

Helping parents address challenges at home is critical to your company's success. It's also our mission.

Let's talk about your working parents and how Peace At Home Parenting can help. Learn more at peaceathomeparenting.com/corporate.

Let us know if you'd like to sample one of our live workshops clients@peaceathomeparenting.com, and let's schedule a time to talk [here](#).

Self-Care Practices to Help You & Your Family Thrive

Hello Peace At Home Families,

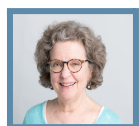
We hope you are easing into the new year with a sense of peace. Whether you are trying to hold on to, or maybe find that peace, consider trying something new – perhaps try treating yourself the way Peace At Home encourages you to treat your children.

What you learn with us, from potty training to teen discipline, is related to helping kids feel confident, competent, and safe in the world built on how they attach to you. Dan Siegel, MD says that children attach in positive ways when they feel *seen, safe, soothed, and secure*. What would your life be like if you took action to help *yourself* feel this way?

How will your life be different if you...

1. Take the time to **see** you - that is to notice your emotions, notice what you're longing for, notice your triumphs, your struggles, your wishes, and your dreams. What if you gave your inner life some compassionate and interested attention, on a regular basis, without judgment, correction, or criticism?
2. Recognize when you feel fearful and move away from threatening energy or take any steps needed to help yourself feel **safe** – even if that means taking space when others don't want you to do so.
3. Reach for **soothing** experiences or people when you need them, without telling yourself that you're too needy or you're just too much.
4. Let yourself recognize who has your back when you go out in the world, check in with them, and lean on them when needed to strengthen your sense of **security**.

If your parents weren't treated in these ways as children, they probably were not able to help you feel *seen, safe, soothed and secure*. And you may find it challenging to provide this support to your own kids and certainly to yourself. But these are just practices and you can learn them. The first step is to simply notice with acceptance when you don't do this for yourself and to recognize with enthusiasm when you do. Pick one important person in your life and talk about the ways you are and aren't doing this now and what you want to focus on improving first. One step at a time, progress not perfection. **You're not alone. Let's do this 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



B L When Your Child is Concerned about Their Friend's Mental Health, How You Can Help



When your child comes to you with concerns about a friend's mental health, you are in a position to be helpful to both your child and their friend. But you may also feel overwhelmed by the responsibility you suddenly feel. You might feel the urge to rescue your child's friend and perhaps even your child. Just notice the urge and resist it unless there's actually an emergency.

G Read this month's blog with seven helpful ways to respond when your child opens up about a friend's mental health issues. [Read our blog here >](#)

Fundamental Rules for Internet and Social Media Safety

Inspiring Peace At Home teacher and consultant, Amy Alamar Ed.D. tackles the tough subject of technology safety with Will Gardner, CEO of Childnet International. Will's passion for his work in ensuring that children can enjoy the internet in safety, along with his Childnet team, has resulted in thousands of children communicating, learning and playing online with minimal risk and maximum benefit. The U.S. Surgeon General has issued an Advisory on Social Media and its effects on the mental health of our kids. Amy and Will discuss the risks and challenges kids are facing especially on social media, what fundamental rules will help keep kids safe, how to help kids understand the importance of monitoring themselves and what to do if you suspect that your child is communicating with a predator. [Tune in to the episode now!](#)



Tip of the Month: Let's start the year with a good laugh.

We recently came across this comment on social media –



New parent: *What's your one tip for being good at parenting?*

Me: *Change your understanding of the word good.*

Actually, this is excellent advice! So many of us measure our worth as parents based on our kids' grades, accomplishments, performance in sports, the degree to which they are admired by others or most commonly – whether they do what we want when we want them to do it! But what's really important? The short answer is learn to be a gardener, not a carpenter. Create a fertile environment that supports your unique child to blossom into their unique self and build attachment in ways that support confidence, curiosity, competence and compassion. Let's do this together.





January 2024 *Live Interactive Workshops* Register Today!

WED 1/10 12 PM ET (PreNatal Infant) Infant Toddler Brain Development: Why Parents Matter So Much. What helps infants and toddlers grow into resilient children and teens? Join this workshop for practical, everyday strategies to support your little one to grow, learn, and connect in healthy ways.

TUE 1/16 8 PM ET (Teens & Young Adults) Unlock Your Teen's Potential and Build Resilience: Teach Essential Life Skills. Help your child discover and embrace their independence with skills that will help them thrive. From doing laundry to changing tires to handling finances, practical knowledge and skills will strengthen resilience and emotional wellbeing.

THU 1/18 12 PM ET (Essentials) Post-Pandemic Parenting: You Can't Hack Everyday Actions that Really Matter to Your Child. *The parent-child relationship is the most powerful mental health intervention known to humankind.* - Bessel van der Kolk, MD. The good and bad news is that your everyday interactions with your child have a powerful influence on their emotional wellbeing. But what kinds of interactions really make a difference? And why do they matter?

TUE 1/23 8 PM ET (Essentials) Monthly Q&A New Routines for a New Year. We talk a lot about routines here at Peace At Home because they can have a magical effect on daily life in families. But how are you doing at maintaining, reviewing, individualizing, and revising your routines? To what degree are the kids involved in creating them? Which ones are working for your family and which ones need some change? Let's talk.

THU 1/25 12 PM ET (School Age) Sleep Solutions for Your School-Age Child. Childhood sleep problems are common and may contribute to daytime sleepiness, irritability, behavioral problems, learning difficulties, or poor academic performance in your child. Join this live, interactive workshop to learn how sleep works, what is "normal" for sleep in school-age children, and practical solutions to help your child sleep better.

Peace At Home is waiting for you

Working Parents and Caregivers will benefit from FREE Live Interactive Workshops, Quick Video Solutions, Helpful Handouts, Community & Support and more. **Plus, Peace At Home Parent Guides** are always ready to connect parents with services to help them gain more clarity and confidence. Find out more about our **"priceless content and very informative"** solutions that support Peace at Home parents and caregivers.

Peace At Home Parenting Solutions Portal



Proven Solutions, Compassionate Support

Find more proven, parenting support in our **Quick Video Libraries**