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 e-larp learning and don jackson from don 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. Welcome to Empowering Homeschool Conversations. I am Leilani, your host for today. And today we are going to talk about a homeschooling guide for parents of ADHD. So Dawn, which you may know from previous podcasts, she is a veteran homeschool mom and educational consultant with over thirty years of experience in education. And as a former special education teacher, and certified multisensory instructor. She specializes in helping families homeschool

children with unique learning challenges,

specifically ADHD and autism.

Dawn is passionate about

equipping parents with the

tools and strategies they

need to support their

struggling learners.

And as a seasoned parent, mentor,

and learning style specialist,

she offers unique solutions

to parents throughout their

homeschooling journey,

providing customized

guidance on creating schedules,

selecting curriculum,

setting individual goals,

implementing tailored

teaching strategies to meet

each child's unique needs.

So in addition to consulting,

Dawn is the director and

owner of Solimar Academy,

an umbrella school that

offers families the freedom

to set their own schedule

and to personalize their

child's education.

Her mission is to empower

parents to create a

successful homeschooling

experience that aligns with

their family's vision and values.

She is also the co-host on

this Fed Homeschool podcast.

sharing a wealth of

information with four other

amazing leaders in their

homeschool community.

So yay, Dawn, welcome.

And we are actually going to

be talking first about, actually,

I should just ask you,

sharing a little bit about

your journey since you do

have ADHD and how it

actually has impacted your daily life.

Yeah, so that's part of why we're coming together as a team tonight to share. I wanted to share my story with the journey of having ADHD. I kind of reframe it and call it something different now, but... in a normal world. the world that we live in, it would have been labeled ADHD had I been identified with that years earlier. And so I would just start that, I just want to start my journey and share that journey as when I was a child, I always felt like there was something different with me. Like I couldn't really, I'd never felt like other kids and I didn't really even understand a lot of things that kids wanted to

do or that they were interested in,

like when they had

obsessions with music or, you know,

styles, dressing and stuff like that.

Like I never had that.

I always kind of heard my own little,

my own little song in my head.

I just kind of marched to my

own little drum and I,

knew that there was something different,

but just couldn't really figure it out.

You know,

I just learned to accept it over time.

And so part of that was,

that's not so bad in itself,

but it did impact relationships.

And that's kind of what I

want to share today, like how it impacted

those relationships over

time and then how it

influenced my journey in

the homeschooling world.

So

Do you want me just to move on with that? Yeah. I mean, tell us about, yeah, your influence. Let's talk about the homeschooling first. The influence, how ADHD has influenced your approach to homeschooling. Because how many kids, I mean, you're now, they're all grown. My kids are all grown and they're on their own doing wonderful. But I have three children. And so I just want to share and I know if you're a mom and you kind of think, you know, maybe I have ADHD, maybe or I do have ADHD. I was not diagnosed with that. And but I will tell you kind of how I behaved, what my behavior was like as a mom that was homeschooling.

I was very enthusiastic about everything. I wanted to do everything. I had this like perfectionistic idea about how schools should go. I was a very creative teacher, but I wanted to try everything. I wanted my kids to try everything. I really didn't sit back and like study my children. Like when I'm coaching parents now, one of the first lessons I give them is just get to know your child. Stop homeschooling. Just stop and observe them. What do they like? What are they doing each day? How are they taking in information? Really get to know them. I didn't do that with my kids. I basically bowled them over with all of this stuff. I would go to the homeschool

conventions and come back

with loads of things.

and literally force them on

my children like I remember

doing latin trying to teach

latin to my oldest daughter

and putting up all these

cards on the wall and every

day I would say okay say

your latin cards well that

was not how she learned at

all and she never even

looked at those words she

was not interested now had I put pictures

like actual little diagrams or pictures,

that would have been a

whole new story for her.

But just because they were

words up on a wall on cards

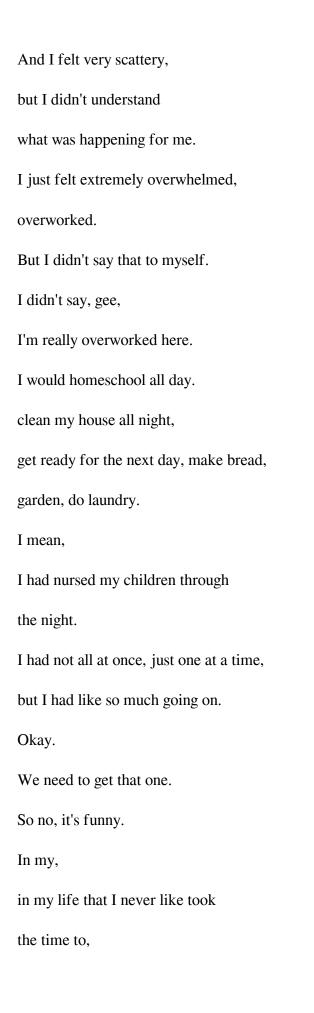
for her to memorize, that was not.

So you can see already I was

coming from a traditional

way of teaching.

I wasn't really teaching to their parents. interests or their learning styles, which I believe now. And so, but I was enthusiastic. And because I had like a brain that was very impulsive and gravitated toward, let's just call it dopamine hits, like every new thing, right? I didn't give curriculum a long time to settle in with us. I was always adding in new things. And Sometimes as parents, it's hard. There's a lot of good stuff out there, but you really do have to have a sense of who your children are and what motivates them. What are they interested in? What are your goals for learning? And how do you really want to help them achieve those goals? So that was a big thing for me.



to really see and analyze and,

and take note of how are my

children responding and that she's,

you can't get over that.

It was great.

But I'll just keep smiling.

Yeah, it was true.

Like I was over momming and

I was definitely won't go into my,

my issues with helicopter mothering.

That's a whole nother story,

but I guess in a sense that is true.

And I also want to add,

because I had like this

incredible energy and

incredible enthusiasm and deep,

deep interest in homeschooling.

I thought it was amazing.

