



PEACE AT HOME  
PARENTING SOLUTIONS

June 2022 NEWSLETTER



**Hey Folks "All Things Seem Possible in May".** This lovely quote from naturalist Edwin Way Teale captures the hope that we at Peace At Home have for this month, which is also Mental Health Awareness Month. **We will remind you to keep possibility in mind,** as we help you realize the important role you play in supporting children's emotional wellbeing. While your child may be struggling today with making friends or following directions or even getting to school, it helps to remember that kids' brains are quite flexible and very responsive to their environment. Change is possible for all kids with the *help of our*

*positive mood, balanced support, and wise guidance.* Our deepest hope is that all children grow up in safety, peace, and joy. Let's do this together and see what growth we can inspire this month.

**Ruth Freeman, LCSW President & Founder**

*Struggling with a challenge or wondering what to do next? We can help. Join me on May 18th at 12 PM for a Q&A (see below) or email us anytime at [Solutions@PeaceatHomeparenting.com](mailto:Solutions@PeaceatHomeparenting.com)*

## May Live Class Schedule - Register Today!

### PARENTING ESSENTIALS

**WED 5/11 12 PM** [Mental Health Essentials for Parents](#)

**FRI 5/13 12 PM** [Navigate Challenging CoParenting Relationships](#)

**MON 5/16 8 PM** [Calm Anxious Children with Mindfulness](#)

### PRENATAL-INFANT

**WED 5/18 8 PM**

[Healthy Birth Toolkit](#)

### TODDLERS & PRESCHOOLERS

**MON 5/9 8 PM**

[Positive Discipline](#)

### SCHOOL AGE, TEENS & YOUNG ADULT

**TUE 5/3 8 PM** [Conversations That Build Character](#)

**TUE 5/10 12 PM** [How to help your Child with Special Needs to Make Friends](#)



**Could you use a Parenting Check-Up? Ruth is ready for you [Wednesday, May 18, at 12:00pm](#).** Be reminded of what you are already doing right, the possibility that exists and of proven strategies that can help. Bring your wonders or worries, to **Peace At Home's Monthly Q&A** with founder Ruth E. Freeman, LCSW.





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### May Blog:

#### Helping Your Kids Talk about Mental Health

There are hundreds of words we have all heard describing those with mental illness symptoms, especially among children and teens. They include crazy, loony, psycho, nuts, mental and many others. These are words that create stigmas and prevent children and adults from talking about our own issues. When you respond to someone using these words, it is more helpful to be curious than to simply lecture, "Don't talk that way. That isn't kind." [Read More >](#)

### May Featured Teacher:

**Cora Megan, MA** is an early childhood specialist and parent educator who has worked with infants, toddlers, preschoolers, and their families for over a decade. She views her work with families through an attachment lens, and provides support and guidance that promotes secure and positive parent-child relationships. Cora is especially passionate about infant and toddler social and emotional development. [Learn more about our Experts>](#)



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### Tip of the month

**If you are concerned about your child's mental health**, if they seem worried or down or even expressing their own concerns about how they feel - *please resist your natural instinct to fix them or "make them feel better."*

It's more helpful to listen with care, be curious about how they see the world, strive to understand their point of view, and then offer to think together about finding solutions.

**Try this on:** "Sounds like you are having lots of worried thoughts right now and you can't seem to calm your brain. Let's think together about how to address this challenge and maybe talk with some folks who might have good suggestions."