

JAN 2022



THE

HOMESCHOOLING MAGAZINE

Exclusive

CONSULTATION WITH A
VETERAN HOMESCHOOLER
CAN MAXIMIZE TIME WITH
10 STEPS TO SOAR

What To Do When
You Need A Day Off?

15

Powerful Articles
to
help you!

Adrienne Brown

26 YEARS
HOMESCHOOLING
VETERAN, AUTHOR, AND
ENTREPRENEUR

A
Mother's Journey
through
Homeschooling

A NOTE

from the Founder

Impacting the World Through Home Based Learning

As a Homeschooling Educator for 10 years and the Co-Founder of the Largest Homeschooling Facebook Group for People of Color with Michelle Shannon and we currently help support over 11,000 Homeschooling Families Worldwide I have had the honor of being within the education field serving in different capacities for over 20 years. As a Certified Special Needs and Homeschooling Consultant, I know all too well the stresses and uncertainties that can come along with Homeschooling. Although Homeschooling can bring many blessings it can have many challenges. The Homeschooling Magazine was created during this time in which the entire world is asking themselves the same question. Should I Homeschool or shouldn't I homeschool and if I do decide to Homeschool where in the world should I start? This magazine will give you the support, advice, and resources that you need in order to Homeschool with Excellence. It is our Hope that The Homeschooling Magazine will serve as a blessing to you and your families. Happy Homeschooling.



DR. TINA RAMSAY
FOUNDER & EDITOR-IN-CHIEF

The Homeschooling Magazine Freelance Contributor Writers

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Reaching 11,000 Homeschooling Parents Worldwide



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TABLE OF CONTENTS



Founder's Note	02
Consultation with a veteran homeschooler can maximize time with 10 steps to soar	06
"A letter from a Friend!"	10
(Fear) (Faith) (Freedom)	13
Natural Health Remedies for Stress and Anxiety	16



The Self-Care Mama	19
Why is Estate Planning Important?	22
When The Music Changes: Accept The Change	24



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The Current State of Our Youth	26
--------------------------------	----

A Mother's Journey through Homeschooling	29
---	----

What To Do When You Need A Day Off	33
---------------------------------------	----

The Importance of Teaching Life Skills to the School Age Child	38
---	----

Creating A Homeschool Curriculum that Works	39
--	----

Fit to Win Youth Fitness: Exercise Helps Children Excel in HomeSchool	42
---	----

Did I Do Enough?	46
------------------	----

How to Homeschool on a Budget?	49
--------------------------------	----

Entrepreneur Spotlight	50
------------------------	----

Energy Healing and benefits	52
-----------------------------	----

Raising Teens	53
---------------	----

Business Directory	56
--------------------	----

Homeschooling through a Pandemic while maintaining your Health	61
---	----



CONSULTATION WITH A VETERAN HOMESCHOOLER CAN MAXIMIZE TIME WITH 10 STEPS TO SOAR BY: ADRIENNE BROWN

This is a point that I can't stress enough. Your homeschooling days will be so much better if you seek consultation from a veteran homeschooling parent. Why? You ask.

Because a veteran homeschooler can help you skip many years of pitfalls and tail chasing.

That's right. a veteran homeschooler who is a consultant, has been there and done that!

From choosing the right curriculum for your family to creating awesome high school transcripts. Not to mention helping you to set up or not to set up schoolwork areas in your home.

Consulting with a veteran homeschooler can help you to quickly find exciting groups that do dynamic co-ops together and who enjoy fascinating field trips every month if that's what you're looking for.

In other words, your homeschooling life will be 10x if you consult with a veteran homeschooling parent for these 10 reasons.

#1 – Family Specific Focus

Yes. A veteran homeschooler will model this characteristic for you. especially if the parent is an old G. They will have this trait downpacked. You will learn to focus on the structural dynamics and the immediate needs of your own family.

Family focus is the single most liberating skill you will need to harness when you are starting out in homeschooling. In my experience, the most stressed-out homeschooling parents are those who do not keep their eyes on their own families.



#2 – Setting Homeschooling Goals

As a newbie homeschooler, you will have to set goals for the success of your children's education. Consulting with a veteran homeschooler can get you streamlined guidance to list the goals that you have for your family.

You will understand how to set current goals, near-future goals, and overall homeschooling goals.

Think about it, a veteran homeschool parent has a bird's eye view of the overall homeschooling journey. Especially, if they have already graduated students from their homeschool into college.



#3 – Mindset Realignment

Hold on, I am not kidding about this one. Most new homeschooling parents try to approach homeschooling just like they would as if they were putting their children into public school.

However, consulting with a veteran homeschooler will help you to realign that kind of thinking. You will find that homeschooling is completely flexible. It is the freedom of homeschooling that allows you to control how far your child goes in his educational career. Trust me he or she can fly with the eagles!!!



#4 – Guidance Approaching the Pertinent Officials

What does this mean to you? Well, let me just say that when you are just starting out, homeschooling can be very frustrating and mind-boggling. It is imperative that you contact the right authorities when you are thinking about homeschooling so you are covered legally.

A veteran homeschooler consultant will direct you through the process of contacting all of the important entities.



#5 – Choosing the Perfect Curriculum

When it comes to choosing a curriculum as a new homeschooler you can really get lost. Think about it, in order for you to choose the right curriculum you will have to know what's out there and how the curriculum works.

This is where a veteran homeschooler can truly be a valuable source of information. The average veteran homeschooling consultant has either used a particular curriculum or has good working knowledge about it.

This gives you an advantage over those who choose not to consult a veteran homeschooling parent.





Homeschooling



#6 – Planning Homeschooling Schedules

A veteran homeschooler more than likely has had to plan, re-adjust and totally change the family's school schedule on many occasions. Therefore as a consultant, he or she will be an excellent source for resources that can help you plan your homeschool's yearly schedule.



#7 – Mapping Out Extracurricular activities

And it doesn't stop there! Consulting with a veteran homeschooling parent about extracurricular activities will save you hours of searching and running around. They will know where the coops are, where the sports are and many other fun activities for your kids to enjoy.



#8 – Money Hacks

Similarly, consulting with a veteran homeschooler will save you much money. You will not have to go spend hundreds of dollars trying out the various curriculum nor trying out activities that are not a good fit for your family. A veteran homeschooler has perfected ways to cut pennies in homeschooling.



#9 – Grades and Transcript

A veteran homeschooling consultant will help you learn how to evaluate your children's work and how to award the appropriate grades. As a consultant, they will know how to create a high school transcript that any college will accept.





Homeschool Mom of 8

WATCH NOW ▶



BY: ADRIENNE BROWN

#10 Friendship with an older experienced homeschooler

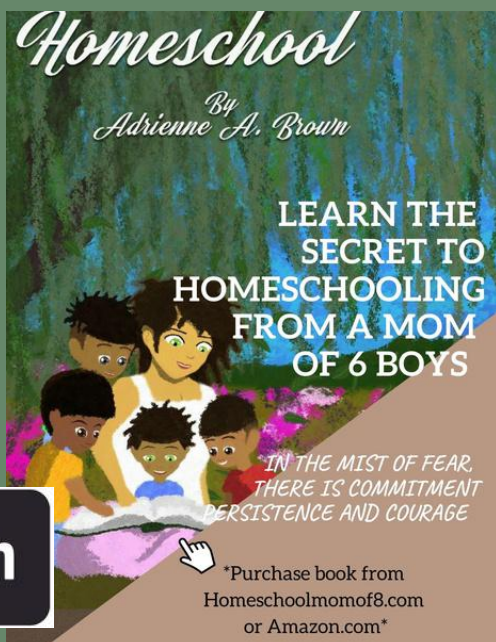
Oh and, some of the other valuable benefits of working with a veteran homeschooling consultant is

- Fast, safe help
- Having a Mentor
- On hand homeschooling wisdom
- and most of all friendship

<https://www.homeschoolmomof8.com/>

Homeschooling is a serious commitment, so finding a friendly, knowledgeable homeschooling consultant is crucial to your homeschooling success.

Oh, by the way, I love helping new parents with, homeschooling, parenting, and home management!



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"A letter from a Friend!"

BY: -MRS. LACEY
TAYLOR



Peace Friend,

First, let me remind you that you're not alone, and that you've got this. Secondly Not only am I a 13-year United States Army Veteran, I'm also a 10-year (and counting) Veteran in Homemaking and Unschooling, with Degrees in Psychology. In the next few paragraphs, I want to share my experience on how I nurture myself, while being a full-time Melanated Homemaker and Unschooler. So without further ado, let's jump right in.

Full-time homemaking and unschooling can weigh heavy on a person, especially if they don't know how to properly nurture themselves and cope with the expected and unexpected stressors that come with it. One thing that has been most beneficial in my journey, is ensuring that I have at least 5-hours of personal time daily. You might be thinking to yourself, is that even possible? My answer is YES!!.

