



PEACE AT HOME
PARENTING SOLUTIONS

MAY 2026

MONTHLY PARENTING NEWSLETTER

PEACE OF MIND WITH PEACE AT HOME

MOMS, MENTAL HEALTH & MEANINGFUL CONNECTION

May invites us to honor the deep, ever-changing connection we share with our children and the work of being a parent.

As summer approaches and routines shift, you may be wondering how you'll manage more time together, less structure, and moments when it feels like no one is listening. You're not alone, and you don't have to figure it out on your own. This month, we're here with practical, positive tools that fit real family life.

Join us for a Lunch & Learn Conversation, **Your Child Isn't Listening & What to Do Instead**, to build cooperation without power struggles.

And as family time expands, **How to Set Boundaries with Grandparents (Without Guilt)** will help you navigate emotional dynamics with confidence.

This Mother's Day, give yourself support and growth because when you feel steady, your family feels it too.

LIVE

Lunch & Learn Discussion
**Why Your Child Isn't Listening
& What to Do Instead For an Easier Summer**

Tuesday, May 12
12:00 PM ET

[Register Now](#)

Live Workshop
**How to Set Boundaries with Grandparents
(Without Guilt): A Sandwich Generation Guide**

Thursday, May 28
12:00 PM ET

[Register Now](#)

Live Workshops in June
**Connected Kids:
Break Screen Habits & Build Strong Family Bonds**

Tuesday, June 2, 12:00 PM ET

[Register](#)

Thursday, June 4, 7:00 PM ET

[Register](#)

The same workshop is offered at two different times.
Attend at the most convenient time for you.

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](#)

[Live Workshops](#)[Resource Guides](#)[Quick Videos](#)[1:1 Consulting](#)

RESOURCE GUIDE

Social Media & Screen Time

Find all our social media and screen time resources in one place, including quick videos, full-length workshops, blogs, and more. Discover science-based strategies to manage screen use, reduce conflict, support your child's mental health, and build healthier digital habits. As part of our **Break the Cycle initiative**, these tools help you move beyond power struggles and create more time for meaningful, screen-free connection.

[Visit this Resource Guide](#)

Mother's Day is May 10

Explore resources that ease the mental load and nurture connections between mothers, children, and grandparents.

[Recorded Discussion: Exploring Fair Play at Home](#)[Workshop Recording: Lighten Mom's Mental Load](#)[Workshop Recording: Strengthen Grandparent-Parent Relationships](#)

Joyful Jolts

This Mother's Day, consider a gift that keeps giving all year long: shared moments of connection. Try "joyful jolts," small bursts of happiness you express throughout the day that can build resilience and reduce burnout. Consider creating a shared family photo album where everyone contributes favorite memories each month. These simple practices strengthen relationships and bring more joy into everyday life. Learn more on our blog.

[New blog post coming soon](#)

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"I really enjoyed the conversation style of this presentation. So many helpful tips, valuable information, and good questions from the audience."