



# NEW PROGRAMS AT THOMSON PAEDIATRIC CENTRE



## Behavioural Management Workshop for Parents

This introductory workshop is designed to assist parents in providing thorough and systematic teaching to their children. It aims to help guide families in preventing or managing difficult behaviours of children aged 3-16, who have a developmental delay or an intellectual disability. Learn about rigorously researched sets of behavioural management procedures found to be effective with both boys and girls across different levels of disability. We will also explore ways to teach your child new skills and how to structure your child's environment to bring the best out of him/her.

Conducted by: Ms. Vicki Lim  
(Clinical Psychologist-in-training)

## Transition to School Workshop

A workshop to help parents of 4 to 6 year old's navigate public school selection, enrolment and support systems. Our speakers (Teacher and Psychologist) will help you understand the transition to school process in detail. They will take you through when to start considering your child's options for schooling, how the application process works, when to apply for your child, the different pathways in the MOE system and what supports your child will get in the different school settings. The better informed you are, the better you can advocate for your child.

Conducted by: Thomson Paediatrics Early Intervention Programme (Teacher Stella & Ms Eliza Leong)

## "Understanding Discipline" Workshop

The "Understanding Discipline" workshop aims to help parents better understand young children's brain development, and the type of discipline which is most helpful for their children. The workshop provides a compassionate way to manage tantrums and meltdowns and turn these conflict situations into opportunities for growth. The workshop is based on best-selling authors Dan J. Siegal and Tina Payne Bryson's books 'The Whole-brain Child' and 'No-drama Discipline'.

### The workshop aims to:

- Understand child brain development - so that parents can use the most appropriate and constructive discipline method for their child
- Provide an opportunity for parents to reflect on their current parenting practices and adapt them to best suit their child
- Provide practical and useful strategies to connect with a child when they have a meltdown, whilst setting clear and consistent limits

Conducted by: Ms Eliza Leong (Educational & Developmental Psychologist)