



## TRIPLE P LEVEL 2 SEMINARS

Dear Parent,

### Effective Parenting Approach to Raising Your Child

During your children's growing up years, you may need some strategies to manage their behaviour, particularly when they reach adolescence. To support parents in building a healthy relationship with their child, Marsiling Secondary School is offering the Positive Parenting Programme (Triple P) **(Triple P) Level 2 Seminar series**.

2 We are pleased to invite you to attend the **Triple P Level 2 Seminars**, free of charge. The programme is designed to equip parents with knowledge and skills in managing children's behaviours during their tween and teen years. More programme details can be found in the enclosed e-brochure.

3 Currently offered to 215 primary and secondary schools, the programme has benefited some **23,000 parents** island-wide. *"Being a mother of 3, I faced a lot of challenges in their behaviour, emotions, dealing with their school life...By attending Triple P, I learnt many techniques/ strategies to handle these situations. They taught me how to be calm, understand the kids' emotions and how to handle them with love and care. Now I am more patient than before and can deal with them calmly and rationally".* You can also enhance your parenting skills just like these parents. Join us on the following dates at Marsiling Secondary School:

Seminar (90 minutes each)	Date	Time	Venue
<b>Seminar 1:</b> Raising Responsible Teenagers	<b>9<sup>th</sup> March 19</b>	<b>9am to 11am</b>	<b>School Library</b>
<b>Seminar 2:</b> Raising Competent Teenagers	<b>23<sup>rd</sup> March 19</b>	<b>9am to 11am</b>	<b>School Library</b>
<b>Seminar 3:</b> Getting Teenagers Connected	<b>6<sup>th</sup> April 19</b>	<b>9am to 11am</b>	<b>School Library</b>

4 Please RSVP to Mdm Eileen Tay by 1<sup>st</sup> March 2019. Should you have any enquiries, please feel free to contact her at: 98622652. We look forward to your participation.

Thank you.

Mdm Sharifah  
HOD NT  
Partnership Committee 2IC

## Parenting Seminar

### Effective Parenting Approach to Raising Your Child!



# Triple P

## Positive Parenting Programme

**Triple P Level 2 seminars** are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

## Triple P Level 2 Seminar 1

**RAISING RESPONSIBLE TEENAGERS** introduces parents to the formula for promoting healthy family relationships. Key ingredients are:

- Encouraging teenagers to be involved in the family decision-making
- Be respectful and considerate
- Be involved in family activities
- Have a healthy lifestyle
- Be reliable and assertive

### What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

### What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

### Why is it effective?

- ▶ One of the most effective evidence-based\* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

\*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.

### Trainer's Profile

Mrs V. Sarojini is one of the 6-member expert panel members selected by Ministry of Social and Family Development (MSF) to help to strengthen the Family Life Education sector in Singapore on development of new family life education content, training to upgrade the skills of family life educators and research on family issues that contributes to family life programmes. She is passionate on educating parents on healthy parenting skills and maintaining a happy marriage. Previously, she was an ex-CEO of Singapore Indian Development Association (SINDA, VWO) and holds a Masters of Business Administration with specialisation in Training and Development.