



# Partnering Schools & Parents in 2022

Methodist Welfare Services

**A Social Service Agency appointed by  
MSF to partner with North Vista  
Primary School**

1. Introducing our Team
2. Our collective Goals
3. Review 2021 Annual Report
4. Proposed EBP plans for **2022**
6. Promotion & Workflow of EBP
7. Feedback & Queries



# Our Team:

## Family Life Educators & Program Coordinators (Northeast Region-Serangoon, Hougang & Sengkang)



Ms Connie Ng (Head of Programme)



Mr Halbert Louis  
(FLE)



Ms Lydia Natasha  
(PC)



Ms Yang Kaiqi  
(FLE)



Ms Perline Phair  
(PC)



Ms Vanessa Ning  
(FLE)



Ms Rena Song  
(PC)

# Our Goals



**Outreach** to parents effectively by forming good working **partnership** between school and MWS FSP



Promote **emotional resilience** for both parents and children



**Motivate** parents to improve in their parenting skills by attending the EBP programmes



Support parents in **managing their children's difficult behaviour**



**Equip** parents with knowledge, strategies and skills to become **better parents**



**Strengthen** parent-child relationship

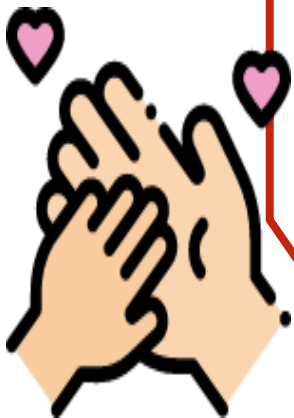
# Core Functions of MWS FSP

**Deliver EBPs** to parents whose children are in schools which have committed to the delivery of EBPs

**Coordinate with schools and relevant providers** on the organizing, scheduling and logistical support for all EBPs

**Provide parents with follow-on and/or other support**, such as information and referral.

**Reach out to parents** especially those with higher parenting needs, to encourage participation in parenting programmes



# Evidence-Based Parenting Programmes

Triple P (Positive Parenting Program)

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- Currently ranked by UN as the world's #1 parenting programme
- Triple P has been tested with thousands of families over more than 35 years and been shown to help families in many different situations and cultures. In fact, Triple P's evidence base now includes:
  - More than 650 international trials, studies and published papers, including
  - More than 340 evaluation studies, which also includes
  - More than 170 randomized controlled trial

# Evidence-Based Programmes

## Triple P (Positive Parenting Program)

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- Triple P is a secular parenting program, but it does not tell you how to be a parent. It is more like a toolbox of ideas. Parents choose the strategies they need to:
  - Raise happy, confident kids
  - Manage misbehavior so everyone in the family enjoys life more
  - Set rules and routines that everyone respects and follows
  - Encourage behavior you like
  - Take care of yourself as a parent
  - Feel confident you're doing the right thing

# Triple P (Positive Parenting Program)

Levels	What is it?	What does it entail?	Who is it for?
Level 1	Communication strategy	EDMs, newsletters, posters	Everyone – to destigmatise seeking parental help
Level 2	Brief parenting advice	3 seminars	Parents who are generally coping well but have one or two concerns
Level 3	Narrow focus parent skills training	3 – 4 individual consultations	Parents who have a child with mild to moderate behavioral difficulties
Level 4	Broad focus parent training	5 group sessions + 3 phone calls	Parents of children with severe behavioral difficulties



# Evidence-Based Parenting Programmes

## Signposts for Building Better Behaviour

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- Signposts was designed for parents and caregivers of children with developmental delays, but can also be used with typically developing children
- Aims to equip with skills and strategies to:
  - Understand their child's difficult behaviour
  - Better manage them effectively
  - Prevent further development of behavioural concerns.
- Parents express greater confidence and satisfaction with managing their child, and also note improvements in their child's behaviour. These findings were maintained three months after completion of the programme.