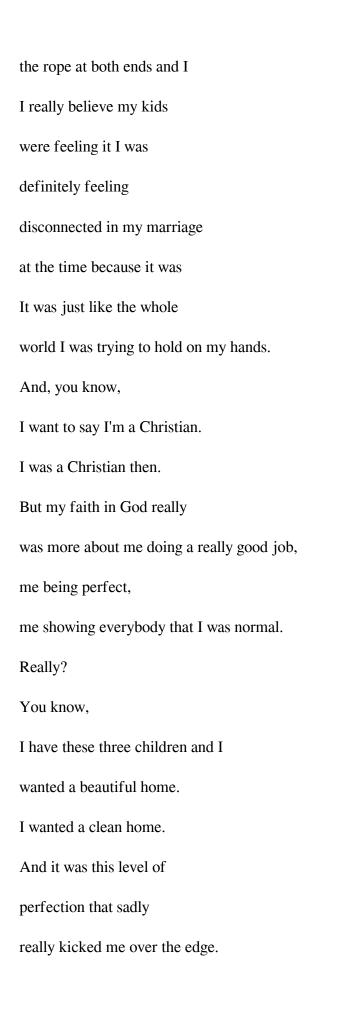
amazing matter of fact on

top of it I even created

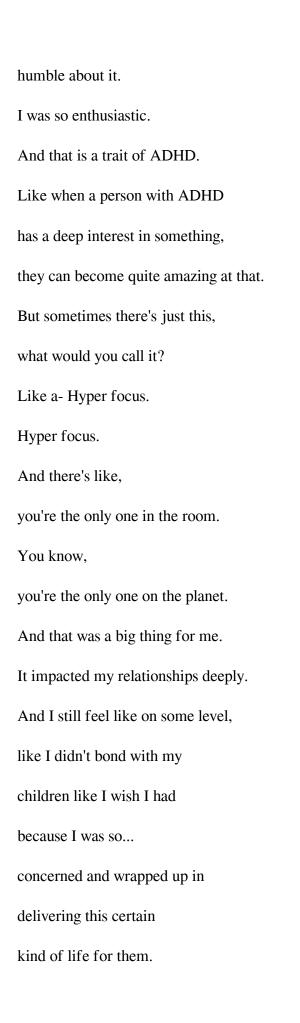
homeschool curriculum and

sold it all over the world

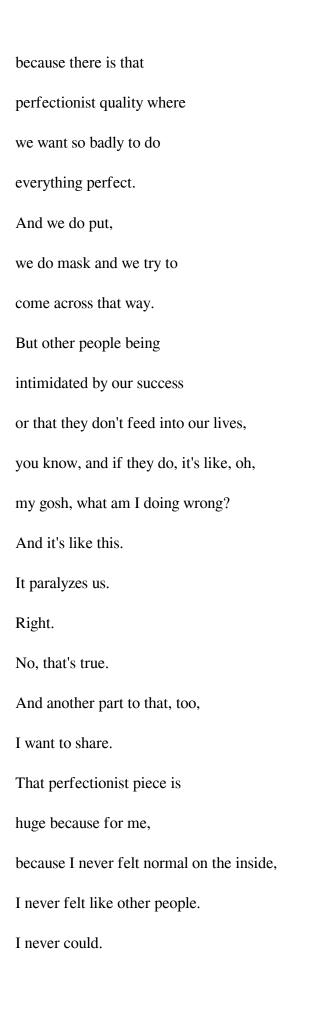
so I was really burning the

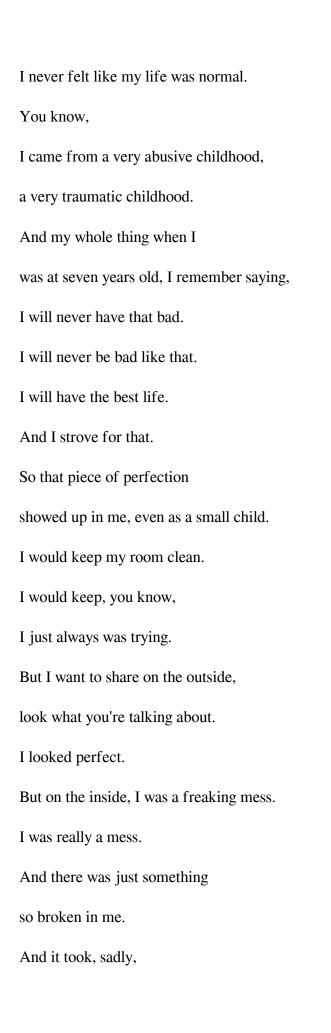


It really it really caused. And looking back now, I know it was like a breakdown. It was like an emotional, mental breakdown. And the other thing which we got to get into at some point is I had no support. I really had no support. The people that were in my life that were homeschooling were people that I was trying to become and be. I wasn't crying out saying, I really don't know how to do this. I never did that my whole life. I'm like. I'll figure out the way to do it. Little did I know I was running everybody over like with a lawnmower. I wasn't actually... I wasn't actually just being



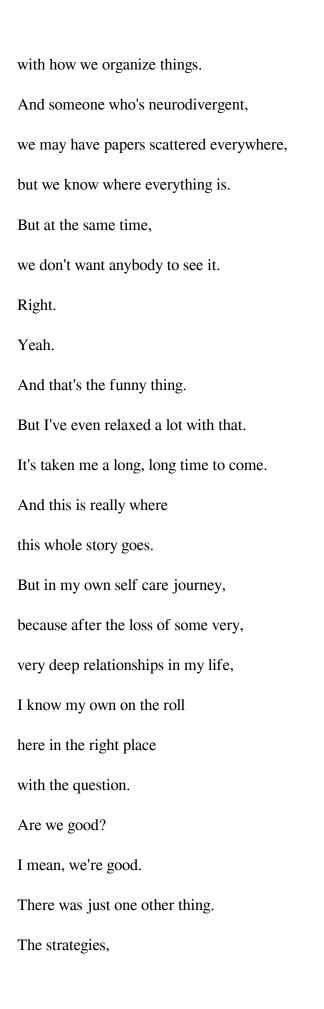
| I don't know if that makes sense. |
|---|
| So when I coach parents now, |
| my biggest thing is |
| teaching them how to bond |
| with their children, |
| how to see their children, |
| how to connect with their children, |
| which took me a long time. |
| And which I don't know if |
| this leads into the next question or not, |
| but what is the next question? |
| Because I have more to share on that, |
| how that works. |
| I was going to ask my own question. |
| Oh, okay. |
| Go ahead. |
| Yeah. |
| No, because I was thinking, you know, with, |
| cause I can relate to all |
| of this with ADHD, |
| I think with all the |
| busyness that's happening, |
| I'm wondering if people around you, |
| |





the breaking of a marriage, the breaking of very deep relationships, because there's communities and families connected to marriages. And there were all these relationships that were heavily impacted. And I can't say, oh, it was all my fault. And I did it all. You know what I mean? There's... there's a lot that, that it takes, you know, when things like that happen and there, there's no judgment here. I just know for myself, I didn't know what to do. Like I was. but I didn't know how to ask for help. That's the biggest part because I live this fantasy of perfection, you know, and I'm, I'm laughing right now because you know, tonight, you know,

I brushed my hair for this. I put, you know, makeup on, but you know, if you could see my desk, It's all another world. And I try to clean it all the time, but it always turns out like this. And you know what? I've just learned to accept this is how I am. And I kind of like it. Like it feels like slippers and coziness, you know, and I know where everything is. And every time I clean it up, I lose everything. So I'm just like, you know what, Dawn, this is who you are. Keep the background nice. But you know, that acceptance piece, you know, took a long, long, long, long time. To embrace the craziness. which is something that I learned. All of us are just different



I guess we can talk about self-care, but then coming back to the strategies. OK, yeah. Yeah. OK, I'll pop up. I'll pop over to that. But so yeah, the self-care. OK, so the self-care piece comes in when I have this huge loss of these relationships and for a long time you know I kind of felt like well I'm the victim here I'm the one that you know lost all this and you know look at me now and blah blah blah and I just would kind of have an excuse you know for certain things well you know just it's just something you just do in your head and the voices

and the noise in your head

you just kind of try to

rationalize it and ask

yourself you know well but

maybe it wasn't all me and

you just you're coming into

this because you have so

much shame about the

journey and the the parts

that you played but also

you know, the, the parts that there's,

there's a lot of parts that you,

you have to own, right.

And so what I did is I went

into some really heavy duty coaching,

like I was coached,

I actually went to become a

coach and to learn more about this,

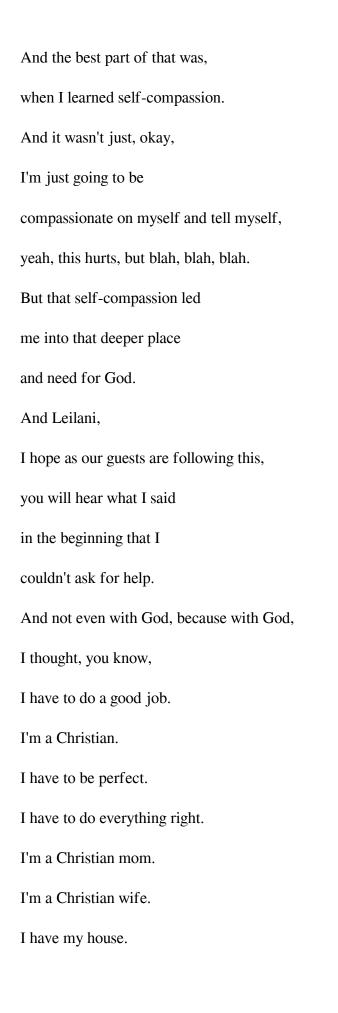
but I ended up being coached.

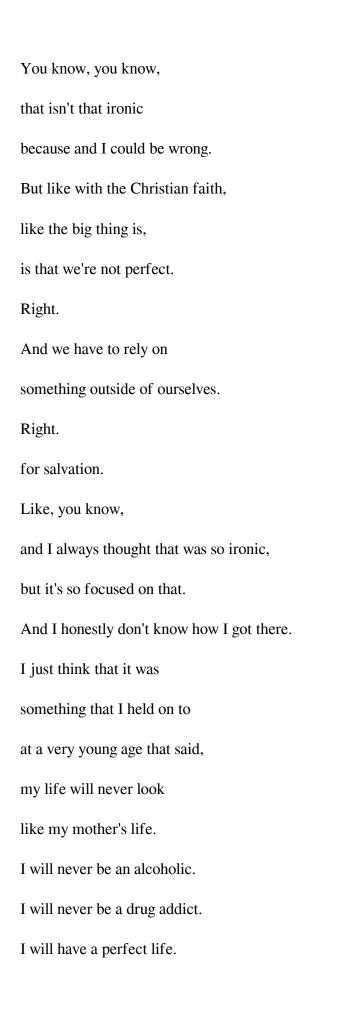
And it was so cool.

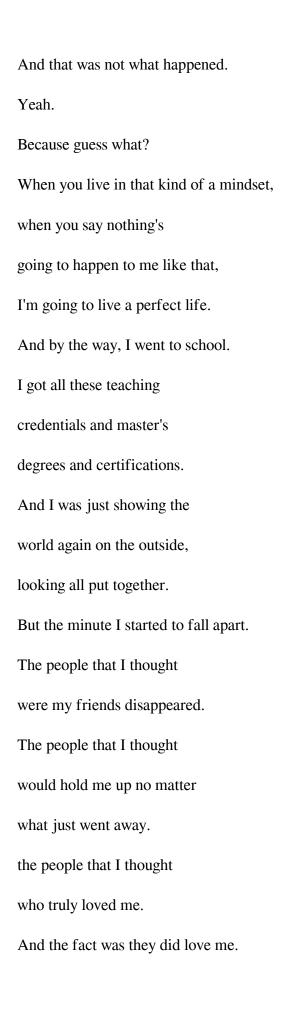
It was like a Christian coaching thing.

And it was, you know,

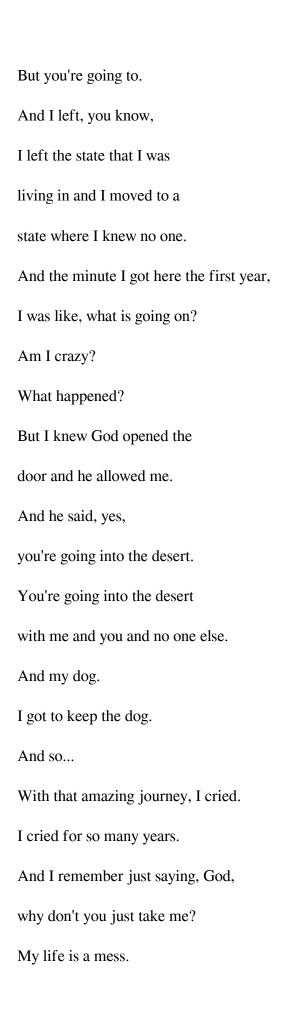
a good year's worth of coaching.

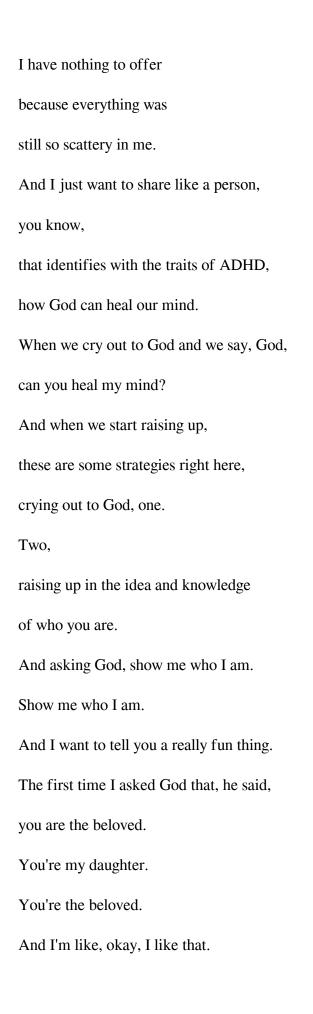


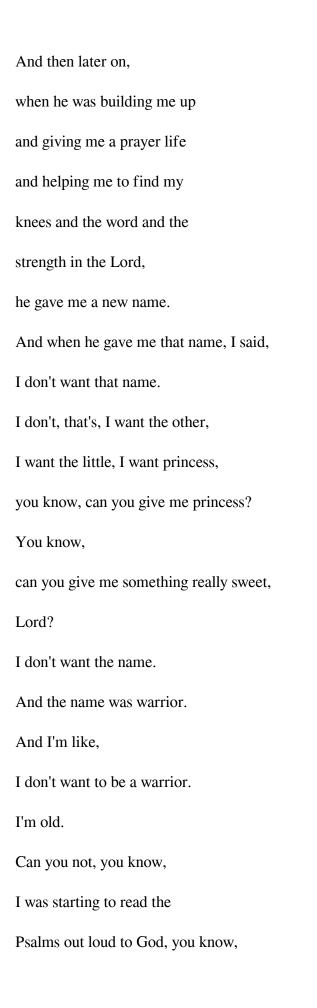




They just couldn't see me like that because they didn't know me anymore. They didn't know me as a person that was a mess. I came across so together and always like, well, Jesus taught me or the Bible says, and it was always that. It was never really like I'm dying inside. You know, I am you know, my relationship with my daughter is estranged and is killing me every day. And, you know, but instead, you know, I just kind of kept this little happy face going until Jesus got a hold of me, until Jesus said, OK, we're going to take away everything. I'm still going to feed you. I'm still going to clothe you and I'm still going to give you a roof over your head.







about David talking about, you know, being older. And I'm like, I'm old. Can you just like bless me in my later years and then take me home? He's like, no warrior. And what that meant, and this is where I really want to encourage people and with the strategies, and I'm trying to like see how much time, but is that the strategies of asking God to be with you, asking God to heal your mind and your heart and to restore the years that the locusts have eaten. I was so down and out, Leilani, that I just thought, lost everything I've lost everyone that I love and I've lost everything and I'm still a little bit on

that journey of healing those relationships but part of that god taught me was getting rid of the old things getting rid of the old mindsets that were crippling me and causing me to feel like a victim know I'm a child of god if he allows us to go through the fire then there's a reason for that and it was the thing that I needed because I was stubborn and I am stubborn I am strong I am a warrior because I'm stubborn and god knew it he's like yeah I got you you know don't worry I'm gonna I'm gonna teach you I'm gonna heal you but he broke me he allowed me to be broken like in a way

that I never never

I would never wish for anyone honestly,

and the loss and everything,

but the repair of coming

back and what did that look like?

