



PARENTING PROGRAMME
Effective Parenting Approach
to Raising Your Child!

What is Positive Parenting Programme (Triple P)?

The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote their children's psychological, social and emotional competence. Backed by more than 30 years of ongoing research, Triple P is one of the most effective evidence-based parenting programmes in the world.

To indicate interest for Triple P



<https://forms.office.com/r/4E3wD93GKl>

Tap on this link
on your phone

Findings of the effectiveness of Triple P in the Singapore context

↑
Greater
Parenting
Competence

↑
Improved
Emotional
States

↓
Lower
Parenting
Stress

↓
Reduced
Behavioral
Problems

*Triple P provided **much insight into our parenting styles** and how we could adjust accordingly. The **facilitator was skilful** in the way she guided us. This enabled us to openly share our fears and challenges faced in our parenting journey. A **BIG thank you for the enriching sessions***

- Mr and Mrs Lee, parents of a primary 4 child