

Short Bio

OPTION 1

Maggie Dent is a much-loved and trusted voice for parents, families and educators across Australia and beyond. A bestselling parenting author, she has written more than 10 books, including *Mothering Our Boys*, *From Boys to Men*, *Girlhood*, *Help Me Help My Teen* and, with Kirra Pendergast, *Digital Freedom: A guide to less screen time for safer, happier and healthier families*. Maggie hosts The Good Enough Dad podcast and led six seasons of the acclaimed ABC podcast, Parental As Anything. In 2025, she brought her wisdom to television in the ABC series The Role of a Lifetime. A mother of four sons and a grateful grandmother, Maggie continues to support calmer, more connected childhoods.

OPTION 2

Maggie Dent is one of Australia's most trusted and beloved parenting authors, educators and podcasters. She has written more than 10 books, including the bestselling *Mothering Our Boys*, *From Boys to Men*, *Girlhood*, *Help Me Help My Teen* with Kirra Pendergast, *Digital Freedom: A guide to less screen time for safer, happier and healthier families*. Maggie hosts The Good Enough Dad podcast and presented six seasons of the award-winning ABC podcast Parental As Anything. In 2025, she brought her wisdom to television in the ABC series, The Role of a Lifetime. Maggie is the mother of four sons and a very grateful grandmother - roles that continue to shape her work every day.

MEDIUM BIO

OPTION 1

Known across Australia as the 'queen of common sense', Maggie Dent has dedicated her career to strengthening families and communities. A bestselling parenting author, educator and podcaster, she brings particular insight to the early years, adolescence,

resilience and the unique journey of raising boys. Her 11 major books include the influential bestsellers *Mothering Our Boys*, *From Boys to Men*, *Girlhood* and *Help Me Help My Teen*. Her 2026 release, *Digital Freedom: A guide to less screen time for safer, happier and healthier families*, is co-authored with Kirra Pendergast.

Maggie hosts The Good Enough Dad podcast and presented six acclaimed seasons of the ABC podcast Parental As Anything. She has brought her expertise and wisdom to television in the genre-bending ABC series, The Role of a Lifetime.

A dedicated advocate for safer digital futures, Maggie is a founding member of the Ctrl+Shft online safety coalition. In 2026, she was awarded an Honorary Doctorate from The University of Wollongong in recognition of her outstanding service to the University and distinguished contribution to parental education, advocacy and social responsibility. Maggie's is the mother of four sons and a very grateful grandmother - roles that continue to shape her work every day.

OPTION 2

Affectionately known as the 'queen of common sense', Maggie Dent is one of Australia's favourite voices on parenting. She's especially passionate about early childhood, adolescence and building resilience, and is well-known as a fierce advocate for boys.

Her rich professional life has included teaching, counselling, palliative care and funeral work, as well as suicide prevention. Maggie is committed to creating meaningful, lasting change in families and communities. She is a champion for protecting childhood a founding member of the Ctrl+Shft online safety and wellbeing coalition. In 2026, she was awarded an Honorary Doctorate from The University of Wollongong in recognition of her outstanding service to the University and distinguished contribution to parental education, advocacy and social responsibility.

Maggie hosts The Good Enough Dad podcast and fronted six seasons of the award-winning ABC podcast Parental As Anything, which she also turned into a book in 2021. She has written 11 major books — among them the bestselling *Mothering Our Boys*, *From Boys to Men*, *Girlhood*, *Help Me Help My Teen* and the 2026 release (with Kirra Pendergast), *Digital Freedom: A guide to less screen time for safer, happier and healthier families*. Maggie has also starred in the genre-bending ABC TV series *The Role of a Lifetime*.

Maggie is a mum of four sons and a very grateful grandmother.

LONGER BIO

Affectionately known as the 'queen of common sense', Maggie Dent is one of Australia's favourite parenting authors, educators and podcasters. She has a heartfelt passion for the early years, adolescence and building resilience, and is widely recognised as a dedicated champion for boys.

Maggie's rich professional background includes teaching, counselling and working in palliative care, funeral services and suicide prevention — experiences that have deeply influenced her understanding of children, families and the challenges they face. She is a strong and compassionate advocate for raising children with calm, common sense and connection, and a positive, reassuring voice for young people of all ages. She is a founding member of the Ctrl+Shft online safety coalition. Maggie's advocacy work also extends to organisations such as Telethon, The Kids Research Institute, The Fathering Project and the Gotcha4Life Foundation. In 2026, she was awarded an Honorary Doctorate from The University of Wollongong in recognition of her outstanding service

to the University and distinguished contribution to parental education, advocacy and social responsibility.

A familiar and trusted presence in Australian media, Maggie appears regularly on our screens and airwaves. She hosts The Good Enough Dad podcast and led six seasons of the award-winning ABC podcast, Parental As Anything. In 2025, she also appeared in the genre-bending ABC TV series, The Role of a Lifetime. Maggie has written 10 major books, several e-books and an abundance of practical resources for parents, adolescents, teachers, educators and anyone wanting to make meaningful improvements in their lives. Her books include the 2026 release with Kirra Pendergast, *Digital Freedom: A guide to less screen time for safer, happier and healthier families*, plus the popular *Help Me Help My Teen*, *Girlhood*, *Parental As Anything* (based on the podcast), and her bestselling boys' titles *From Boys to Men* and *Mothering Our Boys*. She is also the author of *Real Kids in an Unreal World*, *9 Things: A back-to-basics guide to calm, common-sense, connected parenting Birth–8*, and her first book from 2003, the remarkably prescient *Saving Our Children From Our Chaotic World*.

Maggie is the proud mum of four wonderful sons and an enthusiastic, grateful grandmother. She lives on the South Coast of NSW with her good bloke Steve Mountain and their dear little dog, Mr Hugo Walter Dent.

— BA, DipEd, DipCounselling

BIO FOR EDUCATION SECTOR

Affectionately known as the 'queen of common sense', Maggie Dent is one of Australia's favourite parenting authors and educators. She has a heartfelt passion for the early years, adolescence and building resilience, and she's widely recognised as a warm and dedicated champion for boys.

Maggie spent almost two decades as a secondary teacher before moving into counselling. She has also worked in palliative care, funeral services and suicide prevention — experiences that deeply shaped her understanding of what children and families truly need to thrive. She's a strong advocate for raising children with calm, clarity and connection, and a positive, encouraging voice for young people of all ages. In 2025, she became a founding member of the Ctrl+Shft online safety coalition. Maggie's advocacy work also extends to organisations such as Telethon, The Kids Research Institute, The Fathering Project and the Gotcha4Life Foundation. In 2026, she was awarded an Honorary Doctorate from The University of Wollongong in recognition of her outstanding service to the University and distinguished contribution to parental education, advocacy and social responsibility.

A prolific creator, Maggie is the author of 10 major books, several e-books and an abundance of practical resources for parents, adolescents, teachers, early childhood educators and anyone looking to strengthen their lives in real, everyday ways. She hosts The Good Enough Dad podcast and led six seasons of the award-winning ABC podcast Parental As Anything. In 2025, she also appeared in the genre-bending ABC TV series The Role of a Lifetime.

Her books include the 2026 release (with Kirra Pendergast) release *Digital Freedom: A guide to less screen time for safer, happier and healthier families*, plus the popular *Help Me Help My Teen*, *Girlhood*, *Parental As Anything* (based on the podcast), and her bestselling boys' books *From Boys to Men* and *Mothering Our Boys*.

Maggie is the proud mum of four wonderful sons, and an enthusiastic and grateful grandmother.

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