

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

English version	Gaelic version
<b>Mental, emotional, social and physical wellbeing</b>	<b>Sunnd inntinneil, faireachail, sòisealta agus corporra</b>
'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. <sup>1</sup>	Is e 'Sunnd inntinneil, faireachail, sòisealta agus corporra' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd <sup>2</sup>
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 teagaisg còmhla.
<b>Mental and emotional wellbeing</b>	<b>Sunnd inntinneil agus faireachail</b>
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.
<b>Secondary</b>	<b>Àrd-sgoil</b>
<b>Third-fourth level (S1-S3)<sup>3</sup></b>	<b>Treas-ceathramh ìre (ÀS1-ÀS3<sup>4</sup>)</b>
<ul style="list-style-type: none"> <li>Take time every day to talk and listen to your child without distractions. Share the ups and downs of your day and encourage them to do the same.</li> <li>Encourage and support your child to resolve issues independently and to know when and where to seek help and advice.</li> </ul>	<ul style="list-style-type: none"> <li>Gabhaibh tìde gach latha a' labhairt agus ag èisteachd ri ur pàiste às aonais bhuaireidhean. Roinnibh na nithean a bha math agus dona tron latha agaibh agus brosnachibh ur pàiste gu an nì cheudna a dhèanamh.</li> <li>Brosnichibh agus thoiribh taic do ur pàiste a' fuasgladh cheistean gu neo-eisimeileach le fios a bhith aca cuin agus càite a shireadh iad cuideachadh agus comhairle.</li> </ul>
<ul style="list-style-type: none"> <li>Keep a sense of humour and perspective to hand and</li> </ul>	<ul style="list-style-type: none"> <li>Cumnaibh suas deagh ghean agus beachd ri làimh, agus brosnachibh</li> </ul>

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

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

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

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

encourage your child to develop this outlook.	ur pàiste gu an t-seòrsa seallaidh seo a leasachadh.
<ul style="list-style-type: none"> <li>Praise your child for their efforts and help them to persevere when things don't work out.</li> </ul>	<ul style="list-style-type: none"> <li>Thoiribh moladh do ur pàiste airson an oidhirpean agus cuidichibh iad gu cumail a' dol nuair nach eil nithean ag obrachadh a-mach.</li> </ul>
<ul style="list-style-type: none"> <li>Believe in your child's ability to think things through for themselves. Let them know you are there to help if need be but don't insist on giving help. The decision/solution they devise may be different from your ideas. If things don't work out, encourage your child to recognise why that was and to think about what they would do differently in future.</li> </ul>	<ul style="list-style-type: none"> <li>Biodh creideas agaibh ann an comas ur pàiste gu nithean obrachadh a-mach dhaibh fhèin. Leigibh fios dhaibh gu bheil sibh ann airson an cuideachadh ma dh'fheumar ach na dèanaibh sin gun iarraidh. Dh'fhaodadh gum bi an co-dhùnadh/am fuasgladh gu an tig iad diofraichte bho na beachd-smuaintean agaibhse. Mura h-obraich cùisean a-mach, broснаichibh ur pàiste gu aithneachadh carson a bha sin, agus smaoinichidh mu dheidhinn dè dhèanadh iad ann an dòigh eile san àm ri teachd.</li> </ul>
<b>Senior phase/post-16</b>	<b>Ìre Àrd/seachad air 16</b>
<ul style="list-style-type: none"> <li>Show interest in what your child is doing at school/college/work. Take time to listen to them talking about what is going on in their life. Listen to your child as they talk about their dreams and wishes, and agree what support they would like from you.</li> </ul>	<ul style="list-style-type: none"> <li>Nochdaibh ùidh anns na tha ur pàiste a' dèanamh san sgoil/colaiste/obair. Gabhaibh tìde ag èisteachd riutha a' bruidhinn mu dheidhinn na tha a' dol air adhart nam beatha. Èistibh ri ur pàiste fhad 's a tha iad a' bruidhinn mu dheidhinn an dòchasan 's an rùintean, agus aontaichibh air an taic a bu mhath leotha fhaotainn bhuaibh.</li> </ul>
<ul style="list-style-type: none"> <li>Support your child as they develop new friendships and interests. Encourage them to bring friends home, and welcome their friends into your home.</li> </ul>	<ul style="list-style-type: none"> <li>Thoiribh taic do ur pàiste fhad 's a tha iad a' leasachadh chàirdeasan is ùidhean ùra. Brosnaichibh iad gu bhith a' toirt charaidean dhachaigh, agus cuiribh fàilte air an caraidean don dachaigh agaibh.</li> </ul>
<ul style="list-style-type: none"> <li>Encourage and support your child as they explore different career options, listening to their ideas and thoughts on how to gain relevant experience to support these. If possible, agree to meet and discuss these options with others from whom your child has sought advice, for example careers advisor, school/college/university staff.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaichibh agus thoiribh taic do ur pàiste fhad 's a tha iad a' rannsachadh diofar roghainnean dreuchd-beatha, ag èisteachd ri am beachd-smuaintean agus an smaointean air mar a gheibh iad eòlas buntainneach air an son. Ma ghabhas e a dhèanamh, aontaichibh ri coinneachadh gus na roghainnean sin a dheasbad le feadhainn eile bho bheil ur pàiste air comhairle a shireadh, mar eisimpleir comhairliche dhreuchdan, luchd-obrach sgoile/colaiste/oilthigh.</li> </ul>

