

ABOUT TO BURN OUT?

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WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

You regularly neglect your priorities and goals because you are too busy to fit them in.

- Why do you homeschool? What are your family goals?
- What keeps you from accomplishing these goals?



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

No time to teach with a biblical worldview

“I don’t hardly have enough time to get through all the schoolbooks every day. How can I find time to add Bible and character?”



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

You are always stressed and overwhelmed.

- Every child has his or her own learning styles and needs.
- Step back and simplify. Go back to basics and focus on mastery.
- Alternate days for certain subjects or combine lessons where possible.
- Talk with your spouse about what your goals are. Pray together and ask God to show you which extras you might need to let go at the time so you can focus fully on the ones that matter most.



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

School work takes **ALL DAY**.

- How long is your school day?
- Younger grades 2-3 hours. Their attention span is short, and they don't need a lot of busy work. We want our kids to enjoy learning; too much too early will cause them to lose that love of learning that we want to instill in them.
- Older kids- teach lesson and assign required work. Let them set up their own schedule. They are usually more motivated to get it done, when they feel in control of their learning and their schedule.



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

School work takes ALL DAY because you have a dawdler.

- Know your children's abilities, and how to best motivate them.
- Give them the work, explain it and do something else while they are working on it.
- Remind them that when they are done, they get to go play outside, or play with their favorite toy, etc. Positive encouragement is always better than negativity.



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

You don't have regular family time.

- Sitting together at a table doing schoolwork does NOT constitute family time.
- Take time daily to do things as a family — play games, read books, go for a walk, bake together, or simply just sit and talk together.
- If you never have time for those things, you are doing TOO MUCH.



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

Your kids don't really have any free time.

- Kids learn best by playing, exploring, and using their imagination. When we keep them so busy doing schoolwork that they don't have time to just be kids, we are doing too much.
- Kids need lots of free time scheduled into their day. Let them play, do art projects, read books, listen to audio stories, etc.
- As your kids get a little older, they still need free time to pursue their interests. Give them time to practice the instrument they want to play, or to read books about a topic they are really excited about.



WHAT ARE THE SIGNS THAT YOU ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

You don't have time to read aloud to the kids.

- Your kids are really never too old for this.
- They can learn so much from the different books you read, while also learning to enjoy books.
- **Reading aloud develops a love for learning and a close bond develops between you and your kids as you read together.**
- Don't let reading aloud to your kids get pushed aside by busyness!



ARE DOING TOO MUCH IN YOUR HOMESCHOOL?

- You can do too little, but it's more common to try to do too MUCH.
- Ask God to give you wisdom, and to help you find that perfect balance for your family.

<https://thecharactercorner.com/6-signs-you-are-doing-too-much-in-your-homeschool/>



SUGGESTIONS

Too many resources can equal too much content for a student to study.

- How many math resources can a person keep up with? Do you really need to use additional grammar and writing prompts along with all of your regular curriculum?
- Create a schedule with how much time each piece of work to decide if your children are being given too much work.
- I have needed to modify it. If I am adding in additional support, I have to balance it by adjusting something else.



SUGGESTIONS

When subject matter is too difficult to teach, consider using video lessons.

- Provides academically appropriate matter taught by a teacher who understands the content.
- Allows parent to still be academically able to help her.

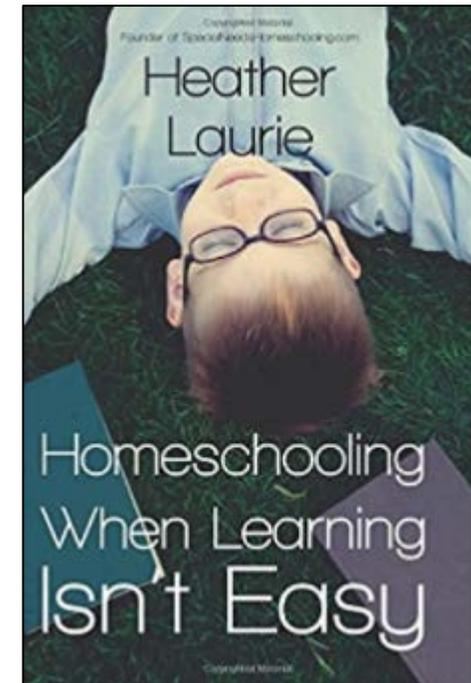
“Getting extra help is not cheating, it is wise. I can't pretend to be omniscient. I am not turning my fine arts daughter loose to drown in a math or science without some very good help.”

