



Empowering Families Through Family Matters!



FAMILY matters!

# Good Enough Parenting – Realistic Expectations

Meeting the *Core Emotional Need of Realistic Expectations* is about helping children to understand what is expected of them, while giving them the freedom to be themselves. It involves fine tuning expectations in order to truly inspire and motivate. As parents perform this regularly, children will grow up to be intrinsically motivated, self-directed, self-compassionate, emphatic and optimistic. ***In this talk, parents will learn how to treasure children's gifts and talents through the concept of Multiple Intelligences; how to replace unrelenting standards with healthy motivation; and ways to set learning-oriented goals!***



**Speaker – Mr Richard Cheong** has been trained as a certified family life educator by Swinburne University (Australia) and Family Resource Training Centre. He specializes in marriage counselling, counselling children and teens, and in counselling young adults in the area of smoking cessation. Richard was invited on Radio FM 93.8 as a guest speaker and was on the recent teens programme in Channel U “Just Shoot”. Richard holds a degree in Counselling Psychology, Diploma in Counselling and Communication with Edith Cowan University and is now a certified Triple P Practitioner.

**Date & Time: 10 March 2018 (Sat) , 9 to 11 a.m.**

**Venue: PAL Rooms (Level 2), HPPS**

For registration, please go to <https://goo.gl/forms/bzA1Nucud6CkQw482> or email: [ong\\_shwu\\_fong@moe.edu.sg](mailto:ong_shwu_fong@moe.edu.sg)

***All HPPS parents are welcome to join us for this free workshop!***