




PEACE AT HOME
PARENTING SOLUTIONS

**Proven Solutions And
Compassionate Support
For **Parents** to Help
Children Thrive
At Home and School**





Schools and teachers do not have sufficient resources to help students with mental health conditions and dysfunction at home.

1 in 5

children and adolescents experience a mental health problem during their school years.

66%

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

90%

of educators say feeling burned out is a serious problem



Helping parents build cooperation through connection **AT HOME** supports social emotional skills **IN CLASS**



Strong correlation between **parenting approaches and children's social skills as well as academic performance**



99% of Peace at Home parents feel more confident about their parenting skills and use what they learn to take positive action



A key standard for good parent involvement programs **includes promoting and supporting parenting skills**

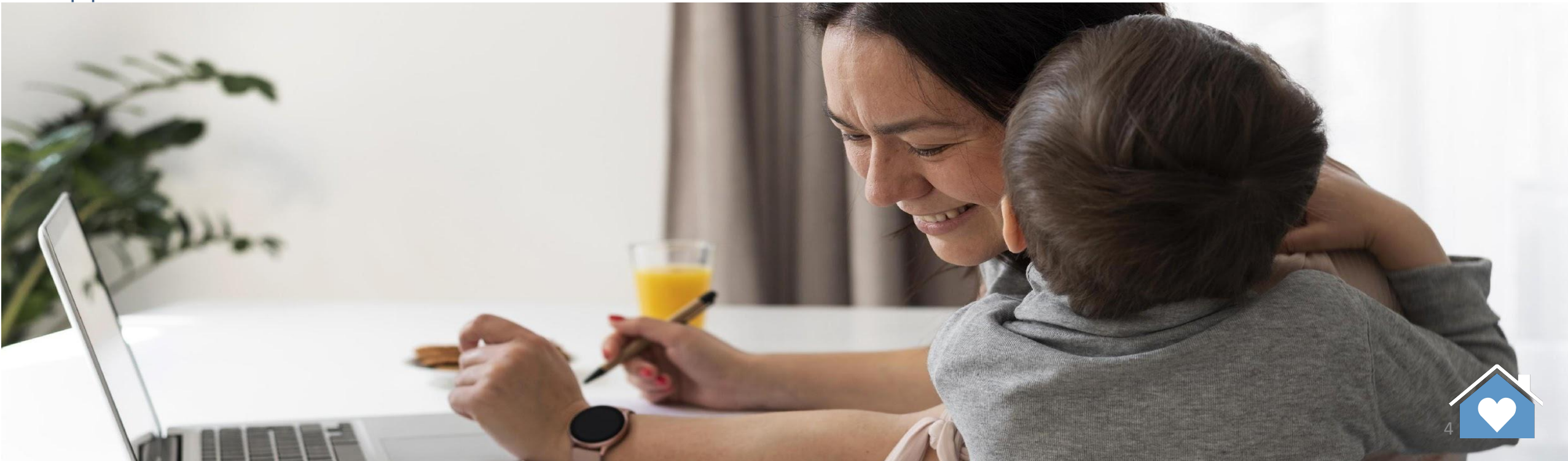


Peace At Home is a “Resource Room” for parents.

Our on-demand, evidence-based resources will:

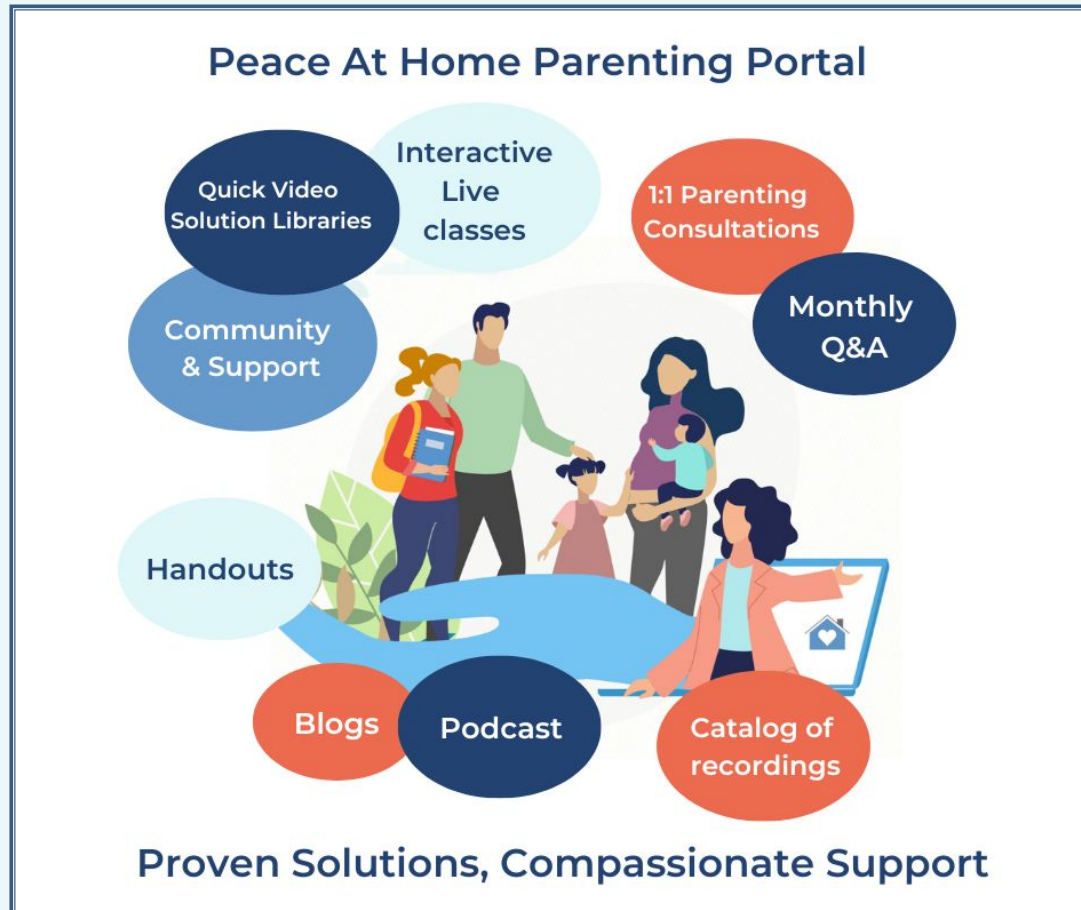
- Reduce parent dysfunction
- Strengthen parent-school partnerships
- Increase the number of parents your staff reach with far less stress

