



GREAT KIDS – GREAT FAMILIES

All About Kids 'The Buzz'

2017 October

www.allaboutkids.com.au
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Clinic News

by Vicky Jebesen, Director

Hello Everyone,

I hope you have been enjoying the beautiful weather here in Queensland. We wish our year 12 clients all the best in their closing months of school. And a special mention to their parents who are providing such a lot of support in getting them to the end. Parents of our young ones who are getting ready for their first formal school year next year have been checking their development and school readiness skills.

Support in Schools

Grace Lutheran Primary School has invited All About Kids to provide onsite support. Amy MacGregor has joined our team and is seeing students at Grace on Tuesdays. Dr Christina Clarke has run group programs at Undurba State School in a fabulous team effort with Katrina, the school psychologist. Christina will continue to provide individual counselling support at Undurba throughout the rest of 2017. Boondall State School is running some resiliency and social skills groups for their students this semester. Shareen Taylor continues to offer programs and counselling at the school. If you think your school would benefit from a psychologist visiting on a regular basis let us know and talk to your Principal.

Funding

In addition to our ongoing PHN funding (Brisbane Mind4KidS and Brisbane Mind) Helping Children with Autism and Better Start, All About Kids has increased their commitment to Assure Programs. If your workplace uses Assure for their EAP (Employee Assistance Program) you can now see one of our psychologists at our Strathpine Clinic as well as at Woolloowin.

We are also NDIS ready and are really enthusiastic about being able to support our older kids with their therapy needs.

Group Programs

We have had a big year running several programs through our clinics and schools. Bonnie is planning a 9-12 years group for resiliency and social skills next term. If you have a child/ student who would benefit let us know.

Caitlin, Jo and Chase are available to run the Hanen Programs. If you have or know a family are looking for these programs please let them know to contact us.

Clinician News

Dr Christina Clarke is a clinical psychologist with expertise in several areas of child and family practice. She is an experienced Family Therapist and has a special interest in deaf and hard of hearing children and families. Christina is working at our Strathpine Clinic and provides outreach to schools and families.

Amy MacGregor is a psychologist who trained in clinical psychology (Master's Degree) in Tasmania, moved to the Sunshine State and started with our team in August. She is offering individual sessions in-clinic, at Grace Lutheran, and offers a limited range of mobile psychology in home/ school support. Amy has a passion for assessment of learning difficulties, working with children who have experienced trauma and children with disabilities.



Do Smartphones make us smarter?

Is our reliance of smartphone technology really helping us? What does this mean for our kids?

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Jodie Marchant is a psychologist with experience working with youth and children. She comes to us from Mackay where she worked with youth and families through Headspace and private practice in Brisbane working with children and families.

Deb Blakely (Dietician) is now available to see clients at our Woolloowin clinic. Sam (Dietician at Woolloowin) has moved into her new profession and has been offered a teaching role at a Manly school. We wish Sam all the best. She is still available for clients looking for review appointments.

All About
Kids

The Mere Presence of Your Smartphone Reduces Brain Power Study Shows

by NPT | Jul 11, 2017 | News

Your cognitive capacity is significantly reduced when your smartphone is within reach — even if it's off. That's the takeaway finding from a new study from the McCombs School of Business at The University of Texas at Austin.

McCombs Assistant Professor Adrian Ward and co-authors conducted experiments with nearly 800 smartphone users in an attempt to measure, for the first time, how well people can complete tasks when they have their smartphones nearby even when they're not using them.

In one experiment, the researchers asked study participants to sit at a computer and take a series of tests that required full concentration in order to score well. The tests were geared to measure participants' available cognitive capacity — that is, the brain's ability to hold and process data at any given time. Before beginning, participants were randomly instructed to place their smartphones either on the desk face down, in their pocket or personal bag, or in another room. All participants were instructed to turn their phones to silent.

The researchers found that participants with their phones in another room significantly outperformed those with their phones on the desk, and they also slightly outperformed those participants who had kept their phones in a pocket or bag.

The findings suggest that the mere presence of one's smartphone reduces available cognitive capacity and impairs cognitive functioning, even though people feel they're giving their full attention and focus to the task at hand.



"We see a linear trend that suggests that as the smartphone becomes more noticeable, participants' available cognitive capacity decreases," Ward said. "Your conscious mind isn't thinking about your smartphone, but that process — the process of requiring yourself to not think about something — uses up some of your limited cognitive resources. It's a brain drain."

In another experiment, researchers looked at how a person's self-reported smartphone dependence — or how strongly a person feels he or she needs to have a smartphone in order to get through a typical day — affected cognitive capacity. Participants performed the same series of computer-based tests as the first group and were randomly assigned to keep their smartphones either in sight on the desk face up, in a pocket or bag, or in another room. In this experiment, some participants were also instructed to turn off their phones.

The researchers found that participants who were the most dependent on their smartphones performed worse compared with their less-dependent peers, but only

when they kept their smartphones on the desk or in their pocket or bag.

Ward and his colleagues also found that it didn't matter whether a person's smartphone was turned on or off, or whether it was lying face up or face down on a desk. Having a smartphone within sight or within easy reach reduces a person's ability to focus and perform tasks because part of their brain is actively working to not pick up or use the phone.

"It's not that participants were distracted because they were getting notifications on their phones," said Ward. "The mere presence of their smartphone was enough to reduce their cognitive capacity."

Source: University of Texas at Austin

Original Source: [NPT Link](#)

PSYCHOLOGICAL SUPPORT

If you would like to discuss how to support your teenager to use their phone or social media more effectively please make an appointment with one of our psychologists.

All About Kids

Counselling & Psychology

Speech Language Pathology

Occupational Therapy

Psychologists

Bonnie Duncan
Dr Carla Pinchbeck
Dr Jayne Orr
Jenny Katona
Jodie Marchant
Dr Michael Herd

Psychologists

Peter Marcon
Dr Philippa McTaggart
Shareen Taylor
Zachariah Sheridan
Amy MacGregor
Dr Christina Clarke
Olga Moisuc

Speech Pathologists

Jo Woodhead
Caitlin McGuren
Chase Carpenter
Occupational Therapists
Fiona Jardine
Melissa Ryan
Phoebe Harris

Counsellor

Vicky Jebesen
Dietician
Deb Blakely