The ladies in my melanated homemaking group on facebook constantly ask me, "Lacey, how do you do it?" My answer is simple, "Home Governance". So what is home governance you ask?

Home governance, in a nutshell, is the process in which I govern my home on a daily basis. Everyone has a title, and contributes to the running of our home. For instance, I haven't washed dishes in over two years. Why? Because my "Kitchen Manager" (Eldest Son), ensures that the kitchen remains clean. With our eldest son being the kitchen manager, it relieves myself and husband of that duty, while teaching our son proper responsibility and time management.

Back to my personal time. My first three hours of personal time: I wake up three hours prior to the rising of my household to simply celebrate ME. I rehydrate my body, eat a snack of my choosing, listen to my favorite music and dance, then I attend to the needs of my household. Once I'm good, I know the family will be even better. This is a great example of how to nurture yourself unapologetically and consistently. After all, aren't you worth waking up three hours early for?

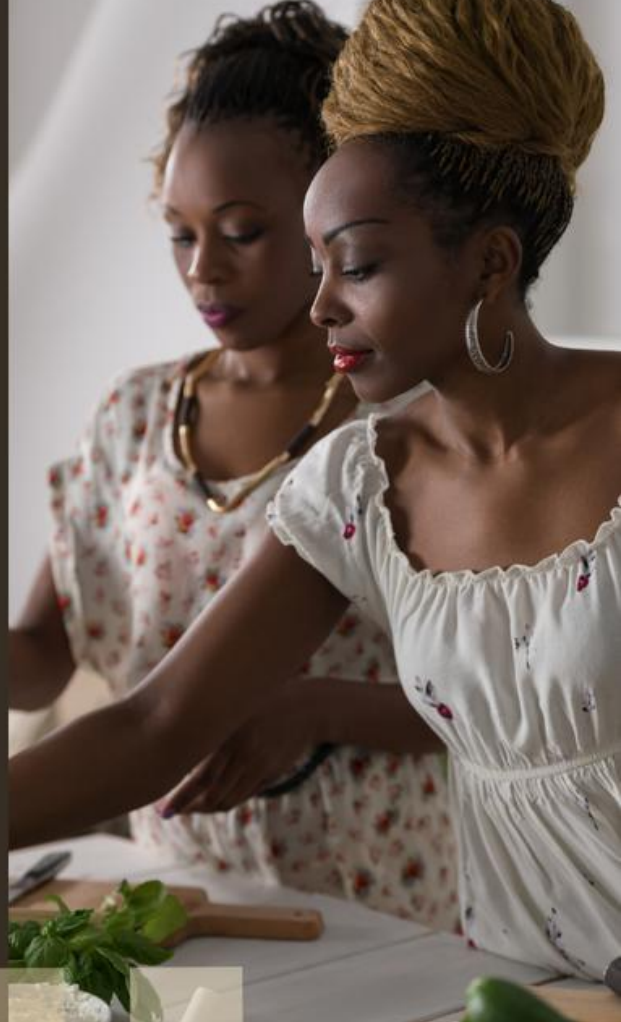
Quiet & Nap time provide my second 2-4 hours of personal time.. Quiet/Naptime, gives my husband and I the much needed mid-day break we need. As an entrepreneurial family, we spend 24/7 together. Don't get me wrong, I love being with my family and knowing that everyone is ok, however, having babies 20-months apart will wear a person out, especially if there's no set nap time, lunch time, breakfast, snack or quiet time. If it weren't for my background in psychology, I wouldn't know about the human mind and behavior to the extent in which I do.

Humans are predictable and love consistency. With that being said, having consistent specific times for everything, will save you from being stressed and having to always hope and pray lol. I invite you to join the rapidly expanding community of melanated homemakers on facebook exclusively for the melanated woman, by the melanated woman. Rest Assured, you're not alone, Queen.

-Mrs. Lacey Taylor

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(FEAR) (FAITH) (FREEDOM)

by: Jamecia Lewis

Fear

I'll never forget the day I got that call. My daughter's teacher invited me to some unorthodox tutoring sessions. The tutoring was for me to learn a new method of math.

Apparently, I was teaching my daughter outdated methods of problem solving, and she was falling behind. The negative feelings following that call engulfed me. I felt disoriented, not fully grasping what was happening or why. I felt angry, not understanding why new methods of math were being introduced at all. Above all, I felt fear. I knew God didn't give me the spirit of fear, yet there it was. With time and knowledge, negative emotions left, but fear stayed.

I learned to process fear as a testament of the high value I place on my children's education. Fear reminds me that time changes, and my children will change with it. Fear fuels me to be innovative and flexible while educating them. For me, fear isn't going anywhere anytime soon, so I translate it and embrace it.

Faith

There was no light at the end of the tunnel. I was working hard on my fulltime job and even harder learning how to teach my daughter. Eventually, my daughter didn't even have time to play. We had work to do, every...single...day. I watched my lively daughter become someone I hardly recognized. Subconsciously, I knew I was losing the little girl I loved more than life. I had to fix this school thing.

After a few days of praying and confessing my fears and failures, I surprisingly felt like something good could happen. For the first time since this journey started, I felt faith.

Faith came with endless hope and joy for what could be. Faith taught me that it's ok to work toward what I hope for, instead of hyper-focusing on what I see. Whether I'm having a bad day or a bad month, this journey propels me to find faith. Faith reminds me that I can always opt out of what is and work toward what will be.

Faith has been the dock that keeps me from floating into the abyss of insecurity.



(FEAR) (FAITH) (FREEDOM)

by: Jamecia Lewis

Freedom

I was prepared to supplement my daughter's education to make teaching easier on her teachers, but I never considered being entirely responsible. Homeschooling was foreign.

Nevertheless, I found myself withdrawing her from traditional school. All the uncertainty leading up to withdrawing her disappeared. I empowered immediately afterwards.

For the first time, I felt freedom, and it overpowered all other feelings. Freedom has been my reward as well as constant tool of empowerment. Whether I'm teaching in the car at 10pm or staying on the same lesson for an entire month because someone doesn't get it, freedom says it's all good.

It reminds me that it's ok to add new boundaries, and its ok to remove old boundaries that doesn't fit anymore. I love freedom. Homeschooling is a wonderful journey. Wherever you are, embrace fear; seek faith; and fall in love with freedom..



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NATURAL HEALTH REMEDIES FOR STRESS AND ANXIETY

HELP FOR HOMESCHOOLING PARENTS

PANIC ATTACK

Everyone experiences stress and anxiety. Currently, the Covid-19 crisis even exacerbated the problem. Anxiety disorders are the most common mental illness affecting many adults in the United States. Anyone can get stressed out, but younger people and adults who have a fast-paced lifestyle are the most vulnerable groups.

Stress and anxiety are serious health concerns, and treating their source must be the priority. Accordingly, a brain chemical imbalance triggers stress and anxiety. When we feel overwhelmed, our perception of priorities as regards what's essential and not are affected. Therefore, triggering several psychological and physical effects, including poor sleep, emotional eating, depression, and panic attacks. Likewise, stress causes significant health problems such as heart disease, insomnia, stomach ailments, and depression.



When dealing with stress and anxiety, proper and effective management should be considered. There are many different ways of managing stress and anxiety, such as taking prescription medications (which can pose risks to your health) and all-natural remedies. Natural remedies such as exercise and meditation can help us find our center and reconnect with what matters most.



The following are some of the best natural remedies for stress and anxiety:

Change your diet: To combat stress and anxiety, try adding more healthy foods to your diet like fruits, vegetables, whole grains, lean proteins, and good fats. Eliminate caffeinated drinks, alcohol and refined sugar from your diet, as these substances can worsen your anxiety. Eat foods rich in omega 3 fatty acids, such as walnuts, anchovies, flaxseeds, salmon, and tuna. Eating healthy foods also helps to avoid indigestion which is usually caused by stress.



Exercise: Exercise is one of the best ways to keep us in shape and manage stress levels. Exercise releases endorphins into your bloodstream, which makes you feel happier and calmer; thus, providing you a "time-out" from your stressful day.

Use essential oils for relaxation: Essential oils have been shown to positively affect people who suffer from depression or elevated stress levels. Lavender is a well-known scent for helping reduce stress and encourage sleep. Peppermint oil may also be helpful for those having trouble sleeping due to stress.

Try out alternative therapies: Some people find reiki or acupressure techniques helpful in relieving their anxiety and stress levels. Other evidence-based alternative methods like diaphragmatic breathing, take a walk, watch your favorite tv show, read a book, listen to music, or journal.

Handling stress and anxiety involves developing new habits that usually come down to small lifestyle changes that significantly impact your well-being over time. Nobody is the same. What works for me may not work for you, so it all boils down to finding the right technique that proves effective in achieving your goal. Over time, what's important is that small tweaks to your daily routine can make a big difference in how you handle stress and anxiety. Book your wellness consultation today with www.CoachTinaRamsay.com



WELLNESS TIP

SELF
CARE
ISN'T
SELFISH



The Self-Care Mama



Does your personal self-care exist within your homeschooling day?

