My opinion is that first of all is your intention & zealousness to learn an incipient thing and your time management every day to keep in touch with this. With your routine daily life, work, and family responsibility very tough to manage to learn incipient areas of study & keep in touch with this every day.   
  
My first guidance to learn coding is patience to learn every day & practice an extravagant quantity of every day. In coding enchanting your time is paramount and when something isn't going your way patience will take you far especially when there is an error in your code and you can’t quite decode it.