Brought to you by FamilyMatters@School at Henry Park Primary School, this newsletter aims to share nuggets of information to help you build a strong and happy family.

**Triple P Helps Make Raising Kids Easier!**

Would you like to be able to manage your children’s behaviour confidently? 
Would you like to prevent behavioural and emotional problems from developing? 
Would you like to build strong and healthy relationships with your children?

**Triple P – Positive Parenting Programme** – is a family support programme that is designed to offer parents simple and practical strategies to help you achieve the above. Developed in Australia, Triple P has proven to be effective for hundreds of thousands of families across cultures, socio-economic groups as well as in different family structures. The programme is well supported by 35 years of evaluation research, demonstrating positive results in countries including Australia, Germany, America as well as Asian countries such as Japan and Hong Kong.

Henry Park Primary School is pleased to partner with the Ministry of Social and Family Development to offer Triple P to our parents. The programme is targeted at Primary 3 and 4 parents but parents from other levels are welcomed to participate, too. The series of three seminars will be conducted at Henry Park Primary School as follows:

<table>
<thead>
<tr>
<th>Seminar</th>
<th>Date &amp; Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Seminar 1: The Power of Positive Parenting</td>
<td>30 May 2015, Saturday</td>
<td>9.30am to 11.30am</td>
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<td>Seminar 2: Raising Confident, Competent Children</td>
<td>4 July 2015, Saturday</td>
<td>9.30am to 11.30am</td>
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<tr>
<td>Seminar 3: Raising Resilient Children</td>
<td>11 July 2015, Saturday</td>
<td>9.30am to 11.30am</td>
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Each seminar introduces parents to specific techniques to address parenting issues and encourage positive behaviour. Parents can choose to attend any seminar. Research has shown that parents who attend all three seminars benefit the most as they become more confident in managing parenting concerns and building stronger parent-child relationships.

Seminar details are in the subsequent pages.

More information on Triple P can be found on the [programme’s website](#).

To register for the seminars, please contact Lisa Yuen (School Coordinator, FamilyMatters@School) at:

Email – lisa_yuen_phui_san@moe.edu.sg or sms/call – 9756-6189

*Looking forward to your participation!*
Free 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 Positive Programme 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 is recognised by a respected research organisation, and included in their list of effective programmes.

For more information on Triple P Programme, please visit http://www.triplep.net/glo-en/home/

Trainer’s Profile


Michael has been in the human services for the last 20 years. He has previously worked with various volunteer welfare organisations. Today, he is a trainer, facilitator and coach who provides life-skills/personal effectiveness education for schools, MSF, community service organisations as well as corporate and individual clients.
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Triple P Positive Programme 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.

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Triple P Positive Programme 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

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In April, our team of five Parent Facilitators hosted a ‘Bonding Through The 5 Love Languages’ workshop for our parents and children. In his international bestselling book titled ‘The 5 Love Languages’, Gary Chapman outlines five ways to express and experience love – quality time, words of affirmation, acts of service, gifts and physical touch. Chapman asserts that when people show love to their loved ones through a love language that these loved ones appreciate, they are able to build a better relationship with them. Our Parent Facilitators – Anitha, Carol, Heny, Rosylnn and Syed – gave some ideas on how parents can show love to their children. Let’s see how our parents and children showed their love for each other!  

Massages bring comfort to daughter, Daddy and spouse...  
Mummy lovingly tying hair for daughter...  
Bonding over baking...  
Writing certificates for each other... ‘World’s Best Daddy’, ‘World’s Best Daughter’, etc.  

Discover your love language and that of your child’s by taking a quiz.
Expert Advice

Read what a family life educator at one of our parenting events say about raising children.

“To teach children to think,
ASK them questions; don’t tell them what to do.
Don’t tell children what’s wrong;
ASK them what’s wrong.
Don’t tell children what’s next;
ASK them what’s next.
ASK children for their solutions to their problems.
If they are unable to come up with solutions, ask them if they want you to help. Let them be the ones asking you for help.
They may remain quiet. Give short answers, or even nonsensical ones. Hold your fortress!
The best gift a parent can give to his child is time.
The best advice a parent can give is question.”

By Mr Adrian Choo
(‘Help My Child to Beat Procrastination’)

Parenting Resources

Visit our blog frequently for timely updates!

hppsfamilytimes.blogspot.sg

or access it from our

FamilyMatters@School page on our school website

1. ‘Help Your Child Beat Procrastination’
Learn the types of procrastinators to help your kids “get going”!

2. ‘Colours of the Mind’
Take this quiz to learn more about how your child thinks, feels and behaves. The guide provides tips on how you can improve his/her positive functioning, social intelligence and emotional intelligence.

3. ‘3 Life Lessons We Can Teach Our Children’
In this article, Focus on the Family draws inspiration from the sharings by Mr Lee Kuan Yew’s children as well as what Mr Lee had revealed of himself.

Share with Us!

We welcome you to contribute to the newsletter by sharing your positive parenting experiences, recommending resources and suggesting ideas for family bonding. Here are examples of topics you can share on:

• How do you encourage your child to persevere?
• What do you do to prevent your child from becoming a gaming addict?
• How did you help your child manage his/her stress?

Please send your contributions to: lisa_yuen_phui_san@moe.edu.sg or 9756-6189.

Kindly note: The editors shall have no obligation to use all the material submitted and reserve the right not to use material that they deem unsuitable.

“The bond that links your true family is not one of blood, but of respect and joy in each other’s life.”

- Richard Bach

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Editor and Contributor: Lisa Yuen (School Coordinator, FamilyMatters@School)