

WELCOME TO OUR

Monthly Newsletter

Understanding School Refusal: A Team Approach to Helping Children Thrive

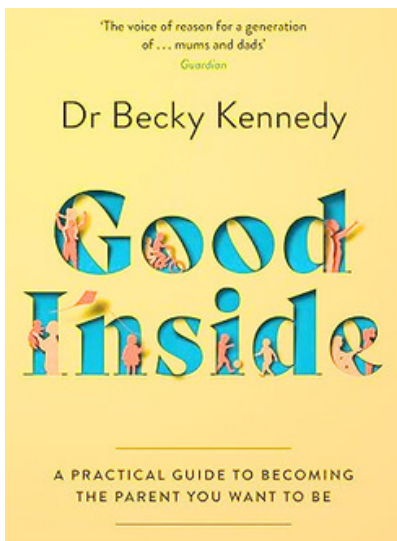
School refusal behavior (SRB) affects 2-16% of children and adolescents, often linked with psychiatric conditions such as anxiety, depression, and neurodevelopmental disorders like ADHD and autism. Early detection is crucial, as SRB can lead to long-term mental health issues and academic failure. General practitioners should screen for underlying psychiatric conditions and collaborate with mental health professionals to implement psychoeducation and cognitive behavioural therapy (CBT), with pharmacotherapy reserved for severe cases.

Children with autism and ADHD are particularly vulnerable to SRB due to social and communication difficulties. Up to 53% of children with autism may exhibit SRB. Interventions should include individualized support, social skills training, and coordination between healthcare and educational teams.

Family dynamics and school environments play key roles in SRB. Parental mental health, household conflicts, and bullying are significant risk factors. General practitioners should promote family-based interventions and school support plans, ensuring a collaborative approach between families, schools, and healthcare providers to facilitate the child's return to school.

In this newsletter you will find:

↓ Pitstop Presents, Pitstop Insights and more. Keep Reading!



Good Inside: A Practical Guide to Becoming the Parent You Want to Be

by Dr Becky Kennedy (Author)

"Good Inside" by Dr. Becky Kennedy is a refreshing, compassionate, and practical guide for parents seeking to foster healthier relationships with their children. Rooted in the idea that both children and parents are inherently "good inside," Dr. Kennedy challenges the traditional punitive approaches to parenting, offering instead a framework based on empathy, connection, and emotional intelligence.

Dr. Kennedy, a clinical psychologist and parenting expert, taps into her extensive experience to deliver a relatable, user-friendly book that encourages parents to rethink how they approach discipline and emotional regulation. Her core philosophy is simple yet profound: when children act out, they are not "bad" but rather struggling with their own emotions. Parents are invited to view their child's behavior through a lens of compassion, aiming to address the root emotional needs rather than simply controlling the outward behavior.

The book is filled with practical strategies, from managing tantrums to navigating sibling rivalry, and even how parents can manage their own triggers. Dr. Kennedy emphasizes the importance of self-regulation in parents as the foundation for positive parenting. One standout concept is the notion that "parenting starts with the parent," urging readers to reflect on their own emotional states and histories before reacting to their child's behavior.

What makes "Good Inside" particularly compelling is its blend of psychological theory and actionable advice. The author's tone is encouraging, non-judgmental, and deeply supportive, which makes the book feel like a reassuring conversation with a trusted expert. For parents seeking a guide to raise resilient, emotionally intelligent children while maintaining their own emotional health, "Good Inside" is an invaluable resource that aligns love and discipline into a cohesive parenting philosophy.

Meet Our Team



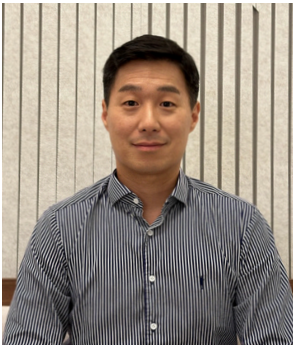
Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 5 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 5 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Waiting Period: 3 months



Dr Jordon Liu
Child and Adolescent
Psychiatry Advanced Trainee

**Accepting referrals
Commencing Feb 2024**



Alex Catt
Registered Psychologist

Waiting Period: 6 weeks



An Yang
Counsellor / Play Therapist

Good availability



Nicole Ho
Clinical Psychologist

Waiting Period: 2 months



Shawn Wang
Clinical and Organisational
Psychology Registrar

Waiting Period: 2 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



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