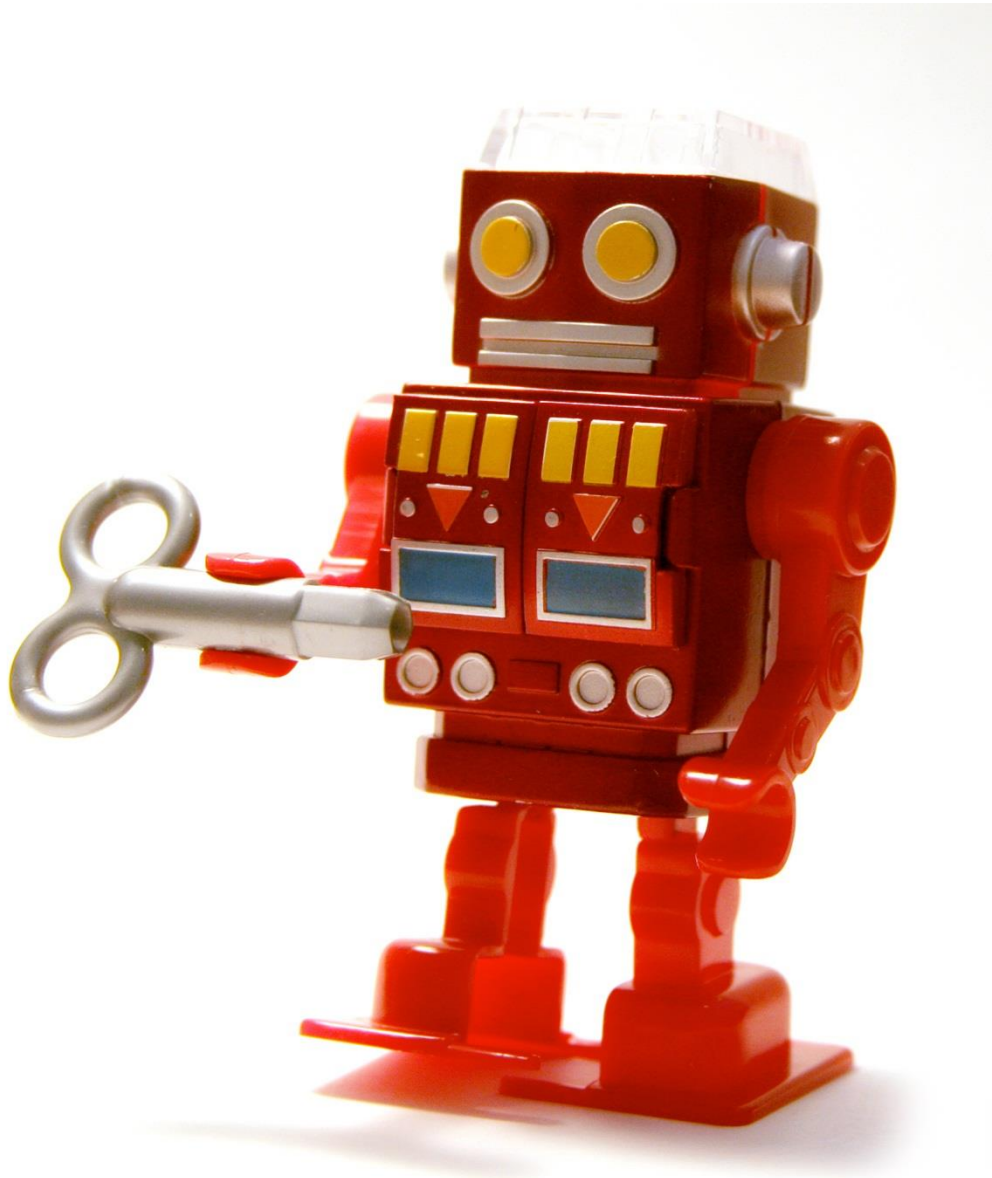


Bringing Family Life Education closer to you

FamilyMatters@ Yu Neng Primary School



FAMILYmatters
@ school



**Kids don't
come
with an
instruction
manual**

Triple P (Positive Parenting Program)



- 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 parents
- Delivery Format: Large group seminars (Triple P Level 2), individual consultations (Triple P Level 3), and group sessions (Triple P Level 4)

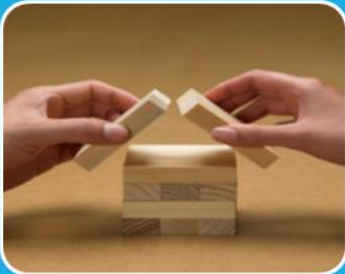
Triple P : Positive Parenting Program

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 trainer
- Tailored to meet your needs.

Triple P Level 4



- Group + Individual /Telephone Sessions
- 4 X 2hr Group sessions (4-6 families)
- 3 telephone calls
- Final 1 X 2hr Group Session

Evaluation Study on Triple P Pilot



- The evaluation study on Triple P shows that the programmes bring about better parenting and child outcomes.

Parents who undergo the full programme dosage report:

- Improved parenting competency
- Reduced parenting stress
- Reduced negative emotional states
- Reduced child's difficult behaviour.

Triple P is Effective!



What Are Parents Saying?

Triple P Level 2 Seminars *Primary School*

“Being a mother of 3, I faced a lot of challenges in their behaviour, emotions, dealing with their school life...By attending Triple P, I learnt many techniques/ strategies to handle these situations. They taught me how to be calm, understand the kids’ emotions and how to handle them with love and care. Now I am more patient than before and can deal with them calmly and rationally.

- Parent , Clementi 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, St Anthony’s Primary



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, Henry Park Primary



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, Qifa 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, Unity Primary School

**Fill up the questionnaire
to help us match you with
the right programme**



A photograph of two young children, likely of East Asian descent, standing against a plain white wall. The child on the left is wearing a grey and white checkered cardigan over a yellow shirt and blue and white patterned pants. The child on the right is wearing a white long-sleeved shirt under a pink and grey argyle vest and blue jeans. They are both holding a large, inflated gold balloon. The child on the right is blowing into the balloon, while the child on the left looks on. A semi-transparent white rectangular box is overlaid on the center of the image, containing text.

**Please email your
FamilyMatters@School
coordinator Mrs Tracy Chew at
ynpsfms@gmail.com if you
need assistance or more
information**