

PEACE OF MIND WITH PEACE AT HOME

February is for Connection

With Your Partner, Your Kids, and Yourself



**Love is in the air,
but so is stress.**

This month, Peace At Home Parenting invites you to slow down and reconnect. Whether you're trying to reignite romance, help your daughter know her worth, or break the cycle of screen time struggles, we've got you covered.

Our **Break the Cycle** blog offers eye-opening insights into how today's digital world impacts your child's brain—and what you can do to restore peace at home. Plus, explore our **Resource Guide**, **Peace At Home Starts Here**, packed with practical tools for overwhelmed caregivers. *Because your calm is your child's anchor.*

Join us for engaging workshops and fresh content designed to strengthen your family bond—and your own wellbeing.

Let February be the month you fall back in love with parenting, your partner, and yourself.

LIVE

Lunch & Learn Discussion

**Rediscover Romance:
How Sharing Chores Brings Couples Closer**

Thursday, February 5
12:00 PM ET

Register Now

Live Workshop

**Raising Confident and Connected Daughters
Who Know Their Worth**

Monday, February 16
12:00 PM ET

Register Now

Live Workshop

**Raising Resilient and Connected Sons:
A Workshop for Building a Bond That Lasts**

Tuesday, February 24
8:00 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.

SCHEDULE A MEETING



Strengthen Bonds at Home:

Parenting Resources for Real-Life Connection

This month's workshops focus on building meaningful, lasting connections.

On February 5th, join us for Rediscover Romance: How Sharing Chores Brings Couples Closer—a lighthearted look at how teamwork at home can reignite the spark in your relationship.

Raising girls?

Don't miss **Raising Confident and Connected Daughters Who Know Their Worth** on February 16th, offering insight into supporting strong, self-assured young women.

And for parents of boys, February 24th's **Raising Resilient and Connected Sons** will help you foster deep bonds and emotional resilience. Behind every tantrum, every sibling fight, every bedtime battle is an opportunity for connection.

These classes will help you shift from reacting to reconnecting. You'll gain simple, science-backed tools and scripts to strengthen your relationships at home. Explore the full Parent Wellbeing Library for on-demand support when you need it most. Because **when parents feel supported, kids thrive.** Let's make connection your superpower this February.

Quick Video Library

PARENT WELLBEING

featuring these quick videos:

Perfectionism: Hidden Barrier to Well-being

How Positive Self-Talk Inspires Positive Body Image

Mindfulness: Breath Work for Kids and Adults

Healthy Habits: Practical Tips for Long-Term Success

Fitness Routines for the Family

Informal Fitness: Sneak Movement into Your Day

5 Minute Workouts to do Anytime, Anywhere

Set the Stage for a Happy, Healthy & Mindful Summer

These 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.



Easier said than done (we know)

Let us help you find more peace and connection this month



PEACE AT HOME
PARENTING SOLUTIONS



peaceathomeparenting.com
solutions@peaceathomeparenting.com