



HONG KAH SECONDARY SCHOOL

Family Matters@ School



PARENTING TALK 1

Good Enough Parenting-Reasonable Limit

Date: 18 February 2017 (Saturday)
Time: 9.00am to 11.00am
Speaker: Ms Teo Bong Yeo (English)

Synopsis

Meeting the Core Emotional Need of Reasonable Limits is an essential component of the relationship-based, evidence-informed Good Enough Parenting (GEP) model developed by John and Karen Louis.

The two hour session utilises movie clips and cartoons to highlight key learning points in parenting.

Parents will learn the differences between rights, privileges, needs and wants, as well as how to foster cooperation on a daily basis.

Parents will be equipped with how to pick the "right battles" between Moral, Conventional, Prudential and Personal issues.

PARENTING TALK 2

Connecting With Your Teens- Teen Psychology For Effective Parenting

Date: 25 March 2017 (Saturday)
Time: 9.00am to 11.00am
Speaker: Mr Richard Lim (English)

Synopsis

Parents of teenagers often express concerns that they could not seem to connect effectively with them.

Teens seem to behave in puzzling ways. Anything from allegiance to their group to defiant attitudes towards family traditions and culture to strangely self-conscious behaviours can add stress to the parents.

Parents who stick to the same formula they applied during earlier years in managing their teens often face even worse backlash.

The key to effective parenting requires a deeper understanding how teens develop when they cross puberty and how their brain development at this stage impact their behaviours. With this understanding, parents could then apply more coaching approaches to develop a much more collaborative way of parenting without too many heart-stopping moments.

RESPONSE SLIP

Please return to your form teacher by 6 February 2017

We will / will not be attending the parenting talk.

Name of Student: _____ Class: _____

Parents attending: _____ & _____ Signature Of Parent: _____

Mobile No: _____ Home: _____ Email Address: _____

I will be attending the following talk: (please tick below)

Topic	Number of Parents Attending
Good Enough Parenting-Reasonable Limit 18 February 2017 (Saturday) 9.00am to 11.00am	
Connecting With Your Teens- Teen Psychology For Effective Parenting 25 March 2017 (Saturday) 9am to 11 am	



Vision: An organisation of **STARS** who are **Strong** in Character, **Thinking** and **Caring**, **Aspiring** for Excellence, and **Ready** to serve Singapore and beyond