Positive Parenting Seminars

Developed by: Professor Matt Sanders through more than 30 years of clinical research trial.

Aim: Prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parent.

Recommended for: Parents whose children are in Primary 3 and 4

<table>
<thead>
<tr>
<th>Title</th>
<th>Date &amp; Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seminar 2: Raising Confident, Competent Children</td>
<td>9 July 2016, 9.30 – 11.30am</td>
</tr>
<tr>
<td>Seminar 3: Raising Resilient Children</td>
<td>23 July 2016, 9.30 – 11.30am</td>
</tr>
</tbody>
</table>

“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, Henry Park Primary

For registration, please go to: [http://goo.gl/forms/TRdDnWFairaZPoY52](http://goo.gl/forms/TRdDnWFairaZPoY52) or email: ong_shwu_fong@moe.edu.sg
About the Speaker – Ms Bong Louis
Ms Bong Louis is a Family Life Education Resource Speaker with vast experience in conducting marriage, parenting and community programmes. She started her career in the financial industry. Subsequent opportunities brought her to the social and community service sector where she was based for many years, setting up and running programmes for the underprivileged. Bong last worked as a School Counsellor with MOE, holds a diploma in Learning Disorders Management & Child Psychology (CAE) as well as a graduate Certificate in Parent Education Leadership Training.

Parenting Talk:
Learning-oriented vs. Performance-oriented Parenting

Help your child rediscover the joy of learning!

The frantic pace and competitive educational life in Singapore has left many parents anxious about their children’s academic performance and future. Attempts to discipline and motivate them in their academic pursuits have been met with resistance. Worse, our well intents have also affected our relationships with them. Should parents reconsider their expectations and approach? Backed by the research work of world renowned psychologist, Dr. Carol Dweck, this talk will cover topics on:

- Unlocking an innate desire to learn.
- Be a “learning-oriented” not a “performance-oriented” parent
- Effort vs. Ability-which do we emphasize?
- Intrinsic motivation vs. External rewards/punishment

30 July 2016 (Saturday)
9am to 11am (registration starts at 8.45am)
HPPS, PAL Room (Level 2)
For registration, please go to: http://goo.gl/forms/TRdDnWFairaZPoY52 or email: ong_shwu_fong@moe.edu.sg

All HPPS parents are welcomed to join us for this free 2-hour session.