

PEACE OF MIND WITH PEACE AT HOME

Easier Parenting One Small Shift At A Time

Reduce Stress, Lighten the Load, Reclaim Your Calm

Parenting is stressful—between daily chaos, carrying everyone's needs, and the looming holiday to-do list (starting with Halloween!), it's easy to feel overwhelmed. Your mental health matters, and sets the stage for your kids' mental health, too.

For Mental Health Awareness Month, we invite you to:

- Set healthy boundaries
- Share the load with your partner and kids
- Find calm in the chaos (think taming your perfectionism, even during the holidays)

● **LIVE**

Upcoming Events

Lunch & Learn Discussion
**Parenting Without Burnout:
Mindful Tools to Tame the Daily Chaos**
Wednesday, October 8, 12:00 PM ET

Register

Live Workshop
**Lighten the Mental Load:
Create a Connected, Low-Stress Holiday Season**
Tuesday, October 28, 12:00 PM ET

Register

WANT MORE PEACE AT HOME?
PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for ~~\$197~~ \$120/year

Learn More

Live Workshops

Quick Videos

1:1 Consulting

Resource Pages

October 10 is **World Mental Health Day**

What is Mental Health Literacy?

Mental health literacy is knowing how to talk about, care for, and support emotional well-being—just like you would physical health.

Why does it matter?

Parents with Mental Health Literacy are better equipped to protect their children's mental health, notice early warning signs, and create a safe space for open conversations. Children's behavior is often a call for help. Mental health disorders are the most common diseases of childhood. Let's do this together.

[Learn More](#)

Your calm is their calm

Start with **YOU**

[Watch Video](#)

[Explore Our Mental Health Resources](#)

OCTOBER 6 IS **BULLYING PREVENTION DAY**



Quick Video: **Peer Pressure & Bullying***

Workshop Recording: **Bullying: Relationships Matter**

Blog: **Signs of Bullying**

OCTOBER 28 IS **NATIONAL 1ST RESPONDERS DAY**



Free Live Workshop
**From Stress to Strength:
Parenting Tools for First Responders**
Thursday, October 23, 12:00 PM ET

[Register Now](#)

Invite any First Responders you know!

Activities for Families: Make thank-you cards for local heroes, read a book about first responders, or practice safety skills (test smoke alarms, review fire escape plans, or teach kids how and when to call 9-1-1)

OCTOBER IS **ADHD AWARENESS MONTH**



All Resources on **Raising Neurodiverse Kids**

Workshop Recording: **7 Steps to More Cooperation**

Quick Video Library: **Help Neurodiverse Kids Thrive***

FEATURED QUICK VIDEOS* FOR PARENTS OF...

BABIES

[Your Baby's Temperament](#)

TODDLERS

[Emotion Coaching](#)

[I get so annoyed](#)

KIDS & TEENS

[Anxiety in Kids](#)

[Depression in Teens](#)

YOUNG ADULTS

[Mental Health in College](#)

For all Parents: [What is discipline?](#)

*Quick Video links will bring you to the library where these titles are located. Log in or create an account and purchase the library to view individual videos.