

TRIPLE P SEMINAR SERIES

WHAT IS TRIPLE P?



A toolbox of **tested-and-proven parenting strategies** for you to choose from!



Ranked by the United Nations as the **world's Number 1 parenting programme**



Tested with thousands of families for more than 35 years

WHY SHOULD YOU ATTEND TRIPLE P?

How do I support my child to be **independent** and **make friends**?

- Triple P is **for every parent** who wants to unlock the potential in their children!
- Conducted by **certified trainers**, accredited by the Ministry of Social and Family Development (MSF) and Triple P International.
- **Complimentary tipsheets** will be given to parents who attend all three seminars.

FULLY SUBSIDISED

WHAT WILL YOU LEARN?

SEMINAR 1: THE POWER OF POSITIVE PARENTING

Learn how to create a healthy, nurturing family environment by using **assertive discipline, setting realistic expectations** and **taking care of yourself** as a parent.

How can I **prepare myself** as my child adjusts to school?

SEMINAR 2: RAISING CONFIDENT, COMPETENT CHILDREN

Help your child to become independent and gracious through **effective communication**, being **considerate** and **respectful**, and **developing positive thinking**!

SEMINAR 3: RAISING RESILIENT CHILDREN

Coach your child to manage their emotions by teaching them effective **ways to cope**, and **expressing their feelings** appropriately!

SEMINAR DETAILS

Dates & Time:

19, 26 February & 5 March 2022, Saturday, 9am to 10.30am via Zoom

Please use this link or scan the QR code to register:



<https://forms.office.com/r/LjQqJvyYFa>

For more information on Triple P, please visit:
<https://www.triplep-parenting.net/global/triple-p/>



Presented to you by:

