

Spring Cleaning for Parents: Focus on What Matters and What Works

Hello Peace At Home Families,

Spring inspires renewal and even a bit of optimism for me. And I want to use this tender moment to invite you to reflect on parenting essentials – what really matters based on decades of research and practice wisdom. Many of our concerns as parents may not be that important to our children’s development and can lead to stressful thoughts, nagging, lecturing, conflict, and worse. Let your spring cleaning clear away concerns that drain your energy. Simplifying your focus to what’s most important will be a great start to a hopeful season. Quiet those

critical voices in your head with some evidence-based priorities and create more ease in your life. Start by reviewing Peace At Home Principles to focus on what matters and works. Let’s do this together.



Ruth E. Freeman LCSW

President and Founder of Peace At Home Parenting

Want to focus more on Parenting Principles? *Hint, It’s a game-changer.*

To learn more [download Peace At Home's Parenting Principles here](#). Then check out our [quick video solutions libraries](#), find your child’s age group, and notice the first five solutions listed are parenting principles:

- *Take the Stress Out of Parenting*
- *Mental Health Literacy*
- *Positive Connections for More Cooperation*
- *Be Your Child’s Calm Center - How Your Emotions Impact Your Child’s Behavior*
- *Stress Reduction for Kids and Parents*

If you do nothing else, those are your most important topics to view. When we get the basics in place, other issues fall away. *One single dad told us that when he became more consistently playful with his daughter, her misbehavior decreased dramatically.*

There are many more important tools in each library, covering screen time, social media, and more. Make a positive change with a new big-picture approach and small everyday strategies. For more support,

- Check out our [Q2 schedule](#) where each month we have included **a monthly Parenting Principles live workshop** where you can get tools, tips, and answers on the spot and share experiences with your peers.
- Don’t forget **Ruth’s Monthly Q&A** to get more answers to any questions you have.
- As always, email us at Solutions@peaceathomeparenting.com for more support on bringing those Principles to life this spring!



April Podcast: Understand and Support Neurodiverse Kids

In this episode, Amy Alamar is joined by Dr. Eric Flake, a developmental-behavioral pediatrician, who discusses raising neurodiverse kids. Dr. Flake explains what neurodiversity means, how to recognize signs of it in children, and how parents can best support their neurodiverse kids using a strengths-based approach. He provides insights from his experience as a doctor and father of five children. Dr. Flake encourages parents to trust their instincts if they notice differences in their child's development, such as atypical sensory responses, attention patterns, or communication styles. Join us again on the Peace at Home Parenting Podcast for more engaging topics that help parents wisely navigate the joys and challenges of raising children. [Tune in to the episode now!](#)



Featured Teacher: Hilary Ben-Ami, MS

Specialties: Education, Executive Function, Middle School



Hilary Ben-Ami, MS is an Executive Functioning Coach and former middle school English teacher who currently works with middle school through college-age students. While teaching middle school, Hilary began coaching students when she noticed a gap in the achievement of students with ADD and ADHD and other learning differences. Hilary earned an Inspiring Teacher award in 2002 and was a Best Mentor for beginning teachers. She is trained in "Positive Discipline Parenting" and other transformational work. Hilary believes that learning and success are achievable for all kinds of minds and that with coaching, students can achieve resilient comebacks from

challenging academic experiences. [Learn more about our experts >](#)

April's Tip of The Month: Navigate Your Child's Neurodiversity

Navigating neurodiversity can be a journey of surprises. All children need a nurturing environment that supports their growth and well-being. However, parents of neurodiverse children have more challenges in creating that environment. **Here are some approaches to consider when thinking about how to best support your child:**

- Focus and build on your child's strengths
- Develop communication skills that foster a positive connection
- Validate your child's experiences even when they don't make sense to you
- Get to know your child's sensory needs

- Create sensory-friendly environments at home
- Advocate for your child's needs at school and get help to do so if you meet with resistance
- When your child experiences sensory overload - remain calm, speak less, remember proprioception (or learn about that if you don't already understand it).

Celebrating children's differences can enrich not only their lives but also the lives of those around them. With love, acceptance, and the right support system, this approach to neurodiversity will invite growth, self-discovery, and lifelong wonder for the entire family.





This Month's Live, Interactive Workshops

TUE 4/2 12 PM ET (Toddlers & Preschoolers) **Be Your Child's Calm Center and The Power of Playfulness with Young Children**



We are built to reflect each other's emotions. When children display intense feelings and behaviors, our brains naturally reflect those. We start to feel stressed, angry, or

overwhelmed just like our kids. Join us and learn practical tools to help you be a calm center for your family.

