

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.

And I felt very scattery,
but I didn't understand
what was happening for me.
I just felt extremely overwhelmed,
overworked.
But I didn't say that to myself.
I didn't say, gee,
I'm really overworked here.
I would homeschool all day.
clean my house all night,
get ready for the next day, make bread,
garden, do laundry.
I mean,
I had nursed my children through
the night.
I had not all at once, just one at a time,
but I had like so much going on.
Okay.
We need to get that one.
So no, it's funny.
In my,
in my life that I never like took
the time to,

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

the rope at both ends and I

I really believe my kids

were feeling it I was

definitely feeling

disconnected in my marriage

at the time because it was

It was just like the whole

world I was trying to hold on my hands.

And, you know,

I want to say I'm a Christian.

I was a Christian then.

But my faith in God really

was more about me doing a really good job,

me being perfect,

me showing everybody that I was normal.

Really?

You know,

I have these three children and I

wanted a beautiful home.

I wanted a clean home.

And it was this level of

perfection that sadly

really kicked me over the edge.

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

humble about it.

I was so enthusiastic.

And that is a trait of ADHD.

Like when a person with ADHD

has a deep interest in something,

they can become quite amazing at that.

But sometimes there's just this,

what would you call it?

Like a- Hyper focus.

Hyper focus.

And there's like,

you're the only one in the room.

You know,

you're the only one on the planet.

And that was a big thing for me.

It impacted my relationships deeply.

And I still feel like on some level,

like I didn't bond with my

children like I wish I had

because I was so...

concerned and wrapped up in

delivering this certain

kind of life for them.

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,

because there is that
perfectionist quality where
we want so badly to do
everything perfect.

And we do put,
we do mask and we try to
come across that way.

But other people being
intimidated by our success
or that they don't feed into our lives,
you know, and if they do, it's like, oh,
my gosh, what am I doing wrong?

And it's like this.

It paralyzes us.

Right.

No, that's true.

And another part to that, too,

I want to share.

That perfectionist piece is
huge because for me,
because I never felt normal on the inside,
I never felt like other people.
I never could.

I never felt like my life was normal.

You know,

I came from a very abusive childhood,

a very traumatic childhood.

And my whole thing when I

was at seven years old, I remember saying,

I will never have that bad.

I will never be bad like that.

I will have the best life.

And I strove for that.

So that piece of perfection

showed up in me, even as a small child.

I would keep my room clean.

I would keep, you know,

I just always was trying.

But I want to share on the outside,

look what you're talking about.

I looked perfect.

But on the inside, I was a freaking mess.

I was really a mess.

And there was just something

so broken in me.

And it took, sadly,

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

with how we organize things.

And someone who's neurodivergent,
we may have papers scattered everywhere,
but we know where everything is.

But at the same time,
we don't want anybody to see it.

Right.

Yeah.

And that's the funny thing.

But I've even relaxed a lot with that.

It's taken me a long, long time to come.

And this is really where
this whole story goes.

But in my own self care journey,
because after the loss of some very,
very deep relationships in my life,

I know my own on the roll
here in the right place
with the question.

Are we good?

I mean, we're good.

There was just one other thing.

The strategies,

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.

And the best part of that was,
when I learned self-compassion.

And it wasn't just, okay,
I'm just going to be
compassionate on myself and tell myself,
yeah, this hurts, but blah, blah, blah.

But that self-compassion led
me into that deeper place
and need for God.

And Leilani,
I hope as our guests are following this,
you will hear what I said
in the beginning that I
couldn't ask for help.

And not even with God, because with God,

I thought, you know,

I have to do a good job.

I'm a Christian.

I have to be perfect.

I have to do everything right.

I'm a Christian mom.

I'm a Christian wife.

I have my house.

You know, you know,
that isn't that ironic
because and I could be wrong.
But like with the Christian faith,
like the big thing is,
is that we're not perfect.

Right.

And we have to rely on
something outside of ourselves.

Right.

for salvation.

Like, you know,
and I always thought that was so ironic,
but it's so focused on that.

And I honestly don't know how I got there.

I just think that it was
something that I held on to
at a very young age that said,
my life will never look
like my mother's life.

I will never be an alcoholic.

I will never be a drug addict.

I will have a perfect life.

And that was not what happened.

Yeah.

Because guess what?

When you live in that kind of a mindset,

when you say nothing's

going to happen to me like that,

I'm going to live a perfect life.

And by the way, I went to school.

I got all these teaching

credentials and master's

degrees and certifications.

And I was just showing the

world again on the outside,

looking all put together.

But the minute I started to fall apart.

The people that I thought

were my friends disappeared.

The people that I thought

would hold me up no matter

what just went away.

the people that I thought

who truly loved me.

And the fact was they did love me.

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.

But you're going to.

And I left, you know,

I left the state that I was

living in and I moved to a

state where I knew no one.

And the minute I got here the first year,

I was like, what is going on?

Am I crazy?

What happened?

But I knew God opened the

door and he allowed me.

