



PEACE AT HOME
PARENTING SOLUTIONS

A Unique Corporate Wellbeing Solution for Working Parents



Learn More





PROBLEM:
**Burdens from home
impact the workplace**

66%

of working parents are struggling with **“parental burnout”**

53%

of working parents miss work at least once per month due to concerns for their child's mental health

54%

of working parents **interrupt work** to address a family issue



Employee Productivity Begins **AT HOME**



Family-friendly companies are uniquely situated to **help both parents and the business thrive.**



By supporting parents in the workplace with accessible resources, **parents feel an increased sense of control and confidence.**

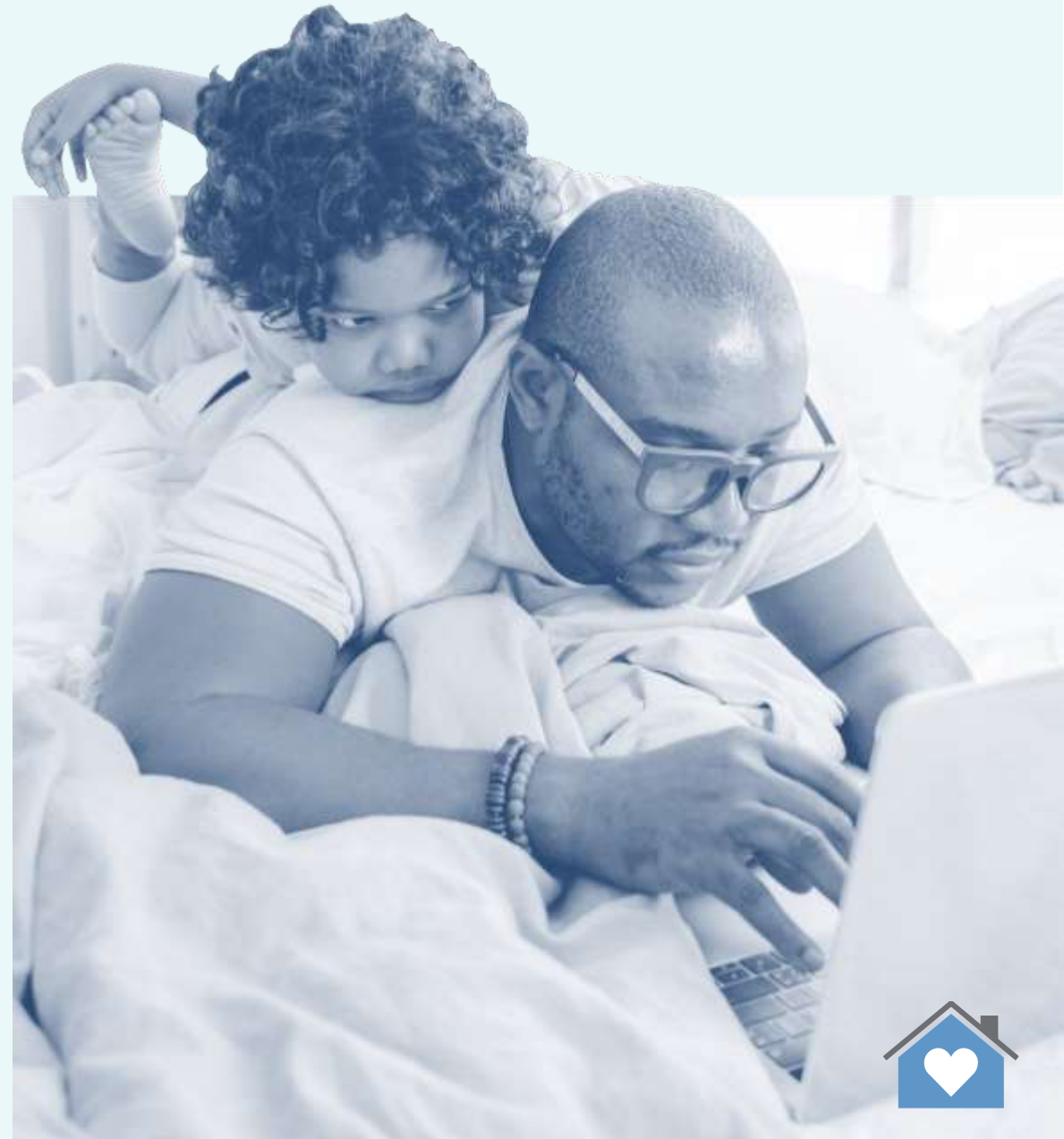


Companies benefit from **reduced absenteeism, presenteeism** and **improved productivity.**



77% of working parents consider **family-friendliness** through support/benefits their top priority in employers. ([SHRM](#))

96% of Peace at Home Parents state having our support makes them feel **valued** by their employer



Help for Family Friendly Companies *and the parents who work for them*

Peace at Home's team of advanced degree experts design and deliver solutions, training and consultation that help parents navigate challenges at home, so they can thrive at home and work.



Companies who trust Peace at Home to solve their working parents' toughest challenges



Unmatched expertise

Proven and compelling content

Experienced advanced degree specialists:

- **Translate** research into evidence-based tools that help parents respond to unexpected and everyday challenges
- **Deliver** solutions with insight, warmth, and compassion on topics from prenatal development through young adulthood
- **Connect** directly with parents during Live Interactive Classes, 1:1 Consultations and the Peace at Home Community

Meet our experts



Burnout is leading to **turnover**

Give Peace at Home to all your employees for less than the \$30,000 average cost of recruiting and training one new employee

The Solution is **Peace at Home**

**Live Interactive
Online Workshops**

**On-Demand
Recorded Content**

**1:1 Consultations
With Our Experts**

Community
Guides, Groups & more

Parenting Solutions Portal

A branded, login-protected website, showcasing your employees' Peace at Home resources from prenatal to young adult.



