

# Neurodivergent Homeschool Reset Checklist

By Jessica Esposito

A burnout-reducing checklist for autism + ADHD homeschool families. Helps spot the systems draining your energy and shift your home from survival mode into sustainable calm.

## 1. Nervous System First

Yes	No	Item
		We start the day calmly without yelling or rushing.
		Kids wake without alarms, lights, or forced transitions.
		Daily movement is built into the routine.
		Sensory needs are addressed before academics.
		There is a predictable rhythm to mornings.

## 2. Executive Function Support

Yes	No	Item
		A visual schedule is posted in a central location.
		Transitions include time warnings.
		Tasks are broken into small, clear steps.
		Body-doubling is used for difficult tasks.
		Instructions are not overly verbal.

## 3. Sensory & Anxiety Supports

Yes	No	Item
		Each child's sensory triggers are identified.
		Each child's calming tools are mapped.
		There are safe regulation spaces in the home.
		Noise and lighting are managed intentionally.
		Anxiety is addressed before behavior escalates.

#### 4. Homeschool Reality Check

Yes	No	Item
		Academic expectations are developmentally appropriate.
		Skills matter more than seat time.
		Interest-led learning is allowed.
		Multi-age accommodations are in place.
		Workload is adjusted during burnout seasons.

#### 5. Parents & the Mental Load

Yes	No	Item
		Parents have daily decompression time.
		The mental load is shared when possible.
		Therapy and activity schedules are sustainable.
		Rest is treated as essential, not optional.
		Guilt is not running the family.

If this checklist helped, this is what most moms use next: [Calm Transitions: What to say cards](#)

