

Parents, stay positive!



Triple P – Positive Parenting Program
Level 2, Seminar



positive parenting in a nutshell





Triple P takes the guesswork out of parenting

A Triple P seminar is a great way to find out the basics of positive parenting. It's packed with simple ideas to help make raising kids easier.

What is the Triple P Seminar Series?

Seminars are relaxed sessions that tackle some of the most common family issues. There's a seminar series for parents of children up to 12 years and another series for parents of teens. There are three seminars in each series. You can do one, two or all three.

Each seminar lasts 90 minutes and there's time for questions at the end. Plus you'll get to take home a tip sheet to remind you of all the great ideas you've heard.

Triple P can help you

- Encourage behaviour you like
- Build better relationships
- Reduce conflict
- Deal with problem behaviour
- Feel confident as a parent
- Be realistic about parenting
- Take care of yourself too!

Seminars for parents of children up to 12 years

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

Seminars for parents of teens

- Raising Responsible Teenagers
- Raising Competent Teenagers
- Getting Teenagers Connected

Find out more:

Contact the FamilyMatters@School co-ordinator in
your child's school or email familymatters@msf.gov.sg

How can I get Triple P?

If you would like to sign up for Triple P, please approach the FamilyMatters@School co-ordinator in your child's school or contact **familymatters@msf.gov.sg**.

Will Triple P work for me?

Triple P is one of the few parenting programmes in the world with evidence to show it works. More than 100 research trials and studies show Triple P can help families in all types of situations. It's already helped millions of children and their families in more than 20 countries.



> Patricia says:

"Justin would get upset over little things and end up throwing a tantrum or yelling at another kid when something didn't go the way he wanted. But Triple P gave me some ideas to help him cope when he got frustrated. Now we are both much calmer."