



## The Case for HomeSchooling

Krystin Godfrey  
Mom & Founder, GrowingUpGodfrey

EPISODE 26

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### [Quote]

“We make homeschool work around our life versus center our lives around homeschool. There is learning in every single thing and a lot of people miss that”



### [Description]

Parents choose to homeschool their children for various reasons. Usually, because they can give their child a better education than the local school can, integrate teachings on religion or there is some other reason that their child may not be able to attend school.

In this episode, we talk to Krystin Godfrey about the benefits and challenges of homeschooling. Krystin is the owner and creator of Growing Up Godfrey — a family lifestyle blog. She is also the mom and homeschool teacher of 4 children.

### [Intro]

**Jaison Dolvane:** Parents choose to homeschool their children for various reasons. Usually, because they believe they can give their child a better education

than the local school can, integrate teachings on religion or there is some other reason that their child may not be able to attend school.

Homeschooling provides a more flexible schedule for kids, who benefit from the one-on-one attention. Kids get to learn at their own pace without dependence on the progress of a whole class. Homeschooling builds close family and community relationships, and creates better engagement, because kids have the opportunity to learn in unique ways that interest them. They also can experience more hands-on education at museums, libraries & community resources.

However, homeschooling does take a tremendous amount of parental time and energy. Some parents lack the formal training to teach, kids lack social connection and the convenience of school facilities, such as a gyms and science labs.

In this episode, we talk to Krystin Godfrey about the benefits and challenges of homeschooling.

Krystin is the owner and creator of Growing Up Godfrey — a family lifestyle blog. She is also a mom to 4 children that she homeschools. She says "We are a homeschool family with 4 kiddos, one tween girl, two toddler boys, and a baby girl. So, you can usually find me in leggings under a sleeping babe, teaching pre-algebra, or playing monster trucks". If that is not enough, Krystin also leads courses to teach others how to earn money from blogging. In her free time, you can find her road tripping with her family to Disney World, trying a new restaurant, or planning a trip.

[Episode]

**JAISON DOLVANE:** Welcome, Krystin.

**KRYSTIN:** Hi, thank you for having me.

**JAISON DOLVANE:** Yeah, it's great to have you here. So krystin, tell us just a little bit about yourself. You've got kind of this blog that you've actually created and maybe just tell us a little bit about your family also since this episode is really about homeschooling.

**KRYSTIN:** Okay. Well, I am a wife and a mom of four and we live in Birmingham, Alabama. So I am a southern girl, through and through. I was born and raised in the south. And it's so much a part of who I am. And I know you guys are, you're Canadian, correct?

**JAISON DOLVANE:** Correct. We're in Canada.

**KRYSTIN:** I know this is probably foreign to people when they hear that, but it's definitely a huge part of who I am, but we homeschool, and we actually started homeschooling when my daughter was in the third grade. We don't have a traditional homeschool story. In that we only started homeschooling because we moved and her amazing school was 45 minutes, one way from our house.

And so I was driving her 45 minutes to school. I would drive 45 minutes home with my newborn and then I would drive 45 minutes to get her. And 45 minutes back, and we just weren't comfortable with the quality of life that was given us. We were spending literally it was like commuting to a job from school.

And so we thought first, we were like, you know, we're just kind of trout homeschool for a semester until we found a school closer to us that we love just as much as that one. And we started to homeschool, and we absolutely love the flexibility. We love being able to cater to her specific needs as a student. And we are still homeschooling now. So it's been a really cool journey for us, especially because we didn't set out to homeschool.

**JAISON DOLVANE:** Yeah, that's amazing. And you've got four children, right?

**KRYSTIN:** Yes. Now we have four. When we started homeschooling, we had two and then we [01:46 inaudible]. So my kids are, I have a sixth grader and then I have a four year old, two year old and a one-year-old. So got all the ages. And they all need totally different things, but it's been really fun figuring out their learning styles and be able to cater to all their needs.

**JAISON DOLVANE:** Yeah, that's amazing. So tell me about the time when you sort of made this decision to homeschool. I mean, it sounds kind of daunting.

