

Support your child's learning – Mental, emotional, social and physical wellbeing

English version	Gaelic version
Mental, emotional, social and physical wellbeing	Sunnd inntinneil, faireachail, sòisealta agus corporra
'Mental, emotional, social and physical wellbeing' is one of six areas that your child will learn about as part of the health and wellbeing curriculum. ¹	Is e 'Sunnd inntinneil, faireachail, sòisealta agus corporra' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd ²
The four aspects of wellbeing (mental, emotional, social and physical) are closely related and are usually taught together.	Tha na ceithir taobhan de shunnd (inntinneil, faireachail, sòisealta agus corporra) co-cheangailte gu dlùth ri chèile agus gu h-àbhaisteach air an teagasg còmhla.
Mental and emotional wellbeing	Sunnd inntinneil agus faireachail
Simple ideas to help children and young people understand more about feelings.	Beachd-smuaintean sìmplidh gus clann a chuideachadh le barrachd mu fhaireachdainnean a thuigsinn.
Early level	Tràth-lre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level³ of Curriculum for Excellence.</i>	<i>Nòta: Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-lre⁴ a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Recognise and celebrate when your child has done well, for example helping to put away the shopping, sharing toys with friends, showing kindness and consideration for others or taking part in a game and having fun regardless of the result. 	<ul style="list-style-type: none"> Aithnichibh agus comharraichibh nuair a tha ur pàiste air dèanamh math, mar eisimpleir a' cuideachadh le cur air falbh nan nithean ceannach, a' roinn dhèideagan le caraidean, a' nochdadh coibhneas agus bàidhealachd do chàch no a' gabhail pàirt ann an gèam sa bheil spòrs a dh'aindeoin dè an toradh a bhios ann.

¹ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>

² <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>

³ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

⁴ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

Throughout early years and primary (early, first, second levels)	Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna)
<ul style="list-style-type: none"> Take time every day to talk and listen to your child without distractions. Share what you have been doing in the day. Talk about the things that went well and the challenges, and how you dealt with them. Encourage your child to do the same. 	<ul style="list-style-type: none"> Gabhaibh tìde gach latha a' labhairt agus ag èisteachd ri ur pàiste às aonais bhuairidhean. Roinnibh na bha sibh a' dèanamh tron latha. Bruidhnibh mu na nithean a chaidh gu math agus na dùbhlanan, agus mar a dhèilig sibh leotha. Brosnaichibh ur pàiste gu an nì cheudna a dhèanamh.
<ul style="list-style-type: none"> Encourage your child to talk about their feelings. Talk about characters in a book or film. What feelings might these characters have in different situations? How do they behave and react to different things in the story? Talk about what other choices these characters could have made. Ask your child what they think about the behaviours and choices made. What would they have done in the same situation? Give your child praise and encouragement for their efforts and successes. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste bruidhinn mu dheidhinn am faireachdainnean. Bruidhnibh mu dheidhinn characteran ann an leabhar no film. Dè na faireachdainnean a dh'fhaodadh a bhith aig na caractaran sin ann an diofar shuidheachaidhean? Ciamar a tha iad gan giùlain fhèin agus a' gabhail ri diofar nithean san sgeulachd? Bruidhnibh mu dheidhinn nan roghainnean eile a dh'fhaodadh na caractaran sin a bhith air a dhèanamh. Faighnichibh do ur pàiste dè tha iad a' smaoinichibh mu dheidhinn nan giùlanan agus nan roghainnean a chaidh a dhèanamh. Dè bha iadsan air a dhèanamh san aon suidheachadh? Dèanaibh moladh air ur pàiste agus thoiribh misneachadh dhaibh airson an oidhirpean agus an soirbheachaidhean.
<ul style="list-style-type: none"> When things don't go well, support and help your child to find solutions to problems themselves. 	<ul style="list-style-type: none"> Nuair nach eil cùisean a' dol gu math, thoiribh taic do agus cuidichibh ur pàiste a' lorg fhuasglaidhean do na duilgheadasan iad fhèin.
Social wellbeing	Sunnd sòisealta
Simple ideas to help children and young people learn about relationships, rights and responsibilities.	Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh le ionnsachadh mu dheidhinn dhàimhean, chòraichean agus dhleastanasan.
At all stages	Aig gach ìre
<ul style="list-style-type: none"> Children and young people learn through the behaviour they see: think about the behaviour you model and how this values and supports positive relationships. 	<ul style="list-style-type: none"> Tha clann agus daoine òga ag ionnsachadh tron ghiùlain a tha iad a' faicinn: smaoinichibh mun ghiùlan a tha sibh a' modaileadh agus mar a tha seo a' cur luach air agus a' cur taic ri dàimhean dearbhach.

