



PEACE AT HOME
PARENTINGSOLUTIONS

**Parents need to
feel confident
about family life
in order to be
productive at work**





You work hard to build a family friendly company

Strengthen your commitment to working parents with accessible solutions that increase focus and productivity

Complete your workplace benefits with the missing piece that will help parents feel more confident and in control. **Our experts deliver evidence-based solutions to problems** that keep parents up at night and distracted during the day. *We are the only digital parenting education program that is designed and delivered by 20+ diverse, advance degree specialists with whom parents have direct contact.*

Let's build your *Peace At Home Parenting Solutions Center* to provide:

- **Answers** from experts that solve big and small parenting problems
- Purposeful **support** delivered by compassionate specialists
- Meaningful **connection** with other parents to reduce isolation



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Peace At Home Solutions make a difference

- **99% overall satisfaction rating by participants**
- **89% of employees return for another class**
- **Proven significant outcomes**

Research findings related to pandemic stressors for families indicate that *parental support and increased perceived control* are promising interventions.*

We deliver these needed interventions. A University of Connecticut evaluation** reported the following outcomes for parents who access Peace at Home parenting services:

- *Increased feelings of being supported* in parenting goals
- *Increased sense of control and competence* with their children
- Reduced dysfunctional discipline practices

*Brown, Samantha M., et al. "Stress and Parenting During the Global COVID-19 Pandemic." PsyArXiv, 29 June 2020. Web

** Russell, Beth, et. al. "Reducing Hostile Parenting through Computer Mediated Parenting Education" 77 (2017) 66-73.



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How do we do it?

Our diverse, seasoned experts translate research into practical tools that solve parenting challenges from prenatal development through young adulthood.

Parents connect directly with our experts and each other through **Classes, Conversations, Coaching, and Community** to see parenting through a new lens.

When parents understand what children really need and what motivates behavior, they spend a lot less time arguing and worrying and more time connecting and relaxing. Parents create cooperation, connection, and joy at home with fewer family distractions while at work.

We bundle our live and recorded solutions into an *easy-to-access* digital catalog delivered through customized **Parenting Solution Centers**.



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PAHPS Live Interactive Classes

Engaging, digital sessions your employees easily access on any device

- **Subscription to our robust public schedule of 100+ live Classes offered annually.** With an *annual company subscription*, your employees use a code to join our publicly offered classes at no cost. All classes are recorded and sent to registrants. [View our public calendar](#)
- **Parents talk directly to experts during class and get answers on the spot** and hear from other parents and recognize they are not alone in their challenges.
- **Helpful handouts accompany all classes** and highlight key learning points.



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Exclusive Live Sessions

Work with us to build a program that fits your community.

- **Custom “Lunch and Learn” Classes delivered exclusively for your employees scheduled at your convenience.** Available live and asynchronously.
- **Small-Group Coaching Sessions.** Expert led groups of up to 10 participants connect your parents to the essence of Peace at Home - acknowledgment, guidance, support, and community. By bringing together parents and caregivers wrestling with a similar challenge or stage, PAHPS builds micro-communities within your organization. Participants share concerns, feel understood and gain proven best practices about topics like taming tantrums to parenting neurodivergent kids to supporting teens dealing with gender identity.
- **SOS Parenting.** Individualized programs for working parents from entry level to the C-Suite. We can support parents transitioning into new roles or dealing with unique situations.

We work with your HR and DEI professionals, as well ERG’s and other business groups, to identify the most pressing issues for your working parents and caregivers.



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Solutions Series Libraries

Developed around a specific parenting challenge, each Library is available 24/7 and includes a collection of hand-picked, easily digestible (~15 minute) recorded videos we call “Flash Classes.” Each recorded class unlocks a key piece of the parenting puzzle.

- **Libraries of “Flash Classes” are grouped by age and topic** such as “Positive Discipline, Peaceful Home,” “Be Your Child’s Emotions Coach,” “Inspire School Success for Middle and High School Students,” and “Parenting Children with Special Needs” to name a few.
- **Each video is accompanied by handouts** and information about the class teacher.
- **[View our Solutions Series Libraries](#)** where you will find the “Essential” version of each library. Our “Extended” version of the library is available on request. .

