



Calling out to all Sec 1 parents!

**Want to learn how to support your
child's transition into adolescence &
Sec 1?**

**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

Managing the transition to adolescence & Secondary 1

- As children enter puberty & also begin Secondary 1 education, they will undergo changes.
- If parents are unaware & unprepared for this, it can lead to conflicts & tension at home.
- In this 3-part webinar, we will address this & help parents understand the changes and be better prepared!



| What Parents Say

"I will try to look at the emotional aspect of my child first rather than just their behavior."

– Parent from Bowen Sec School

"I understand why teenagers behave the way they do because their brains are still developing."

– Parent from St Gabriel's Sec School

"Manage my emotions before responding."

– Parent from Xinmin Sec School

Is it an **excellent webinar**. Hope to have webinars like this to help us parents. Thanks.

–Parent from Sengkang Sec Sch.

More takeaways from Triple P:

- Help their children cope with their emotions.
- Manage their children's screentime.
- Get children to be involved in family decisions and activities, like chores.
- Learn to be calm when giving instructions & use consequences when child does not comply.
- Very good. Case studies and comments from parents made me feel I'm not alone in this.

"I would be more mindful that my teenager is still at a developing stage to manage his emotions. Will try to be more mindful and understanding."

– Parent, Hougang Sec School

"I learnt that i need to minimize my punishment and be a consistent role model. I am going to make rules together with my children and listen to their ideas"

– Parent from Pei Hwa Sec



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



Register for the Triple P Programmes today!

Scan QR code to register now!



FULLY SUBSIDISED