

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 7-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
or talk to the Place2Be staff member in your school.

