



### **Synopsis:**

Disciplining a child is one of the most important roles of a parent, and perhaps one of the most difficult. Effective discipline at home provides a foundation for self-discipline throughout life. It helps your child grow up to be happy and well-adjusted. Effective and positive discipline teaches and guides children. It doesn't just force them to obey. How children should be disciplined depends on their age, stage of development, personality and many other factors, but these are just a few basic principles to help guide parents.

Content includes:

- Understand your child
- Identify the 4 Parenting styles
- Practice parent-coach principles – ABCDE

### **About the trainer**

Dr Agnes Tan, is trained as a medical doctor in London, England and has worked there as well as in Singapore. She gave up her medical practice to pursue mission work for over a decade.

Agnes currently works as a Trainer, Counsellor and Family Life Educator – she holds a Master of Social Science in Professional Counselling, and a Graduate Certificate in Parent Education Leadership Training, both from Swinburne University, Australia. She is a Registered Counsellor with Singapore Association for Counselling.

She is also a certified trainer for Triple P (Positive Parenting Programme), “Good Enough Parenting”, “I Choose Us” marriage programmes and many others. She has over 20 years of experience and is a sought-after speaker in schools and organisations.

Agnes is happily married to Steven for over 24 years. They work closely as a couple, and are passionate about building strong and resilient families. They have a son and a daughter, both in tertiary studies

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### **Our Values**

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