

# How To Maintain Your Sanity & Productivity With Kids At Home, Session 1 of 5

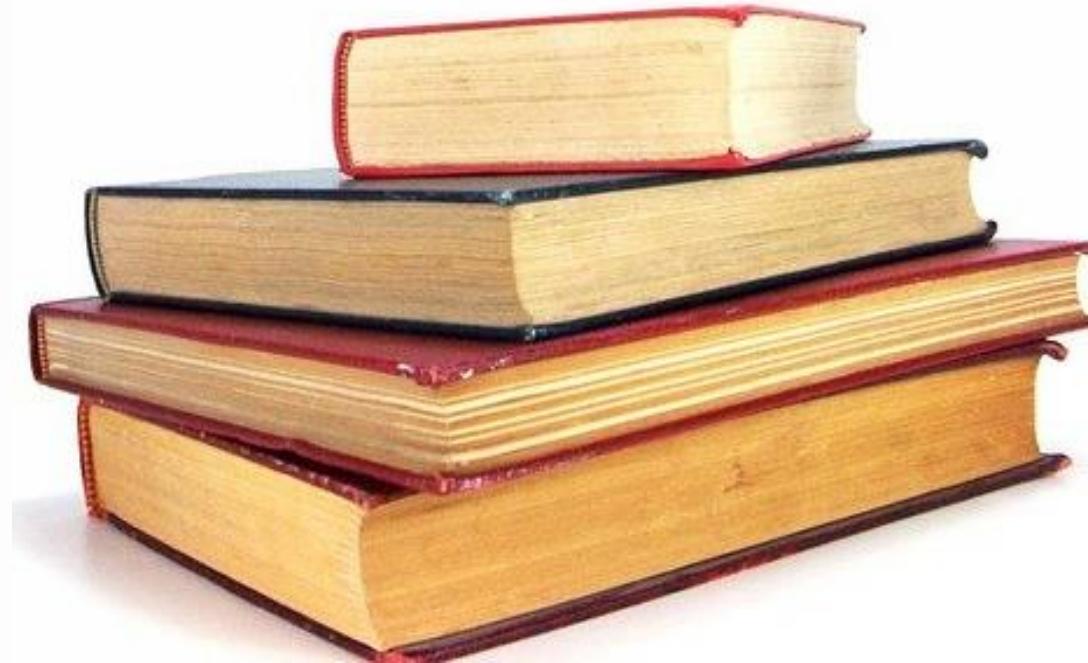


## Your host, Alison Meredith:

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.



# **Today's Tips:**

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

# Get Your Mindset Right: Growth Mindset

## Growth Mindset

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

# **Get Your Mindset Right: Realistic perception of your Kids**

**Realistic Mindset**

Your kids are beautiful.

They are childlike.

Your kids are *kids*.

They are childish.

You get to be the adult in the room.



# Get Your Mindset Right: They're On Your Team

Your kids know things are not going according to plan.

They are pushing against you.

But actually, *they want to be part of solving this problem.*

# Leverage Your Kids' Great Ideas

There IS a place for “Do this. Now.”

You ARE the boss. You get to call the shots.

BUT . . .

## 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?

# **Secret Sauce for Getting Work Done at Home**

**DEARS Time:**  
Drop  
Everything  
And  
Read  
Silently



# **Secret Sauce for Getting Work Done at Home**

## **DEARS Time: Drop Everything And Read Silently**

- Set the timer. Teacher's choice how long.
- Kids have a stack of books next to them. Help them choose these ahead of time.
- Everyone stays in the living room on his assigned chair.
- They can put on ear protection if a sibling is being loud (humming, etc); but, they should all be quiet.
- Every time someone talks, add a minute.

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