



Celebrate Black History Month: The Intersection Between Parenting and Culture



Hi Folks,

There's a sign on my neighbor's lawn that says, "Ignoring Racism Is Racism." That message makes me stop and think every time. What action steps can we take that matter? Here we are in February, Black History month, and hopefully we are all paying attention. I am grateful to Peace At Home teacher Tanika Eaves, PhD, LCSW, whose blog tells us Black History is American History. She also offers some resources for parents that help us stop ignoring the issue and start connecting with our kids about it in helpful ways.

You can catch Tanika, as well as Peace At Home teachers Catina Caban-Owen, PhD, LCSW and Na Zhang, PhD, MEd as we **explore the impact of culture on parenting and kids' wellbeing during our Live LinkedIn event** this month. The daunting question of how to raise kids who can both recognize racism and do better in eliminating it, is one that we can't stop asking ourselves...until all our children feel safe and respected wherever they go. **Please join our experts at one of our live, interactive classes this month**, there are topics for every age and stage listed on page two. Let's work on this together.

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

Struggling with a parenting challenge or wondering what to do next? Peace at Home **Parent Guides** can connect you to the resources that help. Email anytime solutions@peaceathomeparenting.com



Private Parent Consultation: 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](#) and we'll match you with your just right expert for personalized solutions. *Additional fee applies. Visit your Parenting Solutions Portal for details.*



Black History is American History

The way that we talk to our children about race, cultural

differences, and our nation's history matters. **Check out this month's blog from Tanika Eaves, PhD, LCSW on why the experience of African-Descendent Americans is important every day of the year**, not just during Black History month. Read on for strategies to improve your family's understanding of racial issues, including suggestions of books and movies to help your children understand and celebrate cultural differences at any age. [Read more >](#)

Do you wonder if your child is struggling with anxiety?

Join host Amy Alamar, EdD to find answers as she interviews **Amy Killy, LICSW** and **Julianne Reilly, LICSW**, psychotherapists who specialize in working with parents. Amy and Julianne will discuss an approach called **SPACE: Supportive Parenting for Anxious Childhood Emotions**.

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February 2023 *Live Interactive Classes* - Register Today!

Find more support in our [Quick Video Solutions Libraries](#)

THU 2/2 12 PM ET (School Age): [School Refusal: What's Important to Know and How Can I Help?](#) While school refusal is often viewed as misbehavior, in most cases students are simply too anxious to enter the school environment. This class will help you define the problem and apply strategies to work with your child and the school in ways that encourage compassion and confidence. Find related solutions in our [Inspire School Success for Elementary Students Library](#)

FRI 2/3 12 PM ET (Parenting Essentials for All): [LinkedIn Live Event- Let's Talk: The Impact of Culture and Parenting Style on our Kids.](#) Recognizing how your own childhood, culture and parenting style may affect you and your child can really help with post-pandemic parenting. This will be a spirited conversation among diverse Peace At Home teachers. Bring your questions about what really helps kids thrive in these complicated times. Find related solutions in our [Peace at Home's Parenting Principles Library](#).

THU 2/9 8 PM ET (School Age): [School Success: Inspire Motivation.](#) Does your child seem unmotivated, stressed or just bored when it comes to school? Do you play homework police instead of connecting positively with your child? Are you confused about what will really help? Learn to support your child's learning and motivation in ways that work. You will also discover how to advocate for your child when necessary. Find related solutions in our [Inspire School Success for Elementary Students Library](#)

FRI 2/10 12 PM ET (Toddlers and Preschoolers): [Hitting and Biting: Set Limits and Get Back on Track with Toddlers and Preschoolers.](#) Does your young child have meltdowns when you try to limit behaviors? Are they hitting or biting others in frustration? Have you tried everything and nothing seems to work? You are not alone. Join us to better understand these behaviors and how you can help. Find related solutions and handouts in our [Toddler & Preschoolers Library](#)

THU 2/16 12 PM ET (First Year, Toddlers and Preschoolers): [Help Your Young Child Feel Safe and Secure.](#) Children look to their caregivers for signals of whether their world is safe or dangerous. Join this class to gain essential parenting strategies that will support your child's feelings of optimism and security. Find related solutions in our [First Year Library](#) and [Toddler & Preschoolers Library](#)

TUE 2/21 12 PM ET (Parenting Essentials for All): [Monthly Q&A with Ruth Freeman: Mid-Winter Mental Health Check-In.](#) Join Peace At Home founder, Ruth E Freeman, LCSW, and seasoned child psychologist Kim Barton, PhD to get your questions answered and think with other parents about how we can protect our kids' mental health during these turbulent times. Find solutions at all [Quick Video Solutions Libraries](#)

TUE 2/21 8 PM ET (Teens): [Setting Boundaries With Teens While Encouraging Independence.](#) We all want our kids to grow up to be capable, competent people who can find their own way in the world. But how do you help them get there? This class will help you recognize the importance of the parent-child connection to help teens stay safe as they explore the world. Find related solutions in our [Teen Age Library - Support, Inspire](#)

TUE 2/28 8 PM ET (Parenting Essentials for All): [Let's Get on the Same Page: Practical Steps to Resolve Parenting Style Conflicts.](#) Parenting differences between partners can be helpful to children. However, over time those differences can become problematic. Learn how to decrease the polarization of your parenting styles and reach some agreements that will reduce the conflict. Find related solutions and handouts in our [Peace at Home's Parenting Principles Library](#).

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Tip of the month: Help your young child adjust to the new baby

A new addition to the family is a joyous but often challenging event, especially if you already have a little one at home. Here are some ideas to consider:

- ♥ Younger siblings may experience a bit of jealousy.
- ♥ Some children under 3 may be disinterested in the new baby.
- ♥ Invite your child to help with routine care or quiet moments of affection with the new baby. Help your child feel they have an important role as an older sibling, but don't pressure them if they're not interested.



Finally - do your best to accept as much help from family and friends as possible. This makes it possible to create one-to-one time with older sibs that helps them know they haven't lost you! Some books you may want to read together are "Peppa Pig and the New Baby," "The New Small Person," and "Will it Be a Baby Brother?"



Quick Video Solutions Libraries

Watch or just listen to our experts who get right to the point. Each Library includes short videos and handouts with proven, easy-to-use strategies that help solve big and small challenges from prenatal development to young adulthood. Our "Parenting Essentials" Library helps you take care of you so you can help your family thrive. These quick videos will help you get more out of your Live Classes and 1:1 Consultations.

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