

January 2025



PEACE AT HOME
PARENTING SOLUTIONS

New Year, New Intentions Practical Parenting Resolutions

A note from our founder

Dear Peace At Home Parents,

The new year offers a chance to reflect and refocus, but many people take on big resolutions that end up causing stress and discouragement when they don't follow through. This January, we encourage you to trade overwhelming goals for small, practical changes that bring more peace and joy to your family. Here are some of our favorite New Year's resolutions for parents:

1. Unplug More. This could mean turning off screens an hour before bed to help everyone relax and wind down. Or it might mean scheduling a tech-free day of the week. Choose whatever you think will bring more calm and quality time to your family.

2. Go to Bed Earlier. Kids and parents function best when they're well-rested. Consider prioritizing sleep this year. An earlier bedtime will make it easier to get up before your kids, so you can center yourself and do what you need to do before the morning rush. We've also seen morning routines transformed by getting the whole family up a little earlier. Making time for connection while you're getting ready for the day can make the morning routine run more smoothly. But getting up earlier means getting to bed earlier, too.

3. Implement a Gratitude Practice. Invite family members to share one thing they're grateful for before bed or at dinner. You might also ask each person to share something they appreciate about another family member. Gratitude practices can foster resilience and positivity, even on tough days.

4. Give Your Kids 15 Minutes of Attention Each Day. Set aside 15 minutes daily to focus solely on your child. Put away distractions - screens, work, cooking, chores - and give your child your full attention. Let them choose the activity and notice the good things about your child. Consistent moments like these can strengthen your bond and reduce conflict.

5. Ask for Help. It can feel vulnerable to ask for help, so set a concrete goal. This month, identify one area where you feel overwhelmed and think of someone who might support you. Whether it's meal prep, school pickups, or folding laundry, ask for the help you need by the end of January. Sharing the load can ease your stress and help you show up for your family in more positive ways.

Parenting is about progress, not perfection. Here's to a year of small steps toward balance, growth, and peace at home. Happy New Year!

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.

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Let's talk

about how Peace At Home
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Need more parenting support?

Email us at solutions@peaceathomeparenting.com



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Upcoming Live Events

Lunch & Learn: **New Year's Parenting Check-Up (Q&A)**
TUE 1/14, 12:00 PM ET



Let's Get on the Same Page: **Practical Steps to Resolve Parenting Style Conflicts**
TUE 1/28, 12:00 PM ET



College Students Transition to Campus: Build Resilience and Learn from Mistakes
WED 1/29, 7:00 PM ET



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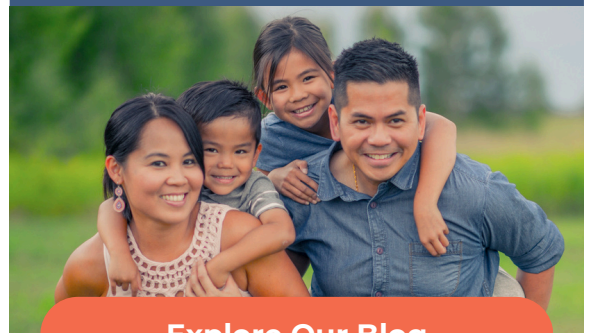
We're taking a break from creating new podcasts, but there are plenty of past episodes for you to enjoy. We'll let you know when we plan to launch a new season!

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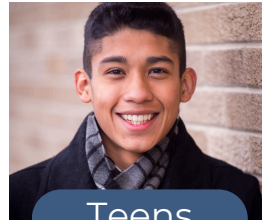
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