

PEACE OF MIND WITH PEACE AT HOME



Less Stress, More Joy this Holiday Season

Simple Strategies to Stay Sane and Grateful

The holidays are meant to be joyful—but for many parents, they bring more pressure than peace. Between financial stress, family dynamics, travel, and the push to “make it magical,” it’s easy to feel overwhelmed and exhausted.

This season, take a breath. Peace At Home experts share seven proven tips to help you set boundaries, support your child’s emotions, and simplify traditions so your family can stay grounded, connected, and grateful. You don’t need perfection—you need peace.

Check out our
Holiday Survival Guide

 **LIVE**

November Lunch & Learn

Lunch & Learn Discussion
Meaningful Holidays Without the Pressure:
Balancing Kids, Grandparents, Gifts and More
Wednesday, November 19, 12:00 PM ET

Register

WorkLife
AT YALE UNIVERSITY

**VISIT YALE'S
PARENTING SOLUTIONS PAGE**

*to enjoy live workshops,
quick videos, and more!*

Quick Videos

1:1 Consulting

Resources by Topic

Politics, Parenting, and Pumpkin Pie: Make Peace This Thanksgiving

Thanksgiving brings joy—and sometimes a side of stress.

Whether it's managing meltdowns, awkward family dynamics, or just trying to keep the peace across generations, you're not alone. Peace at Home has the tools to help.

Watch the links below for quick tips and powerful reminders to set the stage for a harmonious holiday table—no matter your child's age or your family's quirks. From toddlers to teens (and even college kids returning home), we've got your back with expert advice, live sessions, and practical guides.

Here's to more calm, connection, and gratitude this season.

**Happy
Thanksgiving!**

QUICK VIDEOS OF THE MONTH

Parenting Essentials

- **How Your Emotions Affect Your Child's Behavior**
- **Brain Calming Techniques**

Toddlers, Preschoolers, & School-Age Kids

- **Taming Tantrums: Plan Ahead to Guide Your Child**
- **Daily Conversations with Your Kids**

Tweens & Teens

- **Daily Conversations with Your Teens**
- **Home Alone: What Parents Need to Know**



Pass the Turkey, Not the Tension: Help for Thanksgiving Table Drama

RECORDED LUNCH & LEARN DISCUSSIONS

**Gratitude: More than Just a
Thanksgiving Ritual**

**Family Gatherings and
Everyday Conversations:
Talking About Gender Identity
and Sexual Orientation**