



# **Calling out to all P1 parents!**

**Want to learn how to support your child's transition from preschool to P1?**

**Want to learn effective ways to manage your child's behaviour?**

**Want to lay down the foundation for strong parent-child relationship?**

In partnership with the school, MWS has been appointed by the Ministry of Social and Family Development (MSF) to offer secular evidence-based parenting programmes.



# Triple P (Positive Parenting Program)

What is Triple P?

Currently ranked by  
the United Nations  
as the world's #1  
parenting  
programme



A toolbox of  
tested-and-  
proven strategies  
for you to  
choose from!

Tested with  
thousands of  
families for more  
than 35 years



# Triple P (Positive Parenting Program)

Impact of Triple P

---



Decrease in  
parenting stress

Improvement in  
child's behaviour



Increased  
confidence in  
parenting



# | What Parents Say

I am so thankful to the trainer who **built my confidence** in parenting. I learnt how to **step back** to give space for **children to grow independently**, I learnt how to **listen to their thinking** instead of cutting them off, I learnt to **remain calm** when everything goes haywire, and I learnt to **praise them when they are putting in effort**. It is nice to **talk and share problems and to get ideas** how to apply them practically.

– Parent from Seng Kang Primary School

I learnt to **praise effort, not results**. Also, I learnt **not to use anger** to parent and to **spend time** with my child.  
– Parent from CHIJ Our Lady of Good Counsel

## More Feedback on Triple P:

- Help their children **cope with their emotions**
- Find more effective ways to have **consistent boundaries** with children
- Reduce their children's **screen time addiction**
- Get children to help out in household chores
- Flexible timing of sessions to cater to differing schedules

The programme has helped my husband and I **understand better the developmental phase** that my child is going through, and the **root causes of her emotional issues**. The trainer guided us with **systematic steps** to help us coach her to manage her emotions, and coach her to be more organised. The coach also gave us encouragement and recognized what we did well. This made us **more confident in our parenting**.  
– Parent, Qifa Primary School



**You can also benefit from  
learning parenting strategies  
that work!**



# Register for the Triple P seminars today!

Seminar 1: Power of Positive Parenting

Seminar 2: Raising Confident, Competent Children

Seminar 3: Raising Resilient Children

**FULLY SUBSIDISED**

Scan QR code to register now!



You will be contacted again closer to the seminar dates