

WHAT IS IT?

Trying to balance life as a special education teacher and a parent can feel like an unreachable goal. But Dawn Ellis and Rebekah Poe's podcast at [CultivatingExceptionalMinds.com](https://cultivatingexceptionalminds.com) takes on the challenge with their tips for balancing the demands of a classroom and homelife. While both are SPED teachers, we think you'll be able to apply these strategies no matter what you teach. You'll also find podcasts on other topics you can use.

IMPACT?

You'll find that "setting boundaries" is a running theme for Dawn and Rebekah. When balancing the duties of a teacher with those of a parent, setting and keeping boundaries is key to a positive **Well-Being**. Plus, the duo explain that it's not usually possible to solve all of your challenges by yourself. Be sure to have another teacher that you can talk and collaborate with. Even with family, there's no substitute for someone who "gets it."

Balancing Teaching & Family as a SPED Teacher

PROMISING PRACTICES



Office of the Maricopa County
School Superintendent
Steve Watson



TO LEARN MORE ABOUT THIS RESOURCE:

Article & Podcast: <https://cultivatingexceptionalminds.com/balancing-teaching-and-family/>

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