Take a Quick Tour



Helping parents address challenges at home is **critical** to your company's success.

It's also **our mission**.

For more information:

Email: Clients@peaceathomeparenting.com

Phone: 860-775-5106

Website: PeaceAtHomeParenting.com/corporate

Schedule a time to chat: <https://calendly.com/peaceathomeparenting>





93%

corporate client
renewal rate



98%

corporate parent
satisfaction rating



What Working Parents Are Saying

What an incredible resource for MIT employees! **Blown away by the presentation and how simply the solutions were presented.**

- MIT



What Parents Are Saying

*I hope the Hartford keeps contracting **with you** for these classes. Every class I've taken has helped me and my family tremendously.*

- The Hartford

*(These classes) **are making me feel like I'm not alone.***

- Omnicom

*Helpful to have a space within work hours where it is **okay to focus on being a parent** and also **being in community with other parents/caregivers**, vs. needing to compartmentalize.*

- Ketchum

*Really appreciate this webinar, **actionable suggestions, real-life examples and openness to responding to the questions ...***

- ZipRecruiter



How have these classes helped support you at work?

Home life and work life are never truly separate. Working through stabilizing one will always stabilize the other.

- CVS Health

As a mom, I often joke that I've worked a full day before I get to work, and I'll work another one after I logoff. There's a constant pull between the two and when either role (mom/work) gets more difficult or stressful, it pulls your attention. By having reinforcement that I'm not alone in struggling with these issues, help in understanding what I can do alone and when to call in help, and easy access to these resources, it helps mitigate the stress parenting adds to the mix.

- The Hartford

Having these courses available and easy to attend, without having to go out and find them myself, means that I'm able to focus more on my job instead of spending time researching things. They also make me feel valued as an employee, knowing that Yale sees value in giving their employees these types of resources as part of their benefits.

- Yale

They let me know that my employer values my children as well as myself and knows how important being a good parent is.

- The LEGO Group



Emerging Issues Content 2022

When families were reeling from acts of violence in Buffalo, NY, Peace at Home responded with *Racism & Resilience: Stay Well and Do Good*. Providing guidance and resources on how to talk to kids about racism, violence and hate crimes. Peace at Home outlined how to talk about differences in a positive, supportive way to children of all ages and how to address common barriers that parents face in these efforts.

When families were reeling from acts of violence in Uvalde, TX, Peace at Home responded with *Help Your Child Feel Safe in an Unpredictable World*. The content was designed to support parents who felt overwhelmed and fearful as more school shootings occur and losses mount. Peace at Home focused on relationships and community with others and sharing experiences as a key piece of repairing these emotional injuries.

As the perfect storm of "parental burnout" among working parents and our ongoing pediatric mental health crisis gained strength, Peace at Home responded with *The Kids Are Not Alright: 7 Steps to Make Your Home Their Safe Place*. This important conversation with DOC Journey founder, David Hanscom, MD and Peace at Home experts focused on the physiology of chronic stress and practical steps parents can take to protect children's mental health and overall wellbeing.

When Supreme Court decisions, the January 6th hearings, and other political issues impacted both work and home life for parents, Peace at Home responded with *Handing Hot Topics with Your Kids and Colleagues*. Peace at Home addressed how to recognize and manage personal triggers, help children understand and process information they will hear, and how to communicate effectively in ways that invite kids and colleagues to listen with care and help you understand the perspectives of others.



Emerging Issues Content 2021

When the Pandemic Hit and parents were working, teaching their children, without support systems, Peace at Home responded with custom COVID Toolboxes for our clients including pandemic co-parenting, pandemic pods reducing risk and building trust, navigate the new normal, parenting in the moment and a series of working from home with kids.

When the Black Lives Matter movement expanded in response to the George Floyd murder, Peace at Home responded with expert led conversations for parents on how to communicate with children on this difficult subject and content about the history of systemic racism and protest in the US.

When anti-Asian hate crimes rose 100% in 2021, Peace at Home responded with conversations and resources for parents to share with children of all races from picture books, to podcasts, to live Facebook events on the topic of racism and positive identity.

When the pandemic pushed the pediatric mental health crisis to a new level, Peace at Home responded by engaging new expert clinicians to develop new robust Libraries and Live Classes: *Mental Health Essentials for Parents: Knowledge and Skills to Support Your Child, Support Your Anxious Child, ADHD, and Autism: Help Your Child Thrive*. At the request of a corporate partner, we also hosted a Facebook Live Event on World Mental Health Day delivered by four diverse, culturally sensitive clinicians including Asian American, African American, and Latinx practitioners.

When parents of children who identify as LGBTQ+ needed answers and guidance, Peace at Home has responded by expanding our team of experts to include LGBTQ+ specialists in sexual orientation and gender identity, who developed a Solutions Series Library and Live Classes. We host a Facebook Live Event during Pride Month to help parents explore their own path to understanding and acceptance, as they help their children thrive.

Proven Results

Parental support and increased perceived control are promising interventions.¹

Peace at Home delivers these needed interventions.

A University of Connecticut evaluation² reported the following outcomes:

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

After just one live session, Peace at Home achieved the gold standard of reducing parenting dysfunction.

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

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

