How To Shift Your Home's Emotional Tone Without Adding One More Thing To Your Plate Transcript

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Introduction and episode setup

Hey friends, welcome back to X for Kids. It's so hot right now, it's hot. And today we're talking about a different kind of heat. We're taking about the emotional temperature in your own home.

Today I am talking with Julie Ross. She's the creator of A Gentle Feast and host of The Home School Feasts. Julie's homeschooled five kids for over two decades, and she's spent years studying something most of us never think about when our kids are struggling, home school or not.

And that's the emotional temperature of your house and how you are doing, mama, and that impacts your kids. And we get into what she calls the shame swamp and why your nervous system is quietly shaping your child, even when you think you're hiding it really well.

And one simple practice that you can do today, even mid-miltdown, to start shifting things. We've all been there, right? And if you've been managing symptoms for a while now and you're ready to get to the actual root of it to stop this whole meltdown shame eczema spiral for good, that's the exact kind of thing we work through together on our free alignment call.

If you'd like to book your free 15-minute alignment, call get-to-the-root-of-your-child's You can follow the link in the show notes and book one there.

And if you are still finalizing your educational plans for next year, stick around to the end. School is right around the corner. Oh my goodness. Julie's curriculum is genuinely one of the greatest things I've ever come across.

She's truly a wealth of knowledge in so many areas that are important to our parenthood, to her motherhood and beyond. I can't wait to share today's conversation with you.

So let's get into it. Is your child struggling with itchy nights and endless flare-ups? I'm Andrea McHugh, mom of four and host of Eczema Kids. Here you'll find natural solutions that actually work so you can heal your childhood eczemat without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let's get into it. Hi, Julie. Welcome to the show. I am so glad that you're here. Hey, thank you. I have personally admired your work for a really long time.

And I just love that you felt something so intentional around homeschooling and you've even created your own curriculum, which is amazing. There's just such a depth to the way that think about home.

That's why I wanted to bring you on today because it's not just a place where things get done. It's that environment that shapes who our kids become.

Julie Ross and A Gentle Feast

for those who may not be familiar yet, could you just share a little bit about who you are and the work you do and what led you to start paying attention to the emotional tone of your home and not just what was getting done each day?

Yeah. So I'm Julie Ross. I am the creator of A Gentle Feast, which is a modern Charlotte Mason homeschool curriculum for grades one through 12. I've been homeschooling my own kids for a very long time.

My oldest is 25 and is a college graduate, and I still have two teenagers at home that I'm homescooling, so I have five kids all together. And when I made the decision to homeschool, I really wanted to provide my kids a different kind of education.

I was a former public school teacher and I did want that home atmosphere that you're talking about. And I didn't want to be connected to my kid. So I wanted them to have the freedom to think outside the box and learn different things and explore and grow into the person.

that God wanted them to be. And so when I started homeschooling, because I was very much a product of public education myself, and as a teacher, we just did a lot of textbooks and worksheets and it was dry and very draining for all of us.

There has to a better way. I've done a lots of research and a trial and error to create what I created in a dental feast, but I don't regret any of it, cause I will never regret the time I had with them.

So, everyone that is listening are raising kids with chronic symptoms and they're dealing with eczema and sleep disruption and emotional sensitivity. These kids are just so reactive and it comes out in a spectrum of ways.

They're doing everything that they can possibly do physically. And we don't talk enough about the environment that those kids are living in every day.

I would just love to ask you, as someone who has clearly just put in so much intention and time focused on this detail, what does it actually look like to create a home that feels safe for a child's nervous system, especially when they're already in this heightened reactive state?

And personally, I don't have any experience with having a child with eczema, but I have children who have a lot of learning differences. Yes. And so they were very active and volatile and lots of emotions and lot's of big feelings.

I think at first I took a little bit personally and I thought I was doing something wrong or I wasn't being good at mom or if like I had a better system or all these things in place that it would magically fix that.

And I put a lot of pressure on myself to constantly like, we have a better tour chart. Or, you know, I can be nicer and just happier all the time, then everything will be better.

And I just was constantly putting all this pressure on myself, which actually made it worse because putting that kind of pressure onto yourself leads to shame.

When we feel shame, we naturally pull away. So even if we're not intentionally doing it, or pulling away from our children, oftentimes that can numbing out behaviors like, I'm just going to go scroll on Instagram and see what's happening.

Shame swamp and parental self-pressure

Or we can even go into that fight or flight response ourselves. But oftentimes for me, it would be I would shut down. I'd be like I had to take a nap or just completely numb out.

And I realized by doing that I was completely numming out to the good things too. Yeah. wonder that I wanted to feel with my kids in the learning that we were doing.

And a lot of it was because I was stuck in what I call the shame swamp. Because it stinks and you get stuck in it and if you don't know how to get out of it.

And so I would be stuck it, and it's so unconscious to like, we don' know that this is what we're doing. Like it is just an automatic response because we do not know to feel our feelings either.

So their big feelings trigger big feeling in us and then we just shut down. Then that just perpetuates the problem because when someone pulls away, even if they are not consciously doing it And even if they're there, but they are not fully present, like our kids can feel that.

And so that triggers shame in them. Yeah. It becomes this lovely dance where we're pulling away and either they also pulling and shutting it down or they trying to get our attention and get the love that they need and they acting out.

My goodness. I mean, I just love the way that you said that. That's what we're living. It's like this shame swamp. For a different way, for everyone listening, it's I'm failing my child.

They're miserable. Right? They can't be put down in some cases. You know, they're going to school or coming home from school just covered in rashes because they are allergic to outside and every single thing.

And it was like, oh my goodness, if I hadn't had a cesarean or nurse them longer, you know, hadn't done X, Y, or Z, then they would be better and they wouldn't be in such misery, right?

And then you're also like lotioning them and trying to rebuild their skin barrier and you are just thinking the entire time I don't know what to do. I do not know how to make this better.

And I'm so stressed and I am so tired. You are so stress. They are stressed because there is this dysbiosis going on in the body and that is of course making them stressed.

That is where we are. How did you let that go? How do you decide to climb out of the shame swamp? Well, first of all, is realizing what you're doing. So having awareness, right?

And kind of that metacognition, like, can you take a bigger picture of what your actually thinking and not just keep living on autopilot? Right? For me, it took some pretty big life trials for me to finally like wake up and go, what am I doing?

I don't want to be asleep to my life. I want just drift through all of this because by numbing the hard, I'm also numming the good. And it was really getting help for myself.

I am actually a life coach in addition to writing a homeschool curriculum because I need help. So I was like, okay, well, might as well go through this program and learn all this stuff for my self and then I can help the other moms I work with in my home school community.

But it's like this has to happen first. And what happens, I think, a lot of times for moms is we have so much guilt and so shame and pressure, and it keeps us from actually taking care of ourselves because, like, well, i don't have time to do that, or I don' deserve that or i'm not worthy of that.

Or I gotta help my kid. I can't help myself. And we keep putting ourselves last and last, so we're completely empty. And it was me going, if I don't take care of myself right now, this ship is going down.

I'm the captain of the ship and I have to be able to steer it and i can't right. Now. And so it's like the crisis moment of me, going mayday, may day, like waving the white flag.

Like I actually really need help. Again, it seems so counterintuitive and so selfish. But when I was actually able to do that, It started slowly. It's not like magical fairy dust and the next day everything's better.

Slowly over time it has changed that pattern. I love it, awareness is the first step. And it's just like the reframes for even diet, right? It's like, okay, now I'm just gonna make sure that every bite is just as nutritious as it can possibly be.

We're just going to get as many nutrients into these bodies as we possibly can. The same with this is like okay

now, I realize that I am a big stress ball.

Like my jaw is going out to here and it is worsening my family's experience and my experience of being a mom. What was your next step? Well, it really was getting help and going, I can't keep doing this all by myself, so one of the first things was obviously having someone else pouring into me, like whether that's a life coach, a counselor, therapist, pastor, an older woman, anybody, right?

Getting help, joy, and gratitude

You have to have someone that can see what you can not see because we are in that swamp and it's just fog. which stands for your obligation and guilt.

We can't see through the fog. It's just we can. And so having someone else's perspective is so important and so valuable. What we live because of shame, we isolate ourselves.

So we don't always have community and we have someone that actually knows what's going on. so we keep that hidden and in darkness because we're embarrassed.

If we could actually bring it to the light, that's when healing can happen. That's like the first step. And then one of the other things was me realizing that I had to have some joy.

The joy was just gone, like I said. My counselor asked me, what do you like to do for fun? And I was like, fun. can you define that word? I'm not really sure what that means.

And she's like, what are you talking about? Like, I don't know. Like every once in a while, like I'll read a book and you know, she was like that doesn't count.

A homeschooling parenting book does not count and it's fun. I actually don t know it s been so long since I've done anything that I thought was fun and she s like okay, well what did you like to do when you were like eight or nine for fun?

