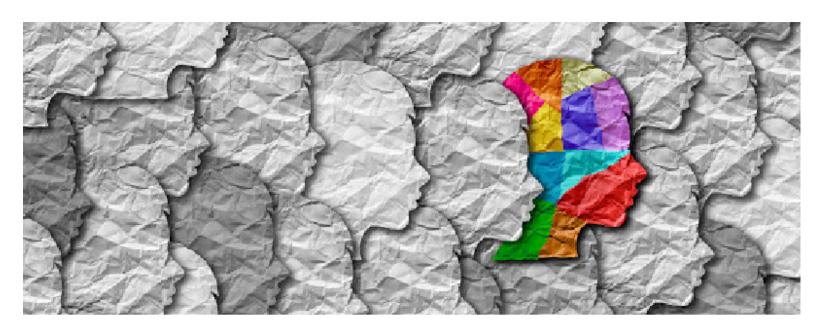
### Busy-Parent Selfcare Strategies

Peggy Ployhar SPED Homeschool Founder/CEO



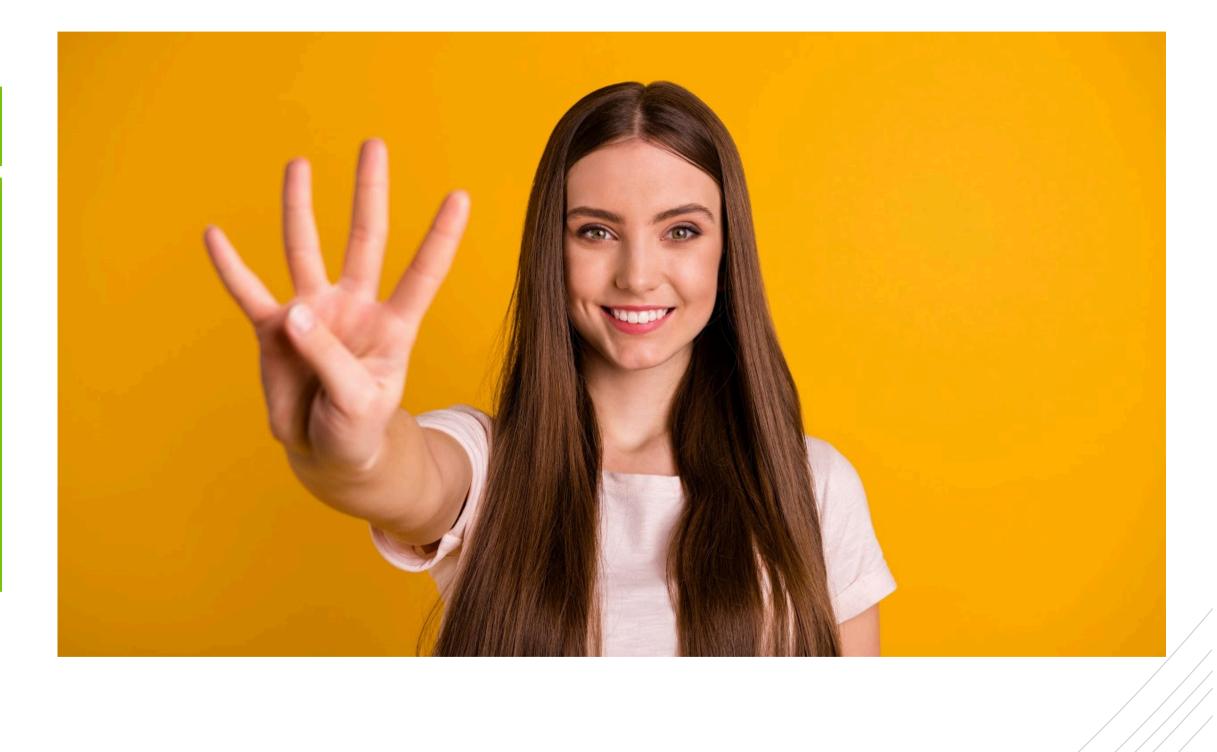




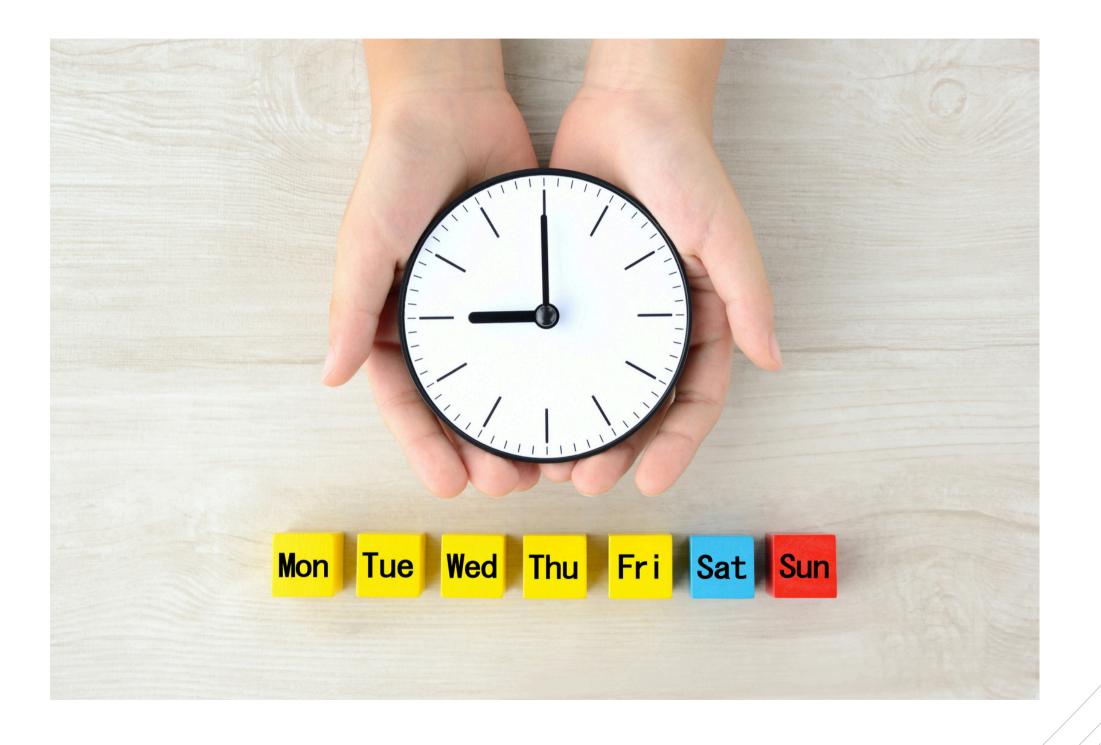




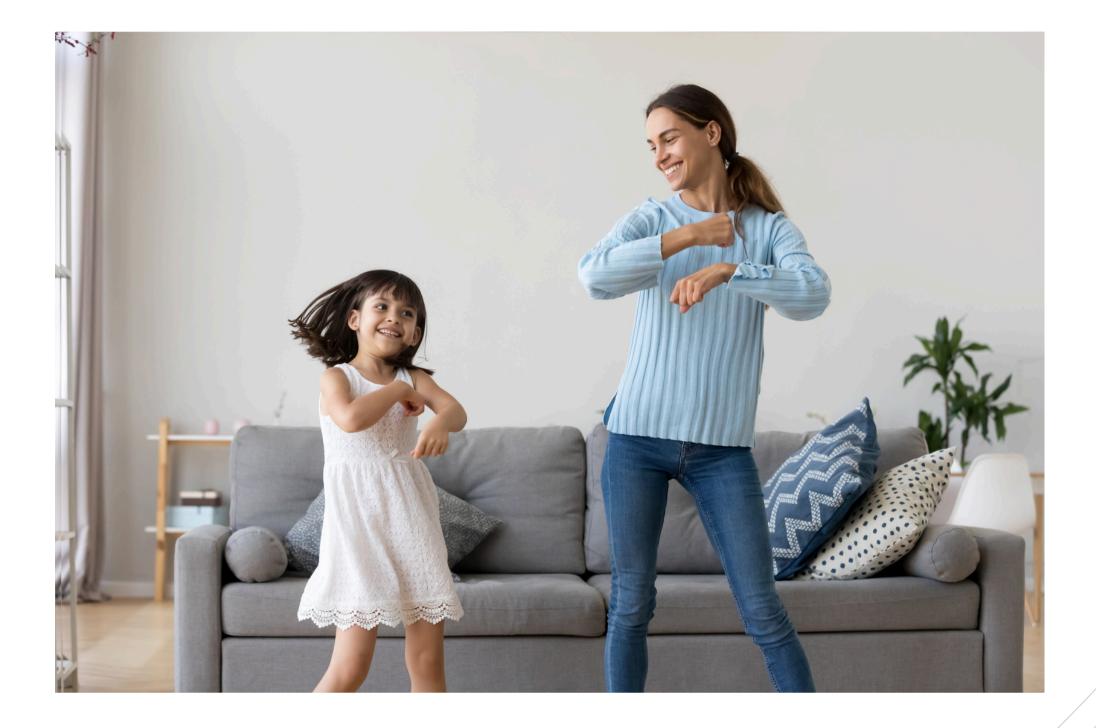




### Carevs. Catch Up



Integration VS. Separation



