Stress and Anxiety

Stress is a normal part of life. Stress provides motivation and focus to face challenges. But too much stress can be overwhelming. Click on these links to discover more about stress, and some excellent ways to help your child rise through it.

http://raisingchildren.net.au/articles/stress_management.html
http://psychcentral.com/blog/archives/2012/06/06/signs-your-child-is-stressed-5-ways-to-help/

Tips for managing stress during exams

It doesn’t matter what school you send your child to, self-doubt and lack of confidence can be incredibly debilitating. Confident children learn to take appropriate risks and are able to separate themselves from failure or lack of success. Click on this link for some excellent resources on how to build confidence in children.


Connecting with your child

As your child continues to grow and make new connections, how do you maintain healthy links so that you can continue to be a positive influence. This article provides some suggestions...

http://raisingchildren.net.au/articles/connecting_with_your_school-age_child_introduction.html

Social Media and Internet

Research suggests that social networking is on the rise; that 22% of teenagers log onto their favourite social media site 10 times per day, and this comprises 64% of their time online. The implications of this are quite startling. While on the one hand, social networking helps young people to make links with others, on the other, it can promote superficial relationships and unhealthy expectations.

To get a greater understanding of a child’s ‘need’ for social networking, read...


To understand the advantages of the online world
http://raisingchildren.net.au/articles/cybercitizenship.html

To understand how a child uses technology (this includes an excellent video on appropriate rules about screen time)
http://raisingchildren.net.au/articles/media_teenagers.html

An exceptional resource to see how Cybersafe and Cybersmart your children are. Get them to complete the quiz and see how you both score!

Please contact any of the Pastoral Care Team for further details or support:
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