And she's like, why don't you go try that? So I literally like that weekend went roller skating. And I was like yeah, it was fun, right? And then I'm like okay, what else have I always wanted to try?

That sounded fun but like I've never actually done it. So, I went out and I bought myself a kayak and looked up where I could go kayaking near my house.

I love this. But it was so hard to do those things at first because they felt so selfish and silly. Like really, you really have time to roller skate.

I mean, come on. How do you get past that part? Cause I don't know if there was any spousal opposition and just pragmatically, what do do with your kids?

When it's like, well, mom needs, I means you have an up till now because it doesn't matter what mom means. There's just not like the time or even the energy and usually not the finances either, you know, to accommodate that.

So what you even do your with kids when you're like I guess if you roller skating you can just bring them. Do you incorporate kids into your fun? I do bring them, yes.

Of course, sometimes that could be, depending on what it is, not fun. Like I always say, there's a difference between a friendly trip and a vacation. A vacation is when I sit on the beach by myself and someone brings me food and drinks and I don't do nothing.

That's vacation, a family trip to the Beach is a completely different experience. You are pretty much working full

time, more than you normally work on a family trip.

So it's like that reframing, right? And it really, again, everybody in their stage is going to be different. I mean, by that point, I could leave the older ones at home and they could watch the younger ones, or I can get a friend and we would take turns or whatever.

But it is getting, one, realizing that this is not an option. that it's a necessity, and when something in your life becomes a necessary, you make it happen.

And scheduling the fun. Like, this is no longer optional. I have to do this. When can this fit in, how can I make this happen? And I find that oftentimes when we can release the pressure that we have figure it out all by ourselves, God can make amazing things happen.

And I, you know, one of the women I was coaching, she was really stressed about having a toddler and like trying to homeschool and all this stuff. She's been trying all these different things and she's so stressed out about it.

Then finally, I'm like, what would it look like if you just surrendered that and just trusted that this is a need. You need help with your toddler. while you're homeschooling, but you didn't have to figure out how that would be solved.

And she's like, okay. I'm like just open your hands. Because when we try to control everything, we go, everything's okay and it's all up to us and we gotta be the one to solve the problem.

We gotta solve problem yesterday. That creates all the stress in our lives. When we can just have faith and trust and surrender and Be open to things that's when miracles can just fall in her lap and literally that afternoon she went outside and she was talking to her neighbor and She's just telling her.

Neighbor was this elderly woman and just is telling your leg about the stressful day She had and he's like, oh my goodness. Well like two days a week.

I babysit my granddaughter And she's too why don't we see if it would work out for your toddler to come over and play? Yeah, and it was solved and you didn't have to figure it out We're all learning all the time, and this is something I'm really focusing on personally.

It's like, how do you become just a greater vessel for the light, right? For the lights to come in, because the sun's shining. Are you allowing it in?

Yes, that is so true. And that ties in too. I mean, I did a lot of that work too, because, you know, our brains are naturally wired to find what's wrong.

We have like 60 to 80,000 thoughts a day, and over 90% are negative. It's our brain trying to keep us safe, but there's no tiger. So thank you, Rain, for your help, But I'm okay right now.

and we actually have to train it. it's like training a muscle. to find what's good. And so I literally started having a gratitude practice and it seems so silly.

Like, really, I'm going to write down five things I am grateful for at the end of the day that is not going make any difference. This is so silly. Just do it.

I would literally set reminders on my phone three times a day to go off and go, I am so thankful for this. This is beautiful.

Thoughts, self-judgment, and reframing

And when my kid was driving me crazy, even to stop and look at them and tell them out loud, I am so grateful for

you. That changes the atmosphere real fast.

It's a great practice because you can do it in time and it doesn't cost anything. But it really does because it's training that muscle. And like I told, there's this thing I tell my kids.

You can't keep a bird from flying over your head, but you Can keep it from making a nest in your hair. So those thoughts will come. But you don't have to feed them.

You don' have entertain them, you can just let them pass right by like a bird flying over your head. But the problem is we let then stay and then we feed then and it makes a nest in our brain.

Sometimes it's like the little thought monster and keeps getting bigger and bigger because we keep feeding it. So what you feed is going to grow. If you take the light away, if you the food away if we take water away it is gonna die.

Those thoughts come, but the problem is when they come we add on an extra layer of judgment to the thought like, oh my gosh, I can't believe I'm thinking that.

