

Support your child's learning – Relationships, sexual health and parenthood

English version	Gaelic version
Relationships, sexual health and parenthood	Dàimhean, slàinte ghnèitheasach agus pàrantachd
Simple ideas to support your child in forming positive relationships and to make them aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships and sexual health.	Beachd-smuaintean sìmplidh mar thaic do ur pàiste ann a bhith a' cumadh dhàimhean dearbhach agus gus an dèanamh mothachail do mar a dh'fhaodas smuaintean, faireachdainnean, beachdan, luachan agus creideasan buaidh a thoirt air co-dhùnaidhean a thaobh dhàimhean agus slàinte ghnèitheasach.
Early years/lower primary	Tràth-Bhliadhnaichean/bun-sgoil ìochdrach
Early level/first level	Tràth-Ìre/chiad ìre
<i>Note: Children in their early years and Primary 1, as well as some older children, will be working at the early level of the curriculum. As a general guide, children in P2-P4 are likely to be working at the first level¹.</i>	<i>Nòta: Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig tràth-ìre a' churraicealaim. Mar iùl coitcheann, tha clann ann am P2-P4 buailteach a bhith ag obair aig a' chiad ìre².</i>
<ul style="list-style-type: none"> Set up regular times and places for your child to meet and play with other children. This could be family times, playgroups, clubs, and visits to the park or having friends over to the house. 	<ul style="list-style-type: none"> Stèidhichibh amannan agus àiteachan cunbhalach far an coinnich agus an cluich do phàiste le clann eile. Dh'fhaodadh seo a bhith amannan teaghlaich, cròileaganan, clubaichean, agus tursan don phàirc no le caraidean aig an taigh.
<ul style="list-style-type: none"> Encourage your child to try a range of different activities and hobbies to help them find out what they enjoy and what they don't like so much. 	<ul style="list-style-type: none"> Brosnaichbh ur pàiste gu bhith a' feuchainn a-mach raon de dhiofar ghnìomhachdan agus chur-seachadan gus an cuideachadh gu faighinn a-mach dè tha a' còrdadh riutha agus nach eil a' còrdadh riutha cho mòr.

¹ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

² <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

<ul style="list-style-type: none"> Listen to your child as they talk about the friends that they have made. 	<ul style="list-style-type: none"> Èistibh ri ur pàiste fhad 's a tha iad a' bruidhinn mu dheidhinn nan caraidean a tha iad air a dhèanamh.
<ul style="list-style-type: none"> Encourage your child to be a good friend, and talk about what this means. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith nan deagh charaid, agus bruidhnich mu dheidhinn na tha seo a' ciallachadh.
<ul style="list-style-type: none"> Think together of how to react when things don't go well with friends. Remind your child to talk to an adult if they are unable to resolve a friendship problem alone. 	<ul style="list-style-type: none"> Smaoinichibh còmhla air giùlain nuair nach eil cùisean a' dol gu math le caraidean. Cuiribh an cuimhne ur pàiste bruidhinn ri inbheach mura h-eil iad comasach air duilgheadas le caraaid obrachadh a-mach.
<ul style="list-style-type: none"> Listen to your child's worries with an open mind and think together of different ways to solve problems. 	<ul style="list-style-type: none"> Èistibh ris na draghan aig ur pàiste le inntinn fhosgailte agus smaoinichibh còmhla air diofar dhòighean airson duilgheadasan fhuagladh.
<ul style="list-style-type: none"> Reassure your child that some worries belong to adults and that it is not their job to solve those problems. 	<ul style="list-style-type: none"> Daingnichibh do ur pàiste gu bheil cuid de dhraghan le inbhich a-mhain agus nach fheum iadsan na duilgheadasan sin obrachadh a-mach.
<ul style="list-style-type: none"> Talk to your child about what they do well and what they find difficult. Reassure them that everyone find something difficult. Give examples of things that you used to find difficult but are now able to do. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn na tha iad a' dèanamh math agus na tha iad a' faighinn duilich. Daingnichibh dhaibh gu bheil gach neach a' lorg rudeigin a tha duilich dhaibh. Thoiribh eisimpleirean dhaibh de nithean a b' àbhaist dhuibh a bhith a' faighinn duilich ach as urrainn dhuibh a dhèanamh a-nis.
<ul style="list-style-type: none"> Encourage your child to think positively about others' achievements and talents. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' smaoinichibh gu dearbhach mu choileanaidhean agus mu thàlantachd.
<ul style="list-style-type: none"> Use the correct names when talking to your child about body parts and encourage them to do the same. 	<ul style="list-style-type: none"> Cleachdaibh na h-ainmean ceart nuair a tha sibh a' bruidhinn ri ur pàiste mu phàirtean den bodhaig, agus brosnachibh iad gu bhith a' dèanamh sin cuideachd.
<ul style="list-style-type: none"> Keep a height chart to show your child how well they are growing. 	<ul style="list-style-type: none"> Cumaibh clàr àirde gus a thaisbeanadh do ur pàiste cho math 's a tha iad a' fàs.

<ul style="list-style-type: none"> • Create daily hygiene routines with your child and encourage them to become more independent in carrying these out. Praise your child for remembering to do so. 	<ul style="list-style-type: none"> • Cruthaichibh gnàth-chùrsaichean slàinteachais làitheil le ur pàiste agus broснаichibh iad gu bhith a' fàs nas neo-eisimeilich gan coileanadh. Dèanaibh moladh air ur pàiste airson cuimhneachadh sin a dhèanamh.
<ul style="list-style-type: none"> • Encourage your child to talk to you or someone else they trust, if they hurt themselves or feel that they want to hurt themselves. 	<ul style="list-style-type: none"> • Brosnaichibh ur pàiste gu bruidhinn ri neach eile sa bheil earbsa aca, ma ghortaicheas iad iad fhèin no ma tha iad a' faireachdainn gu bheil iad airson iad fhèin a ghortachadh.
<ul style="list-style-type: none"> • Go for a walk with your child in the local community or farther afield. Spot different types of nature and talk about how animals care for themselves and their young. 	<ul style="list-style-type: none"> • Theirigibh cuairt le ur pàiste sa choimhearsnachd ionadail no nas fhaide na sin. Lorgaibh diofar sheòrsaichean nàdair agus bruidhribh mu dheidhinn mar a tha beathaichean a' gabhail cùram dhiubh fhèin agus an sliochd.
<ul style="list-style-type: none"> • Involve your child in helping to care for younger children and babies in the family. 	<ul style="list-style-type: none"> • Cuiribh ur pàiste an sàs ann an cuideachadh le coimhead às dèidh clann nas òige agus leanabain san teaghlach.
<ul style="list-style-type: none"> • Use imaginative play opportunities to show your child how to care for others, including babies (for example, when your child plays with dolls and or teddies). 	<ul style="list-style-type: none"> • Cleachdaibh cothroman cluiche mac-meanmhainneach gus a shealltainn do ur pàiste mar a choimheadas iad às dèidh càch, a' gabhail a-steach leanabain (mar eisimpleir, nuair a bhios ur pàiste a' cluich le doilichean agus/no teadaidhean).