And he said, yes,

you're going into the desert.

You're going into the desert

with me and you and no one else.

And my dog.

I got to keep the dog.

And so...

With that amazing journey, I cried.

I cried for so many years.

And I remember just saying, God,

why don't you just take me?

My life is a mess.

I have nothing to offer

because everything was

still so scattery in me.

And I just want to share like a person,

you know,

that identifies with the traits of ADHD,

how God can heal our mind.

When we cry out to God and we say, God,

can you heal my mind?

And when we start raising up,

these are some strategies right here,

crying out to God, one.

Two,

raising up in the idea and knowledge

of who you are.

And asking God, show me who I am.

Show me who I am.

And I want to tell you a really fun thing.

The first time I asked God that, he said,

you are the beloved.

You're my daughter.

You're the beloved.

And I'm like, okay, I like that.

And then later on,
when he was building me up
and giving me a prayer life
and helping me to find my
knees and the word and the
strength in the Lord,
he gave me a new name.

And when he gave me that name, I said,

I don't want that name.

I don't, that's, I want the other,

I want the little, I want princess,

you know, can you give me princess?

You know,

can you give me something really sweet,

Lord?

I don't want the name.

And the name was warrior.

And I'm like,

I don't want to be a warrior.

I'm old.

Can you not, you know,

I was starting to read the

Psalms out loud to God, you know,

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.

They don't wanna tell someone,
you know what?

I really hate myself, you know?

Yeah, and they mask.

They mask it.

And it's called inattentive ADHD or ADD.

I work with kids like this now.

And the thing is,

is that there's no voice.

There's not even a there's

there's no like I don't

want to call it self-esteem,

but there's no sense of value.

There's no sense of worth

for them to even cry out and say, hey,

I need help.

Right.

So what did I do?

I took the road of

perfection and tried to lie

to myself that I had all

this stuff together.

But when it fell apart,

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

live now is by the mercy of God.

So it's like a journey.

Yeah.

You know,

like we start off in a certain

place where we're struggling.

And then for, you know, in your case,

you were broken and all

these things happened and

you had to cry out.

You had to learn how to

depend solely on God.

But I know one thing that is

beautiful is that God gives

us wisdom after the hurt

and after the brokenness, right?

And I thought it, you know,

I know the word strategies is very,

but it's wisdom.

It's wisdom.

Yeah, you're right.

I should phrase it that way.

What wisdom did God give you?

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.

I'm learning.

I'm learning.

I'm reading.

I'm writing.

I'm trying to.

have something in my life

that will bless other

people now and and that's

that's exactly where I am

right now and that's where

my heart and passion is to

help especially moms and

girls with adhd because

you're trying so hard on

the outside like you are

trying to do all the right

things and your heart is in

the right place

But you're really a mess on the inside.

You're really a mess.

And if you have any kind of

trauma in your relationships,

it only exasperates that.

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.

Leilani,

don't say that you can understand that.

Yes, I can.

Are you kidding me?

No, no, no.

You've got to sleep right now.

Go to bed after we're done.

Sleep is huge.

And the studies that are out

now on that and the impact

on our brains and our

focusing and my brain now is better.

than it was years ago.

And I also want to say

because of my sadness and my depression,

I did start drinking.

like when I was around fifty and, you know,

I justified it as a Christian.

I'm just having a little

glass of wine for my dinner.

Well,

that wine got a little carried away

and it became like a dopamine hit for me.

Right.

And it became like everyday
glass of wine with my dinner.

And then that started
impacting my emotions and
my impulsivity and my big, you know,
thoughts and ideas.

And and it just it just got ugly.

It just got super ugly.

And that was just something
that had to go.

It just had to go.

And so I know all these
things now and I wish, you know,
and I've just prayed by the grace of God,
anyone that I've heard
along the way will forgive
me because I just pray that they would.

And I know that some have actually.

And so, um,

But at the same time,
we have to forgive ourselves.

Like we have to have that

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.

Yeah.

And, and I know both of, I don't,

I think you're a coach or

you're a coach and I'm a coach.

And so,

but just having that support person,

I know, right.

But having that support

person in your court,

somebody that's nonjudgmental,

somebody that has like

great strategies for you.

with no condemnation.

They're not, I mean, I wish to this day,

I just had, and let me tell you,

I went to a counselor and a

therapist and I'm like,

please tell me what's wrong with me.

Is there anything wrong with me?

Am I bipolar?

Am I this?

I'm like, they're like, no, not really.

And I was like, no, there has to be.

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.

Yeah.

So, yeah.

And that is true.

It's hereditary.

I mean, it's not always hereditary.

It's not.

See,

that's what I was thinking about when

I was like,

because I'm kind of writing a

little biography.

And when I was writing it, I'm like,

was I born with ADHD or did

my mother create this in me?

Yeah.

Because she was really a mess, too.

But she was a mess on the outside.

And so I just remember

watching that and saying,

I'm never going to be a

mess on the outside.

