

I Am Crazy

(Feeling Overwhelmed? Part 1)

I went from homeschooling all my children independently and changed to using a virtual school program with some of my kids, one homeschooling independently, and a baby. It was a big adjustment. It didn't take long before I thought I was literally going completely insane. There were tears and frustration and doubts. I wanted so badly to do what was best for my children, but felt like I was being pulled apart in every aspect of life. I felt like I was failing where I had hoped so much to succeed. I really didn't want to throw in the towel, to me that would really signal failure. So I persevered. I thought back to my initial reasons for wanting to do this. If there isn't a strong reason to educate at home, there really isn't any sense in doing it. There has to be an anchor. A why. That gives you something to lean on when the going gets tough. As time went by, we started to have more ups and less downs. This happened as I learned a number of things.

I tend to worry and stress about way too many things. I needed to have more patience with myself. Especially in the beginning, I needed to not try to do everything! It is okay to not get everything accomplished. You are learning a new program. There is a huge learning curve for you. Set for yourself some simple goals that are achievable. Don't allow yourself to school too many hours!

Don't even worry about doing everything. For instance, when you do art, keep it brief and simple, allow the kids to work as long or as short as they want to on the project.

Don't do every science experiment. Allow the kids to tell you the answers aloud sometimes instead of just writing everything down. Focus on the oldest child. Try to make sure that child is getting what they need. It will be amazing to you in the coming years how much the younger kids have picked up on just from being around as the oldest is taught.

Remember the beginning is the hardest! Things get better! Year two went much more smoothly for me than year one! You will figure this out as you go.

The best thing to do for yourself is to write down your priorities. Decide what is most important in life and in school. If the priorities are out of

whack, take time to regroup. You don't want to feel like you are at your wits end all the time. Burn out will definitely occur quickly then. So, set some simple reasonable goals for the next day, two days, or week. Then, go tackle those goals and no more. Spend some time having fun, go to the park, out for ice cream or something especially when a goal has been reached. Give yourself some things to look forward to after your hard work. As goals are reached, phase in more goals.

Remember your reasons for beginning. Hold fast to your anchor!

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