

MORE THAN

enough

GROW YOUR CONFIDENCE,
BANISH BURN-OUT, AND LOVE
YOUR *homeschool* LIFE



KARA STEPHENSON ANDERSON

More Than Enough

*Grow Your Confidence, Banish Burn-out, and Love Your
Homeschool Life*



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Preface

I am a nervous homeschool mom. A worrier.

In fact, I have clinical anxiety.

I've also homeschooled my kids for more than 12 years, which is bananas because I never planned to homeschool at all.

Like so many parents, we enrolled our oldest in a sweet little church preschool when he was 3 years old. It wasn't a great fit. My precocious son got in trouble frequently, the way many active little boys do.

His biggest infraction was that he didn't want to "sit on the line" during storytime.

And I have to tell you, all these years later, I'm so grateful.

If he had complied, we probably would have continued at that preschool for another year, then enrolled my son in traditional Kindergarten, followed by regular public school. And we would have spent the past 13 years apart all day.

We would have most likely followed the same path with our daughter.

And I know now that I would have missed so much.

That doesn't mean that homeschooling has always been easy. In fact, as you'll read, I had a pretty major freak-out a few months in and quit. I sent my son back to school, sure that I was failing him.

But then we went to Kindergarten registration, and I had an even bigger freak-out. I remember standing in that school building, surrounded by lockers; my palms were sweating, my stomach hurt, and I wanted to grab my babies and run.

I knew then that the traditional path wasn't the one for us. Our early preschool experience had shown me as much. Even though my kiddo was getting "in trouble," it felt like a gift - to see so clearly early on that my quirky, bright, rambunctious boy would have to be crammed into a box in order to make school work.

And so we tried again, and the second time, homeschooling stuck.

If you're reading this book, I'm guessing that you're either a homeschool parent, or you are considering homeschooling your kids.

Perhaps you've been researching homeschooling or are part of the homeschool world, and you've already heard a lot of competing voices telling you "the very best way to homeschool."

So this is what I want you to hear: There is no one "right" way to homeschool.

In fact, that very worry is what drags so many of us down and makes us doubt ourselves.

So let's put that on a shelf somewhere, OK?

Maybe recycle it.

Or, can you compost worries?

However you do it, for now, I want you to let that particular concern go.

I promise, it doesn't serve you at all, and just makes you feel like everyone else got some magical manual that you have yet to discover.

We're also going to release the desire to homeschool perfectly, because that's a recipe for stress, burn-out, and desperate calls to the nearest public school.

In 12-plus years of homeschooling, I can't think of one "perfect" day, but we've had a lot of great days. We've had fun days, days when we've laughed together so much, and plenty of days spent cuddled on the couch just enjoying a good book.

We've also had real stinker days, weeks, and even a few months when things just weren't working and it took time to unravel what was going on.

So if you're looking for that magical manual - the one that gives you step-by-step instructions and guarantees that you'll never have a crummy homeschool day, this isn't it.

I am just a homeschool mom, who wants you to know that you are probably doing better than you think you are. (That applies even if you haven't started homeschooling yet, because raising little humans is tough work.)

So instead of getting us all caught up in the perfection trap, **my goal with this book is to help you build your confidence and begin to trust yourself.**

Something led you to homeschooling, and I know it was NOT a mistake. Our "homeschool whys" might all be a little different, but they are all real, and important.

In the hardest moments, it may be your why that keeps you from giving up, or at least giving up forever.

Now a heads-up: growing your confidence doesn't mean you will never doubt yourself. I still doubt myself sometimes. Writing this book doesn't mean that I never worry, or that I think I have it all figured out.

It just means that I've been willing to go all in, and I want you to go all in too, even though it's scary.

Homeschooling takes a lot of courage. These are high stakes, so we can't fake our way through or get by just doing this halfway.

But I will tell you this: I believe in us. All of us. I believe in the parents who choose this different path, and I think together, we are building something wonderful. I'm sure that the work we are doing each day is important - not just for our kids, but for future generations.

I want you not just to endure these days with your kids. I want you and your family to thrive at home.

I want you to enjoy your years together. I definitely want you to create sweet memories and form bonds that will last a lifetime, bonds that bring your grown children back home for the holidays, lugging their favorite board game and ready to binge-watch your family's favorite movies together.

My greatest hope is that this book helps you feel supported, understood and more confident each day.

Now let's get started.



More Than Enough

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**DON'T LET THE FEAR
HOLD YOU BACK.
YOU ARE ENOUGH.
YOUR FAMILY IS
ENOUGH.
AND YOUR LOVE FOR
YOUR KIDS IS MORE
THAN ENOUGH.**



Kara's kind encouragement gives us permission to be who we are in the best way we know how... and let our kids do the same.

- Sarah Mackenzie, author of *Teaching From Rest and The Read-Aloud Family*



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