

  
**GROW WITH**  
**THK PARENTING**  
**SUPPORT**  
**PROVIDER**



**EQUIP YOURSELF  
WITH SKILLS TO  
SUPPORT YOUR  
CHILD!**



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**MORAL CHARITIES**

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# Confused on how to deal with your child's emotions and difficult behaviours?

Can I buy this?  
Pleaseeee!!

But all my friends'  
parents allow this!

Why?!

I'm not hungry.  
You guys eat  
without me.

I'll do it later.



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**Say yes to nurturing a positive learning attitude in your child!**



**We're here for you!**



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# Our Programmes:

✦✦ Triple P

✦✦ Purposeful Play

✦✦ Signposts

✦✦ Topical Workshops



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*for every parent*

# Positive Parenting Programme (Triple P)

Investing in Your Child's Future



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# What is Triple P?



- ★ An evidence-based parenting programme with more than 35 years of research
- ★ Teaches practical yet simple parenting and coping strategies
- ★ A MSF-Sponsored Programme



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# What's in it for my child?



- ✓ **R** educes difficult behaviours
- ✓ **A** mplifies competency & responsibility
- ✓ **I** mproves time management skills
- ✓ **S** trengthens self-confidence
- ✓ **E** nhances emotional intelligence



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# What's in it for me?

- ✓ **R**educes my child's difficult behaviours
- ✓ **E**nhances communications with my child
- ✓ **D**evelops mutual respect & understanding for one another



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# Feedback from Parents

“The programme **allows me to see from my child's point of view and offers new perspectives, practical tips and actual words for me to use** when conversing with my child. I feel I have **gained greater knowledge** on parenting concepts and techniques and can **better cope with any situation** that may crop up.”

“I am doing it right now because **I learnt through these workshops what I can do & what is not advisable to do**. It is always a good recap to remind myself. There are times I'm lost too. **I need advice as well. We are all humans** living in an ever-changing world. Keep up the good work! Thank you Kay & Paul for the session today & **THK**MC for organising!”



“It is a **very beneficial programme** whereby we can pick up useful parenting skills. **Joining these programmes does not mean we are not good parents.** In fact, we can make use of them to confirm that we are going in the right direction in parenting”.



“**Be more empathic** and I’m still **in the process of learning to empower my child.** Every time I get frustrated, I will try to remind myself to remind my child that **High Emotions = Low Intelligence.**”



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# Sign up now!

## SEMINAR SERIES

Open to all parents/grandparents with:

### Children (0 – 12 y.o.)

- Part 1: Positive Parenting/Grandparenting  
Raising Confident & Competent Children/Grandchildren
- Part 2: Raising Resilient Children/Grandchildren

### Teenagers (13 – 16 y.o.)

- Part 1: Raising Responsible and Competent Teens
- Part 2: Getting Teens Connected