# Review 2021 Annual Report

## North MWSFSP

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# Overall reach of our EBPs (Nov 20 – Sep 21)

School Cohort	Total L2 Registration	Total L2 Ave Attendance	L3-SDQ Enrolment	L3-Other sources	Signposts
Primary	1781	765	35	84	5
Secondary	1376	606	78	45	-
<b>Total</b>	<b>3157</b>	<b>1371</b>	<b>113</b>	<b>129</b>	<b>5</b>



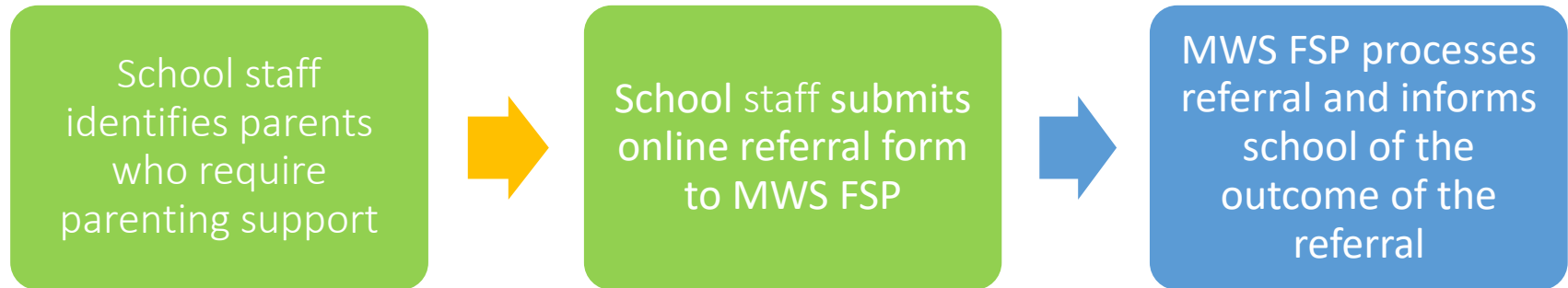
TIMELINE 2022 (PRIMARY SCH)												
MONTH & ACTIVITY	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	NOV	DEC
TRIPLE P L2 SEMINARS (ENGLISH)	P1 & P2						Upper Primary					
TRIPLE P L2 SEMINARS (MANDARIN)		P1 & P2						Upper Pri				
TRIPLE P L3												
TRIPLE P L4 & SIGNPOSTS												
EDMs												
SCHOOL ENGAGEMENT												

\*Month of publicity for Parenting Infographics may be subjected to change.

\*Signposts and Triple P L4 runs are subjected to prevailing safe management measures and demand.

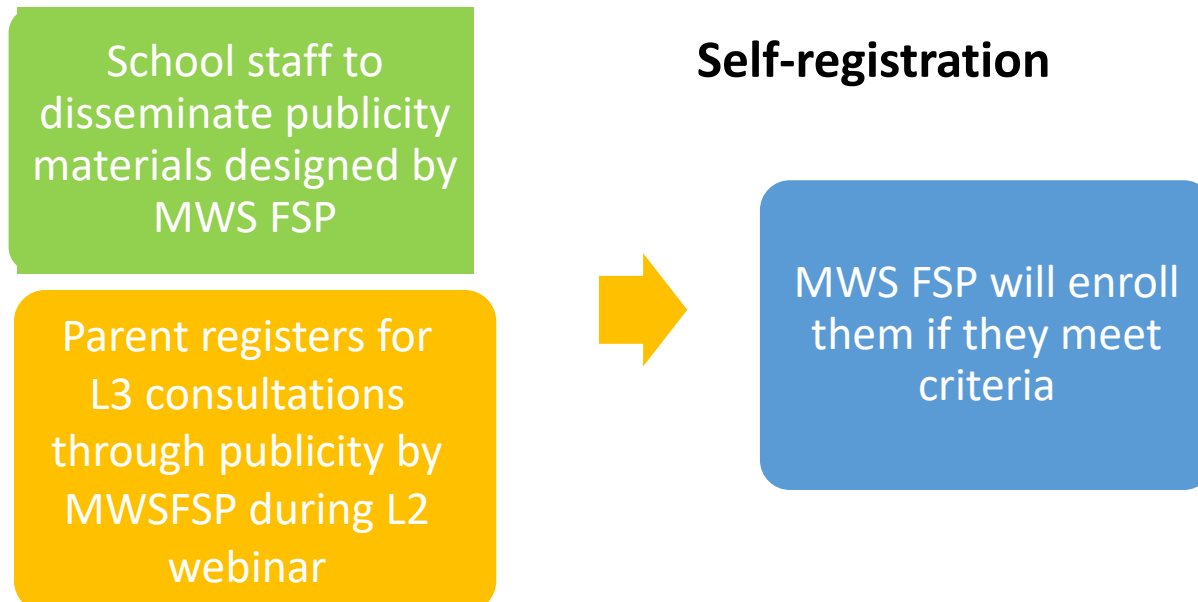
# Triple P Level 3 Consultations -School Referrals & Self Registrations

