

SEMBAWANG SECONDARY SCHOOL
Family Matters@School (FMS) Programme

INVITATION FOR SEC 1-3 PARENTS/GUARDIANS

to our PARENTING TALK - EL
Topic : SCREAMFREE PARENTING
on Sat, 22nd September 2018
from 9am to 12pm
at Sembawang Sec Sch
Speaker : Ms Hamidah Bahashwan

Synopsis :

“We don’t like to watch our children make mistakes. And we don’t like having to take the time and energy to enforce the consequences. So instead, we scream, or we get anxious, or we stress out. We may threaten, negotiate, plead. We hope it works, meaning we hope our screaming or our anxiety force them to behave the way we need them to. When it doesn’t, we scream or even get more anxious – and then our screaming becomes the consequences itself. This isn’t working and everyone knows it. It also negatively affects our relationship with our children. In addition, no one is learning or growing this process, but what else can you do?”

“The key to good parenting depends on you, because you are the one you can ultimately control,”
says parenting expert and family therapist, Hal Runkel, LMFT.

Come and join us in this workshop as we learn how to be a
“Scream-free parent”.

For more info, drop an email to FMS Coordinator, Mdm Ida Kesuma
Sfe.sbwgsec@gmail.com



Speaker: Ms Hamidah Bahashwan

A dynamic and engaging speaker, Siti Hamidah S. Abdullah Bahashwan has worked with thousands of young couples, parents, teenagers, and children in Singapore, Thailand, Malaysia, Korea, Australia and USA. She is a well sought consultant, who has appeared as a professional presenter and resource person in Singapore's radio and television programmes.

Passionate to inspire others, Siti Hamidah started her career as a teacher, moved on to serve as Social Worker cum Counsellor at Darul Ihsan Orphanage in 1983, Senior Social Worker at PPIS in 1987, Manager of AlHijrah Division of AMP (Association of Muslim Professionals) in 1992, Academic Advisor with the Saudi Arabian Cultural Mission in Singapore in 2010 and Manager of Club HEAL in 2012.

Siti Hamidah holds a Masters in Psychology and a degree in Social Work. She is also a certified trainer in Triple P Positive Parenting Programme.

Contents of the Talk:

1) Exploring effects of screaming & shouting.

2) Introducing Hal Runkel's Screamfree parenting model.

3) Becoming a Screamfree parent.

-maintaining **C**almness, stay **C**onected to them, use **C**onsequence as a tool to manage behaviours, be **C**onsistent in application.

4) Q & A

Includes group work, interesting scenarios, movie clips and role plays to reinforce learning.