



PARENT INFORMATION SEMINAR



Judith Locke

Dr Judith Locke is a highly regarded clinical psychologist, former educator, and school counsellor who brings extensive expertise to modern parenting challenges. As a registered

clinical psychologist and fellow of the APS College of Clinical Psychologists, Dr Locke combines rigorous academic training with practical experience gained through her private practice serving families across Australasia.

Her authority in the field is demonstrated through her acclaimed publications, including the bestselling parenting guides *The Bonsai Child* and *The Bonsai Student* (both available for purchase at the event), with *The Bonsai Child* achieving international recognition through publication in China. Her latest work, *Raising Anxiety*, co-authored with Dr Danielle Einstein, addresses contemporary concerns facing today's families. Dr Locke's psychological insights have reached broader audiences through her regular media contributions, including a five-year tenure writing a weekly parenting column for *The Sunday Mail*.

As an internationally sought-after speaker, Dr Locke addresses parents, educators, and students on topics encompassing modern parenting approaches, family wellbeing, and optimising academic environments.

ESSENTIAL QUESTIONS TO ASK YOURSELF TO CHECK THAT YOUR YEAR 4 – 10 CHILD IS ON TRACK

St Margaret's is privileged to host Dr Locke for this specialised session designed for **parents of students in Years 4 – 10**. This critical developmental period presents unique challenges as children navigate increased independence alongside emotional volatility, intensive screen engagement, and evolving personalities and interests.

This comprehensive 2 hour session will equip parents with evidence-based strategies to foster their child's confidence, resilience, and self-regulation throughout their academic journey while preserving family harmony during the teenage transition. Drawing from the latest research and clinical insights, Dr Locke will provide practical, positive approaches to monitoring your child's progress and supporting them through the developmental complexities of these formative years.

Key focus areas include effective screen time management, behaviour guidance and routine establishment, their integration with academic responsibilities, and strategies for collaborative partnerships with your child's school. Parents will leave with actionable tools to navigate this transformative period successfully, ensuring strong family relationships endure alongside academic and personal growth.

Monday 1 September 2025

Time: 6.30pm – 8.30pm

Location: Philip Harris Gym,
St Margaret's Anglican Girls School

Tickets: Free Event

RSVP: **Friday 22 August 2025**
Registration is essential.
Please click [here](#) to RSVP

PLEASE NOTE:

THIS SESSION IS FOR PARENTS ONLY AND CHILDREN WILL NOT BE ABLE TO ATTEND.