For more information please contact Colleen Wilson (Business Support) on
Tel: 01389 828242 or
Email: GG-UHB.WestDunbartonshireParenting@nhs.net
Alternatively go to
for the Request to Parenting Coordinator Form

If you are concerned about self-harm or suicidal thoughts regarding your child, a family member or any other relative or friend, please contact Choose Life at
Tel: 01389 776 990 or
Email: chooselifetraining@west-dunbarton.gov.uk
Choose Life provide two courses, selfTALK and ASIST, addressing these issues. These courses are suitable for everyone seeking help.
Baby Massage

**Child’s Age:** 6 weeks to 10 months

**Length of commitment:** 6 weekly group sessions

**Who’s it for?** Anyone

**What’s it all about?**
Baby Massage is touch therapy helping to promote healthy development in your baby’s first months. It is an opportunity to share special moments with your baby by helping to develop a loving bond and provide a feeling of security for your baby.

Contact West Dunbartonshire Learning Development Team on 01389 772137 or email: learning.development@west-dunbarton.gov.uk

Baby Yoga

**Child’s Age:** 6 weeks to 10 months

**Length of commitment:** 6 weekly group sessions

**Who’s it for?** Anyone

**What’s it all about?**
Baby Yoga aims to improve your baby’s balance and coordination through relaxation and stretching sequences. The movements help to stimulate senses and encourage brain development alongside fun interactions, songs and rhymes.

Contact West Dunbartonshire Learning Development Team on 01389 772137 or email: learning.development@west-dunbarton.gov.uk

Online Support for Parents - Parents @Sandyford

**Child’s Age:** 0-18 years

**Who’s it for?** Parents@sandyford provides information about growing up, bodies, puberty, gender, healthy relationships, identity, staying safe and happy, sexual health and wellbeing suitable age and stage of child.

**What’s it all about?**
Our children are exposed to messages about relationships, growing up and sexual health all the time from the world around them.

This online resource provides helpful and accurate information for parents to encourage, support and normalise discussions on the subject. The website covers a range of topics such as:

- Developmental stages
- Healthy relationships
- Language
- Answering children’s questions
- Puberty
- Sex and the law
- Internet safety

To access to the information go to:

http://www.sandyford.org/parents-sandyford/
**Happy 2 Chat Book Collection**

**Child's Age:** Pre 5 - 16 years

**Who's it for?** The books are aimed at parents and carers to support them to confidently 'chat' with their child about growing up, relationships and sexual health. The books are not intended or promoted at children to read on their own, but rather are for parents and carers to use alongside their children.

**What's it all about?**

The Happy 2 Chat Book Collection is made up of 10 books that are available in each of the 8 local libraries and one mobile library operated by West Dunbartonshire Council. The books are aimed at parents and carers and are situated in the adult section of the local libraries and mobile library. The books have been colour coded to assist with selecting material to suit the developmental stage of their child.

See West Dunbartonshire Library Online for more information

[http://wd.ent.sirsidynix.net.uk/client/en_US/ WD/?rm=WD0||1||0||true&dt=list#](http://wd.ent.sirsidynix.net.uk/client/en_US/ WD/?rm=WD0||1||0||true&dt=list#)

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**Bookbug Sessions**

**Child's Age:** Babies and toddlers

**Length of commitment:** 6 weekly group sessions

**Who's it for?** Anyone

**What’s it all about?**

Fun sessions enhancing child and parent interaction and child development through songs, action rhymes and sharing stories. Pre-booking is required, please contact your local library.

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**Play@Home**

**Child’s Age:** 0-5 years old

**Length of commitment:** 6 weekly group sessions

**Who’s it for?** Anyone

**What’s it all about?**

These fun sessions enhance child development and child-parent bonding. The sessions also enhance interaction through play including free and/or cheap ideas to encourage play at home.
Young Family Support Services

Child’s Age: Preschool 0-5 years old

Length of commitment: Individual Basis

Who’s it for? Anyone

What’s it all about?
The team offer a range of support to families through home visiting. The service consists of:

Young Family Support Workers: offer a range of support to families including working on specific areas identified by the parent/carer.

Early Years Outreach Workers (0 – 8 years): Nursery Nurses who work closely with parents/carers to support child development, including a range of parenting supports using behaviour management programmes such as Triple P.

Child’s Age: 2-12 years old

Length of commitment: Dependent on individual need and level of support required

Who’s it for? Anyone

What’s it all about?
Parents aim to build on existing parenting strengths, promote positive family relationships, develop effective

The CEDAR Project is a therapeutic, community based intervention for children and young people who are experiencing social, emotional and behavioural difficulties as a consequence of their experience of domestic abuse. Based on a 12 week therapeutic group work programme for children and young people recovering from domestic abuse, the programme focuses primarily on the core themes of safety, emotional resilience and empowerment, domestic abuse education and awareness, improving communication between child and caregiver, problem solving and connecting with community.

