



# RAFFLES GIRLS' PRIMARY SCHOOL

21 Hillcrest Road, Singapore 289072. Tel: 64684377 Fax: 6469 2024

Date: 8/2/2023  
RGPS/N23/G/011

Dear Parents/Guardian,

## **PARENTING SUPPORT SERVICES - POSITIVE PARENTING PROGRAMME**

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.

From an evaluation study carried out by MSF, parents who completed the Level 2 (brief seminar intervention) and Level 3 (one-to-one consultation) programmes reported improvements in four areas:

1. Greater parenting competence
2. Lower parenting stress
3. Improved emotional states
4. Reduced behavioural problems in children.

More information about Triple P can be found on the MSF website: [https://www.msf.gov.sg/media-room/Pages/Factsheet-on-Positive-Parenting-Programme-\(Triple-P\)-Pilot.aspx](https://www.msf.gov.sg/media-room/Pages/Factsheet-on-Positive-Parenting-Programme-(Triple-P)-Pilot.aspx).

Lakeside Family Services has been appointed by MSF since 2019 to deliver parenting support services to Raffles Girls' Primary School.

On top of parenting support, Lakeside Family Services can also channel you to other relevant community resources to support your family more holistically. All services are fully sponsored by MSF.

Kindly complete the Indicate Interest Form at <https://forms.office.com/r/fAuDqYTEGV>, so that you can receive the appropriate level of parenting support.

Your responses will be kept strictly confidential, and any further consultation with Lakeside Family Services will not be shared with the school without your consent.

Your Partner in Education,

Ms Audrey Leong  
School Counsellor