



POSITIVE PARENTING PROGRAMME® (TRIPLE P)

LEVEL 2 SEMINARS

3 seminars per run (1 hr each)

LEVEL 4 GROUP SESSIONS

5 group sessions (2 hrs each) and
3 individual phone consults (20 min each)

Triple P is an evidence-based parenting programme that is endorsed by a respected research organisation. Evaluation research shows that it produces the expected and consistent positive results; and results attributed to the programme itself, rather than to other external factors or events. It is developed by Professor Matt Sanders through more than 30 years of clinical research trial.

Aim

Prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.



ENQUIRY / REGISTRATION

Scan the QR code now for more workshop details!

LEVEL 2 WEBINARS

ONLINE FREE

Fully subsidised by the Ministry of Family and Social Development For Organisations, please email training@morningstar.org.sg to enquire

Each subsequent webinar builds on from the previous one, thus we recommend that parents attend all 3 seminars to benefit from the whole run.

Seminar	Preschool/ Primary Topics	Secondary School Topics
1	Power of Positive Parenting	Raising Resilient Teenagers
2	Raising Confident, Competent Children	Raising Competent Teenagers
3	Raising Resilient Children	Getting Teens Connected

Success Story

" I am better able to remain calm and collected when I communicate with my daughter and when she were to act out, I could control my own temper from rising. Once I changed to a calmer tone to speak with her, she was also able to speak to me in a more respectable tone. I found that we could talk things through without either of us losing control. "

- Parent, Level 2 Webinar

LEVEL 4 GROUP SESSIONS

RECOMMENDED CLASS SIZE

4 to 6 families (up to 2 pax per family)

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Triple P Level 4 is for parents who want intensive training in positive parenting skills. It helps parents learn strategies that promote social competence and self-regulation in children as well as decrease problem behaviour. The run comprises both Group and Individual (phone consults) sessions.

Session	Topic
1	Positive Parenting
2	Helping Children Develop
3	Managing Misbehaviour
4	Planning Ahead
5	Using Positive Parenting Strategies 1
6	Using Positive Parenting Strategies 2
7	Using Positive Parenting Strategies 3
8	Programme Close

Success Story

" In the past, I found it difficult to get my son to do his homework on his own without being told to do so. After trying some strategies, my son is now showing me his completed homework on his own! I am so encouraged! "

Supported by:



Organised by:



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