Hi, my name is Vella Ellerbe. I'm a Holistic Life, Health, and Wellness Coach Practitioner, and Herbalist. My husband and I homeschool our two sons Nevan, age 7 and Nygee, age 5. We've been on our homeschooling journey for 2 years and we're still standing. We love the new life homeschooling is creating for our family as well as the beautiful transformation it's providing for our boys.

However, we haven't always felt comfortable and trusted in ourselves and routine. When we entered the homeschool arena we were scared out of our minds. We had beliefs and fears we were going to get it wrong somehow. We thought our children would fall behind, that they wouldn't be properly socialized, that we (my husband and I) wouldn't have enough time left in the day for our own ambitions. Now we know none of those things are true. In fact, everything is the complete opposite. We didn't see it at first because for a short moment of time we couldn't see ourselves. Fear had completely consumed us. We were up late almost every night recapping every step from that homeschooling day. Then numbing out on T.V, which in return made us exhausted the next day. We were stuck inside a vicious cycle that was not serving us at all. We used the excuse "we're in the middle of a pandemic" for a few weeks until we really started to not feel like ourselves. I remember walking into the bathroom one morning and seeing myself in the mirror. My skin broke out, I had bags under my eyes and I realized. I am so out of "practice". I got a sticky note and wrote "breathe mama, you got this" I put it on my mirror so I see it every morning and it's still there to this day.

See it wasn't that I didn't know what to do, as I mentioned I'm a Coach. It's that I made the homeschooling experience so hard in my mind. And like all great minds they believe what you tell them. After coming to that "aha moment" I remember having a beautiful conversation with my husband and saying "we'll do our best and ask for help where we need it". We released the need to know everything in that moment and embraced the journey.



That evening I started brainstorming ways I could add intentional self-care for myself throughout the day when I had the huge realization. I get to coach my family, hahaha. What I mean is I realized our homeschooling day could include lots of intentional self-care practices. That I had a beautiful opportunity to invite my family into the practices that I already held for myself, as well as create new ones that supported the life I was living now.

Let's get you into practice.

I would love to leave you with a few of the intentional self-care practices to add to your family's day.

Intentional breathing. I love breathwork and it's a modality I share with my clients regularly. What I love most about it is you don't need a Practitioner to guide you through to experience it. You can do it any and everywhere.



Try this: Inhale through your nose while counting to 4, hold your breath while counting to 4 in your head, then exhale through your mouth while counting to 4. Repeat 5-10 times

We plugged this into our morning routine. My youngest loves circle time so we created our own all around mindfulness with breath as the focal point. Intentional breathing regulates your nervous system. Regulating your nervous system before starting a task helps us retain what we're learning.

Sun Breaks. My family loves nature and playing outside. We have picnics and snack breaks outside often. When my little ones get frustrated, over stimulated, or need to get their wiggles out, we head outside. Sunlight has so many benefits, the one that's commonly known is vitamin D. Sunlight exposures also increase your body's level of serotonin. Serotonin is a stabilizing hormone in your body coined "the happy hormone". It improves digestion, sleep, and the feelings of happiness and well-being.

I want to hear from you. Reach out to me and let me know how your family likes the sun breaks and breathing practices.

Before I go I would like to invite you into a deeper practice of self-care, one that's just for you. While involving our families in our practice is great, we can't pour from an empty cup so we have to start with us. So again, I ask you. What does your personal self-care routine look like during your homeschooling day? It's so easy to get wrapped up in your day leaving little to no time for self, I get it. But what I also know to be true is we serve our families best when we're at our best.

I created a membership for Moms, caregivers, and nurturers to pour into themselves. Holistic self-care is not one size fits all. So I created a membership to introduce you to different modalities to try on for size. Getting your hair and nails done are beautiful practices to have and hold but what about your emotional, spiritual, and mental hygiene? You get to be full and serve the highest version of yourself daily.

In my coaching practice I always leave my community with this gentle reminder and I'm going to leave it here with you today too.

Don't ever play about "you" love, your self-care is not selfish. It's the fuel that powers you for more.

**I look forward to hearing from you.
Peace & Purpose, Vella**



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Why is Estate Planning Important?

By: Professor Felicia Golden Grimes

Life is unpredictable, money comes and goes, health deteriorates. Precisely, the only thing you can be sure of is uncertainty. That is why preparation is of utmost importance.

Estate planning is often the least glamorous of all subjects. However, it's also one of the most important as it allows people to take control of their future in case of incapacity or death. It also provides the framework for managing their assets according to their wishes.

Estate planning is the process of how you want your individual assets to be protected, managed, and dispersed when you are gone. It is necessary to have a plan in place so that your assets are not only protected but also ensure your family is taken care of. By having an estate plan in place, you will appoint someone to administer your estate. The estate representative will have the authority to settle the deceased's affairs and carry out the deceased's wishes.

A valid estate plan allows individuals to appoint someone to serve as guardians for any minor children or a child with special needs if both parents are deceased. Additionally, it provides certainty for all family members while avoiding costly court battles.

When it comes to making an estate plan, many different components need to be addressed. For example, beneficiaries need to be designated on all accounts, including cash value policies and retirement plans, such as IRAs. Property needs to be appropriately titled within each person's name alone or with a spouse as "joint tenants with right of survivorship" and many more.

An estate plan is more than just a will. It includes careful, specific instructions that spell out precisely what you want to be done with your money and possessions. This may consist of payouts for your spouse and children or even designating guardians for your minor children and how they should be raised if you pass away. In addition, Estate plans can include trusts that can help protect your assets from lawsuits or creditors. They can also include elements designed to help keep your heirs from squabbling over money when you're gone.

Estate planning is not only for the affluent and renowned people. It is also essential for middle-class families who may not be wealthy enough to afford huge legal bills but still have plenty of assets that could cause problems later on if not properly handled after death or incapacity. Estate planning enables individuals to maximize their estate's value by effective tax planning and other financial tools.

Remember, as your financial resources grow, so does the need for planning. Without a plan in place, the government will decide how to distribute your assets among your heirs. The government may do the distribution based on what they deemed is best but not necessarily for you and your family.

If you don't have an existing estate plan in place, then consider creating one now! Set an appointment with an expert like myself or a lawyer to help and guide you in the process. Remember, having a solid estate plan in place has become increasingly important in the 21st century as families move far away from each other and maintain relationships from afar.



By: Dr. Felicia Golden Grimes
CEO of Golden Grimes Consulting, LLC.,
Professor, Financial Educator
www.FeliciaGrimes.com



When The Music Changes: Accept The Change

BY: DR. SYLVIA COLE

Have you ever been to a party or wedding and danced to your favorite song? Suddenly, the music changes and you must change your dance. The reality is that for countless parents, teachers, and administrators alike, the music has changed due to the Pandemic. We must now be committed to dancing differently to help our students succeed.

As a former teacher and now Educational Consultant, I constantly hear the fears and frustrations felt by parents across our country. A single parent of three shared, "Being a single mother is already tough and I am not an educator at heart and feel at times I have no support." A widowed father shared, "I am totally lost as to how to help my four children. They miss their mom so much." A fellow educator and parent shared, "I feel so overwhelmed. I have not figured out how to help my students and at the same time help my three children who are also homeschooled. Each of these parents are seeking answers as to how they can help their child succeed in these difficult, new, and challenging times. The Pandemic has forced administrators, educators, teachers, parents, and students alike to make countless necessary ongoing adjustments.

Change is inevitable for all of us, and the reality is people struggle with change because of the fear of the unknown. I recall an interview on a radio show a couple of years ago and the host asked me the following question: "How do you manage change?" I immediately said the first thing I do is accept it, whether it was self-inflicted or not. Parents, you must also accept this new norm although it takes you out of your comfort zone and you find yourself going through a series of emotions including panic, stress, and fear. As I think about my life, even my parents and countless others in years past had to adjust to changes in our educational system including desegregation. And guess what? They adjusted and accepted the change, which had a profound impact on where we are today. I agree change can be difficult and parents, educators and students must make an individual decision to choose to accept and adapt to this change.

I challenge every parent to be your child's role model, talk to your child in an open and honest manner about this change, and most importantly, stay positive. During changing times or seasons in life, my hope for each of you is, "May you be granted the serenity to accept the things you cannot change, courage to change the things you can, and the wisdom to know the difference."



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Cheryl Wood



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Kiyana Mensah



Sakilé Sakilé



Shana Asby



Kendell Myers



Terri Brinston



Carol Ben-Davies



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THE CURRENT STATE OF OUR YOUTH

by: Shana Asby The Family Life Coach



The current foundation of our youth consists of the type of education they were given. Most education systems neglected to teach morals, ethics and values, communication skills, team building skills and conflict resolution. Yes parents are the first teachers, but the current system states that children should be in school for 8 hours in a day which consists of 24hrs, leaving 16 hours where 5 is left for homework, parents to cook dinner and then to bed. Where does anyone have time to sit and digress from a long day, then think and refocus in order to connect with the family. If mom has no time to pause, then she is carrying her work day into her home life, where she has become a robot. The bible states that you train up a child in the way that they must go, so who has trained up the current generation of youth?