## School Referrals



Referral Form : [Link](#)

## Self-registration



# Publicity of Parenting Tips to All Parents

- Our EDMs are developed as easy reads to address specific issues, such as helping children to manage difficult emotions
- Parents who require further parenting support can register for our L3 consultations via the QR code provided in the EDM
- Do feel free to suggest relevant parenting issues for MWS FSP to address

**Parents, do you hope to learn ways to help your child cope with difficult feelings?**

**Research shows 4 benefits for children who can cope with difficult feelings:**



1. Develop a more positive mindset
2. Develop effective problem solving skills
3. Develop positive social skills and get along well with others
4. Achieve success in school and throughout life

**How can you coach your child to cope with difficult feelings?**

**Below are 5 steps to coach your child :**  
(With reference from Gottman's emotional coaching model)



- 1. Be aware of your child's emotions**
  - Observe your child's facial expression.
  - Listen to the words that your child says.
  - Pay attention to their body language and behavior.
- 2. Recognize emotions as an opportunity to connect**
  - Remind yourself to see such emotional situations as opportunities.
  - Keep calm. Getting angry or frustrated blocks you from connecting with your child.
  - The best way to teach your child to react to anger appropriately is to show your child how to do it. (Eg. Take a deep breath and count to 10).
- 3. Listen empathetically by validating your child's feelings**
  - Reflect your child's feelings back to them by saying such as "It sounds like you are feeling sad." This helps them feel like someone is by their side.
  - Use I-statements such as "I can hear..." "I can see..." "I can sense..."
- 4. Help your child find words to label the emotion he/she is facing**
  - Develop a vocabulary of feeling words.
  - Website to refer for a list on vocabulary of feeling words: <https://www.emotionfamilycoaches.com/learn-how-to-label-emotion>
  - Name it, to Tame It. Help your child name the overwhelming emotion through words. This has a "taming" effect, as the child feels heard and understood and is confident that their experience in the world is valued by the people that mean the most to them.
- 5. Set rules for appropriate ways of coping**
  - Come up with possible ways of solving the problem together such as doing a pros and cons table or evaluate solutions and choose one.

**Want to learn more parenting skills?**  
Join us today for a complimentary (fully subsidised) individual consultation sessions with our parenting experts!  
Register your interest via the QR code NOW!



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# Other EBP Onsite Programmes

