



PEACE AT HOME
PARENTING SOLUTIONS

MARCH 2026

MONTHLY PARENTING NEWSLETTER

PEACE OF MIND WITH PEACE AT HOME

Mental Health Essentials for Today's Families

This month, we're focused on tools to manage screen time, strengthen emotional regulation, and support your child's mental health.

Parents are searching for answers — and Peace At Home Parenting has the resources you're all talking about.

Recent top parenting searches focus on online safety, screen time limits, child and teen mental health, and setting healthy boundaries. If that sounds like your household, you're not alone.

Parents who attend our workshops say they "LOVE the science-based info and useful suggestions," appreciate the compassion alongside practical tools, and value the warmth we bring to tough topics.

One parent shared, "The love with which Peace At Home Parenting approaches these topics is as important as the valuable information it shares."

This month, our focus on **Break the Screen Cycle** and **Mental Health Essentials** offers simple, evidence-based parenting strategies grounded in child development — helping families reduce conflict, build resilience, and reconnect.

Break the Cycle

Replace screens and dopamine-driven habits with meaningful connection

[Learn more about our 2026 initiative](#)

LIVE

Live Workshop

**Solving Sleep Struggles:
Practical Tools for Kids Ages 2-10**

Wednesday, March 4

12:00 PM ET

[Register Now](#)

Lunch & Learn Discussion

**Growing Up Together: Keeping the Door Open for
Honest Conversations About Suicide Prevention**

Thursday, March 19

12:00 PM ET

[Register Now](#)

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From Screen Time Battles to Stronger Connections

Online Safety & Healthy Boundaries

This month's Mental Health Essentials theme highlights practical tools that support children's emotional regulation, resilience, and overall well-being. Parents are increasingly searching for guidance on anxiety in kids, healthy screen time rules, digital well-being, and how to set limits without constant power struggles.

The good news?

Returning to the fundamentals of parenting and child development can shift family dynamics quickly. When you understand what's driving behavior (whether it's digital overload, stress, or developmental stage), you can **respond with confidence instead of frustration**.

Our **Break the Cycle** approach helps parents interrupt reactive patterns and replace them with consistent, compassionate boundaries. Through interactive, well-organized workshops and science-based strategies, you'll gain the support you need and actionable next steps.

Small, planned changes in routines, communication, and expectations can dramatically improve family connection and mental health — for children and parents alike.

RESOURCE GUIDE

Protect Your Child's Mental Health

Visit the Full Resource Guide

Find all our mental health resources in one place, including quick videos, full-length workshops, blogs, and more



Quick Video Library

Explore our Mental Health Essentials Video Library for quick, expert-led parenting support you can use right away. These short videos offer science-based strategies to help with anxiety, emotional regulation, healthy screen time limits, and building resilience. When you feel overwhelmed, simple tools will help you reset, reconnect, and move forward with confidence.

Explore Now

Workshop Recordings

Our resource guide includes recordings of past live workshops, like the following titles:

Protect Your Child's Mental Health

Kids in Therapy: A Parent's Role

Teens, Depression and Anxiety

Testimonials

★★★★★

“I like the science-based info and useful suggestions.”

“I really appreciate all of the validation alongside the tips.”

“Well-organized and insightful presentation! Loved that it was also interactive.”