



JANUARY 2026

MONTHLY PARENTING NEWSLETTER

PEACE OF MIND WITH PEACE AT HOME

Screens Are Stealing Our Peace

Break the Screen Cycle: A New Path for Families in 2026

Peace at Home launches a yearlong initiative to help parents replace dopamine-driven habits with connection, calm, and confidence. Together, let's reclaim childhood, strengthen family wellbeing, and create lasting change—one supported parent at a time.

This year, Peace at Home is stepping into one of the greatest parenting challenges of our time: the battle between dopamine-driven screen habits and the deeper, calmer connection that seems so much harder to achieve now.

Families are exhausted by endless scrolling, emotional overwhelm, and growing anxiety. Parents are telling us they need clarity, confidence, and support.

Research is clear: **you are the most powerful mental health influence in your child's life.** You deserve tools that make your role easier.

Inspired by the challenges shared in **The Anxious Generation** and grounded in our proven **Parenting Principles**, we are launching a 2026 initiative designed to help families break the cycle. You'll learn practical resources that strengthen connection, restore calm, and replace screen-centered solutions with meaningful ones.

Together, we can reclaim childhood, strengthen family wellbeing, and create lasting change.

[Learn More](#)

 **LIVE**

Lunch & Learn Discussion with Our Experts

Take the Stress Out of Bedtime: Better Sleep for Families

Thursday, January 22
12:00 PM ET

[Register Now](#)



**VISIT YOUR
PARENTING SOLUTIONS PAGE**
to enjoy quick videos and more!

[Quick Videos](#)

[1:1 Consulting](#)

[Resources by Topic](#)

Parenting Essentials: Let's Talk About You

Start with Calm. Start with Clarity. Start with Confidence.

As we begin this yearlong journey of strengthening family wellbeing, we're starting with the most important part of the equation—you.

Our **Peace at Home Starts Here** video library offers quick, science-backed guidance to help you regulate your stress, stay grounded, and parent with intention.

These short videos are your first step toward shifting the screen-driven patterns that challenge today's families. Watch or listen to each solution-packed video and check out the handouts for practical tools. Discover simple actions that transform daily struggles into strategies that work, one moment at a time.

Peace At Home Starts Here

Explore our quick video* library of essential parenting tips, featuring:

Take the **Stress** Out of Parenting

Positive **Discipline** for Peace at Home

Positive Connections for More **Cooperation**

Kids Listen Best when Parents are **Playful**

Family **Rules** and **Routines** for Better Behavior

Mental Health Literacy for Parents

Help Kids Manage and **Communicate Emotions**

How **Your Emotions** Affect Your Child's Behavior

Techniques to **Calm** Your Brain (and Your Child's)

How **Your Childhood** May Affect Your Parenting

Coach **Problem Solving** Skills

Seven Steps to Make Your Home a **Safe Place**