##### [00:00:04.180]

Hi, I'm Kathy Kuhl. Welcome to Homeschool with ADHD: Set for Success. Whether you're new to homeschooling or a homeschool veteran looking for some tips, or perhaps you're new to the realization that you have a child with significant attention problems--I'm here to help you customize your homeschool to maximize your child's success and help them thrive.

##### [00:00:30.170]

In this course, I'll address five areas to help you customize your homeschool.

##### [00:00:35.370]

First, we'll look at using movement before, during, and after lessons to help your child focus. We'll also look at setting the best schedule, the optimal use of our time.

##### [00:00:47.940]

In the third section, we will talk about how to use locations, what's the best location for each subject, how to make the best out of the locations you have.

##### [00:00:59.550]

In the last two sections, I'll be covering attitudes, our own as parents, and our kids' attitudes. We'll look at perfectionism, discouragement, anxiety, stress, and find ways to help our kids make progress and thrive.

##### [00:01:19.800]

In this course, there are several things I won't be covering. I won't discuss how to homeschool legally, but in the sections below the general resources, the other handouts, you'll find I'll give you my best tips and favorite resources, articles I've written, and sources I use to help make recommendations for each family.

##### [00:01:42.750]

Also, I won't be talking about how to help your family if you and your child are fighting half a dozen times a day. I'm not a family therapist. But again, in the General Resources below, I'll give you my best resources to help you help your family grow together and enjoy this homeschool adventure.

##### [00:02:02.850]

Thanks for joining me. Click on the next lecture when you're ready to learn more about me or check out those resources I've just mentioned. Welcome.