

August 2024



PEACE AT HOME
PARENTING SOLUTIONS

School, Screens, & Serenity: Your August Parenting Support

A note from our founder

Dear Peace At Home Parents,

As you savor the last bits of summer and approach the back-to-school season, we are here to support you. Right now, many parents are facing challenges - from managing screen time to discussing current events to establishing new routines and inspiring academic motivation. We want to help you guide your children through these changes and complex times with wisdom and grace. Let's work together to nurture your child's potential and create peace at home.

Ruth E. Freeman, LCSW

President & Founder of Peace at Home Parenting Solutions



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

Upcoming Workshops



**Back to School Success:
Inspire Motivation**

TUE 8/6, 8:00 PM ET

Learn to set expectations, create routines, and partner with teachers, to support learning and academic success

**Women's Equality Day &
Fair Play at Home (Q&A)**

WED 8/28, 12:00 PM ET

Develop balance and gender equity as partners, to increase solidarity, confidence, and clarity as parents



**Teens Socializing Online:
The Digital Social Scene**

TUE 9/24, 8:00 PM ET

Gain skills to keep kids safe online while supporting social development with peers and open communication with parents



New Program
Launching Soon!
**Protect Your College
Student's Mental Health**

More information coming this fall



JULY RECORDINGS NOW AVAILABLE

Help Your Young Child
Feel Safe & Secure

Kids & Technology:
Can parents really make a difference?

Need more parenting support?

Email us at solutions@peaceathomeparenting.com



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NEW RESOURCES PAGES

Back to School Success

Social Media & Screen Time

Quick Video Libraries
Watch or just listen to short (5-15 min) videos with informative handouts.

Live & Recorded Workshops
Take a deeper dive into these topics, to learn proven solutions, and why they work.

Blogs & Podcasts
Expert guidance, tools, and tips based on the latest parenting and child development research.

Find all of our content on these topics in one place!



PEACE AT HOME PARENTING Podcast
Talk and Share experiences

Featured Episodes

- Post-COVID Stress & Social Skills
- Navigating Achievement Culture in Youth Sports
- Fundamental Rules for Internet & Social Media Safety
- School Success: Scaffolding & Supporting Your Student to Thrive
- Talking with Kids about Politics
- Back to School with Optimism & Joy

NEW BLOG POST

PEACE AT HOME BLOG



Social Media and Screen Time: Protect Your Child's Mental Health

In today's digital age, social media has become an integral part of our children's lives. Recently, the U.S. Surgeon General released a comprehensive report on social media and youth mental health, shedding light on both the benefits and potential risks. As a parent, you may be feeling nervous or overwhelmed by this new information. In this blog, we'll summarize the key findings from the Surgeon General's report and provide practical solutions...

[Read more.](#)

Need more parenting support?
Email us at solutions@peaceathomeparenting.com