Oh, that's such a horrible thing to think about my kid. Now we have shame on top of something that we were thinking. And so now it's making it even worse.

So it was not just like oh, yep, there was that thought. Okay, let it go. Now it starts to stay because we're feeding it even more negative emotions. And then we have a bigger problem than if we just let it pass without judgment.

That's the thing. We judge ourselves for having negative feelings. Those are great practices. So you can do gratitude. You're saying acknowledge the thoughts, but don't engage with them when they come up negative.

Do you have any other nuggets of wisdom that the listeners can take with him throughout the day? Because they're, I mean, they are in the hard, right?

They are, oh, one, just the level of exhaustion is unbearable and then they are blaming themselves so hard for what's happening with their kids. What else can they take with them throughout the day?

I think that's really key is like you blaming yourself isn't actually helping anyone. Yeah. It doesn't actually solve the problem. It just makes it exponentially harder.

And so now you took something that is a problem, that it's hard, but now, you've made it, exponentially, harder and to realize that, like, dad is actually what we're doing.

it. Really mind blowing because those thoughts feel so true and so right. and this is. Yes. There's no other option other than what I'm thinking right now.

Pause and go, wait a minute. Is that actually 100% true? Is that actually 100% true all the time? Or like I tell my coaching clients, is that thought actually helping me or is it hurting me?

So even if we're 100 percent convinced that is 100 true, all of the times, which most of time, again, it's not, but our brains are telling us it is. If we can just go, do I actually want to be thinking this?

Is this actually hoping me and we were like, no, What else is true? Because there's always something else that's true. And I think for most of your parents, they are helping their children and they're constantly doing everything that they can to help their kids.

I say this to my homeschool moms all the time because they have the most giving community and sacrificial people I know. Bad moms don't do that. They're like, oh, I'm such a bad mom.

Do you even realize you are giving up all these things to do what you're doing every day? You're showing up, and you doing the hard thing, you do the laundry, changing the diapers, teaching, growing them, talking to them and loving them.

Bad moms don't do that. That's called neglect. You are doing a complete opposite of it. And so, you showing up consistently, loving, even when it's hard, means you're a great mom.

Yes. Everyone listening is such a good mom and such great parents. The dads are also… Yes, we've got to give credit to the dads. In this audience specifically, the dads are just amazing.

Everyone that shows up to client calls, you know, come together. It's just, it's incredible.

Mirror neurons and nervous system regulation

But I was wondering if you knew more about the science, like how a parent's nervous system can really shape a child's ability to feel safe and regulated and then for our audience, therefore heal.

How does that work? Yeah, so it's something neuroscientists call mirror neurons. So basically, I mean, real basic, they are like a mirror. And so even if we're not saying anything, our kids can pick up on our body language, the tone of our voice, or facial expressions, and their nervous system is going to mirror what our nervous is showing, even we are not trying to show it.

That's very humbling. But also really key because then we can go, okay, I need to look at what I'm doing all the time. And am I creating? a hot house, if you will.

Like I say, like parents are the emotional thermostats of their house. And so we're setting the emotion temperature, whether we want to or not. So again, that's why this becomes so essential to be working on yourself because that literally is the oxygen.

That literally setting, the whole emotional temperature. Not in like a pressure way, I got to get it perfect. But in a reality way of, oh wow, me being able to regulate my nervous system, maybe being to calm myself, is going to change the temperature, even if I do nothing else.

And it was really important for me to learn these practices too. So doing things that you find joy, bringing joy back into your life, so helpful. Having graduate practice, being capable to capture your thoughts, amazingly helpful, but if your nervous is still dysregulated, the way you show up is going to change that temperature.

It's going create a hot house. And so learning in those moments, so those are like great practices kind of that will overall and lead to like lasting change long-term, but like in the actual crisis moment, right?

How can you regulate yourself? becomes 100% what you need to be focusing on. Oftentimes, we want to change their reaction and control their reactions.

And so it's like, OK, keep your eyes on your own paper. Look in your mirror and look at yourself. And even if you're like, I'm fine. I am totally great.

This isn't bothering me. If inside you feel like you are going to explode, like they, again, that mirror and they're picking that up. And so, you know, it's okay.

Depending on your kid's ages, obviously. up splashing cold water on your face will regulate your nervous system, right? Taking breaths, doing hugs, going and laying on the grass outside.

Your kids, your little ones, they can come outside and you can just lay on a grass, okay? Like there's so many things and it's such an important conversation and its becoming more and more of a conversation of people realizing like even just those little simple things because it seems so silly.

