

THE **ULTIMATE** PARENTING PANEL

THE EXPERTS' PERSPECTIVES ON:
Parenting Trends & Challenges 2018

PANELLIST PROFILES



DR SINDI VAN ZYL

GP, HIV expert & health columnist

Recognised as one of the Top 200 Young South Africans by the Mail & Guardian in 2012, Dr Sindisiwe van Zyl says her experience as an intern at Baragwanath Hospital profoundly shaped her life. A medical doctor with a particular interest in the prevention of mother to child transmission of HIV, she is determined to help create an HIV-free generation by imparting knowledge that empowers patients and health workers.

Dr Sindi is also a well-known social media personality, who uses social media and digital technology to share health-related knowledge, intentionally leveraging her social media presence to share medical information aimed at helping people make better health decisions.

Dr Sindi is also mother to two children of primary school age, and she grapples with the challenges of parenting publicly, sharing her thoughts on raising responsible kids, discipline, and the challenges facing South African parents and children.



JO HAMILTON

Educational psychologist & author

Jo Hamilton has been working with children and their families for over twenty years. A qualified primary school teacher and educational psychologist, Jo is passionate about the social and emotional development of children, and aims to be a bridge between children and adults, so that children's needs and thoughts can be voiced in a thoughtful, respectful and considered way.

Jo has worked in schools as well as private practice, presents a range of social and emotional learning programmes in schools, runs small groups for children based on her book *The Ultimate Assertiveness Toolbox for Kids*, and holds popular informative talks for parents and teachers. As a result, Jo's knowledge of child development and the challenges both parents and children can face is wide and current. Jo's mission is to share this knowledge with children, teens, parents and educators in a practical, skills-based way that proves extremely successful.

Her greatest source of personal and professional inspiration, challenge and joy is in raising her two delightful children, Matthew and Rachel, alongside her husband David.



GRAEME CODRINGTON

Futurist, speaker & author

Graeme Codrington is an expert on the future of work. He is a researcher, author, futurist, presenter and board advisor working across multiple industries and sectors. He has a particular interest in disruptive forces changing how people live, work, interact and connect with each other.

He has written five books, including the award winning, *Mind the Gap* and *Future-Proof Your Child*, published by Penguin. His latest book is *Leading in a Changing World*, published in July 2015. Graeme writes regularly for numerous blogs, magazines and journals, and is regularly called upon for comment by the media around the world.

Graeme's breadth of knowledge and expertise make him highly relevant in today's rapidly evolving business world. Along with his formal qualifications and research credentials, he has a wide range of business experience. He did Chartered Accountancy articles at KPMG, was involved in an IT startup, worked in the Charity sector, has been a professional musician, a strategy consultant and is now a full-time speaker, facilitator and author.



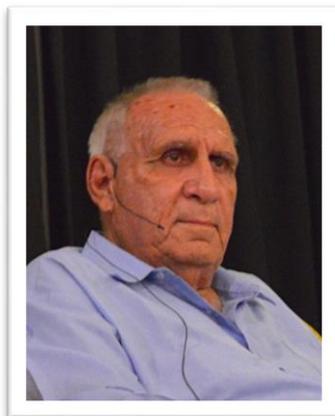
DR BRENDAN BELSHAM

Paediatric psychiatrist & author

Possibly Joburg's most well-known child psychiatrist, Dr Brendan Belsham has been a consultant for the Johannesburg Parent and Child Counselling Centre, advisor to Living and Loving magazine, as well as a consultant in the Department of Psychiatry at Wits for the postgraduate child psychiatry training programme, which involved participating in multidisciplinary child psychiatry teams and pioneering a child psychiatry clinic in the Orange Farm Area.

Having published widely and delivered presentations to various academic, educational and religious bodies, he is frequently the go-to expert for radio, TV and magazines.

Dr Belsham's special interests include early parenting, attachment, ADHD, childhood bipolar disorder, autism and anxiety disorders. He is also father to four children.



DERECK JACKSON

Parenting expert, educator & author

Dereck Jackson is an educator, counsellor, author, and radio and TV talk show guest. He is also a father who has been delivering his practical, realistic, compassionate advice on parenting and discipline to South African parents and teachers for many years.