

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 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 feelings. This seminar deals with how to help children:

- Recognise and accept their feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Develop coping skills
- Deal with upsetting or stressful life events

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

Tina Tan

BSoc.Sci(Hons)Social Work

For The past 6 Years, Tina has been a facilitator for the Rainbows Programme In Greendale Primary School, working with children suffering loss, and their families. She is also a freelance Family Consultant with Glenn Lim Consultancy, training and doing family consultations for parents in the PACE Programme (Parent and Child Empowerment Programme For ADHD Children); and the ET Programme (Empowering Teens, a similar parent-child programme for ADHD Teenagers and their parents). After graduating, Tina worked with at risk youth as a Social Worker. She developed and ran character-building group work and adventure counselling programmes with pre- delinquent boys and girls from secondary schools for 4 years.