2–2.5 hrs/part

## INDIVIDUAL CONSULTATIONS

*Customised to Your Individual Needs*  
4 sessions – 1 hr/session

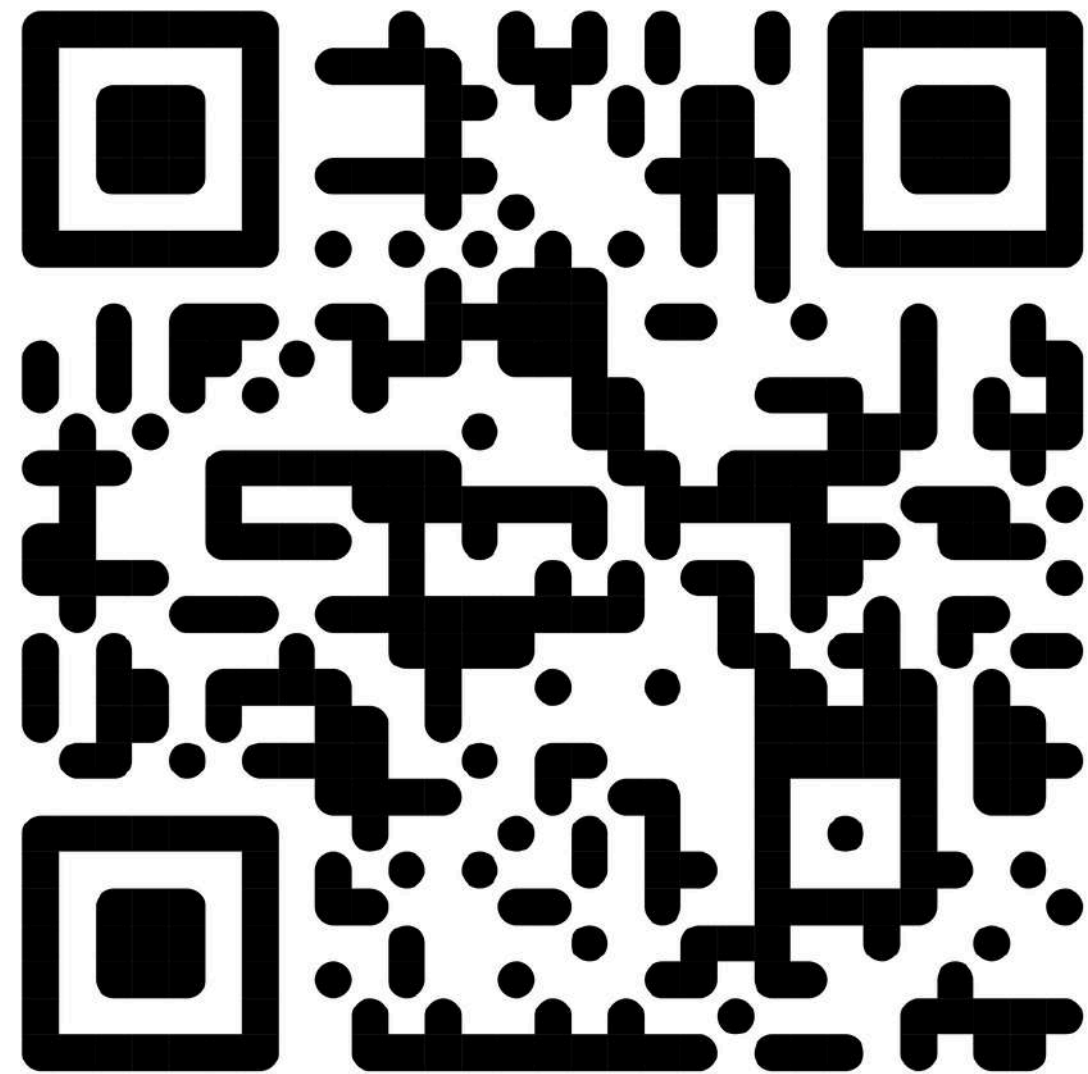
## GROUP SESSIONS + TELEPHONE CONSULTATIONS

*Diving Deeper to Address Your Child's  
Needs & Behaviours*  
5 Group Sessions + 3 Telephone Consultations



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# Click next for Purposeful Play Programme!



Scan or [Click Here](#) to  
Sign Up for Triple P!



For further enquiries, please contact us at

Tel: 6747 7514

Hp: 8161 1077

Email: [PSP\\_Jurong@thkmc.org.sg](mailto:PSP_Jurong@thkmc.org.sg)



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# Purposeful Play Programme

Creating a Warm & Stimulating Home



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# What is Purposeful Play?



- ★ Equips parents with knowledge & skills to develop children through play and daily interactive activities
- ★ Helps children develop language and problem-solving skills
- ★ A MSF-Sponsored Programme



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*Open to all parents/grandparents with children 0 – 6 y.o.*