Do you want to go into

another question or do you

want me to jump into that?

Well, I had, I mean, I had some,

I wanted to go back to the

strategies just a little,

just a little bit,

because I know that with your kids, um,

did this all happen when

your kids were in the home

or after yeah it was in the

home and they were they

were younger so I went

through a very difficult

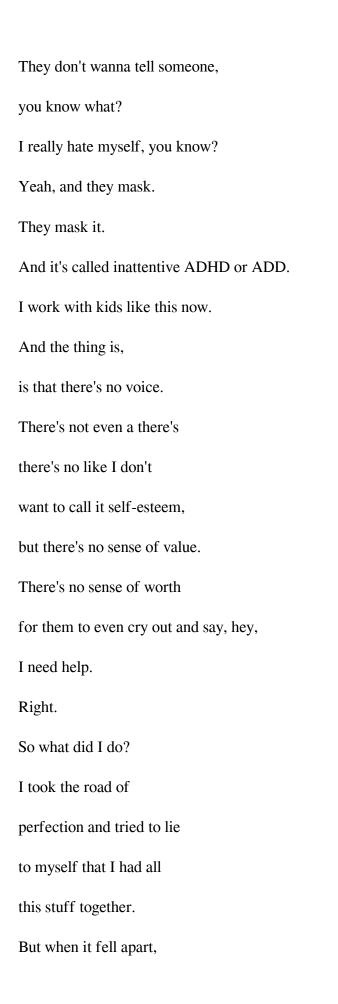
and terrible divorce with

their dad and so it was so

traumatizing to me that all

my childhood trauma that I

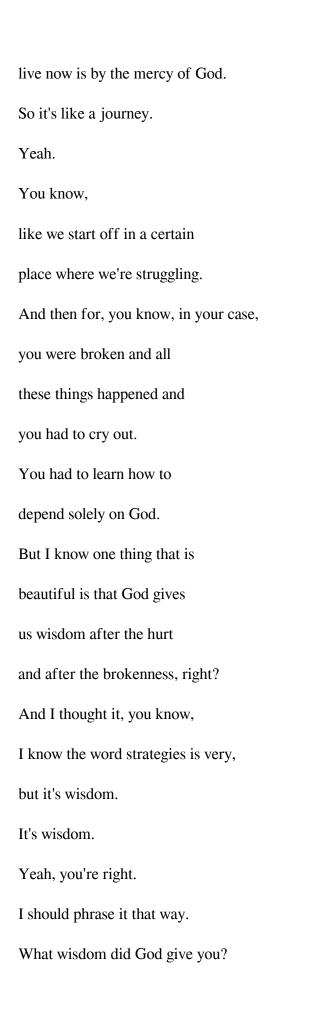
had run away from and I you know I reinvented a new life all came back to me And all the voices in my head from my trauma of you're nothing. You are worth nothing. No one will ever love you. You are not lovable. You are a problem. You know, whatever it was. See. this is the head oftentimes of people with ADHD. And people with ADHD, as you know, can suffer from anxiety and depression. Because really and truly, and this is where my passion for the work around girls with ADHD is coming from. Because girls with ADHD, and I was one of them. tend to be very quiet, right? with what's going on inside them.



it really broke my children's hearts. It really broke their hearts because, you know, here's this perfect mom. Now she's not. And all this happened. It was it was traumatic. It was extremely traumatic. And the hardest part for me was. I really don't know what happened. I don't know. I made choices for a relationship that wasn't right for me because I didn't bring God into that. I didn't even know how to bring God into a relationship. Like I didn't even know how to have a relationship with God because I didn't have a relationship with myself. I didn't have a relationship with my parents. I didn't.

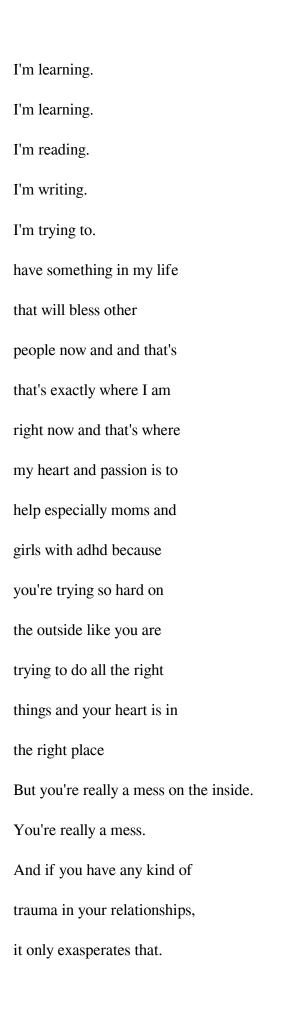
I was just like floating. Can you imagine? I mean, this is, this is pretty crazy stuff. And, and I think I'm just sharing, I want to share the story and the strategies that got me really, it was the mercy of God. I just want to say that it was the grace of God and the mercy of God. And I probably banged on heaven's door so hard that God was like, okay, okay, let's just, let's answer, you know, because I was like, please help me. Like, please, I don't know. And this, this took a long time coming. It took a long time losing great friends. Like I said, when I became a mess, they couldn't handle it, right? People can't handle it. Even now,

if I'm very authentic and real and vulnerable, they can't handle that. But I've learned I can be that way because it doesn't define me anymore what people think about me. I'm going to be authentic. I'm going to stand up for things that maybe other people wouldn't speak up for and say, you know. All right. So back to the strategy. That comes with age, right? That also comes with age. I will say I celebrate the beauty of being older. Again, it's hard. Age is hard because you look back on your life and you're like, I wish I could have, would have. But I try not to live in that. I live in this life that I

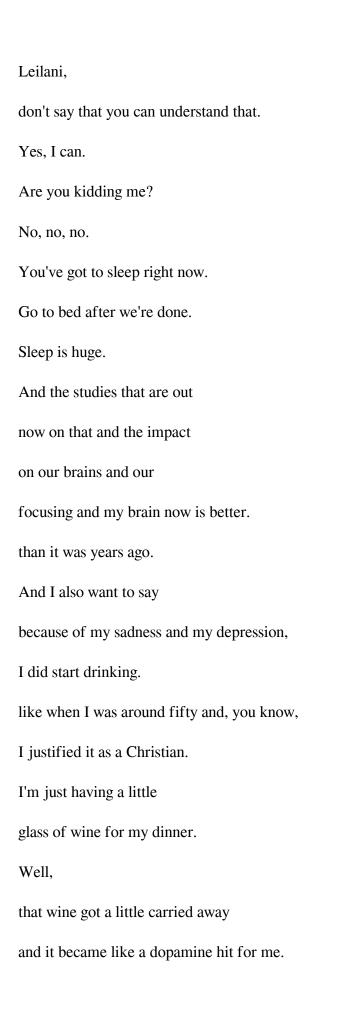


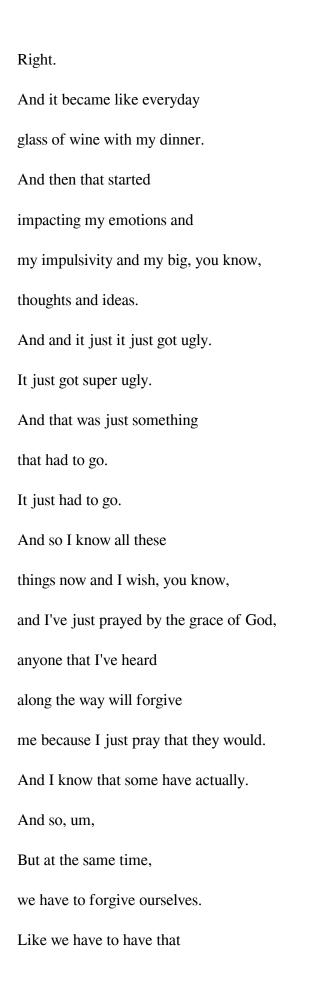
being in the situation where you have adhd you're raising your kids like what do you do now what what what wisdom yeah so for me right after the divorce and everything you know there was actually custody between us both and I I was I honestly I was in such a traumatic state at that point in my life I just was in survival mode. I was truly in survival mode. And it wasn't until later years when my life calmed down a lot. My children were on their own. God blessed them. He was so gracious and merciful. I know we had a lot of people praying for us and God answered those prayers. I'm still blessed to this day. You know how...

beautiful they are and amazing but for me it still took a longer journey and so for me part of it was coaching being coached having my heart coached having um this thing called self-love and trying to understand like what the meaning of that was because I didn't know that I couldn't truly love anyone not even god until I had that love for myself And part of that was being learning to be alone, learning to rely on myself with the Lord, with prayer, being diligent, making good choices every day. Like if I'm loving myself, guess what? I'm eating healthy. I'm exercising. I'm having I'm studying.



So coming to a place where you're being honest with yourself, that was huge. Getting help. For me, it was the coaching piece. And it was just something God led me into because my heart was to coach. But I wasn't ready to coach when I did that years ago. It was like, oh, no, this is for me. This isn't for anyone else yet. And so coming to terms with that, taking care of myself nutritionally, getting good sleep. You guys, like if you think you are even enough. That was another thing that was a breaking point for me in my marriage. I was not sleeping. I was getting like three or four hours of sleep.





self-compassion piece for ourselves, for the mistakes that we've made. I think every parent goes through this when their kids grow up. And then if their kid is kind of like. I don't want anything to do with you, then you're feeling, whoa, like you misunderstood me and this, this isn't what I meant. And yet it impacted that child. And because of the way the child took it in or the way they perceived you and your craziness and stuff like that, when in your mind, you were like, I'm doing a good job. I'm juggling all these balls. I have two jobs and I have a house payment and you know, and yeah, and that's it. I feel okay. I teenage years. Cause that's what I'm dealing with now.

| Every single thing. |
|--|
| I I'm at the point where I |
| feel like every person on |
| the face of this earth can say that. |
| somehow there's a little |
| PTSD somewhere or some kind of trauma, |
| like whether it's big or tiny. |
| True. |
| Yeah. |
| And so then the teens pull |
| that all out and they just |
| spaghetti all over your face. |
| And then they tell you how |
| they interpret it. |
| And they love to make you |
| feel like you're the worst |
| mom in the entire universe. |
| um and they do it and some |
| of them are very |
| manipulative because I have |
| different you know I have |
| two teens and a preteen and |
| they're very manipulative |

like they really want to have their phone and they'll play like they'll pit parents against each other and you know that's why it's very interesting because I think you know I'm thinking I'm that's why it's going to be hard as a single parent too at that age It was. Yeah. And I think like, I, I know like relationship dynamics between children and parents, some, some are so strong will they're stronger than us. Like I have that struggle with my oldest daughter because she was stronger than me in so many ways. I mean, when she was four,

she looked at me and said,

I should be the four year

old and you should be the four year old.

And I was like, yes,

that sounds like a good plan.

Like,

she could recognize in me

that I was a mess and and I

didn't even you know I'm

just trying really hard

like they're watching

they're watching us their

entire lives I know and

she's seeing that's at four

and so by the time she was

a teenager she was like you

are a complete mess and you

know and maybe her respect

level wasn't very huge for

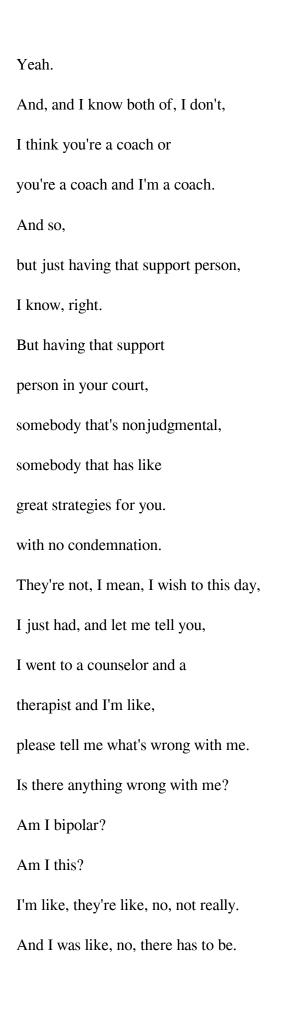
me but I I still didn't

know how to fix it leilani

I still really didn't and

and I can't even say

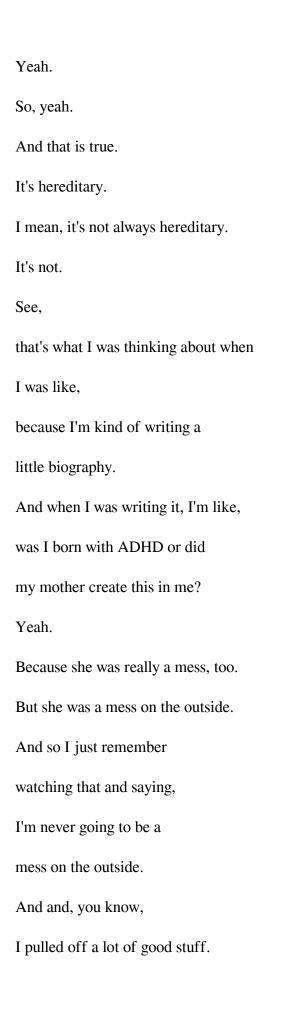
| I mean, |
|---|
| I think I know what I would do |
| differently now if I were |
| to be a parent again. |
| And that's why I'm here |
| sharing this because to me, I would, |
| I would say, please, please, |
| please get a coach, please get a coach. |
| And on, and sped homeschool, |
| we're going to be opening |
| up all of our coaching |
| opportunities come February, I think. |
| Yeah. |
| And I think this airs in April. |
| So yeah, fully aware. |
| Yeah. |
| It'll be fully in. |
| That's for the coaching for the kids. |
| Yeah. |
| Yeah. |
| It's for the parents, |
| but it's for the kids. |
| Yeah. |