**KRYSTIN:** I guess it was, so for me it wasn't as daunting as it might sound

for most people. Patient background. So I actually, I have a biology degree but it's not for like a small child or younger children, but I did teach secondary science [02:30 inaudible]. And then before when my youngest was in elementary age, I taught secondary science and then I also taught in science museum for children. So for me, teaching wasn't foreign. So it wasn't as scary to me as it might be for some people. So while it was a little scary because it's like, oh, I'm taking full responsibility of this child's education now, when [02:58 inaudible] in school. I felt comfort and that I knew how to read curriculum, create lesson plans, and cater to a child's needs. Because I was doing it for a whole classroom. Surely, I can do it for one child, which is sometimes harder. Sometimes it's harder to cater for your own child than it is for other people's kids, but we've made it work.

**JAISON DOLVANE:** Yeah. Amazing. So, you've got kids of different ages. Like what does a day in your life look like?

**KRYSTIN:** So busy. I am not an early bird by any means. I'm a night owl. So a lot of times I would love to say that I woke up at 5:00 am and got to work and have breakfast ready before all the kids woke up. But that's not the case. I'm usually like awakened to the sound of little footsteps. So I wake up about 7:00 am. I know, I wish I woke up earlier. It would give me more time to myself, but wake at about 7:00 am. And usually that's ahead of my kids. I usually have about 30 minutes before my kids wake up and I let them play quietly. And then we all kind of, my husband and I together. He usually does breakfast, and I will work from about 7.00 to 8.45. So I have about an hour and 45 minutes to an hour and a half in the mornings to do my thing.

And then at 8.45 we do swap off. So he'll get them ready for the day, feed them breakfast while I work and then at 8.45, we kind of get started with school and I'm pretty, we're pretty leisurely homeschoolers. My daughter at this point, she's pretty independent, a pretty independent learner. Because she's older and she's been homeschooled for so long. Most of her stuff is virtual. And then once I get her, make sure she's ready to go. I'll do homeschool with the smaller kids with my two year old, my four year old while the baby, she either naps or just crawls around the floor. And the we'll do that. We only homeschool about 30 minutes at that age.

I always tell people to keep it short and sweet. You only have a little while to hold their attention and they don't need that much formal schooling. If you got a daycare day. There's lots of transitions and play time and outdoor time.

And so I try to keep that in mind, we don't have to have those transitions in the home. [05:18 inaudible] overwork them. And then we'll have play time. We'll sometimes go to our neighborhood park and then we'll have lunch. They go down for naps. And during that time, which is right now, I get the bulk of my work done. So I try to bust them as much possible. And I'll just check in with my middle schooler to make sure she's good. She'll bring me things throughout the day to check for her. Like I said, she is pretty self-sufficient at this point, which is nice.

And then we'll end up any loose ends with schools when the boys wake up, we usually read or something or do some activity. That's about our normal day. So I try to keep, one thing about our homeschool as we wanted to make sure that we still kept the flexibility. So I like to say that we make homeschool work around our life versus center our lives around homeschool. Because there's learning in every single thing that you do. And I think a lot of people miss that, they have to be doing something, writing something every hour of the day, but really homeschool is about life for us.

**JAISON DOLVANE:** Yeah, yeah, no, you're right. I mean, there's learning everywhere we look, you don't have to always be in front of a screen.

**KRYSTIN:** Absolutely.

**JAISON DOLVANE:** Yeah, I hear you. So what about the curriculum? I mean, how much effort do you put into sort of creating this curriculum for, I guess you've got four kids that need different things.

**KRYSTIN:** So I actually use pre-made curriculum. It's just easier for me. And I just, I'm not used to such a wide hodgepodge and [06:52 inaudible] bits and pieces from different curriculum and just using them together. I don't really stress about lesson plans anymore. I did when we first started to homeschool, I mean, it was like I was spending hours putting my lesson plan together, but it was stressing me out and it wasn't benefiting us. So I try to keep it pretty fluid. A lot of times I will go off of maybe for example, my four year old, he'll watch like little shows. And so he's really in a space right now. So I'll pull like different books about space.

