

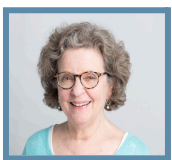
Embrace Love and Connection: Reset in the Month of Love

Hello Peace At Home Families,

We think about the month of love at Peace At Home in many different ways, some of which may surprise you. **Join us as we explore the significance of maintaining open lines of communication, rekindling the flame of romance, and aligning our parenting goals to create a harmonious environment for our children.** For example, you'll be interested to learn that when co-parents have a close relationship they tend to be more patient with their children, so don't think that ignoring romance is in the best interests of your kids!

If you are co-parenting with your romantic partner here is a **quick tip**: When partners perceive that domestic duties are shared fairly, couples tend to have more sex. (Surprised you on that one, right?) But figuring out how to share in ways that both partners perceive as fair isn't easy. That's why we work with Fair Play, an amazing organization that offers fun, effective ways to divide up those endless tasks fairly - including the hidden mental load, mamas! See this month's blog for some ideas. You can also join my class on helping co-parents get on the same page about parenting. We'll look at the sticky places where you disagree and how you can come closer together to reduce family stress.

And finally, when Peace At Home teachers think about love, we often focus on parent-child attachment. **This month Tanika Eaves and guest Doug Edwards, founder of Real Dads Forever, will take on the important and complex topic of culture and discipline.** Tanika and Doug will explore the African American view of corporal punishment, how the history of enslavement and colonization influences that view and how it may affect relationships between parents and children.



Let's lean into love, compassion and new wisdom about how we treat ourselves, our partners, and our children this month. And let's do it together!

Ruth E. Freeman LCSW

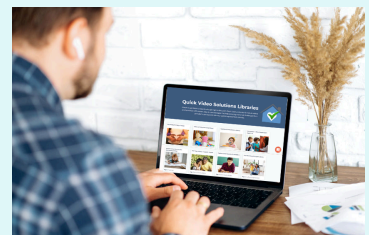
President and Founder of Peace At Home Parenting

We're Here To Help. Struggling with a parenting dilemma or wondering what to do next? Email our Parent Guides anytime at solutions@peaceathomeparenting.com

Quick Video Solutions Libraries

Watch or just listen to our experts who get right to the point.

Each Library includes short videos and handouts with proven, easy-to-use strategies that help solve big and small challenges from prenatal development to young adulthood. Learn about parenting principles, self-awareness, and care, mental health essentials, neurodiversity, parenting your LGBTQ child, and more. [**Explore your Libraries today >**](#)





Tip of the Month:

Let's Get on the Same Page - First Steps for Better Co-Parenting

Parents often try debating what's best for their kids. Debates can turn into arguments or sometimes nagging, criticizing, and other unhelpful approaches to getting on the same page. These approaches don't help. And they sometimes make things worse. Start by making time for a quiet conversation with your parenting partner and sharing appreciation. Be curious to better understand why your partner does what they do. This approach will help you see and be seen which can actually make change more likely. **Here are some questions to answer for each other. Listen to the answers without comments, judgements, or opinions. Just listen to understand your partner's point of view.**

1. One thing I appreciate about your parenting is_____.
2. My parents acted this way_____ and this is how I feel about that_____.
3. One thing I worry about regarding our child(ren) is _____.
4. What discipline means to me is_____
5. My most important goals in raising our child is_____.

This will help you respect your co-parent and feel respected. This listening and sharing process may also help you make sense of your partner's behavior, even the parts you don't like. Please join us for our upcoming live, interactive workshop, ["Let's Get on the Same Page"](#) to discover more ways to find your way back to each other as parenting partners and maybe as romantic partners too.

Getting Ready for High School Graduation, Teens in Transition Teaching Resilience, and Protecting Mental Health

This month we delve into the pivotal journey adolescents embark on as they transition from high school to the next phase of their lives. Amy Alamar hosts a lively discussion with fellow Peace At Home teacher Marc Lehman, a seasoned therapist, educator, and founder of ["URHeard,"](#) an innovative organization that offers both live and virtual support for adolescents, especially during their transition to college.

The conversation focuses on the mental health challenges adolescents face during this significant life transition. Amy and Mark explore not just the college path but also the many alternatives that teenagers might pursue. Mark lends his expertise on how parents can guide their children through this period, balancing their expectations with the aspirations and well-being of their teens.

Tune in, gain insights, and join Peace At Home in supporting your adolescents through one of the most transformational phases of their lives. Whether you're a parent, educator, or an adolescent yourself, this podcast promises valuable perspectives and compassionate guidance.



PEACE AT HOME
PARENTING

Podcast

Talk and Share experiences



Tune in to the episode now!