Contact: CEDAR co-ordinator – 0141 562 8870

Sleep Scotland

Child’s Age: 0-19 years old

Length of commitment: Dependent on individual need and level of support required.

Who’s it for? Children and young people aged 0-19 years with additional support needs who have difficulties with sleep.

What’s it all about?
Sleep Counsellors will provide support and advice to families about sleep difficulties the child is experiencing. Following an initial assessment, information will be given and a formal plan of action will be agreed and followed up with support thereafter.

Contact:
West Dunbartonshire Parenting Team: 01389 812319
Sleep Scotland Information Line: 0131 651 1392
NSPCC – Parents Under Pressure

**Child’s Age:** 0-8 years, also from 36 weeks pregnant onwards

**Length of commitment:** 20 week home visiting programme

**Who’s it for?** Parents/Carers with history of addiction who are currently engaged with statutory addiction services (not AA or NA)

**What’s it all about?**

Designed to help parents/carers who are experiencing high levels of stress when raising their children. The program aims to help families build solid relationships to make a firm foundation from which the family can thrive; through promoting emotional availability, attachment, relationships and attunement between parent/carer and child.

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**Length of commitment:** 14 Weekly Group Sessions

**Who’s it for?** Children, young people and their mothers who have experienced domestic abuse

**What’s it all about?**

strategies for promoting children’s development and enhance future problem solving. The Triple P Programme consists of:

**Primary Care Triple P 1-1 (Level 3):** Targeted counselling for parents of a child with mild to moderate behavioral difficulties. Consists of approximately four individual consultations lasting between 15 and 30 minutes.

**Standard Triple P (Level 4):** For parents who need intensive support. Individual counselling delivered over ten (1 hour) sessions.

**Triple P Group (Level 4):** For motivated parents interested in gaining a more in-depth understanding of Positive Parenting. Parents attend five sessions and are supported with three phone counselling/catch-up sessions at home.

**Stepping Stones:** A Triple P Group for parents with children aged 2-12 yrs. who have developmental disabilities, including learning disabilities, physical & sensory disabilities and pervasive developmental disorders, such as ASD

**Standard Stepping Stones:** For parents of children with a developmental disability who have concerns about their child’s moderate to severe behavioural problems and are able to commit to up to 10 regular individual consultations.

**Triple P Discussion Groups:** Short, small group discussions on commonly encountered problems such as Dealing with Disobedience, Bedtime Routines, Hassle Free Shopping, Managing Fighting and Aggression

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**Length of commitment:** 12 Weekly Group Sessions

**Who’s it for?** Children, young people and their mothers who have experienced domestic abuse

**What’s it all about?**

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**Length of commitment:** 14 Weekly Group Sessions

**Who’s it for?** Children, young people and their mothers who have experienced domestic abuse

**What’s it all about?**

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Who’s it for? Parents of 3-6 year old children with elevated levels of behaviour problems.

What’s it all about?
Aims to build on positive parenting and improve family support networks, covering practical topics for parents and children, including play, helping with learning, problem solving, and promoting effective family communication skills through listening and talking.

Handling Teenage Behaviour

Child’s Age: 12+ years old

Length of commitment: 8 weekly Group Sessions

Who’s it for? Anyone

What’s it all about?

Action for Children – Family Support Volunteers

Child’s Age: 0-8 years old

Length of commitment: 6 months

Who’s it for? Anyone

What’s it all about?
Parent Volunteers visit the family home and help to build confidence in your parenting skills, offer a listening ear and help you develop a better relationship with your child. All parents need support at times and Parent Volunteers offer informal, non judgemental, confidential support which can be individual to your needs.

Seasons for Growth: Supporting your child following separation and divorce

Child’s Age: All ages

Length of commitment: 2 group sessions lasting 2hrs 15 minutes.

Who’s it for? Parents and carers of children affected by separation and divorce.

What’s it all about?
This helps participants to understand the child’s perspective and explore ways to support children to cope with family change.

NSPCC – Scotland

NSPCC – Video Interaction Guidance

Child’s Age: Up to 12 years

Length of commitment: 12 weeks intensive individual weekly sessions

Who’s it for? Parents/Carers looking for extra support

What’s it all about?
Parents are supported to identify the strengths in their parenting style to address any difficulties they are having in managing their child’s behaviour and to promote a closer bond with their child.