## Session Topics :

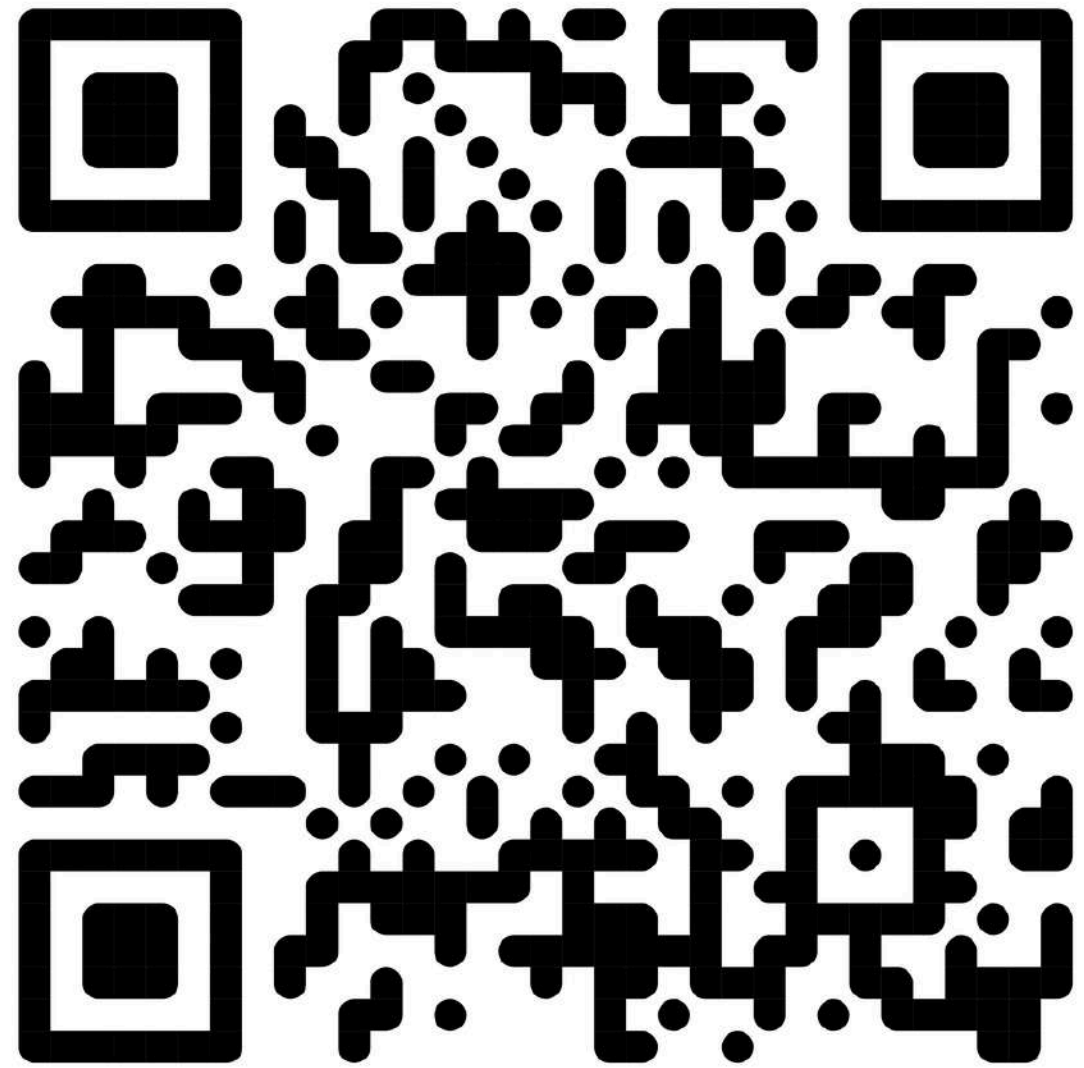
1. Warm & Gentle and Play
2. Tuning In and Routines
3. Following Your Child's Lead and Shared Reading
4. Listening & Talking More and Watching Screens Together
5. Teachable Moments and Community Resources

5 Group Sessions – 1.5 hr/session



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# Click next for Signposts!



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Play!



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# Signposts

For Building Better Behaviours



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# What is Signposts?



★ An evidence-based parent education programme

★ Equips parents with skills to understand, prevent and manage your child's difficult behaviours (including children with developmental needs)

★ A MSF-Sponsored Programme



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# Sign up now!