In 2020 nearly 19 million children, amounting to 25 percent of all children in the U.S., were living in single-parent families. The U.S currently has the highest divorce rate in the world. This means that one parent is doing the job of two parents, which puts children at a disadvantage. We can sit here all night exposing the truths of why the youth are who they have become. Parents are put at the forefront of the blame, when they have become numb to the pain of being present, stressed about bills and job security, having to sacrifice to get things done. There have been more school shootings in the year 2021 than previous years, meaning that the problem is getting worse.

When shootings happen, interrogators always take a deep dive into the background of the children who committed the crimes. Instead of waiting till something happens, maybe people should look into why school shootings exist and into what is wrong with a broken system. As I have jeered at the news in awe of what has taken place, the results mostly point to bullying, depression, and children who are loners. Alfred University did a study to verify the reasons as to why children commit school shootings, The top 5 reasons along with percentages are listed below.

- 1.87% of children stated to get back, the person who hurt them,**
- 2.86% Other kids pick on them, make fun or them, or bully them,**
- 3. 62% They don't value life, 61%**
- 4. They have been victims of physical abuse at home,**
- 5. 56% have mental problems.**

The current state of education consists of a broken system that is being reflected through the lives of our children. The U.S has the highest rate of divorce in the world, this is known and the current state of school shootings has left data that can be used to reset the foundation for the next generation. Data does not show that the parents are the total blame for the state of our youth, but also the education system. If we look at the reasons for school shootings, we can find solutions that may save the next generation of youth.

If you are a person, is passionate about the state of our youth, connect and reach out.

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A Mother's Journey through Homeschooling

by:

DANNE SMITH MATHIS

The location was Wal-Mart, South Carolina. For other reasons, I no longer shop there. I was wearing a Michigan sweatshirt. A white man saw me and said: "Oh, you got a boy up there at Michigan? What's he playing basketball or football?" I responded: "Yes sir. I have a son at Michigan who's studying for his Ph.D. in Applied Physics." The man said: "Oh," and walked away! This was my child, my first son.

I have no real recollection of my son's educational journey before he turned three years old. I do recall his inquisitiveness early in life, all the "whys?" and "hows?." There was no YouTube or Internet where I could find answers quickly; it was 1992. I was already homeschooling my eldest, my only daughter who was then age 5. She attended a three-day a week private school equivalent to a public-school 1st grade program. I drove 60 miles roundtrip daily while answering those "whys" and "hows" and nursing my youngest.



By:

DANNE SMITH MATHIS





The year after I decided to homeschool my daughter full-time, I enrolled my first son into the same private school program. At the end of his first week, he informed his teacher he was going home. He did not mean for the weekend; he meant for good! He told her he was going home to be homeschooled like his sister! It was his choice, not mine. And so, it began at age 5. He did not go back out to school until age 13.

My first assignment was to teach him how to read but he already knew how! To this day, I have no idea how, when, and where he learned that! I knew then, there was something extraordinary about him. He was the child who taught himself how to play piano and who to speak Japanese.

Three weeks after public schools began, he was 13. One Saturday morning as he was eating breakfast and during my devotions, God told me I was continuing to homeschool him for the wrong reason. It was loud and clear what He spoke to my heart! I wanted him to complete the Toastmaster's course that year because I felt he needed to learn how to speak up and be more vocal about things. But God said "no!" That Monday I enrolled him into public school-eighth grade. That Friday he came home with a note from his homeroom teacher who asked permission to test him because she said, "he was gifted!"

During his high school journey, he remained one of the top 25 students through the day he graduated. During his college application journey, he applied to 25 schools; he was accepted at 23. Apparently, Dartmouth, a school known for accepting students with excellent GPAs and well-rounded academic backgrounds instead of high S.A.T. scores got it confused and rejected him. Washington University (St. Louis) wait-listed him for some odd reason. Texas A&M waived his out of state tuition, Arizona State gave him a partial scholarship like many others, and strangely enough Morehouse College offered him nothing but admission. Norfolk State

University (NSU), however, the only school that sought him out of the 25, offered him a four-year full ride if he kept a 3.0 gpa and no grade lower than a C every semester.

Four years later, and after he graduated NSU with a B.S. in Physics (magna cum laude), he worked one summer at The Ohio State University in their physics department conducting major research. Ironically, the university rejected him after he applied for graduate school in the same department. When word got out in the physics arena that my son was an academic free agent, the University of Michigan courted him and offered him a full fellowship to complete his Ph.D. in Applied Physics. After 8 years of study, he almost quit. When I heard the despair in his voice I flew to visit him.

We walked and talked for an hour as he shared the pressure he felt from others to complete his degree and the expectations others had of him, mainly me! I reiterated my love, care, concern, and support for who God made him as a person and not what God made him to do! Nonetheless, I pondered what he said. From that point on, I purposed not discuss school with him unless he initiated the conversation. I told him I supported his decision to continue or not but knew he had been given a gift no matter what! But the Lord knew how badly I wanted him to finish because my children and I don't stop when we're tired. We stop when we're done!

My son would not have a spring commencement in 2020, nor would I see him hooded after nine year of studying for his Ph.D. in Applied Physics at the University of Michigan. It was a COVID-19 non-commencement. Although he was hooded virtually, it was one of the proudest moments of my life. But the proudest moment after 25 years of consecutive schooling without a break, without a party in high school or college, came after he was granted his Ph.D. in Applied Physics upon successful completion of his dissertation defense, which I attended along with 25 other supporters, including his doctoral committee.

During the on-campus celebration, his committee chairman asked me: "Ms. Mathis, what do you do?" I simply replied: "I'm a writer," to which he responded: " Oh, that explains why your son is such an excellent writer!" That was it for me! I was officially finished! It wasn't about that awesome mind that went to the University of Michigan doctoral program in Applied Physics that they spoke of so eloquently. It was the fact that my child could write well! For me, that was the official graduation...my graduation as a former homeschooling mother who gave her son the best foundation she knew to give him. Leave your children to God and others who can help them. With that committee, they will be just fine!

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What To Do When You Need A Day Off

By: Yolanda Newton



You sip your favorite warm beverage as you watch the kids enjoying that wonderful lesson you planned in less than 10 minutes the day before. The house? Well, it's clean and organized. Everything is as perfect today as it was yesterday, and how it will be tomorrow.

If you're already a home educator, you're probably laughing out loud at this fantasy. The truth is that some days you're just making it. Home educators are human. We have good days and bad days.

Whether the cause is physical, mental, emotional, or an unforeseen event, every home educator can expect to have days they need to pause. The wise ones will have backup ideas. Here are a few ideas that might inspire you!

"Movie day"



First of all, it doesn't have to be a movie. Documentaries, TV shows, and podcasts can be entertaining and educational. Check out your TV apps for channels like The Smithsonian or Discovery. Pair a show that interests your student with a generic assignment like summarizing their learning or generating more questions. Look at PBS LearningMedia, which often provides streamable videos paired with provided tasks.



"Pop-In Classes"

A quick search on a website like Outschool will yield tons of reasonably priced live classes your student can join with a few minutes' notice. Just make sure the course you select doesn't require something you don't have on hand. For example, you might want to avoid art classes unless you have spare supplies lying around. A "massive open online course" is a free option for more advanced students. Just search "Mooc" on Google to find tons of options. Lastly, don't forget if you have a library card, most come with free memberships to online learning opportunities!



Use subscription or worksheets

There is nothing wrong with using worksheets, a website, or a subscription if it works for you. When you see a sale on access to sites like Education.com, Reading Eggs, or something similar--snag it. It will pay for itself! Don't forget about educational box subscriptions--hold one back for a rainy day.



Challenge Time

Consider creating and setting aside challenges for your student that you save for days when you need a break. A STEAM-based challenge presents students with a problem they have to solve. It encourages students to be creative and apply their breadth of knowledge. If you can't DIY tasks, you can purchase pre-made challenges or check out these ideas.

Let it go

The last option, but not the least, is just to let it go! One of the joys of homeschooling is flexibility. If you, the home educator, need to pause to take care of yourself--do it! Give your student a break and relax! Learning never really stops, and maybe the lesson you'll be teaching your student is the importance of self-care!

Remember, if you don't take care of yourself, you can't be there for them! So if you need to take a break for yourself, do so!



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- Symone, New York.