Early level	Tràth-Ire
<ul style="list-style-type: none"> Encourage your child to be independent in their daily life, for example to dress themselves as far as possible, even if, at first, it takes a bit longer. Give your child some responsibility around the house, for example to put their clothes away once they have been washed, or to help set the table for a meal. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith neo-eisimeileach nam beatha làitheil, mar eisimpleir iad fhèin èideadh cho fada 's a ghabhas, fiù ged a tha e aig an toiseach, a' toirt nas fhaide. Thoiribh beagan uallach do ur pàiste mun cuairt an taighe, mar eisimpleir an cuid aodaich a chur air falbh aon uair 's gu bheil iad air an nighe, no cuideachadh le deisealachadh a' bhùird airson biadh.
<ul style="list-style-type: none"> Encourage your child to put toys away when they have finished playing with them. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cur dhèideagan air falbh nuair a tha iad deiseil de chluich leotha.
<ul style="list-style-type: none"> On visits to local play parks, encourage your child to share and take turns with other children using the equipment. Praise them for their efforts and attitudes when showing respect towards others. 	<ul style="list-style-type: none"> Anns na pàircean cluiche ionadail, broснаichibh ur pàiste gu bhith a' roinn agus a' gabhail turas mu seach le clann eile, ann an cleachdadh na h-uidheamachd. Dèanaibh moladh orra airson an oidhirpean agus an seasamh a thaobh nochdadh spèis do chàch.
<p>Throughout early years and primary (early, first, second levels)</p>	<p>Tro thràth-bhliadhnaichean agus bun-sgoil (tràth, chiad, dàrna Ire)</p>
<ul style="list-style-type: none"> Encourage your child to put litter in a bin/bring it home. Go along with your child on a community litter pick. Help them to take pride in their local community. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cur sgudal sa bhiona/a thoirt dhachaigh. Theirigibh còmhla ri ur pàiste air turas coimhearsnachd a' sgioblachadh sgudail. Cuidichibh iad gu bhith pròiseil às an coimhearsnachd ionadail.
<ul style="list-style-type: none"> Get involved! Encourage and support your child to attend clubs and activities. Consider volunteering as a helper or coach if you have the time. 	<ul style="list-style-type: none"> Theirigibh an sàs! Brosnaichibh agus thoiribh taic do ur pàiste gu bhith a' frithealadh chlubaichean agus ghnìomhachdan. Beachdaichibh air a bhith nur cuidiche no nur còids saor-thoileach, ma bhios tìde agaibh.
<ul style="list-style-type: none"> Look at family pictures, talk about who is in them and what relationship they are to you and your child. Share some of your stories about these people and what they, as people, mean/meant to you. 	<ul style="list-style-type: none"> Coimheadaibh ri deilbh teaghlach, bruidhribh mu dheidhinn cò a th' annta agus an càirdeas a th' aca ribhse agus ri ur pàiste. Roinnibh cuid de na sgeulachdan agaibh mu na daoine sin agus na tha/bha iadsan, mar dhaoine, a' ciallachadh dhuibh.
<ul style="list-style-type: none"> Start a photograph album with your child of their life so far. Encourage your child to add in some 	<ul style="list-style-type: none"> Tòisichibh air albam dheilbh còmhla ri ur pàiste de am beatha gu ruige seo. Brosnaichibh ur pàiste gu bhith a' cur nan