Like I'm going to go in the bathroom, I want to sprinkle water on my face when my kids out there throwing a temper tantrum like, this is not going to change anything.

But when you actually do it and you can go back to the situation and your calm, even if you say nothing, again, those mirror neurons, it's going calm them.

I would think the more practice do you get in these practices, the deeper your connection can be, honestly, with your kids. And how do think if you're starting to incorporate this and getting better and better at it, like how that connection affects your kid's behavior?

Most everything. I mean, as humans, that's what we're created for, right? We're creative for connection. It's one of the deepest needs we have is belonging.

And so your kids wants to feel connected to you. But again, shame can make us pull away, and so then if we don't say anything, they feel disconnected.

You're so right, because these practices, there's like these little grains of sand over time. you know, I take a pill and tomorrow everything's fine. So it's this continuation, but it is like a snowball effect.

The more that you are able to take your thoughts captive, the more you're able control your nervous system, that's going to snowball and then that changes them and they feel more connected to you and you feel connected more to them, and it snowballs into a completely different atmosphere and honestly a different life.

That's what we're trying to do is right now the life, you know, that we are living isn't ideal. You know? Like it's not ideal to have someone sick in your home.

It captures your thoughts and it captures you sleep and just captures joy. And I'm just really thankful that you're here today to walk us through these types of things because it is a little bit different than what you talk about normally.

Rhythms, nature, and big rocks

I would say, even more important, right? That is just part of the foundation. Then everything else that were layering on will go so much further. Yes, because when someone feels loved and someone falls connected and somebody feels calm and they less stressed, oftentimes that affects their immune system, which can greatly impact, you know, what you're doing and everything else too, right?

Because, stress is a huge factor. And so, getting to calm ourselves is huge because that will make us less reactive which will trigger their stress response less and it's just this whole dance and cycle that is happening and we're not even realizing it's happening.

But it is like, yes, there's all kinds of other things that we can do that are all very important, but I really believe this is the foundational relational piece and everything else just builds on top of that.

So when you first started to notice that this was an issue for you and, you know, your family was moving in a direction that you didn't want it to move into, and you realized you had the power to bring them back out of…

Which is so powerful, right? Because oftentimes we think the answer's out here. If I could just fix this or if I can just them, then I'll feel good. And that's the exact opposite.

When I feel it will change that, it might not change it in the way I want it to change or in timing I wanted to, because I have no control over that. The only thing I control is right here.

It's so powerful when you realize you are not at happenstance of your life circumstances or the people in your live? Yes. Huge shift. And again, we're all working on it.

So great. It's such a huge shift though. I was just wondering, practically, you have five kids. You're running a business. We've got some things going on.

Oh, yeah. Lots of fun over here. No one's just hanging out and has all the time in the world to do these things. I was wondering for you, when you were more intentionally moving your family into the way that you wanted it to, did you start with more of a rigid schedule?

Did you routine stacks? Like how did you start to implement these tools and these tactics and then just like change the vibration of the family? For the families, how do you practically work these things in?

And also just the rhythm of your home. How did structure the rhythms of you home to more align with what you wanted to create? Did you do it by a schedule or did do by rhythm?

Yeah, I don't do schedules. Schedules stress me out because life happens. And so that does not exist, right? It's not a classroom where you can control everybody and make everybody go to a bell and have like that doesn't exist in family life.

So. I learned that really early on. By rhythms, yes, being very intentional of creating practices that were life-giving. So we start off our day, we have morning time, read scripture, listen to classical music, look at beautiful art, very simple gentle way to start our day, very intentional about reading stories, especially stories of people that are really inspirational.

Like I think of like Heidi, if you've ever read that classic book, you know, she's this little Swiss orphan girl and she faces all these challenges, but she does it with such courage and tenacity that it's like super inspiring.

So bringing stories. Of people who are doing amazing things and loving other people. Well, that became really important because that captures a child's imagination, especially when they're going through something hard.

Those stories can come back and it shapes their character and shapes they are thinking and the way they view the world as well. people, even if they're imaginary, that they can draw strength from in their minds.

And so being really intentional about incorporating stories into our day, time out in nature. I mean, sadly, I think it's the average American child gets four minutes outside of school a day.

At most schools, recess is maybe 15 minutes. So add those two together, it is less than 30 minutes a days outside. Nature is so healing. like I said, even if you just go out and lay in the grass, like you don't have to go someplace to a waterfall or someplace fancy, just literally get outside and be around the sun is so healing and that became just a priority as well as part of our rhythm.