We'll talk about space. We'll do like a math little accounting thing about space or we'll count rocket ships. So I try to do [07:38 inaudible] complicated. I think that that's where a lot of people get

discouraged. So I would say that I don't spend a whole lot of time on the actual lesson plan. I'd rather use the time tailoring my teaching to what's working for them right then.

**JAISON DOLVANE:** Yeah, I guess that's one of the benefits is the one-on-one attention that you can give them. So what do you, you've been doing this for some time. What do you feel have been like the benefits, that you've experienced from this?

**KRYSTIN:** One of the biggest benefits I've seen is that my children are so confident. I know a lot of preteen girls, I have, my daughter has friends and [08:19 inaudible] that she is one of the most confident kids I've ever met. I can't attribute that all to me and homeschool. I'm sure that some of it is her personality, but she's also just been able to be free and be who she is. And we've allowed her to dig into her own talents.

like, she wants to be a cosmetologist and like cut hair and like be a makeup artist to celebrities. Of course it will likely change.

**JAISON DOLVANE:** Yeah, sure of course.

**KRYSTIN:** [08:47 inaudible] my career, you know, what I do, but right now that's what she wants to do. So we've gotten to do some really cool things, like to help support that. So I think that's been one of the biggest things is the confidence building that I've seen in my kids. My four year old, my two year old and my one year old do some child modeling. And they don't do a ton, but my four year old is like really into it. And he loves photo shoots, and he loves going on set. And that's something that we've been able to do that they wouldn't necessarily be able to do if they weren't homeschooled.

And as long as he wants to do it, I'm fine with it. If he ever does it, then we'll stop. But he's so confident in it, and confident that this is like, for him, this is a normal part of life, that he gets to go do something cool like that and be on set.

**JAISON DOLVANE:** So, that's pretty cool. So what you're saying is that it's just giving you the flexibility to kind of like integrate sort of extra curriculars right into their schedule.

**KRYSTIN:** For sure. And we've also done a lot of traveling too during like off seasons. And it saves us so much money being able to go places in September or October versus July, when everybody else is out of school. So I've gotten to do some stuff for work and because my family is a homeschool family and we can pick up and go whenever. That's definitely been a perk that they can also come along with that, like to mommy's cool business trips.

**JAISON DOLVANE:** Good point. Yeah, absolutely. So how do you know, cause you know, as you're talking about this, I'm thinking like, okay, so how do we know that our kids are actually progressing and meeting the standard, right? Whatever the standard is that the government sets for us.

**KRYSTIN:** So it honestly just depends on if you care. There are a lot of homeschool families that do not care, not one bit, they don't care at all, whether they're meeting government standards. Whatever they teach is what they teach. But for me, it is important to me that my kids are staying on track with at least what is, you know, kind of a benchmark for their grades. And this is why. It's because as their mom, I'm always open to whatever works best for them in this season. So for one season homeschool might be perfect. And then another season they might decide they want to try public school again. And I don't want them to go back and be behind.

And so right now, my sixth grader, she wants to go back to public school in the fall, [11:20 inaudible] been talking about it. And we've been exploring the idea of it. And I think that we're going to go forward with it. So knowing that I kept her on standard is like reassuring to me, knowing that she's going to go back. If I hadn't done that, I might be a lot more worried. But I always tell people, you can print off your district or your states or your provinces course standards for each grade. It's usually on the school systems website. So I go print them or look at them, it's like 50 pages, but I'll go look at the standards and I just make sure that whatever we do throughout the year that we're hitting those marks. Like I said, that's a personal choice for me. I know a lot of people who don't mind that they don't do that, but for me, I like to know that they're on track.

**JAISON DOLVANE:** Yeah, it makes sense. The first thing that came to my mind was if you continue this through high school, then what are the considerations for kind of getting into college?

**KRYSTIN:** So they kind of do for high school homeschoolers. It's just like, so for middle and elementary school, at least in our district, in our state, there aren't as many restrictions or guidelines. They kind of just, it really is parent choice, which is I always thought was interesting. But once in the high school, there's a lot more regulations.

so you have to take, it's the same as if you were in public school. You have to take four years of pe, two art classes, four years of science, four years of history, all of the subjects and the homeschoolers are held to that same standard.

