

Support for families in Place2Be schools

Digital toolkit for schools



Overview

As part of our mental health support for the whole school, Place2Be is proud to offer free online advice and resources for families. We do this through:



Parenting Smart

Our website full of practical advice and tried and tested tips for parents and carers of primary-age children.



Parenting Smart - Online Course

For parents and carers of children at Place2Be schools, our free online course offers extra parenting tools to support children's wellbeing and help them deal with childhood challenges.

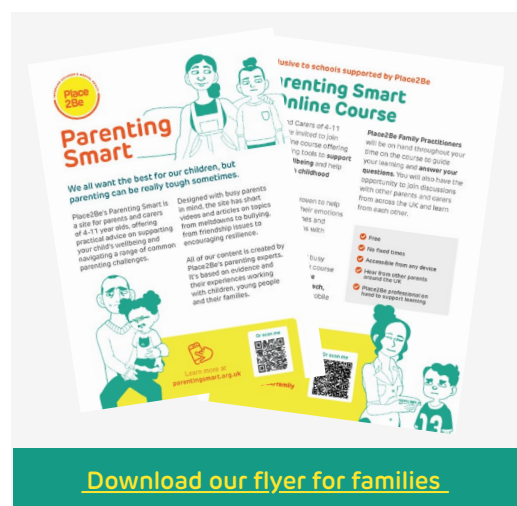
This toolkit has suggested copy to help you share these two resources with your school community; including ideas for school newsletters, your school website, and more.

Share in your school website and newsletters

Place2Be, our in-school mental health support service, has a variety of free resources to help you support your child's wellbeing. Visit their Parenting Smart website for free practical advice on a range of topics (such as friendship issues, or anxiety).

You could also sign up for their free Parenting Smart - Online Course, offering extra parenting tools that are proven to help children manage their emotions better, follow routines and improve relationships with friends and family.

Learn more about both of these offers at place2be.org.uk/family.



[Download our flyer for families](#)

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Share in an email or letter to families

Dear Parents and Carers,

Place2Be, our in-school mental health support service, has a variety of free resources to help you support your child's wellbeing and help them deal with childhood challenges.

Their Parenting Smart website offers free practical advice on a range of topics including friendship issues, the transition to secondary/high school, anger outbursts, and anxiety. Visit parentingsmart.org.uk to read more.

Place2Be's Parenting Smart - Online Course is a free, 4-week online course offering extra parenting tools that are proven to help children manage their emotions better, follow routines and improve relationships with friends and family.

Visit place2be.org.uk/family to learn more about these free resources from Place2Be.

If you have any questions or would like more advice, please contact <INSERT SPM NAME HERE> on <INSERT METHOD OF CONTACT HERE>.

This copy could also be used in a letter to parents and carers.

