



Effective Parenting Approach to Raising Your Child

During your children's growing up years, you may need some strategies to manage their behaviour, particularly when they reach adolescence. To support parents in building a healthy relationship with their child, COMMONWEALTH SECONDARY SCHOOL is offering the Positive Parenting Programme (Triple P) Level 2 Seminar series 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. Tap/click on the link or scan the QR code provided below for more info and registration.

| Seminar 1 Raising Responsible Teenagers | Seminar 2 Raising Competent Teenagers | Seminar 3 Getting Teenagers Connected |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Date: 20 Sept 2019 (Fri) Time : 6.30pm to 8.00pm Venue : 5 Ohm classroom (C1-04)</p> <p>As teenagers grow from being children to adolescents, it is important to encourage them to be responsible and valued family members at home. Learn how to create a relationship that promotes responsible independence.</p> | <p>Date: 4 Oct 2019 (Fri) Time : 6.30pm to 8.00pm Venue : 5 Ohm classroom (C1-04)</p> <p>Teenagers need to be encouraged to make the most of their time at school. Learn how to promote self discipline and problem solving skills, and establish good routines with your child.</p> | <p>Date: 25 Oct 2019 (Fri) Time : 6.30pm to 8.00pm Venue : 5 Ohm classroom (C1-04)</p> <p>It is important for teenagers to be positively engaged with groups and individuals in the wider community. Learn how to encourage your child to be a confident communicator who is able to manage his/her time well.</p> |

REGISTER NOW through one of following ways:

Limited seats are available. Registration will be on a first come first served basis.

1. Tap/click on this link: <https://tinyurl.com/cwss-tripleP2019>
2. Scan the QR provided.

Join us to learn more. For more information, you can reach the

Programme Officer: Jackie Kok at jacqueline-kok@lakeside.org.sg or call at 88292003.



Organised by:

