

November 2024



PEACE AT HOME
PARENTING SOLUTIONS

Grateful Hearts, Peaceful Homes Setting Boundaries and Embracing Connection

A note from our founder

Dear Peace At Home Parents,

The holiday season is a time to connect with family and live the values you want to inspire in your children. Consider what truly matters to you—connection, joy, compassion, gratitude, caring for those in need, finding spirituality. They all sound great, but taking the time to reflect on what is most important will help you focus and simplify your plans.

Challenges will arise, whether it's holiday prep or navigating family dynamics. We can always count on differing opinions on politics or parenting. Setting healthy boundaries and staying focused on what matters most can help reduce stress. Remember, you know what's best for your family. **Trust yourself, communicate clearly, and prioritize joyful connections, while protecting what matters most.**

And one more thing: try not to be the holiday wizard behind the curtain. Those holiday traditions that are carried out by several members of the family, not just mom or grandma, are more likely to be handed down through the generations. Let's do this together.

Ruth E. Freeman, LCSW

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.

LEARN MORE

Let's talk

about how Peace At Home can help your working parents.

SCHEDULE A MEETING



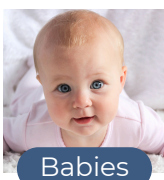
Hot Topics & Safe Spaces: Talking to Kids about Politics

Recorded Workshop:
Handling Hot Topics with Kids & Colleagues

Blog:
How to Talk about Politics

Quick Video:
Help Kids Feel Safe in an Unpredictable World

Quick Video Libraries



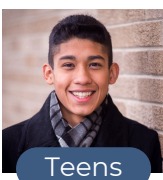
Babies



Toddlers



Kids



Teens

Explore All Libraries

Upcoming Workshop

Power of Mindful Parenting to Transform Family Stress
THU 11/7, 12:00 PM ET



Protect Your College Student's Mental Health

5 Live Interactive Workshops
Recordings available after live sessions

Learn More

Session 3 this Month: Tuesday, 11/19, 7:30 PM ET
College Students Home for the Holidays

COMING NOVEMBER 1:
Quick Video Library
for Parents of College Students

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



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Peace at Home for the Holidays

We're here to help you navigate all the parenting stress that might arise this season

LIVE Holiday Events



Lunch & Learn: Healthy and Joyful Holiday Mindset (Q&A)
TUE 11/19, 12:30 PM ET



College Students Home for the Holidays? Let's Talk!
TUE 11/19, 7:30 PM ET



Help Your Child Stay Calm during Holiday Excitement
TUE 12/3, 12:00 PM ET



PEACE AT HOME
PARENTING
Podcast



[Listen Now](#)

We're taking a break from creating new podcasts, but there are plenty of past episodes for you to enjoy. We'll let you know when we plan to launch a new season!

- ### FEATURED EPISODES
- [Adult Kids Home for the Holidays](#)
 - [Gratitude & Giving Thanks](#)

NEW BLOG POST PEACE AT HOME BLOG



Navigating Family Boundaries during the Holidays

The holidays can be a time of joy and connection, but they also bring challenges, especially when it comes to family dynamics. **If you've ever found yourself navigating unwanted advice from grandparents or trying to manage your kids' routines while balancing family expectations, you're not alone.** Setting boundaries with extended family is key to making the holidays more enjoyable and less stressful for everyone. [Read more.](#)

Recordings of Previously-Hosted Events



Gratitude: More than Just a Thanksgiving Ritual

Discussion with Our Experts



Meaningful Holidays: What Kids Really Want that Money Can't Buy

Workshop Recording

[View All Our Holiday Events](#)

[Explore More Holiday Blogs](#)

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