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THE IMPORTANCE OF TEACHING LIFE SKILLS TO THE SCHOOL AGE CHILD

By: Constance Woulard



I am a baby of the 60's. During my era, girls were taught the basics of running a household, such as cleaning, cooking, how to grocery shop and doing laundry. Males were taught how to cut grass and care for the yard, as well as take out the trash. Depending on the dynamics of the household, girls were taught the same duties and responsibilities as the boys and vice versa. Chores were a part of life during that time.

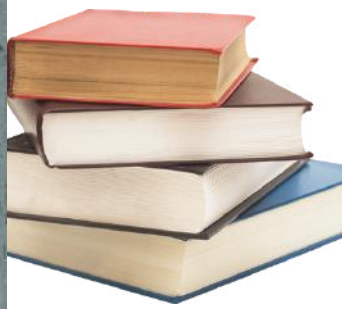
I was an only child, so I had total responsibility of managing the daily household duties. My mom taught me how to clean the home and to do the dishes at the tender age of five. I knew the expectations and performed these duties. Additional chores were added as I progressed through the years. The trash pickup was on Tuesday and Friday. I knew what my role was and dutifully put the trash out on Monday and Thursday nights. No reminders were given of my chores and household duties, as I knew that I was accountable for the performance of these duties.

Performance of these chores taught me necessary life skills on maintaining a home. I learned that this was a part of taking care of one my greatest investments, my home. These lessons instilled within me a sense of pride and ownership. As much as I hated doing chores while growing up, I now understand why my parents took the time to teach me an important life skill.

School age children are in need of this same training and prompting. Life skills are necessary to provide sustenance in our lives and to protect our surroundings. How do we instill this in our children? My training was punitive, but as our family dynamics and learning environments, so must our educational strategies. First, as parents, we must understand what drives the child. Some children are driven by a rewards system. Some may be motivated by the extension of certain privileges, as extra television time, extra time using their electronics, or time with their friends. Understanding what motivates the child is important to the success of the education plan as it relates to life skills.

Integrating the teaching of life skills as a part of home schooling enhances maturity and accountability. Once children begin to understand all of the moving parts of providing and caring for a home, they will begin to develop a sense of ownership and will be more receptive to the performance of chores and household duties. As they begin to learn and perform these duties, critical thinking and organization skills will develop and improve, as they will begin to develop their own plan of action to accomplish their chores.

Life skills encompass a plethora of skills such as banking and finance, estate planning, laundry, mending clothing, and the list goes on. Each life skill is an integral part of our children's education process. Home schooling is the perfect opportunity to begin this training and prepare our children for the future.



Creating A Homeschool Curriculum that Works

by: Dominique Burgess



Have you ever taken the time to do a search in a Homeschool Facebook group or on google for the worlds homeschool curriculum or best curriculum? If you did, I am sure there were hundreds or probably thousands of responses of all sorts. When you make the commitment to homeschool your child or children, one of the first things that comes to mind is what curriculum shall I use. What if I tell you instead of thinking about “what curriculum should I use”, you should start thinking about “what is my child’s learning style, interest and need?”.

Knowing who your child is as a learner plays an important role into what and how they learn especially when it comes to academic content. I’ve always heard of educators and homeschooling parents creating custom curriculums because they couldn’t find one set curriculum that included everything they wanted to needed, or parents who create custom curriculums because they enjoy the freedom of homeschooling. No matter what your reason is, creating a custom curriculum structure or design for your child or children is always something I highly recommend.

When creating a custom curriculum there are three important things to consider; the type of learner your child is, what is your child interested in, and what are their learning needs. This article was designed to provide you with a framing and understanding of steps needed to identify these three things from the perspective of a homeschooling or unschooling teacher/parent.

Understanding Your Child’s Learning Style

Take a moment and step out of the caregiver role and allow yourself to observe your child(ren). There are eight different types of learning styles; Visual, Auditory, Kinesthetic Physical/Tactile, Verbal, Logical, Social/Linguistic, Solo, and Natural/Nature learners. When you take the time and observe your child their actions will help **you** identify which learning style best fits them. The purpose of doing this exercise is to help you understand what type of curriculum you should be looking for based on the needs and learning styles of your child(ren).

Observing a visual learner would consist of your child relying on learning charts/posters, images in the story, and learning videos to extend or enhance their understanding of a topic or skill. Visual learners may also use visuals to explain their answers in math and even draw their own pictures as annotations in stories.

An auditory learner would be a child who engages in listening to music, spoken word, audio books etc. to gain and show understanding of the topic or skills introduced.

Kinesthetic learners results to movement most of the time, they are jumping up and down, dancing, engaging in puzzles for play and learning, drawing, acting, or any form of theater or movement. For families, who have learners that have been diagnosed with or undiagnosed with disorders that relate to movement, you may have a kinesthetic learner.



Verbal learners are those who engage in discussions and learn by explanation. You may be required to break down lesson instructions and each step that goes into the new skill or topic being taught. Verbal learners may also prefer to explain their thinking verbally in subjects like math rather than showing their work.

Logical learners are very literal when it comes to solving problems, analyzing thoughts or even responding to someone's questions. One of the funniest things I can remember about working with Logical learners is that they always forget the details, they are just ready to jump to the point; does that sound familiar? If so, you have a logical learner on your hands and history may not be their favorite subject :). I encourage you to introduce problem solving techniques and problems to these types of learners. It will help enhance that logical thinking.

Social learners are learners who love the group activities, they thrive off of any social experiments and opportunities that allow them to be around others. If your learner is a part of a co-op or learning group and you notice they are engaged in this more than they are the worksheet you have in the learning space, you have a social learner on your hands. Learners who are social learners also look to share their learning experiences with others to share out what they have learned and how they will apply it.

Solo learners are learners who prefer to get their work done alone, they rather engage in online learning apps and platforms to absorb content and apply it when necessary, they may also keep journals or notebooks to write in often. With social learners you want to encourage and highlight their accomplishments but also enlighten them on the importance of socializing in the real world. Congratulations you made it to the final one smile, I hope you are taking notes. The last learning style is a natural or nature learner. These learners become one with nature and use their five senses to enhance their understanding and knowledge of science and the world around them. This type of learner would love hands-on experiences at all times using things like dirt, rocks, plants, and other natural resources. They enjoy learning outdoors, and aren't afraid of exploration.

Connecting Curriculum to Learning Styles

Now that you have identified the learning styles of your children or homeschooling students, you want to use that information when searching for curriculum materials. Your search will consist of the specifics you saw in your observations, along with learning ideas aligned with their learning styles. The important thing about finding curricular is using a vast majority of resources to create a custom curriculum. Your curriculum comes alive when you put all the pieces together that you found (science experiments, online classes, worksheets, projects and more. At Burbrella LLC, we support families with creating a customized learning plan/curriculum for all ages of students. Our online learning academy was designed as a supplemental learning experience for children from toddlers to grade twelve. Start your curriculum planning process with us at www.burbrella.com.





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FIT TO WIN YOUTH FITNESS: EXERCISE HELPS CHILDREN EXCEL IN HOMESCHOOL

By: Dr. Lorelle Strong Rich



What the research says:

Physical activity is known to boost both body and brain functions, so it's no wonder that exercise can also help children do better in school.

However, not enough kids are getting the minimum requirement of one hour of physical activity per day, as set forth by the U.S. Department.

Exercise can be added to a child's routine in a variety of ways before, during, and after school. Learn how you can help your child be more active, despite a busy academic schedule.

What the research says

Physical activity helps with more than weight maintenance and boosted energy.

- promotes positive mental health
- Helps build strong bones and muscles
- reduces the likelihood of one developing obesity
- decreases long-term risk factors that can lead to chronic diseases
- promotes better quality of sleep

Staying active is necessary to impact academic achievement. It helps to elevate a child's concentration, memory, and study behavior. Children who meet the guidelines for physical activity excel better in classroom academics, have increased memory patterns and are less likely to develop depression compared to those who spend less time in physical workouts.

Reducing physical activities may actually hinder academic performance for developing children, especially, those who are homeschooled.

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Exercise recommendations for children of all ages

Motivating children to be active is essential for proper growth and development. However, it's important to target activities that are safe and appropriate for their abilities. Exercise should be fun, so it's something they will desire to do.

Most of a child's physical activity should include moderate- to vigorous-intensity aerobics, such as:

- bike riding
- running
- dancing
- playing active games and sports

Play activities and sports that help children of all ages develop strong bones, including:

- hopping
- skipping
- jumping
- Younger children tend to prefer short bursts of activity with brief rest periods, while older adolescents can participate in longer durations of more structured activities.

It is recommended that children ages 3 to 5 years of age engage in physical activity throughout the day. The key is variety: You may decide to take your child to the playground, or you may play ball in the backyard. One thing for sure younger children enjoy active play, like jungle gyms & gymnastics. You can also look into clubs & teams that are workable for young children at your local park to bring more variety.

Older children and adolescents are better equipped for weight-bearing activities. These include aerobic activities, such as soccer or lacrosse. They can also do body-weight exercises, such as:

- push-ups
- pull-ups
- mountain climbing
- burpees

While it's important to engage older children in the right types of exercises suited to their age, it's just as crucial that they get the right amount of physical activity.



