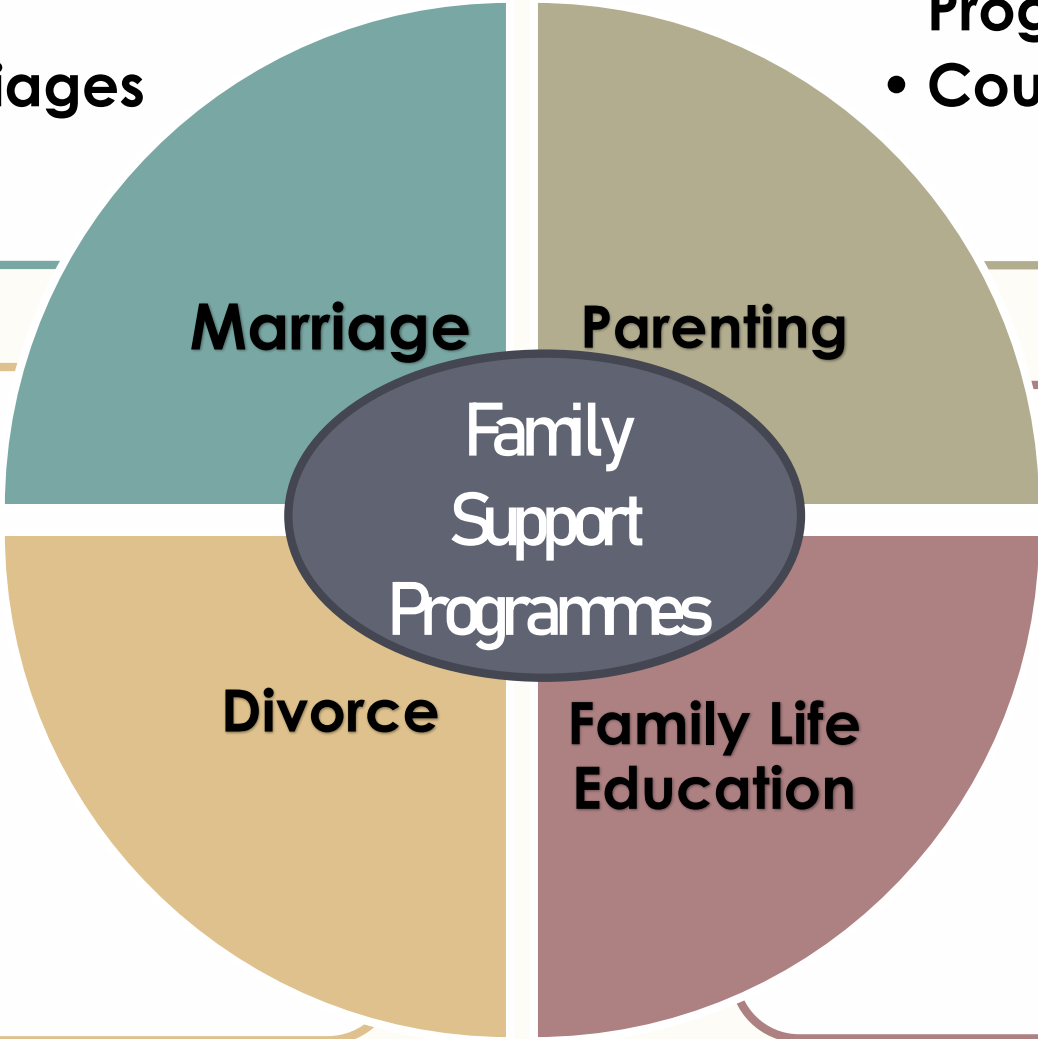


***“As the family goes, so
goes the nation
and so goes the
whole world
in which we live.”***

Pope John Paul II

Fei Yue Community Services
- Family Support Programmes
for you and your family

- Transnational Marriages
- Early Marriages
- Positive Parenting Programme (Triple P)
- Counselling



- Co-Parenting Programmes
- Children's Programmes
- Counselling
- Support Groups
- Marriage Enrichment
- Parent Education
- Family Life
- Elder Education



B1 HOME

40% INCREASE IN THE NUMBER OF USERS IN SINGAPORE ON STS ONLINE SITE BETWEEN JUNE AND OCTOBER B5

10 centres to offer parenting support

Agencies across island will work with schools on programmes as well as provide counselling

Goh Yan Han

Parents who want to do better with their children may access support more easily now, with 10 social service agencies across the island appointed as one-stop regional centres for government-funded parenting support programmes.

Parenting Support Providers (PSP) will work with schools to provide programmes where parents can pick up skills, such as giving clear instructions to their children, and attend sessions to learn to manage their child's difficult behaviour, said the Ministry of Social and Family Development (MSF).

