

Household Hacks for the Homeschooler

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What issues do I have running my home?

- Meals: _____
- Paperwork: _____
- Chores: _____
- Laundry: _____

Action Items:

What could I try next week to give myself back some time?

What could I try before school starts to make myself feel more peaceful?

What is a stretch for me, but is worth investigating this year?

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Meal Planning

- www.escoffieronline.com/top-apps-for-finding-recipes-for-ingredients-you-already-have
- www.yourmodernfamily.com/how-to-create-a-year-long-meal-plan
- Dinner Answers from SavingDinner.com
- www.home-storage-solutions-101.com/healthy-meal-planning.html
- GoodHousekeeping.com: 7 Best Grocery Shopping List Apps
- [Eat Healthy, Feel Great](#) by Christie Kelly, Martha Sears, and William Sears
- [Glow15: A Science-Based Plan to Lose Weight, Revitalize Your Skin, and Invigorate Your Life](#) by Naomi Whittel
- [Dr. Mercola's Total Health Program: The Proven Plan to Prevent Disease and Premature Aging, Optimize Weight and Live Longer!](#) by Brian Vaszily and Joseph Mercola

Organizing

- [Organizing from the Inside Out](#) by Julie Morgenstern
- [Magic Art of Tidying Up](#) by Marie Kondo
- Minimalism: A Documentary About the Important Things
- [Clutterfree with Kids](#) by Joshua Becker
- [Taming the Paper Tiger at Home](#) by Barbara Hemphill
- www.artkiveapp.com: fill the box, send it back, get a stunning, keepsake book
- NAPO: National Association of Productivity and Organizing Professionals: napocolorado.org
- www.home-storage-solutions-101.com - Declutter 365: A Year Of 15 Minute Decluttering Missions
- Any.do: To do list app with Calendar, Planner & Reminders

Chores

- [Cleaning House: A Mom's Twelve-Month Experiment to Rid Her Home of Youth Entitlement](#) by Kay Wills Wyma
- www.familyeducation.com/life/individuality/guide-to-teach-your-child-life-skills-by-age
- www.intoxicatedonlife.com/chores-by-age/

Parenting

- [How to Raise an Adult](#) by Julie Lythcott-Haims
- [Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting](#) by Laura Markham
- [Parent Effectiveness Training: The Proven Program for Raising Responsible Children](#) by Thomas Gordon
- [Your Teenager Is Not Crazy: Understanding Your Teen's Brain Can Make You a Better Parent](#) by Dr. Jeremy Clark & Jerusha Clark
- www.ted.com/talks/jennifer_senior_for_parents_happiness_is_a_very_high_bar

Homeschooling Advice & Inspiration

- [Busy Homeschool Mom's Guide to Daylight: Managing Your Days Through the Homeschool Years](#) by Heidi St. John
- [Homeschooling from Rest](#) by Sarah Mackenzie
- www.simplyconvivial.com