



# **Empowering Your Children to Have Life to the Full**

**using Positive Parenting Program  
(Triple P)**



Dearest Parents,

We hope that our children can achieve their fullest potential by being more responsible, motivated and resilient.

We work very hard to provide the best opportunities for them to excel. And when they do well, we, including our children, will have a sense of accomplishment.

While setting goals is easy, achieving them is another matter! What is the reality?



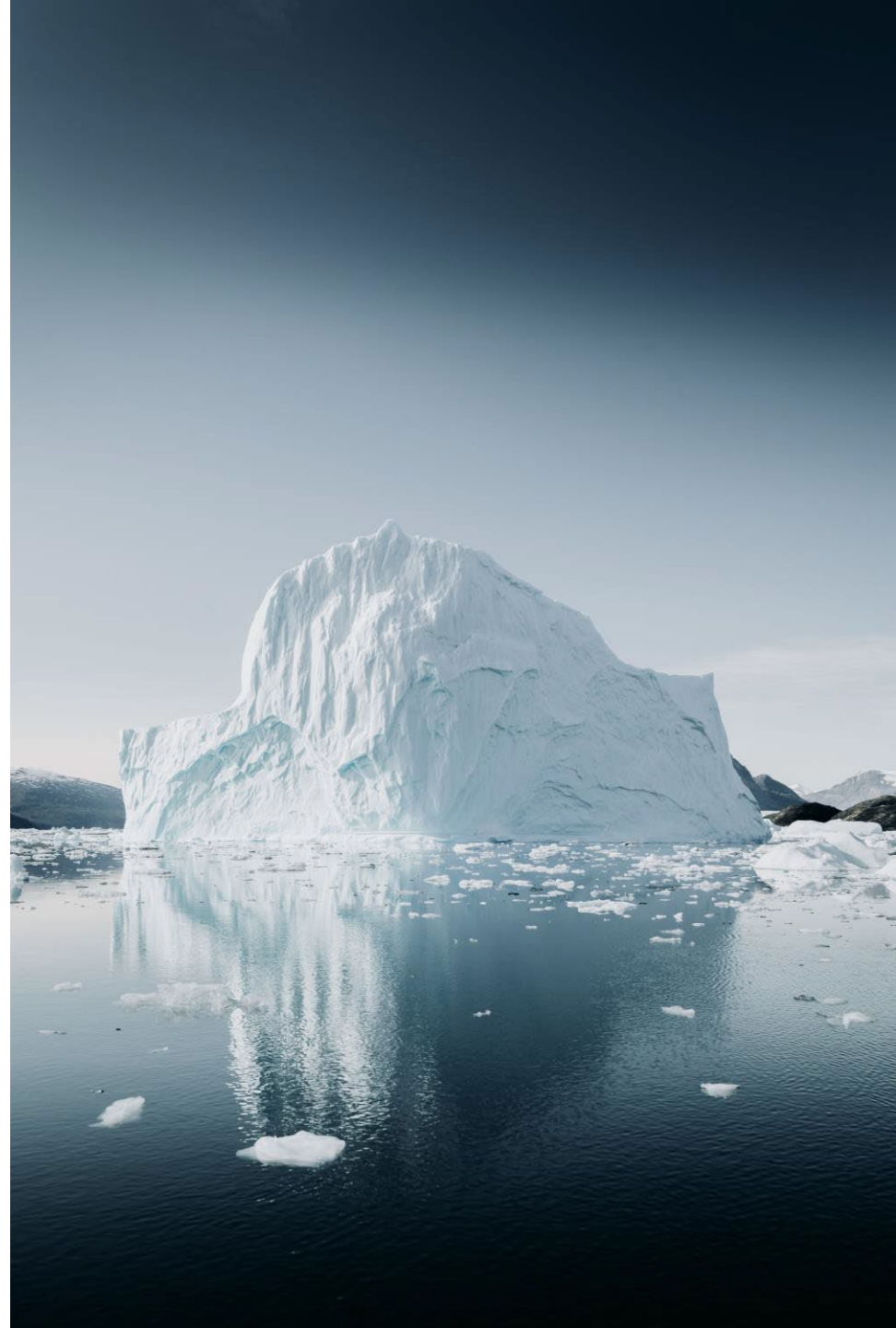
Do you find yourselves  
repeating similar  
conversations with your  
children?

