

Dear Parent/Guardian,

The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote their children's (aged up to 16 years) psychological, social and emotional competence. Triple P is built on a tiered system that provides different degrees of parental support. MSF's evaluation studies found that Triple P has positive effects on parenting and child outcomes in Singapore.

Morning Star Community Services is one of the Parenting Support Providers (PSPs) that deliver parenting support services at Bedok and Geylang Serai regions, and they work closely with schools and community partners to support parents depending on their needs. They are organizing three webinars in the upcoming weeks. You are strongly encouraged to register for the webinars to learn about the core principles of positive parenting and strategies to teach children important values and help children learn social-emotional regulation skills. Thank you.

Web Link

Sign up for webinars here

morningstar.org.sg/triple-p/l2-sec-run-1

File attachments

[Triple P L2 EDM- Jan 2023\(Secondary\).pdf \(242.32 KB\)](#)