

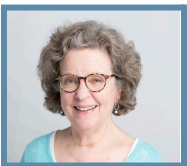
May is for Moms, Mental Health, Memories, and More

Hello Peace At Home Families,

Enjoying longer days, planning for summer, and honoring milestones like graduation and other transitions – the month of May is a time of shifts and adjustments. It can be a delight or a challenge depending on how well you navigate change.

While many kids are excited about the ease of summer, they are also saying goodbye to teachers, classmates, and school routines. It goes easier when parents acknowledge big and small shifting emotions and help kids take action to say goodbye. Help them write a letter, draw a picture, or create a craft project for their teacher or special friends who they won't see over the summer. Invite your children and teens to reflect on what they appreciated about this school year and the particular people there. Who in their school was important or kind to them? Invite them to think about the challenges and reflect on what they liked about how they handled those difficulties and how they want to handle issues like that in the future. Share stories, express pride, and create little transition rituals like an end-of-school ice cream sundae celebration or special family outing.

Helping our children feel seen, safe, soothed, and secure, strengthens attachment and protects their mental health. Recognizing that all kinds of emotions accompany transitions and accepting those in your child while building rituals to honor changes strengthen their most important connections with you and the people in their world.



Ruth E. Freeman, LCSW

President and Founder of Peace At Home Parenting

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 >*](#)



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May Podcast: Parenting Perspectives – Navigating the Launch into Adulthood

This month host Amy Alamar and guest Marc Lehman discuss “Navigating the Launch into Adulthood.” Marc is a Marriage and Family Therapist who founded [UAreHeard](#), a unique coaching and emotional support service for struggling college-aged students and their families. Amy and Marc delve into the challenges, mysteries, and joys of guiding our children through the transition into independent adulthood. Their discussion and real-life stories will help you navigate this transformative journey with confidence and compassion. Whether you're preparing to send your child off to college, supporting them through career decisions, or navigating the complexities of their emerging independence, this podcast offers guidance, inspiration, and a sense of community along the way. So grab your headphones and [Tune in to the episode now!](#)



Featured Teacher: Jonathan Beazley, LADC, LMFT

Specialties: Substance use/abuse, Adolescence, and Young Adulthood, Parent-teen Communication



Jonathan has served as the Alcohol and Other Drug Interventionist at the University of Connecticut since 2009. He is a licensed Alcohol and Drug Counselor as well as a Licensed Marriage and Family Therapist. Jonathan has served in numerous clinical and supervisory roles across the spectrum of mental health and substance abuse organizations. He is the co-author of the 2018 book: *Cannabis on Campus: Changing the Dialogue in the Wake of Legalization*.

[Learn more here >](#)

May Tip of The Month:

Make This Mother's Day a Fresh Start for Taking Care of You

- **Consider your self-compassion** - how do you treat yourself in your head? Take action if you wouldn't treat loved ones the same way.
- **Learn about sleep hygiene and take action.** 50% of working moms say they get 6 hours of sleep or less. Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music. Begin the routine at the same time every night. This is more important than laundry, dishes, or unanswered emails. We promise.
- **Be open to not knowing.**



- **Participate in something where you are not in charge or an expert in.**
- **Ask for what you need.** Co-parents are often willing to support the other parent even when they may not agree with the methods *if they are asked*. Use “I statements” and clearly explain how they can help. And if you're tired of asking for help, take a look at the “Fair Play” method to help decrease your mental load!

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This Month's Live, Interactive Workshops

TUE 5/7 12 PM ET
(All parents)
[Everyday Connection to Protect Your Kids' Mental Health](#)

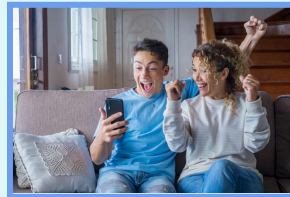


Learning loss, undeveloped social-emotional skills, soaring anxiety, depression, and self-harm are among the many issues our children are experiencing.

The good news is your relationship with your child is the most powerful mental health intervention known. Learn what kinds of interactions really make a difference and why they matter.

Join us to learn more.

WED 5/15 12 PM ET
(All parents)
[How to Teach Problem Solving and Resilience](#)



When you recognize who "owns" a problem, you can determine who is responsible for solving it. Once you know which problems are yours to solve and which problems are your child's responsibility to solve, life gets a lot easier and you are on your way to raising a resilient problem solver.

Join us to learn more.

TUE 5/14 12 PM ET
(Teens / Young Adults)
[Teens Struggling with Disordered Eating and Body Dissatisfaction](#)



Are you concerned that your teen may be at risk for an eating disorder? Early intervention is a key part of eating disorder prevention and helps reduce serious psychological and health consequences.

Join us to learn more.

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Mother's Day and Mental Health - Self-Talk, Our Children's Mental Health

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Mother's Day arrives in the middle of Mental Health Month.

A coincidence? Maybe. But mothers really do have a profound influence on children's mental well-being and at the same time are often unfairly blamed for just about every problem behavior children display. Let's talk.



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At its best, Mother's Day is an opportunity to reflect on the women who have shaped our lives with love, guidance, and support. However, amidst the flowers and heartfelt cards lies a deeper conversation about the complexities of the mother-child relationship, particularly its impact on mental health.

Mothers, like fathers, play a key role in fostering children's social-emotional development. A nurturing and supportive parent-child relationship with firm limits and boundaries lays the foundation for positive self-worth, resilience, and healthy coping strategies.

[Read the entire blog here >](#)



Want to focus more on Parenting Principles?

Peace At Home Parenting Principles are the building blocks of what science tells us helps children thrive and reach their full potential. By keeping these nine principles in mind, you can form more meaningful connections with your children and reduce your own stress in the process.

These building blocks are game-changers:

1. Recognize the power of play and playfulness (for all ages)
2. Strengthen emotional intelligence
3. Create problem solvers
4. Signal Safety
5. Be your child's calm center
6. Understand yourself
7. Focus on connection and curiosity
8. Teach and model kindness and compassion
9. Create rules, routines, rhythms and rituals with your family

Keep in mind that you don't have to do everything perfectly to make a difference. By making small changes to daily practices, one step at a time, you can support your own wellbeing as well as your child's. This will lead to increased happiness and improved connections within your family. Progress, not perfection. [Download details about each principle here>](#)

We made 5 quick videos to capture the concepts. We've added them to the top of the list of each of the libraries for [Baby's First Year](#), [Toddlers](#), [School Age](#), and [Teens](#).

- *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 watch or listen to nothing else, those are your most important topics to soak in. Don't forget to check out the handouts too. 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.*

When time allows, explore the many other 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.

Questions? Email us at Solutions@peaceathomeparenting.com. **We are here to help!**