Aerobics

Children need 60 minutes of aerobic activity every day. Most days should consist of moderate-intensity activities, such as walking and swimming. It is recommended three days per week of more vigorous activities, such as bike riding and playing contact sports, like basketball.

Muscle-strengthening

Children also need three days of muscle-bearing activities per week. Ideas include weight-bearing exercises, such as push-ups and gymnastics.

Bone-strengthening

Your child also needs three days of bone-strengthening activities per week. Body-weight exercises, such as burpees and running, as well as yoga and jumping rope, can help strengthen your bones. You can do double duty with certain activities. For example, running can be both an aerobic and a bone-strengthening activity. Swimming can help build muscles while also offering an effective aerobic workout. The most important thing is to keep moving as often as you can, selecting activities you enjoy and that you want to do again.

Inspire physical activity in and out of school

One way to ensure that your child is getting enough physical activity is to lead by example. Try to model an active lifestyle yourself and make it part of the family's daily routine.

Here are some ideas for how to encourage your child to be more active:

- Make physical activity part of time spent together as a family.
- Take advantage of public parks, baseball fields, and basketball courts in your community.
- Keep an eye out for upcoming events that promote physical activity at your child's school or community spaces.
- Challenge your child to take time off from electronic devices and play with their friends.
- Team up with other parents in your neighborhood to provide a safe environment for activity-based birthdays or holiday celebrations.

Parent-teacher associations can further promote these ideas by advocating:

- strong physical education and recess policies that emphasize increases in time for and frequency of physical activity
- shared-use agreements to allow school facilities to be used for physical activity outside of school hours
- child involvement in intramural sports and activity clubs
- movement breaks during long lessons. Still, the above ideas aren't fool-proof. Staying active requires some planning and consistency

TAKEAWAY

Physical activity is one of the number one ways children who are homeschooled can improve their health. In addition, your children will likely do better overall which will allow them to achieve greater in their academics and mental health.

If you would like more insight or virtual fitness please feel to contact **Dr. Lorelle Strong Rich** lsrtalks@yahoo.com & FitSoul2@godaddysites.com.

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Did I Do Enough?

"If you think their messy room is hard to look at, just wait till it's empty."

by: Terri Brinston



The bond a mother shares with her children is an unbreakable one. I have two sons. My older son's name is Travis, and since he is the firstborn, I shared a special bond with him. I was a part-time student and stay-at-home mom at that time, so I was always around for the first few years of his life more than my youngest son, Terrance. I would go to the market and buy local fresh-grown produce, bring it home, carefully wash it, cut it up and puree it, and make all his baby food.

I was extremely particular about what he wore, the detergent I used, who he was around, and who touched him – you know, the usual first-time mom precautions. It was an entirely new and exciting experience for me. I loved him with all my heart. It was a love that I had never experienced before. When I brought him home, I remember praying and asking God to help me raise him to be a strong, loving, and God-fearing husband and father. I did not care how tired or exhausted I was and how much I had on my plate. I would always make him my priority. Being a mother would genuinely make me feel like a superwoman at times.



If you're a parent, you know how that phrase "time flies" really fits in nicely for children growing up. One minute you see them take their first steps and say their first words, and the next thing you know is they are all grown up, leaving for college. I feel it was just yesterday; my son would get excited seeing balloons and how he would pop people in the face with perfect aim, leaving them stunned by the amount of strength this little guy had.

I still remember how devastated I was when my husband and I drove Travis to college. He was leaving home for five years to become an electrical engineer. Although it was just about a 45-minute long drive, I cried the entire way back, and my husband said it was the longest ride he had ever taken. Although I never really shared with my husband the motive for my tears.

My anxiety stemmed from my fear of not preparing my child for life. As an African American mother, I was riddled with fear. I thought, Did I prepare him for this world? Did I prepare him for this cruel world? Did I tell him that the rules would be different for him?



Did I teach him how to survive judgment, rejection, loneliness? Did I teach him how to stay motivated and focused despite rejection? Did I teach him that life is more than a job? A job is something you do; it's not who you are. Did I equip him with the values he needs to navigate this world while staying true to his faith! Or did I fail, and he was biting at the bit and ready to escape our home?



I had an opportunity to reconnect to this memory when I became infected with COVID-19. I suffered from memory loss, so I started journaling to reconnect to my lost memories. You can learn more about my story through my book, *"Grateful for the journey, surviving COVID-19"*, on Amazon. terribrinston.com.

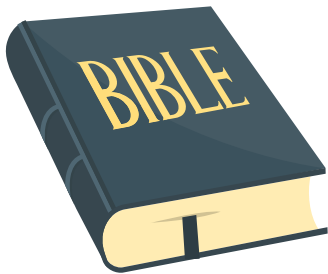
I remember the anguish I felt when both my sons left the nest. So to save you from worrying if you did enough, I thought I would share some recommendations that you can start implementing today to assure that you are covering all your bases.



1. **Pray for your children:** Although I was apprehensive about my child's future as we dropped him off at college. I did find comfort in knowing that I prayed for my son. I prayed for him daily. Although I had no idea what the future had for my child, I did know who did. All we can do is do our best and hand it over to the Lord and pray that He will bless our efforts.

2. **Teach them God's word:** My children were what you might call "Drug Babies." I drugged them to church every Sunday, to every church service, and every event. I read them bible stories and can be heard singing Christian music throughout the house. When they graduated from high school, they were pretty much burnt out. I was heartbroken when they did not want to go to church anymore. Of course, I made it all about me. I was blaming myself for not doing enough or for not being a good example. God helped me see that it was not my battle. I did my part, of then I let go and let God. I will never forget the day my youngest son shared with me how he recalls scriptures when he struggles with life, which helps guide his decisions. Hallelujah!

3. **Have Integrity:** It would be best to practice Integrity in all that you do. Never be the type of parent who says, "do as I say, not as I do." The definition of Integrity is the "quality of being honest and having strong moral principles; moral uprightness." I would like you to think of Integrity as "Workability." When you are not in Integrity, things do not work. Life does not work when it is not in Integrity. When things are broken, they can not carry out their designed role. If you lie, you lose trust. If you cheat on your marriage, the relationship and bond are broken. What you do in moderation, your child will do in excess. Have Integrity in your life, and your children will follow your leadership and model your example in their own lives.





How to Homeschool on a Budget?

BY: MONUMENT MOM

COVID-19 has changed life as we know it! There I got that out. As much as I go through the notions that life will return to pre-COVID; it isn't going to happen. So with that out in the open, if you are like me, you may be planning for next school year. You might be new to the thought of homeschooling...you may be transitioning from school at home to really homeschooling. There is a difference and I can discuss that in another post.

No matter how long you have educating your child at home, you still want the best education possible. But what do you do when your homeschool budget is tight? How can you plan and curate supplies that will educate, engage and inspire your child? Well...I am here to show and tell you how you can plan a fantastic year on a tight budget.

Over the next few months I will share tips and tricks that I have used. Are you ready??? Here is my first tip. There are tons of places to access free books.

- Check your local library. I know this is obvious. However, even with the suggested lock-down, you can access the electronic books.
- Visit your local Little Free Library. Many communities have these open share book bins. I have used them to drop-off books as well as pick-up a few.
- Audible is still offering free books to kids and teens.
- Project Gutenberg provides access to thousands of books.

How are you adding to your home library on a budget?



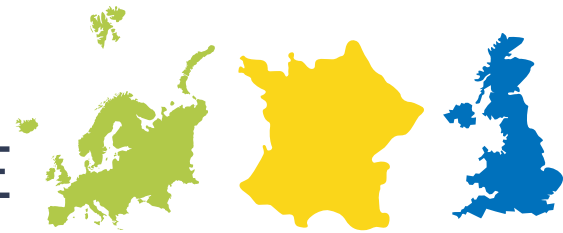
MONUMENT MOM



GLOBAL ENTREPRENEUR SPOTLIGHT



JEANINE BUNZIGIYE



Jeanine Bunzigiye is a business and leadership coach who has been in business for many years on a global level. She is the CEO of With You Solutions, LLC. This company focuses on providing solutions in the business realm while bringing exposure to the clients. One way Coach Jeanine does this is through her global TV show, Empowering You TV as the host. Empowering You TV is a global platform featuring business owners, their product and more. She is a passionate champion of equity as well as a pioneer. Coach Jeanine has been working in the community in different capacities as an advocate for low-income families and in the school district for more than 15 years. She has worked in the school district and was always making sure that students and their families' voices had been heard. Her passion is to empower and advocate for the voiceless because her passion is to serve and that is true leadership.



