



# POSITIVE PARENTING PROGRAMME

The **Positive Parenting Programme (Triple P)** is an evidence-based and research-backed parenting and family support strategy that has been proven to enhance the knowledge, skills and confidence of parents, as well as reduce parenting-related stress. **It is suitable for all parents of children birth – 16 years**, be it for those looking to resolve certain behavioural issues in their children or for those wishing to level up a notch in their parenting. This programme is delivered in three modalities: **mass seminars, one-to-one equipping or group work.**

## MASS SEMINARS [L2]

(IN-PERSON / ZOOM)



- **“Light touch”** introduction to positive parenting with practical tips to apply
- **Time Investment**
  - 3 x 1.5-hour seminars (consecutive weeks)
  - Commit 4.5 hours for full benefit

## ONE TO ONE CONSULTS [L3]

(IN-PERSON / ZOOM)



- Learn positive parenting principles and apply strategies in context
- **Time Investment**
  - 4 x ~1-hour sessions with parenting coach
  - Set aside and commit 4 hours for full benefit

## GROUP WORK [L4]

(IN-PERSON / ZOOM)



- Discussions and role-playing with coach and participants
- **Time Investment**
  - 5 x ~2-hour sessions + 3 x 20min phone catch-ups
  - For an in-depth understanding of positive parenting principles and strategies

This is a fully funded programme by the **Ministry of Social and Development (MSF)**, delivered to residents and schools in **Toa Payoh and Jalan Besar** by TOUCH as the region's appointed **Parenting Support Provider (PSP)**. For enquiry, please e-mail to [parenting@touch.org.sg](mailto:parenting@touch.org.sg).

