

## **Positive parenting workshops**

Welcome to the new school year from your school counsellors, Gai Bath and Rachel Sylvester. We trust your child/ren have enjoyed their first couple of days and that they are looking forward to building new relationships, while tending to existing ones, and being a successful learner. If you have concerns about your child's wellbeing and would like to come and talk with us, we are here for you too.

No doubt you often reflect on the many aspects of your most important role: parenting. We would like to alert you to a number of opportunities you might be interested in taking up over the coming weeks.

The Lindisfarne Psychology and Calm Kidz Program is presenting two workshops on Challenges in Modern Parenting on Saturday 27 February. Designed for parents and carers of children aged from 0-17 years, the workshops will provide helpful information, ideas and strategies for common parenting challenges.

Tuesday 9 February is Safer Internet Day, a day when 'the world comes together with a shared vision of making online experiences better for everyone.' To mark Safer Internet Day, the [eSafety Commission](#) will be releasing new research on the digital lives of Australian teenagers, along with two new resources for young children.

The campaign also includes the launch of the Virtual Classroom webinar for primary schools, Be an eSafe kid: Fake news, real harms and a new webinar for parents and carers, Cyberbullying and online drama. If you are ever concerned about child's online time, you can gain new insights from this website.

For children showing early signs of anxiety, UTAS offers free Zoom sessions and the option to enrol in the Cool Little Kids online programs for children aged from three to seven years (\$25) and from seven to 12 years (\$60). You can self-refer by calling 6226 2805 or emailing [psy.clinic@utas.edu.au](mailto:psy.clinic@utas.edu.au). There is currently an eight to 10-week waiting period, but please contact us here at the College if you need extra support with helping your child manage anxiety.

Another very valuable course is The BRAVE Program. This online program is designed for the prevention and treatment of anxiety in young people and was developed by researchers from the University of Queensland, Griffith University and the University of Southern Queensland. Therapy techniques used in this program include relaxation training, identification of emotions and thoughts, positive self-talk, coping skills, problem solving and approaching feared situations.

The BRAVE program has recently been converted into a self-directed therapy program (BRAVE Self-Help), which is now available to all Australian young people and their parents. This program is suitable for children and young people who experience social anxiety, separation anxiety, specific phobia and generalised anxiety. Find out more online [here](#).

## **Your Mind Matters**

As always, if we can be of any assistance to you and your child/ren, please do not hesitate to contact us. We are both committed to helping your child/ren if they are struggling with any aspect of life, and we are keen to communicate with you regarding concerns for their wellbeing.

The [Your Mind Matters](#) page on the College website provides parents, carers and students in our community with reliable and useful information in an easily accessible format. From

this page you can find a link to the [Parent Matters](#) subpage, which features the full collection of counsellor newsletter articles and other helpful parent/carer resources.

Your Mind Matters can be accessed via the SMC Toolbox at the bottom of the homepage (look for the smiley face icon) or from the main menu at the top left of the page.

***Gai Bath (Kinder–Year 6) and Rachel Sylvester (Year 7–12)***

***SMC Counsellors***

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