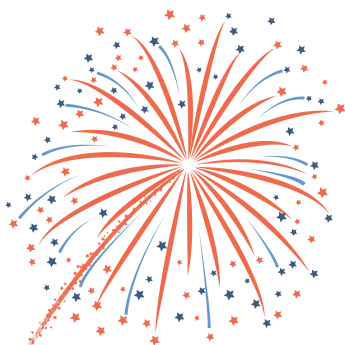


# PEACE OF MIND WITH PEACE AT HOME

## It's Independence Day *and we're not talking about the 4<sup>th</sup> of July*

While fireworks mark America's Independence Day, we're reflecting on a different kind of freedom — the kind that grows inside our homes, as children become more capable, confident, and independent.



● LIVE

### Upcoming Events

Lunch & Learn Discussion  
Independence Isn't Optional: Prepare Your Teens  
& Tweens to Cope Without You Starting Now  
Thursday, July 10, 12:00 PM ET

[Register](#)

Live Workshop  
Chasing Perfect: How Comparison Is Stealing  
Your Joy—and Making Parenting Harder  
Tuesday, July 22, 12:00 PM ET

[Register](#)

Helping parents address challenges at home  
is **critical to your company'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](#)

**In case you missed it...**

## Lighten Mom's Mental Load

Recording Available

**Watch Now**

**Bonus Tip:** Letting go of perfection and allowing kids a little more independence means you don't have to do everything (and nothing has to be done perfectly). It's another way to lighten your mental load.

## Reflection Questions

- How do you feel when you think about your child gaining more independence?
- When you picture your child as a confident, capable adult, what do you see?
- How do you respond to mistakes - yours and your child's?
- What could your child practice this summer to make school-year routines smoother?

# GROWING INDEPENDENCE AT ALL AGES & STAGES

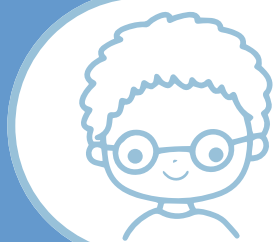
## INFANTS & TODDLERS



Handout: **Create a "Yes" Space for Independent Play**

Workshop: **Inspire a Love of Learning**

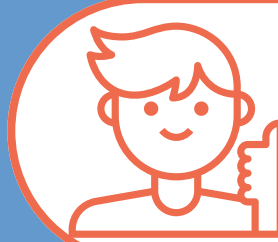
## ELEMENTARY SCHOOL KIDS



Quick Video: **Build Courage & Confidence**

Workshop: **Routines to Create Independence**

## TWEENS & TEENS



Quick Video: **Plan for Teen Independence**

Quick Video: **Home Alone: What Parents Need to Know**

Workshop: **Balance Teen Independence & Safety**

## ADULT CHILDREN



All your resources for  
**Supporting College Students**

**Parenting Adult Children:**  
When Your Role Shifts from Manager to Mentor



**PEACE AT HOME**  
PARENTING SOLUTIONS



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