



January 29, 2021

Dear CES Families:

The topic for this week is about one parent resource available to you called "Peace at Home." Please see below for a parent perspective on this parenting resource from our school nurse, Mrs. Stimson. At the bottom of the page, please see how to access this resource.

From Nurse Stimson:

For a few months now, we have been promoting Peace at Home Parenting. It's a collection of live and recorded seminars with tips and tricks from parenting experts on a variety of topics.

Now, to be honest, as a parent, I was a little leery of this. These "experts" don't know me. They don't know my kids. What do they understand about my household? Unless you are in the trenches with me in my messy house losing my mind at chaos, don't try to talk to me about how to "respond peacefully."

But I started watching a few of these videos. I especially like the flash classes because they are usually 10 minutes long. I started with "Be Your Child's Emotion Coach." I was surprised at how much I got out of it, and thought of some situations through the years when this information really would have been helpful. I've taken away some great nuggets of wisdom that I carry with me and now have in my own emotional toolbox.

I have watched several of these videos. The newest one I watched was about screen time. It was eye opening about, not just my children's screen time, but also how often I am distracted from my kids by my phone ("technoference" is the term they use). There are videos about co-parenting, step-parenting, and even videos in Spanish.

In all, I have found some great information. I encourage you to check it out. Use the code PEACE2020 to get unlimited free classes. Our town has this subscription, so please share with any Canterbury residents.

Please feel free to reach out to me with any questions or if you have difficulty using this program or accessing classes from home. I can be reached by text at this number: (860) 546-8588

The website address is: [peaceathomeparenting.com](http://peaceathomeparenting.com)  
When it asks for payment, use the following code: PEACE2020

Have a great weekend! Miss Cary and Mrs. Stimson