



Dear Parents

I have just received this and wanted to share with you the parenting advice app from the child mental health experts at Place2Be. It gives practical tips to support children's wellbeing and how to manage behaviour along with links and resources to specialist organisations.

After piloting with parents and carers in our partner schools, we are proud to have launched [Parenting Smart](#) 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. Visit our full site for the latest resources.

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