One example of being a pioneer is her latest endeavor, the Umoja One Market. This is a truly global platform (available in Europe, France, the United Kingdom, over 55 African nations, Canada, and the USA) starting in January 2022. Jeanine came up with this concept to help bridge the gap between the east and the west for businesses. Products and services are available in one place. Think Amazon and service providers occupying the same virtual space. To get more information or become one of the first 2500 business to sign up at a discount, email info@wys-tec.com



If that was not enough, Coach Jeanine is launching a global magazine, Umoja Mag in January 2022. This digital publication will have the same global distribution as Umoja One Market. The stories feature business owners and service providers being introduced to the world. Email umoja.mag@wystec.com for more information. The magazine is a part of Jeanine's unity campaign. She has been developing these things for quite some time and is finally ready to release them to the world.

Coach Jeanine seeks to empower leaders each day because it is about helping leaders grow their businesses to a global level for her. She has worked with many leaders and is dedicated and fully equipped with the tools and strategies to motivate and empower them and their teams as they travel their paths to become authentic leaders.



Africa



Europe



France



United Kingdom

Jeanine has worked as a board member of the board of directors of the North Dakota Human Rights Commissioner. In this role she received many community service awards. She has led more than 100 workshops and webinars in the areas of Leadership and Business Development. In these roles she has worked with companies to help them attain global visibility one country at a time.

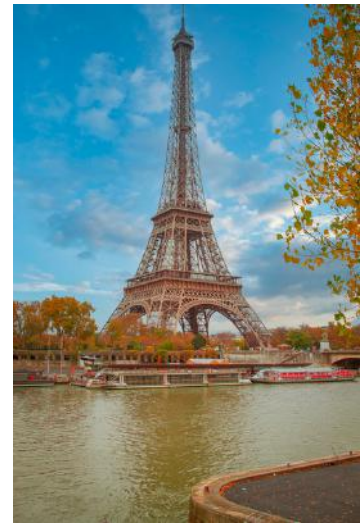
For many years she has grown and developed relationships with companies and countries to gain more visibility in one country at the time. It is precisely these skills that allow Coach Jeanine to help bring global visibility to her clients and those she chooses to work with. If anyone wants to be in touch with me, they can reach out to me by my social media links below.



United States

Coach Jeanine's links

<https://www.youtube.com/c/EmpoweringYouTV>
<https://www.instagram.com/empoweringyoutv/>
<https://www.facebook.com/groups/530185990916845>
www.withyousolutions.com
<https://www.linkedin.com/in/jeanine-bunzigiye-84248097/>
Twitter:<https://twitter.com/Jeaninebunzigi1>
www.withyousolutions.com
Phone number:802-399-4144



by : Katrina D. Owen

ENERGY HEALING AND BENEFITS

What is Energy Healing through Reiki?

Our bodies, mind, and spirit are all energy, including all thoughts and emotions. That energy can be and should be balanced/adjusted on a regular basis. If you are feeling stressed, angry, un-inspired, or unfulfilled, you will benefit from the energy healing practice of Reiki.

Reiki is a non intrusive healing modality. Reiki means “Universal Life Force Energy”. Think of when your computer is bogged down with information, and working extremely slow. One of the first things one will do is “Defrag” the computer, to reorganize the system, get rid of old and outdated items, to make things flow easier. The same concept happens when you have a Reiki session. The old stagnant energy gets flushed out of your body, so you can think, act and feel more grounded.

There are various forms of Reiki but the concept is the same. For example, Usui Reiki originated from Japan ,whereas Kemetic Reiki originated in Africa. Reiki is not a religion, and has no dogma attached to a religion, although some Reiki practitioners choose to attach their religion or way of life to their practice. Reiki can stand alone, or work alongside other holistic modalities, inside of hospitals or with traditional medicine. Reiki does no harm. Energy Healing can be done in person, or through long distance.

It is important for you to source out a Reiki Practitioner that you are compatible with. For example, if they are religious based, and you are an atheist, then, they won't be a good fit for you. Ask questions, and feel comfortable before committing to a session. Since energy healers are taught different modalities, each bring something different to the table. Some incorporate crystals, aromatherapy, herbs or even ancestral rituals. All require an open mind. Price range is also something that varies with practitioners.

Anyone can learn the history, knowledge and precepts of Usui Reiki. It is typically taught in 3 levels by a Reiki Master. Level 1, Reiki for Self Healing, Level 2 Reiki for Business, Level 3 Master/Teacher. Everyone already has the energy in them, the classes are to learn the how and why. The Reiki practitioner is the conduit, NOT the healer.

Many Blessings
Usui Reiki Master/Teacher
Katrina D. Owen
Katrinaowen.com
FB: ReconnectAll
IG: katrinadowen





Raising Teens

Why is it

Our kids

Know right yet do wrong

Our kids are loved

Yet feel they don't belong

Our kids

Have what we did not

Yet our beliefs and values

they seem to have forgot

Our kids

Some people say,
would rather be cool
Then stay in school

Our kids

other people say,
would rather be ghetto
Moving backwards moving slow
Our kids, 2nd 3rd 4th generation kids
Leaping like frogs in jars with no lids
Our kids living within the walls of our change

And we say **"Strange".**

Our kids become who we show them we are
Perhaps, they are living within the walls of our scars

By: **Vera Thomas**




I put my dreams and goals on hold when both my sisters were diagnosed with cancer at the same time in two different states. They both lost their battle. When my youngest sister went into hospice back in 2018, I started driving UBER to be readily available to her. After she passed, I moved to Georgia and continued to drive as I am pursuing my dreams of speaking, training, writing, and coaching. Having driven in Ky, Ga, Ohio, Fla, and SC, I have found that youth across the board, it does not matter what race or socio-economic condition, seem to have issues with their parents.

One night I had five different rides that were teens ranging in age from 14 through 18. They were of different races and economic backgrounds. Out of the five, the young African- American male teen was the only one who expressed having an excellent relationship with both his parents. The others not so much. The young African American female tells me she is a high school senior and all she does is work and go to school. She said she did not have a social life, yet her father belittles, ridicules, and calls her out of her name. This young lady appeared to suffer from lack of self-esteem. The young Hispanic female indicated when she was 10 years old, her mother got up and left the family. She said she became angry, rebellious and would get into fights, to the point of expulsion from school. She also said her father was her rock; because of him, she was able to turn her life around and she is now a college student. The bi-racial young man (White mother/African American Father).

He tells me, "I cannot trust a word my mother says, she lies to me all the time and my father yells at me constantly. I happened to pick him up from a juvenile delinquent halfway house as this young man was expelled from school. That same night, I picked up a White male who tells me his parents compare him to his older brother and wishes he was more like him. As a result, this young man tells me he feels worthless! He also indicated that he wanted to go into the Navy and become a sniper because he likes guns! That conversation was alarming to me.





This was not based on any scientific research; however, to have five riders and four of them have issues with their parents, I found that significant. As I continue to drive in various states, I have met more youth and young adults who have been adversely impacted by their parents; some are now parents themselves. I am not suggesting all parents have issues with their teens. There are some excellent parents who have phenomenal relationships with their teens. We need more like them.

While parents cannot wait until a child is in middle or high school to make efforts to engage, there are suggestions of things parents might consider in turning attitudes and behaviors around.

- 1. First look at the unresolved issues you as a parent are bringing into parenting. We cannot teach what we do not know; we cannot give what we do not have. As a parent, work on improving what needs to change within you. Seek feedback from your teens to open the lines of communications. Be open and listen to what they have to say without becoming defensive or annoyed. It may be the first step to transformation in yourself and your teen.**
- 2. As a family, write down and share what you appreciate about each other and have that dialogue.**
- 3. Make a point of having dinner together if not everyday at least 3 times a week. Put electronics and technology away, share a meal and discuss the day with each other.**

My work with parents of young children is designed to instill greatness in parents and their children before they reach adolescents.

- 1. It is important to start while a baby is in the cradle, if not still in the womb, by affirming out loud the type of child you want to have. Carry that on as a child is learning to speak, have them speak those words out loud three times each time and watch their self-esteem and confidence soar. From the time my son was a toddler, I had an affirmation on my bathroom mirror that I had him say three times each day. "I am Talented, Intelligent and Creative". He spoke those words every day. When he was in middle school, he sang at a school assembly. Afterwards, parents and teachers came up to me and said, "Your son is so talented, intelligent and creative!" The words you have your children speak will come back to you. That is whether positive or negative!**
- 2. Tap into their talents and gifts at an early age and give them opportunities to develop them.**
- 3. Give your toddlers responsibilities and teach them to accept responsibility for their actions and behaviors.**
- 4. In all cases, children, teens, and your partner learn to address the behavior and not attack the person. Based on facts and evidence, share concerns and solutions for the behavior. Attacking children or adults by belittling and or name calling does not solve the behavior problem and could escalate the situation.**

References

TEENS AND THEIR PARENTS IN THE 21ST CENTURY: AN EXAMINATION OF TRENDS IN TEEN BEHAVIOR AND THE ROLE OF PARENTAL INVOLVEMENT

BUSINESS DIRECTORY



◀ **Business: Blue Beaver Publishing**
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Homeschooling through a Pandemic while maintaining your Health

by: Coach Dr. Tina J. Ramsay



Developing the Proper Mindset for Homeschooling

The way that you approach a new situation is very important. Why? Because it can play a big role in your outcome. Therefore, you must go into this Homeschooling Experience with a winning mindset mixed with the attitude you are going to figure it out. I know that this can be difficult especially if Homeschooling was not even on your radar at all. The fact of the matter is that for the majority of the United States and let's face it The Entire World did not choose to Homeschool during the most stressful eras in history. This was something that was thrust upon you because of the Pandemic. Although, this has happened does not mean that this situation is hopeless. So the question is, How do you make the best of it? How can you balance, maintain, and help your children excel during a Pandemic when feeling that you lack the experience to successfully Homeschool your child or children at Home?

