

BACK-TO-SCHOOL SUCCESS STARTS AT HOME



The start of a new school year brings excitement, anticipation, and, for many families, a healthy dose of stress. Whether you're helping a preschooler separate with confidence, supporting a middle or high school student through changing routines, or preparing a young adult for college, one thing matters most: children do best when they feel safe, supported, and connected.

This month, Peace At Home Parenting is here to help your family begin the school year with confidence. Join our **Back-to-School Anxiety Lunch & Learn** conversation for practical strategies to ease worries and build resilience. Then join **Positive Discipline That Works** to create calmer mornings, smoother routines, and more cooperation without yelling. Be sure to explore our featured **K-12 School Success** and **College Student Mental Health** Resource Guides for trusted, research-based support throughout the year.

JOIN US LIVE THIS MONTH



Lunch
& Learn

Thursday, August 13

12:00 PM ET

Back-to-School Anxiety: Help Your Child Start the School Year with Confidence

Help your child overcome back-to-school anxiety with practical, evidence-based strategies. Learn how to recognize anxiety, ease school transitions, build resilience, and support your child with confidence throughout the school year.

BONUS: NEW BLOG POST

Guide to Back-to-School Anxiety by Age



Live
Workshop

Thursday, August 20

12:00 PM ET

Positive Discipline That Works: Raise Cooperative, Confident Kids Without Yelling

Learn positive discipline strategies that help you discipline without yelling, reduce power struggles, and get kids to listen. Discover practical, research-based parenting tools that build cooperation, self-control, and stronger parent-child relationships through calm, effective discipline.

WANT MORE PEACE AT HOME?

PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for ~~\$197~~ \$120/year

[Learn More](#)



[Live Workshops](#)[Resource Guides](#)[Quick Videos](#)[1:1 Consulting](#)

RESOURCE GUIDES OF THE MONTH

Everything you need on one parenting topic—expert videos, workshops, blogs, podcasts, handouts, and more—all in one place.

K-12 SCHOOL SUCCESS

[Explore Resource Guide](#)

COLLEGE STUDENT MENTAL HEALTH

[Explore Resource Guide](#)

Instead of searching the web, Search Peace At Home

Peace at Home's Search tool scours the proven content our experts have translated into easy to use tools that quickly produce positive results. Use evidence based approaches with clarity and confidence and watch your family thrive.

[Search Now](#)

ASK RUTH SHORT ANSWERS, BIG IMPACT

This month, our founder, Ruth Freeman, is answering your most common back-to-school questions! Watch on YouTube and social media all month



A successful school year isn't built on perfect grades or packed schedules—it's built on relationships, routines, and parents who feel prepared for whatever the year brings.

This month, we're featuring two Resource Guides designed to support families through every stage of the school journey. Our [K-12 School Success Resource Guide](#) includes expert videos, workshops, blogs, and handouts covering school anxiety, executive functioning, motivation, homework, resilience, and partnering with teachers. For families launching young adults, our [College Student Mental Health Resource Guide](#) offers practical strategies for supporting emotional wellbeing, navigating the transition to independence, staying connected from a distance, and recognizing when extra support is needed.

Need answers fast? Try our new [Search Peace At Home](#) tool to instantly find trusted, research-based parenting guidance—or tune into [Ask Ruth](#) this month as Ruth answers parents' most common back-to-school questions in short, practical videos.



PEACE AT HOME
PARENTING SOLUTIONS



"The insight provided was very helpful, reassuring, and enlightening. I looking forward to implementing/embracing this positive, attachment-focused approach to parenting ... and my marriage!"