



**Being a parent is probably the most difficult job we will ever do. We do it with no formal training and no pay – indeed it costs quite a lot to do it!**

Some parents feel quite confident most of the time, and just need information on a particular topic. Others may appreciate help from time to time.

Parenting West Lothian (PWL) is a group of professionals who try to ensure that all parents can access information and support, to improve outcomes for their children.





## PWL – Who are we?

### Representatives from:

- Early Years
- Health
- Education
- Social Work
- Clinical Psychology
- Signpost



PWL has a website which is designed to help parents, carers and professionals. The website provides information on local courses available to parents and a range of self-help resources. There are also links to other useful websites.

## Who is it for?

- Parents
- Carers
- Professionals



email: [enquiries.parentingwl@westlothian.gov.uk](mailto:enquiries.parentingwl@westlothian.gov.uk)  
web: [www.westlothian.gov.uk/parentingwestlothian](http://www.westlothian.gov.uk/parentingwestlothian)

**West Lothian Health and Social Care Partnership (HSCP)**  
[www.westlothian.chcp.org](http://www.westlothian.chcp.org)

## What information is on the website?

- Self-Help Resources
- Useful links to other websites
- Relevant Newsletters
- Reports and Documents



Our website is

[www.westlothian.gov.uk/parentingwestlothian](http://www.westlothian.gov.uk/parentingwestlothian)

The self-help resources include information on common parenting issues like toilet training, challenging behaviour, sleep difficulties, tantrums and other topics.

Information is available in braille, tape, large print and community languages. Contact the interpretation and translation service on **01506 280000**.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is **01506 591652**.

A loop system is also available in all offices.

This leaflet is also available in other user friendly formats - please contact us.