



FAMILY matters!

INVITATION to Triple P Seminars

Dear Parents,

Effective Parenting Approach to Raising Your Child

During your children’s growing years, you may need some strategies to manage their behavior, particularly when they reach adolescence. To support parents in building a healthy relationship with their child, Outram 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 behaviours during their tween and teen years.

For more information on Triple P, please visit <http://www.triplep.net/glo-en/home/>

Come join us to enhance your parenting skills on the following dates at Outram Secondary School:

TRIPLE P (Positive Parenting Programme) Level 2 Seminar Series
by Touch Community Services

Seminar 1	Seminar 2	Seminar 3
Aug 16 Friday	Aug 23 Friday	Aug 30 Friday
Raising Responsible Teenagers	Competent Teenagers	Getting Teens Connected

Venue : The Museum, Outram Secondary School
(Located at Level 1, opposite the General Office)
Time: 6.00pm to 8.00pm

Dinner will be catered for all registered participants.

Register your interest to attend the seminars via the following link, or by completing and returning the form to the Form Teachers by 14 August 2019:

YES! I am interested. Please register me!!



<https://forms.gle/JSvd66YUyK2Txf0F8>

We look forward to your participation.

Should you have any enquiries, please feel free to contact Montfort Care @ 6270 8327.

Name of student:	_____		
Class:	_____	Contact No:	_____
Name of parent :	_____		
Relationship	_____	Contact No:	_____
Number of persons attending:	_____	Vegetarian meal:	<input type="checkbox"/> Please tick if "YES"



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Parenting Seminars
Effective Parenting Approach to
Raising Your Child!

Triple P Positive Parenting Programme



Triple P Level 2 seminars are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

Triple P Level 2 Seminar Series
Seminar 1 : Raising Responsible Teenagers
Seminar 2: Raising Competent Teenagers
Seminar 3: Getting Teenagers Connected

What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

Why is it effective?

- ▶ One of the most effective evidence-based* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.



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