Featured Teacher: Lucinda Gibbons, MMFT (she/her)



Lucinda brings a unique blend of strategic thinking, interpersonal skills, and a deep understanding of human behavior to her work. She holds a Master's degree in Marriage and Family Therapy and advanced training in Perinatal Mental Health from Postpartum Support International. She is the founder of Lake House and lead trainer for *The Fair Play Method*, where she trains practitioners and professionals from around the world to bring the approach to individuals, couples, and teams of all kinds. **Check out this month's blog defining the Motherhood**

Penalty and how The Fair Play Method can impact that pervasive inequity.

[Learn more about our experts >](#)

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Motherhood Penalty at Home and in the Workplace

Founder Ruth Freeman and Peace At Home expert Lucinda Gibbons discussed the importance of addressing the Motherhood Penalty and the potential of accessible innovative methods like *Fair Play* in creating harmonious, resilient, and equitable environments, both at home and in the workplace. Read more in the blog and join Ruth and Lucinda on **March 5th at 8pm** for their Live Interactive Workshop [Rebalance Chores at Home and Reignite Your Relationship with Your Partner: Playful Practical Strategies to Reduce the Stress and Increase Harmony](#). Learn more about this transformative approach and step towards a more balanced and fulfilling family and professional life. [Read our blog here >](#)

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"priceless content and very informative" - Peace At Home Parent

Featured Teacher: Tanika Eaves, Ph.D, LCSW, IMH-E®



Tanika is an Assistant Professor of Social Work, Fairfield University. She holds a Doctor of Philosophy in Human Development and Family Science and has been a Licensed Clinical Social Worker for over 20 years. She holds the CT Association for Infant Mental Health Endorsement as an Infant Mental Health Specialist. **Tanika brings her passion for children and families as well as her research skills and personal insight to her extraordinary workshop this month, Positive Discipline and Secure Attachment: A Cultural Perspective which she**

is co-presenting with her esteemed guest, Doug Edwards, founder of Real Dads Forever.

THU 2/1 8 PM ET (Special Program) [Positive Discipline and Secure Attachment: A Cultural Perspective](#)

Understanding the roots of our discipline practices may be important in understanding why we choose certain practices and how they affect our children. We'll discuss the role of enslavement in shaping beliefs about discipline and practices assumed to be "cultural." We'll also look at research about the kind of discipline that is helpful and affirming to kids and increases cooperation.



Find more proven, parenting support in our [Quick Video Libraries](#)



Check Out This Month's Live Interactive Workshops

WED 2/7 12 PM ET *(Toddlers & Preschoolers)*

Sibling Relationships Help Young Children Connect in Positive Ways

Sibling conflict, although frustrating, is a normal development when a new baby arrives. Come learn strategies to help young siblings develop a positive relationship.

WED 2/14 12 PM ET *(Teens & Young Adults)*

Teens in Love: Help Your Child Navigate Healthy Romantic Relationships

Learning to navigate healthy romantic relationships and deal with sexually maturing bodies are essential tasks of teen development. Support exploration and independence while helping your child stay safe and you stay sane.

THU 2/15 12 PM ET *(Neurodiversity)*

Understand and Support Your Neurodivergent Child: From Misbehavior to Stress Response

We often view kids' challenging behaviors as misbehavior. In order to correct the behavior we don't want, we tend to "discipline" our children with consequences or time-outs. Science tells us that what is often viewed as misbehavior is actually a stress response. When a child feels stressed or unsafe on the inside, challenging behaviors are what we see on the outside. And neurodivergent children are even more vulnerable to feeling stressed. This workshop provides insight into what contributes to misbehavior and how to respond in ways that help.

TUE 2/20 8 PM ET *Monthly Q&A:*

What's Love Got to Do With It? Self-care, co-parenting, paying attention to our partners

While romance is in season this month, let's look at it from the parent POV. In what heartfelt ways do you care for yourself? How do you treat your parenting partner? What kind of a role model of mindful self-care and adult-loving relationships are you? Let's talk.

WED 2/21 12 PM ET *(Middle School Age)*

Executive Functioning Challenges in Elementary and Middle School Students: Support School Success at Home

As a parent you may be torn between helping your child or letting them handle issues themselves. You've probably already discovered that nagging, coaxing, and punishing don't help and may cause harm to an already struggling student. Your child's challenging behaviors may be related to their executive function skills. Learn evidence-informed strategies to support your student right away and improve academic performance.

WED 2/28 8 PM ET *(Essentials)*

Let's Get on the Same Page: Practical Steps to Resolve Parenting Style Conflicts.

Parenting differences between partners can be helpful to children. However, over time those differences can cause family stress. Learn how to decrease the polarization of your parenting styles and reach agreements that will reduce the conflict and help you and your family thrive.