*Open to all parents with children 3 – 12 y.o.*

## **Session Topics :**

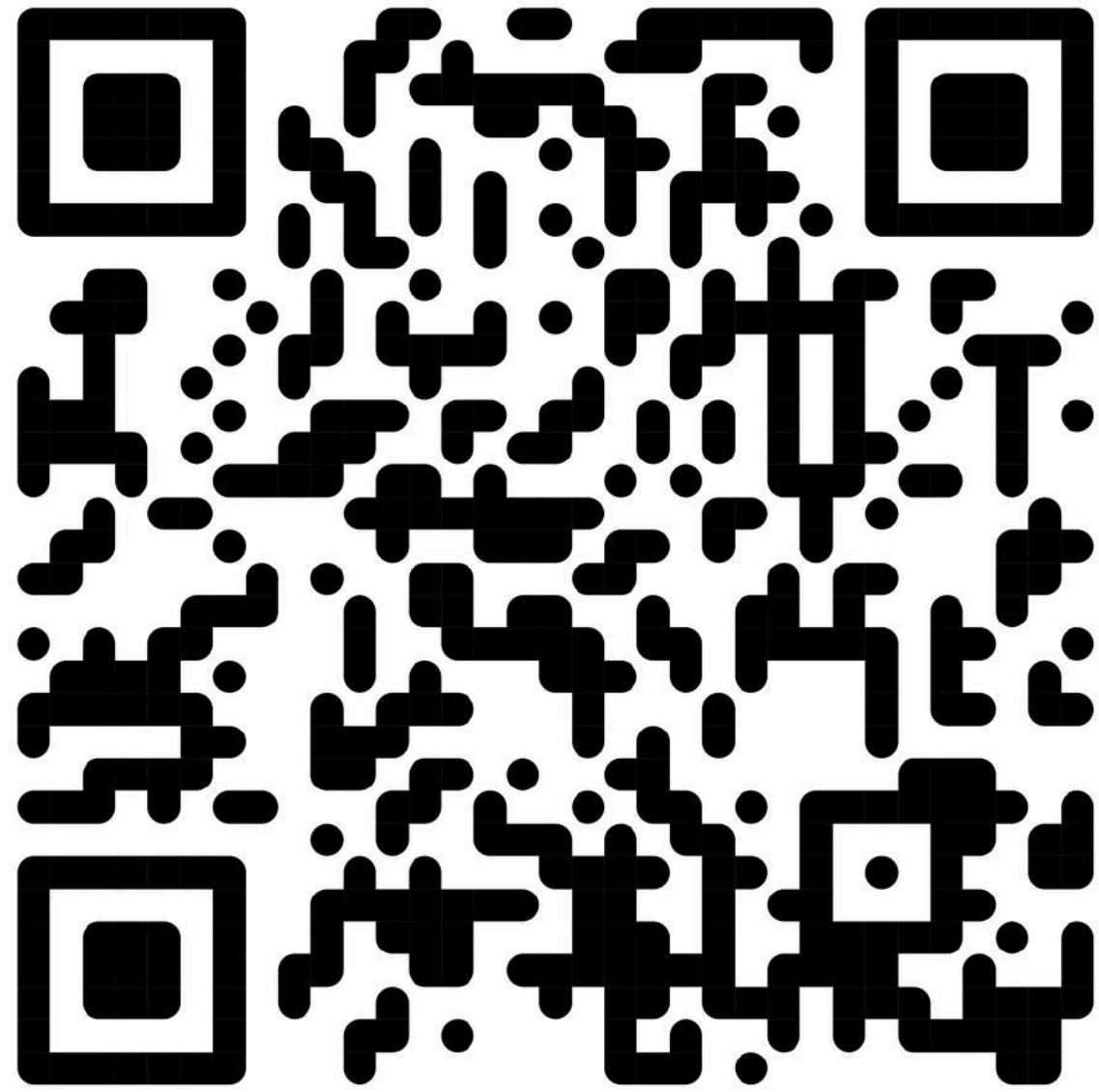
1. Measuring your Child's Behaviour
2. Systematic use of Daily Interactions
3. Replacing Difficult Behaviour with Useful Behaviour
4. Planning for Better Behaviour
5. Developing more Skills in your Child

5 Group Sessions – 2.5 hr/session



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# Click next for Topical Workshops!



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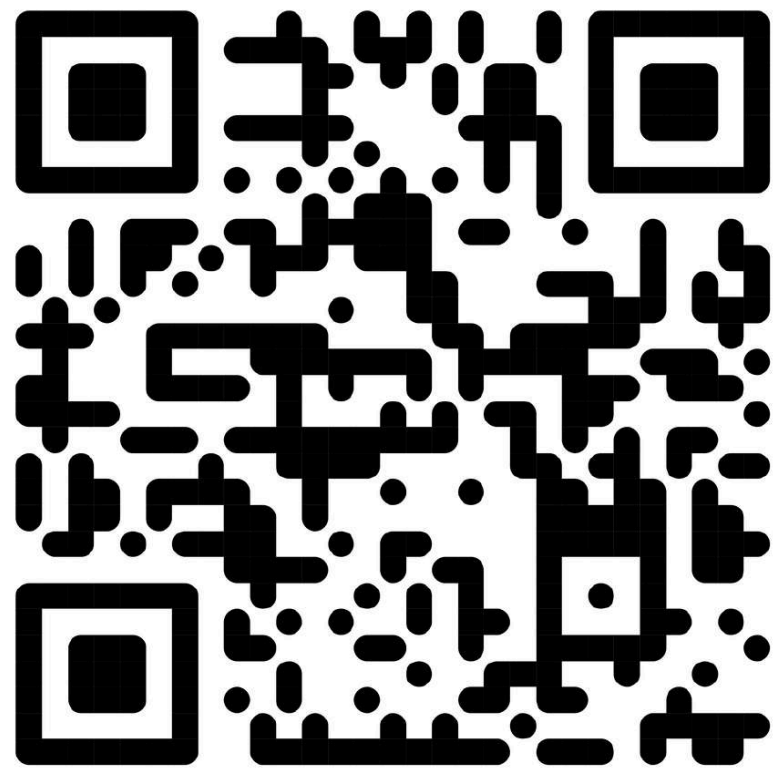
# Topical Workshops

Watch This Space for More Information!

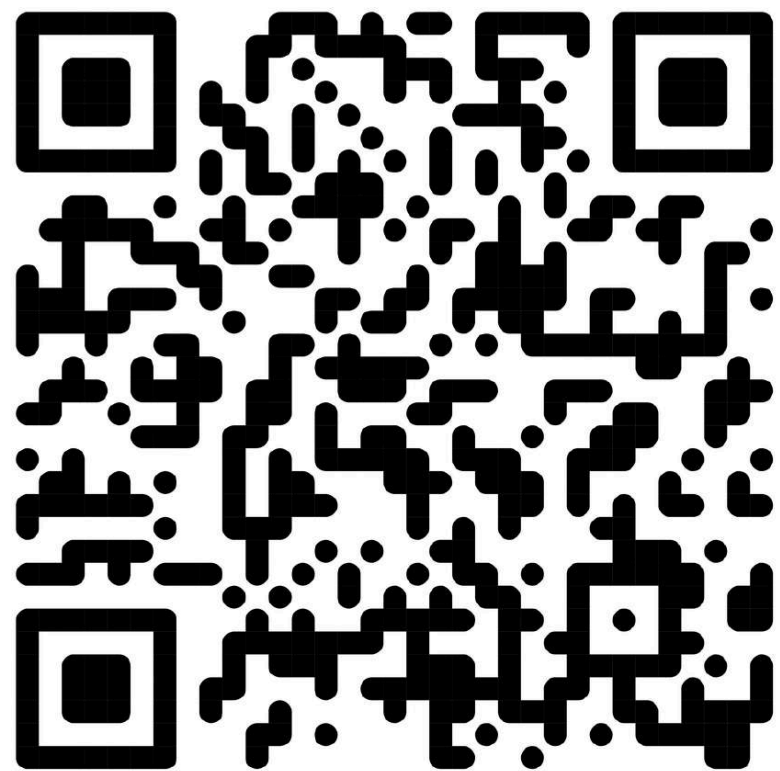


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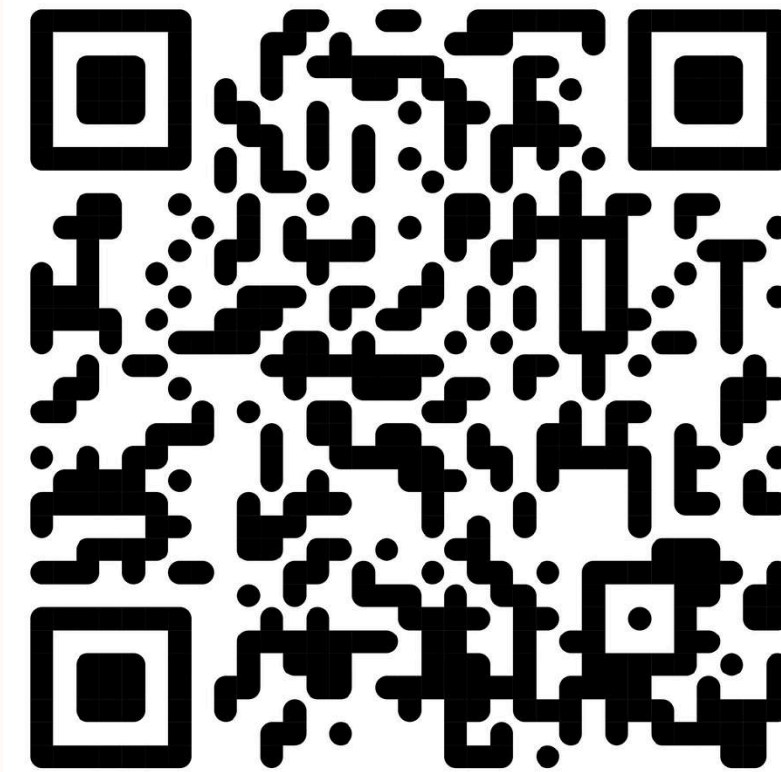
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Scan or [Click Here](#) to Sign Up for Triple P!



