

Positive Parenting Programme (Triple P) Seminar Series

Dear Parents/Guardians

Effective Parenting Approach to Raising Your Child

During your children's growing up years, you may need some strategies to manage their behaviour, particularly when they reach adolescence. To support parents in building a healthy relationship with their child, **Ang Mo Kio Secondary School** is offering the Positive Parenting Programme (**Triple P**) **Level 2 Seminar series**.

We are pleased to invite you to attend the **Triple P Level 2 Seminars**, free of charge. The programme is designed to equip parents with knowledge and skills in managing children's behaviour during their tween and teen years. More programme details can be found in the enclosed e-brochure.

Currently offered to 215 primary and secondary schools, the programme has benefited some **23,000 parents** island-wide. *"Being a mother of 3, I faced a lot of challenges in their behaviour, emotions, dealing with their school life...By attending Triple P, I learnt many techniques/ strategies to handle these situations. They taught me how to be calm, understand the kids' emotions and how to handle them with love and care. Now I am more patient than before and can deal with them calmly and rationally."* You can also enhance your parenting skills just like these parents. Join us on the following dates at **Ang Mo Kio Secondary School**:

Seminar (90 minutes each)	Date	Time	Venue
Seminar 1: Raising Responsible Teenagers	21 September 2019	9am to 11am	AVA Room Level 3
Seminar 2: Raising Competent Teenagers	19 October 2019	9am to 11am	AVA Room Level 3
Seminar 3: Getting Teenagers Connected	9 November 2019	9am to 11am	Library Level 3

The seminars are fully funded by MSF. You are highly encouraged to go for all 3 seminars as each seminar builds on the knowledge of previous seminar. This is to ensure that you can fully capture the philosophy of Positive Parenting, which help you navigate your parenting journey.

NOTE: To register via email, send your particular to hanitakammo@amkfsc.org.sg or click [here](#) to RSVP. For queries, send your questions to our FamilyMatters@School Coordinator, **Mdm Hanita Kammo** using the same email address or click to add my contact <https://wa.me/6596675612>.

We look forward to your participation.

Thank you.

Positive Parenting Programme (Triple P L2)

Seminar 1 - Raising Responsible Teenagers (21 Sept 2019)

Seminar 2 - Raising Competent Teenagers (19 Oct 2019)

Seminar 3 - Getting Teenagers Connected (9 Nov2019)

Time: 9 am – 11 am

Venue: Ang Mo Kio Sec Sch (AVA Room – S 1 & S 2 @ Level 3)
(Library - S 3 @ Level 3)

----- Reply Slip-----

Positive Parenting Programme (Triple P L2)

Please submit this completed Reply Slip to the Form Teacher by 6 September 2019.

Please tick

	YES	YES (with spouse)	NO
Seminar 1 - Raising Responsible Teenagers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seminar 2 - Raising Competent Teenagers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seminar 3 - Getting Teenagers Connected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name of Child: _____

Class: _____

Name of Parent: _____

Contact: _____

Name of spouse: _____

Email address: _____

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