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THE COOPERS' COMPANY AND COBORN SCHOOL

Love as Brethren

Headteacher: Ms Sue Hay, BA(Hons), PGDip, NPQH

St Mary's Lane, Upminster, Essex RM14 3HS

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Thursday 13th January 2022

Dr Dominique Thompson: 'How to Grow a Grown Up' **Parent/Carer Session: Monday 7th February, 7pm-8pm**

Dear parent(s) and carer(s)

The school has been fortunate in securing some time with Dr Dominique Thompson. Dr Thompson is an award-winning GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, including as a police and expedition doctor, and as Director of Service at the University of Bristol Students' Health Service.

On Monday 7th February she will be leading, what I am sure will be an outstanding session for parents and carers. The session will last for 40 minutes and provide the opportunity for 20 minutes of questions. This will take place at 7pm; for the convenience and safety of parents the session will take place virtually, over Zoom. Further details will be sent out a few days before.



'How to Grow a Grown Up: parenting tips for the 21st century'

Join award winning GP and author Dr Dominique Thompson for an enlightening and entertaining talk with Q&A about raising teens to thrive in the modern world, and living with a teenager!

The talk is based on her book *How to Grow a Grown Up*, a Finalist in the 2020 People's Book Prize, and is aimed primarily at parents of secondary school age children, but it will also be of interest to teachers, and others who work with young people everywhere. Dominique has been interviewed about the book on [Sky](#)

[TV](#) and in [The Times](#).

Parenting in the 21st century means navigating a very different world to the one in which we grew up. Our children are under 24/7 pressure to be 'always on' and their 'best self' and they need to be prepared for a challenging world. COVID19 has added an extra layer of pressure to the mix.

Dr Dominique Thompson is the UK's leading GP on student mental health and an expert in teen wellbeing, and she will reveal why young people may be struggling more, and what we can all do to help our children develop the life skills they need to thrive in this new and changing world. Tips for coping with the impact of COVID will be included.

Whether you are supporting a child struggling with life, or you are curious about what lies ahead for your teen, *How to Grow a Grown Up* will help you to build your child's confidence and resilience - so that they can become a strong, happy and independent adult.



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Praise from parents and teachers:

"The talk was great. For me as a parent it is good to know what kind of behaviour I can see in my children, why it is happening with us and what to do or not to do in some cases. It was explained why young people have mental health problems. The talk was very useful. Many thanks!"

"Dom was brilliant and such an informative talk - interesting and helpful material covered"

"Excellent, Dominique Thompson always manages to give me something else to think about- she is a really engaging speaker"

"It's so good that someone knows what world I have to live in. She speaks sense Mum." 16 year old

Find more, including blogs, resources and newsletter at www.growingagrownup.com

A further letter will be sent home at the start of February with the details of how you can join the session on 7th February.

Yours faithfully

Mr Bell
Deputy Head