

# PEACE OF MIND WITH PEACE AT HOME

## Back-to-School Survival Guide

Build Connection. Calm the Nerves. Stay the Course.

New environments.  
New teachers.  
New friends.  
New routines.

High  
expectations and  
big resolutions.

It's exciting—  
*and exhausting.*

So how do you  
harness all that  
fresh school-year  
energy and keep  
going through the  
inevitable humps  
and bumps?

With a little Peace  
At Home *magic*  
and the  
*reassurance* that  
we've got your back.

● LIVE

### Upcoming Events

Live Workshop

Help Your Child Make Friends:  
When to Lean in and When to Let Go  
Tuesday, August 5, 12:00 PM ET

[Register](#)

Lunch & Learn Discussion

The ABCs of Play: Help Your Young Child  
Get Ready for the Classroom  
Wednesday, August 27, 12:00 PM ET

[Register](#)

WANT MORE PEACE AT HOME?

**PEACE AT HOME ANNUAL SUBSCRIPTION**

Full access to PAH content for \$197/year

[Learn More](#)

[Live Workshops](#)

[Quick Videos](#)

[1:1 Coaching](#)

[Resource Pages](#)

## The **Magic** of Peace At Home

### Watch Video

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

### Understand Before You Act

When your child's behavior challenges you, pause and get curious. What's driving it?

### Lead With Connection

Say: "Looks like today was rough. Want to chat or just hang out for a bit? Kids need you to be with them. When you show that you see, hear, and care—they feel safe. And when they feel safe, they're more likely to open up."

### Guide, Don't Fix

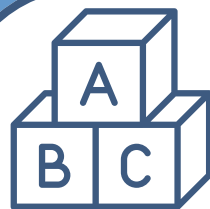
Yep, you're still the boss—but where it makes sense, treat your child like a capable human (even if they're still figuring things out) and engage them in the problem-solving process.

It builds their independence—and lightens your emotional load.

**Bonus?** You'll feel less like the lone fixer and more like a steady guide.  
PS: works on the adults in your life too.

# BACK TO SCHOOL TOOLKIT

## DAYCARE & PRE-K



Quick Video Library: **ABC's of Potty Training**

Workshop Recording: **Get Ready for Childcare/Preschool**

Quick Videos: **Transition to Kindergarten**

## K-12 SCHOOL SUCCESS



Quick Video Library: **Elementary School Success**

Quick Video Library: **Middle & High School Success**

**All School Success Resources**

## COLLEGE KIDS



Quick Video: **10 Strategies to Support College Students**

Quick Video: **Stay Connected after Move-In Day**

Fact Sheet: **What's So Hard about Starting College**

**All Resources on Supporting Your College Student**

## BRING IT ALL TOGETHER



Peace At Home Starts Here  
**Check Out these Parenting Essentials**

Blog: **Back to School:  
Start Where You Are, Grow What You've Got**