

## KEEP THE HOMESCHOOL FIRE BURNING: 8 FOOLPROOF REMEDIES TO HOMESCHOOL BURNOUT

A MENTOR MOM © CLASS

by Tequitia Andrews

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### Symptoms Of Homeschool Burn-Out:

You lack interest in teaching your children.

Your kids aren't interested in the curriculum and neither are you.

You feel inadequate to teach your children.

You feel your kids would be better off in public schools.

You're tired, grumpy, and no fun to be around.

Your every thought is about homeschooling.

### Remedy #5- Don't Do It All...Alone

Seek out help to teach subjects you feel inadequate to teach. Get your family involved in household chores. Use family, friends, and community resources to your advantage.

### Remedy #6- Learn Your Limits

Trying to do too much (i.e. sports, field trips, chores, etc.) at the same time will only lead to stress. Pick and choose your activities wisely.

### Remedy #7- Make Time For You

Get enough sleep, eat healthy, and exercise your body/mind/spirit. When Mama's happy, everyone's happy.

### Remedy #8- Enjoy The Ride

All work and no play is no fun. Lighten up and enjoy your homeschool journey.

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### Remedies To Fight Off Homeschool Burnout:

#### Remedy #1- Deschool Yourself

Let go of preconceived ideas of what educating your child should look like. Discover creative ways to educate your child unique to their learning style and interest.

#### Remedy #2- Compete Against Yourself Not Others

Don't fall into the trap of comparing your homeschool to others. Set your own standards.

#### Remedy #3- Organize Every Needful Thing

Whether formal or informal schedules or lesson plans, have some type of organization to your homeschool.

#### Remedy #4- Be Flexible

Life will put a dent in your plans, just be willing to go with the flow or make new plans.

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Tequitia has been homeschooling her children for 6 years. She is a regular columnist for Mormon Times and freelances for other publications.