

# Triple P

## LEVEL 2 SEMINARS (PRIMARY SCHOOL)



Presented to you by:



### What is Triple P?

- The **Number One** parenting programme in the world, as ranked by the United Nations.
- An **Evidence based** programme with **40 years** of ongoing research.
- Enriches **family relationships**; Enhances **parenting skills** and Empowers **self-care**.

Do you want to teach your child **important skills, values and behaviours**?

Wish that your child can **manage their strong emotions**?



### Seminar 1:

### The Power of Positive Parenting

Do you feel **stressed out** over parenting your child?

In this seminar, you will learn to:



Maintain an interesting, positive & safe environment for your child



Use assertive discipline

EXPECTATION

Set realistic expectations



Positive well-being as a parent

### Seminar 2:

### Raising Confident, Competent Children

How to influence your child to be more **gracious** and **independent**? This seminar guides your child to:



Be Respectful & Considerate



Communication is key



Positive thinking, healthy self-esteem



Become more independent

### Seminar 3:

### Raising Resilient Children

How can your child manage his or her **strong emotions**? This seminar helps you to identify your child's emotional strengths:



Positive attitude & mindset



Manage stressful life events

Effective ways to cope better



Deal with negative feelings



Recognize, accept and express feelings properly

### Why Do Parents Attend Triple P Seminars?

- Triple P seminars are **short term support** for parents who are mostly **doing well** but have a **few concerns** with their **child's behaviour or development**.
- **MSF certified speakers** who are well-versed in Triple P will deliver an interactive experience to better engage the parents.
- **Complimentary tip-sheets** of each seminar will be **given to all who attend**.

# FREE

Fully subsidized by MSF

### SEMINAR DETAILS

Dates: 27 January, 24 February & 24 March 2021, Wednesday, 8.30pm to 10pm

Please click on this link or scan the QR code to register:

<https://forms.office.com/Pages/ResponsePage.aspx?id=QuR79Ie6rE2o6tyWYE-P9pFH-JYJhKdlvGZgsw-A4ZNUNk04NkNITDVIS0swNkICTzU3VzBJREsxQj4u>



For more information on Triple P, please visit: <https://www.triplep-parenting.net/global/triple-p/>