“Finding ways to teach hard subjects give me a way to still connect and invest time with her in these last couple years of having her here.”



SUGGESTIONS

- **Combine subjects when possible:** art with history, art with science, grammar with foreign language, etc. Handwriting can combine with anything if thought out ahead of time.
- **Teach multi-level when possible**
- **Create a "power time" for concentrated teaching** with each child while the others are working independently. This is especially necessary for math and any new concepts.



SUGGESTIONS

- Create a check sheet or grid with blocks to color in as child finishes work.
 - Parent sees at a glance what did or did not get done each day.
 - Allows children to see when they have had a productive day.
 - Try to make sure to hit core subjects. Then, the electives 2 - 4 days per week.
 - If you can't get to something the day before, make sure to do it the next day for the electives or subjects that are not daily subjects.

	Mon.	Tues.	Wed.	Thurs.	Fri.
<i>HW</i>					
<i>Spelling</i>					
<i>A.G./Comp</i>					
<i>Latin</i>					
<i>Math 6</i>					
<i>Literature</i>					
<i>Vocab</i>					
<i>Geography</i>					
<i>History</i>					
<i>Science</i>					

SUGGESTIONS

- Be realistic in setting goals. A parent who is constantly frustrated will eventually burn out and want to throw in the towel. Be realistic about your children's abilities, your schedule, and your goals.
- Keep the schedule simple - being organized is essential to homeschooling well but a complicated, packed schedule can lead to "feeling behind" if all the boxes aren't checked off by the end of the day. Children do much better if they can say, "Look how much I accomplished" instead of "look how much I didn't get done."



SUGGESTIONS

- Try to keep everyone together on the same general era of history and science. It may not work for families with high school students close in age who need to meet graduation requirements. For example, one child may be using a chemistry book with online helps, while the younger two are studying the same properties of science on an elementary level and perhaps supplementing with other books and/or video lessons. Experiments overlap and parent is preparing less content.

* This does take planning.



SUGGESTIONS

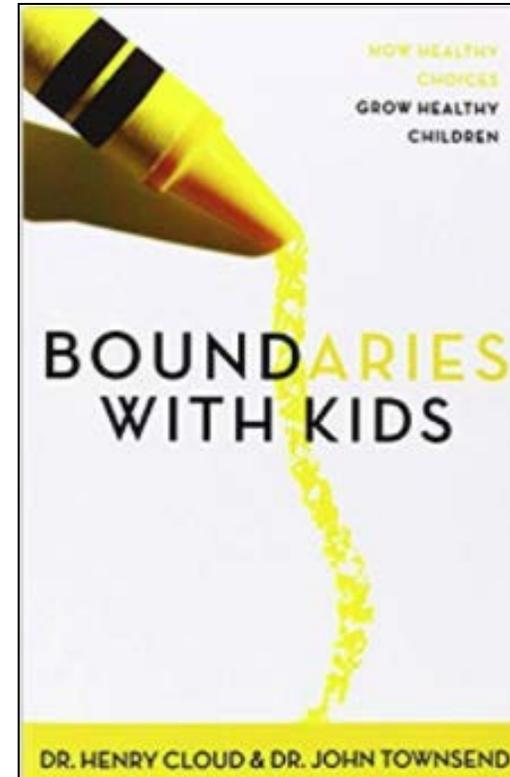
- If a subject is really hard, do it first or early in the day- that might be music lessons for some.
- Plan for a snack mid-morning.
- Take breaks!
- Let your kids learn where they are comfortable, but productive.

“It doesn't have to look like the classroom. Being a teacher, that's what I was most comfortable with. So sitting at the sofa, or the floor, or the table was ok. I also do year round schooling. I do school for 4 or 5 weeks and take the next week off. We start mid July and finish in May. I do take all of June off. This has helped my sanity, keeping my house clean, and I have happier kids.”



SUGGESTIONS

- Have a discipline plan in place for your kids- consequences and rewards. This takes time and effort, but you are training your whole child.
- When one child is having behavior issues, make sure the others know what to work on while you spend time helping the one who needs it. Completing pages, writing a draft or reading literature, science, or history pages, can always be done without help from Mom.



