



All About Kids 'The Buzz'

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allaboutkids.com.au

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GREAT FAMILIES – GREAT KIDS

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Clinic News

by Vicky Jebesen, Director

Hi Everyone,
We have launched our new website! We have kept our original look but have added some features we hope will provide you and your family with some additional services.

Online Bookings

New and existing clients are now able to go directly to their preferred clinician and book a convenient time for your appointment. New clients will continue to receive our personal contact to ensure they are connected to the best clinician for their needs, and to receive all of the information they need to feel confident about seeking All About Kids support. Existing and current clients have the convenience of choosing to book online at any time.

My Mental Health

Our wonderful psychologists offer personal psychological support to parents and other family members. Visit our Parents page for more information.

What's New Blog

Our 'What's New' section on our website will feature current news and information for families. Please visit this page at times to see dates for programs and other news.

Facebook

Remember to visit our Facebook page for helpful tips and general news related to kids and teens.

Funding

All About Kids are proud to announce that we have been re-contracted through our local PHN (Primary Health Network) to provide support for children under 12 years. We have also been granted contracts for over 12 years as well. This is a wonderful support for family members of our under 12's. Parents and siblings will now be eligible to see our psychologists through this funding. This funding allows low income families to receive the wonderful expertise of specialist psychologists. Referrals are approved through GPs and the PHN.

Group Programs

We continue to offer our group programs throughout the year.

Clinician News

Alicia Katz is our new Speech Pathologist. Read about her on [profile page](#).

Melissa Ryan, our OT at Strathpine has started a group program using LEGO!

Clinic News

New Website, Online Bookings, Blog, Funding, New Team members.

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Clinician News cont.

Deb Blakley, is our new consultant dietician at Strathpine. You can book online to see her. [Book with Deb](#).

Philippa McTaggart offers Triple P parent support in Strathpine.

Olga Moisuc, is one of our new psychologists in Strathpine. She enjoys working with children and youth with ASD. She is particularly keen on supporting kids who struggle with bullying. [Olga's profile](#).

Childhood shyness: when is it normal and when is it cause for concern?

by [Heidi Gazelle](#)

Senior Lecturer in Developmental Psychology, University of Melbourne

When parents observe shyness in their child, they may wonder if it is normal or cause for concern. For instance, in social situations, the child may cling to their parent, be hesitant to speak, reluctant to interact with others, and play alone when in groups more often than other children their age.

Shyness is of more concern if it is [persistent rather than temporary](#). Some children are "slow to warm up" or engage with others, but do engage well after initial hesitancy. Also, some children grow out of shyness during primary school. However, other children demonstrate persistent shyness over time.

Shyness [with other children](#) is of more concern than shyness with adults. It is common for children to be wary of adults, particularly men, but less common for children to be wary of children around their own age.

Shyness is of concern if it results in playing alone when in groups of children. When children engage in interaction with peers they learn skills that serve as a foundation for normal development, such as how to understand other people's feelings and perspectives, take turns in play and conversation, negotiate a mutually enjoyable joint activity, reciprocate friendly overtures and express their point of view in a way that is acceptable to others.

Children who engage in very little social interaction in comparison to children their age are [missing out on these](#) important, cumulative learning experiences. As a result, their social cognition, social skills and sense of self may be less mature than those of other children their age.

Shyness and making friends

Shyness with familiar social partners [is of more concern](#) than shyness with strangers. It is of particular concern if children are shy with other children their own age they see



regularly, such as childcare or school classmates. Shyness with familiar classmates suggests children may be worried about how other kids treat them, or whether they will be liked and accepted.

Shyness is of more concern if a child is poorly treated by other children than if a shy child is well treated by other children. Shy children are [more likely than other children](#) to be excluded and victimised by kids their own age and to have [trouble making friends](#). Being excluded and victimised are damaging to children's emotional health and sense of self, especially when these conditions persist over time.

Although shyness tends to be equally prevalent in boys and girls, [shy boys sometimes encounter more](#) difficulties with friends [than shy girls](#). This is probably because shyness is a violation of norms for males to be bold and self-assertive. However, it is important to keep in mind [both shy boys and girls](#) can encounter peer exclusion and victimisation.

What you can do

Children need help from adults to stop exclusion and victimisation by other children. When parents become aware their child is being excluded or victimised by other children at childcare or school, they should contact the childcare centre or school to advocate on their child's behalf.

Shyness is of concern if it interferes with your child's or family's routines or activities, or if your child often appears miserable or complains of being lonely. For instance, if

shyness prevents your child from attending other children's birthday parties or school, or prevents your family from visiting friends, then you [should consider seeking help](#) from a child psychologist.

Online programs to help children and parents cope with child shyness and anxiety are starting to become available and provide convenient help for a lower cost ([Brave Online](#), [Cool Kids Online](#)).

Parents can also do many things themselves to help their shy child. They can arrange play dates and help the child join a group extracurricular activity. Parents can also talk to children about their friendships and act as a sympathetic source of encouragement and constructive ideas.

If a child is upset about a problem with a friend, parents can encourage the child to try to resolve the problem in a way that preserves the friendship, instead of ending the friendship, as well as encourage the child to develop other friendships.

Originally published in 'The Conversation'

PSYCHOLOGY

Carla offers the Cool Kids Program in clinic.

Bonnie and Jocelyn run our Anxiety and Resiliency Groups – Super Safari.

Our Group programs are fun and play based and are all evidence based programs. We cater for all children including those who access HCWA and Better Start funding.

Medicare rebates may apply. Discuss with your GP.