



# XINGHUA PRIMARY SCHOOL

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Dear Parents/Guardians,

Methodist Welfare Services Family Support Programme (MWS FSP) has been appointed by Ministry of Social and Family Development (MSF) to partner with our school to conduct Positive Parenting Program® (Triple P). We are pleased to invite you to attend the Triple P Level 2 online webinars via Zoom. More programme details can be found in the enclosed e-brochure. These online parenting webinars are free of charge as they are fully subsidised by MSF.

The registration link is <https://tinyurl.com/NorthR-07> and you can find more details of the programme from the attached infographics.

Triple P is one of the world's most effective parenting programmes that equips parents with positive parenting skills. Not only has this programme been proven to improve children's behaviours, it has also significantly improved parenting confidence and satisfaction. Triple P has helped parents build stronger relationships with their children. This programme was developed by clinical psychologist Prof Matt Sanders at the University of Queensland, with more than 40 years of ongoing research.

Please sign up by clicking on the hyperlink via the e-brochure. Sign-ups are limited to the first 40 parents/couples for each school and will be on first come first serve basis. Kindly note that your full attendance for the three webinars will be required when you sign up for them. Once MWS FSP has confirmed your registration, they will send you an acknowledgment email. If you wish to cancel your registration, you may send an email to them at [mwsfspnorth@mws.sg](mailto:mwsfspnorth@mws.sg) so that they can open the slot to other interested parents. More information, including the link to the Zoom webinar, will also be shared with you via your email address, which you have provided in the registration form. In the event that the webinar reaches full capacity, MWS FSP will contact you again for the next run of online webinars. Hope to hear from you soon!

Thank you

Mr Lim Kok Peng  
Year Head  
Primary 3 & 4

# Triple P

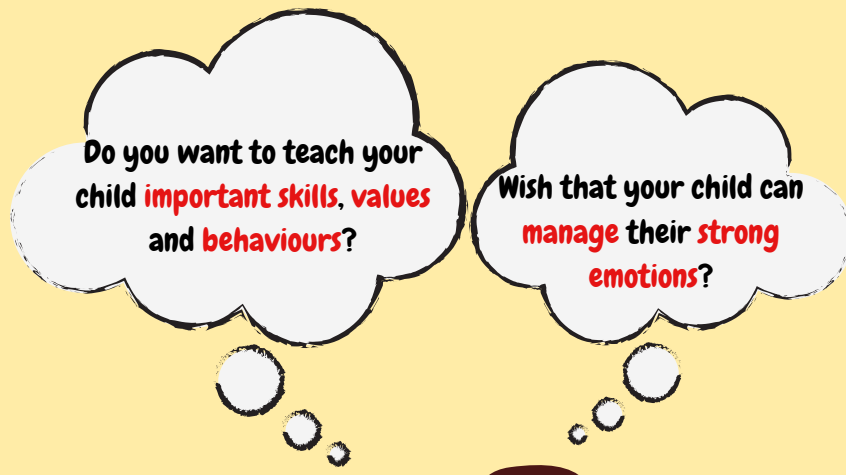
## LEVEL 2 SEMINARS (PRIMARY SCHOOL)

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**.



### 👍 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



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**.



Fully subsidized by MSF



### SEMINAR DETAILS

Please click on this link to register:

<https://tinyurl.com/NorthR-07>

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