



Divonne Holmes á Court  
Smart Population Foundation  
PO Box 65  
Darlinghurst NSW 1300

17<sup>th</sup> December 2007

Dear Divonne,

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**Re: The Raising Children DVD**

Thank you so much for sending a copy of the Raising Children DVD to us here at the Health Psychology Unit. Dr Antony Kidman asked me to review the DVD on his behalf, as a significant part of my role in the Health Psychology Unit involves working with young children and their families.

The Raising Children DVD is an exceptional resource and I would certainly recommend it to all families with whom I work. It is so clear, accessible and easy to watch that all parents, regardless of whether they are raising their first or fifth child, will stand to benefit from watching it. It is also in a format that encourages self-directed and self-paced learning – an essential component in any educational material that is designed for busy parents!

One of the greatest strengths of the Raising Children DVD is the way that it normalises the experiences of parenthood. Seeing celebrities as well as “regular people” struggling with the same issues, telling similar stories and expressing the same emotions reinforces how common the parenting experience can be. It can also encourage parents to address important issues and feel as though they are not alone in their parenting journey.

We will be recommending the Raising Children DVD to parents of young children who present to the Health Psychology Unit and believe that it will prove to be a great resource for all parents.

With Kind Regards,

Megan Varlow  
Health Psychologist