

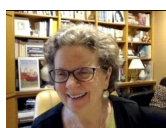


## Stress Less, Enjoy More This Fall with Tools to Breathe Easier

**Hi Folks,** We hope these last days of summer find you remembering fun times and looking forward to the Fall. But if life is a little more complicated than that in your family, we've got you covered. We're focused on the essentials of this important season change - from behavior challenges in little ones to self-esteem in children and helping those kids who feel anxious about going back to school. We have important guidance on building resilience and protecting your child's mental health. We're sharing our Quick Video Solution Libraries with you for on-demand support. Let our Parent Guides connect you to the resources you need. So don't go it alone - we want to hear from you.



**Ruth E. Freeman, LCSW, President and Founder of Peace At Home Parenting Solutions**



**Struggling with a parenting challenge or wondering what to do next?** We can help. Email us anytime at [solutions@peaceathomeparenting.com](mailto:solutions@peaceathomeparenting.com)

**Check out September's live class schedule on page 3.** Peace At Home founder Ruth Freeman will remind us of important essentials in the "Back to School Playbook," but really that would be a great title for this whole month of classes. From an inspiring "School Success" session with Dr. Amy Alamar to real solutions for "School Refusal" with Dr. Kim Barton, we've got your back with strategies that work. Special topics will focus on self-esteem for children with Autism and navigating difficult co-parenting relationships. Parents of little ones will appreciate our Positive Discipline class for toddlers and preschoolers and "Help Your Child Feel Safe and Secure." And we all need "Habits for Healthy Families" as we get busier and days get shorter. You can do this!



**Check out our  
September  
blogs >**



### **P O D C A S T** The Peace At Home Parenting **PODCAST**

Do you ever wonder about the line between "normal teenage behavior" and warning signs for mental health issues? Enjoy this conversation between Amy Alamar, EdD and Amy Killy LICSW, Clinical Director of the Helix Center in Virginia, discussing the mental health crisis among adolescents. Amy emphasizes connection and relationship as a necessary foundation, and speaks about the influential role of social media and the internet. Don't miss out on this great conversation! **Search for "Peace at Home Parenting Podcast" on your favorite app.**



**1:1 Consulting,** Whether it's a persistent challenge or a crisis, our experts are here with focused, individual guidance and support. [Request a Private 1:1 Consultation](#) with Peace at Home and we'll match you with one of our experts for personalized solutions (*additional fee applies, visit your Parenting Solutions Center for details*).

## Quick Video Solutions Libraries

### Over 150 On-Demand, Proven Parenting Solutions

Developed by our advanced-degree experts, learn evidence-based strategies built on Peace at Home's core parenting principles and compassionate support.

#### Start Now

Login to your **Parenting Solutions Center**. Scroll through your Libraries in the first section. Click on a category and watch any or all the videos and download the handouts too.



#### Find Your Solution

Check out the list of [Libraries and Quick Video titles here](#). You'll find a Library for every age, parenting essentials - fundamentals for everyone and specialized topics too.



#### Quick Video Solutions

Each Library has several brief videos focused on a specific parenting challenge with tools and strategies to help solve the problem. Watch or just listen any time.



#### Get What You Need

Parent Guides are ready to connect you to the parenting resources you need. [Email us](#) any questions and watch Peace at Home come your way.



#### Breathe Easier

As you try new tools and strategies, connect directly with our experts. Join our monthly Q&A or our private Facebook Group, take a live class or schedule a 1:1 Consulting Session.

## September 2022 *Live Interactive Classes* - Register Today!

- THU 9/1 8pm** [Manage Meltdowns with Positive Discipline for Toddlers and Preschoolers](#) *Prevent hitting, biting and help your child manage emotions*
- 
- TUE 9/6 8pm** [School Success for Any Age](#) *Practical tools to support your child's learning and motivation and deal with school challenges*
- 
- WED 9/7 8pm** [Habits for Healthy Families](#) *Build healthy routines and learn the importance and impact of modeling healthy behaviors*
- 
- TUE 9/13 12pm** [Conversations That Build Self Esteem for your Child with Autism](#) *Pathways to a positive sense of self for children with Autism and ADHD*
- 
- TUE 9/13 1pm** [Help Your Young Child Feel Safe and Secure](#) *Signaling safety is a Peace At Home Principle, recognize and support your child's needs*
- 
- THU 9/15 12pm** [School Refusal: What Really Helps?](#) *Understand the underlying anxiety and approach the solution with confidence and compassion*
- 
- TUE 9/20 8pm** [Reduce Conflict & Create Cooperative CoParenting](#) *Strategies for separated or divorced parents to reduce conflict and breathe easier*
- 
- THU 9/22 12pm** [How's Preschool Going? Have Questions? We Have Answers.](#) *Join Ruth for our Monthly Q&A focusing on Toddlers and Preschoolers*
- 
- MON 9/26 12pm** [Back To School Success](#) *with Amy Alamar and Ruth E. Freeman*
- 
- TUE 9/27 12pm** [Back to School Playbook](#) *Add tips to your game plan to inspire motivation, build routines and encourage independence - all ages*

## Follow us on our Social Media Networks



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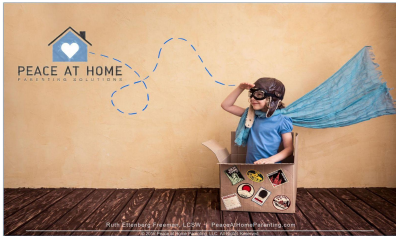
[Instagram](#)



[YouTube](#)







## Join the Conversation on our Private FB Group.

Connect with our experts and your peers to ask questions, get answers and share experiences. [Click here](#), enter your organization's name, we'll approve within 24 hours, then you're in!

# Peace At Home is waiting for you

## Your Parenting Solutions Center is the place to start



Log In: [peaceathomeparenting.com/login](https://peaceathomeparenting.com/login)

Register with Code : **SuffieldPeace**

Enjoy FREE Live Interactive Classes, Quick Videos Solutions, Helpful Handouts, Community & Support and more.

### Let us Connect you to Peace at Home Services

Email [solutions@peaceathomeparenting.com](mailto:solutions@peaceathomeparenting.com).

A **Peace At Home Parent Guide** will connect you with services to help you gain more clarity and confidence as a parent.

## Tip of the Month: Write a letter to your child's teacher to introduce them to your family and consider including:

- A brief description of the members of your family and their relationship to your child
- An overview of your child's experience in school last year, including progress and challenges
- Details about your child's nature including likes and dislikes, interests, etc.
- Any academic or social emotional concerns or needs
- Your hopes and dreams for your child this year



**You may want to end with an invitation to keep the connection going and when you'd like to meet to check in on your child's transition back to school.**

Thanks to Peace At Home parent and consultant, Colleen Vesely, PhD for these great ideas. Read more in her wonderful blog, ["Raising gender expansive kids in a gender binary world."](#)