So it's not like on Tuesdays we go on a nature walk at 2 p.m. I couldn't do that, but it's like, okay, we got some time on Saturday, let's schedule a hike.

That kind of thing. Just knowing it is a priority, and I think that's really key because I call it your big rocks. So you take a glass jar and you have some big rock and then you some rice or sand or some pebbles or something.

And so if you put all the sand into the glass, it might fill up like three-fourths of the way full. And then you try to put these rocks in and they don't fit.

But if you put the rocks and first and then pour the rice or sand over it, it fills in all the cracks and it can actually fit in your life. So part of it is knowing what your big rocks are up front, like what are the values that we have?

What are most important things?

A simple reset for overwhelmed parents

And like I said, for me it was stories, beauty, and nature. Put those rocks first, then all that laundry, dishes, grocery shopping, all those other little things will find a home.

I don't need to schedule those, but the big things that are super important, my joy, whatever it is, it has to go on there first. So great. This has been so grounding, and you just paint such a clear picture of what life can look like.

And it doesn't require you to move mountains, right? It's just, I love that rock analogy. I loved that. It was so wonderful. And actually just reminded me that my child for theater needs to bring in a big rock and did not bring a bang rock today and today was the due date.

So, you know, there's always going to be a never ending to-do list and it will, that will happen. You'll get the things done. Like it's, just like potty training, stressing you out.

Nobody's going into kindergarten in diapers. like it, will work itself out And I sincerely appreciate that reminder. And that's a big piece of it too, especially for the parents listening.

It's like, there just has to be this belief that they will heal and then, you know, and so that you can like just do all the things and you will, of course you well.

So thank you. for that and for the parent listening that's dealing with a lot and already very emotionally taxed and physically tax what's just one shift that they could make today to just start to shift the emotional tone of their house.

Go in your room by yourself and shut the door and put a big blanket around yourself. And give yourself a hug and remind yourself that you are loved. and that you are held and you're cared for and it's not your burden to fix it all.

It's beautiful. Thank you. Yeah. There are so many more questions that I want to ask you about your curriculum and everything else that you do. I just geek out on this stuff, and I love everything that your doing.

Where can everyone find and follow you and your work? Yeah, so my school curriculum is called A General Feast, you can find that at agenalfeast.com. And then my podcast is the Home School Feasts, I talk about homeschooling, but I also talk and life coaching stuff as well, a lot of the time, actually, because again, you can't separate the two.

You can separate homeschool for life. So it's all of life that we talk about on that show. Yeah, come join us. Thank you. Although, thank you so much for your time.

Julie, this was wonderful. Yeah, it was so good to talk to you. She is such a joy, right? I know today's conversation was a little bit different and she just brings so many valuable things to the table, XML or not, and I couldn't wait to share this with you guys.

And I'm still thinking about that mirror neuron piece. I mean, our kids are picking up on our internal state, even when we think we're hiding it really well.

More than anything else, It's on us to set the temperature in our home, set One of the greatest gifts that we can bring to our kids is to be regulated ourselves.

And if this conversation stirred up something for you, that's usually a sign there's more going on underneath the surface than skin deep. If you're ready to get to the actual root of your child's eczema instead of managing it forever and you don't have to completely zen throughout the entire experience, I mean, it's very, very helpful to work with somebody.

throughout that entire experience to handle the ups and downs, the little and the big things that all happen within a 12-hour period in a day at our homes.

And I know what that looks like and I knew how to walk you through it. I would love to talk to you about it if you even just need to about your child's eczema.

To somebody who really, really understands it, I get that as well and am happy to speak with you on an alignment call. You can find the free alignment call link in the show notes and book from there.

And if you're still working on your educational plan for next year, I know I am. Home school or not, you know, school is creeping up faster than any of us, so I want to admit.

I invite you to go check out Julie's curriculum at Jitchell Feast. It's such a thoughtful, well-built resource, and I really trust her. So that link will be in The Show Notes as well if want check that out.

Thank you for being here today, friends. I am so grateful for your time and attention today and I will talk to you next week. Take care. Thank You for helping with my eczema.

Love you! Thankyou for listening today friend. i know healing your child's skin isn't easy but you're doing it one smart step at a time. If this episode gave you a little hope or a better night's sleep, Leave a quick review so more exhausted parents can find eczema kids.

And finally, rest easy to follow, share, and let's help more kids heal. Take care.