

How To Maintain Sanity & Productivity With Kids At Home, Bonus Q&A (Session 7)

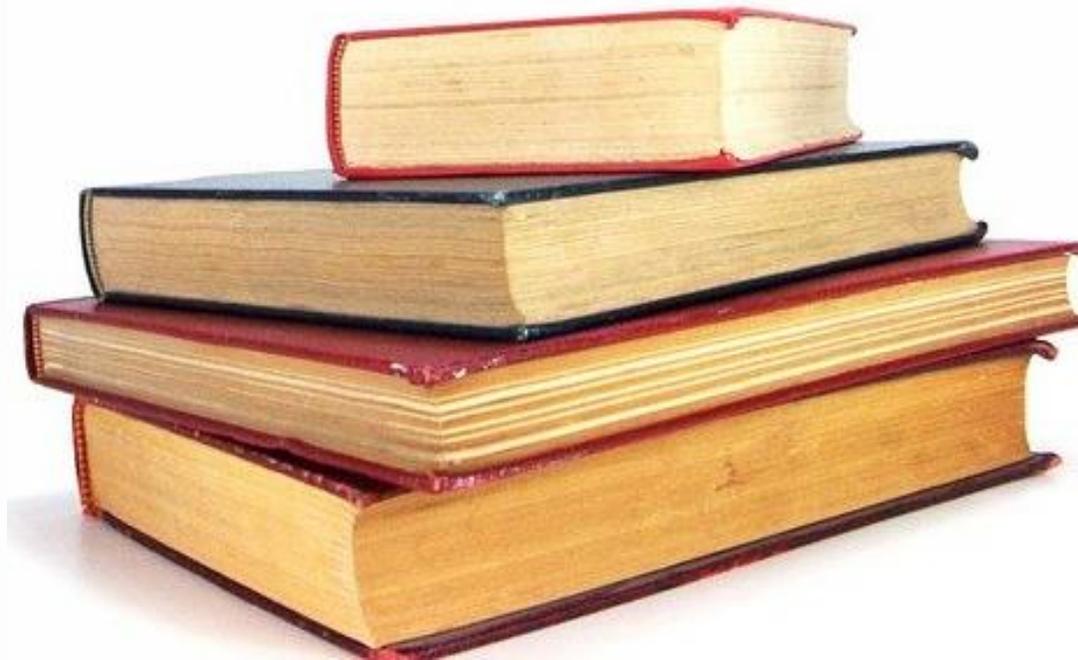


Your host, Alison Meredith:

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.



Previously, we discussed (Session 6)

1. **“Do your kids really only do school about 3 hours per day? How is that possible?”**
 - **“Is there a simple way to teach certain subjects with limited teacher-time?”**

I’m going to answer these questions in the context of two subjects:

- **Math**
- **English (Reading/Grammar/Writing/Vocabulary)**

Bonus Q&A (Session 7)

- 1. How do you manage sibling quarrels?**
- 2. I have to work during the day; how can I manage their schoolwork too?**
- 3. Help! I have TEENAGERS!**

Where to Find These and More Resources

All sessions of this webinar series are posted on the Holston IT website.

Videos, slide shows, and more resources you can download.

Simple link: Go to www.holstonit.com/blog

From there, find the article dated March 23, 2020

Direct link: <https://www.holstonit.com/2020/03/23/how-to-maintain-sanity-productivity-with-your-kids-at-home-1/>

Contact Alison at alison@holstonit.com or
www.linkedin.com/in/alisonmeredith7/

Managing Sibling Quarrels

Hear both sides of the story (when time).

Guide them through verbalizing their thoughts.

Require that they make eye contact with each other.

- Stop. Wait for it. Ask for it again.
- Make them repeat it when they talk without looking.

Managing Sibling Quarrels

Guide them through verbalizing their thoughts.

You: Jane, look at John and say, “I’m mad at you because . . .”

Jane: John, I’m mad at you because . . .

You: Say it again, looking into John’s eyes.

Jane: John, I’m mad at you because . . .

You: Now, John, you look at Jane and say “”

Managing Sibling Quarrels

Guide them through verbalizing their thoughts.

Key phrases:

Please help me understand why/how

It seems to me like . . .

My understanding is

Managing Sibling Quarrels

At the END of the conversation, direct BOTH kids to say something like this:

“I’m mad at you but I still love you“

“I am really hurt but I forgive you.”

“I will forgive you later.”

(NOT “I love you but I’m still mad at you)

Managing Sibling Quarrels

WHEN YOU DON'T HAVE TIME

Say “We are going to deal with this later.”

Make them separate until you can deal with it.

Be the Adult in the Room

When your kids misbehave, what occurs to you first?

0

1

2

3

4

5

6

7

8

9

10

How dare they!
I cannot *believe*
they are acting
so immature and
childish!

This is a huge
inconvenience
for me.

This is normal.
They need me
to help them
learn how to
behave.

Be the Adult in the Room

When your kids misbehave, what motivates your response?

0 1 2 3 4 5 6 7 8 9 10

I want revenge.

I want peace
and quiet.

I want to teach
my kids how to
be responsible.

I Have to Work During the Day. How Can I Manage Their Lessons Too?

You have the freedom
to figure out a solution that works for

YOUR FAMILY

YOUR KIDS

YOUR SCHEDULE

DEARS Time (Session 1 of this series)

Quiet Time (Session 2 of this series)

Rotating Activities / Locations

Create a Reasonable Schedule is the focus of Session 2

Help! I have TEENAGERS!

Recruit them to Be on Your Team

Give them Freedom to Explore and to Fail

Minimize your Requirements

Be the Adult in the Room

What We Talked About Today (Session 7)

1. **How do you manage sibling quarrels?**
2. **I have to work during the day; how can I manage their schoolwork too?**
3. **Help! I have TEENAGERS!**