



Join us for two lively, on-site workshops for parents and caregivers with children 3-13 years old
Mansfield Middle School Library, 205 Spring Hill Road, Storrs

Let's Make Family Life Work:

Lower the Mental Load, Find More Time and Remember What Really Makes You Happy



How to Keep the Temperature Down in Your Family: Rules, Routines, and Positive Discipline that Works

Thursday, March 2 from 6:30 to 8 pm ET

Teacher: Ruth E. Freeman, LCSW

Morning routines drive you a little crazy. Does trash only get taken out after a zillion reminders? Parents who spend time nagging, complaining, and punishing tend to have less time to meaningfully connect with their children. Consider the use of positive discipline and other practical strategies to create smoother family routines and support children to be more responsible. You will find yourself connecting and celebrating more on a daily basis.

After this class, you will be able to:

- Create family rules as a team
- Create family routines that work
- Introduce and implement positive discipline and other strategies that improve family communication and cooperation



Sugar, Screens, and Routines: Find the Right Balance for Your Family

Thursday, March 16 from 6:30 to 8 pm ET

Teacher: Aaron Weintraub, MS with Ruth E. Freeman, LCSW

Daily schedules are busy and parents are coping with more and more demands. A recent report tells us that 66% of working parents are experiencing “parental burnout.” Sadly this is happening at the same time as a mental health crisis in our children and teens.

It's easy to catch a break by handing your phone to your child or extending screen time so you can get things done. Maybe you just agree to another treat so they will give you some peace. These small habits, however, can become patterns that lead to more conflict. These approaches may result in less cooperation, calm, and even happiness in your family.

Sugar and screens are associated with pleasure. We, adults, use these solutions to get through the day as well. What's the problem?

We are learning that the biology of pleasure is actually in contrast to the biology of happiness. We do a lot of things that make us feel good in the moment but don't lead to happiness or a sense of well-being. Kids look to us to help them know how to feel about the world. Are they seeing more joy or more stress when they look at you?

After this class you will be able to:

- Identify the effects of sugar and screens on our brains and behavior
- Recognize the difference between pleasure and happiness for you and your kids
- Apply strategies to increase calm, cooperation, and happiness in your family

Please register in advance by emailing solutions@peaceathomeparenting.com
with your name and the number of people in your family who will attend