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web: [www.parentingwestlothian.org.uk](http://www.parentingwestlothian.org.uk)

هذه المعلومات متوفرة بلغة برييل وعلى شريط وبخط كبير وبلغات الجالية.  
الرجاء الإتصال بخدمة الترجمة على الهاتف 01506 280000

এই তথ্য আপনি ব্রেইল, টেপ, বড় অক্ষরের এবং কমিউনিটির বিভিন্ন ভাষাগুলিতেও পাবেন। অনুগ্রহ করে ইন্টারপ্রেটেশন অ্যান্ড ট্রান্সলেশন সার্ভিসের সঙ্গে যোগাযোগ করুন। টেলিঃ 01506 280000

這份資料是可以凸字、錄音帶、大字印刷及社區語言的式本提供。請聯絡傳譯及翻譯服務部，電話：01506 280000

ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਨੈਤਰੀਨ ਦੇ ਪੜ੍ਹਨ ਲਈ ਸਿੱਖੀ, ਟੇਪ, ਵੱਡੇ ਫਿੰਟ ਅਤੇ ਸਮਾਜ ਦੀਆਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ। ਪ੍ਰਿੰਟ ਕਰਕੇ ਡਿਲੀਵਰੀ ਦੇਣ ਅਤੇ ਟਰਾਂਸਲੇਸ਼ਨ ਸੇਵਾਵਾਂ ਨੂੰ ਇਸ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ : 01506 280000

یہ معلومات بریل (انحصار کے رسم الخط)، ٹیپ، بڑے حرف کی عبارت اور کمیونٹی میں بولی جانے والی زبانوں میں دستیاب ہے۔  
برہم رسانی اور پرنٹنگ آؤٹ سروس سے ٹیلیفون نمبر 01506 280000 پر رابطہ قائم کریں۔

Informacje te mogą być przelozone na jezyk Braille'a, dostepne na tasmie magnetofonowej lub wydane duzym drukiem oraz przetlumaczone na jezyki mniejszosci narodowych.  
Prosimy o kontakt z Uslugami Tlumaczeniowymi pod numerem 01506 280000.

Information is available in Braille, tape, Large print and community languages. Please 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  
**18001 01506 464427**

A loop system is also available in all offices

West Lothian Community Health and Care Partnership (CHCP)  
[www.westlothian.chcp.org](http://www.westlothian.chcp.org)



# Parenting West Lothian

[www.parentingwestlothian.org.uk](http://www.parentingwestlothian.org.uk)



**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:

- Health
- Voluntary Organisations
- West Lothian Council



PWL has a website, which is designed to help you when you most need it. There are areas for parents and carers to find help and information for themselves. It can also be a useful tool for professionals. The website includes information on the courses offered to some parents.

Our website is [www.parentingwestlothian.org.uk](http://www.parentingwestlothian.org.uk)

### Who is it for?

- Parents
- Carers
- Professionals



The website has information on common parenting issues, like toilet-training and challenging behaviour, as well as contacts for useful sources of help. There are also links to downloadable leaflets, for instance on topics such as sleep difficulties and links to other useful websites.

### What information is on the website?

- A-Z of services
- Downloadable leaflet
- Newsletters
- Parenting Group Programme
- A-Z of topics
- Useful links to other websites
- Support for Parents
- Child Development Information