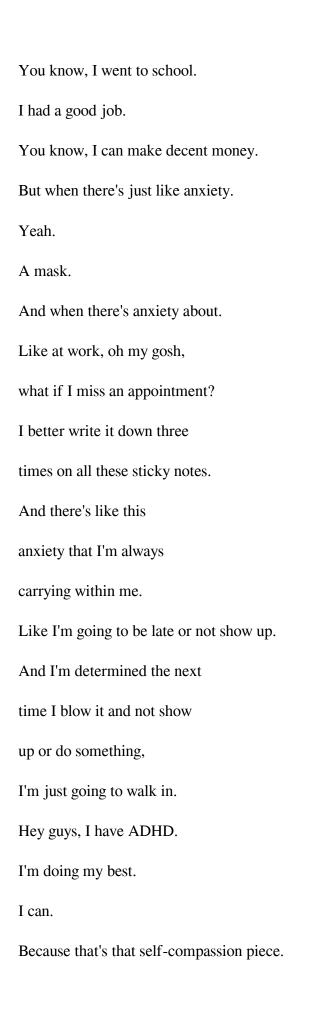


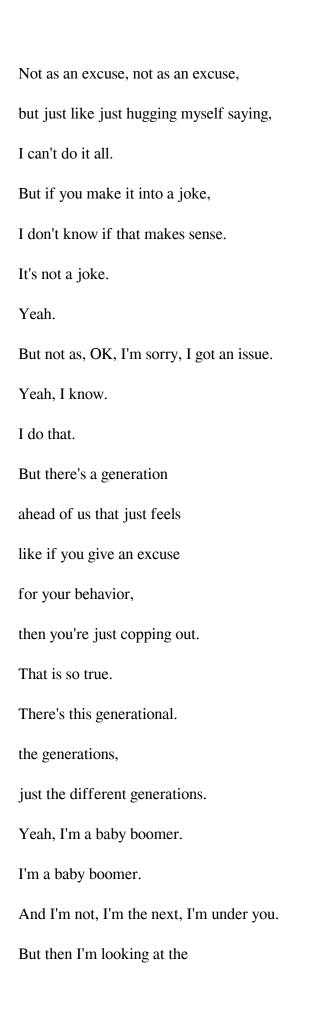
And they just didn't know like ADHD and what that brain looked like, right? Because I can come across really awesome, like really together. Oh, another strategy tip. Low carbohydrates and L-theanine. getting your good sleep and taking your magnesium just write those down before I forget them but those ashwagandha to that ashwagandha yes yeah we're not doctors though and omega-threes you guys like a an adhd and there's so much information out there on this stuff but If you could just like make sure like you're drinking your water, you're getting your magnesium, your multivitamin, your ashwagandha.

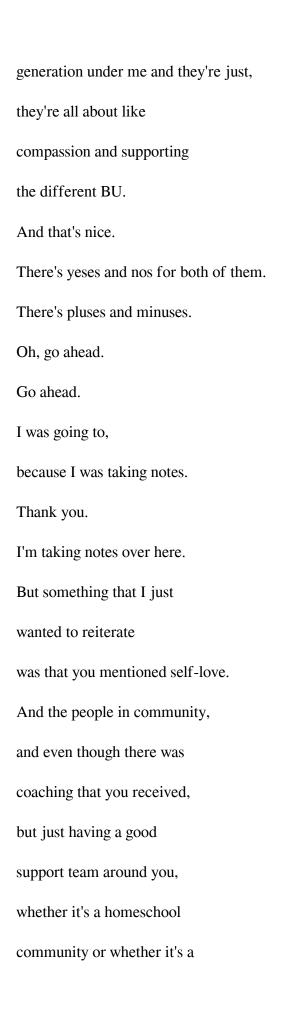
Yeah, that stuff.

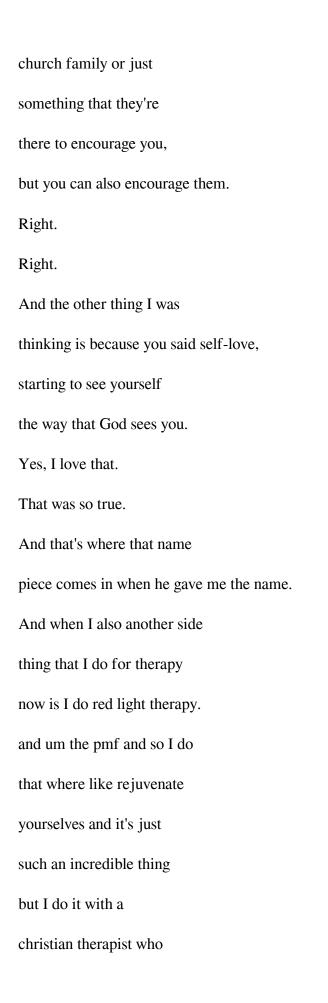
| And your L-theanine because |
|--|
| L-theanine is an amino acid |
| that calms the brain. |
| And ever since I've taken that, |
| like I have so much |
| different kind of focus. |
| Like even in really tumultuous situations, |
| I'm very calm. |
| And it's like, you know, it's okay. |
| And even with our kids, |
| because I found out too |
| that there is a genetic |
| component as well. |
| Like in my situation, I also have ADHD. |
| I have three kids diagnosed. |
| Wow. |
| Yeah. |
| So, |
| and I wouldn't be surprised if my |
| fourth has ADHD, |
| but we're already in so |
| many therapies that I'm just like |
| You're like, well, she has Down syndrome. |











praised me through those
times and that's where I
learned to hear and listen
to god for my name and I

remember one session he

came in after he said so

did god tell you anything and I go

Yeah, I heard the name warrior.

And I was not thinking that.

I would not ask you to me to be that.

I'm not like I don't see myself that way.

And even at that time,

I was still kind of this

like fearful person where

people would throw bullets

and I would just like fall over dead,

like, you know,

on my back with my legs up.

And God taught me through

prayer how to fight the enemy.

how literally how to fight the enemy,

that God hears my prayers

and that he has given me

power as his daughter, as a warrior child, because we are when we come and follow Christ, we have the power of Jesus in us. I'm not just saying that within myself because I would never have seen myself like that. I mean. we're talking a little girl that just felt lost and unseen and And to a woman now that is going, oh, none of that matters. That's not who I am. This is who I am. Like you said, the way God sees me. And that was my question. God, how do you see me? How do you see me? Sometimes just like cracking open the scripture and seeing what he says. yeah too like some people don't hear right this is

your they won't have that

same situation but just

cracking open the bible and

it literally will say yeah

and it has to line up if

you think you do hear from

god it does have to line up

with scripture and that's

one thing about me working

with my therapist because

everything I said he would

check with scripture and he

says you know what that

lines up with the word of

god and this is what the

word of me would give the

scripture you know

And so but I think that at that point,

I have had a prayer life

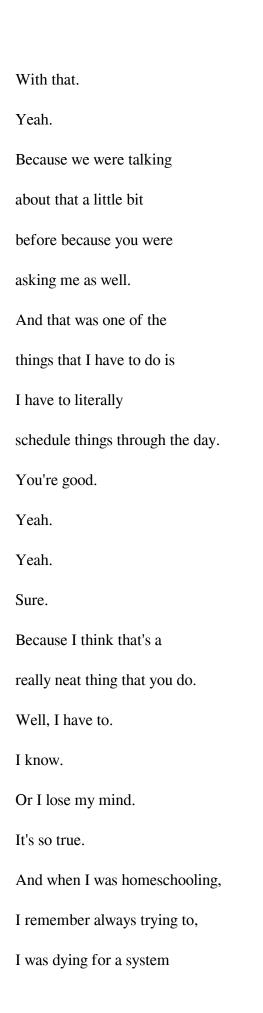
with God for several years now.