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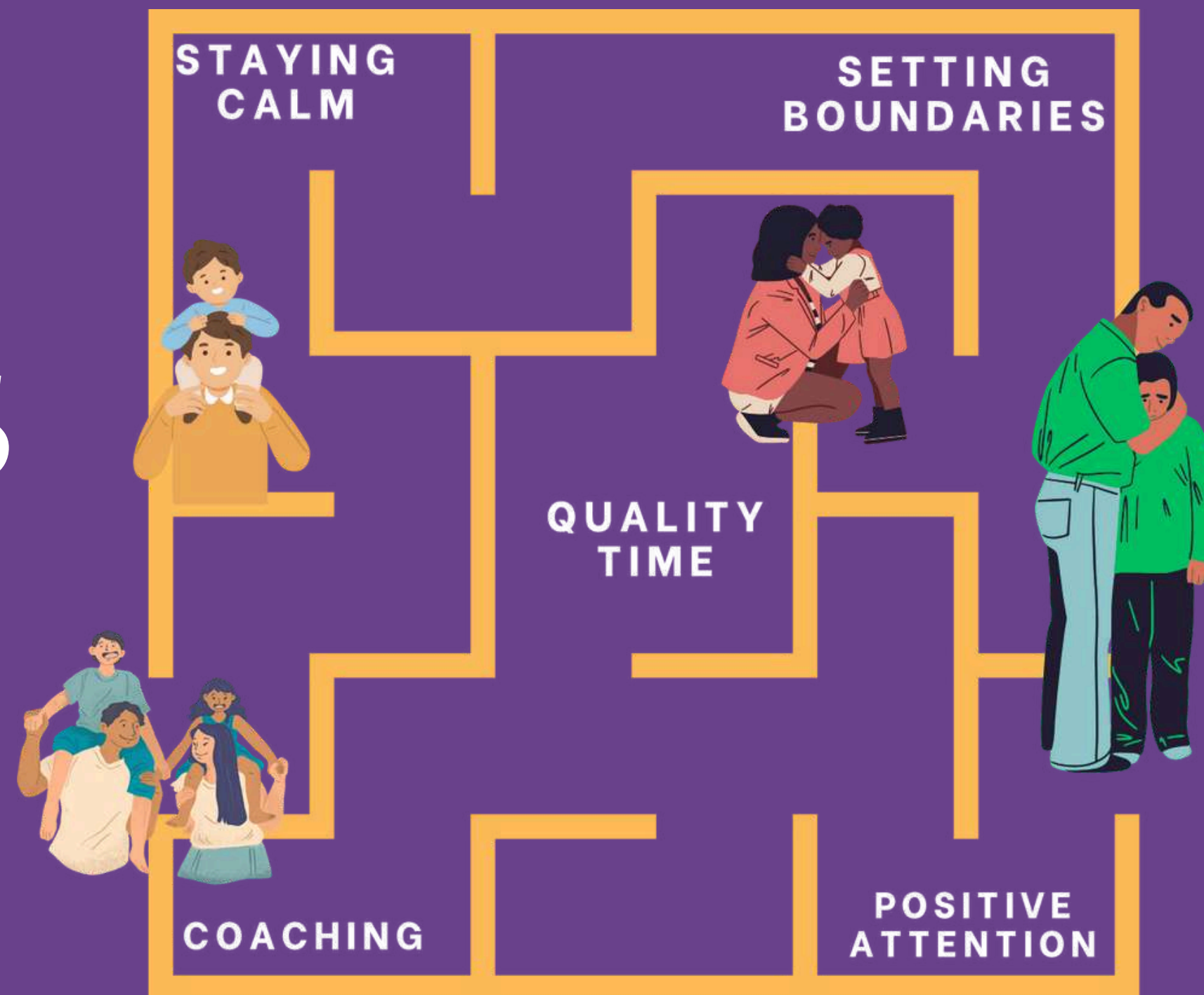
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# BE YOUR CHILD'S Role Model



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