

TANYA BYRON

Consultant Clinical Psychologist Specialising In Child & Adolescent Mental Health

Agent: [Sophie Laurimore](#)



Tanya has an NHS career spanning thirty years working in many areas of mental health.

She broadcasts on TV and radio. Her credits include *Child of Our Time*, *Lose Weight for Love*, *The Truth About Child Sex Abuse*, *What's The Right Diet For You?*, *Little Angels*, *House of Tiny Tearaways*, *All in the Mind*, *Bedtime Live* and *Newsnight*. She has a weekly column in *The Times* and a monthly column in *Good Housekeeping*.

Tanya is the author of *The Skeleton Cupboard* (Pan Macmillan, 2015), her account of her years training as a clinical psychologist. Tanya's other writing credits include; *Your Child Your Way* (Penguin, 2007) and *Your Toddler Month by Month* (Dorling Kindersley, 2008).

In addition, Tanya co-wrote comedy *The Life and Times of Vivienne Vyle* with Jennifer Saunders for BBC Two.

Tanya is the patron of the charity Prospex and chancellor of Edge Hill University. She is also a Fellow of the Royal Society of Arts and a trustee of the Family and Parenting Institute. She is also a Trustee of the NSPCC.

In 2008 Tanya was made Professor in the Public Understanding of Science. She has been awarded honorary doctorates at York University and the Open University. She is also Honorary Professor of Psychology at Shandong Normal University, China.

Tanya is an independent national and international government adviser on children, young people and the digital media - in 2008 she published *The Byron Review: Safer Children in a Digital World* and it's follow up review *Do We have Safer Children in a Digital World* (2010) and sat on Lord Carter's Digital Britain advisory board in 2009.

She is an experienced public speaker and regularly gives talks on psychology, education and childcare.

Tanya is married to the actor Bruce Byron and is the proud mother of Lily and Jack.

CREDITS

TV:

The Truth About Improving Your Mental Health, 2021 (BBC One)

Child of Our Time, On-screen Expert, 2017 (BBC One)

Horizon: What's the Right Diet for You?, 2015 (BBC Two)

Newsnight, 'Addicted to Technology' segment, 2014 (BBC Two)

Bedtime Live, 2013, (Channel 4)

Am I Normal?, 2008, (BBC Two)

The House of Tiny Tearaways S4, Nominated for a Royal Television Society Award, 2007, (BBC Three)

The Life and Times of Vivienne Vyle, 2007 (BBC Two)

How to Improve Your Memory, 2006, (BBC One)

The House of Tiny Tearaways S3, Nominated for a Royal Television Society Award, 2006, (BBC Three)

Teen Angels S1, 2005, (BBC Three)

The House of Tiny Tearaways S1/ S2, Nominated for a Royal Television Society Award, 2005, (BBC Three)

The French and Saunders Christmas Special, 2005, (BBC One)

Panorama: Gun and Knife Youth Culture, 2005, (BBC One)

Little Angels S3-S4, Bafta Nominated, 2005, (BBC Three)

Little Angels S1-S2, Bafta Nominated, 2004, (BBC Three)

Audio:

Podcast: *How Did We Get Here?*, Somethin' Else, 2019 - 2021

Columns:

The Times, 2005-Present

Good Housekeeping, 2009-Present

Books:

The Skeleton Cupboard, Pan, 2015

Your Child Your Way, Michael Joseph, 2007

The House of Tiny Tearaways, BBC Active, 2005

Little Angels, BBC Active, 2005