SUGGESTIONS

- Have Bible time before you start the busy part of your day: Scripture memory, Bible materials, reading the Bible or perhaps a missionary biography.
- Walking with God, abiding in Him. Keeping what he has done for us fresh in our minds helps us give grace and have compassion for the weaknesses in our children.



SUGGESTIONS

- Take a day off of textbooks for “heart work”.

“I made the kids coffee, hot chocolate, tea, and we sat around talking and reading from the Word on how we should talk and treat each other. I was feeling at the end of my rope with the way everyone was behaving. It really did help. We apologized to each other, and it was like we had a reset day.”



SUGGESTIONS

- God's strength is best displayed in gentleness, rather than in harshness.
- God wants us to be good stewards of our parenting opportunity. It takes a conscious effort. Being aware of what "too much" feels like is a good gauge for us as homeschool parents. We want to teach our children to be learners, hard workers, seekers after God. Having an imbalance in schedule or content will hinder these goals.



SUGGESTIONS

- *Teach your children to be independent. Keep a very child-friendly, easy-to-follow schedule that each child knows and follows without much prompting. This allows your day to flow smoothly with everyone fulfilling their responsibilities: schoolwork, chores, practices.*
- *Articulate expectations and train until everyone has turned their training into “muscle memory” but so worth it.*
- *Work on this particularly during the summer months so that by the time school rolls around, you're not wasting precious energy to try and get everyone on the same page.*



SUGGESTIONS

- Plan down time everyday for both mom and children - When you homeschool, you're rubbing shoulders with the same people 24/7 in a small space which gives many opportunities for getting on each others nerves.
- After children stopped napping institute 1 hour of quiet time every afternoon in which everyone finds their own space and there's no talking or interacting. They can nap, read, listen to a story through headphones while playing with Legos, etc..
- Taking a break from each other (and from schoolwork) allows for gaining new perspective that allows us to tackle interpersonal relationships much more rationally.



SUGGESTIONS

- Take care of mom - seriously. God never intended us to operate with bodies that are not well nourished, well rested and spirits that are weak.
- Guard your relationship and time with God jealously. It's impossible to serve out of a spirit that is empty.
- Take deliberate steps to pour life into your marriage - you need a spouse who can be a cheerleader and (if needed) the principal who has your back.
- Make sure eating right, exercising, and sleeping well are on your priority list.



SUGGESTIONS

Prepare for interruptions - Life happens, sickness invades the family, a loved one passes away unexpectedly, a new baby arrives. Learn how to roll with the interruptions (your children need to learn this skill from you). Have a Plan B that you can pull out at a moments notice that will keep some order to your homeschool but allow for more margin than normal so that you're still accomplishing your goals just at a modified pace. Learning how to handle life is so much a part of what our children are learning from us.



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

- A parent makes modifications with almost any curriculum or materials to make it work for their child. You can teach several at one time with some flexibility.
- BJU Press offers video lessons online and on DVD. You can stop, pause, repeat and ask for help on online forums, the distance learning teachers directly, and on parenting groups. Parents are given helps online and in hard copy. BJU Press has partnered with HomeWorks by Precept- homeschooling parents can mentor and give help. Blog posts and resources on both BJU Press Homeschool and HomeWorks by Precept websites and social media platforms.
- Textbooks and lessons are formatted to be adaptable to meet your needs.



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

- Books are beautiful, engaging, age appropriate.
- Layout of problems and text is pleasing to the eye and helpful to most students.
- Lessons are written on a discovery based model- asking critical thinking questions, additional activities and ideas for advanced learners and struggling learners.
- Extra resources online, CDs, and teacher's editions
- Hands-on activities promoting scientific literacy
- Practical inexpensive supplies to do activities



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

- Distance learning-parent's guide, e-textbooks, immediate definition on e-textbooks, teacher online help, forums
- HomeWorks Consultants, BJU Press Homeschool and HomeWorks websites and social media platforms.
- DVDs can be paused, rewatched



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

- Written to be used with ease- you do not have to have a teaching degree to teach. You can pick and choose lessons or parts of lessons. (How do you know what to skip?)
- Written with a biblical worldview, the overall philosophy is that the lessons are written specifically for your child to apply the knowledge he is learning
- Joy of learning- the materials and presentation. Not emphasizing the test or rote memory.
- Encourages discussing and talking.



