



## **Place2Be**

[place2be.org.uk](http://place2be.org.uk)

**St Mary's RC Primary** works with **Place2Be**, a children's mental health charity that helps children to explore their emotions and feel better about themselves.

*"When I feel worried, it's like I'm in a maze and the people in Place2Be are coming with a torch and showing me the way" – Boy*

*"My daughter had become such a different person – one we didn't recognise – but since counselling we see signs of our old loving daughter coming back." – Parent*

Children can go to the Place2Be room in school to express themselves by making art, playing or talking.

### **When is Place2Be useful?**

Sometimes children can feel particularly sad, confused, scared or angry.

Maybe something difficult happened at home, like losing a family member or parents separating. Or perhaps they're struggling with something at school, like bullying.

This can make them behave differently, lose confidence in themselves or find it difficult to concentrate in class.

Place2Be is there to help children find ways to cope, so their worries don't get in the way of their friendships, their learning or how they feel about themselves.

### **What does Place2Be do?**

Place2Be's professionals work with children one-to-one or in small groups, giving regular support for pupils who need it.

Children can also book a short appointment to talk about any problems or worries they have – this is called Place2Talk.

### **How does Place2Be work with adults?**

Place2Be provides support and advice for parents and carers, as well as teachers and school staff. Visit [place2be.org.uk/family](https://place2be.org.uk/family) or get in touch with our Place2Be staff member (details below) to find out more.

Place2Be always gets agreement from parents or carers before they support a child through one-to-one counselling. They also meet with parents or carers regularly to keep them updated and make sure they are involved from the start.

### Any questions?

**Shireen Malik** is our **Place2Be** staff member.

She works **on Thursdays and Fridays**.

You can either arrange to meet her at school or get in touch on [shireen.malik@place2be.org.uk](mailto:shireen.malik@place2be.org.uk)

If you want to find out more about Place2Be visit [place2be.org.uk](https://place2be.org.uk)



## 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)

Or scan me



Exclusive to Place2Be schools

## Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with extra tools to deal with **everyday parenting challenges**.

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour**. You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 6-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at  
[place2be.org.uk/family](https://place2be.org.uk/family)  
or talk to the Place2Be  
staff member in your  
school.

Or scan me