Parenting Programme (Triple P) and Signposts – since 2014.

Minister for Social and Family Development Desmond Lee said by having social service agencies helm the programmes instead of individual schools, each agency can be a one-stop service provider for the region.

This will allow the centres to be more flexible in helping parents and provide more customised support for each family.

"In our move towards these 10 regional PSPs, we have replicated the essential feature of our social sector strategy, which is to provide more integrated, upstream and comprehensive support," said Mr



Parenting Support Providers will work with schools to provide programmes where parents can pick up skills, such as giving clear instructions to their children, and attend sessions to learn to manage their child's difficult behaviour. ST FILE PHOTO

chological, social and emotional competence.

Signposts, available only in primary schools, helps parents to understand, prevent and manage their child's difficult behaviour.

schools, the ministry said. The programmes are free for parents.

They are available to parents of Primary 3 and 4 pupils and Secondary 1 and 2 students, who are at key transitional stages and may ex-

perience or individual needs, parents can attend seminars, one-on-one consultation sessions or group sessions. An online option for Triple P is also available.

The agencies will now also offer

PARENTING SUPPORT PROVIDERS

ANG MO KIO, YISHUN
AMKFSC Community Services
BEDOK, GEYLANG SERAI
Morning Star Community Services

BOON LAY, TAMAN JURONG
THK Moral Charities

BUKIT BATOK, BUKIT PANJANG, CHOA CHU KANG
Fei Yue Community Services

BUKIT MERAH, KRETA AYER
Montfort Care

CLEMENTI, JURONG EAST, QUEENSTOWN
Lakeside Family Services

HOUANG, SENGKANG, SERANGOON
Methodist Welfare Services

JALAN BESAR, TOA PAYOH
Touch Community Services

PASIR RIS, PUNGGOL, TAMPINES
Methodist Welfare Services

SEMBAWANG, WOODLANDS
Care Corner Singapore

10 Social Service Agencies appointed as one-stop regional centres for parenting support programmes to provide more integrated, upstream and comprehensive support.

This will allow the centres to be more flexible in helping parents and provide more customised support for each family.

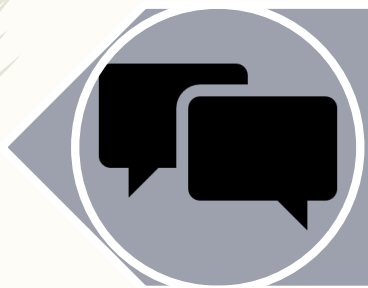


**35 schools in Choa Chu Kang,
Bukit Batok, Bukit Panjang**

**Strengths
and
Difficulties
Questionnaire**



**Evidence-Based Parenting Programmes
→ Triple P and Signposts**



**Follow-on Counselling,
Information and Referral**

Triple P – Positive Parenting Programme

- **A Multi-Level Parenting Programme designed to promote social, emotional and behavioural development in children and teens**
- **Simple and Practical Strategies to help parents confidently manage children's behaviours**
- **Reduce Parenting Stress and Build Strong relationships**
- **Evidence-based programme implemented in 29 countries including Australia, Japan, Indonesia**

Since the Programme Launch in 2014

23,000 FAMILIES

Families have benefited from Evidenced-Based Programme



SCHOOLS 215



Schools are on board this programme

3 DIFFERENT LEVELS

Different levels that parents can be referred to, depending on their needs



Seminar 1-to-1 Small Groups



2 Delivery Modes:

- Face to Face
- Online

Effectiveness of Triple P in Singapore

PARENTS WHO HAVE ATTENDED THE PROGRAMMES REPORTED...



39%

Reduction in Negative Emotional State

Reduction in Difficult

Children's Behaviours 33%



18%

Improvement in Parenting Competency

25%

Decrease in Parenting Stress





Link to online video for Positive Parenting Program (Singapore)
- <https://youtu.be/Fo8XE2yQStg>

Triple P – Multi Levels of Intervention (Secondary)

Level 2 - Seminars

- ✓ 3-seminars at 2-hours each
- ✓ Introduce the Principles of Positive Parenting
- ✓ Provides practical and simple strategies

Level 3 – One to One Consultation

- ✓ 4-sessions at 45mins each over 4 to 6 weeks
- ✓ Individual sessions to address targeted child behaviours

Level 3 – Online

- ✓ 6 modules for Secondary School parents

Level 4 – Group Sessions

- ✓ 5-small group session at 2-hours each
- ✓ Group discussions
- ✓ Individual support via telephone calls

Level 4 – Online

- ✓ 6 modules for Secondary School parents

Triple P Level 2 Seminar Series (Secondary School)