You may include libraries in your Parenting Solutions Center as a standalone resource or pair them with Conversations to build micro-communities and/or 1:1 Coaching to solve bigger challenges.



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1:1 Coaching

Private digital sessions with a Peace at Home expert

- **Your employees may schedule a private, targeted coaching session with one of our experts to address their unique concerns.** They will be asked about the age of their child and specific challenges. Parents are matched with one of our 20+ experts who have the just right skills and experience to address each parent's issue(s).
- **1:1 sessions provide quick, focused, individual guidance** that can turn around a situation that might escalate without intervention. Include spouses, parenting partners, grandparents or childcare providers as needed.
- **Sessions may be 30 or 60 minutes in length**



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Custom programs on common issues, building connection

Unite parents with common concerns by combining specific Solutions Series Libraries with Conversations and/or 1:1 coaching. *Examples:*

- **“Welcome Baby, Welcome Back to Work”** Parents anticipating or on family leave or returning to work, gain guidance and support related to feeding, sleeping, development and child care. Conversations are most effective when paired with relevant Libraries. In addition 1:1 Coaching will address more pressing issues with concerned parents to build a comprehensive program.
- **“Help Your Teens and Tweens Thrive Even When They Think You are Ridiculous”** Adolescence can bring even the most capable parents to their knees. Combine the “Help Your Teens” Library and the “Talking to Teens: Independence and Safety” Library with monthly Conversations to help parents feel more supported while they find answers to a confounding developmental stage. Add 1:1 coaching to address those who are struggling the most.



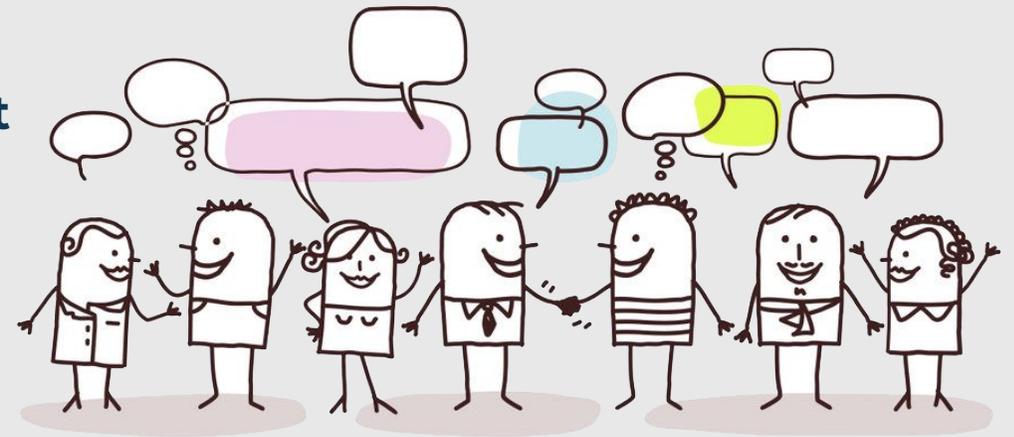
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Community