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

Rebecca R. *It has seriously saved our homeschool experience. My 3 boys would be in public school had the Lord not lead us to BJU, DLO. It has taken so much of the burden off of me as their mom. I can now facilitate their days with little extra prep and still have a full tank to parent them at the end of the school day, whereas before I was on the verge of a breakdown almost monthly. I am not a teacher by passion or education. In fact, I went to business school when many of my friends went into education because at the ripe old age of 21, the thought of teaching children made my skin crawl... but here we are, almost 2 years in, we've found our groove and are thriving vs surviving!*

My 6-year-old has said many times, "this year is SOOOOO much better than last year!"



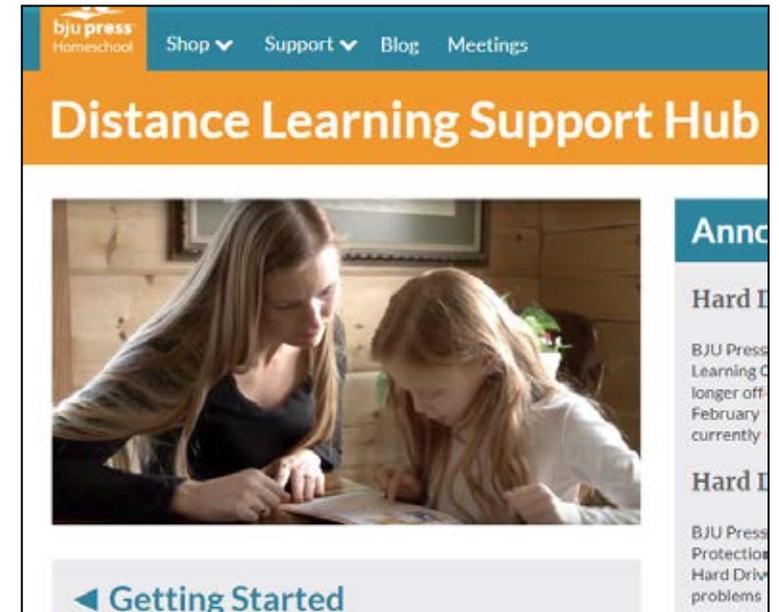
CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

Jennifer A. *We were seriously looking into private schools. Couldn't afford the one we were interested in at \$10,000 per student a year! We have twin 8-year olds and then a baby came 4 months ago. I was already struggling homeschooling and adding the baby to our family was so hard. We were looking for a solution and the BJU distance program had been such a blessing the past few months. I was homeschooled myself 3rd grade thru 12th. I always planned on homeschooling but teaching is so different from being the student! I would never choose to be a teacher by profession. Having this program is taking the teaching off me and bringing joy back to our days.*



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

Marianne B. We are a homeschooling family who are also in ministry. This means time is needed for mentoring one-on-one, discipleship group meetings, counseling, and people in our home multiple times throughout the week. Partnering with BJU Press DLO program has enabled me to do ministry while homeschooling. Just this afternoon I had someone pop into my home asking for prayer who is facing a very difficult challenge. I was able to take time for them knowing that my boys are in good hands with their teachers. While I do try to schedule all ministry related responsibilities to afternoon and evenings....those commitments take quite a bit of emotional energy. With the DLO program I'm not expending all my energy on teaching and then having nothing left to give to those we minister to. I cannot tell you what a blessing BJU Press has been to our family. It allows me to give my energy to facilitating and teaching the "extras" while being in ministry without burning out. I'm not sacrificing one for the other. What a blessing!



The screenshot shows the BJU Press Homeschool website. The top navigation bar includes the BJU Press Homeschool logo and links for Shop, Support, Blog, and Meetings. The main heading is "Distance Learning Support Hub". Below the heading is a large image of a woman and a young girl looking at a book together. To the right of the image is a sidebar with "Announcements" including "Hard I" and "Hard II". At the bottom of the page is a "Getting Started" button with a left-pointing arrow.



CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

Candace G. *I'm a mom of 5 and a business owner. I strove for 11 years to avoid "boring textbooks" and attempted to teach the kids MY ideal way (Charlotte Mason style). Helping each student with their individual subjects was so draining that by the time we would get to the fun stuff all together, I was too tired to finish the day. We never felt productive.*

I took the risk last summer of ordering BJU distance learning. It was an investment that I didn't have a lot of faith in truthfully. I didn't think my kids were capable of something that looked a lot like traditional school. But to my surprise... 🎉

It's been incredible!! It took a couple weeks of training and encouragement, but now my days are so more free! I spend about 3 hours prepping for the week. Then during the school day I supervise, but I'm also able to read to my toddler, respond to emails and make lunch etc.

