

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*

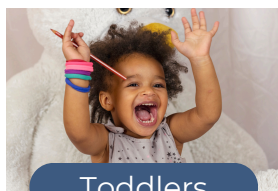


**VISIT YALE'S PARENTING SOLUTIONS PAGE**  
*to enjoy live workshops, quick videos, and more!*

### Quick Video Libraries



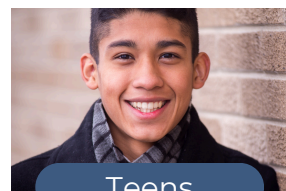
Babies



Toddlers



Kids



Teens

**Explore All Libraries**

**Need more parenting support?**

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



March 2025



PEACE AT HOME  
PARENTING SOLUTIONS

# Spring Parenting Support

Growth, Renewal & Peace At Home

We're Back



PEACE AT HOME  
PARENTING  
*Podcast*

Listen Now

**New Episodes every other Wednesday**

Upcoming Episodes:

Racism and Resilience

The Special Education Journey

Talking to Kids about their Autism Diagnosis

## Upcoming Live Event

LUNCH & LEARN  
*Discussion followed by Q&A*

**Support Your Child's Special Education Process**

(504 and IEP Planning)

THU 3/20, 12:00 PM ET



## Featured Resource Page

**Social Media & Screen Time**

Find all our resources on this topic in one place

## 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**

## Featured Quick Video Library

**Peace At Home Starts Here**

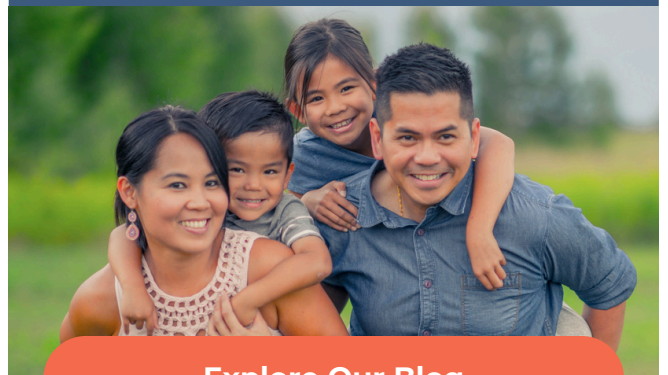


**Topics include:**

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

**Explore All Libraries**

## PEACE AT HOME BLOG



**Explore Our Blog**

**Need more parenting support?**

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

