. But getting to know them and then also asking that question, is this building that curiosity in my child to keep learning,

| to becoming a lifelong learner?         |
|---|
| And I know all of you, like myself,     |
| we're lifelong learners.                |
| We're still learning.                   |
| I'm still taking courses.               |
| And I love learning too.                |
| And so just being able to               |
| pass that down to a child.              |
| And the last thing I would              |
| say too is never get caught up in, oh,  |
| they're in third grade.                 |
| They need to know this in third grade.  |
| That's not true.                        |
| That's not true.                        |
| Third grade can happen in second grade. |
| Third grade can happen in               |
| fourth grade or tenth grade.            |
| I mean, it's that process.              |
| It's building that rhythm of            |
| teaching and learning together.         |
| Yeah.                                   |
| Well said.                              |
| I love how this conversation            |

has really gone to faith and joy, you know, and enjoyment of the life that we have been given with our kids to be at home and to learn with them and the faith that we are able to share with them as we lean into God and show them by example. So I'd love for you guys to talk to just some ways that parents can anchor themselves in that joy, in that faith that have worked for you in the past. Well, have life versus. What's that? One way is just to have life versus like our homeschool versus for your life, your homeschool life and just things that you fall back on and knowing your why. If you know your why and

it's grounded in the word of God and what you believe about true education and building character and the skills that they'll need. And then you have verses to back that up. You can pray those verses at any time when you're struggling, you can, uh, recite them. You can teach them to your children. You can, um, just use them as your anchor. That's great. The, uh, the, the, we have such a privilege, um, to have these, this time with our children. And what is it? Deuteronomy six, I think, talks about how parents are to teach their children. And it lists all the different times and places of the typical day.

And we have that privilege to do that,

to bring God alive in their

lives through this journey

of homeschooling.

That's really what it's like.

Math is great, English or whatever,

but that's really what's going to...

affect their eternity, you know, and,

you know, I, I have, I had a verse that,

that came to me early in my

homeschooling that

literally I had scrolling

across my computer screen for

And it's faithful is he who

calls you and he will also

bring it to pass.

He calls you.

A calling is when God has a

purpose for your life and a

purpose that he equips you to do.

So he doesn't just say, oh,

go do this in your own strength.

He says, do this in my strength.

And that's why this particular verse,

it says he will bring it to pass.

And so I needed that daily

reminder to do that.

And then of course, you know,

we really can't overlook

that we can't exist without

the spiritual nourishment that we need.

So making your first thing in the morning,

at least some bite of God's word,

you know, it doesn't have to be chapters,

you know,

you don't have to do the year

reading of the Bible and plan, you know,

but get a little bit of that,

whatever your schedule allows,

and then let that.

saturate your mind with some

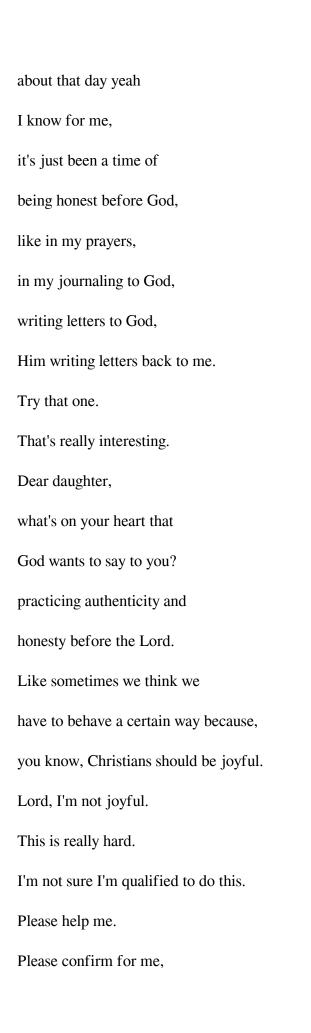
some nugget from that let

it just saturate your mind

throughout the day keep it

on the top of your you know

in in your focus as you go



asking God to show up for you. But I think that's probably where I try to do too much on my own instead of crying out loud. Yep. We need him, but we pretend we don't. And all he wants us to do is come to him with all of our needs. That's really true. Yeah, yeah. And that's what keeps us really grounded is his truth. And because the world messes us up so bad, tells us so many lies, shifts us to the wrong place. I was praying about that this morning and I was like, oh, just keep my focus on you. I feel like I'm being like, you know, I was reading a verse about, you know, God is anchoring you and he is an anchor for our soul. And there's just so many tides.

And even if I like try to be quiet,

my brain is like going in circles.

And, you know,

and it's like that's the

only thing is if I just

focus on God and I just worship him.

then I can be anchored and I

can feel the calm and his peace.

And we just,

we have to shift our eyes off

of the things of this world.

No matter how much chaos is

going on in your home,

you can still turn and look at him.

And he is there.

Like Annie, you said, he is with us.