Unfortunately since the parents are the people grading it, that kind of is what it is. There's a lot of latitude there. But there are requirements and you do have to get a diploma. You do have to take the salt or the act. So it's very similar to the process for going to college for a traditional student.

**JAISON DOLVANE:** Got it. So, if you sort of follow, the testing standard for a particular grade, and you keep up with that, then you're just setting up your kids to do the act and the SATs, and then be able to kind of find a path to college.

**KRYSTIN:** Absolutely. And another thing that a lot of homeschool families do, I've seen people, cause there's a lot of like highly gifted children who are homeschooled, whose parents decide to homeschool them with private tutors. And a lot of them will actually do GEDs and go to college that way. Because it's just, it's really no different, it's treated like a high school diploma now. That big thing is still going to be just like for every student that act and the sat are the gems right now.

**JAISON DOLVANE:** Okay. Very interesting. So you talked about some of the benefits and some really interesting ones that I hadn't actually thought about, especially the travel one. That sounds really amazing, especially given what we have going on nowadays. But what about some of the challenges?

**KRYSTIN:** So I think for me, one of the biggest challenges is balancing work and school. When your child is in public school, you can work eight hours a day. Most people work eight hours a day. And so our home it's finding that balance where I still have work that has to be done. I still have dreams that and things, goals that I want to reach. So finding the balance between all your children, being at home all day with you and also you being the teacher has been something that has been a fight for me to make sure, I

just have to sit back sometimes and just reevaluate, like, okay, am I a mom who homeschools or am I going to be a mom who works all day long? And honestly, those two things for me, can't coexist because I think that boundaries are really important.

And so that means that I don't, I try to close my computer at a certain time every day, I try to put my phone away at a certain time every day. So I've had to really figure out my own personal boundaries and business and in my personal life to make those [15:33 inaudible] time management, time management has been the hardest thing, especially as our family has grown. And we went from, my daughter was in the third grade, so she was about eight years old and we've had a newborn who slept all day. It was totally different. I mean, we used to homeschool everywhere. We would go to the park and he would sleep in his stroller and we would read for hours. And that's not really our reality anymore. And his brother is two and then the sister is one. So definitely time management.

**JAISON DOLVANE:** Yeah, it makes sense. So what about the social connection? I mean, when you go to school, you meet friends. Probably one of the first places that you actually make friends, what are you doing with your children to make sure that they're kind of connected?

**KRYSTIN:** So my kids are so social, I think for my oldest, it's definitely the hardest keeping her super socialized, because she doesn't play like an organized team sport right now. But she has lots of friends, some homeschool, some not, but I try to make sure that she has plenty of time to hang out with her friends and that she gets out and do lots of things. And traveling has helped a lot. I know I keep going back to that, because we're doing like right now, of course, like everyone else, super local, super socially distance road trips, that's all you really can do.

But in the past, travel has been a great way for her to be socialized and also to like see different areas and see different things and experience different cultures. So that's part of why that was so important to us because we know, she needs that social aspect. For my younger children honestly, it's a lot easier to socialize them because of their ages. So, there's a lot of stay-at-home moms who homeschool or keep their preschoolers home. So this is like [17:24 inaudible] people from eight to three who are at home or willing to meet up at the park or go on a [17:32 inaudible]. So for them it hasn't been

so difficult or really much different than it would be if they were in a traditional preschool.

But for my oldest, it has been something that we had to be super conscious of. So I always tell people if you're going to homeschool, socialization needs to be like your eighth subject. Like you're going to have to think about it.

**JAISON DOLVANE:** Where does your oldest kind of make her friends then, or find her friends?

**KRYSTIN:** Like I said, she has lots of homeschool friends and we've done co-ops before, friends from our church, you know, a group like there's some that are homeschooled. And there's some that used to be homeschooled and aren't anymore and they all are super in touch. She has a cell phone, so she talks to her friends and then we meet up with them as often as we can. I don't know, you guys might be a little more locked down than in our area, but we're kind of trying to open up slowly. So we've been to like parks, definitely that's one of the big things. We'll meet up with friends at the park to hang out and we've been to church. We recently started going back in person to church. So that's been another, place where socializing with her friends.

