



How can I enhance my child's self-esteem as a parent

The development of a healthy and positive self-esteem is a protective factor that enables your teenager to develop into a mature young adult. A healthy self-esteem empowers a child to be resilient in the midst of making mistakes and facing challenges. It is important for parents to facilitate the development of the child intentionally in commonly faced situations in everyday life, to develop practical steps in raising his/her self-esteem so that they will not experience social anxiety and low levels of interpersonal confidence. This in turn makes his/her social interaction with others no longer as awkward, shy, conspicuous, and unable to adequately express freely and confidently when interacting with others. Let's pace with our children and uplift them, typically if they are having low self-esteem and pessimistic towards people and groups within society.

About the speaker – Mr Anis

Mr Anis has Masters in Business Administration and Diploma in Counseling Psychology. He is currently a courts counselor, trainer and MSF Approved Speaker. He conducts Marriage Guidance Course and Love & Enlightenment Courses by Darul Arqam, Inter-Ethnic Marriage Preparation Course by MSF, FamilyMatters parenting talks in schools and other family talks in the community as per on demand.

He is also providing counseling to at-risk families to uplift them and intervention for marriages to help couples to overcome various obstacles.

In the past, Anis worked as a Singapore Prison Rehabilitation Officer (counseling inmates and offering social work intervention with the related families), Police Inspector etc. His broad spectrum of work and serving a wide profile of clients in need have enabled him to provide good insights and share good parenting tips with all parents.

DATE : 5 NOVEMBER 2016 (SATURDAY)
TIME : 10AM-12NOON (2 HRS)
VENUE : KRANJI ART ROOM 2 (NEXT TO SECURITY)
FEES : FREE

For registration, please SMS
“KJSS self esteem + Your name (s) + Your Child's Name + Class”
to

FM coordinator, Mdm Michelle Khoo at
91593864

(You will receive confirmation via SMS)



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