



SEPTEMBER 2025

MONTHLY PARENTING NEWSLETTER

PEACE OF MIND WITH PEACE AT HOME

Back-to-School Parenting Guide

Calm Works Better than Control

As the new school year unfolds, those great back-to-school intentions can start to slip. You may feel like you're walking a tightrope, trying to support your child's mental health, stay on top of their homework, screen time, and activities - and still have energy for yourself.

Transitions aren't just tough on kids. Parents feel them too.

We're here to help you juggle it all, while building peace at home.

LIVE

Upcoming Events

Live Workshop

A Parent's Guide to Screen Time,
Group Chats, and Social Media
Tuesday, September 9, 12:00 PM ET

[Register](#)

Lunch & Learn Discussion

Support Your Child's Mental Health
without Burning Out
Thursday, September 18, 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](#)

Your calm
is their calm.

Watch Video

Step one: **Pause.**
Step two: **Breathe.**
Step three: **Parent.**

**Your energy sets the
tone for your child.**

When things get stressful (as they do) and homework has gone astray, another water bottle got lost and you're all out of this week's must-have cereal or your college kid is homesick - it's easy to jump straight into reacting. But one of the most powerful things you can do in that moment is just... pause.

**Take a breath. Give
yourself a second.**

That simple pause helps you feel calmer—and it shows your child what it looks like to handle big feelings without blowing up.

We don't need perfect words or flawless parenting. What kids really need is a parent who can **stay steady** when things get messy.

GROW TOGETHER

TOOLS FOR EVERYONE AT EVERY STAGE

DAYCARE & PRE-K: PLAY, PLAY & ROUTINES



Quick Video: **Routines that Work**

Recording: **Get Your Young Child Ready for the Classroom**

Quick Video: **Kids Listen when Parents are Playful**

GRADES K-12: PHONES, FRIENDS & HOMEWORK



Live Workshop: **Screen Time, Group Chats, & Social Media**

Workshop Recording: **Help Your Child Make Friends**

Homework Struggles

Elementary

Middle & High

COLLEGE KIDS: HOW'S IT GOING SO FAR?



**Signs They May
Be Struggling**

Things They
Might **Say**

Things They
Might **Do**

All Resources on Supporting Your College Student

RESOURCES FOR GRANDPARENTS' DAY



Special Blog for Grandparents' Day Coming September 9

Discussion Recording: **Relationships Between
Grandparents, Adult Children, and Grandkids**

Workshop Recording:
Strengthening Grandparent-Parent Relationships

BRINGING IT ALL TOGETHER

Essential Parenting Resources:
Peace At Home Starts Here