







Empowering Families Through Family Matters!



FAMILY matters!

Parenting Talk (March):

Parenting in Tandem with Personalities

Choleric 	Sanguine 
Melancholic 	Phlegmatic 

When it comes to parenting, we rarely tailor our approach to our child's temperament. Whether our child is shy or brash, a great arguer or a genius at covering his tracks, we respond the exact same way when he's out of line, then wonder why nothing changes. ***In this workshop, parents will learn to:***

- (1) identify your own personality type and use the concepts to gain insights into your children's personalities;***
- (2) understand why children act in the way they do and how, a parent can respond, discipline and motivate to bring out the best in them;***
- (3) bring greater harmony and bonding in the family by learning how to get along with each other.***

Speaker – Ms Christabel Hong was a mainstream school teacher before becoming a counselling psychologist and an educational therapist. Her rich experience enables her to be well-acquainted with the challenges parents of today face in raising children to be both academically competent and socially well-adjusted. She works extensively with students with learning and school-related difficulties. Her focus also includes helping parents create a stronger and lasting parent-child relationship, through a more enjoyable parenting experience.

Date & Time: 11 March 2017 (Sat), 9am to 12pm

Venue: HPPS, Teaching Lab (Level 1)

For registration, please go to <https://goo.gl/forms/zt7rtM1aAcebYJ6p2> or email: ong_shwu_fong@moe.edu.sg



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Parenting Talk (April): Sow Values, Nurture Character, Harvest Behaviour - Character Building In Action

“Values! Characters!”

Parents use words like these quite a fair bit. While commonly agreed that strong values are crucial to character development and personal success, many parents may have only a faint idea of how to go about them. Values without clear definition makes it hard to be imparted and for young people to abide to. Parents who took care to define these, finds it easier to parent, to nurture, teach positive behaviour and have a higher success in getting positive response. The fostering of character through impartation of values is certainly one of the best ways to get children motivated in learning and be successful in life.



Speaker – Mr Danny Ho (MSocSc in Professional Counselling), is a registered Counsellor with the Singapore Association of Counselling. His approach to life and counselling is strength-based in nature. Danny conducts workshops such as "Like Father, Like Son", "How to Help Your Child Succeed in Primary School?", "Parenting Teens: Sheer Pleasure or Peer Pressure?" and "How to Think and Stay Positive in these Challenging Times". He also conducts mental-wellness talks under the Heath Promotion Board's Treasure Your Mind programme.

Date & Time: 1 April 2017 (Sat) , 9am to 12pm

Venue: Teaching Lab (Level 1), HPPS

For registration, please go to <https://goo.gl/forms/zp7rtM1aAcebYJ6p2> or email: ong_shwu_fong@moe.edu.sg