

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**

Upcoming Events

Live Workshop
**Raising Happy, Resilient Kids:
Parenting with Optimism and Confidence**
Thursday, November 6, 12:00 PM ET

Register

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

Register

Helping parents address challenges at home
is **critical to your organization's success.**
It's also our mission.

LEARN MORE

Let's talk

about how Peace At Home
can help your working parents.

SCHEDULE A MEETING

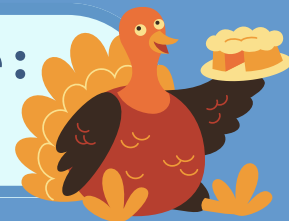
Live Workshops

Quick Videos

1:1 Consulting

Resource Pages

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!**

Parenting Essentials

Quick Video: **How Your Emotions Affect Your Child's Behavior***

Quick Video: **Brain Calming Techniques***

Toddlers, Preschoolers, & School-Age kids

Recorded Workshop: **Help Your Child Stay Calm during Holidays**

Quick Video: **Daily Conversations with Your Kids***

Teens & Young Adults

Quick Video: **Daily Conversations with Your Teens***

Quick Video: **College Students Home for the Holidays**

PASS THE TURKEY, NOT THE TENSION: HELP FOR THANKSGIVING TABLE DRAMA

UPCOMING LUNCH & LEARN DISCUSSION

**Meaningful Holidays Without
the Pressure**

RECORDED LUNCH & LEARN DISCUSSION

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

RECORDED WORKSHOP

**Handling Hot Topics with Your
Kids and Colleagues**

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

*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.