



What is Triple P?

The Positive Parenting Programme (Triple P) is an evidence-based parenting program that equips parents with techniques to promote your child's psychological, social and emotional competence to help them grow to be well-adjusted young adults.

TRIPLE P LEVEL 2 PARENTING SEMINARS

What does it offer?

Triple P Level 2 Seminars are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising teenagers easier.

Who is it for?

Parents with a teenage child aged 13-16 years, who are keen to learn more about parenting.

How is it delivered?

It consists of **3 online seminars about 1.5 hour** each in each series. Each seminar is a built-on from the previous seminar, therefore parents are highly encouraged to complete all 3 seminars.



RAISING RESPONSIBLE TEENAGERS



Introducing the formula to help teenagers become responsible young adults



RAISING COMPETENT TEENAGERS



Teaching teenagers important values and skills to help them do well in school and beyond



GETTING TEENAGERS
CONNECTED



Helping teenagers to be confident and socially skilled with the wider community

COMPLEMENTARY SEMINARS WITH TIPSHEETS.



SIGN UP NOW!



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For enquiries, contact us at famforlife@amkfsc.org.sg







What is Triple P?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

PARENTING PROGRAMME

Effective Parenting Approach to Raising Your Child!



Triple P (One-to-One Consultation)

What does it offer?

During your children's growing up years, you may need some strategies to manage their behaviours (i.e. tantrums, rudeness, screen time issue). To support parents in building a healthy relationship with your child, **Fam4Life** (**Families for Life @ Community**) offers the Triple P Consultations, free of charge.

Who is it for?

Parents with a child aged 0-16 years.

How is it delivered?

Triple P Consultation Sessions consist of **4 one-to-one** <u>online</u> <u>consultation</u> sessions (**30** - **45 min per session**) to help parents manage one or two specific behaviour problems that are a current concern.

"I am very happy that I have enrolled in this 4 sessions. I am now more confident in handling my son. And will try to explore more possibilities to tackle other issues which may (better not) arises." - Parent of a 10 years old

""The zoom platform is convenient and personal. The trainer is knowledgeable and easy to speak to. She gives very constructive advice and totally understands the scenarios we face. So rare to have someone to be able to open up to."

- Parent of a 13 year old girl

SIGN UP HERE!

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*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.