

# Triple P : Positive Parenting Program



## Triple P Level 2 Seminars (Primary)



- 3 X 90 minutes parenting seminars
- 3 seminars include:
  - (i) Power of Positive Parenting
  - (ii) Raising Confident, Competent Children
  - (iii) Raising Resilient Children

## Triple P Level 3 Consultations



- 4 X 45 minutes personal coaching sessions
- Quick and personal way to get help from the
- Tailored to meet your needs.



## What are parents saying?



### Triple P Level 2 Seminars *Primary School*

At times we are so caught up with “getting the things done” that we “react” first before thinking much of the child’s perspective. Now I **consciously pause for a while before I say something when my children do something I disagree.**

In addition, after attending this programme I feel more strongly that we, **as parents, must take care of our mind and body. When we are in good position with ourselves, we are able to guide and manage our children better.**

- Parent from Primary school



## What are parents saying?



### Triple P Level 2 Seminars *Primary School*

“Before the seminars, I tended to talk to my 10-year-old in an ordering tone. **During the second seminar, we were advised to talk respectfully and nicely to our children, and I realised that I was not really doing that. I made a conscious effort to speak to my child in a nice tone,** no longer ordering tone, and it improved our relationship. It also makes me enjoy my child more.”

- Parent from Primary school



## What are parents saying?



### Triple P Level 3 Consultations *Primary School*

The programme has helped me and my husband **understand better about the development phase** that she went through and the **root cause of her emotional issue**.

The Counsellor guided us with **systematic steps** to help her overcome her emotion, help her be more organized and rewarded her when she behaved well. The Counsellor also gave us encouragement and recognized what we did well that made us **more confident as parents**.

- Parent from Primary school



## What are parents saying?



### Triple P Level 3 Consultations *Primary School*

Before I attended the Triple P programme, I felt frustrated and stressed when dealing with my children's difficult behaviour.

Mrs Esther Lai is an excellent and experienced Master Coach.

Mrs Esther Lai always worked with me to **implement and review my parenting plan**. The tips and strategies are very useful. It helped my children cope with their emotions.

- Parent from Primary school