### Respite vs. Retreat



#### Long Term vs. Short Term



#### 8 Fundamentals

for regular parent-care



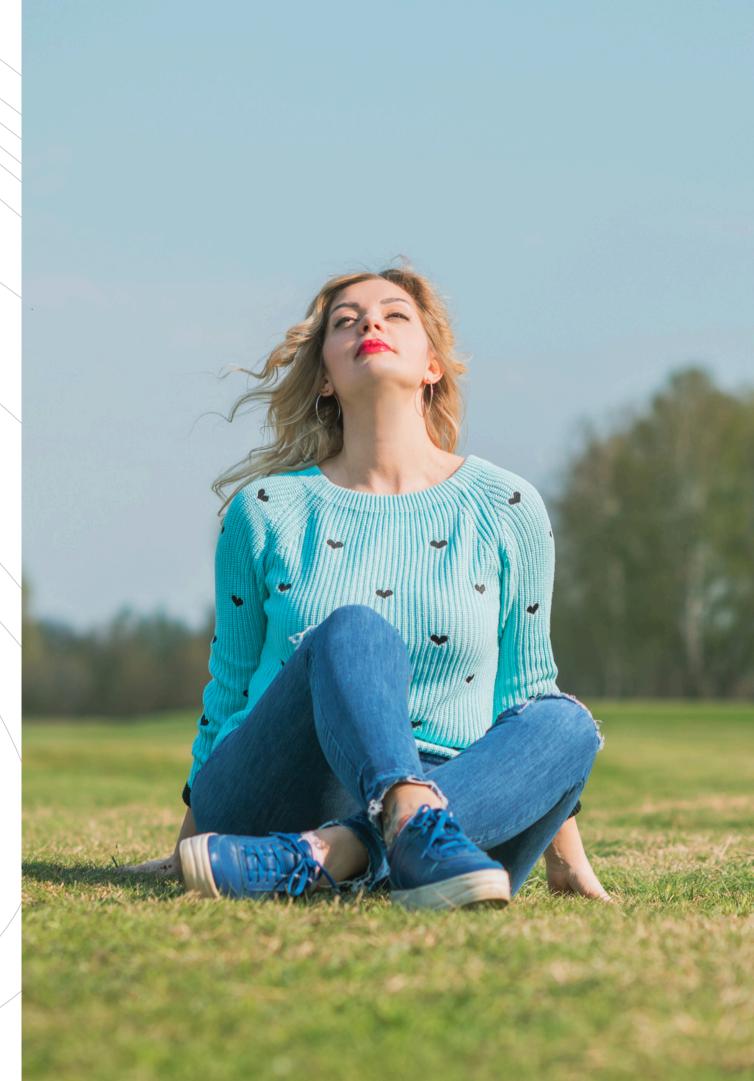
#### Posture

Attaining – Maintaining – Strengthening



### Breathing

Nasal – Day Regulation - Nighttime



