



Parenting Smart

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Integrated approach and specialist expertise



About Place2Be

A charity with over 30 years experience of working with schools and local communities.

We provide universal mental health support and targeted child counselling in primary and secondary schools across England, Scotland and Wales.

Each school has a dedicated Place2Be mental health professional who is an integral part of the school team.

They work closely with pupils, families and staff to improve emotional wellbeing and provide mental health support for the whole school.

We also have a team of Family Practitioners that provide support for parents and carers in primary schools.

"If only we could reach young people sooner on their life's journey, we could have a greater impact on their lives." Dame Benita Refson, Place2Be Founder



Parenting Smart offer

In 2021, we decided to develop a digital offer with the aim to:

- ✓ To make our services easily accessible to as many parents as possible.
- ✓ Extend our offer to communities.

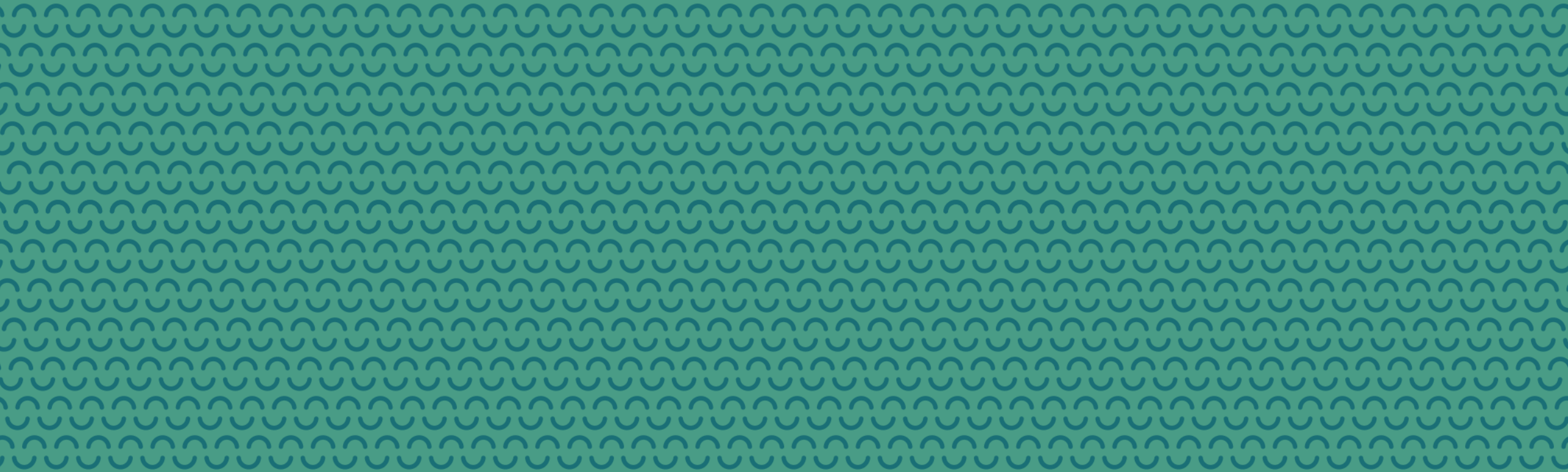
www.parentingsmart.org.uk

A site for parents and carers of 4-11 years old offering practical advice on common parenting challenges.

Parenting Smart – Online Course

Aimed at parents and carers of 4-11 year olds and mirrors our face-to-face training provided to parents and carers in primary schools.

PARENTING SMART – ONLINE COURSE



Objectives

Reach more families by offering an evidenced based digital programme that mirrors the PIPT training.

Engage participants with interactive content to ensure the knowledge is well assimilated.

Provide a safe space for parents and carers to share their experiences and learn from each other.

Empower parents and carers to feel better equipped to manage the journey of parenting.

Social Learning Theory



Most behaviour is learnt, therefore it can be un-learnt and re-learnt



We learn by modelling, observation, motivation and imitation



Our behaviour is shaped by the environment around us and the interactions with each other



Thoughts, feelings and beliefs also affect our behaviour

How it works

The course teach and encourage caregivers to:

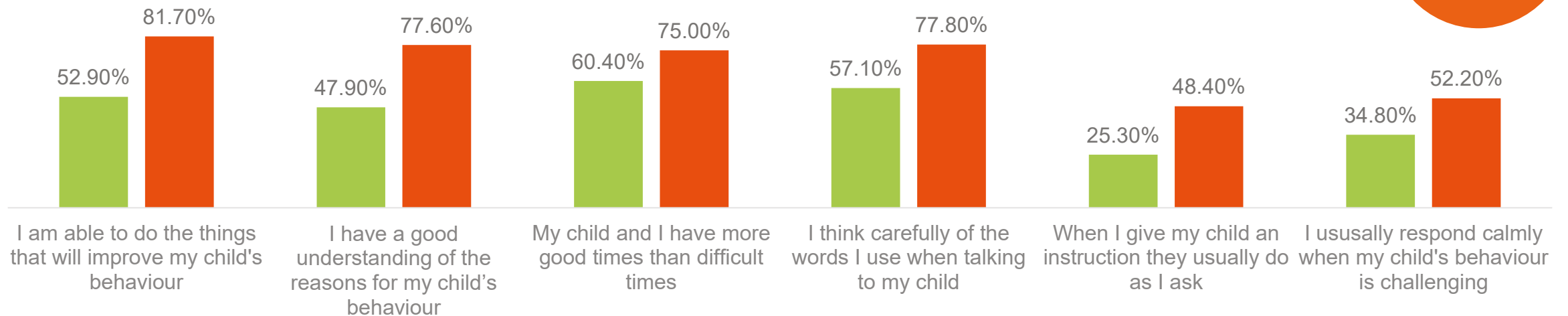
- ✓ Increasing positive interactions and moments of connection to strengthen relationship,
- ✓ Provide frequent and varied positive attention to their child (praise, rewards, encouragement) when the child is not misbehaving, and reducing negative attention given (criticisms, directions, questions),
- ✓ Decrease the amount of attention provided to misbehaviour (yelling, explaining, bargaining), instead addressing misbehaviour by removing reinforcement (ignoring, time-out) or providing a non-punitive consequence [appropriate limit setting],
- ✓ Ensure that expectations for behaviour are clear and parental response is consistent.

Parenting Smart – Online Course - 24 / 25 Outcomes

We ask pre and post questions to measure the effectiveness of the Parenting Smart – Online Course.

After completing the 6 modules (so 3-4 weeks):

■ Pre ■ Post



92% would recommend to a friend!

The **Brief Parental Self Efficacy Scale (BPSES)** has increased by 1.5 point indicating an improvement in parents' self-assessment of their effectiveness as parents. As a comparison, the BPSES for our Personalised Individual Parenting Training (PIPT) delivered by face to face by our Family Practitioner has increased by 3.54 points.



Feedback from participants in 24/25

“I really liked and enjoyed the course. It is very practical; it helps to model parents’ behaviour for children. It clears up all the grey areas and turns them into structured and manageable parts of relationship with the child. The course indeed stimulate growth and personal development for a parent, and improves the child’s life as well as the parent’s.
It was one of the best courses I’ve ever completed in my life.”

“Thank you, I have really enjoyed the course and it's given me some positive ways to tweak my parenting.”

“(…) the biggest thing I have taken away is the understanding of why he is acting out, and the impact of me making more of an effort to play with him has been really noticeable. That in turn has helped me be calmer as I feel like I’m doing a better job of parenting by being more present with him. He still has tantrums and the old meltdowns but they don’t bother me anywhere near as much as they used to and they’re much shorter as a result. It’s hard to think that he was acting in a certain way because I wasn’t giving him enough attention but all I can do is try better from here on in. Thanks for the course”



Feedback from participant in 25/26

“I wanted to say thank you for giving me the opportunity to take part in this parenting course.

I have really enjoyed reading all the material and putting the suggested parenting methods in place. I have the same views, but I lost my confidence due to circumstances out of my control.

Over the past few weeks of doing this course, I have gained my confidence back, and I cannot believe how easy it was all along to gain a bit of authority back. Through connectivity, praise, selective ignoring, clear instructions (my favourite), and consequences that I have not really had to follow through yet, my son and I have achieved the following.

Eats at the table again without technology.

Completes his homework before any screentime.

Gets ready for school amazingly.

Brushes his teeth twice a day without the usual upset.

I haven't tried time out yet, but I have suggested it to him when he felt a little frustrated, but he calmed down anyway.

I hope all the other parents have had some success, too.

Thank you so much.”

