

FAMILY MATTERS



Mr Subra
Teacher-In-charge of Family Matters

What is FamilyMatters!?

FamilyMatters! is a multi-stakeholder movement to provide greater support for Family Life Education (FLE) programmes and resources at different life stages, delivered through channels like the schools.

Kids don't come with an instructional manual





**There's No
Parenting
Manual ...**

**...But There's
Always More
to Learn**

www.FitBottomedMamas.com



MontfortCare

@27 Family Service Centre
27 Telok Blangah Way #01-1018
Singapore 090027
Tel: (65) 6270 8327
Email: contact@27fsc.org.sg

Operating hours:
Monday – Friday 9.00am – 6.00pm
Closed on Saturday, Sunday & Public
Holidays

The Positive Parenting Programme (Triple P)

- An evidence-based programme introduced by MSF that
 - equips parents with techniques to promote their children's psychological, social and emotional competence; and
 - is a tiered system of five levels of intervention that differ depending on the type, intensity and frequency of parental support required.



POSITIVE IMPACT

Parents who completed the programmes reported improvements in four areas:

1. Greater parenting competence
2. Lower parenting stress
3. Improved emotional state
4. Reduced behavioural problems in children



*Topic: Transition
from P6 to Sec 1*

MSF parenting talk



*Topic:
5 minutes more.....
MSF parenting talk*

Triple P Seminar Series 2022

Interesting Programmes lined up and specially curated for you.

- Quick heads up on the dates
 - 4th, 11th, 25th March (Friday, 7 pm)
 - 6th, 13th, 20th May (Fridays, 7 pm)
 - 9th, 16th, 23rd July (Saturdays, 10am)
 - 4th, 11th, 18th November (Fridays, 7pm)
- March: General Triple P
- May, July and November : incorporate popular workshops on Cyber wellness, Emotional management, Motivation etc.
- Mostly virtual (Zoom webinar)
- Aim: Address common concerns by parents
- Notification via PG and whatsapp

Call to lead in our PTA projects

- We would like to tap on your expertise for the following programmes:
 - Parenting Talks/ Career Guidance
 - Baking Class
 - Cycling
 - Nature trails
 - Learning Journey
 - GESS Family Day Carinval
 - Commemoration of National Education events
- Scan the QR code below to join the select group!



