

For further information, please contact:

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Action for Children helps the most vulnerable children and young people in Scotland break through injustice, deprivation and inequality, so they can achieve their full potential.

Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SCO38092.

## Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

## Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

## Participation

Young people and their families will be included in meetings and reviews about the progress they are making and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

They will be encouraged to assist in the shaping and developing of the service.

## Comments / Complaints

If you have any problems or concerns regarding the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



## Eilean Siar Early Years' Service



- A Western Isles  
Alcohol and Drug Partnership Project -



## What We Do...

- We provide activity based parenting sessions for families affected by substance misuse which will enable parents to engage more positively with their children. This will improve the quality of attachments between the parent and child and enhance the parent's self-esteem, confidence and parenting ability.
- Age appropriate play will enhance the child's overall physical, emotional and cognitive development.
- We can offer short periods of childcare whilst the parent attends necessary appointments in some circumstances.
- We work holistically in partnership with local agencies to improve outcomes for children and their families.
- We strive to enhance the life chances of very young children while simultaneously giving parents confidence and raising self-esteem.
- We aim to enhance parenting skills and help parents to develop positive attachments with their children, therefore preventing the risk of family breakdown.
- We equip parents with parenting strategies which they can adapt and use as the child grows up.

## Mellow Parenting...



Mellow Parenting is a 14 week course delivered within a group setting. It is designed to support and build parents confidence in parenting and make positive changes in their relationship with their children. The groups run in groups with just mums or just dads and with a child under 5 years old.



## Positive Parenting Programme...

The Positive Parenting Program, or Triple P, is a multi-level system of family intervention for parents of children who have or are at risk of developing behaviour problems.

It is a preventively orientated program which aims to promote positive, caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of childhood behaviour problems and common developmental issues.

## Referrals...

Referrals can be made via Social Work, Health Visitors, Midwives, Education and self-referrals. After the initial referral a family support practitioner will arrange a visit with you to assess your needs. We work with children from the age of 0-8 years.

## Comments...

The following comments are from previous users of our service:

*"Excellent service"*

*"The sessions have made a big difference to me and my girls"*

*"Activities with my child and family were fun for all involved."*

*"Triple P Plan, it had a positive impact and it has helped us to see the positive signs on how we had changed some aspects of our own parenting skills."*

*"Staff are very approachable, communicative and positive."*

