

PEACE OF MIND WITH PEACE AT HOME

RAISE FINANCIALLY- SAVVY KIDS

Tax season is a golden opportunity to teach kids about money. Help them understand budgeting, saving, sharing and the value of a dollar.

Live Workshop
Thursday, April 24
7:30 PM ET



Register

COLLEGE KIDS HOME FOR THE SUMMER

Excited for time with your college student, but dreading the endless laundry and empty fridge? Set clear expectations now to make summer smooth.

Live Workshop
Wednesday, April 9
7:30 PM ET



Register

A note from our founder
Ruth E. Freeman, LCSW



Parenting: A Journey Best Traveled Together

This month, my baby girl turned 40. It's a milestone that marks four decades of my work in parenting education. I still remember sitting in on my husband's parenting class while pregnant with my daughter—an experience that ignited my passion for helping families navigate the ups and downs of raising children. (I also thought all the moms in the class were in love with my husband while I was as big as a house, but that's another story.)

Families might have changed in many ways but some things stay the same: kids and families thrive when parents feel supported and confident. That's why I'm still here. At Peace At Home Parenting, we believe no parent should navigate this journey alone.

We've got your back. Let's do this together.

Q Ask a question

Search

Instead of searching online, find answers on our website. Our new search tool makes it easier than ever to find the parenting support you need.

Try it now: peaceathomeparenting.com/ask-a-question

WANT MORE PEACE AT HOME?

PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for \$197/year

Learn More

Live Workshops

Quick Videos

1:1 Coaching

Resource Pages

April is Neurodiversity Awareness Month

Whether you're parenting a neurodiverse child or looking for ways to help your child better include and connect with their neurodiverse peers, these resources will support you in fostering understanding, kindness and acceptance.

Workshop

Quick Videos

Podcast

Stress rising along with the temps?

Spring is packed - team sports, class trips, college decisions, planning for summer. No wonder stress levels rise.

MENTAL HEALTH MATTERS (for you and your kids)

Recorded Workshop: **Connection Protects Child Mental Health**

Blog: **Moms & Mental Health: Put Your Oxygen Mask On First**

Restless Kids at Holiday Dinners

Instead of stressing and nagging, refocus with family stories. Kids love hearing what their parents and grandparents were *really* like!



Give the Gift of Family Stories

BLOG

Can I ride my bike to the park?

As the days get longer, your kids may want more freedom. Clear communication and boundaries are key.



Teens & Tweens: Independence & Safety

BLOG

Get Off the Screens and Into the Sunshine

It's finally nice outside, but your kids are still glued to their screens? Here are some tips to get them unplugged and outdoors.



Summer Unplugged: Getting Kids Outside

BLOG

College Decision Stress

Navigating college acceptances (and rejections) can be tough—for you and your teen.



PODCAST