

# How To Maintain Your Sanity & Productivity With Kids At Home, Session 2

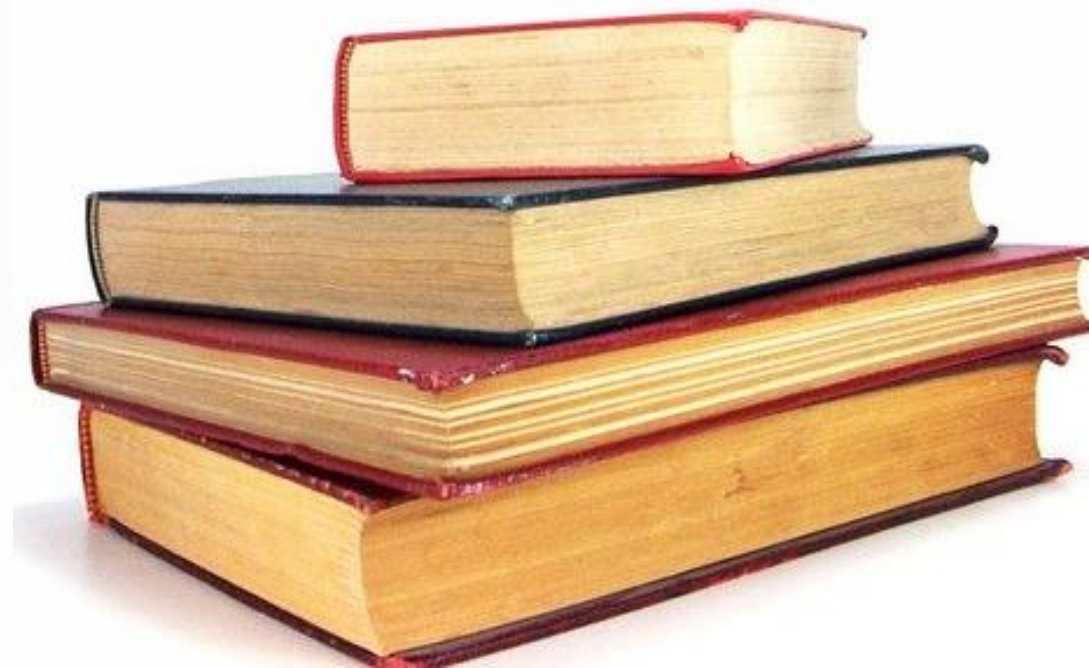


## Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



# Yesterday's Tips:

- **Get your own mindset right**
- **Leverage your kids' great ideas**
- **Secret Sauce Tool for Getting Work Done at Home**
  - **DEARS Time**

# Today's Tips:

- **Create a Reasonable Schedule**
- **Communicate clearly through signs and lists**
- **Secret Sauce Tool for Getting Work Done at Home**
  - **Quiet Time**

# Create a Reasonable Schedule

Have a Growth Mindset

You *can* do this, but you're going to have to "fail your way to success."

Expect interruptions and bumps as you "groove into" whatever schedule you try.

# As you Plan your Schedule, Leverage Your Kids' Great Ideas:

- What are your ideas about <whatever>?
- What do you think our goals should be (regarding our family, regarding your learning, etc)
- What kinds of activities do you like to do on your own?
- What do you like to do with siblings?
- Why do you think lessons are important?
- What are you excited to learn?

# Daily Schedule: Possible Elements

Family Meeting / Gathering

Chores

Outside Time

Group Lessons

Independent Lessons

Activities

Sibling Time?

Screen time

Independent Lessons

# Create a Reasonable Schedule: Use Mealtimes as “Hooks on the Wall”

- What time is the morning gathering?
  - Shortly after breakfast
- What is done right after that?
- What is else is done before lunch?
- What’s done after lunch?
- Etc.

# Communicate Clearly Through Signs and Lists

**Bible Time is at 9:00!**

**DEARS time**

**Independent lessons; check your list**

**10:00 Mom with Susan, 10:30 with Kathy**

**Lunch**

**Quiet Time**

**Outside Time**

**Screen Time**



# Communicate Clearly Through Signs and Lists

The previous slide is just an example. Think about big markers:

**What are the first 3 things we do every day?**

Maybe: your family together time,  
then DEARS, then History and Vocabulary as a group.

**What needs to happen between that and lunch?**

Maybe: independent lessons and then  
taking turns meeting one on one with Mom

**What happens after lunch?**

Maybe: quiet time, then finish lessons, outside time, screen time

**Once you have this basic plan,**

**write it down and tack it on the wall so your kids know what to expect.**

# Secret Sauce for Getting Work Done at Home

Quiet Time:

One Hour

Special Toys

Everyone in a different place



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