

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 advice and resources for families. We do this through:



Family Practitioners

Each Place2Be primary school has access to a dedicated Family Practitioner offering specialist support and training.



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 course will help strengthen relationships with your child.

As a Place2Be partner school, your families are able to access these free resources which can help them to support their child or young person's wellbeing. Your Place2Be school-based staff member can refer families to a dedicated Family Practitioner, and any parent or carer can access Parenting Smart and the Parenting Smart - Online Course.

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 newsletter

Place2Be, our in-school mental health support service, has a variety of resources to help you support your child's wellbeing.

Visit their Parenting Smart website for free practical advice on a range of topics (from bullying, to sleep difficulties). If you're looking for more support on your parenting journey, you could also sign up for their free Parenting Smart - Online Course.

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

This copy could also be used on your school website.



[Download our flyer for families](#)

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Share in an email to families

Dear Parents and Carers,

Place2Be, our in-school mental health support service, has a variety of resources to help you support your child's wellbeing.

Their Parenting Smart website offers free practical advice on a range of topics including bullying, the transition to secondary/high school, meltdowns, and sleep difficulties. Visit parentingsmart.org.uk to read more.

Place2Be's Parenting Smart - Online Course is a free, 4-week course designed to support parents and carers of primary-age children in their parenting journey.

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.

Share on your school's social media pages

We know many schools use Twitter or Facebook to communicate with the school community. If your school does this, you may want to let families know about these offers through social media too. Because the Parenting Smart - Online Course is only for Place2Be partner schools, we suggest only promoting the Parenting Smart website on social media (unless you have a private channel).

- Looking for free practical advice to help you support your child? Place2Be's #ParentingSmart, website is full of expert advice and tips for families on supporting children's wellbeing. Learn more at parentingsmart.org.uk
- We all want the best for our children, but parenting can be really tough sometimes. Place2Be's Parenting Smart website offers free practical advice for parents and carers on how to support children's wellbeing. Learn more at parentingsmart.org.uk



Other ways to share in school

- Flyers - your school will receive printed versions of the attached flyer about Place2Be's support for families. These can be handed out to parents and carers as and when required, or attached as an email to families.
- A coffee morning or drop in session - with your Place2Be staff member, or Family Practitioner.
- A stall at your school's Open Evening, Parents Evening, Inset Day or equivalent.