

Bringing Family Life Education closer to you

FamilyMatters@ Ai Tong School



FAMILYmatters
@ school

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)

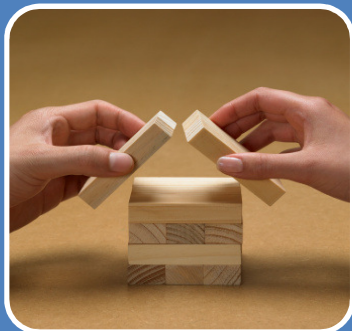


Triple P : Positive Parenting Program

Triple P Level 2 Seminars (Primary)



- 3 X 90 minutes parenting seminars
- 3 seminars include:
 - (i) Power of Positive Parenting
 - (ii) Raising Confident, Competent Children
 - (iii) Raising Resilient Children



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 *Primary School*

At times we are so caught up with "getting the things done" that we "react" first before thinking much of the child's perspective. Now I **consciously pause for a while before I say something when my children do something I disagree.**

In addition, after attending this programme I feel more strongly that we, **as parents, must take care of our mind and body. When we are in good position with ourselves, we are able to guide and manage our children better.**

- Parent, St Anthony's Primary



What are parents saying?



Triple P Level 2 Seminars
Primary School

"Before the seminars, I tended to talk to my 10-year-old in an ordering tone. **During the second seminar, we were advised to talk respectfully and nicely to our children, and I realised that I was not really doing that. I made a conscious effort to speak to my child in a nice tone,** no longer ordering tone, and it improved our relationship. It also makes me enjoy my child more."

- Parent, Henry Park Primary



What are parents saying?



Triple P Level 3 Consultations
Primary School

The programme has helped me and my husband **understand better about the development phase** that she went through and the **root cause of her emotional issue**.

The Counsellor guided us with **systematic steps** to help her overcome her emotion, help her be more organized and rewarded her when she behaved well. The Counsellor also gave us encouragement and recognized what we did well that made us **more confident as parents**.

- Parent, Qifa Primary School



What are parents saying?



Triple P Level 3 Consultations *Primary School*

Before I attended the Triple P programme, I felt frustrated and stressed when dealing with my children's difficult behaviour.

Mrs Esther Lai is an excellent and experienced Master Coach.

Mrs Esther Lai always worked with me to **implement and review my parenting plan. The tips and strategies are very useful. It helped my children cope with their emotions.**

- Parent, Unity Primary School

A photograph of two young children, a boy on the left and a girl on the right, holding a large white sheet. The boy is wearing a blue and white patterned shirt and blue pants. The girl is wearing a white shirt with a pink and blue patterned vest and blue jeans. They are standing against a light blue background. The text is overlaid on the white sheet.

Please contact your
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coordinator **Esther Tan** at
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you need assistance or more
information