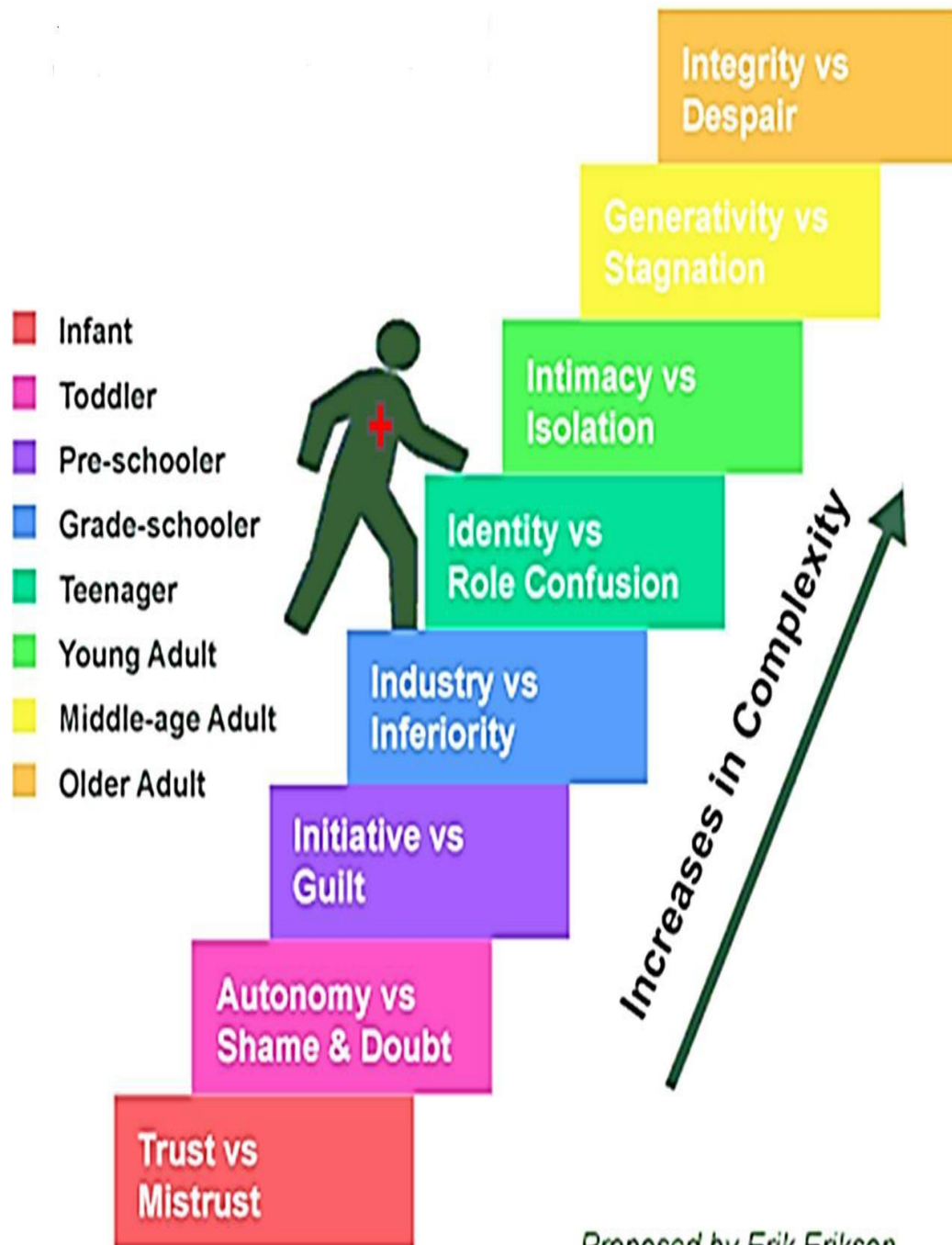
Why are you like this?

How many times have I told  
you not to do this?

Stop this now!

Do I always have to remind  
you to do your homework and  
stop using your phone?





*Proposed by Erik Erikson*

These discounting remarks, articulated especially in an emotional tone, can affect your children's psychosocial development

Looking at Erikson's developmental model, what are the skills and techniques you should acquire to nurture your children to their fullest potential and at the same time, bring out the best behaviours in them?

How can you equip yourself with new parenting skills?



Sign up for Positive Parenting Program (Triple P) via [FormSG](#). Triple P is one of the most effective evidence-based parenting programmes. It has more than 30 years of research. Supported by the Ministry of Social and Family Development (MSF), Triple P is a preventive programme that provides parents with simple and practical strategies to manage teenage behaviour and foster strong parent-teenager relationships.

Watch this video to find out some parents' experience with Triple P:

<https://www.youtube.com/watch?v=Fo8XE2yQStg>



**Connie (Head MWS FSP)**

**Kristine (FLE) & Shao Shi (PC) - TAMPINES**



**Paul (FLE) & Shafiyah (PC) - TAMPINES, PASIR RIS & PUNGGOL**



**Jencie (FLE) & Shamini (PC) - PASIR RIS & PUNGGOL**



**Beatrice (Admin Assistant)**

Since 2019, MSF has appointed Methodist Welfare Services (MWS) to support parents in our school. The MWS Family Support Programme (FSP) with its team of certified trainers provides preventive evidence-based programmes to guide parents. If parents need further assistance beyond parenting, MWS FSP can partner with our school and other agencies to provide a more wrap-around delivery.



More than 500 parents who attended Triple P in 2020 found the programme hugely beneficial with satisfaction rates of about 95% for programme effectiveness and about 99% for programme content and delivery.

Here are 2 testimonials from parents who benefitted from Triple P in 2020:

“I have learned to praise, reward, give recognition and communicate with my child. I saw a change in my son's behaviour as he will now take the initiative to do his homework and task at the rightful time. We have also managed to reduce his screentime and he did not kick up a big fuss about it like before. These have reduced tremendous amount of my parenting stress.”

“It's nice to be heard, encouraged and to be guided on my parenting journey. It's good to be reminded how to create good communication and spend quality time with the kids. Paul had made me feel more positive about my parenting style (I'm usually a negative person). I would certainly recommend friends who wish to manage/parent better to join this program.”



For more information, visit [Positive Parenting Program \(Triple P\)](#).

To sign up for Triple P, please register via [FormSG](#) today.