Content Overview

- ❑ 6 modules, mirroring the PIPT intervention
- ❑ 6 Parenting skills that build on each other weekly
- ❑ Downloadable handouts at the end of each session
- ❑ Interactive content giving parents & carers a chance to reflect on how each tool can be applied to their context
- ❑ Dynamic & Safe learning community

[Content overview](#)

Module 1 - Connecting

Module 2- Praise and rewards

Module 3 – Selective ignoring

Module 4 – Giving clear instructions

Module 5 – Natural and logical consequence

Module 6- Time out to calm down

Course Overview



- 4-week course
- Up to 1 hour a week
- Running termly



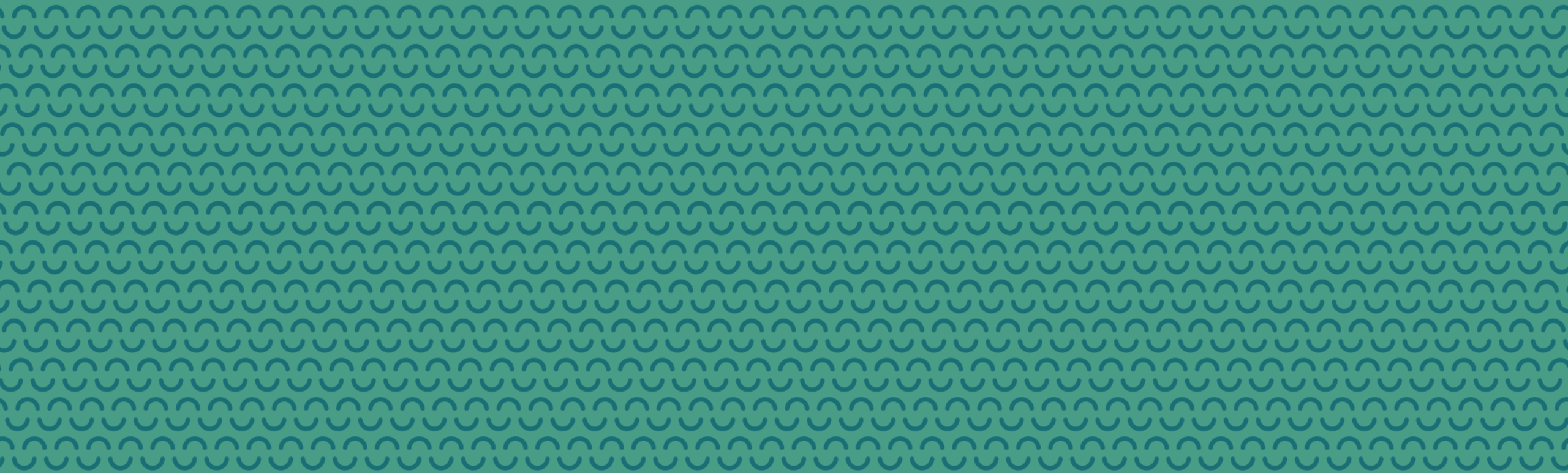
- Available to **all parents & carers in the Lothians**
- On the Hive Learning platform
- From any device
- Anytime
- Free



- Developed in collaboration with South London & Maudsley Trust
- Facilitated by **Place2Be Family Practitioners**

Term	Register by	Starts on
Autumn 2026	19 October	3 November
Spring 2027	15 February	2 March
Summer 2027	17 May	25 May

