

EPISODE 95 • JAMIE MARTIN

What Kind of Homeschool Mom are You?

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About Jamie

Jamie Martin is an introverted mom of three who loves books, tea, and people, but not always in that order. In 2010, she co-founded [simplehomeschool.net](#) and in 2020 began the website [introvertedmoms.com](#). Jamie is the author of four books, including *Give Your Child the World*, which reached number nine on Amazon's top 100 bestsellers list and her latest release, *Introverted Mom*, an ECPA bestseller. Her work has been featured by LeVar Burton of Reading Rainbow, the Washington Post, Parents Magazine Today, Parenting and Psychology Today.



Key Ideas

- Homeschooling is challenging for all moms, but introvert moms experience special challenges unique to them. One of those challenges is the need for quiet time to recharge which is not always possible when schooling kids at home. Understanding this need is crucial to remaining guilt free when you just need a moment to yourself.
- Introverted moms typically hit their limit sooner than extroverted moms. Focus on recognizing your limits and prioritize breaks a few times a day so that you can refuel. By doing this you are also modeling for your children what it looks like to take care of yourself, which is an example they need to see now, more than ever before.
- If you as an introverted mom realize that you have gone way past your limit and you are struggling to continue to give joyfully to your children, you may need to take a break. How long this break needs to be will differ depending on how long you have gone without taking one. So, take the time to refuel, guilt free. When you resume, make sure you find ways to prioritize your needs as a mom.

Action Steps

1. Take a minute to assess whether or not you are getting your needs as a mom met. If not, look at your homeschool schedule and see how you can adjust to make sure you are getting what you need.
2. Go to Jamie's site Simplehomeschool.net and take her [quiz](#) to find out your homeschool mom personality.

Time Stamps

3:05 meet Jamie

7:20 Morning Time, or "breakfast school" in Jamie's home

15:09 unique challenges of introverted mom's

17:50 tips for Morning Time for the introvert moms

25:00 special advice for introvert homeschool moms

35:35 advice for the mom of littles

41:48 resources for introverted moms

44:50 ANNOUNCING: Homeschooling with Purpose

Quotables

"So often we think about self care being something that is selfish, but really my self care is for your benefit."

Pam Barnhill

"Who you are is exactly who you need to be. And that's true, whether you have, you know, all extroverted children or all introverted children or a combination of the two."

Jamie Martin

"You are a really wonderful mother, but you just need to make sure that you have the resources to continue giving out. You can't pour from an empty cup...so right now, if you're that overwhelmed, introverted mom, that's what you need. And you will be amazed at how quickly you start to come back to yourself."

Jamie Martin

"Make your break a part of the homeschool schedule. Approach it the same way you would spelling with your son because it is that important."

Jamie Martin