

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 1

THE POWER OF POSITIVE PARENTING provides the building blocks for the programme as it introduces parents to five core principles of positive parenting:

- Having a safe, interesting environment for children
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

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

Raisa Rahardjo

BA(Psychology)

Raisa Rahardjo is a Counsellor with 7 years' experience and has provided individual, personalized counselling sessions with each client under her care and conducted group counselling with clients with relational and substance abuse problems. Her group counselling would often extend to working with the family members of a client. She has also conducted family or caregiver training sessions to individuals and in a group setting. Raisa has also worked as a Rehabilitation Counsellor /Case Manager for more than four years and provided Triple P training and consultation to parents for the past two years.