**JAISON DOLVANE:** Makes sense. Makes sense. Now, a lot of people that are probably listening to this are thinking that they have homeschool their kids for the last like year and a half or two years. And they're probably ready to kind of pull their hair out and are happy for kids to kind of get back to school. So I think I read somewhere where you kind of talked about the fact that, hey, pandemic homeschooling is not homeschooling. Can you tell me a little bit more about what you mean by that?

**KRYSTIN:** Oh my goodness, that's like my biggest post of 2020. And it was called quarantine school is not homeschool. So I think I hate that that was everybody's first experience with homeschool. [19:23 inaudible] such a beautiful thing. And it's been such an awesome thing for our family, but it's not the same as when you're homeschooling and you're free to go and do whatever you want. You know, we were all so limited last year. And not only being limited in going anywhere, it was stressful. People were really stressed out, schools closed without warning, [19:48 inaudible] your kids to school one day and then they came home, and they never went back.

Nobody really expected that. So, it's not the same as a conscious decision. Okay, well, let's try out homeschool.

So I think that everybody deserves a lot of grace for how this time was handled. So I hope, there's hope. If you think that, you thought you wanted to homeschool or maybe you're ready to throw in the towel, know that if you still want to homeschool, there's hope and that it isn't, this isn't truly what homeschool is like. It's a beautiful, free awesome adventure. And last year was just totally different, to be honest.

**JAISON DOLVANE:** Yeah. Actually, now that you're talking about it, that makes sense. So what you're saying is that what we just did, which was pandemic homeschooling was kind of like trying to get our kids to follow a school's schedule virtually and a school's timetable virtually. Whereas homeschooling, you dictate that schedule and there's a lot more flexibility as to how you do these things.

**KRYSTIN:** Absolutely. Virtual school is hard. It's so hard. And to be honest, like virtual schools could not, they couldn't take into consideration the parent's schedule. You know, you are at their mercy. When you homeschool, you have a lot more control over the flow of your days and the time.

**JAISON DOLVANE:** Yeah. It's almost like, with kind of virtual schooling, you always feel like you're behind, right? Because the school's kind of like they're teaching and you're trying to catch up and you've got to keep up with what they're trying to teach. Whereas with homeschooling you're in control and you're leading the charge.

**KRYSTIN:** If there's someone is sick and you homeschool, everybody takes a sick day. Though virtual schools like, the work still has to be caught up or done or whatever, it is like being off from your job, you're off, whatever you had to do is still waiting on your desk when you get back. That's pandemic virtual school. But true homeschool is not that way.

**JAISON DOLVANE:** That makes so much sense. That makes so much sense. That's actually so much clearer now. So krystin, any kind of occasions, we talked a little bit of challenges, but any kind of occasions along the way where you were like, oh, I just had it with this. I've got to like do something different.

**KRYSTIN:** Absolutely. Just ask my husband. My daughter, she's an awesome kid. But her learning style is so different from mine. Typically the way you learn is the way you try to teach. And we tried that at first, I remember being so excited and I would teach her something and she was literally starting at me like, [22:36 inaudible], so there were times when I felt like she's not understanding what I'm teaching, maybe this isn't what's working for us. And I had the blessing of my husband being able to come in and like take the reins for a little bit, you know? Cause it's like, I'm [22:55 inaudible] frustrated, sorry. I don't know what happened. But she was getting frustrated. I was getting frustrated and I needed that other person to come in and like take the reins. And so that was great. But yeah, plenty of time, plenty of times I've said, no, this isn't it, she going back in my head.

**JAISON DOLVANE:** Right. So it's not all roses, right? It's human nature, right? There are instances where we all sort of doubt ourselves.

