

# PEACE OF MIND WITH PEACE AT HOME

## END-OF-YEAR MILESTONES FOR TEENS

Prom, finals, graduation—big transitions can bring big emotions. Let's talk about how to support and celebrate teens through this season.

**Lunch & Learn**  
**Wednesday, May 7**  
**12:00 PM ET**



[Register](#)

## LIGHTEN MOM'S MENTAL LOAD

Reducing your own stress can help support your child's mental health. Take care of you—so you can show up for them.

**Live Workshop**  
**Tuesday, May 13**  
**12:00 PM ET**



[Register](#)

A note from our founder  
Ruth E. Freeman, LCSW



“

The parent-child connection is the most powerful mental health intervention known to mankind.”

- Bessel van der Kolk

Parents have a strong influence on children's mental health. That can feel like a lot of pressure, but the good news is: **you don't have to be a perfect parent.** It's okay to choose 'good enough' instead of striving for an impossible standard.

Think about quality connection time. 'Perfect' parents might stress to plan an elaborate day together. Our stress in trying to be perfect can actually have a negative impact on our children. 'Good Enough' time together can be car time, folding laundry, cooking dinner, or grocery shopping. If you are with your child, you have an opportunity to tune into their world. 'Good Enough' parents are present as their busy, imperfect selves. They make the most of any time together by being curious about their children's lives and listening without judgment.

My daughter, who is now a mom herself, would tell you I offer too much unsolicited advice. But as a 'Good Enough' parent, I can apologize and keep improving based on her feedback. I'm not perfect. You don't have to be perfect either. As 'Good Enough' parents paying mindful attention to what our kids are showing and telling us, we make a positive lasting impact with a lot less stress.

WANT MORE PEACE AT HOME?

## PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for ~~\$197/year~~ \$120/year

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# LET'S TALK ABOUT TALKING



## CAR TALK

### The Power of **Side-by-Side** Conversation

Some of the best conversations happen when you're not making eye contact. Car rides create a relaxed space for kids to open up. On your next road trip, or just on the way home from practice, use this time to connect - be present, listen, and ask gentle questions.

**Workshop Recording:** Make the Most of Time in the Car

Reminder: Pause. Listen. Kids don't need lectures. **They need to feel heard.** Hold the advice, skip the critique, and just listen with curiosity. A simple "Tell me more" shows you care.

Why

Am

I

Talking?



## Talking to Teens

**Getting the side eye?** Keep going. Teens may push away, but they still need you. These quick videos offer tips to talk, teach, and keep them safe.

Conversations to **Build Close Relationships**

Talking to Teens to **Teach Problem-Solving**

Conversations to **Nurture Character**

Talking to Teens about **Sex & Sexuality**

Communication for **Connection & Safety**

**All Quick Videos**

## For Families of **Neurodiverse** Kids

**Workshop Recording:**  
Conversations That Build Self Esteem  
for your Child with Autism



## BLOG

Is Your Child Worried about  
**a Friend's Mental Health?**

**College Kids Home for the  
Summer:** New Dynamics

Happy Mother's Day!  
**Self-Care for Busy Moms**



## PODCAST

These episodes are  
coming soon!

Helicopter Parenting  
vs. Mindful Underparenting

Misbehavior or Mental  
Health Issues? Let's Talk

Women's Equality &  
Exploring Fair Play at Home