WED 4/3 8 PM ET (School Age) **Technology and the Alpha Generation: Start the Conversation and End the Power Struggles**



Generation Alpha is the first group of kids who entered the world surrounded by technology. Born from 2010 onwards, they are the most tech-savvy generation the

world has ever seen. At the same time, parents are worried about social media and technology addiction. Join Peace At Home experts and other parents to define strategies that tackle this challenge with calm, clarity, and even optimism.

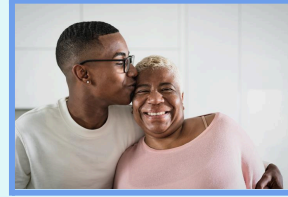
TUE 4/9 12 PM ET (Essentials) **Take the Stress out of Parenting**



Parents are less stressed when their kids cooperate. Children are more cooperative when they feel positively connected with their parents. Learn the tools you need to quickly

create the calm, joyful family you really want.

TUE 4/16 8 PM ET (Teens & Young Adults) **Communicate with Your Teen: Avoid the Emotional Rollercoaster with Connection**



Supporting your teen to be safe and confident while staying connected is no easy task. Add on hormones, attitude, personality, technology, and post pandemic challenges

-- welcome to the tween and teen years! This interactive digital workshop will include a conversation about parenting the independent, emerging adult while still nurturing the playful child within.

WED 4/17 12 PM ET (Monthly Q&A) **Monthly Q&A with Ruth**



Some basic daily practices can make a big difference for your child and the whole family. Let's talk.

Do you have any questions on this topic or any others? Bring them on! We promise other parents will benefit when you have the courage to share your questions and concerns!

TUE 4/30 12 PM ET (Essentials) **ADHD and Autism - Why Does My Child Act That Way and What Really Helps?**



Are you wondering why your child with ADHD or Autism displays certain troubling behaviors? Are you feeling lost about how to respond in those moments? Join us to gain

insight into those difficult behaviors as well as practical tools and strategies to help you achieve the stronger connections and positive behaviors you want.



B

Is “Work-Life Balance” Impossible? And Why Does it Matter?

L

With the lines between work and home forever blurred, the challenges faced by working parents have been magnified. And the very mention of “Work-Life Balance” can send parents into hysterical laughter or hopeless resignation. The good news is the evidence that creating clear work-life boundaries helps both families and employers. **But how? Let’s talk.**



G

At Peace At Home Parenting, we have a bias about priorities. Strong, positive relationships between children and their parents are powerful protectors of children’s mental health. Those relationships take time and attention and, frankly, at times can be tedious, boring, confusing, and challenging. But kids need those connections to thrive. [Read the full blog here >](#)

Peace At Home Annual Subscription for \$197/year. [Learn More & Subscribe](#)

“This is such great information. Lots of confirmation for the things I am navigating in my co-parenting journey and my experience in supporting other people. Thank you for sharing” - Peace At Home Parent

[Log In](#) to your Portal for Parenting Solutions

Your one-stop destination for interactive learning. Engage in our live webinars, on-demand solutions, and interactive Q&A sessions, all designed to give you easy-to-use strategies and real-world solutions. [Here’s what other Peace at Home Parents have to say.](#)

[Live Interactive Workshops](#)

Live, engaging, interactive online workshops connect you with experts and other parents to learn, share, de-stress, and get answers.

[Quick Video Libraries](#)

Watch or just listen to easy-to-use, proven strategies that help solve over 150 big and small challenges with quick videos and handouts.

[Catalog](#)

Use the Catalog to search by Age Category, Type (Live, Recorded, Quick Videos or Discussions), and Topics to refine your search.

[1:1 Consultations](#)

Individual guidance from our experts can turn around a challenging situation or support you along your journey. Check your portal for details.

[Ask an expert](#)

Join our [monthly Q&As](#) and expert-monitored, private, [Facebook group](#) to get answers on the spot. Share experiences with your peers, seek advice and discover new perspectives.

[Resources](#)

Expert advice, anytime, anywhere: access our expert blogs, insightful tips, and evidence-based practices 24/7 to support your parenting needs and foster a peaceful home environment.

[My Content \(Left menu on your portal\)](#)

Find your personal library of content you’ve viewed. Edit Your Profile and add MM/YR of your child's birthday for customized content.

[Watch A Portal Tour here](#)

Questions? [Email Peace at Home Parent Guides](#) for answers and they’ll connect you with the just right solutions for you.

