



PEACE AT HOME  
PARENTING SOLUTIONS

September 2022 Newsletter

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*
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- TUE 9/6 8pm**     [School Success for Any Age](#)     *Practical tools to support your child's learning and motivation and deal with school challenges*
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- WED 9/7 8pm**     [Habits for Healthy Families](#)     *Build healthy routines and learn the importance and impact of modeling healthy behaviors*
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- 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*
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- 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*
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- THU 9/15 12pm**     [School Refusal: What Really Helps?](#)     *Understand the underlying anxiety and approach the solution with confidence and compassion*
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- TUE 9/20 8pm**     [Reduce Conflict & Create Cooperative CoParenting](#)     *Strategies for separated or divorced parents to reduce conflict and breathe easier*
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- 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*
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- MON 9/26 12pm**     [Back To School Success](#)     *with Amy Alamar and Ruth E. Freeman*
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- TUE 9/27 12pm**     [Back to School Playbook](#)     *Add tips to your game plan to inspire motivation, build routines, and encourage independence - all ages*