



Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes.

Place2Be's Parenting Smart is a site for parents and carers of 4-11 year olds, offering practical advice on supporting your child's wellbeing and navigating a range of common parenting challenges.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from friendship issues to encouraging resilience.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.



Learn more at
parentingsmart.org.uk

Or scan me



Exclusive to schools supported by Place2Be

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds are invited to join our **free** online course offering extra parenting tools to **support children's wellbeing** and help them **deal with childhood challenges**.

These tools are proven to help children manage their emotions better, follow routines and improve relationships with friends and family.

Designed to fit around busy family lives, this 4-week course consists of **8 short online modules of 30 minutes each**, easily accessible from a mobile phone, at any time.

Place2Be Family Practitioners will be on hand throughout your time on the course to guide your learning and **answer your questions**. You will also have the opportunity to join discussions with other parents and carers from across the UK and learn from each other.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



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