



**For SMB
Parents/Guardians
of
Sec 1-3**

**Invitation to
Parenting Talk**

**SAT, 27 APRIL 2019
9AM – 11AM**

@ Sembawang Sec School

**Topic: Raising Resilient
Kids**

Language: English

Synopsis :

The pressure to succeed academically and coping with emotions in the turbulent stages of pre-adolescence or adolescence could leave both parents and their children feeling overwhelmed. This talk aims to help parents understand the different sources of stress that children and teenagers face growing up. Be empowered with techniques on emotional coaching to build your child's confidence and cultivate in your child a positive and healthy attitude for learning and living.

At the end of the talk, parents will be able to

- Gain a clearer perspective on examinations
- Understand their child's uniqueness and learning process
- Apply parenting principles that help to build your child's confidence
- Apply techniques to help your child cope with stress and emotions

SPEAKER:

Dr Wu Mi Yin

Resource speaker from
Focus on The Family