

February 2025



PEACE AT HOME  
PARENTING SOLUTIONS

## Parenting Support for February: Nurturing Peace, Celebrating Love

### A note from our founder

#### Dear Peace At Home Parents,

Valentine's Day is coming up but for many of us wildfires on the west coast and political shifts across the country are making it hard to focus on the season of love.

If you are reaching for peace at home during these difficult times, here are a few gentle reminders:

- **Your thoughts strongly impact your mood and physical well-being**, which impact your kids. Learn to process your worries with trusted adults, but limit the time you spend discussing concerns when your kids are in earshot.
- **Take action to make a difference** about your concerns and help your kids do the same. Then, take space from those issues. Taking even small actions can make that a lot easier.
- **Use brain calming practices daily**. Find the one that works for you and help your kids find theirs. At Peace At Home, we like well-researched breathing practices, mindfulness strategies and an easy but structured exercise called Expressive Writing (read more here).
- **Remember the power of play and silliness**. Your kids feel safer in the world when they see an authentic smile on your face. If you can't pull yourself away from worries, have a quick dance party even with your teens. (Let them pick the music!)

For this Valentine's Day, consider celebrating your love by focusing on your connection as parenting partners and strengthening your shared vision as parents. It doesn't have to look like a Hallmark movie, but take some steps to lean into a healthy, united partnership.

Take seriously the [Surgeon General's Advisory](#) about parent stress and isolation. Don't go it alone. Reach out to friends, loved ones and trusted resources. Some of our resources you might find helpful this month are:

- Quick Video Library: [Parent Well-being](#)
- Recorded Workshop: [Rebalance Chores & Reignite Your Relationship](#)
- Recorded Workshop: [Resolve Parenting Style Conflicts](#)

Let's do this together.

**Ruth E. Freeman, LCSW**

*Founder of Peace at Home Parenting Solutions*



WANT MORE PEACE AT HOME?

### PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for \$197/year

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Need more parenting support?

Email us at [solutions@peaceathomeparenting.com](mailto:solutions@peaceathomeparenting.com)



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## Upcoming Live Events

Lunch & Learn: **Teen Mental Health and Substance Use**  
*(Discussion followed by Q&A)*  
WED 2/5, 12:00 PM ET



**Toddler & Preschoolers:**  
A Peace at Home Roadmap  
*(Conversation with the Experts)*  
THU 2/6, 12:00 PM ET



Bridging the Generation Gap:  
Strengthening **Grandparent-Parent Relationships**  
*(Live Workshop)*  
THU 2/27, 12:00 PM ET



## 1:1 Consulting

Sign up for a one-on-one private coaching session with an expert consultant hand-picked for you and your family.

[Sign Up](#)

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 Episodes:

[Internet & Social Media Safety](#)

[Achievement Culture in Kids' Sports](#)

NEW BLOG POST

PEACE AT HOME BLOG

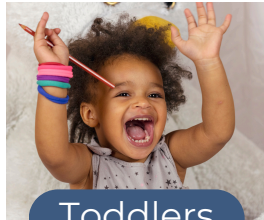


[Parenting on the Same Page](#)  
Be a United Front as Parenting Partners

## Quick Video Libraries



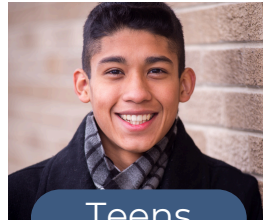
Babies



Toddlers



Kids



Teens



College

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Need more parenting support?

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