

## Common Sense Parenting Workshop

A six-session certified and proven workshop developed by Boystown, USA, that has helped thousands of parents to walk the talk in raising responsible children. Parents will gain or have their confidence reinforced as they discover and practice a practical approach and method to managing behaviours and guiding children in the choices that they make. Parents will also receive opportunities to use the easy-to-learn skills throughout the workshop.



For enquiries, please call Sharon at 6285 1377 or email to [programs@morningstar.org.sg](mailto:programs@morningstar.org.sg)

### Hougang Centre



4 Lorong Low Koon, Singapore 536450.  
Tel: 6285 1377

### Sengkang Centre



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Connecting Families, Growing in Community



# Common Sense Parenting

Equipping parents with the tools  
For forming responsible behaviour

## **Registration Form (CSP – January 2010)**

Mr./Mrs./Ms. \_\_\_\_\_

NRIC No.: \_\_\_\_\_

Mr./Mrs./Ms. \_\_\_\_\_

NRIC No.: \_\_\_\_\_

Tel: \_\_\_\_\_ (H)

\_\_\_\_\_ (O)

\_\_\_\_\_ (HP)

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Age(s) of children: \_\_\_\_\_

Please make cheque payable to Morning Star Community Services and enclose with completed registration form to : Morning Star Community Services, 4 Lorong Low Koon, Singapore 536450.

*(Registration will only be confirmed upon payment.)*

**For official use:** Cash Cheque

Bank/Chq no: \_\_\_\_\_

Amount : \_\_\_\_\_

Receipt no: \_\_\_\_\_

### **This Workshop is for Parents who:**

- Aspire to be effective parents of children aged 5 to 16
- Want to build a child up as a long-term investment.
- Care about their children making appropriate choices
- Want a plan on staying cool and calm in upsetting situations
- Want to set their child up for success by preparing their children on what to do when faced with certain situations

### **Workshop Details:**

#### **Day and Dates of workshop:**

Thursday, January 21, 28 & February 4, 11, 18 & 25 (2010)

#### **Time:**

7.00pm to 9.00pm

#### **Place:**

Morning Star Community Services at  
4 Lorong Low Koon  
Tel: 6285 1377

#### **Fee:**

\$150.00 per parent or \$240.00 per couple

**Workshop will only commence if there is a minimum of 15 participants.**

### **Parents will Learn the Following and More:**

- How to identify and address behaviours without sacrificing the dignity of your child.
- How to **identify positive** and **negative behaviours** and consequences meaningful to your child and how to use these consequences with maximum benefit.
- How to **set realistic and suitable expectations.**
- How to **maximise teaching to correct a problem behaviour** or to prevent a problem.
- How to **practice self control** and teach it to your child.

### **Some Comments from Parents:**

*"I saw a great improvement in the behaviour of my child. Now he listens to me and follows instructions without arguing or throwing tantrums."*

*"I was lost and confused before I took the workshop. Now there is no need to panic anymore; I can overcome the difficulties. Using Preventive Teaching helps my child know what to do. The Staying Calm Plan helps both of us to stay in control when we are upset."*