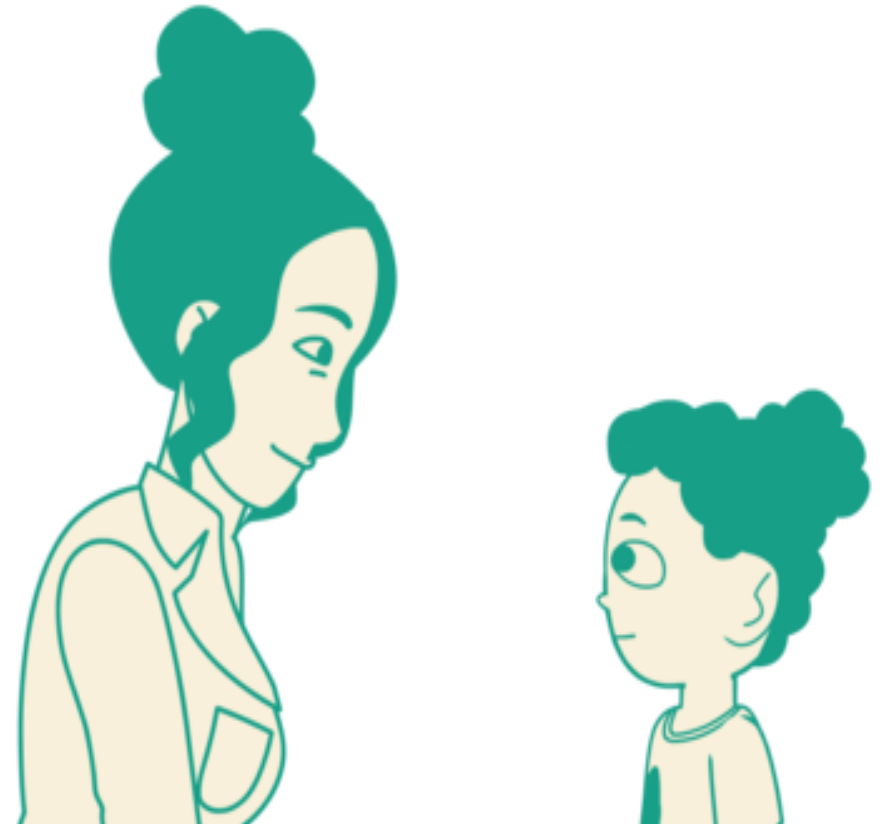
SNEAK PEEK



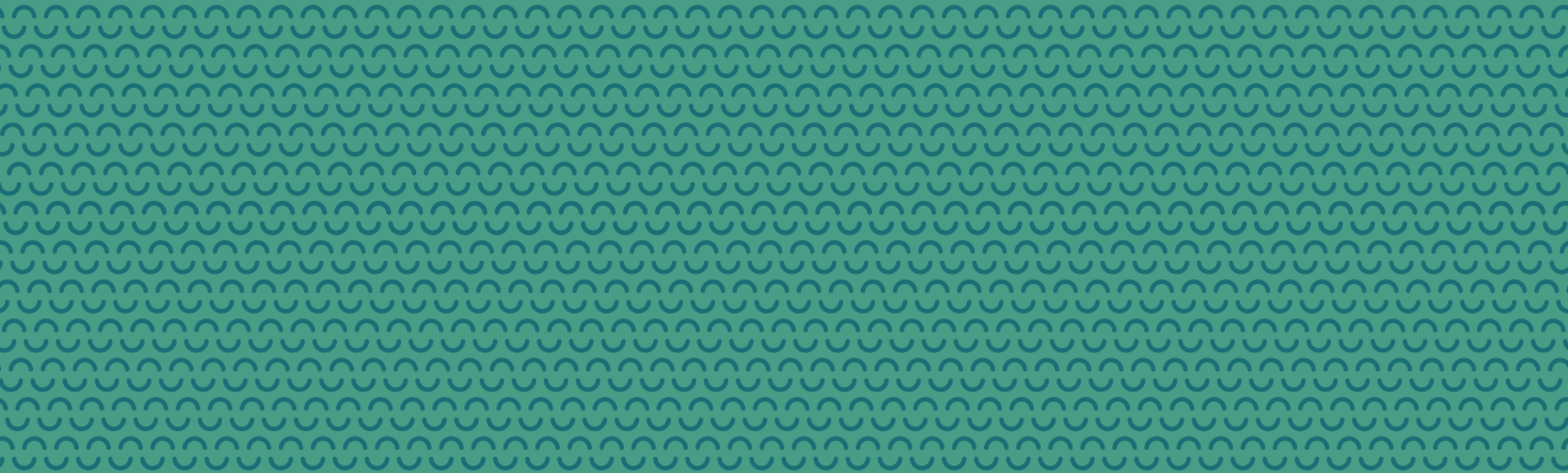
Registration

www.place2be.org.uk/NHSLothian

- ☐ Online Self registration – **Always on**
Participants need to register themselves - GDPR
- ☐ Hive login instructions to be shared on the day the course starts.
- ☐ Promotion material:
[Parenting Smart Leaflet](#)



PARENT ENGAGEMENT



Engaging with parents - Barriers

- X Parents may feel very defensive
- X Parents may not believe there is a problem
- X Parents may have been told / may worry they are bad parents
- X Parents may believe they need to prove that they are good parents
- X Parents might not have healthy support systems or social networks
- X Parents might be anxious that they will be criticised or judged for their parenting
- X Parent may feel that support is offered only when there is a problem

Engaging with parents - scripts

- ✓ You are doing some really good things as a parent.
- ✓ Parenting can be very hard and all parents might need help at some point on their parenting journey.
- ✓ The ideas we discuss with you are not the ONLY ways to parent, they are just suggestions/ alternatives
- ✓ What tends to work best with your child?
- ✓ What would make it easier for you to attend or to try this?
- ✓ What would you like to get out of this conversation / support?
- ✓ You are the expert when it comes to your child and family.
- ✓ What do you think might help the situation for you and your child?

QUESTIONS?

