



# 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)