



PEACE AT HOME  
PARENTING SOLUTIONS

DECEMBER 2021 NEWSLETTER

## **What makes the holidays meaningful?**

### **The people your child loves.**

Manage your expectations so you can be really “present” and relaxed, fully focusing on your time together. Don't expect your holiday to look like a TV show or a Hallmark movie. Those are make-believe. Center your time on family and friends, don't stress about the food or presentation. Play games, laugh and create lasting memories

## **We wish you Peace At Home!**



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

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

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

### **FRI 12/3 12 PM**

[Your questions answered by Ruth Freeman LCSW - Founder of PAHPS](#)  
Parenting Essentials

### **MON 12/6 8 PM**

[Help Your Child Recover from Emotional Meltdowns: Toddlers and Preschoolers](#)  
Toddlers & Preschoolers

### **TUE 12/7 8 PM**

[Let's Talk About Sex](#)  
Teens

### **WED 12/8 8 PM**

[How to Take the Stress Out of Parenting](#)  
Parenting Essentials

### **THU 12/9 12 PM**

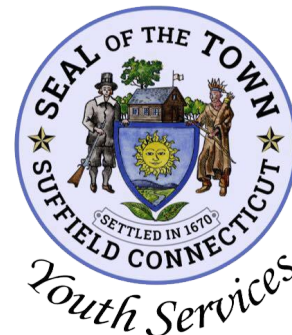
[Routines that Work for Families with Young Children](#)  
Toddlers & Preschoolers

### **MON 12/13 8 PM**

[Schools and Families Working Together Towards Success](#)  
School Age

### **TUE 12/14 12 PM**

[Help Your Child With ADHD Listen Better](#) Special Needs,  
School Age & Teens



### **TUE 12/14 8 PM**

[Twins and Teens: Take a Deep Breath Here Comes Independence](#)  
School Age & Teens

### **THU 12/16 8 PM**

[Find Time For Fitness](#)  
Parenting Essentials

**FRI 12/17 12 PM** [Get on the Same Page: CoParenting Skills & Drills for Separated and Divorced Couples](#)  
Parenting Essentials





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As another pandemic year comes to a close, we hope you can hold in your hearts and minds:

- **You are already a good enough parent.** Parenting perfectionism is a barrier to joy and joy is what your kids want most from you.
- **Give yourself permission to enthusiastically create your “family of choice.”** Spend time with people who affirm and celebrate you and your children, whether those people are relatives or not.
- **Focus on savoring the sweet moments.** Remember what your kids really want for the holidays is you and the ones they love. Your full on presence, listening, playfully connecting or just taking delight in the gift of your child is what they will remember.



Thanks for your confidence in us and for joining our Peace At Home family. It is our blessing to be able to serve you and yours.

**Happy Holidays from all of us at Peace At Home!**

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

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

**Tip of the Month:** One simple and profound act of kindness over the holidays is to be **fully present with one person at a time** in your life - especially your kids. Bring your full attention to that person.

- **Bring your full attention to that person.** Looking someone in the eyes actually reduces stress hormones in the brain and increases feel good chemicals like serotonin.
- **Listen without interruption,** relax and take that person in.
- **Refrain from fixing, guiding, or making things better** - just be there and be authentic.
- **Remember the gift of playfulness,** especially with your kids.

These moments can transform a lot of holiday stress and really help you find the magic.



**We've got good news for you about the holidays.**

Families who celebrate special

occasions are more likely to raise kids who have a strong sense of identity, are physically healthy, succeed in school and have close ties to their families. So don't think that these family celebrations are irrelevant. The more meaningful older teenagers think their family rituals are, the more likely they are to have a strong sense of themselves and even be able to handle the stress of going to college in freshman year.

[Read More >](#)



**[Take a Quick Tour Here](#) of your Parenting Solutions Center**

**Register or Log In:**

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

**Step 2:** Log In or Create an account using the code:  
**SuffieldPeace**

**Step 3:** Enjoy FREE live classes, recordings, handouts & support!

### Meet Ruth E. Freeman

Ruth is a psychotherapist in private practice who has taught parenting education to hundreds of parents annually over the past 30+ years. Ruth's approach to parenting education incorporates her clinical experience with children and families in crisis, as well as key concepts synthesized from a wide range of sources. Ruth freely and humorously shares the real-life blunders, challenges and successes she has had applying positive parenting as a mom, step-mom, foster mom and “Nana.”

[Learn more about Ruth >](#)