**KRYSTIN:** Right. And that's parenting, that's life. Who goes through life totally confident that you're doing exactly the right thing. I mean, [23:29 inaudible] homeschooling is the same thing. It has its ebbs and flows. Sometimes I feel like I'm killing it, some days I'm like, I did not kill it today. So yeah.

**JAISON DOLVANE:** Yeah, exactly. So you've done, you're homeschooling your kids, which seems like this big job, you've got growing up Godfrey, which is the blog that you're doing. And it seems like you're also kind of teaching people around that. Maybe tell us just a little bit about growing up Godfrey and what you're doing with your courses.

**KRYSTIN:** So I actually started growing up Godfrey in 2019. And I had kind of been watching other mom blogs doing really cool things. And I thought, man, I should, I really think I want to start one, but I always had an excuse to why I wouldn't. Like they [24:13 inaudible], the kids are so small, I always make excuses. But my husband was like, dude, do it. You got the free time. Every [24:20 inaudible] reading somebody else's blogs, you could be writing your own blog posts. And it really made sense. I launched it a year and a half ago. It's going on two years this summer and it's just been so cool watching it grow. And it's growing really fast, so I'm grateful for that, but I've got to do some really cool things. I've worked with Disney. I've worked with some just really cool brands. Recently I worked with vertex,

but I have loved being an influencer and a content creator and getting to share brands that I love with my community.

And my courses, I actually teach a course called not so ordinary influencer masterclass and it basically teaches other moms how to become influencers or content creators. I actually have, it has taken a back seat to some other projects that I'm working on right now, but I do some private coaching. And usually it's kind of by word of mouth. Honestly, that's been word of mouth has been the biggest thing for my business. Like I do all this promoting and it's great, but word of mouth clients have been the bread and butter of my business last year.

**JAISON DOLVANE:** That's excellent. That's excellent. So krystin, what about, what changes do you feel like you've kind of gone through doing all these things? Like, do you feel like, before you started homeschooling, before you started this business, let's just say the last few years, has there been some other transformation that you've kind of gone through at a deeper level?

**KRYSTIN:** I think that I've just become more confident as a mom and like who I am. I don't know, maybe it's just getting older, but I am getting a lot more confident in my yes, in my no. I'm learning how to tell people like, oh, I don't have time to do that, sorry or yeah, I really want to do that. I'm going to go for it. So I'd say that I guess the same thing that's happened to my kids, maybe it's my kids watching their confidence has inspired me to be more confident, but I definitely think, especially this last year. And I think for everybody, the pandemic has forced us all to slow down and just take a look back at what was really important. My family actually lost my brother last year in September.

And so that honestly, that for me, and I think my entire family, we all sat down and kind of just reevaluated. It makes you think about life. Like what do I want to be the most important thing, and make that thing that's most important to me, period. So for me, I have been able to slow down and put like the most important thing in priority. And like in my kids sometimes like one kid needs more than the other kids needed that time. And I'm learning how to balance that. Like sometimes my 12 year old, because she's 12, she needs more of me in a certain way. Does that make sense? And so knowing how to, to press into that and give her what she needs. Cause sometimes she needs more than my two year old needs. And I know that sounds like kind of backwards. Cause you think two year old needs you all the time, but she

needed me in different ways and yeah, it force me to really prioritize what's the most important thing.

**JAISON DOLVANE:** Yeah. Yeah. And is there one feeling that you have as a mom that you would rather not feel?

**KRYSTIN:** Sometimes I struggled with like inadequacy. I think every mom, every parent, and every human struggles with that at times. I do feel stretched thin. Like I think that everybody can really relate to that, but sometimes I do feel stretched thin and wonder if I'm giving each kid exactly what they need. So I definitely, it'd be great if those feelings never came up. Because I know at the end of the day that I'm doing my best and I spend a lot of time with kids more than most people. So you would think that I wouldn't feel that way, but I guess it's just human nature to feel it. So yeah, [28:16 inaudible] could go, that'd be great.

