

Parenting Seminar
Effective Parenting Approach
to Raising Your Child!

Triple P Positive Parenting Programme

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 kids easier.



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.

What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

Why is it effective?

- ▶ One of the most effective evidence-based* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

*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.

9 March 2019 Seminar 1 The Power of Positive Parenting provides the building blocks for the programme as it introduces parents to five core principles of positive parenting :

- 1) Having a safe, interesting environment for children
- 2) Having a positive learning environment
- 3) Using assertive discipline
- 4) Having realistic expectations
- 5) Taking care of yourself as a parent

27 April 2019 Seminar 3 Raising Resilient Children focuses on helping children learn emotion regulation skills. Parents are often uncertain about how to respond to children's expression of emotions in ways that help children learn to manage their own feelings. This seminar deals with how to help children :

- 1) Recognise and accept their feelings
- 2) Express their feelings appropriately
- 3) Build positive feelings
- 4) Deal with negative feelings
- 5) Develop coping skills
- 6) Deal with upsetting or stressful life events

13 April 2019 Seminar 2 Raising Confident, Competent Children builds on the foundation seminar and shows parents how they can use positive parenting principles to teach children important values and skills, including encouraging respect, cooperation, getting on with others, learning to be independent, developing a healthy self-esteem and learning to become good problem-solvers. These competencies enable children to do well both at school and beyond.

Speaker Profile



Ms Celine Veron Chai

Celine is a dynamic and inspiring professional trainer and speaker with formal training in Counseling, Human Resource and Psychology. Celine has spoken to more than 150,000 managers, executives, teachers, parents and students in the Asia-Pacific region. Besides helping companies in building a dynamic winning team

to surmount ever changing challenges, Celine has a passion for children, parents and families. She desires to help improve the quality of the children's lives by sharing with them effective learning strategies to awaken the 'giant' in them, to motivate them to soar like eagles' in the things they do, with confidence. She also shares with parents in schools and at public seminars on effective and positive parenting methods. As a mother of 3 children, she believes that healthy and functional families are fundamental to raising functional and responsible adults. Parents need to embark on a learning journey to grow with their children so that they can engage and connect with them. To make learning fun and interesting, Celine employs an active and interactive training style that enables participants to learn effectively as well as to thoroughly enjoy themselves. She is also conversant in Malay and Mandarin, which enables her participants to be closely engaged in her sessions.

Profile of Trainer/Counselor



Alyssa Chong has 9 years of experience as a counsellor, trainer and social service practitioner in family service centre. She has worked with many people from different backgrounds with various challenges in life. She has also conducted workshop and group work in Singapore Prison Services. Besides that, she has been working with a group of Malay stay-at-home mothers to help develop their skills and knowledge so that they can earn a living independently with social support from the group. She's been working with a group of elderly so that they can live their retired life joyfully. She is a certified Positive Parenting Program trainer. Her passion is to enrich and empower people so that they can live positively and confidently.

Appointments

- Associate Trainer at Avodah Training and Consultancy
- Counsellor at Lakeside Family Services
- Counsellor/Facilitator at Singapore Prison Services
- Counsellor/Facilitator at Neighbour Ring Community Services