

About the Speakers



Jayne Mellor has a Masters Degree in Mental Health Counselling and has provided professional family services with Boys Town, USA, for 25 years. Jayne's wealth of experience includes overseeing the implementation of the In-Home Family Preservation Programme and developing case plans in conjunction with the In-home Family Consultant staff. As a professional trainer, she has developed and conducted workshops on the Boys Town Family Preservation and Foster Care Model in training Boys Town staff and external audiences.



Jessie Ee is an Associate Professor in the Psychological Studies Academic Group, National Institute of Education in Nanyang Technological University. She obtained her Ph.D. from the University of Newcastle, Australia, specialising in Educational Psychology. She is the main co-author for *Thinking about Thinking: What Educators Need to Know*, published by Mc-Graw Hill; *Empowering Metacognition through Social-Emotional Learning: Lessons for the Classroom* and *PBL Made Simple: Lessons for the Classroom* published by Cengage Learning Pte Ltd.



Juliana Choo is Principal Social Worker and Family Life Coach with Morning Star Community Services. She conducts talks, workshops and counselling sessions and oversees case management of clients at-risk. Programmes and talks that were developed, conducted or delivered by Juliana include *Guiding Our Children in their Sexuality*; *Couple Power*; *Work Life Harmony*; *Adventure Learning - Facilitator's training*; *Dealing with Loss for Children*; *Self Esteem Groupwork for Children* and *Team Building for Parent Support Groups*.

About Morning Star Community Services

Morning Star Community Services is a registered independent non-profit, voluntary welfare organisation and a member of the National Council of Social Service. Our services offered include family life education programmes, school social work, individual and family counselling and before and after school care. We work closely with organisations, institutions and schools in delivering our services and is a service provider for some of the programmes funded by the Ministry of Community Development, Youth and Sports.

About Family Life Section, People's Association

The Family Life Section of the People's Association works hand in hand with its network of Family Life Champions (FLCs) to promote and celebrate family life in the community. Together, we organise a myriad of events for singles, couples, young parents, and families to strengthen familial bonds and bring the family closer together. The FLCs also form interest groups to provide a platform for families to come together and connect with other families.

DBS Auditorium : How to get there

Address: 6 Shenton Way, DBS Building Tower 1

Nearest MRT Station: Tanjong Pagar MRT Station



Supported by:



Positive Parenting Convention

2009

From Stressful to Joyful Parenting

Saturday, 13 June 2009
DBS Auditorium

Brought to you by



Many parents find it so stressful these days. They have to juggle different roles: Keeping up with the challenges of a career and a fast-paced society, while grappling with the ever-mounting demands of school and extra-curricular activities of their children.

It is indeed challenging. It makes it so easy to lose sight of the joys that children bring.

In view of this, Morning Star Community Services, together with the Family Life Section of People's Association, are organising a **Positive Parenting Convention 2009** to discuss the challenges of parenting and what can be done to turn the stress of parenting into joy.

What the Convention looks at:

- ✓ What it means to set our kids up for success in life and in school.
- ✓ What it takes to keep our kids close to us and to home.
- ✓ What tools can parents use to gain a better sense of how to raise their children and bring about more enriching family relationships



The convention comprises the following three sessions:

Session 1 : Ready For The Real World by Ms Jayne Mellor

Drawing upon Boys Town's 90 years of experience in working with children, teens and families in the United States, Ms Jayne Mellor will share trends in today's parenting and the tried and tested ways to help families build a solid foundation, and inculcate life skills for the young. She will explore how we should coach and mentor our kids, so as to equip them with real skills for the real world. Another key focus: Parenting for the new millennia, and how we cope with stresses and challenges of the 21st Century.

Session 2 : Setting Up For Success by Dr Jessie Ee

Fear-driven parenting is common these days, where we place excessive demands on children to obtain good grades. The whole environment of schooling then becomes a pressure cooker. Dr Jessie Ee will share how families can develop learning competencies for children and teens within Singapore's educational system, and increase their potential for success. She will also delve into the pitfalls of focusing only on grades and how parents can help their children learn in ways that are joyful and meaningful.

Session 3 : Close And Connected To Home by Ms Juliana Choo

In a result-oriented society, family life and parent-child connections can be cold and functional. The joy and meaning of being family can be lost. When that happens, parent-child connections become thin and the sense of bonding and togetherness fades over time. Ms Juliana Choo will discuss how different parenting approaches can be applied to enhance family connections. She will also talk about the significance of increasing positive energies of parents and children, and why we should focus on choice-making as a family, for the family.

WHO SHOULD ATTEND

This convention is designed for all parents of young children and teens who want to re-discover the joys of parenting. **Positive Parenting** is about keeping in touch with trends in today's parenting and the needs, demands and aspirations of our children. It is about harnessing the ways and means to make parenting more rewarding, effective and joyful.

POSITIVE PARENTING Convention 2009
From Stressful to Joyful Parenting
Saturday, 13 June 2009 • 8.30am to 1pm
Venue: DBS Auditorium

Fee: **\$18**

PAssion
card : **\$12**
member

REGISTRATION FORM

Name: Mr/Mrs/Ms _____

Tel _____ (H) _____ (O)

_____ (HP)

Email _____

Address _____

Age of Children _____

Are you a PAssion Card Member? Yes No

PAssion Card No. _____

How did you get to know about this convention?

- Morning Star Website Morning Star Email
- People's Association Community Clubs / Centres
- People's Association Websites Friends
- Brochures
- Others _____ (Please specify)

Please make cheque payable to **Morning Star Community Services** and enclose with completed registration form to:

Morning Star Community Services
Blk 261B #01-400 Sengkang East Way Singapore 542261

(Registration will only be confirmed upon payment)
There will be no refund upon cancellation 3 weeks before the convention.

Please do not send cash via mail.
Cash payment is to be made at designated centres as below:

Morning Star Community Services

- a) No. 4 Lorong Low Koon Singapore 536450
- b) Blk 261B #01-400 Sengkang East Way Singapore 542261

Rivervale Community Centre (NETS also acceptable)

Blk 193 Rivervale Drive #01-787 Singapore 540193 Tel: 6312 0470

For enquiries, please call **Sharon or Jessica at 63158812** or **Veronica at 62851377**

For Official Use: Cash Cheque

Bank/Cheque No: _____

Amount: _____

Receipt No: _____