

| Date | Time | Programme / Talk | Synopsis |
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| 02/02/18 (Fri) | 7 pm to 9 pm | Transition to Secondary school (Recommended for parents of Secondary 1 students) | Secondary school life for students has a host of emotional and psychological challenges as they transit from primary level to the secondary school system. Starting another phase in their lives can be a very exciting time for them. It can also be very confusing and quite scary for some teens. Leaving their previous school where they are the most senior to a new environment where they are the juniors in terms of education level and physical size as well can be traumatic for some. This workshop will help parents understand that parental support can go a long way as their child adjust and adapt to the changes. It will also help parents anticipate certain expectations and developmental tasks that might be tossed at their children as they embark the next phase of their education track. Equipping parents with this foreknowledge promises to reduce students' stress levels and lets them understand that they are not alone if they do face struggles. |
| 10/03/18 (Sat) | 9 am to 12 pm | Oppa Teenage Style --- Understanding your child's psycho- social emotional needs | This topic inspired by the all famous Korean pop song " Oppa Gangnum Style" depicts the teenage years that have been described as the best and the worst. Parenting a teenager can be like riding a roller coaster. One moment they appear to be mature enough to make decisions and the next moment they can be as childish as a preschooler. It seems that your teenager has changed overnight without giving you any warning! So what is happening?!! Come find out how to tune in to the frequency of your teenage child and begin to make these challenging years the best! |
| 20/04/18 (Fri) | 7 pm to 9 pm | Teen Space, Teen Privacy- Building Trust with your Teenager | While you might wish for your teens to stay a baby forever, reality is that, they are growing up. Developing their adult identity is your teenager's priority now. They want to be trusted to do more and more things. They want to be thought of as mature and capable of handling independence. As they push to become more independent, it's also normal and natural for them to put distance between themselves and their parents. Your child wants to leave behind his pre-teen identity, and he's likely to show less interest in family activities and more need for privacy. Giving your teens their space is inevitable. Their need for a little space stems from their development from teen into young adult and eventually, fully-functioning adult. While it might be hard to step back, giving space within healthy parameters can actually help your teens become more mature and fortify your parent-child relationship |
| 25/08/18 (Sat) | 9 am to 12 pm | Father Child Bonding | Activities planned to strengthen the relationship between father-child. |

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| 29/09/18 (Sat) | 9 am to 12 pm | The Secret To Effective Parenting & Preventing Internet Addiction | <p>The primary objectives of the program are for parents to come and learn important and evidence-based methods of building great relationships with their children and to understand the importance of building the Relationship Bank with their children through the parenting talk. Parents will also learn a fool-proof way of preventing their children from being addicted to the internet. Parents soon realize the importance of the content shared in the talk and most of them actually request to shorten the bonding activity and extend the talk, in order to gain more parenting knowledge. The first session is to allow parents an uninterrupted time to focus on the talk. During this time, the children will be playing the Bolla Bola or flying kites. The children would be expected to learn the safety rules and gameplay of the game. This is so that later during the combined session, they will be teaching the parents how to play. During the combined activity, facilitators will demonstrate how parents can bond with their children emotionally and mentally. Some experiential points include the concept of bravery, where it does not mean the absence of fear but overcoming it. Parents will be given the opportunity to be vulnerable and share with their children their own personal stories of failure and how they have overcome it. Some parenting tips and skills that the parents will practice during the Bollabola Session:</p> <ol style="list-style-type: none"> 1. Using “active listening” to communicate and hear from their children 2. Depositing into the Relationship bank by taking part in the activity that encourages mutual satisfaction. 3. Building intimacy with their children when they relate their own life experiences of fear. 4. Using “COUSER” to engage and talk with their children. |
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Note: Parents will be notified, should there be any changes in the dates of time of the programme