

Triple P (Positive Parenting Program)

Developed by : Professor Matt Sanders through more than 30 years of clinical research trials

Aim : To prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents

L2

Seminar Series

L3

1-to-1 Coaching

OL

Triple P Online (TPOL)

Evidence-Based Programmes (EBP)

What is an Evidence-Based Programme?

- Programme that is “endorsed” by a respected research organisation and included in their list of effective programmes
- Evaluation research shows that it produces the expected and consistent positive results; and results attributed to the programme itself, rather than to other external factors or events

Participation and Evaluation Study (SG)

55,000



Parents have attended evidence-based parenting support programmes (Triple P and Signposts)

289



Schools partner 10 MSF-appointed Parenting Support Providers (PSPs) to deliver evidence-based parenting support programmes



16% ↓ Reduced Stress
Primary School
Parents

19% ↓ Reduced Stress
Secondary
School Parents

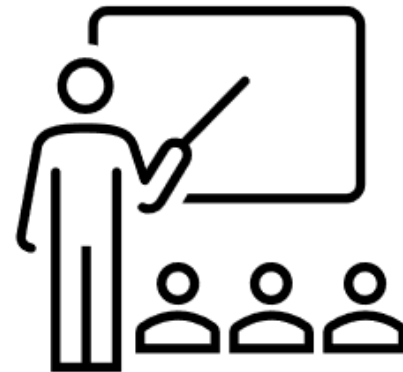
18% ↓ Reduced
Behaviour
Problems
(Primary)

22% ↓ Reduced
Behaviour
Problems
(Secondary)



Seminar Series

- 3 sessions
- Conducted over Zoom (online)
- 1.5 hours + half hour (Discussion / Q&A)
- Addresses common parenting concerns
 - Screen time management
 - Feelings & Emotional management
 - Developing Motivation
 - Parent-Child relationships



Scan this QR Code for upcoming Seminars!

1-to-1 Coaching

- 4 sessions
- Conducted over Zoom (online)
- Day / Time to be arranged with parents
- 1 hour
- Customized to parents' needs and concerns
- Sign-up info available during Seminars



Triple P Online (TPOL)



- Online program via Triple P website
- Teaches strategies in encouraging positive behaviours, while preventing and managing misbehaviours
- Access to online program valid for 12 months upon activation
- Scan for sign-up link :



Drop us an email for enquires

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Thank you!

All Seminars, 1-to-1 Coaching and TPOL, are fully funded by the Ministry of Social and Family Development Singapore