Triple P
LEVEL 2 SEMINARS
(SECONDARY SCHOOL)

Presented to you by:

What is Triple P?
- The Number One parenting programme in the world, as ranked by the United Nations.
- An Evidence based programme with 40 years of ongoing research.
- Enhances family relationships; Enriches parenting skills and Empowers self-care.

Seminar 1:
Raising Responsible Teenagers
How to influence your teenager to be more independent, mindful and sensitive? Through this seminar, you will be able to guide your teenager to be:
- Involved in family decision & other activities
- Respectful & Considerate
- Healthy

Seminar 2:
Raising Competent Teenagers
How would you help your teenager make the most of his or her time in school? This seminar guides your teenager to:
- Set good routines
- Be a Good problem solver
- Develop self-discipline
- Be Involved in school activities
- Have supportive friends

Seminar 3:
Getting Teenagers Connected
How can your teenager feel more comfortable and socially accepted in a bigger community? In this seminar, you will learn ways to encourage your teenager to:
- Take care of others
- Plan ahead
- Keep in touch with society
- Be Confident & Committed

Why Do Parents Attend Triple P Seminars?
- Triple P seminars are short term support for parents who are mostly doing well but have a few concerns with their child’s behaviour or development.
- MSF certified speakers who are well-versed in Triple P will deliver an interactive experience to better engage the parents.
- Complimentary tip-sheets of each seminar will be given to all who attend.

SEMERN DETAILS
Please click on this link to register:
https://tinyurl.com/NorthR-05

For more information on Triple P, please visit: https://www.triplep-parenting.net/global/triple-p/