



Kate Silverton

Broadcaster, Author & Children's Mental Health Expert

Kate Silverton is one of the UK's leading and best-loved broadcasters; along with having a successful career in broadcasting, her lifelong passion has been to advocate for children and their emotional wellbeing.

Kate's biography

About Kate Silverton

In her twenty-five years as a [journalist](#), Kate has become one of the BBC's main national news presenters. She has produced and presented numerous documentaries, including for the BBC's flagship current affairs programme, 'Panorama'. She has reported from the frontlines in Iraq and Afghanistan, covered the glitz and glamour of the Oscars in Hollywood, as well as stepped out beneath the glitter ball herself as a contestant on 'Strictly Come Dancing'.

Throughout it all, Kate has advocated for children and their emotional well-being. Her academic roots are in child development, with a BSc in Psychology; she has worked for more than a decade in children's mental [health](#), ultimately retraining as a children's counsellor with the children's mental health charity, Place2Be. Philanthropically, for many years she has supported charities like the Anna Freud National Centre for Children and Families, The NHS Maudsley Foundation Trust, as well as the NSPCC and their Royal Highnesses the Duke and Duchess of Cambridge's Royal Foundation.

Her passion is to share what she has learned with as many parents as she can, to help them to have the parenting experience they have always hoped to have, and for their children to have the parenting experience they deserve.

Kate is also highly-experienced in working with corporates delivering engaging, warm and inspirational talks and Q&A's to employees as well as Boards/Executive Teams.

In April 2021, Kate released her book 'There's No Such Thing As Naughty' which is a Sunday Times Best Seller.

