

FOR PARENTS OF CHILDREN 0-6 YEARS OLD

DECODING YOUR CHILD'S EMOTIONS: BUILDING HEALTHY REGULATION SKILLS WITH TRIPLE P

FREE

CONDUCTED
ON ZOOM

*Is your child struggling with tantrums, meltdowns, or expressing their emotions? You're not alone! This webinar series explores the world of emotional regulation in children, helping you understand how they develop these skills and navigate challenges along the way. We'll equip you with **Triple P Positive Parenting** tools to build strong emotional foundations for your child and navigate any roadblocks they encounter.*

Join a live Q&A session with a paediatrician to get personalised advice on behaviour and learning concerns. We'll also explore the connection between autism spectrum disorder (ASD) and emotional regulation, helping you identify when to seek further support. Join us and gain valuable skills to help your child thrive!

*Parents with children 0-6 years old residing in Bukit Batok, Bukit Panjang, or Choa Chu Kang.

SESSION 1 [S1]

19 Oct 2024 (Sat), 10:00AM to 12:30PM

- **The Power of Positive Parenting -**
Learn how positive reinforcement and clear communication can nurture your child's emotional well-being.
- **Raising Confident and Competent Kids -**
Discover techniques to build your child's confidence and self-esteem.

SESSION 2 [S2]

26 Oct 2024 (Sat), 10:00AM to 12:00PM

- **Raising Resilient Kids -**
Equip yourself with strategies to help your child bounce back from challenges and navigate difficult emotions.



REGISTER NOW

Limited slots available.
Registration closes on
14 Oct 2024.

[booking.gov.sg/public/
services/8ZlQkbxM/eve
nts/4x74RG6Z](https://booking.gov.sg/public/services/8ZlQkbxM/events/4x74RG6Z)

Ms. Poh Ee-Lyn SPEAKER

Head of Fei Yue Families for Life
@ Community
Triple P Practitioner
Master of Social Work (NUS),
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