## Community

Meaningful Connections



## Hydration

What – When – Why – How Much



# Mobility

#### Stretching – Floor Sitting – Hanging - Walking



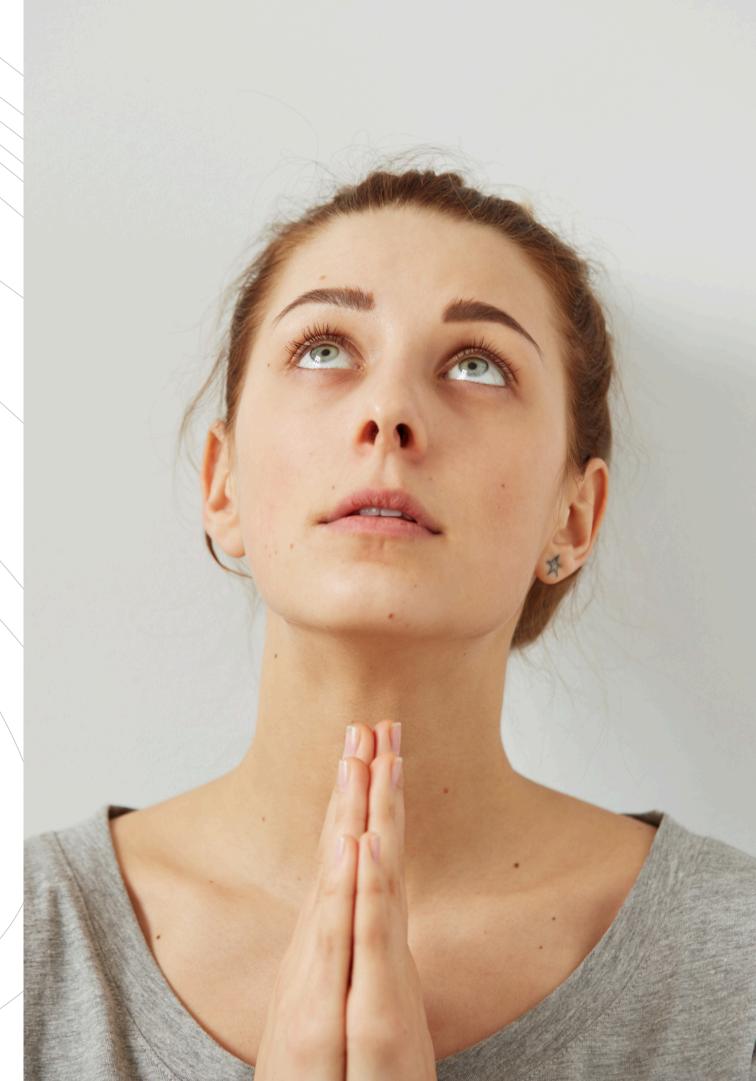


Feasting & Fasting



#### Worship & Meditation

Scripture – Music – Prayer - Motion





Always keep learning



# The Power of Stacking



#### **EMPOWERING HOMESCHOOL CONVERSATIONS** Your Homeschooling Authority on Teaching Diverse Learners LIVE STREAMING







#### HOMESCHOOL HEROES

#### Find your people!

Connect with local families and share your homeschooling experiences.

