



# Parenting Smart



**We all want the best for our children, but parenting can be really tough sometimes. We've all been there.**

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

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.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Learn more at  
[parentingsmart.org.uk](https://parentingsmart.org.uk)

Or scan me



Exclusive to Place2Be schools

# Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with extra tools to deal with **everyday parenting challenges**.

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour**. You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 6-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

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



Learn more at  
[place2be.org.uk/family](https://place2be.org.uk/family)  
or talk to the Place2Be  
staff member in your  
school.

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