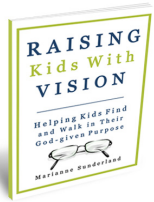


Avoiding and Overcoming Burnout

Marianne Sunderland





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OUR STORY

50% FINISHED
100% EXHAUSTED

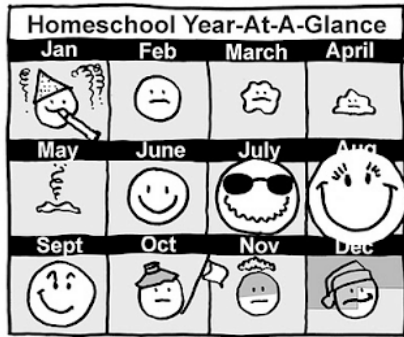
You've heard of calculating your age in dog years...



WE ALL GET BURNT OUT

SIGNS OF BURNOUT

- feeling overwhelmed
- feeling depressed - lack of hope
- feeling irritable
- considering putting kids in school
- feeling angry and resentful towards family members
- fatigue
- lack of confidence
- feeling like your kids are not learning enough



CAUSES OF BURNOUT

- Unrealistic expectations
- Too busy with outside activities
- Too isolated
- Parenting/character issues
- Not taking care of mama

UNREALISTIC EXPECTATIONS

DYSLEXIA

His yoke is easy and
His burden light.
Do you believe that?

If God has called you to homeschool, He will
strengthen you to do it

WHY IT IS SO HARD TO TRUST?

TOO BUSY WITH OUTSIDE
ACTIVITIES

TOO ISOLATED



PARENTING ISSUES

Character Training is a Subject

FROM DISCIPLINE TO DISCIPLESHIP

Use discipline issues to point your kids to their need for a Savior - can't do it in their own strength

Education is discipleship

Luke 6:40 ...everyone after he has been fully trained will be like his teacher.

STRONG-WILLED KIDS

SIGNS

- disrespect of authority
- impatient; difficulty waiting
- quick to anger
- extreme self-centeredness
- poor communication
- refuse to do things they don't want to do

MANAGING A LARGE FAMILY

- Lots of prayer
- Wake up early
- Focus on character
- Have a routine
- Plan dinner
- Practice giving thanks
- Enlist the help of your husband

TEENS

Strange behaviors!

- Laziness** - lose interest in things
- Disrespectful** - think they know it all
- Selfish** - always thinking about self
- Angry or impatient** - moody
- Pushing boundaries** - independent

BOUNDARIES WITH TEENS

Don't get caught up in making them happy
Goal is to make them responsible

Teen boys and moms

KIDS RESISTANT TO DOING SCHOOL

Could be a character issue
Could be a learning issue
Could be a learning style
Could be a teaching style
The power of interest-led learning
What do they **want** to learn?

FEELINGS OF INSECURITY

Trust in yourself and you are doomed to disappointment;...but trust in GOD, and you are never to be confounded in time or eternity. Dwight L. Moody

THE DREADED GAP

What would be the worst thing that could happen if your child failed to learn everything?

Could God still use their lives?

Remember the goal of your instruction

1 Tim 1:5 love from a pure heart and a good conscience and a sincere faith

KNOW WHY YOU HOMESCHOOL

Create Your Homeschool Mission Statement

Ask Some Questions

And Write Down the Answers

- Why are we homeschooling?
- What are our spiritual goals?
- What are our educational goals? Why?
- What do we want them to learn? Why?
- What non-academic areas are important?

Examples From our Mission Statement

- Godly character
- Christian worldview
- Strong family relationships
- Lifelong learners/equipped for real learning
- Good study skills
- Develop perseverance & diligence
- Overcoming learning struggles

Our Homeschool Mission Statement

The Sunderland Family homeschool seeks to foster strong family relationships and godly character first by teaching a Christian Worldview, by developing lifelong learners, equipped for real life learning by applying diligence and perseverance to overcome struggles, both academic and otherwise, with the ultimate goal of finding and pursuing God's unique plan for each of our lives.

HAVING VISION

Proverbs 28:19 Where there is no vision,
the people perish

When we forget why we are doing what we
are doing, we falter

Referred to lack of prophetic message

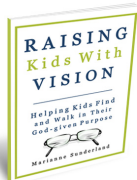
Are you hearing from God?

SUCCESS OF HOMESCHOOLING

- The home-educated typically score 15 to 30 percentile points above public-school students on standardized academic achievement tests.
- Regardless of their parents' level of formal education or their family's household income.
- Participate in community service, vote and attend public meetings more frequently than the general populations
- Homeschool students are increasingly being actively recruited by colleges.

PRIORITIES

PERSPECTIVE



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**BOOTH AT THE END OF
EXHIBIT HALL B**