And even though there are days I'm like,

I'm good.

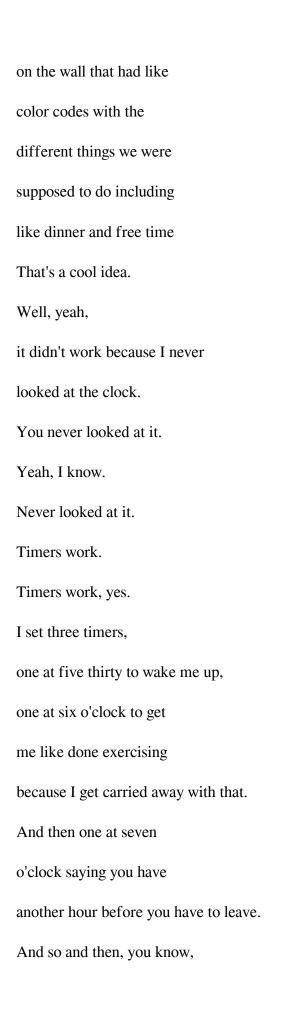
And then I'm like, no, you're not.

| Go back in. |
|---|
| Don't even think you can go |
| out in that world and handle that. |
| And if you're a |
| homeschooling mom and you feel like, oh, |
| I don't know how I'll ever do this. |
| I don't know how, you know, I mean, |
| my parents will judge me. |
| My friends will think I'm |
| crazy because look at my house. |
| I actually worked with a mom, |
| coached a mom. |
| who very much struggled with that, |
| like all the messes, the disorganization. |
| And I literally, |
| because of my own experience, |
| was able to teach her how |
| to really organize and |
| create systems for her four children. |
| And it was amazing. |
| Like the results were amazing. |
| It wasn't perfect. |
| But sure. |
| |



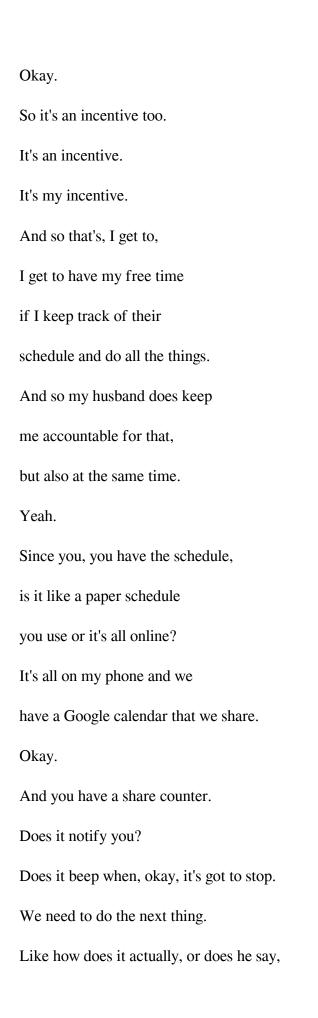
that would save me. I remember having the big whiteboard. I remember the big whiteboard with the lines and everything was scheduled in there. Well, that was great and it was nice looking, but I never looked at it. yeah I had to use my phone and I I think I will say I had to have somebody keep me accountable which was my husband but I had to have someone to keep me accountable because good I mean I started very scattered all over the place and the same thing that you were describing with I got to do this oh I got to do this oh I got to do that right and I just I

even tried to put a clock



but I have three timers that go off in the morning while I'm getting ready because I'm I will go off, start journaling. I'll start painting in my art studio. I'll start watching a podcast. Well, I think it wasn't until I had someone keep me accountable for time. Tell me how he does that. Like, what does that look like? No, I'm just laughing because it got messy, right? It got really, really messy. But I really think what really... got it refined was because I wanted to do certain things or have the kids be involved with certain activities yeah and that was on a time schedule but I had to get all this other stuff done too and then

Naomi's therapies we had to schedule that in and then I'm like well when am I going to sit down and work on math with Hannah and when am I going to check the you know math assignments and So and then I want to work because I started, you know, my kids wanted to. Now it's like I have all this free time. I free time. So I get to work, but it's not really free time. It's scheduled free time. Yeah. And even up to, for example, today, I have something that's my treat. And that's working out. I love to go to the gym. I have a whole routine. And if I don't get all that stuff done, I don't get to go to the gym.



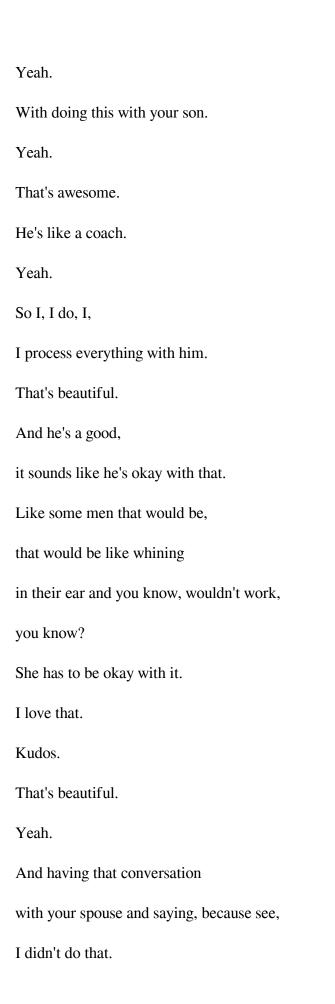
Hey honey, it's time. What I do is every single morning I wake up and after I get kind of awake and like coherent, actually, I'll be honest. I wake up and look at my phone. Let me not even try to sugarcoat that one. I wake up and look at my phone and I first thing I do is look at my calendar and that might be my obsessive compulsiveness. I don't know, because I know if I'm late to something, I'm going to start losing my mind. And I go through my calendar and say, OK, this is this is this. And then I have to relay all that information to my husband. Like I literally verbalize everything to him, what we're doing for the day. And then I say, okay,

what are you going to take? And what am I going to take? Because we have to split it between each other. And I'm very fortunate that my husband is a paramedic. So he only works three days a week. wow and so I have him for most of the time he has a second job that he works at home with and so you know I'll say okay this is going to work out if we do this this this and this like like and then I don't know it just there's little things we we definitely have a lot of parent conferences too with um so one of the things like my son he has also ADHD okay I'll share this on here. We want to get him to be more independent.

