



Integrity ▪ Excellence ▪ Innovation

Helping your anxious or sensitive child

We are excited to announce Dr Judith Locke, Clinical Psychologist, is returning to deliver another session with parents at our school. Judith uses the latest research and clinical experience to show positive and effective strategies parents can use to help their shy or sensitive children become more confident and capable at school and beyond. This session will be very beneficial for parents who are worried about their sensitive or anxious child.

The session

- explores common parenting approaches for sensitive children and helps to fine-tune strategies parents already use
- offers solutions to parents to help children feel confident and cope better with challenge
- focuses on strategies parents can use now to ensure their child starts to develop independence and resilience to face the teen and young adult years.

WHEN: *Tuesday 2 April, 2019*

WHERE: *John Palmer PS library*

TIME: *7:00 – 8:30pm*

RSVP by: *Friday 22 March, 2019*

Please note this is a **parents only** session and we are unable to provide childcare.

About Dr Judith Locke

Dr Judith Locke, the founder of Confident and Capable, is a clinical psychologist, and former school counsellor, teacher and workplace trainer. Judith is the author of "The Bonsai Child" which details modern parenting changes and practical parenting strategies to help children develop confidence and resilience. Judith trains throughout Australia and internationally on topics related to parenting, education and personal wellbeing. She is also a Visiting Fellow at Queensland University of Technology where she researches parenting, child wellbeing, and academic environments.

"I loved this workshop... it told me the things I was doing right"

"Very enjoyable and informative" (Feedback from Judith's previous sessions)

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RSVP (Please return to the school office or class teacher):

Dear Mrs Lakeman,

I/We will be attending the **Judith Locke workshop** on Tuesday 2 April, 2019.

Surname: Number attending:

Signature: