

TOUCH
PARENTING
WORKSHOPS
MENU / 2023

TOUCH Parenting

aims to ***strengthen parent-child relationships*** by providing parents with ***relevant parenting resources*** through ***every stage of their parenting journey***. It conducts informative talks and workshops which empower parents with knowledge on preparing for and raising a newborn, navigating the digital age with their child, parent-child communication, and nurturing resilient children and youths.

Our workshop modules have been framed around an *in-house developed* **“Inside-Out” Parenting Model** to provide participants a *structured approach* for *easier adoption* and *application*.

PARENTAL POSTURES

**PARENT INTENTIONALLY
PRIORITISE WISELY
PERSEVERE FIERCELY**

PARENTAL STRATEGIES

**ENGAGE THE HEART
ENRICH THE MIND
ENABLE THE PERSON**

OVERALL CHILD OUTCOMES

**RESILIENT
RESPECTFUL
RESPONSIBLE**

Workshop Overview

Workshop Title	Focus & Coverage	Age Range	Full Duration ¹	Abridged Version ²
2023-P-01 Nurturing Future Ready Children <i>Parenting from the Inside-Out</i>	Parenting Styles, Inside-Out Parenting Model	0 to 18 years old	1hr	1hr
2023-P-02 Heart 2 Heart <i>Gifting Our Children Essential Keys to Mental Wellness</i>	Mental Wellness, Grit, Resilience, Communication	5 to 18 years old	2hrs	1hr
2023-P-03 Growth Mindset <i>Unleashing the Power of "Yet"</i>	Growth Mindset, Communication	5 to 18 years old	2hrs	1hr
2023-P-04 Connecting in Love <i>Speaking the Right Love Language(s)</i>	Love Languages, Communication	5 to 18 years old	1.5hrs	1hr
2023-P-05 Parenting by Design <i>Different Children, Different Needs</i>	DiSC, Communication	5 to 18 years old	1.5hrs	1hr
2023-P-06 The Intentional Parent <i>Character First</i>	Character, Values, Introduction to TOUCH Character Toolkit	6 to 18 years old	1.5hrs	1hr
2023-P-07 Let Us Be "A. P.RO" in Parent Self-Care <i>Taking Care of Self to Better Care for Others</i>	Parent Self-Care, Identification of Stressors and Triggers, Available Resources	All	1.5hrs	1hr

¹ Module content has been developed for the stated length of duration and includes 10 to 15 minutes of Q&A time. An additional 30 minutes would allow further elaboration on certain points in the sharing, as well as a slightly longer Q&A. Requests for shorter duration can be acceded to, up to a maximum of 30 minutes; discretion is given to presenter in the cutting of content, as well as having a shorter duration for Q&A.

² Abridged versions of our workshops are crafted to suit lunch / dinner hour slots for companies and organisations looking at providing touch-and-go parent enrichment over the duration for their employees. We strongly encourage schools to select the full versions of our modules to provide optimum learning opportunity for parent and guardian participants who have availed their time for the engagement.

Workshop Overview

Digital Parenting FTW! (for the win) Series				
Workshop Title	Focus & Coverage	Age Range	Full Duration ¹	Abridged Version ²
2023-DP-01 Before IT All Happens <i>Parental Mediation Begins in Early Childhood</i>	Screen Use and Activity in Young Children	0 to 9 years old	2hrs	1hr
2023-DP-02 "I Can't Live Without IT!" <i>Understanding & Engaging Our Digital Natives</i>	Excessive Screen Use, Communication	7 to 18 years old	2hrs	1hr
2023-DP-03 Social "ME"dia & Online Harms <i>Empowering Our Children to Navigate the Thrills & Spills</i>	Social Media Risks, Online Harms, Communication	13 to 18 years old	2hrs	1hr
2023-DP-04 PorNOgraphy <i>Starting the Needed Conversation</i>	Pornography, Communication	5 to 18 years old	2hrs	1hr
2023-DP-05 Cyber Bullying <i>Being the Safe Space for Our Children</i>	Cyber Bullying, Communication	7 to 18 years old	2hrs	1hr
2023-DP-06 (Parent-Child Module) Building a Positive Digital Family Culture Together <i>Each a Part, not Apart</i>	Culture Building, Parent-Child Relationship, Communication	7 to 18 years old	2hrs	1hr
2023-DP-07 Nurturing Digital Natives the Positive Parenting Way <i>A Systematic & Evidence-Based Approach</i>	Systematic Nurturing of Positive Digital Habits, Dealing with Problematic Screen Behaviours	5 to 16 years old	Strictly At Least 2hrs ³	Not Available

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³ This module requires at least a minimum of 2 hours; it can be extended but not shortened.

Workshop Overview

In-Transition Parenting Series				
Workshop Title	Focus & Coverage	Age Range	Full Duration ¹	Abridged Version ²
2023-TP-01 Ready, Get Set, Go! <i>Preparing Our Children for Primary Education</i>	Settling and Thriving in Primary School	5 to 7 years old	1.5hrs	1hr
2023-TP-02 From Tweens to Teens <i>Preparing Our Children for Secondary Education</i>	Settling and Thriving in Secondary School	11 to 13 years old	1.5hrs	1hr
2023-TP-03 Parenting the Adolescent <i>"U"are Important in Helping Teenagers to Transit Well into Adulthood</i>	Autonomy, Self-Esteem, Self-Worth, Communication	13 to 18 years old	1.5hrs	1hr
2023-TP-04 Connecting with Our Late Teens <i>Of Independence & Identity</i>	Future Planning, Relationships, Communication	17 to 19 years old	1.5hrs	1hr
2023-TP-05 Gifts for Our Graduating Kids/Teens <i>Supporting Our Children Through Their Final Lap in School</i>	Stress Management, Expectations, Communication	12 to 18 years old	2hrs	1hr

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NURTURING FUTURE-READY CHILDREN PARENTING FROM THE INSIDE-OUT



In this increasingly volatile, uncertain, complex and ambiguous (VUCA) world, there is wisdom in raising up our children in ways that would help **prepare them for what is to come**. Join us as we explore the following:

1. What it means for our children to be "future-ready"
2. Parenting styles, their effectiveness and their common outcomes
3. What it means to be parenting from the inside-out
4. Evidence-based strategies to help our children become future-ready
5. A framework that helps us guide our children towards becoming future-ready



“ It helps with having a framework to know what may potentially be missing to be a more effective parent. ”

“ Helps a parent to appreciate and understand the importance of intentional parenting through the various strategies shared. ”

“ This workshop provides us with concrete steps to take to help us engage our children better, so that we eventually enable them to be who they can be in the future. ”

“ Easy-to-understand, concise and powerful concepts to get us thinking and reflecting as parents to our children. ”

Available in both Online* and Face-to-face Seminar formats



* We use **Zoom Meetings** as our online seminar platform and encourage "face-to-face" interactions with our participants by default

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HEART 2 HEART

GIFTING OUR CHILDREN ESSENTIAL KEYS TO MENTAL WELLNESS

In this increasingly volatile, uncertain, complex and ambiguous (VUCA) world that we live in, the best gift we can provide for our children is to imbue them with **skills that would allow them to rise above mentally and emotionally** to be **overcomers** of their present and future circumstances. Join us as we explore how we can **journey alongside them** in building up these key ingredients in their lives.

Through this workshop, we hope that participants can:

1. Identify protective and risk factors contributing to their children's mental and emotional well-being
2. Be equipped with strategies to introduce and strengthen protective factors that promote mental wellness in their children
3. Be inspired to build a positive environment at home that fosters mental wellness

“ This helps us to empathise with child/teen's mental well-being from a child/teen's perspective and why they could be doing certain things. The tips shared are really beneficial! ”

“ Practical advice, very pragmatic and prompts me to stop and consider things from my child's perspective. ”

“ The articulation of real-life examples internalised and supported the concepts and tips illustrated. This is beyond what you can find by google-ing. ”

“ This session delves deeper into certain insights that you won't get from just reading parenting articles. This allows you to think deeper and have a clearer picture of what to do. ”

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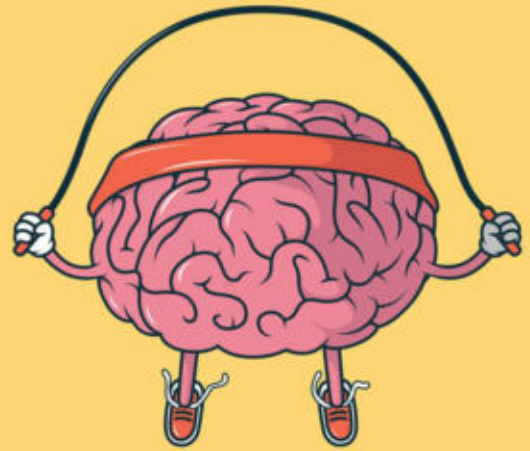


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GROWTH MINDSET

UNLEASHING THE POWER OF "YET"



A workshop for parents who are looking at helping their children (and themselves) adopt the mindset that **one can develop and improve his or her intelligence and abilities over time through perseverance, failures and intentional practice.**

Through decades of research, Psychology Professor Carol S. Dweck of Stanford University identified two types of mindsets in people – the growth mindset and the fixed mindset. Through this workshop, we hope that participants can:

1. Gain a good understanding of the concept of the two mindsets and their differences
2. Learn how to apply the growth mindset in everyday experiences with their children to empower them
3. Be equipped with a set of strategies to help their children develop the growth mindset and healthy expectations of themselves

“ It has changed my perception on the topic! I discovered that mindset growth is gradual and attainable regardless of age. ”

“ This workshop provides good reminder with concrete actions shared. Actionable is the key! ”

“ As parents, we should always be learning (growth mindset) how best to have effective parenting skills to nurture and help our growing children to blossom in their respective ways. ”

“ This workshop will provide the framework to check yourself when things get out of your depth, and the practice of parenting can be more pleasant and fun when you understand. ”

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CONNECTING IN LOVE SPEAKING THE RIGHT LOVE LANGUAGE(S)



At the **heart of parenting** is the **parenting of the heart**, with love as the foundation of every parent-child relationship. Each of us **give and receive love in different ways**, and there are times when messages don't seem to get through simply because we are speaking a **love language** that our children aren't attuned to. Knowing the love language(s) of our children would therefore enable us to **build better bonds** with them and **help them flourish** as they grow.

Through this workshop, we hope that participants can:

1. Gain a good understanding of the 5 love languages
2. Recognise the primary love language(s) of their children
3. Be inspired to put the 5 love languages into action with their children

“ Attend this workshop to understand how we want to be loved and how our children want us to love them! ”

“ Moving forward, I will find out my child's dominant love language and be intentional to show love to him in that manner. ”

“ Through this workshop, I have been encouraged to get my family together to understand one another's love languages, so that we can better connect in the future. ”

“ This workshop is interactive and is full of practical tips on how we can communicate each of the love languages clearly. ”

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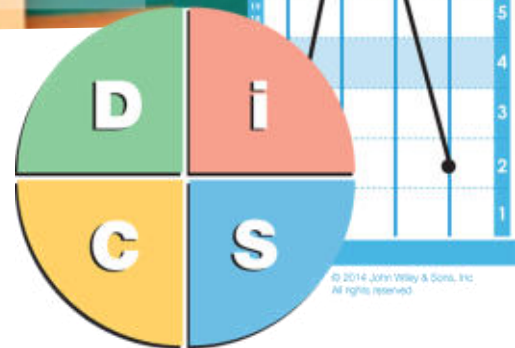
PARENTING BY DESIGN

DIFFERENT CHILDREN, DIFFERENT NEEDS

Every child is unique; each one develops differently at a different pace, has a different personality, possesses different strengths, and therefore requires different forms of support. The **DiSC model** serves as a common language for us to better understand ourselves and our children, allowing us to adapt our parenting style and approaches to suit our children's personalities.

Through this workshop, we hope that participants can:

1. Recognise their own DiSC profiling as parents
2. Recognise their child/ren's DiSC profiles
3. Be aware of the suitable approaches that they can utilise in their interactions with their children in accordance to the profiling
4. Be able to articulate and adapt their parenting styles to suit their children's personalities



“ It helps us to better understand why our children behave certain ways, debunks myths and clears up gaps. ”

“ It really helps us to understand our own traits and our children's trait and how to tackle / compliment accordingly. ”

“ It gives us great insights to our children's behavior and how we can engage them accordingly based on them. ”

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THE INTENTIONAL PARENT CHARACTER FIRST

Character development is central to the building of positive habits in children, allowing them to grow up into well-adjusted and confident individuals. This workshop seeks to *inspire parents of children aged 6-13 to be more intentional in the character development of their children* and learn why character truly determines success. It will also introduce parents to the *Parent's Toolkit on Character Development* developed by TOUCH to complement their child's character development at home.

Through this workshop, we hope that participants can:

1. Understand why character determines success
2. Understand the importance of being intentional
3. Understand what the Parents' Toolkit is about and how it can complement participants' efforts in their child's character development at home.



“ It helps us to consider how we can inculcate values in our children. It provides authentic examples on how interaction with our children can be done. ”

“ This will you a fundamental overview of the types of qualities and values we should nurture for our child ”

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LET US BE
**"A. P. RO" IN
 PARENT
 SELF-CARE**
 TAKING CARE OF SELF TO
 BETTER CARE FOR OTHERS



While there are many evidence-based approaches and strategies out there proven to be able to help us in nurturing our children, we may not be able to apply them effectively if we do not possess the **mental and emotional capacities** to do so especially through our children's difficult behaviours. Join us as we **explore how we can better take care of our children as we take care of ourselves** as their parents.

Through this workshop, we hope that participants can:

1. Identify stressors and triggers in their lives that could get in the way of effective parenting
2. Be equipped with strategies to lessen and manage the identified stressors and triggers
3. Be encouraged in seeking out connections and resources that would help foster parental self-care

“ This workshop provides you with insights, assurance and comfort that there are others also experiencing similar situations and there could be shared learnings. ”

“ The structured why of deciphering how we should deal with situation with kids is very easy to understand and digest. ”

“ This session is filled with tips and reminders for parents that self-care is a continuous journey and we are worth the care and love, thus giving us the assurance on the need to be energized before we can soldier on to care for our family. ”

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DIGITAL PARENTING *FOR THE WIN!*

TOUCH Parenting seeks to be at the **forefront of digital parenting work in Singapore**, helping parents to be up-to-date in youth cyber wellness issues and relevant parenting approaches through **education** and **coaching**, thereby enabling them to nurture their children in becoming **responsible digital citizens** who **consume mindfully**, **connect wisely**, and **contribute actively**.



BEFORE **IT** ALL HAPPENS **PARENTAL MEDIATION** BEGINS IN **EARLY CHILDHOOD**

Is it alright for my child to be spending time watching shows and playing digital games on the screen at this age? What can I do to prevent my child from becoming "addicted" to screens in the future?

This module equips parents of young children (**newborn to lower primary**) with the necessary knowledge to enable them to make informed decisions in managing their children's / ward's screen activities, scaffolding them towards becoming **positive digital media users** as they grow up.

Through this workshop, we hope that participants will be able to:

1. Understand the potential risks of excessive screen usage on their children, and the factors leading to the excessive usage
2. Be equipped with parental mediation strategies and activities that could help them and their caregivers manage their children's screen activities
3. Be aware of the pivotal role that they play in building up their children towards being positive digital media users

“ It provides a better understanding of what young parents should do on cyber wellness parenting. ”

“ This workshop helps us to understand how we can help our young children to better prevent or reduce screen/cyber addiction as they grow. ”

“ Very relevant knowledge for anyone who is a parent in this day and age and it will only become increasingly relevant in future. Without someone to tell us, many parents may not consider all these factors when letting their child use screens. ”

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I CAN'T LIVE WITHOUT IT!

UNDERSTANDING & ENGAGING OUR DIGITAL NATIVES



In this day and age where **the use of mobile devices have become a ubiquitous part of our everyday lives**, more and more parents are finding it **difficult to connect with their digitally savvy children** and to get them to **manage their usage habits**. It is also getting more and more common to hear of family relationships getting strained as a result of the use of such devices in the excesses.

Through this workshop, we hope that participants will be able to:

1. Gain an overview of the risks and concerns pertaining to screen related use in children and adolescents
2. Understand the motivations fuelling particular screen related behaviours
3. Be equipped with relevant strategies to help them understand and engage their children in this aspect
4. Be equipped with a parenting framework from which they could execute their strategies with greater efficacy

“ In this evolving area of parenting, it helps us 'get with the times' while still relating it to tried and tested traditional values of parenting. It also makes us more self aware of our own digital habits as parents. ”

“ Understanding upcoming challenges related to digital addiction is necessary to prevent rather than finding cure. ”

“ It really emphasises the importance on not just cyber use management but also how to engage our children in a positive and effective manner. ”

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SOCIAL MEDIA & ONLINE HARMS

EMPOWERING OUR CHILDREN TO
NAVIGATE THE THRILLS & SPILLS



Beyond the concern of excessive screen time and addiction lies an **equally (if not greater) and yet often overlooked danger** in our children's social media interactions. This module examines in greater detail the **social-emotional risks** involved in social media interactions, and how parents can help their children mediate these risks.

Through this workshop, we hope that participants will be able to:

1. Understand current social media trends, platforms and issues
2. Be aware and mindful of the consequences of misuse and abuse of social media
3. Be empowered to be confident about educating and engaging their children in this digital age

“ This workshop provides insight into the teenager's world and how parents can have meaningful engagement with their teenagers through practicing intentional parenting strategies. ”

“ It gives parents an understanding of the cyber environment our children are in and how to guide our children in this environment. ”

“ Really eye-opening to parents as we ourselves may not be familiar with all kinds of apps and social media... not to mention to help our children to be vigilant in this digital era. ”

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PORNOGRAPHY

STARTING THE NEEDED CONVERSATION

In the world of new media and social media where content regulation is lacking at worst and sporadic at best, it is **no longer sufficient for parents to shield children from inappropriate content such as pornography simply by withholding access**. This module addresses the urgent need for parents to communicate the topic with their children in ways that would help **inoculate their hearts and minds** against the **prevalence and pervasiveness** of such content online.

Through this workshop, we hope that participants will be able to:

1. Understand the prevalence and pervasiveness of pornographic material children are exposed to through new media and social media
2. Gain a heightened awareness of the normalization of such content
3. Be equipped with ideas on broaching the subject with and guarding children against such content

“ It creates awareness for parents on pornography and what kind of materials children are exposed to in this digital age. ”

“ It's good to speak about this issue in the open and understand what are the dangers that children face and what parents can do to help arm children in this digital age. ”

“ The topic is a 'clear and present danger' to all kids of current era... So parents should all have a more informed understanding of the dangers of pornography. ”

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BUILDING A POSITIVE DIGITAL FAMILY CULTURE TOGETHER *Each a Part, Not Apart*

PARENT-CHILD MODULE

If There's a Report Card for a Cyber Well Family, How Would You Want Yours to Fare?

While children across the board are equally exposed to cyber risks as long as they are given online access, having a **strong and positive family digital culture** could help **mitigate the impact** of those risks. This **interaction-focused** module brings together families to begin certain needed conversations in this area with a light-hearted touch, and seeks to motivate families to carry them on beyond the session.

Through this workshop, we hope that **parent participants** will be able to:

1. Picture how involving their children in building up a positive digital family culture can look like
2. Gain a better understanding of their children's mobile habits and their underlying motivations
3. Learn how to connect with their children more effectively in this digital age

We hope that **child participants** will be able to:

1. Appreciate the need of communicating with their parents on their online activities
2. Understand the value of self-monitoring, self-regulation and self-control
3. Understand the importance of their roles as digital natives in helping to shape a positive digital family culture at home

“ It brings together families with children at different stages of exposure to the current digital culture and to consider how best to approach it as a family. It also offers an opportunity to discuss the points raised as a family. ”

“ It is an eye opener and a good reflection of what we as parents know and assumed to know. ”

“ I was not expecting support from the kids. But by the first half hour, we had the whole family engaged in the session, spouse included! ”

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NURTURING

DIGITAL NATIVES

THE POSITIVE PARENTING WAY

A SYSTEMATIC & EVIDENCE-BASED APPROACH

This module brings together the **domain expertise in cyber wellness** from TOUCH Cyber Wellness and the **positive parenting approach** from TOUCH Parenting to enrich and enable parents and caregivers to help children adopt positive digital habits and/or manage presenting screen related issues in a **practical and systematic way**.

Through this workshop, we hope that participants will be able to:

1. Be acquainted with a process cycle that would allow one to build positive digital habits and/or manage existing screen time issues in the child systematically
2. Be equipped with a set of strategies that have been observed to build parent-child relationship and encourage positive behaviours in the child
3. Be encouraged to apply the process cycle and experience positive change in the family with their children

“ It dives into guiding us to become better parents in this digital age especially if you have kids who do not comprehend self control. ”

“ It guides you to tackle the disciplinary aspects of your child's screen time - how to kick-start, interact, acknowledge, praise and motivate them. ”

“ Attend this because like most parents, you may be struggling with the challenges of parenting in today's world to ensure that we raise our kids as responsible, positive and confident young adults. ”

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IN- TRANSITION PARENTING

At **TOUCH Parenting**, we acknowledge the stresses that come with changes and thus seek to come alongside parents as they navigate through the developmental milestones of their children's growing up years. The modules in this series have been developed to provide parents and caregivers with age and developmentally appropriate strategies to **help children transit successfully** through each of the stages.

READY GET SET GO!



PREPARING OUR CHILDREN FOR

PRIMARY EDUCATION

Beyond helping our children settle into primary one, much can be put in place to **help them thrive in primary school** and thereafter **flourish in life** as they enter a stage where they experience **less overall supervision** and **more independence**.

Through this workshop, we hope that participants can:

1. Receive comprehensive coverage on the pertinent matters to consider in helping their children settle into primary one
2. Be inspired to look beyond the settling in and prepare their children for future success
3. Be equipped with a set of age-appropriate strategies to intentionally shape their children in the new season of their lives

“ It brings awareness to what our child is going through or will be going through and how we can help them walk through these. ”

“ The guidelines presented are very important for parents to ensure (child's') character building leading to future success in many aspects of life. ”

“ The workshop concluded most of the problems we need to consider and solve, and some of which we may not realise. ”

“ It is a good reminder / refresher for parents on preparing their children for primary school. ”

“ It inspired me to consider how to help my child grow better. ”

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FROM TWEENS TO TEENS

PREPARING OUR CHILDREN FOR

SECONDARY EDUCATION

Moving from primary to secondary education can be a daunting phase for our children. Faced with a **greater number of subjects to manage, a new school environment to get used to, new friendships to forge, and a slew of physical, emotional and mental changes** that come along with puberty, children will greatly benefit from their parents' support in helping them make this transition smoothly.

Through this workshop, we hope that participants can:

1. Receive comprehensive coverage on the pertinent matters to consider in helping their children settle into secondary school and teenagerhood
2. Be inspired to look beyond the settling in and prepare their children for future success
3. Be equipped with a set of age-appropriate strategies to intentionally shape their children in the new season of their lives

“ It gives you a different perspective on your growing up kids. ”

“ This workshop provided pointers to handle the changes our kids are going to go through in their secondary school years. ”

“ This is especially useful and beneficial for parents of newly minted secondary one students. ”

“ This workshop has inspired me to keep on updating myself in my parenting approaches, so that I can build better relationships with my children and influence them positively. ”

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PARENTING THE ADOLESCENT "U" ARE IMPORTANT IN HELPING TEENAGERS TO TRANSIT WELL INTO ADULTHOOD

Children experience lots of changes through their teenage years as they make the transition to become adults. In a phase marked by increased experimentation, risk taking, impulsive decision making and individualising, how can we communicate with them such that things get through, and what can we do to ensure that they **thrive through this period?**

Through this workshop, we hope that participants can:

1. Be aware of the common psychological and emotional changes teenagers go through at this stage of their development
2. Be equipped with a set of phase-appropriate strategies to encourage healthy self-esteem and self-worth in their growing teens
3. Be inspired to adopt good communication habits with their teenage children

“ This workshop allows us to understand our child not based on our own experiences but based on our child's development stage. The different strategies are useful to help us engage our child positively. ”

“ This workshop provides relatable and powerful strategies for us to become effective in parenting our adolescents. ”

“ It provides useful info to understand our adolescents better and how best to engage them at this era where they are exposed to even not age-appropriate content. ”

“ It helps parents know what to look out for in terms of how to support your teenage child and also potential pitfalls to avoid. ”

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CONNECTING WITH OUR

LATE TEENS

OF INDEPENDENCE & IDENTITY



The **late adolescence** (17-19 years of age) is the final phase of our teenagers' development before they enter adulthood. How can we continue to **engage** with them in ways that would help **enable** them to eventually succeed in this transition into their adulting years?

Through this workshop, we hope that participants can:

1. Be aware of the common psychological and emotional changes teenagers go through at this stage of their development
2. Be equipped with a set of phase-appropriate strategies to develop greater self-assurance in their late adolescents
3. Be inspired to adopt good connecting habits to foster good communication and relationship with their late adolescents

“ This workshop shows us how we can continue to engage with our soon to be young adult children, so that we can help them make the transition into adulthood smoother and continue to enjoy a close relationship with them. ”

“ There is a need for us to change our communication approach with our children as they grow. This workshop shows us how and what we can communicate with our older teens. ”

“ Useful framework and timely reminders! ”

“ I am encouraged by this workshop to work on how I can be a better coach, mentor and cheerleader to my teenager. ”

Available in both Online* and Face-to-face Seminar formats



* We use **Zoom Meetings** as our online seminar platform and encourage "face-to-face" interactions with our participants by default

For enquiry, please e-mail to parenting@touch.org.sg

GIFTS FOR OUR GRADUATING KIDS/TEENS

SUPPORTING OUR CHILDREN
THROUGH THEIR
FINAL LAP IN SCHOOL

Stress drives us towards actions and behaviours that may bring us closer or further away from our intended goals. How can we come alongside our graduating cohort children and support them in navigating through the stresses, helping them to **rise above** and **finish well** in their final year in school?

Through this workshop, we hope that participants can:

1. Be aware of the common concerns teenagers of graduating cohorts have, as well as the common signs to look out for when they are not coping
2. Be equipped with a set of strategies to better attend to their children's emotions and help manage expectations
3. Be encouraged to adopt communication strategies that would foster the parent-child relationship

“ This workshop provides very useful information on how we can better understand and support our child during stressful times like exams and other challenges. ”

“ Good understanding and approach on how to help your child develop and grow in this stressful and challenging environment. ”

“ The session was generously filled with tips and techniques to guide parents to better manage their communication and relationship with their teenage child. ”

“ I have found the sharing of our children's perspectives on the matters really useful, and the sharing of similarities in the issues that most parents face helps give a sense that we are not alone in this parenting journey. ”

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