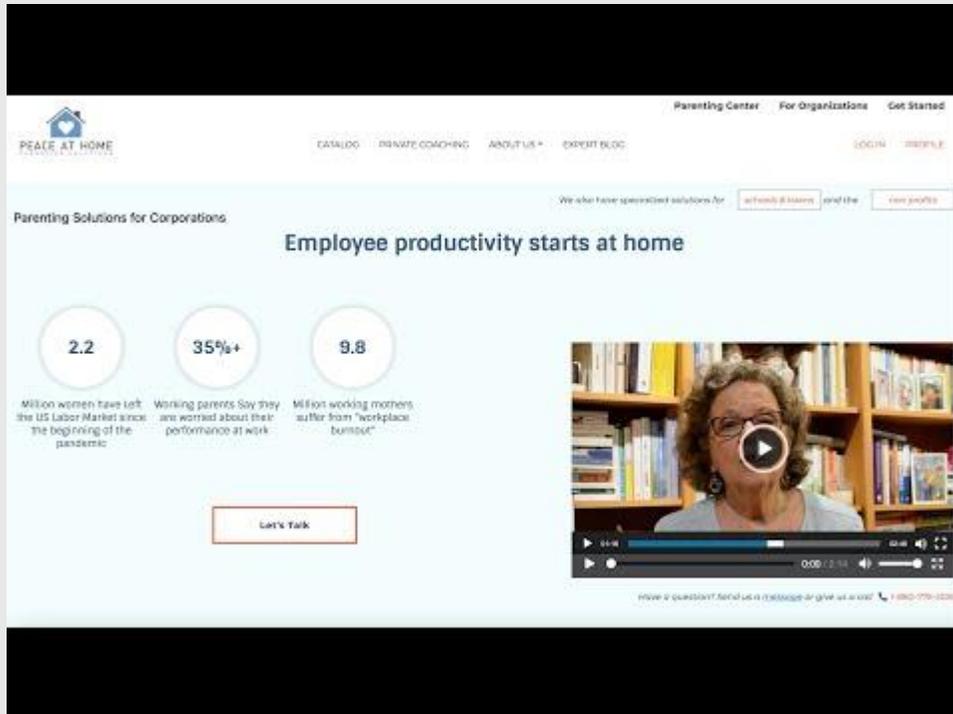
Peace At Home Parenting Solutions do not end when class is over. As parents apply new strategies or face new challenges, we are there.

- ✓ **Peace at Home's Community anchors your Parenting Solutions Center with ongoing support**
- ✓ **Private monitored Facebook Community of 1200+ parent and professionals** is available to parents 24/7. Members ask questions, share resources, offer encouragement and gain answers from other parents, professional members and our Peace At Home teachers.
- ✓ **Monthly digital Q&A sessions** are delivered by Peace At Home founder and president Ruth E. Freeman, LCSW and guest. These monthly "Office Hours" help parents feel supported as they strive to change old habits and seek to understand why kids behave the way they do.



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Pulled together in a *Peace at Home Parenting Solutions Center*



Take a quick tour of a *Peace At Home Parenting Solutions Center*.

Customize your Parenting Solution Center to

- **Care for the caregivers** so working parents thrive at home and work
- **Support working parents** as they navigate big and small parenting challenges
- **Demonstrate your commitment to a supportive workplace**, retain and attract the best



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Customize your *Parenting Solutions Center*



Start with the **Solution Subscription** *covering topics from birth to young adults:*

- **Over 100 Live Classes per year**
- **4 Solution Series Libraries, one for every age group**
- **Monthly expert Q&A sessions**
- **Private monitored Facebook group**

Easily accessible in a branded **Parenting Solutions Center** exclusively for your organization.

Consider additional options

- **1:1 Coaching** (employer or employee paid and discounted from our retail fees)
- **Exclusive, custom live classes** for your team
- Additional Solution Series Libraries - [see library offering](#)

Sample Annual Subscription Price \$12,000 (without additional options). Price varies on the size of your organization



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A photograph of a young child with light brown hair, smiling broadly with their hands raised in the air. The child is wearing a blue long-sleeved shirt. The background is slightly blurred, suggesting an outdoor setting.

Our exceptional service saves your company time

- Expert, in-depth analysis of parenting challenges and current issues facing employees
- Customized digital Parenting Center delivers focused, accessible solutions
- Effective registration, program delivery and follow-up
- Technical support for all digital programs, including classes, conversations, private coaching and community
- Materials and support available to enhance outreach to employees
- Coordination with ERGs, Wellness Champions and other groups as requested
- Regular usage and satisfaction reporting

Many clients consider us an extension of their HR and DEI divisions.

They appreciate being able to refer concerned parents to expert specialists on the spot. We are valued as a trusted partner to help parents address current events and workplace concerns as they arise.



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Work life balance is not impossible. We've got solutions.

See what organizations like CVS Health, MIT, LEGO Systems, Yum! Brands, Big Brothers Big Sisters of NYC, Community Health Network of CT and others love about Peace At Home.

Contact us for more information at:

Clients@peaceathomeparenting.com
or call us at 860-775-5106



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