



PEACE AT HOME  
PARENTING SOLUTIONS

APRIL 2026

MONTHLY PARENTING NEWSLETTER

# PEACE OF MIND WITH PEACE AT HOME

## CELEBRATING 10 YEARS OF PEACE AT HOME

April is a special month at Peace At Home Parenting as we celebrate **10 years of supporting families** with trusted, research-based parenting guidance. We're grateful to be part of your journey and excited to share new ways to strengthen connection and confidence at home.

This month, we invite you to join our **Break the Cycle 30-Day Challenge** to help families reduce screen time and build meaningful connections.

We're also celebrating **Sibling Day**, sharing insights on **neurodiversity**, and offering practical tips through two Lunch & Learn sessions and two live parent workshops. Topics include supporting college students' mental health, social-emotional learning strategies for K-12 students, choosing quality childcare, and supporting neurodivergent teens and young adults.

Wherever you are on your parenting journey, we're here with tools, guidance, and encouragement every step of the way.

**Thank you for sharing your parenting journey and growing with us.**

**LIVE**

Live Workshop  
**Finding the Right Fit:  
Choose Quality Childcare with Confidence**  
Wednesday, April 8  
12:00 PM ET

[Register Now](#)

Lunch & Learn Discussion  
**When K-12 School Feels Hard:  
Finding the Calm in the Storm**  
Thursday, April 16  
12:00 PM ET

[Register Now](#)

Lunch & Learn Discussion  
**How Parents Can Support  
College Student Mental Health**  
Thursday, April 23  
12:00 PM ET

[Register Now](#)

Live Workshop  
**Parenting Neurodiverse Teens and Young Adults:  
Building Connection, Trust, and Emotional Safety**  
Monday, April 27  
12:00 PM ET

[Register Now](#)

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

**Let's talk**

about how Peace At Home  
can help your working parents.

[LEARN MORE](#)

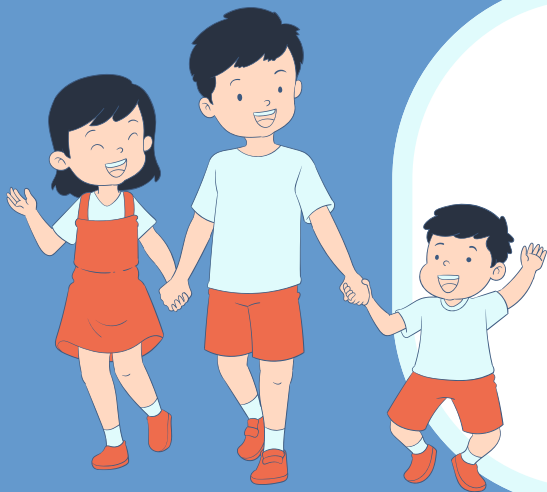
[SCHEDULE A MEETING](#)

## RESOURCE GUIDE

# Raising Neurodiverse Kids

Find all our neurodiversity resources in one place, including quick videos, full-length workshops, blogs, and more. Discover science-based strategies to help with anxiety, emotional regulation, healthy screen time limits, and building resilience. When you feel overwhelmed, simple tools will help you reset, reconnect, and move forward with confidence.

[Visit this Resource Guide](#)



## Siblings' Day is April 10

Check out our resources on reducing sibling **conflict** and supporting sibling **connection**

[Podcast Coming Soon: Building Sibling Bonds](#)

[Workshop Recording: Help Young Kids Connect](#)

[Blog: Help Kids Connect with New Baby](#)

## Break the Cycle

Replace screens and dopamine-driven habits with meaningful connection

[Learn more about our 2026 initiative](#)



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"I really appreciate all of the **validation** alongside the tips. The **love** with which Peace At Home Parenting approaches these topics is just as important as the great information it shares."