And and, you know,

I pulled off a lot of good stuff.

You know, I went to school.

I had a good job.

You know, I can make decent money.

But when there's just like anxiety.

Yeah.

A mask.

And when there's anxiety about.

Like at work, oh my gosh,

what if I miss an appointment?

I better write it down three

times on all these sticky notes.

And there's like this

anxiety that I'm always

carrying within me.

Like I'm going to be late or not show up.

And I'm determined the next

time I blow it and not show

up or do something,

I'm just going to walk in.

Hey guys, I have ADHD.

I'm doing my best.

I can.

Because that's that self-compassion piece.

Not as an excuse, not as an excuse,

but just like just hugging myself saying,

I can't do it all.

But if you make it into a joke,

I don't know if that makes sense.

It's not a joke.

Yeah.

But not as, OK, I'm sorry, I got an issue.

Yeah, I know.

I do that.

But there's a generation

ahead of us that just feels

like if you give an excuse

for your behavior,

then you're just copping out.

That is so true.

There's this generational.

the generations,

just the different generations.

Yeah, I'm a baby boomer.

I'm a baby boomer.

And I'm not, I'm the next, I'm under you.

But then I'm looking at the

generation under me and they're just,

they're all about like

compassion and supporting

the different BU.

And that's nice.

There's yeses and nos for both of them.

There's pluses and minuses.

Oh, go ahead.

Go ahead.

I was going to,

because I was taking notes.

Thank you.

I'm taking notes over here.

But something that I just

wanted to reiterate

was that you mentioned self-love.

And the people in community,

and even though there was

coaching that you received,

but just having a good

support team around you,

whether it's a homeschool

community or whether it's a

church family or just
something that they're
there to encourage you,
but you can also encourage them.

Right.

Right.

And the other thing I was
thinking is because you said self-love,
starting to see yourself
the way that God sees you.

Yes, I love that.

That was so true.

And that's where that name
piece comes in when he gave me the name.

And when I also another side

thing that I do for therapy
now is I do red light therapy.

and um the pmf and so I do

that where like rejuvenate

yourselves and it's just

such an incredible thing

but I do it with a

christian therapist who

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.

With that.

Yeah.

Because we were talking

about that a little bit

before because you were

asking me as well.

And that was one of the

things that I have to do is

I have to literally

schedule things through the day.

You're good.

Yeah.

Yeah.

Sure.

Because I think that's a

really neat thing that you do.

Well, I have to.

I know.

Or I lose my mind.

It's so true.

And when I was homeschooling,

I remember always trying to,

I was dying for a system

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

on the wall that had like
color codes with the
different things we were
supposed to do including
like dinner and free time

That's a cool idea.

Well, yeah,

it didn't work because I never
looked at the clock.

You never looked at it.

Yeah, I know.

Never looked at it.

Timers work.

Timers work, yes.

I set three timers,

one at five thirty to wake me up,

one at six o'clock to get

me like done exercising

because I get carried away with that.

And then one at seven

o'clock saying you have

another hour before you have to leave.

And so and then, you know,

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.

Okay.

So it's an incentive too.

It's an incentive.

It's my incentive.

And so that's, I get to,

I get to have my free time

if I keep track of their

schedule and do all the things.

And so my husband does keep

me accountable for that,

but also at the same time.

Yeah.

Since you, you have the schedule,

is it like a paper schedule

you use or it's all online?

It's all on my phone and we

have a Google calendar that we share.

Okay.

And you have a share counter.

Does it notify you?

Does it beep when, okay, it's got to stop.

We need to do the next thing.

Like how does it actually, or does he say,

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.

Yeah.

With doing this with your son.

Yeah.

That's awesome.

He's like a coach.

Yeah.

So I, I do, I,

I process everything with him.

That's beautiful.

And he's a good,

it sounds like he's okay with that.

Like some men that would be,

that would be like whining

in their ear and you know, wouldn't work,

you know?

She has to be okay with it.

I love that.

Kudos.

That's beautiful.

Yeah.

And having that conversation

with your spouse and saying, because see,

I didn't do that.

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,

you are horrible until they
come into their own
reckoning and realize we all need grace.

We all need forgiveness.

But then again,
there's the capacity at
which we can handle other people.

I've had to say goodbye to
toxic people in my life,
to toxic relationships that
didn't serve me.

People that I love, but I was just like,
it doesn't serve.

It's not serving.

And so if my children decide
that for their lives regarding me,
I understand that.

And I bless that.

And I bless them.

But you know, one thing they can never,
not anyone, not anyone can ever do,
my children or anyone,
is stop me from praying for them.

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

share the story today.

Thank you.

Thank you.

So I guess that's about all
the time we have for today.

So, all right.

So thank you for tuning into
today's episode of
empowering homeschool conversations.

If you're looking for more resources,
support and encouragement
on your homeschool journey,
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step of the way.

Thank you, everyone.

Thank you, Leilani.

It was such a pleasure to share with you.

Thank you.

This has been Empowering

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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.

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