

PEACE OF MIND WITH PEACE AT HOME

LESS GUESSING, MORE CONNECTING: PRACTICAL TOOLS FOR PARENTS



Every day, we're offered new ways to improve our lives, with a fitness app, a nutrition plan, a bestselling book, or a productivity hack promising better results. Yet the most important outcomes of all are happening at home: raising healthy, confident children and building strong, lasting relationships with them.

Parenting is one of life's greatest responsibilities, but few of us were ever taught how to do it. That's why support matters. Research shows that when parents have access to practical tools, expert guidance, and a supportive community, families thrive.

As National Parents Day approaches on July 26, we invite you to invest in yourself as a parent. Whether you're navigating tough conversations, seeking answers to everyday challenges, or simply looking for fresh ideas, Peace At Home Parenting offers proven solutions and compassionate support for you.

LIVE

Live Workshop
**Talking to Kids About Sex:
A Parent's Guide to Confidence and Connection**
Friday, July 17, 12:00 PM ET

[Register Now](#)

Lunch & Learn Discussion
**Ask Ruth Anything!
Real Answers to Your Parenting Questions**
Thursday, July 23, 12:00 PM ET

[Register Now](#)



National Parents' Day is July 26

Explore these parenting essentials

[Resource Guide: Peace at Home Starts Here](#)

[Quick Video Library: Peace At Home Starts Here](#)

[Recorded Workshop: Rules, Routines, and Discipline](#)

[Recorded Workshop: Positive Discipline](#)

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

Toddlers & Preschoolers

Find all our toddler and preschool parenting resources in one place, including quick videos, full-length workshops, blogs, handouts, and more. Discover science-based strategies to manage tantrums, build routines that work, support emotional development, and navigate transitions with confidence. Whether you're tackling potty learning, preschool readiness, sleep challenges, or everyday meltdowns, these practical tools will help you create more calm, connection, and cooperation at home.

[Visit this Resource Guide](#)

Instead of searching the web, Search Peace At Home

Peace at Home's Search tool scours the proven content our experts have translated into easy to use tools that quickly produce positive results. Use evidence based approaches with clarity and confidence and watch your family thrive.

[Search Now](#)

This month, we're focusing on two opportunities to help you parent with greater confidence and connection.

Talking to Kids About Sex: A Parent's Guide to Confidence and Connection offers practical guidance for one of the most important conversations you'll have with your child. Learn how to create an ongoing dialogue that builds trust, encourages healthy decision-making, and helps children turn to you when questions arise.

We're also excited to offer our special **Lunch & Learn: Ask Ruth Anything**, an informal opportunity to bring your parenting questions directly to Ruth Freeman, Peace At Home's Founder and Parent Educator. No topic is too small or too complicated. You'll leave with practical strategies, fresh perspectives, and reassurance that you're not alone in the challenges of raising children. Just in time for those hot summer days.

This National Parents Day, give yourself something truly valuable: support, knowledge, and tools that strengthen the foundation your child will build on for years to come.



PEACE AT HOME
PARENTING SOLUTIONS



"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 that is shared."