By the end of the school day I still have energy manage my business.

The kids are getting a much more robust education and I feel confident that their education is top notch. Yay!! I'm so glad I took the risk.

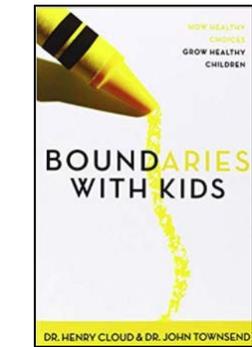
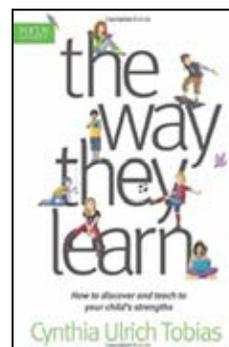
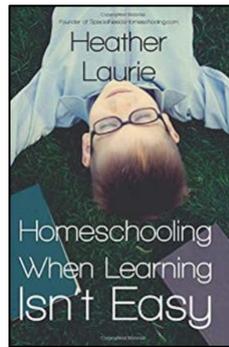
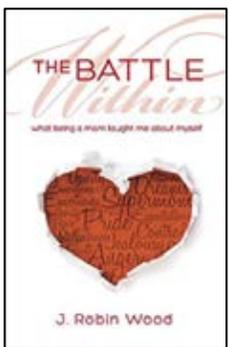
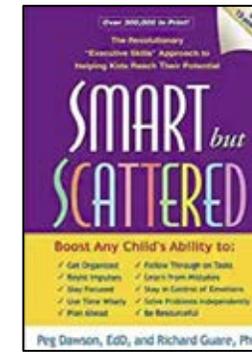
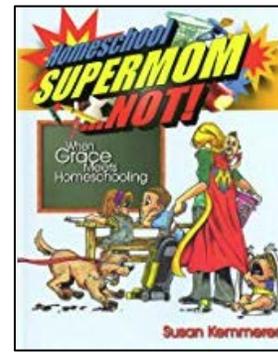
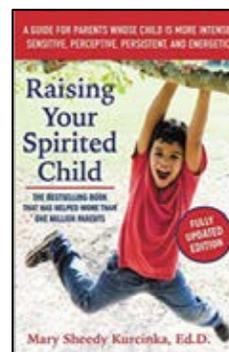
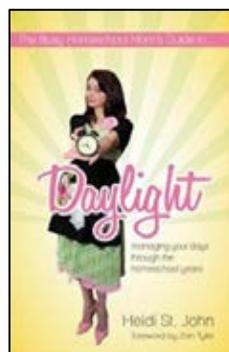
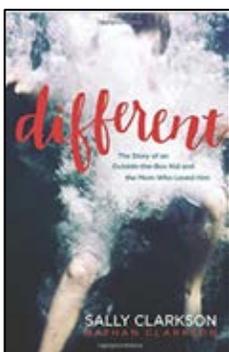


CONSIDER BJU PRESS HOMESCHOOLING MATERIALS

Tami C. *Well BJU has made it easier for me. I love how everything is organized for me. I guess I would say that it is easy to get overwhelmed or burned out when you try too hard to get it ALL done. (That's also trying too hard.) After 18 yrs. I maybe finally learned that it's ok if we didn't complete each and every assignment today. There's always tomorrow. And completing every assignment isn't going to make my child smarter, better, more qualified. Love BJU Press but we definitely don't and can't every single project, paper, essay, experiment,.... pick and choose what is best for my student. Love that I have many options.*

