



Book Recommendation

Raising Anxiety by Judith Locke & Danielle Einstein

The first book I've read for 2026 has been both interesting and deeply affirming. *Raising Anxiety* by Dr Judith Locke and Dr Danielle Einstein resonated strongly with our views, our language, and our philosophy around parenting, wellbeing, and resilience.

I chose this book deliberately. Partly out of curiosity, partly out of concern for what many parents and young people are navigating right now – and very practically, to inform and strengthen the development of our upcoming [Parenting Manifesto Series](#). I'm pleased to say it did all three.

Judith Locke and Danielle Einstein bring decades of clinical, research, and real-world experience to this work. That depth shows. This is not a reactive book. It is calm, clear-eyed, and grounded in what actually helps children and young people grow confidence in an uncertain world. There is a quiet authority to the writing – the kind that comes from having walked alongside families, schools, and young people for many years, and having seen what works, what doesn't, and what unintentionally makes things harder.

One of the pleasures of this past week was meeting Danielle in person while I was in Sydney. We had a generous and thoughtful conversation about the challenges facing parents and young people alike – but importantly, we spoke with hope and optimism. We reflected on the recent Australian social media ban for young people under 16, and the potential it holds as a circuit-breaker for constant comparison, reassurance-seeking, and anxiety amplification. It felt aligned with the spirit of this book – thoughtful, measured, and forward-looking.

Many key messages from *Raising Anxiety* stayed with me, here are just three of them:

Over-accommodation fuels anxiety.

One of the most important reminders in the book is that when adults consistently remove discomfort, uncertainty, or challenge, anxiety is inadvertently strengthened. Accommodation feels loving in the moment – and it is well-intentioned – but over time it teaches a child that the world is unsafe and that they are not capable. This insight aligns closely with what we see in our own work: support should build capacity, not dependency.

Confidence grows through mastery, not protection.

Confidence is not something we give to children by shielding them. It is something they earn through doing hard things, imperfectly, and discovering they can cope. Locke and Einstein articulate this beautifully. Mastery requires time, effort, and sometimes failure – all essential ingredients for genuine self-belief. This principle sits at the heart of our work in My Manifesto – clarity, confidence, and courage grow through lived experience, not avoidance.



Avoidance is the enemy of resilience.

Perhaps the most confronting – and most hopeful – message is this: avoidance may reduce anxiety in the short term, but it entrenches it in the long term. Resilience is built when young people are supported to approach challenges gradually, with scaffolding rather than escape routes. This is not about being harsh; it is about being purposeful. Avoidance shrinks lives. Engagement expands them.

Throughout the book, I found myself nodding – not because the ideas were fashionable, but because they were familiar in the best way. They echo what we see when parents, educators, and young people are supported to live intentionally, to tolerate discomfort, and to grow into who they are becoming.

This is precisely the spirit of our upcoming [Parenting Manifesto Series](#). Across six weeks, we will create space for parents to reflect, connect, and clarify the kind of parent – and person – they want to be. Not perfect. Not anxiety-free. But grounded, values-led, and confident enough to let their children grow. It is open to all parents in the Greater Geelong region, and I warmly encourage you to consider joining us.

Raising Anxiety is a timely, wise, and compassionate book. It doesn't offer quick fixes – it offers something better: perspective, reassurance, and a steady invitation to trust young people's capacity to grow.

Go well.