***Holiday Joy from the Inside Out - Let’s Plan Together***

| December 2022 *Live Interactive Classes* - Register Today!  Learn more in the related [*Quick Video Solutions Libraries*](https://peaceathomeparenting.com/solutions-libraries/) |
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| MON 12/5 8pm [How to Ride the Emotional Rollercoaster of College Acceptance and Rejections](https://peaceathomeparenting.com/courses/approaching-the-college-admissions-process/?access_mode=ptcr) College acceptance and rejection can be an emotional rollercoaster for your child. Let’s talk about how to prepare them and prepare yourself for this process. Find related on-demand brief videos and handouts in our Quick Video Solutions Library: [Teenagers - Support, Inspire, and Connect](https://peaceathomeparenting.com/courses/help-your-tweens-and-teens-thrive-even-when-they-think-you-are-ridiculous/?access_mode=ptcr)  TUE 12/6 12pm [Q&A with Ruth: Less Stress and More Peace this Holiday Season - December ’22](https://peaceathomeparenting.com/courses/you-have-questions-we-have-answers-on-the-spot-december-22-qa-with-ruth/?access_mode=ptcr) Find related on-demand brief videos and handouts in our Quick Video Solutions Libraries: [Quick Video Solutions Libraries](https://peaceathomeparenting.com/solutions-libraries/)  THU 12/8 12pm [Taming Tantrums](https://peaceathomeparenting.com/courses/taming-tantrums-recognize-triggers-and-plan-ahead/?access_mode=ptcr) Recognize why tantrums occur and apply strategies to respond effectively in the moment. Find related on-demand brief videos and handouts in our Quick Video Solutions Library: [Toddler & Preschoolers Library](https://peaceathomeparenting.com/courses/toddlers-preschoolers-library/?access_mode=ptcr)  MON 12/12 12pm [Stress and Your Reaction: Make Personal Changes for More Peace at Home](https://peaceathomeparenting.com/courses/stress-and-your-reaction-make-personal-changes-for-more-peace-at-home/?access_mode=ptcr) Maybe you call it stress, maybe you call it anxiety. But we all know that many of us are worn out from just surviving and looking for ways to thrive. Let’s talk. Find related on-demand brief videos and handouts in our Quick Video Solutions Library: [Peace at Home’s Parenting Principles](https://peaceathomeparenting.com/courses/parenting-essentials-lets-talk-about-you/?access_mode=ptcr) TUE 12/13 12pm [Help Your Child Make Friends: When to Lean In and When to Let Go](https://peaceathomeparenting.com/courses/help-your-child-make-friends-when-to-lean-in-and-when-to-let-go/?access_mode=ptcr) Self awareness and acceptance will help your child develop healthy lasting relationships. Find related on-demand brief videos and handouts in our Quick Video Solutions Library: [School Age - Connection = More Cooperation](https://peaceathomeparenting.com/courses/school-age-library/?access_mode=ptcr)  WED 12/14 12pm [Help Your Child Stay Calm During the Excitement of the Holiday Season](https://peaceathomeparenting.com/courses/help-you-child-stay-calm-during-the-excitement-of-the-holiday-season/?access_mode=ptcr) Find your calm center as you balance the demands of the holiday season - manage expectations and acknowledge all of your child’s feelings about the holidays. Find related on-demand with brief videos and handouts in our [Support Your Anxious Child Library](https://peaceathomeparenting.com/courses/support-your-anxious-child/) |
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