



PEACE AT HOME  
PARENTING SOLUTIONS

OCTOBER 2021 NEWSLETTER

## Why take a parenting class?

When you **understand your child's behavior**, you'll have a lot **less stress and conflict**.

You'll share more connection and joy with your family and have time for yourself too!



This month we celebrate **World Mental Health on October 10, 2021**. As parents, we know we are affecting our child's mental health every day, *But how?* This question has become more important as the pandemic persists.

Join us for **two important FREE events** as we explain and explore what parents need to know about their children's mental health.

**MON 10/4 8:00 PM Live Facebook Event** expert panel discussion **"Mental Health for All - How Can Parents Help?"**

**WED 10/6 8:00 PM "Mental Health Essentials"** This class is for parents of toddlers to teens We will share the keys to supporting your child's psychological well-being and knowing red flags that suggest they need more help.

This October, find the class that is right for you in one of our 5 categories:

- PreNatal – 1st year
- Toddlers & Preschoolers
- School Age
- Teens
- Parenting Essentials (For all)

Join a live class and talk to an expert by visiting your **Peace At Home Parenting Center:**

**TUE 10/5 12 PM ADHD and Autism** Why does my kid act this way? Special Needs

**TUE 10/5 8 PM The Power of Conversation** – how to get your kids to talk to you School-Age/Teens

**WED 10/6 8 PM Mental Health Essentials for Parents: Knowledge and Skills to Support Your Child** School-Age/Teens

**TUE 10/12 8 PM Parenting teens: Power struggles or effective discipline?** Teens

**WED 10/13 12 PM Teens in Love: Romantic Relationships, Dating and Health** Teens

**WED 10/13 8 PM Mayor cooperación y conexión: implemente reglas y rutina** Parenting Essentials

**MON 10/18 8 PM Your questions answered by Ruth Freeman LCSW - Founder of PAHPS** Parenting Essentials



**TUE 10/19 8 PM Positive Discipline for Peace At Home** Parenting Essentials

**WED 10/20 8 PM Less Conflict More Solutions** School-Age/Teens

**THU 10/21 12 PM The Power of Play to Calm & Connect** Toddlers and Preschoolers

**THU 10/21 8 PM Wellness on The Run: Quick, Real-life Strategies for Busy Parents** Parenting Essentials

**FRI 10/22 12 PM Cooperative Co-parenting for Separated & Divorced Couples** Parenting Essentials

**MON 10/25 8 PM Positive Discipline for Toddlers and Preschoolers** Toddlers and Preschoolers

**MON 10/27 8 PM How to Take the Stress Out of Parenting** Parenting Essentials



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### A note from our founder



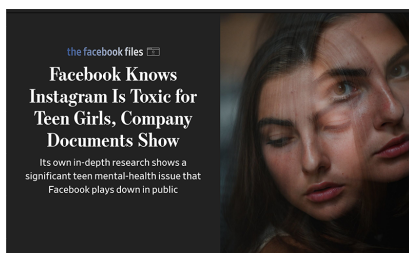
**Our October class schedule** provides answers that will put your mind at ease whether you are dealing with toddler meltdowns or teen romance. Our classes on "Conversation" and "Less Conflict" go to the heart of mental health with a focus on relationships. Understanding our children's unique nature and helping them feel "seen" is a foundation of good mental health. Parents of children with special social-emotional needs will appreciate "ADHD and Autism – Why Do My Kids Act this Way?"

If you are dealing with that confusing stage called adolescence, "Teens in Love" will help. If you are separated or divorced, your child's mental health is strongly affected by how you and your co-parent can work together. Don't give up, check out "Cooperative CoParenting." And finally, and in some ways most important for good mental health, "Wellness on the Run" will inspire and re-energize you about caring for yourself and your family.

### Stay with us. We've got your back.

Ruth E. Freeman  
President and Founder *Peace at Home Parenting Solutions*

**Tip of the Month** Use choice to get the end result you are looking for. Example: When you get into the car and it's time to put the seat belt on, ask, "Do you want to put on your seatbelt or should I?" Wait a moment for your child to choose. If they do nothing, put on the seat belt for them. Either way, the seat belt is getting fastened. And giving kids choices invites cooperation. Just be prepared that you may need to give them enough time to be successful if they choose to do it themselves! For more ideas about how to win cooperation join our class **"How to Take the Stress Out of Parenting" at 8 PM on October 27.**



### What we can learn from Wall Street Journal's article: "Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show?"

The report on Instagram's effect on the mental health Girls are powerful.

[Read More >](#)



### Visit your Parenting Solutions Center:

**Step 1:** Go to [www.peaceathomeparenting.com/suffield-youth-services-login](http://www.peaceathomeparenting.com/suffield-youth-services-login)

**Step 2:** Log In or Create an account using the code: **SuffieldPeace** – Welcome to your **Peace At Home Parenting Solutions Center!**

### Featured Educator:

#### Meet Dana Asby, MA, MEd

Dana is an author and researcher with a focus on school culture, mindfulness, youth mental health, and childhood trauma. She is a trauma-informed yoga teacher and has over 15 years of classroom and childcare experience.



**"At Peace At Home, we teach from the heart."**