favourite mementos and a reminder of when the photograph was taken and what it is about.	cuimhneachain as fheàrr leotha ris, an t-àm a chaidh an dealbh a thogail agus cò mu dheidhinn a tha i.
Physical wellbeing	Sunnd corporra
Simple ideas to help children and young people learn about their bodies and keeping themselves safe.	Beachd-smuaintean sìmplidh gus clann agus daoine òga a chuideachadh gu ionnsachadh mu dheidhinn am bodhaigean agus iad fhèin a chumail sàbhailte.
Early level	Tràth-ire
<ul style="list-style-type: none"> • Help your child get enough sleep. Try to have a bedtime routine, including tooth brushing and perhaps reading a story together. 	<ul style="list-style-type: none"> • Cuidichibh ur pàiste gu cadal gu leòr fhaighinn. Feuchaibh ri gnàth-chùrsa a bhith agaibh aig àm cadail, a' gabhail a-steach glanadh fhiaclan agus 's dòcha a' leughadh sgeulachd còmhla.
<ul style="list-style-type: none"> • By talking about your child's body and how it works, encourage them to take some responsibility for keeping themselves safe. Help your child to recognise when they need to ask for help from others if they don't feel safe. For example, teach your child what to do in an emergency, including how to use a phone, how to safely apply sun cream and when to wear a hat, and how to behave around ponds/streams/sea. 	<ul style="list-style-type: none"> • Le bhith a' còmhradh mu bhodhaig ur pàiste agus mar a tha e ag obair, brosnachibh iad gu bhith a' gabhail uallach airson iad fhèin a chumail sàbhailte. Cuidichibh ur pàiste gu bhith ag aithneachadh nuair a bhios feuma aca air cuideachadh bho chàch, mura h-eil iad a' faireachdainn sàbhailte. Mar eisimpleir, ionnsaichibh do ur pàiste dè nì iad aig àm èiginn, chuireas iad acainn grèine orra fhèin agus cuin a chleachdas iad ad, agus mar a ghiùlaineas iad iad fhèin mun cuairt lòn/sruthain/muir.
<ul style="list-style-type: none"> • On walks to the local park or shops, be clear about how far ahead your child can go and where to stop and wait. Make it fun by linking it to counting steps, vehicles, lamp posts, gates, shop signs or looking for different coloured doors. As your child matures, give them more independence, as you feel is appropriate. 	<ul style="list-style-type: none"> • Air chuairt gun phàirc ionadail no gu na bùithtean, bithibh soilleir mu dheidhinn cho fada 's dh'fhaodas ur pàiste a dhol air adhart agus far an stad iad a' feitheamh. Dèanaibh spòrsail e le bhith ga cheangal ri cunntadh cheumannan, carbadan, puist lampa, geataichean, soidhnichean bùtha no a' coimhead airson dorsan de dhiofar dathan. Mar a bhios ur pàiste a' fàs, thoiribh dhaibh barrachd neo-eisimeileachd, mar a chì sibh iomchaidh.
<ul style="list-style-type: none"> • Travel on different types of transport where possible and show your child what their responsibility is in each situation to keep themselves safe. Encourage them to share their adventures with others at home and nursery. 	<ul style="list-style-type: none"> • Siubhailibh air diofar sheòrsaichean còmhaidh far an gabh sin a dhèanamh, agus seallaibh do ur pàiste an t-uallach a th' orra anns gach diofar suidheachadh airson iad fhèin a chumail sàbhailte. Brosnachibh iad gu innse mu an tursan do chàch aig an taigh agus san sgoil-àraich.

- On visits to the doctor or dentist, explain what will happen beforehand. Ask your child how they are feeling about the visit. Answer questions openly and offer reassurance if needed.

- Air tadhalan gun dotair no gun fhiaclair, mìnichibh ro-làimh dè bhios a' tachairt. Faighnichibh do ur pàiste mar a tha iad a' faireachdainn mun tadhal. Freagraibh ceistean gu fosgarra agus tairgsibh fois-inntinn ma bhios feum air.