



# Parenting Smart



We all want the best for our children, but being a parent can be really tough, and this has been exacerbated over the past year and a half by the pandemic. Having recognised this, the children's mental health charity, Place2Be, has launched [Parenting Smart](https://www.place2be.org.uk/parentingsmart) for all UK parents and carers of 4-11 year olds.

The Parenting Smart site is completely free to use and access, full of tips and advice on a range of topics including transition to secondary school, meltdowns, and sleep difficulties.



Learn more at  
[place2be.org.uk/  
parentingsmart](https://www.place2be.org.uk/parentingsmart)