

PEACE OF MIND WITH PEACE AT HOME

Back-to-School Survival Guide

Build Connection. Calm the Nerves. Stay the Course.

New environments.
New teachers.
New friends.
New routines.

High
expectations and
big resolutions.

It's exciting—
and exhausting.

So how do you
harness all that
fresh school-year
energy and keep
going through the
inevitable humps
and bumps?

With a little Peace
At Home *magic*
and the
reassurance that
we've got your back.

● LIVE

Upcoming Events

Live Workshop

Help Your Child Make Friends:
When to Lean in and When to Let Go
Tuesday, August 5, 12:00 PM ET

Register

Lunch & Learn Discussion

The ABCs of Play: Help Your Young Child
Get Ready for the Classroom
Wednesday, August 27, 12:00 PM ET

Register

Helping parents address challenges at home
is **critical to your organization'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

Live Workshops

Quick Videos

1:1 Coaching

Resource Pages

The **Magic** of Peace At Home

Watch Video

Step one: **Pause.**
Step two: **Breathe.**
Step three: **Parent.**

Understand Before You Act

When your child's behavior challenges you, pause and get curious. What's driving it?

Lead With Connection

Say: "Looks like today was rough. Want to chat or just hang out for a bit? Kids need you to be with them. When you show that you see, hear, and care—they feel safe. And when they feel safe, they're more likely to open up."

Guide, Don't Fix

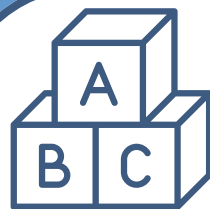
Yep, you're still the boss—but where it makes sense, treat your child like a capable human (even if they're still figuring things out) and engage them in the problem-solving process.

It builds their independence—and lightens your emotional load.

Bonus? You'll feel less like the lone fixer and more like a steady guide.
PS: works on the adults in your life too.

BACK TO SCHOOL TOOLKIT

DAYCARE & PRE-K



Quick Video Library: **ABC's of Potty Training**

Workshop Recording: **Get Ready for Childcare/Preschool**

Quick Videos: **Transition to Kindergarten**

K-12 SCHOOL SUCCESS



Quick Video Library: **Elementary School Success**

Quick Video Library: **Middle & High School Success**

All School Success Resources

COLLEGE KIDS



Quick Video: **10 Strategies to Support College Students**

Quick Video: **Stay Connected after Move-In Day**

Fact Sheet: **What's So Hard about Starting College**

All Resources on Supporting Your College Student

BRING IT ALL TOGETHER



Peace At Home Starts Here
Check Out these Parenting Essentials

Blog: **Back to School:
Start Where You Are, Grow What You've Got**