

December 2024



PEACE AT HOME
PARENTING SOLUTIONS

Connection over Perfection

Wishing You Peace at Home this Holiday Season

A note from our founder

Dear Peace At Home Parents,

The holiday season is a time of wonder and joy, but for many parents, it also brings added pressure. Social media is full of picture-perfect celebrations, family and friends may have expectations for how you spend the season, and children are often bombarded with materialistic messages. Feeling overwhelmed or striving for the "perfect" holiday? You're not alone. This year, we encourage you to trade perfection for connection - because your love and presence are the greatest gifts you can give your family. Here are three ideas to help you enter the holiday season with intention.

- 1. Build your schedule around what matters most.** Take a moment to pause and release comparisons and expectations from others. Then, ask yourself: What's important to me about the holidays? What do I want my children to remember about this season? Invite your kids into this conversation, too. Let these priorities guide your plans for the month. Choose activities that align with your family values instead of cramming your schedule with every possible event. Put the important events (even the small ones) on your calendar. And say to events that drain your energy and cause unnecessary stress.
- 2. Shift the focus from materialism to meaning.** If you're concerned your kids might be too focused on presents, consider volunteering as a family, creating handmade gifts and cards, starting to share gratitude at dinner or bedtime, or talking about the deeper meaning behind your holiday traditions. You might invite extended family members to join you in sharing stories from your own childhood. Reflecting on happy memories can strengthen bonds and help your kids feel connected to their roots. And don't worry - it's okay if your kids are still excited about gifts! Balance is key.
- 3. Practice saying no to doing it all yourself.** Can extended family contribute more to your holiday meal? Can kids help more with wrapping, decorating, or choosing gifts? If you can ask for help and accept that things may not be done exactly as you would have done them, you'll feel a lot less stressed. Plus, traditions are more likely to continue when the whole family carries them out.

Take a deep breath. Let go of expectations and comparisons. Focus on what matters to you. Given this busy time of year, we are here when you need us. If you need to reset for 30 minutes, join us for a live workshop on 12/3 to help your younger ones stay calm during this exciting time. On the 11th, Aaron Weintraub and I will discuss ways to cultivate gratitude and spirituality with kids of all ages. Don't forget you can explore our pre-recorded content 24/7: Our quick videos and recorded workshops are great to listen to while wrapping presents, making dinner, or commuting. As always, if you need more support this season, please do not hesitate to email us at solutions@peaceathomeparenting.com.

From all of us at Peace At Home Parenting Solutions, we wish you a season of peace, warmth, and meaningful memories.

Ruth E. Freeman, LCSW
Founder of Peace at Home Parenting Solutions



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Upcoming Live Events

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



Lunch & Learn: **Cultivate Gratitude and Spirituality with Kids of All Ages (Q&A)**
WED 12/11, 11:30 AM ET



PEACE AT HOME BLOG



Explore Our Holiday Blogs

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 Recordings of Past 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



Create a Healthy and Joyful Holiday Mindset
Lunch & Learn (Discussion and Q&A Session)



College Students Home for the Holidays: Tips for Parents
Workshop Recording



[View All Our Holiday Events](#)

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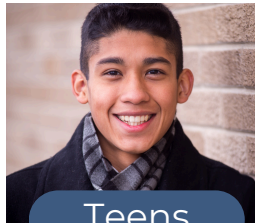
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