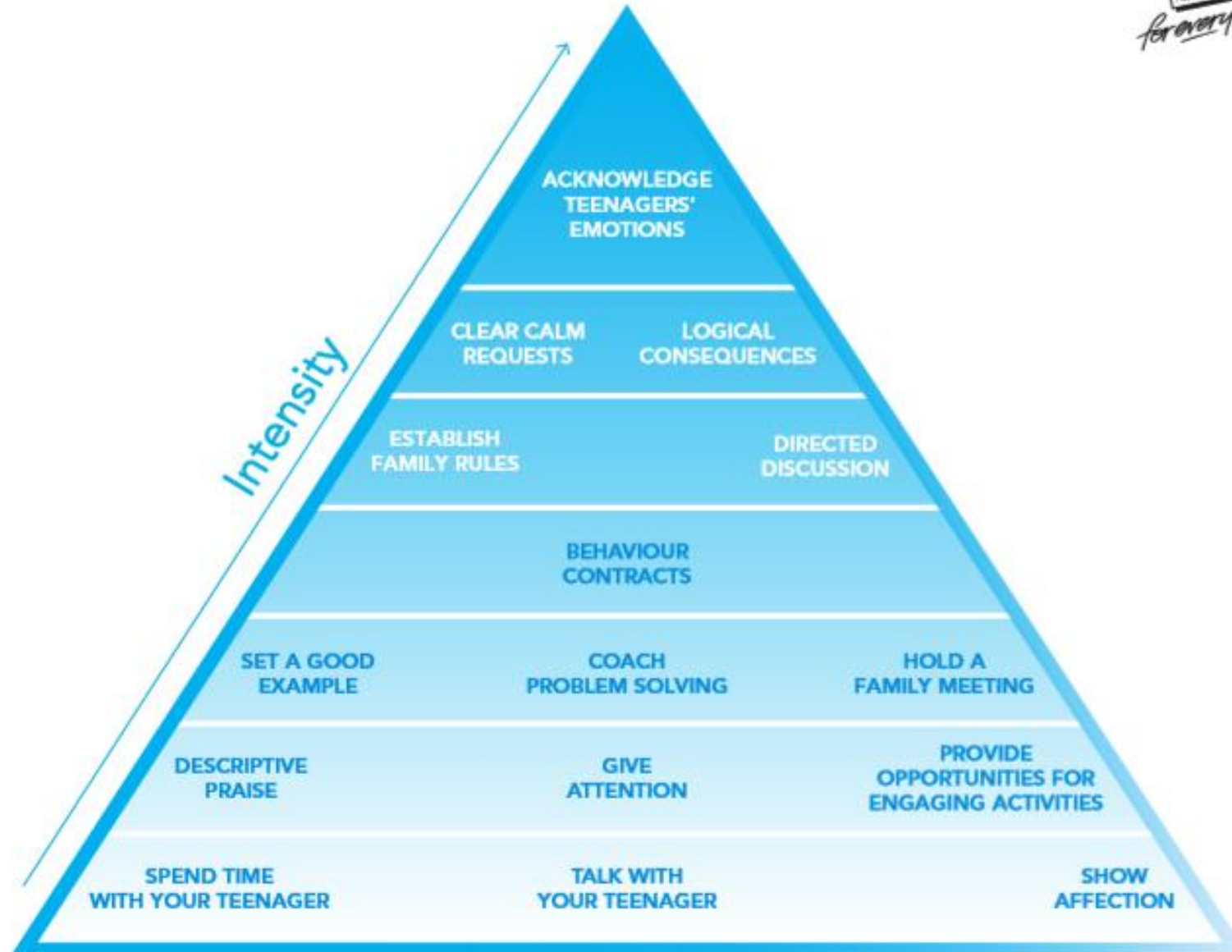
Seminar 1: Raising Responsible Teenagers

Seminar 2: Raising Competent Teenagers

Seminar 3: Getting Teenagers Connected



THE TEEN TRIPLE P STRATEGY PYRAMID





Family Life Education



MARRIAGE
PREPARATION



PARENTING



FAMILY LIFE



STRESS
MANAGEMENT



ELDER
EDUCATION



<https://www.family-central.sg/>



a service by Fei Yue Community Services

LIST OF FEI YUE SERVICES



CHILDREN & YOUTH

- ❖ Adoption Services
- ❖ Child Protection
- ❖ Early Intervention Programmes for Infants and Children
- ❖ Youth Services



FAMILY

- Family Life Education
- Marriage
- Parenting
- Divorce
- Family Service Centres
- Prison Services
- Mental Health Services



ELDERLY

- Senior Activity Centres
- Eldercare Programmes
- Community Befriending
- Intergenerational Learning Programme

Check out the Full Range of Services at
www.fycs.org / www.family-central.sg



To find out more about Parenting Support Services,
contact parenting@fycs.org

