

Bringing Family Life Education closer to you

FamilyMatters@ Yu Neng Primary School

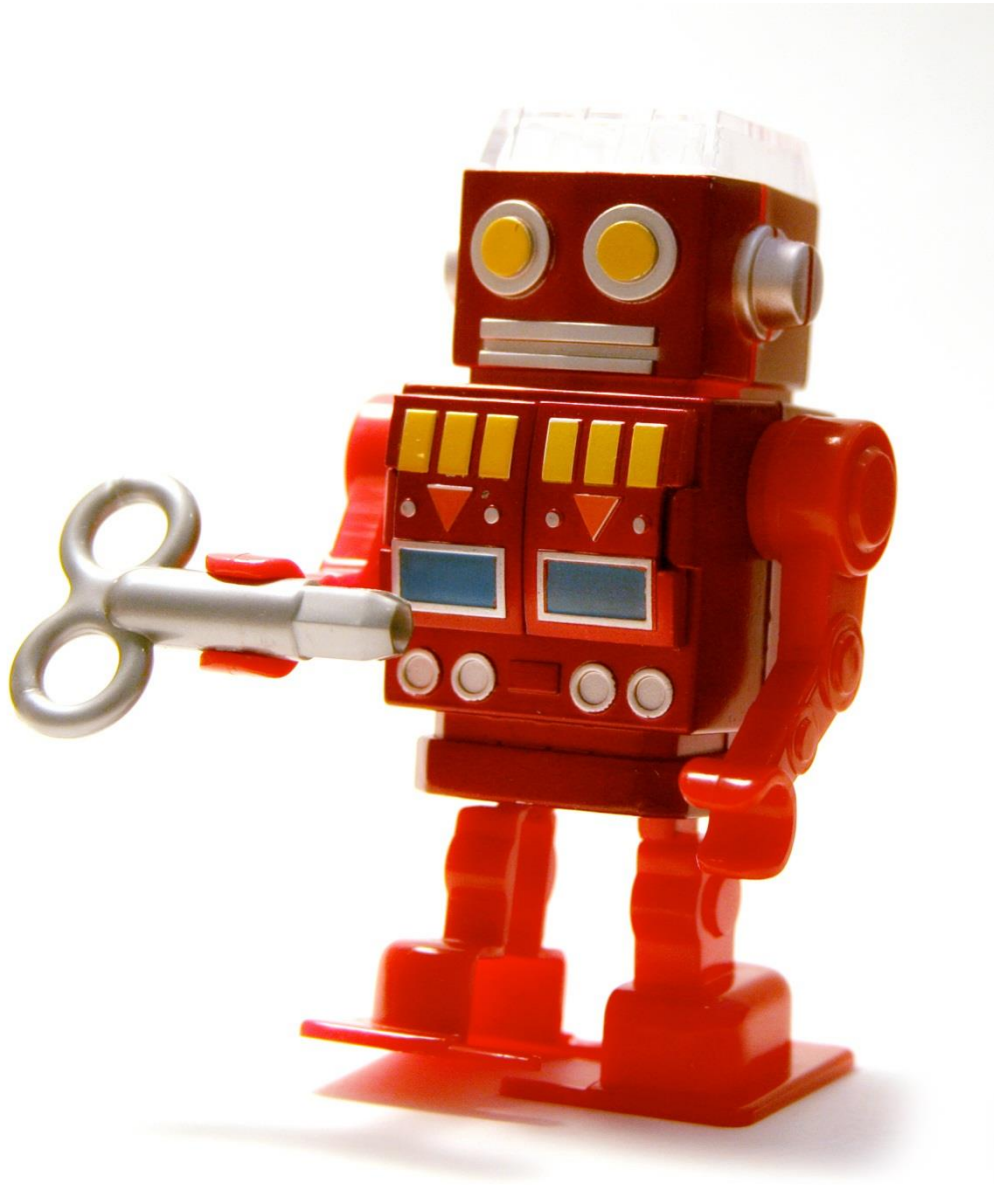


FAMILYmatters
@ school



Hello. My
name is

Ms. Harjit Kaur



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

Evidence-Based Programmes (EBP)

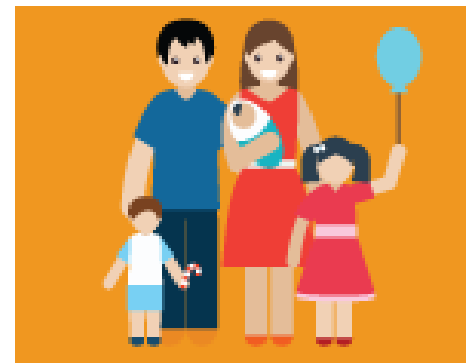
What is Evidence-Based Programme?

- Programme that is “endorsed” by a respected research organisation and included in their list of effective programmes
- Evaluation research shows that it produces the expected and consistent positive results; and results attributed to the programme itself, rather than to other external factors or events

EBP Fact Sheet

FACT SHEET

- In 2014 - 2015, MSF piloted the EBP parenting programmes to 50 schools.
- 2017 - 149 schools onboard
- **2018 - 175 schools**



Benefited

15,000

Parents



EVALUATION STUDY ON TRIPLE P PILOT



2014 - 2015

- Over **500 parents** from primary and secondary schools participated
- Study found parents who attended the full programme showed:



Improvement in
parenting
competency



Reduction in
parenting
stress



Reduction in
negative
emotional



Reduction in
child's difficult
behaviour

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)

- Consists of 3 seminars 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

- **Individual Consultations** to help parents manage one or two specific behaviour problems that are a current concern.
- 4 weekly individual consultations x 45min/session over a 4 to 6 weeks period
- 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



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**



Dates of upcoming Triple P Level 2 Seminars

Seminar 1

Date: 21 July 2018 (Sat)

Time: 9.30am to 11.30am

Seminar 2

Date: 4 August 2018 (Sat)

Time: 9.30am to 11.30am

Seminar 3

Date: 18 August 2018 (Sat)

Time: 9.30am to 11.30am

A photograph of two young children, likely of East Asian descent, standing against a plain white background. The child on the left is wearing a light-colored, patterned jacket and dark pants with a white pattern. They are holding a yellow ball to their ear. The child on the right is wearing a white shirt with a colorful diamond pattern and blue jeans. They are holding a yellow ball to their mouth. A thin string is visible between the two children, suggesting they are playing a game or an activity.

Please contact your
FamilyMatters@School
coordinator **Mr Yok** at
9721 2871 if you need
assistance or more information