**Parents/carers**

Place2Be Parent Smart (separate into categories)

[Place2Be: Parenting Smart: Articles](https://parentingsmart.place2be.org.uk/)

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| Digital | Mental Health  | Separation and Divorce  |
| [Parents and carers | CEOP Education (thinkuknow.co.uk)](https://www.thinkuknow.co.uk/parents/)  | [Parents Mental Health Support | Advice for Your Child | YoungMinds](https://www.youngminds.org.uk/parent/) | [Parents and carers in conflict or separating | Anna Freud](https://www.annafreud.org/resources/family-wellbeing/advice-and-guidance-for-parents-and-carers-in-conflict-or-separating/) |
| Family Circumstances  | Parent/Carer Self Care | Change and Loss |
| [Adoptive parents, special guardians, kinship carers and foster carers | Anna Freud](https://www.annafreud.org/resources/family-wellbeing/adoptive-parents-special-guardians-kinship-carers-and-foster-carers/) | [Self-care for parents and carers | Anna Freud](https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/) |  |
| Sleep  |  |  |
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**Learners**

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| Digital | Mental Health  | Separation and Divorce  |
| [4-7s | CEOP Education (thinkuknow.co.uk)](https://www.thinkuknow.co.uk/4_7/)[8-10s | CEOP Education (thinkuknow.co.uk)](https://www.thinkuknow.co.uk/8_10/)[8-10s: Stay Safe (thinkuknow.co.uk)](https://www.thinkuknow.co.uk/8_10/stay-safe/) | [Mental Health Support For Young People | YoungMinds](https://www.youngminds.org.uk/young-person/)  |  |
| Family Circumstances  | Self Care | Change and Loss |
|  |  |  |
| Sleep |  |  |
|  |  |  |