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

Learn more at
place2be.org.uk/family

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