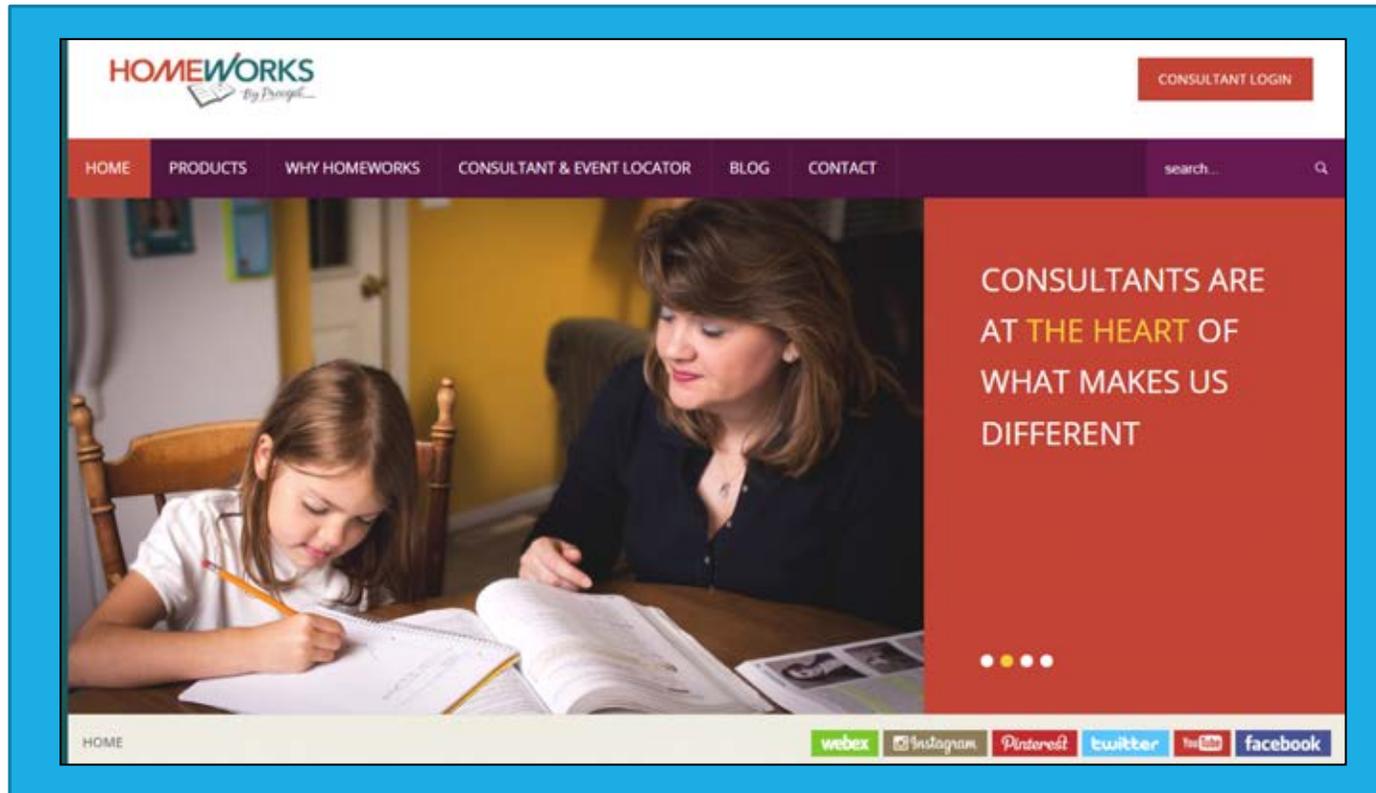
Tricia S. *Having the lesson plans fully prepared allows me to map out my general game plan for the school year ahead of time, and each year gets easier to lay out as I grow more familiar with the overall style of the curriculum. While there are always unexpected interruptions to our year, having a master game plan makes it easy to adjust things without falling impossibly behind.*

SUGGESTED BOOKS



Email me at sfisher@homeschoolhelp.com for special needs resources.

HOMWORKS BY PRECEPT CONSULTANTS AND RESOURCES



Follow homeschoolhelp.com- blog, webinars, social media



RESOURCES

<http://www.homeschoolhelp.com/blog/>

<https://www.homeschoolhelp.com/homeworks-by-precept-blog/defeating-homeschool-burnout-part-1#.XkSfIRNKhBw>

<https://www.homeschoolhelp.com/homeworks-by-precept-blog/defeating-homeschool-burnout-part-2#.XkSfxhNKhBw>

<http://blog.bjupress.com/>

<https://www.notconsumed.com/blog>

<http://www.reachingfamilies.com/>

<https://thecharactercorner.com/6-signs-you-are-doing-too-much-in-your-homeschool/>

<http://www.freehomeschooldeals.com/when-homeschool-moms-experience-burnout/>

<http://www.confessionsofahomeschooler.com/blog/2014/09/homeschooling-101-homeschool-burnout.html>

<https://www.raisingarrows.net/2013/01/the-truth-behind-homeschool-burnout/>

<http://www.leapingfromthebox.com/art/kmg/homeschoolburnout.html>