

## Support your child's learning – Substance misuse

English version	Gaelic version
<b>Substance misuse</b>	<b>Mi-fheum de stuthan</b>
Simple ideas to help your child develop an understanding of the use and misuse of a variety of substances and the effect of risk-taking behaviour on their life.	Beachd-smuaintean sìmplidh gus ur pàiste a chuideachadh gu tuigsinn a leasachadh mu chleachdadh agus mì-fheum air measgachadh de stuthan agus buaidh giùlain cunnartach air am beatha.

<b>Primary</b>	<b>Bun-sgoil</b>
<b>First level (approximately P2 to P4)</b>	<b>Chiad ìre (timcheall air P2 gu P4)</b>
<ul style="list-style-type: none"> <li>Show your child that medicine needs to be carefully measured out to give the correct amount.</li> </ul>	<ul style="list-style-type: none"> <li>Seallaibh do ur pàiste gum feum cungaidh a bhith air a tomhais gu cùramach gus an uiread cheart a thoirt seachad.</li> </ul>
<ul style="list-style-type: none"> <li>Encourage your child to feel safe and calm when visiting the doctor or dentist.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaichibh ur pàiste gu bhith a' faireachdainn sàbhailte agus ciùin nuair a thathar a' tadhal air an dotair no air an fhiaclair.</li> </ul>
<ul style="list-style-type: none"> <li>Visit the chemist/pharmacy to collect prescriptions and medicines together when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>Tadhailibh air a' cheimigear/bùth còmhla airson òrdughan-cungaidh a thogail, nuair a bhios sin iomchaidh.</li> </ul>
<ul style="list-style-type: none"> <li>Go for a walk outdoors with your child and notice different plants on the way. Point out any plants that you know can be used for medicine or healing, for example docking leaves.</li> </ul>	<ul style="list-style-type: none"> <li>Theirigibh cuairt a-mach còmhla ri ur pàiste agus thoiribh an aire do dhiofar phlanntaichean air an t-slighe. Comharraichibh planntaichean sam bith a tha sibh cinnteach a dh'fhaodar a chleachdadh mar chungaidh no airson slànachadh, mar eisimpleir copagan.</li> </ul>
<ul style="list-style-type: none"> <li>Look out for police cars, ambulances and fire engines when you are out with your child, and talk about different ways that these services can help.</li> </ul>	<ul style="list-style-type: none"> <li>Coimheadaibh a-mach airson càraichean poilis, carbadan-eiridinn agus einnseanan smàlaidh nuair a bhios sibh a-muigh còmhla ri ur pàiste, agus bruidhnibh mu na diofar dhòighean san urrainn do na seirbheisean sin cuideachadh.</li> </ul>

<ul style="list-style-type: none"> <li>• Talk to your child about what to do if someone encourages them to act in an unsafe way.</li> </ul>	<ul style="list-style-type: none"> <li>• Bruidhribh ri ur pàiste mu dheidhinn dè ni iad ma bhios neach gam brosnachadh gu iad fhèin a ghiùlain ann an dòigh mì-shàbhailte.</li> </ul>
<ul style="list-style-type: none"> <li>• Listen when your child is trying to tell you about someone or something that is worrying them.</li> </ul>	<ul style="list-style-type: none"> <li>• Èistibh nuair a bhios ur pàiste a' feuchainn ri innse dhuibh mu dheidhinn cuideigin no rudeigin a tha a' dèanamh dragh dhaibh.</li> </ul>
<b>Second level (approximately P5 to P7)</b>	<b>Dàrna ìre (timcheall air P5 gu P7)</b>
<ul style="list-style-type: none"> <li>• Listen to your child's questions about alcohol, tobacco and other drugs. Be honest and find the answers together.</li> </ul>	<ul style="list-style-type: none"> <li>• Èistibh ri ceistean ur pàiste mu dheidhinn alcol, tombac agus drogaichean eile. Bithibh onarach agus lorgaibh na freagairtean còmhla.</li> </ul>
<ul style="list-style-type: none"> <li>• Use issues from the news, magazines, TV programmes or films to talk with your child about drugs.</li> </ul>	<ul style="list-style-type: none"> <li>• Cleachdaibh cùisean às na naidheachdan, irisean, prògraman TBh no filmichean gu bruidhinn ri ur pàiste mu dheidhinn dhrogaichean.</li> </ul>
<ul style="list-style-type: none"> <li>• Ensure that you only ever take prescribed medications that are for you, and encourage your child to do the same.</li> </ul>	<ul style="list-style-type: none"> <li>• Dèanaibh cinnteach nach bi sibh a' gabhail ach cungaidhean a tha òrdaichte dhuibh fhèin, agus broснаichibh ur pàiste gu sin a dhèanamh..</li> </ul>
<ul style="list-style-type: none"> <li>• Be honest with your child about how it would make you feel if they were to be put at risk by taking drugs.</li> </ul>	<ul style="list-style-type: none"> <li>• Bithibh onarach le ur pàiste mu dheidhinn mar a bhiodh sibh a' faireachdainn nan deigheadh an cur ann an cunnart le bhith a' gabhail dhrogaichean.</li> </ul>
<ul style="list-style-type: none"> <li>• If you drink alcohol, model the importance of drinking in moderation.</li> </ul>	<ul style="list-style-type: none"> <li>• Ma tha sibh ag òl alcol, modailibh cudromach gun a bhith ag òl ach cuimse.</li> </ul>