Public Homeschooling vs Traditional Homeschooling

First, I want you to understand that there are basically only two different kinds of Homeschooling. Then from those two kinds of Homeschooling, it divides into different areas. But for now, let's just focus on the two basic kinds of Homeschooling which are Public Homeschooling and Traditional Homeschooling.

Public Homeschooling is basically when a parent chooses to bring the public school experience home. Meaning that your child will still be enrolled in public school and will be required to maintain the same amount of work, teachers, and attendance as going to a physical building the only difference is that your child will be receiving full instruction from home. Public Homeschooling is an option that's great for parents that do not want to teach their child or children. You will be a guide for your children, not a Teacher. Through a Public Homeschooling System, your child or children will have multiple teachers that will teach them virtually. You as the parent just have to make sure that your child logs in and turns in all assignments. The parent will not have to do any Lesson Plans, Grading Papers, or anything, like this. The online public homeschool system will do all of this for you with their staff of teachers.

All materials and books will be sent to your home in a box for your child to complete the assignments and projects given for Free. This is pretty much Hands-Off Homeschool Learning for a parent that do not want to teach their children at home.

Traditional Homeschooling is very different

With Traditional Homeschooling it is the Parent(s) or Guidance responsibility to lay out the groundwork of Homeschooling within their State laws and regulations. As a traditional homeschooler, you are not in the Public Homeschooling System. If your child is currently enrolled in Public Homeschooling or a Public School and you decide to Traditional Homeschool your child you must check your State Laws and Withdraw your child or children out of the public school system with signed documents of withdrawal. Based on your State Requirements will determine the steps that you take next with Curriculum choice that you have to pay for in most cases. You have to write out your lesson plan, teach your children, keep records, and turn in any required paperwork based on the rules of your State. You are the Teacher and you make the decisions on the learning experience of your child within the Letter of the Law. Depending on how much or how little you would like to be involved in your child's homeschool learning experience will determine which type of Homeschooler you want to be. There is no right or wrong way to this. It's a personal choice.



Homeschooling Blessings & Challenges

Regardless, of what type of homeschooler you decide to do it all comes with a set of Blessing & challenges. I personally know that it's a blessing that I am able to Traditionally Homeschooling my children. Over the many years that I have homeschooled, we have had some of the best moments and some challenging ones. I have help thousands of Homeschoolers over the years here are some of the Top Questions that were asked over the years. Can you Homeschool and work? ~Can you Homeschool if you are Sick?

~Can you Homeschool a Child that is Sick? ~Can you Homeschool a Child with Special Needs?~ Can you Homeschool on a Budget? ~Can you homeschool children of multiple ages/grade levels and abilities? ~Can you limit the stress of homeschooling?~ Can you Homeschool a child without a College Degree? ~Can you overcome your feelings of inadequacy for teaching my children? Can you Hire a Tutor or Teacher to help you teach your children? Can you buy an online program to help teach your children? The answer to all of these questions is YES! I am going to fill you in on a little secret. YOU have already been Homeschooling your children all along, you just didn't realize it. How? Just think about it. Everything that you have nurtured and taught your child before they even stepped foot in a school is what you taught them. You laid that foundation. For example, You taught your child how to crawl, walk, talk, eat, dress, safety, helped them with their homework, and so much more. You taught them all of those things. So, you can do it again in any capacity that you choose to do on this Homeschooling Journey. Guess what? Every Parent is, in essence, their child or children's first teacher. Yes, it is not going to be easy all the time but it is worth it. Homeschooling will have its own set of challenges but it will also have some amazing blessing as well.

Maintaining Your Health while Homeschooling

It is very important that while you are finding your way through this Pandemic and Homeschooling Experience that you do not overlook your health. Make sure that you set aside time to take care of your personal needs as well as your children. This Pandemic is not easy for any of us but we will make it through this. You are resilient.

My List to Maintaining your Health while Homeschooling

- * Get your proper sleep
- * Prepare a good realistic schedule
- * Take breaks throughout
- * Take a Walking
- * Give yourself at least 15-30 minutes downtime (ALONE)
- * Eat healthy Fresh Fruit & Vegetables
- * Do something that makes you smile
- * Have Healthy Conversations with your Family



Understand your limits and be realistic when setting goals. Ask for help! Take advantage of all of the resources available to you, ask questions, and invest in some help if you need it with a Qualified Homeschooling Coach like myself that can help you map through your Homeschooling Experience. I would also encourage you to write down everything that you are grateful for and then create you a Circle of Homeschooling Buddies for support.

Tips to Naturally Balance Emotions (Stress) & Focus

Over my many years of Homeschooling, these are some of the things that have helped me and my children in our Homeschooling Experience to Balance our Emotions Naturally we use Foods and Organic Essential Oils.

Natural Foods to help with Emotion and Ease Stress

- *Cherries *Bananas *Lemon *Oranges *Broccoli *Cabbage *Garlic *Apples
- *Asparagus *Salmon *Nuts & Seeds

Organic Essential Oils that help Ease Stress & Help with Focus

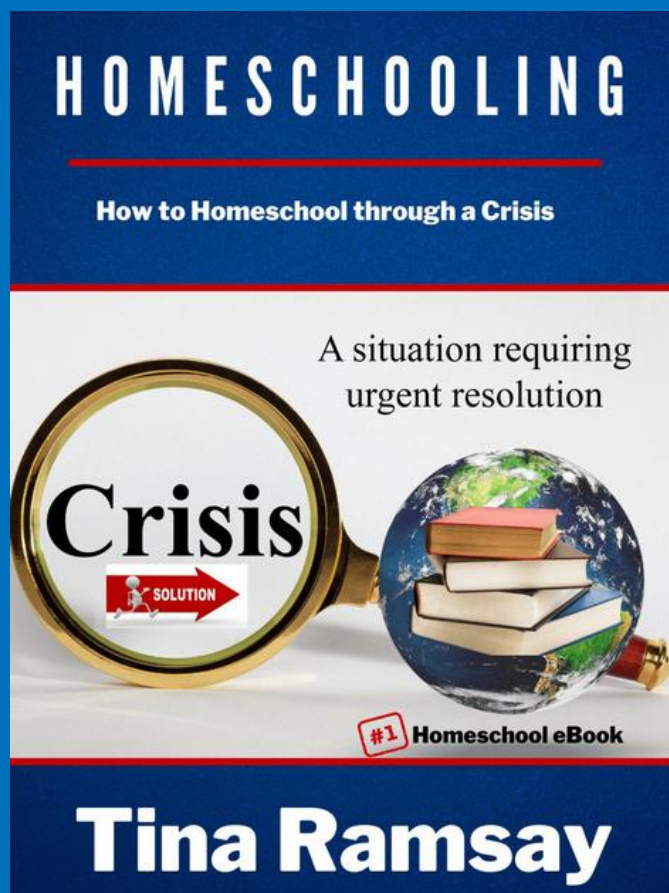
- *Lavender *Bergamot * Lemongrass * Lemon* Orange *Fennel
- *Ylang Ylang *Peppermint *Memory Boost



These are just some of the Natural Foods and Essential Oils that have helped our Family

Let's Recap & Be Encouraged!

So, as you can see with the proper mindset and attitude towards Homeschooling anything is possible. Now, you know the difference between public homeschooling and traditional homeschooling and how you can successfully do both even during a Pandemic. You now understand the Blessings and the Challenges of Homeschooling. You know how to take action to maintain your health during the homeschooling experience. You have the information to balance your emotions naturally and you know that if you need help you should use the resources available to help you manage your Homeschool effectively even during a Pandemic. Just remember to take one day at a time. Know that there were many individuals like myself who were Homeschooling way before the Pandemic was a thought. We are ready to help you! There is no shame in admitting that you need help and seeking to receive it. In fact, it is wise to do so. It will make this experience way more pleasant with help and less stressful. So, although you did not plan to Homeschool through a Pandemic know that you can and will be successful at doing it. You are not alone! Now, you have resources, hope, and help.



Purchase this 130 pages
eBook on our Website
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