

**Bringing
Family Life Education
closer to you:**

**Triple P @ Tampines Primary
School**



FAMILY matters
@ school 1

Adapted from "MSF Pilot Intro slides for
parents"

Triple P : Positive Parenting Program (2 types of service):



Seminars



- 3 X 90 minutes parenting seminars
- For children up to 12 years, topics to be covered are:
 - Power of Positive Parenting
 - Raising Confident, Competent Children
 - Raising Resilient Children

Personal Coaching



- 4 X 45 minutes personal sessions
- Quick and personal way to get help from the
- Triple P – Positive Parenting Program. Tailored to your needs.



Seminar 1

The Power of Positive Parenting

1. Promote children's development
2. Build strong relationships
3. Good communication
4. Emphasise the positive
5. Plan ahead to prevent problems
6. Use everyday teachable moments



Seminar 2

Raising Confident & Competent children

1. Getting off to a good start
2. Building blocks for success
 - respect for others
 - being considerate
 - communication & social skills
 - healthy self-esteem
 - problem solver
 - independent



Seminar 3

Raising Resilient Children

1. Importance of resilience
2. Recognising and accepting feelings
3. Accepting feelings appropriately
4. Building a positive outlook
5. Developing coping skills
6. Dealing with negative feelings
7. Dealing with stressful life events



Triple P : Positive Parenting Program

Advantages of attending Triple P

1. Free-of-charge (for this pilot program)
2. Targeted child behaviour concern
3. Personalised professional service
4. Support from school and MSF
5. Reinforcement in your child's positive behaviour



Triple P : Positive Parenting Program

Requirements from you

1. Commitment to program

- attend all 3 seminars (Level 2)
- attend 4 one-to-one sessions (Level 3)

2. Positive attitude

- open to suggestions
- willingness to try

Dates of upcoming Triple P Seminars 2015

s/n	Seminar Title	Date	Time
1	The Power of Positive Thinking	11 Apr (Sat)	9am – 12pm Pre-workshop survey: 9am – 10am Workshop: 10am – 12pm
2	Raising Confident and Competent children	9 May (Sat)	9.30am – 11.30am
3	Raising Resilient children	1 Aug (Sat)	9am – 12pm Workshop: 9am – 11am Post-workshop survey: 11am – 12pm

A photograph of two young children, a boy on the left and a girl on the right, blowing bubbles. The boy is wearing a grey and white checkered shirt and blue patterned pants. The girl is wearing a white shirt with a pink and green argyle vest and blue jeans. A long, thin string of bubbles connects the two children, stretching across the middle of the frame. The background is a plain, light-colored wall.

**If you need assistance or more
information**

**Please contact your
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