

Positive Parenting Essentials (PPE) is a highly experiential course specifically designed to enhance and enrich your parenting experience. Expect to uncover some new insights that will profoundly change the way you see and relate with your children, the way you respond to the inherent challenges of parenting, and the way you endeavour to nurture your children's unique potentials. Over two full days, you will learn and apply some powerful paradigms and principles that will enable you to parent with greater joy, peace and fulfilment!

The top 5 benefits that you could expect from attending this course are:

- ✓ **A more LOVING and respectful relationship with your child**
- ✓ **Greater confidence in handling the inherent challenges in disciplining your child**
- ✓ **Greater confidence in nurturing your child's innate potentials**
- ✓ **Elimination of 'blind spots' that can hinder you from parenting effectively**
- ✓ **A more PEACEFUL, ENJOYABLE and FULFILLING parenting experience**

1. Course Overview

Day One begins with an overview on what you might expect to experience over the course of the seminar. This is followed by a brief participant introduction, and activities designed to bring you to an optimum state for learning so that you could participate and engage powerfully with the course materials.

2. Charting the Course

Your learning journey begins with a self-assessment on a range of factors related to parenting, including your existing style, practices, values, concerns and challenges. With a clear understanding of your current situation, you will then set your own learning goals that will make your participation more relevant and meaningful.

3. Beliefs about Children, Parenting and Behaviour

As an adult learner, you inevitably come with an existing set of ideas and beliefs about children, parenting, and behaviour. These preconceptions affect how you perceive, interpret and process new information. Before you set out to explore the new ideas presented in this course, you will first examine how some of your existing beliefs had come about, and understand the factors that had influenced the way you are currently parenting. For most adults, their parenting styles or philosophies are shaped predominantly by their own childhood experiences. These influences can be either empowering or limiting. By becoming aware of the influences from your past, it leaves you free to make conscious choices on what to keep and what to discard as you progress through the course.

4. Common Pitfalls to Avoid

For far too long, the practice of parenting has remained highly subjective. *"There is no right or wrong way to parent"* seems to be a prevailing norm, so much so that most people would hesitate to intervene even when they observe their closest friends or relatives treating their children in a clearly unacceptable manner. What if we took a stand and courageously challenge the status quo? What if we approached parenting with the same rigour as a respected profession such as the medical practice? In this segment, we seek to uncover the common mistakes that well-meaning parents

make by applying one of the most fundamental principles in medicine – *primum non nocere*, a Latin phrase meaning “First, do no harm.” This will help you avoid the common pitfalls in your family.

5. Advanced Parentology Primer

Having examined the common pitfalls to avoid, we now proceed with a detailed introduction to Advanced Parentology by discussing some foundational concepts including *The Basic Goals of Parenting*, *The Power of Paradigms and Principles*, and *Parenting with a Principle-Centred Paradigm*. An understanding of these concepts will prepare you for the coming ‘paradigm shifts’ that can positively transform your journey through parenthood.

6. Doing vs. Being

In today’s information-abundant era, good parenting advice is widely available. Knowing what to do is easy. The difficulty lies in doing it right. The truth is, *how* we act (our way of being) often matters more than *what* we do. Children learn more from modelling who we are than what we say or do. Here, we explore three essential ways of being for effective parenting and how they influence the way you see, think, feel and act as a parent. Discover how a small shift from ‘doing’ to ‘being’ can make a big difference in your parenting experience.

7. Action, Intention and Motivation

Most parents act out of well-meaning intentions, but many continue to struggle despite their loving intentions. Here, you will learn to examine your own behaviours in light of the underlying intention and motivation, gain a fuller understanding of WHY you do WHAT you do. With the new insights you get, you may then make the relevant adjustments that will bring about a more desirable and positive parenting experience.

8. Behaviour Modification vs. Character Development

Most parents devote a significant amount energy and time on managing children’s misbehaviours. In this segment, we examine an alternative paradigm called ‘Character Development’ - one that strikes at the core of human behaviours and invites you to view children’s behaviours in a new light. Common issues related to child discipline, misbehaviours, character development, and values will be discussed. You will learn about the characteristics of a ‘*Healthy Personality*’, its impact on children’s well-being and growth, and how you could help your children develop a healthy personality and build the foundation for a good and meaningful life.

9. Fundamentals of Positive (Non-Punitive) Discipline

Punishment (and rewards) has traditionally been a popular method of discipline employed by parents, but not without its fair share of controversy. Rather than arguing for and against the use of punishment, would it not be more productive to expand one’s repertoire of alternatives for responding to children’s misbehaviours? To have more choices is better than less. In this segment, you will learn the key concepts, principles and practices in *Non-Punitive Discipline* – an approach that seeks to honour the dignity of children, preserve their well-being and foster their personal growth. These include *The NEW RULE for Positive Parenting*. You will also get to apply and deepen your learning by practicing on some of the real challenges posed either by yourself or other parents.

10. Power, Responsibility and Independence

A majority of parenting issues are rooted in the struggle for power between the parent and the child. Common examples include toddler tantrum, wilful disobedience, and adolescent rebellion. We set out to investigate the relationship between power, responsibility and independence. Expect to uncover the secrets to ending unnecessary power struggles and nurturing your child's independence by harnessing your parental authority more effectively.

11. Problems vs. Possibilities

Parenting isn't always easy, and we can expect to be challenged by a myriad of problems. However, very often, the problem lies in *how we see* problems. As Albert Einstein once said, "*We can't solve problems by using the same kind of thinking that we used when we created them.*" Problems related to human behaviours and human relations are necessarily complex, and cannot be adequately tackled by a simple cause-and-effect analysis employed in traditional linear thinking. We need transcend to a higher level of consciousness or viewing point – one that allows us to have a more systemic view of the situation. In this segment, we explore a new paradigm for turning parenting problems into possibilities for growth, enabling you to deal with the inherent challenges of parenting with greater confidence and ease. You will get to apply what you have just learnt on some of the real challenges posed either by yourself or other parents right away.

12. Parents-as-Coaches: Giftedness, Potential and Self-Actualization

Most of us desire to bring out the 'best' in our children and to see that they fully maximise their potentials. But what does 'the best' mean? In this segment, we will discuss the concepts of *Giftedness, Potential and Self-Actualization*. You will also learn about the notion of Parents-as-Coaches, the *Seven Principles of Coaching for Parents*, and see how you could apply them in unleashing the greatness in your child.

13. Communication and Relationship

Relationship problems are usually a result of communication breakdown. With about three decades of 'generation gap' between your child and you, some communication challenges can be reasonably expected. You will learn and practice the key principles of effective communication, and uncover the secrets to encouraging openness, authenticity and intimacy in your communication with children.

14. Open Discussion

In this segment, you may harness the opportunity to raise and discuss any additional issue or topic related to parenting, gather views from other parents and share your experience. The depth of discussion shall be subjected to amount of time available.

15. Close: Learning, Practice and Mastery

The seminar closes with a recap of key concepts covered, a review of the insights from each participant, sharing of participants' experiences from the immediate application of some of these insights throughout the course, and presentation of a roadmap to support your on-going learning and mastery of what you have learnt leading to the realisation of the possibility of Positive Parenting.