



Dear THSC Friend,

Sometimes as a homeschool parent, it can be hard to remember to do something for yourself once in a while... especially looking back at Mother's Day being last weekend!

And, I mean that not in a selfish ME FIRST way, but in a step back and *Remember Who You Truly Are* kind of way.

As I'm writing this letter to you, it is about to be my thirty-something-th birthday.

On that particular day, we will have Latin class in the morning, and then homeschool choir dress rehearsal for a few hours, followed by the concert that night, along with 200+ other homeschool kids! *Not exactly a day at the spa!*

However, I can rejoice in my children's gifts and be thankful that I am here to encourage them.

Later, when there's a small opening of quiet, I'm going to "recalibrate my heart" ([source](#)) back to focusing on who I am in Christ myself - not just "Me the Mom."

There are several ways that you can sneak off and take care of yourself, while still feeling like you're accomplishing something(!) - because if you're like me, not feeling like you're wasting time is important.



**Have a Convention-Vacation!**

If you're in Texas, come to the [Texas HomeSchool Convention](#) in Houston next week and say hi!

Otherwise, find a convention that will inspire and uplift you. The speakers are there for you and your homeschool to grow.

## Read Andrew Peterson's Books

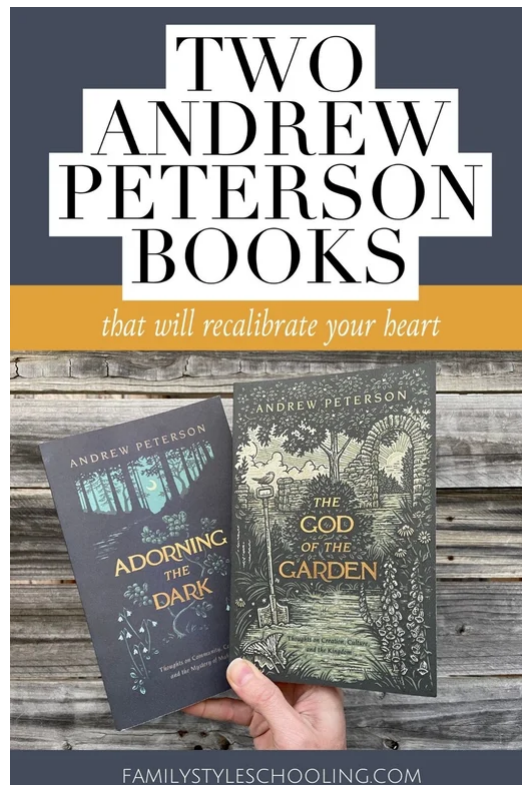
I know that some of you may be thinking, "I'm not much of a reader...."

I know the excuses, yet I can't tell you how much I love both of Andrew's nonfiction books.

He is going to be giving a talk - and playing music! - at our Houston convention, and I'm super excited.

His books will shine light into unexpected places in your heart.

They will make you stop and remember why you're homeschooling in the first place.



**"God has a way of disrupting my flow or routine in some way to help me slow down.  
Andrew Peterson is one of those artists God has used to help me do that."**

-Jason Strauss of FamilyStyleSchooling.com ([source](#))



## Exchange Playdates

Do you know another homeschool parent from your church, field trip group, or co-op that you can trust?

They would probably like some "me time" as well, so how about trading a playdate?

That will also allow your kids to have fun with other kids! See? No feeling guilty allowed.

I hope these ideas help you create an environment of joy in your home and in your homeschool overall.

Thank you for reading,



**Jessica Lovett**  
THSC Lead Writer & Editor

P.S. Is there anything you'd like to see in upcoming *Home Educator Express* newsletters? Any homeschooling questions you'd like answered? Feel free to reply and let me know!

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**By: Lana Hazlett**

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