

PEACE OF MIND WITH PEACE AT HOME

The Everyday Gifts

Reflecting on a Year of Connection



December is here, bringing with it full calendars and high energy. If you're feeling the pull of a thousand to-do lists, you're not alone. This hustle is often when our kids need us most, and their challenging behaviors are simply signals for connection. So this month, let's give ourselves the gift of the pause.

Before we rush ahead, let's take a quiet moment to look back. Not at a perfect highlight reel, but at the real, complex year we've shared. Let's reflect on the moments of frustration where we managed to circle back and reconnect. Let's see the growth in our children and in ourselves as their calm center. In this reflection, we find true gratitude—not just for the easy moments, but for the resilience of our bond.

[Start with Yourself](#)

 **LIVE**

Lunch & Learn Discussion
**Trust Your Gut as a Parent:
When to Follow (or Question)
Professional Advice**
Tuesday, December 9
12:00 PM ET

[Register Now](#)

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.

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[Resource Pages](#)

Wrapping Up the Year

Looking Back on the Moments That Helped Us Grow

Let's pause together to reflect on the real, messy, and wonderful year that's been.

As the year winds down, take a joyful pause to reflect on the journey you've been on. Amid challenges, you've grown, reconnected, and strengthened your bonds.

Whether you're a goal-setter, a dreamer, or simply someone who loves a good family conversation, this is the perfect time to **look back with gratitude and look ahead with intention.**

Reflecting on the highs, lows, and everything in between helps us appreciate how far we've come—and look forward to the adventures and possibilities of the year ahead, as individuals, as parenting partners, and as a family.

Check out our **New Year's Reflection Guide for Families**



Resources for this Season

Parenting Essentials

Recorded Workshop: **Cultivate Gratitude and Spirituality**
Recorded Workshop: **Meaningful Holidays Without the Pressure**
Quick Video: **Help Your Child Cope with Grief and Loss***
Recorded Workshop: **Practical Steps to Start the Year Right**

Babies, Toddlers & Preschoolers

Recorded Workshop: **Help Your Child Stay Calm during Holidays**
Recorded Workshop: **Big Emotions, Little Kids**
Recorded Workshop: **Create a Strong Foundation with Your Baby**

Kids & Teens

Recorded Workshop: **Screen Time, Group Chats, and Social Media**
Quick Video: **Daily Conversations with Your Kids***
Quick Video: **Daily Conversations with Your Teens***

College Students

Recorded Workshop: **Post-Break Transition: Building Resilience and Learning from Setbacks**
Quick Video: **College Students Home for the Holidays***

*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.