He's fifteen. He just passed his driver's permit, so he's going to be getting his driver's permit. But he's scared. He's scared of what people think. He's scared of being judged, which is very typical. And so today, I knew that I really wanted to work out. I also knew this because me and my husband had been having this conversation. And I also knew I needed to take him. He had an appointment. So we went and I had a meeting. I had a meeting with Naomi's speech therapist on Zoom at the same time as Isaac's appointment. oh no oh wow so what did I do I went we talked about it with my husband and um I said okay this is what I'm

gonna do I am to and we're trying to find ways to overlap things um I'm gonna I'm gonna take isaac to his appointment I don't have to be present. So I'm going to sit outside during his appointment, do the zoom call with the speech. After we're done, we're going to go grocery shopping. And my place I work out is right next to the grocery store. He's going to go inside by himself and he's going to grocery shop and I'm going to go work out. He's going to do it by himself. Wow. He was, he was terrified, like terrified. Yeah. And, um, but I gave it cause part of the ADHD, you got to give him that heads up.

You're going to do this. He had to like do a lot of breathing and we'll have like, you got this, you got this. I had my phone with me the whole time. If he needed me, you know, he sat in the car for thirty minutes because he would not go inside and I would be like, are you going in? Are you going in? And so he finally went in with a shopping cart and he did the things and everything worked out fine. So but I got all of that done, but I had to talk it through with my husband. Wow. I had somebody to talk it through it. And you had to process it and work it through and make sure you weren't missing anything.



I didn't reach out to my spouse either. You know, I was just carrying all this in by myself, like trying to be perfect, trying to be a homeschool mom. I didn't even know what that was, let alone. You had a coach. So like I said, it doesn't have to be perfect. husband I had a coach after the fact after my life broke and I lost everything and I was crawling on the ground asking God for mercy and he opened the door in this Christian coaching this is just about five years ago and it led me down this path of self-discovery self-love self-forgiveness learning to love the me that God

made the precious daughter that I was and

and love the father, because it's just,

I can't explain that cycle

of what happens.

And that was a part of my prayer too,

though.

Like, God,

give me so much love for you

that it just fills out of my life.

Like I, whoever I touch,

I don't care what I want anymore.

Like, it's not like what I want.

It's what you want for this little life,

this little life, you know, to

to shine for you and to love others.

And for me,

that passion for coaching Leilani,

and I know you have your reasons too,

it came out of that brokenness of,

I never want to see another

family go down like that,

that the enemy would steal,

rob and destroy.

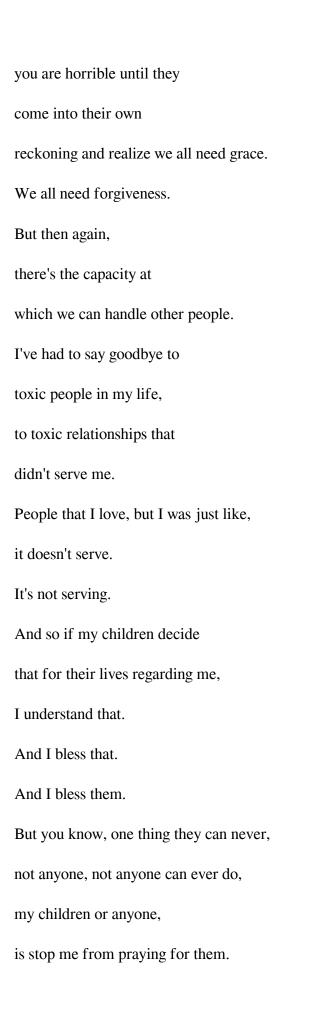
And I never want to see a woman have a breakdown like that because you guys, women with ADHD struggle with a lot of different things, anxiety, uh, I had like this rejection complex. I don't even know where that came from, you know, because I had all these great things going. You think I'd have this big old self-esteem? No, I was acting like that because I needed desperately to be loved by other people, to be seen and to be, you know, to to say good job. Like I was dying for that. And I was so hungry for that. and I wasn't getting it and so you know that can create unhealthy things in your

life you have it has to be this now end of the day we do have like eight minutes left yeah um and there were three other questions so I'm gonna kind of read the questions off to you just OK, your relationship with your children. How has affected how has your ADHD in the current place affected your relationship with your children? And then, of course, what other advice would you give parents, which I think you kind of have, but I don't know if you wanted to summarize it. And then any coping strategies, which I think you touched on that a little bit. You could probably recap it. And then biggest lesson you

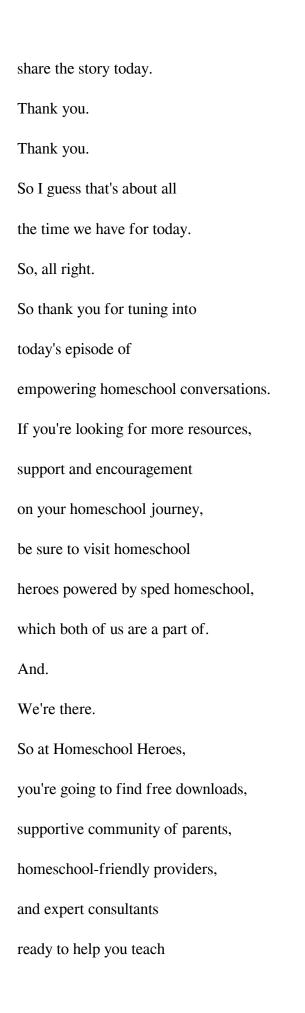
learned about yourself.

I guess you could just recap those. But I think the biggest one was your relationship with your children. Yeah, I think like the biggest thing with my children is my children are adults and they have a free will and they they're believers. They believe God and trust God. But I also respect them in their choices that they've made for their lives. And I understand like I was a lot to handle. I was a lot. I mean, I just literally verbally said everything that came to my mind. Like, you can't do that. You have to have self-control. That is a gift of the Holy Spirit. And I can't say I'm perfect now, but I'm very intentional

| about what I call this thing I do. |
|--|
| And this is a fun little tip for you guys. |
| It's called Rocks in the Mouth. |
| So when I'm around certain situations, |
| I just pretend my mouth is |
| full of little pebbles, little rocks. |
| Just to keep, that's like, |
| I literally have to |
| intentionally shut up. |
| And be still, be still. |
| The Lord told me that for years. |
| Be still and know that I am God. |
| I am, I am still. |
| That means listen. |
| That means wait. |
| That means even in prayer, don't talk. |
| I was like, what? |
| But this is the beautiful |
| thing about our father. |
| Like he's so patient. |
| Our children may not be patient with us, |
| Leilani. |
| Our children may grow up and go, |
| |



Stop me from loving them through prayer. So I would just say that God is blessing that. God is blessing those relationships and he's definitely working in those to strengthen them. But there's healing and healing takes time and healing takes a willingness to want to to be whole and to reconcile. And not everyone has the ability to do that, you know? So we just pray for them. And we just, I just pray like now in my life, the season of my life, which are my golden years, that I would just be a vessel for the Lord in any capacity that he has and that I can bless others. And that's why I wanted to



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provided by Sped Homeschool, a nonprofit that empowers families to home educate diverse learners. To learn more, visit spedhomeschool.com. Okay. Stay in our studio until the outro minute. but I did that. Hold on. I got to, apparently I, I just, I did the, I did it. I got to do it again. This has been empowering homeschool conversations provided by sped homeschool, a nonprofit that empowers families to home educate. diverse learners to learn more, visit sped homeschool.com.