



**Parenting Seminars**  
Effective Parenting Approach to Raising Your Child!

## Triple P Positive Parenting Programme



Triple P Level 2 seminars are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

### Triple P Level 2 Seminar Series

- Seminar 1 : Raising Responsible Teenagers
- Seminar 2: Raising Competent Teenagers
- Seminar 3: Getting Teenagers Connected

#### What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

#### What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

#### Why is it effective?

- ▶ One of the most effective evidence-based\* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

\*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.



For more information on Triple P, please visit <http://www.triplep.net/glo-en/home/>

### Our Objectives

- 1) To **Promote** school, home and community collaboration for mutual benefit, as well as the quality of education.
- 2) To **Support** school initiatives and projects in order to help our children achieve holistic excellence.
- 3) To **Grow** the network between Parents through activities involving the school.



## ANG MO KIO SECONDARY SCHOOL Parent Support Group

*Communicating with schools through  
Parent Support Group*

*"Parental support is key to success"*

# Join us!

Events organised in conjunction with:





## School Family Matters!

We bring resources, knowledge & skills from MSF to parents so as to empower them to build stronger and happier families.

## Publicity & Recruitment

We engage parents to be part of their children's success stories through our PSG activities and friendship.

### AMKsian Showcase



### Sec 1 Registration



### Sec 1 Campfire Night



## Projects, Events & Media

We promote parent-child bonding through participation in our projects and communication of information using various social-media platforms.

### PSG Appreciation



### CNY Lohei



### Teacher's cum EAS Day celebration



### Awards Day – Friends of AMKSS



## Fathers@AMKSS

We inspire, mobilise and involve fathers as positive role models in their children's lives – for life!

### Sungei Buloh Wetland Reserves Green Partnership



### Bake & Bond



### Scenic Walk @ Hort Park

