

TRIPLE P

POSITIVE PARENTING PROGRAMME

SEMINAR SERIES

THIS RUN IS OPEN TO PARENTS OF:

- Anglo-Chinese School (Primary)
- Bendemeer Primary School
- CHIJ Primary (Toa Payoh)
- First Toa Payoh Primary School
- Kuo Chuan Presbyterian Primary School
- St Andrew's Junior School

Seminar 1

THE POWER OF POSITIVE PARENTING

21 May (Friday) @ 7.30pm

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having reasonable expectations
- Looking after yourself as a parent

Seminar 2

RAISING CONFIDENT, COMPETENT CHILDREN

28 May (Friday) @ 7.30pm

In this seminar, parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are:

- Showing respect to others
- Being considerate
- Having good social skills
- Having healthy self-esteem
- Being a good problem solver
- Becoming independent

Seminar 3

RAISING RESILIENT CHILDREN

4 June (Friday) @ 7.30pm

Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are:

- Recognising and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Dealing with stressful life events



SPEAKER & FACILITATOR

Ms. Doris Kong

Bachelor of Counselling

Senior Family Life Educator

TOUCH Parenting

TOUCH Integrated Family Group

TOUCH Community Services

TOUCH Community Services is the appointed **Parenting Support Provider (PSP)** agency by **Ministry of Social and Family Development (MSF)** for schools in the Toa Payoh and Jalan Besar region

REGISTER BY 14 MAY 2021 AT

<https://bit.ly/TriplePL2Reg1P21>

Zoom link will be emailed to you upon successful registration



DORIS KONG



Doris Kong is an active trainer in conducting marriage, family and parenting-related workshops in various schools and corporations under the Family Matters Program by MSF for over 10 years now.

As a corporate trainer previously, Doris provided training in areas such as People Management, EQ, Work-life Balance and other soft and life-skill sets. Besides being a DISC-certified Human Behavior Consultant, an accredited Provider/Practitioner for Positive Parenting Program (Triple P), an accredited facilitator for 'Parenting with Confidence' workshops, she is also a trainer for both PREP (Prevention and Relationship Enhancement) and Transnational Marriage Programs. She was also actively involved in conducting Drug Intervention Programs with Singapore Prison Services for the past 3 years.

Currently she works as Trainer/Counsellor with TOUCH Community Services providing training as well as counselling services to various clientele. Doris passionately and strongly advocates Family Life Education as she believes that today's families are faced with many challenges as never before.

She holds a Bachelor of Counselling, Diplomas in Family Life Education, Early Childhood Education (Teaching & Leadership) and is ACTA (Advanced Certificate in Training and Assessment) certified.

She is married with 2 lovely children in their 20s.



Blk 149 Toa Payoh Lorong 1
#01-943
Singapore 310149



6252 2861



parenting@touch.org.sg