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## Programmes

- Triple P L4 Groupwork Sessions
- Signposts Groupwork Sessions

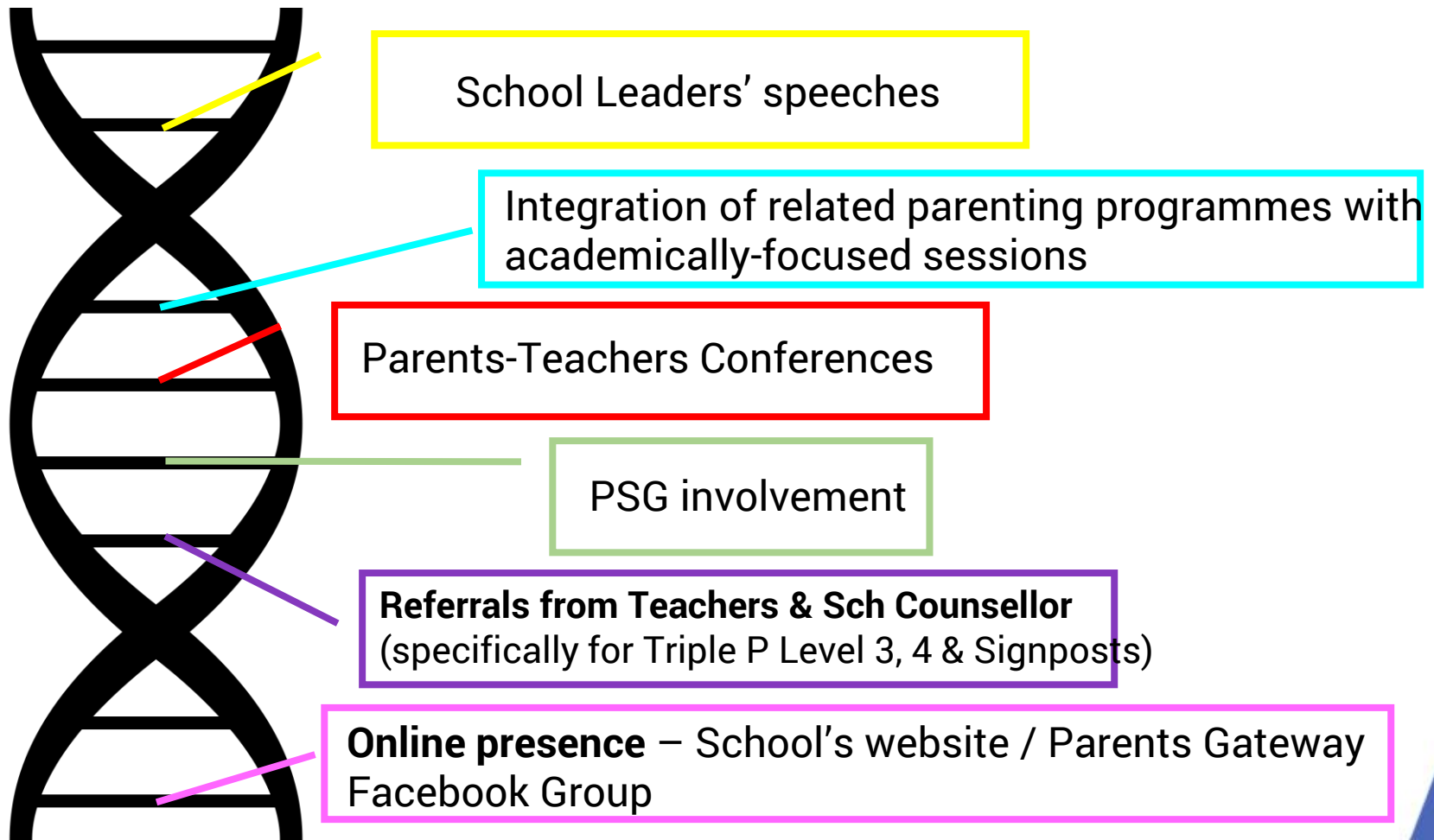
## Partnership Support

- Logistic support such as room with workshop facilities
- School to identify parents who may prefer group training & peer support
- Primary school only. Specially catered for children with special needs/intellectual disability



# Further Strategies in Promoting EBPs

**Consistency and visibility of EBPs** through the following platforms are known to increase attendance of seminars and responses of Level 3 and 4 consultation sessions:





# OUR CONTACT DETAILS

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Connie Ng, Head of Programme, at [connieng@mws.sg](mailto:connieng@mws.sg), **88129630**

Halbert Louis at [halbertlouis@mws.sg](mailto:halbertlouis@mws.sg)

Lydia Natasha Rasidi at [lydianatasha@mws.sg](mailto:lydianatasha@mws.sg)

Contact Number : **8188 5073**

Yang Kaiqi at [yangkaiqi@mws.sg](mailto:yangkaiqi@mws.sg)

Perline Phair at [phairperline@mws.sg](mailto:phairperline@mws.sg)

Contact number : **86870860**

Ning Xiufen, Vanessa at [vanessaning@mws.sg](mailto:vanessaning@mws.sg)

Rena Song at [renasong@mws.sg](mailto:renasong@mws.sg)

Contact number: **9878 4824**