



CHIJ Our Lady of the Nativity

1257 Upper Serangoon Road Singapore 534793

• Tel: 6385 2455 • Fax: 6385 2012 • Email: chijoln@moe.edu.sg

11 May 2018

Ref: 2018OLN_0183

Dear Parents

PARENTING TALK FOR P5 & P6 PARENTS **Understanding The Changes and the Challenges of Today's Teenagers**

1. The adolescent years can be an emotional challenge for both parents and their children. At primary 5 or 6, your daughter is entering this new phase of her life. It is a time of rapid physical development and deep emotional changes. These changes are exciting, but can also be confusing and uncomfortable for children and parents alike. In order for familial relationships to be preserved and for the teens to develop into mature adults, parents and teens need to understand these changes and know how to cope with them.
2. The school is organising the above talk to provide parents with an understanding of the issues faced by their daughters as they grow into their adolescent years. The following topics will be covered in the talk:
 - Teenage problems
 - Common teenage problems today
 - The teen's struggle
 - What is happening or will happen emotionally to your child as she grows
 - The teen's needs - What your child needs most during the adolescent years
 - The parent's role
 - How parents can help their teenager through this phase
 - Parenting approach for teens
 - How parents can exercise love & discipline to gain the respect & love of their teen
3. The details of the talk are as follows:

Date : 21 July 2018, Saturday
 Time : 9.00a.m. – 12.00pm.
 Venue : CHIJ OLN, Innovation Room (Level 1)
 Cost : \$0; the cost of the talk is borne by MSF.
 A short break and light refreshment will be provided.
4. The talk will be delivered by Mr John Kok, a speaker engaged by Ministry of Family and Social Services (MSF) for the FamilyMatters@School programme. A brief write-up on Mr Kok is given overleaf.
5. Please complete the Reply Slip below and ask your daughter to submit it to her Form Teacher by 18 May 2018. A message will be sent to your mobile phone by Mdm Wanna, the school's FamilyMatters@School Coordinator, upon receipt of your registration for the talk. If you have any queries, please contact Mdm Wanna at 8782 6951 or via her email at WannaXiang@gmail.com.
6. You are strongly encouraged to attend the talk. We believe you will find it enlightening and helpful.

Thank you & God bless

Ms Christina Teo
Principal

REPLY SLIP

PARENTING TALK FOR P5 & P6 PARENTS **Understanding The Changes and the Challenges of Today's Teenagers**

Name of pupil:		Class:	
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Yes, I am / we are attending the talk.

No, we are unable to attend the talk.

1. Name of Participant (Father) _____

Contact no: _____

2. Name of Participant (Mother) _____

Contact no: _____

Email Address (of one of the participants): _____

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Ministry of Social & Family Development & CHIJ Our Lady of the Nativity



About the Speaker: Mr. John Kok Heng Kwai

John graduated from NUS BBA (Honours, Second Upper) in 1996. He obtained his Teacher's certificate in 1998 PGDE in MOE (SPE).

In 2002, John left MOE to join a non-profit multi-national organization which reaches out to the poor and needy in neighbouring countries, travelling to India, China, Cambodia and Thailand. During that period, John led small teams of youth and adults on short term mission trips and conducted activities like language training classes, providing medical care, conducting sports training as well as helping in menial tasks like farming.

John has been working with and amongst youths and teenagers for more than 20 years. He has accumulated invaluable experiences through the close interactions with many of the teens he has worked with, ranging from the affluent to the needy and from the high achievers to the at-risk children. He continues to give tuition to several youths and teenagers as well as go on seasons of relief teaching in various schools to keep abreast of the trends and temperaments of the youth and teen culture. He is also in constant contact with parents of children of various ages to get a feel and an understanding of the challenges they face daily.

John is passionate about helping people build stronger relationships with their loved one.