

## 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.

### Triple P Level 2 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.

#### 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.

#### Trainer's Profile

##### Charis Patrick

BA(Social Work), PGD (SFBT)  
MSocSci (Counselling)

Charis Patrick is a Family & Marital Therapist, Trainer and Family Life Educator. She has clinical experience in counselling for nearly 20 years working with children and youth with behavioural problems, pre-marital and married couples and individuals with personal developmental issues. With her rich experience in counselling, she was invited as guest lecturer and Clinical Supervisor with several tertiary institutions including Edith Cowan University and National Institute of Education. Charis is a much sought after speaker and trainer by schools, speaking to teachers, parents and students, as well as corporate companies such as SHELL, HSBC and Gemalto. She has regaled thousands with her practical and enriching insights into family life.