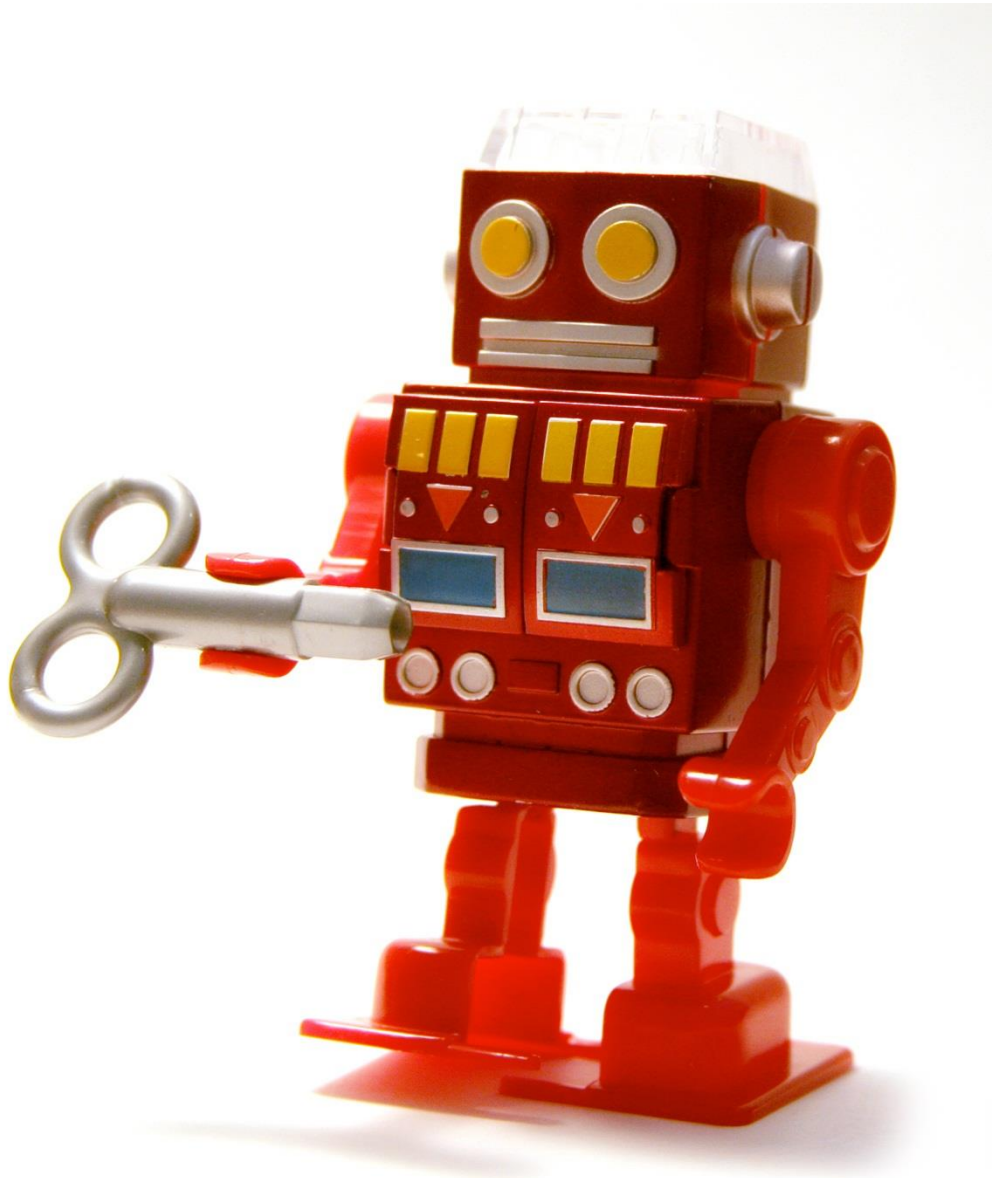


Bringing Family Life Education closer to you

FamilyMatters@ Seng Kang Secondary School



FAMILYmatters
@ school



**Kids don't
come
with an
instruction
manual**

Implication for Parents

- As parents, we look for practical help with some common parenting problems.
- It might be challenges getting your child to do his/her homework, or managing a child who is rude or defiant.
- You might be thinking about how best to support your child, to set a homework routine or to encourage healthy computer habits.
- Seng Kang Secondary School is offering a toolbox of parenting tips and strategies for parents through the Triple P Programme.

Triple P (Positive Parenting Program)



- Developed by: Professor Matt Sanders through more than 30 years of clinical research trial
- Aim: Prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents
- Delivery Format: Large group seminars (Triple P Level 2) and individual consultations (Triple P Level 3)

Triple P : Positive Parenting Program



Triple P Level 2 Seminars (Secondary)



- 3 X 90 minutes parenting seminars
- 3 seminars include:
 - (i) Raising Resilient Teenagers
 - (ii) Raising Competent Teenagers
 - (iii) Getting Teenagers Connected

Triple P Level 3 Consultations



- 4 X 45 minutes personal coaching sessions
- Quick and personal way to get help from the
- Tailored to meet your needs.

Triple P (Positive Parenting Program)



Prelim findings based on Ministry of Social and Family Development's pilot (2014-2015) with 50 schools:

❖ Parenting Outcomes

- Significant improvement in perceived parenting competence
- Significant drop in parenting stress

❖ Child Outcomes

- Significant drop in child difficult behaviour



What are parents saying?



Triple P Level 2 Seminars
Secondary School

All three seminars were **structured reasonably and informative.**

The Speaker was able to engage us with humour and some personal stories but remembered that the content of the seminar was key. She was a gifted speaker who was able to captivate our attention.

- Parent, St Joseph's Institution



What are parents saying?



Triple P Level 3 Consultations *Secondary School*

Both trainers who trained us are experienced and the tips shared during the program coupled with several examples gave me the confidence to implement their suggestions at home. I am pleased that my daughter responded really well to the enhancements (eg. assertive communication and more realistic expectations) of my parenting.

- Parent, Methodist Girls' School



What are parents saying?



Triple P Level 3 Consultations *Secondary School*

My Triple P trainer guided me through the main problems faced at home, had them listed down and we tackled it with action plans. I learnt to handle my son's arguments without much confrontation, showing my authority in calm manner.

- Parent, Siglap Sec School

**Fill up the questionnaire
to help us match you with
the right programme**



**Please return the
questionnaire
through your child's
FT by 1 February
2016, Mon**

A photograph of two young children, likely of East Asian descent, standing against a plain white background. The child on the left is wearing a grey and white checkered jacket over a yellow shirt and blue and white patterned pants. The child on the right is wearing a white shirt under a pink and grey argyle vest and blue jeans. They are both holding a string attached to a large, inflated gold balloon. The child on the right is blowing into the balloon, while the child on the left looks on. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

**Please contact your
FamilyMatters@School
coordinator Ms Suzanna at
90if you need assistance or
more information**