



**Parenting Talk on “Positive Discipline: Parenting without Punishment” by Mr. Adrian Choo
Friday, 13 November 2015 (1.15 pm – 3.30 pm) at AVA Room**

Most parents aspire to raise children of good character and to help them develop to their full potential. However, many are feeling frustrated because today’s children do not seem to behave the way children used to in the good old days. Behavioural challenges related to homework, computer time, responsibility, loss of interest or motivation, rebellion, and aggression are considered a norm in many families. Many methods of child discipline that once worked in the past no longer seem to be as effective anymore. As a result, parents often feel lost, and even confused, especially when expert opinions are contradictory. To spank or not to spank? Is ‘Time-Out’ recommended or not? What about removal of privileges? This talk introduces parents to the fundamental principles and practices of Positive Discipline, an approach for disciplining children that does not use any form of punishment, be it physical or non-physical.

Outline: Common Misconceptions about Punishment and Discipline
How Punishment Work (and doesn’t work)
Understanding Children’s Behaviours
What is Positive Discipline
Principles and Practices of Positive Discipline

Speaker’s Profile: Mr Adrian Choo

Adrian has been a trainer with extensive experience in conducting parenting and student courses in Singapore, Malaysia, China and Taiwan. Adrian previously held the position of Principal of Boys’ Town Alternative Schooling at Boys’ Town, managing the staff and youth-at-risks. Previously received training from the President of Singapore Psychological Association, Adrian held the Principal Trainer position in a brain-training centre directed by the President. Over the years, Adrian has been invited as a guest speaker (with MSF) to conduct parenting talks in various schools, organisations as well as churches. Adrian holds a Bachelor in Business Administration; Specialist Diploma in Educational Psychology; Advanced Certificate in Training and Assessment (ACTA); Diploma in Adult and Continuing Education (DACE). Adrian has conducted various trainings, workshops and game/program development in many sectors - NPOs, Statutory Boards, MOE & Private Schools for both parents & students.

PS: There will be craft activity for children whose parents register for this event.

Please make arrangement to meet your child’s teacher after 3.30 pm on Meet-The Parent Session

Date & Time of Event:	13 November 2015 (Friday 1.30 pm – 3.30 pm)
Fee:	\$5.00 per parent & child pair
Closing Date of Registration:	9 November 2015
Light Refreshments will be served	

Please submit your registration slip & cash payment (in a sealed envelope) to the General Office.

If you need further clarification on this event, please contact Mdm Elizabeth Tang at 62539451 or email: bhps.sfe.pri@gmail.com

Thank you for your support and partnership in growing with your child/ward.

Balestier Hill Primary – Positive Discipline

Submit registration slip & cash payment (in a sealed envelope), Attn: Mdm Elizabeth Tang, to the General Office
Non-refundable registration fee is \$5.00 per pair

Name of Pupil: _____ () Class: _____

Name of Parent: _____ Fee Paid: _____

Contact No: (Mobile) _____ (Home) _____

Email _____

Parent’s Signature

Date

For official use:

Amount Collected: _____

Collected by: _____

Date: _____