And it's so easy to get

overwhelmed because of the

things that are swirling in

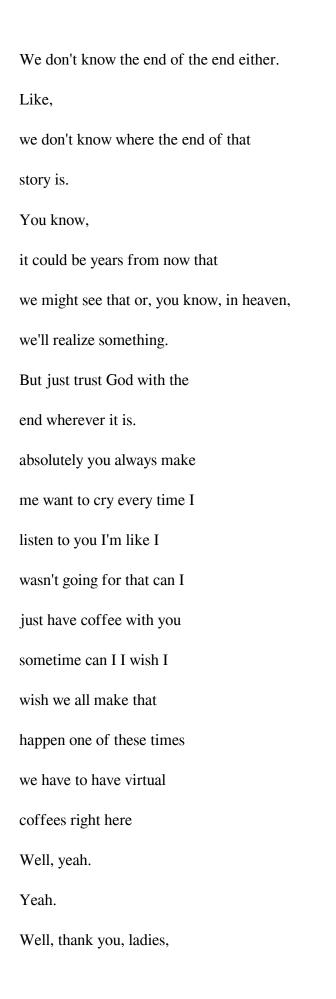
our lives and that pull our

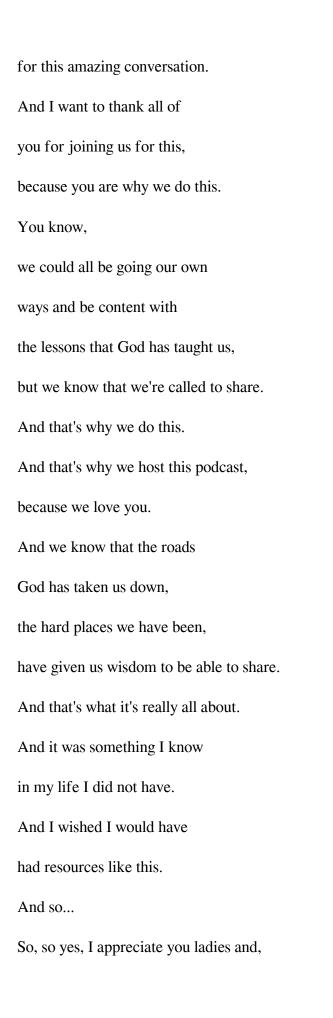
eyes away from the true

place that they should be.

And that's on our loving Father, our,

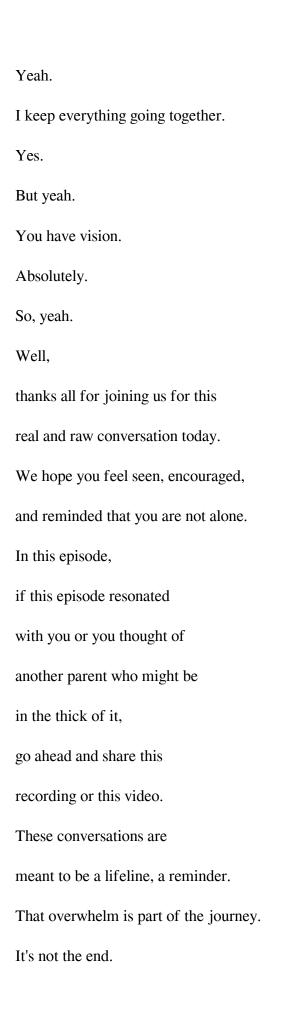
you know, Jesus, our friend and the spirit that just guides us through all of the decisions we have to make. And we have no idea how to make them, but he is there and he can guide us and it'll all be good. That was, you know, the verse that I clung to is that God will make all things good because right now I'm making huge messes. And if he can clean it up and make it look good on the end, we're good. And don't let the enemy tell you you're messing up your kids because you're not. Just bringing them home, even if you just sat and looked at them all day. It's a lot better than what's going on. Yeah.

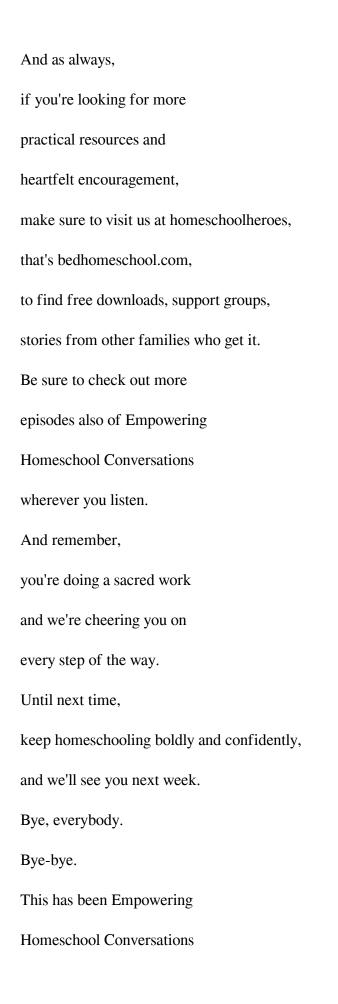




and you, our community, you know, we are, we are here to support you. Definitely check out these ladies and all of their resources. I know Don does consulting, not only on the team at spedhomeschool.com, but she does coaching too, and really getting in and, and working alongside parents like for the long haul and, which is something that our consultants don't do. We are basically there to kind of help you get started. But if you need a coach who is with you for a long time, Don is there for you. Stephanie has some amazing curriculum, especially if you have kids that really struggle with learning like just the basics. And

And how do I even teach a child that we actually just had an episode a while back on how to teach a nonverbal child how to read and write. And so great expert in that area. And Annie writes for Crosswalk Magazine is an amazing author. It has so many resources. So, um, definitely tap into her resources too. And Leilani who will be with us next time when, um, we do another group conversation. She has an amazing podcast channel living with Eve and she offers consultations to, um, homeschoolers in, in Florida who need testing, but also she is one of the SPED homeschool consultants as well. So these ladies do amazing things. I am just the host.





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