

## Who are the Supporting Families Team and what do they do?

We are a small team based within the Education Early Years' Service. Our role is to support all families who have children 0-10years with any parenting queries, tips or strategies- **no issue is too big or small.**

## Why do families access support through the team?

Most parents who access the service have children between 3 and 10 years old. For the majority of time parenting is rewarding but parents tell us sometimes it can be stressful. The Supporting Families Team offers free, informal, confidential support for every parent/carer either on a 1:1 basis or through a parenting group. Families do not need to be involved with any other services.

Parents can self-refer by emailing: [parenting@eastdunbarton.gov.uk](mailto:parenting@eastdunbarton.gov.uk)

## What do parent/carers tell us about the service?

"It was like someone had flicked a switch. He responded fantastically to small changes". *A parent of a 4-year-old boy who attended a group.*

"Very useful sessions!" Should be promoted more in schools. In my opinion, it is great that this service is offered by the council. We observed lots of positive changes at home since starting". *Parent of a 7-year-old boy who attended a group.*

*"I feel upbeat for the first time in months".*

*Parent of an 8-year-old girl a few weeks into 1:1 support.*

### Please Note:

If you are a resident of another Local Authority and your child attends an East Dunbartonshire School/nursery you can join a Triple P group (Day or Evening) and for 1:1 support you would access this from the Local Authority you live in.