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## Seminar Series



Positive Parenting Programme is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

> Over 30,000 parents who have attended the programmes reported:

- **Decrease in parenting stress**
- Improvement in parenting competency
- Reduction in children's difficult behaviours



#### The Power of Positive Parenting

Five Core Principles of Positive Parenting

m 28 Jul 2023, Fri

© 7.45pm-9.15pm

#### Raising Confident, Competent Children

Teaching Children Important Values and Skills



## 4 Aug 2023, Fri



7.45pm-9.15pm

#### Raising Resilient Children

Teaching Children **Emotion Regulation Skills** 



m 11 Aug 2023, Fri

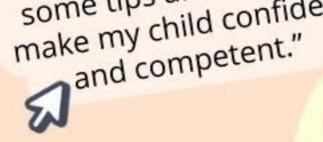


**9** 7.45pm-9.15pm



"Very impressed with the examples given and how relatable and practical some of the solutions and examples are."

"I have come to know some tips and tricks to make my child confident



"Good seminar. Able to guide me (got many tips) on how to handle my child well."







https://go.fycs.org/L2PriAug23



### Hilyah Saparin Family Life Educator

Hilyah holds a Master of Social Science degree and has 21 years of experience as a social worker. She works with children and families on varying issues they face. Hilyah also provides supervision and training for social service practitioners. She is an accredited Triple P practitioner and delivers evidence-based parenting programmes.

Registration closes on: 24 July 2023



Participants who attend all 3 seminars will receive a set of Triple P materials.

For enquiries, please contact Helene Tan at helenetan@fycs.org or 9791 4100.