**JAISON DOLVANE:** Do you feel like you need a break sometimes from the kids?

**KRYSTIN:** Absolutely. But I am the queen of taking breaks because my husband's like, dude go, your eyes are looking crazy. So I preach selfcare. I will hop a plane and go on a trip by myself. I will do small, overnight trips. I'll do self-care days. My husband will take all the kids somewhere and I'll just sit here by myself and watch tv. That's probably my favorite thing to do, but self-care is so important. Not just as a mom, as a human, we all take care of ourselves and nobody else is going to do it for us. So I'm learning every single day to be to make it a priority and to take care of me.

So my kids need to be a healthy whole individual. So that's what I'm going to do.

**JAISON DOLVANE:** That's a good point. You know, me time is really, really important.

**KRYSTIN:** Absolutely.

**JAISON DOLVANE:** So, krystin, tell me, what is your hope for your audience?

**KRYSTIN:** My hope is that my audience, I always say that one of my slogans is also that I want to teach other moms to live, love and teach their

kids with joy. And so a lot of people love their kids, and a lot of people teach their kids, but it's not with joy. And I think that the joy part is what me going as a mom and keeps me excited about, I don't know about giving my kids experiences that I didn't have.

And I have lots of experiences as a kid, my parents, like they parented us with joy. So [29:57 inaudible] my childhood and now I'm like so impressed. And so in all of my parents and how they raised us, there were five of us and like somehow five seems like such a more massive number than four, but we were also close in age. They didn't have the gap that I have with my kids. We were [30:15 inaudible] and they always, like found the most awesome experiences for us to do. And looking back I'm like that couldn't have been fun, but they did it with such joy that I had no idea.

So for me, that's one of the things that I want to encourage my audience to do like, even if you can find the joy in it as a parent, like find the joy in what you're doing and let that overflow to your kids. It doesn't have to be stressful or elaborate. I'm not a Pinterest mom. I don't do crafts with my kids. That's just not really like how I was wired. But what I do is I find ways do whatever I'm doing with them with joy. So that's my biggest thing for my audience. I want them to learn how to find the joy in the everyday and then let that overflow to their kids.

**JAISON DOLVANE:** And could you share, as you're speaking about that I just want to come back to the mantra for your blog that we chatted about earlier. Can you share that with the audience? Because I thought it was just so good.

**KRYSTIN:** My blogs Lego is, so it's growing up Godfrey living a peaceful life in a restless world. And so yeah, the world is so restless and like you said, it's busy, busy, busy, hustle culture teaches us that we have to be going 24/7, and it's just not realistic for everybody. So for me, it is like letting the world go around [31:42 inaudible]. But our little bubble here, as much as we can, we try to live it out [31:46 inaudible]. And that means learning to say no to things. I'm talking about boundaries again, but for a while we did like, and we are right now, my son has baseball and sometimes it's two to three nights a week and he's four. And sometimes I tell my husband, I'm like I don't know if this is the life we're going to live, but he loves it.

so we try to find the peaceful around that, like whatever that means. Like if that means that we all go to the baseball park, we all go cause we get to be

together and we get to hang out together. But just finding those pockets of peace while everybody else is telling me to run and to hustle and to go, go, go, go, go. That's not how your life has to be.

**JAISON DOLVANE:** You know, it seems like just, in the same way as that mantra, you've kind of taken control with homeschooling and it's sort of allowed you to kind of like find the exit door from this overstructured or organized life and just take a little bit more. So it kind of ties together nicely.

**KRYSTIN:** Yes.

**JAISON DOLVANE:** So just before we close here you want to just let people know how they can get ahold of you?

**KRYSTIN:** Yes. Okay. My name is krystin and I am at growing up Godfrey and that is my social handles. And that is also the name of my blog. So you can find me there on Facebook, on Instagram, on Pinterest. And then that's the name of the blog. It's [www.grownupGodfrey.com](http://www.grownupGodfrey.com).

**JAISON DOLVANE:** Perfect. And we'll put all those links in when we publish this also.

**KRYSTIN:** Awesome.

**JAISON DOLVANE:** Great. Well, thank you so much, krystin. It's great having you here.

**KRYSTIN:** Thank you so much. I enjoyed speaking with you today.

[Outro]

Thank you for listening.

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