

March 2025



PEACE AT HOME
PARENTING SOLUTIONS

Spring Parenting Support Growth, Renewal & Peace At Home

A note from our founder

Dear Peace At Home Parents,

While political life in the US grows more complicated, we hope you can find ways to embrace the spirit of spring with your family. As nature awakens around us, we're here to help you navigate the challenges of today's world from concerns about special education needs to the complexities of the social media jungle and much more.

You can count on us to dive into practical tips and thoughtful strategies to empower you to create your family to be a safe space for your kids during these unpredictable times.

You don't have to do it perfectly. Learning to repair when you lose it and creating regular, sustainable routines of care and connection is at the heart of our work together. And we are, indeed, all in this together and learning everyday from each other.

Thank you for being part of our community. Together, let's celebrate the season of renewal by equipping ourselves with the tools and knowledge to guide our families through these dynamic times. Here's to a spring filled with growth, connection, and positive change.

We can do this.

Ruth E. Freeman, LCSW

Founder of Peace at Home Parenting Solutions



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PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for \$197/year

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New Search Tool

Finding the Parenting Support You Need Just Got Easier

Parenting is our expertise—but when we get technology right, too, we get excited!

Our new search tool makes it easier than ever to find the resources you need, whether you're looking for quick answers or deep dives into parenting topics.

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

Need more parenting support?

Email us at solutions@peaceathomeparenting.com



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Growth, Renewal & Peace At Home

Upcoming Live Events

Lunch & Learn: Support Your Child's Special Education Process (504 and IEP Planning)
THU 3/20, 12:00 PM ET



Navigate the Social Media Jungle: Empowering Parents & Creating a Safer Online World
TUE 3/11, 12:00 PM ET



Featured Resource Page:

Social Media & Screen Time

Find all our resources on this topic in one place

Featured Quick Video Library:

Peace At Home Starts Here



Topics include:

- Emotions Coaching
- Positive Discipline
- Rules & Routines
- Problem-Solving
- Mental Health Essentials
- *and more*

Explore All Libraries

We're Back



Listen Now

New Episodes
every other Wednesday

Upcoming Episodes:

Racism and Resilience

The Special Education Journey

Talking to Kids about their Autism Diagnosis

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 BLOG



Explore Our Blog

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Email us at solutions@peaceathomeparenting.com

