

# A Cup of Cool Water

Smoky Mountain Home Education Association

SMHEA

## Common Sense Help When You Need It!

Getting started in homeschooling can be frustrating and stressful. Wading through the incredible amount of information, resources, and competing advice can leave you exhausted and ready to quit before you begin. *A Cup of Cool Water* is a series of free letters featuring common sense ideas that will help calm fears and instill confidence in your ability to successfully home educate your children. Each brief letter contains references and links to additional resources that you can use to expand your understanding. We also created a *Cool Water* web page with additional resources including an audio mini-conference with seminars on *Getting Started* and *Organizing Your Home School*. We even included printable structured notes!

Here are some of the topics we address in the letters:

Choosing a home school umbrella, making home education fit into my busy lifestyle, how to handle second thoughts, how to know what works for me, choosing curriculum, field trip ideas, evaluating support groups, using outside the home resources, and maintaining personal enthusiasm for homeschooling. You don't need to know it all immediately, these bite sized chunks of information arrive in your email box at comfortable intervals, reducing stress and making the learning curve easier to handle. Need more information on a topic? Follow the links or visit the web pages to go as deep as you want.

Sign up in the *Cool Waters* box at [smhea.org](http://smhea.org) or [knoxhomeschool.com](http://knoxhomeschool.com). We promise to protect the privacy of your email address. We do not sell or allow others to use your information. Click the un-subscribe link on each letter to stop at any time.

As always, we welcome your comments or suggestions sent to [smheapres@gmail.com](mailto:smheapres@gmail.com).

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**SMHEA**

*Your trusted source for  
home school support.*



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