Parents who understand the brain-body connection are less stressed, so their kids are less stressed. That will mean your teachers are less stressed. We are the adjunct to your mental health counselor so they can focus more on the child, while we help parents gain the skills they need to effectively support children at home.



Parenting Solutions

The path to academic progress is through positive relationships and taking the time to understand both ourselves and our kids.



Peace at Home helps parents and caregivers resign as “homework police” and focus on sustaining their child’s curiosity and love of learning. Our workshops and consultations:

- Help parent recognize the power of the brain-body-behavior connection at every stage
- Deliver tools parents apply to protect their children’s and their own mental health
- Support parents through the process of discovering and addressing learning challenges

[Take a quick tour](#)



Unmatched expertise

Proven and compelling content

Peace at Home's 40+ advanced degree experts:

- **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 Workshops, 1:1 Consultations and the Peace at Home Community

Meet our experts



Proven Results

96% of Peace At Home Parents use what they learn to take positive action and express increased confidence in their parenting.

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," *Children and Youth Services Review*, Vol 73 (2017) 66-73



The Solution is **Peace at Home**

Programs from Prenatal Development to Young Adulthood

Live Interactive Online Workshop Programs

Our [monthly schedule](#) covers prenatal to young adult topics plus school success, mental health essentials and more. This option may be combined with [custom programs](#) designed exclusively for your school community's concerns.

On-Demand Quick Video Solutions

150+ quick videos and handouts organized by age category and topics into [libraries](#) with proven, easy-to-use strategies that solve big and small parenting challenges.

1:1 Consultations

Quick, focused, **individual guidance** from one of our experts can turn around a situation that might escalate without intervention. . **Parent Guides** match parents with experts for [private consultations](#) that deliver personalized solutions

Community & Support

Our Parent Guide Team provides concierge service connecting parents to the just right resources. Parents also engage with experts and each other during **monthly Q&A sessions** and our **private, monitored Facebook Group**.

Parent Solutions Portal

Welcome to your Peace at Home Resources room with easy access to proven solutions and support, helping your team do more with less. **[Take a quick tour here](#)** and learn more about [Peace at Home for schools](#)



What Parents Are Saying

This was AMAZING! I plan to watch it again AND have my husband watch it AND implement many items!! :) THANK YOU!

- Glen Ridge NJ Parent

I appreciate learning how much of an impact weight/eating comments and parent body image has on children.....I will be more conscious about any comments I made about my weight.

- South Windsor CT Parent

"I love this classes it has helped me so much. Sincere thank you!"

- Orange CT Parent

*This was an amazing session. So helpful!! It will **certainly help us coparent** AND therefore **increase the whole family's happiness** and MAY save our marriage! :) Thanks! :)*

- CT School Parent

Very helpful techniques. I will use the handouts to remind me and think on the fly. Thank you for this webinar!!

- Glen Ridge NJ Parent



Helping parents address challenges at home is **critical** to students' success.

It's also **our mission**.

For more information:

Email: Clients@peaceathomeparenting.com

Phone: 860-775-5106

Website: PeaceAtHomeParenting.com/school

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



Clients who trust Peace at Home to solve their parent communities' toughest challenges



Peace at Home Parenting Tools

A 2023 survey conducted in the United States found that approximately

- 87% of young individuals suffered from some mental health problem on a regular basis.
- 58% of young individuals reported Anxiety as their leading mental health challenge

Tools for Your Team

- Sample our [Mental Health Essentials Quick Videos](#)
- Read more in our [Parenting for Mental Wellbeing program](#)
- Email us to request access to our [Educator Support Video Library](#)
- Reach out to discuss professional development tools for your team, including handling **Challenges of Newly Immigrated Families**