<b>Social wellbeing</b>	<b>Sunnd sòisealta</b>
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.
<b>At all stages</b>	<b>Aig gach ìre</b>
<ul style="list-style-type: none"> <li>Children and young people learn through the behaviour they see: think about the behaviour you model and how this values and supports positive relationships.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>Third-fourth level (S1-S3)</b>	<b>Treas-ceathramh ìre (AS1 – AS3)</b>
<ul style="list-style-type: none"> <li>Negotiate and agree how household responsibilities are shared.</li> </ul>	<ul style="list-style-type: none"> <li>Barganaichibh agus aontaichibh mar a bhios uallaichean obair-taighe air an roinn.</li> </ul>
<ul style="list-style-type: none"> <li>Remember to thank your child for their efforts and attitude, and encourage mutual respect.</li> </ul>	<ul style="list-style-type: none"> <li>Cuimhnichibh air taing a thoirt do ur pàiste airson an oidhirpean agus an seasamh, agus broснаichibh spèis do chàch a chèile.</li> </ul>
<ul style="list-style-type: none"> <li>Encourage your child to get involved in local groups/sports clubs. Negotiate how travel to/from clubs etc will be arranged if they need to be driven. Discuss what this might mean in terms of weekend and after-school commitment.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaichibh ur pàiste gu dhol an sàs ann am buidhnean/clubaichean spòrs ionadail. Barganaichibh mar a bhios siubhal gu/bho chlubaichean is eile, air a rèiteachadh ma dh'fheumar an dràibheadh ann. Dèanaibh deasbad air na dh'fhaodadh seo ciallachadh a thaobh dealas aig deireadh-seachdain agus às dèidh sgoile.</li> </ul>
<ul style="list-style-type: none"> <li>Support your child's efforts and involvement in school groups and the local community.</li> </ul>	<ul style="list-style-type: none"> <li>Cuiribh taic ri oidhirpean ur pàiste agus frithealadh bhuidhnean sgoile 's a' choimhearsnachd ionadail.</li> </ul>
<b>Senior phase/post-16</b>	<b>Ìre Àrd/seachad air 16</b>
<ul style="list-style-type: none"> <li>Negotiate and agree how household responsibilities are shared, taking other commitments into consideration, for example examinations, work, sports and interests, and socialising with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Barganaichibh agus aontaichibh mar a bhios uallaichean obair-taighe air an roinn, a' gabhail cunntas air dealasan eile, mar eisimpleir deuchainnean, obair, spòrs agus ùidhean, agus a' sòisealachadh le caraidean.</li> </ul>
<ul style="list-style-type: none"> <li>Respect your child's private space and expect the same consideration in return.</li> </ul>	<ul style="list-style-type: none"> <li>Thoiribh spèis do fharsaingeachd phrìobhaideach ur pàiste, agus biodh dùil agaibh ris an spèis cheudna air ais.</li> </ul>

<ul style="list-style-type: none"> <li>Respect your child's views and their right to express these views even if they differ from your own.</li> </ul>	<ul style="list-style-type: none"> <li>Thoiribh spèis do bheachdan ur pàiste agus an còir air na beachdan sin a chur an cèill, fiù ged a bhiodh iad diofraichte bho na beachdan agaibhse.</li> </ul>
<b>Physical wellbeing</b>	<b>Sunnd corporra</b>
Simple ideas to help children and young people learn about their bodies and keeping themselves safe.	Beachd-smuaintean simplidh gus clann agus daoine òga a chuideachadh gu ionnsachadh mu dheidhinn am bodhaigean agus iad fhèin a chumail sàbhailte.
<b>Secondary</b>	<b>Àrd-sgoil</b>
<b>Third-fourth level (S1-S3)</b>	<b>Treas-ceathramh ìre (ÀS1-ÀS3)</b>
<ul style="list-style-type: none"> <li>Talk to your child about their responsibilities, for themselves and towards others, when using social media and the internet.</li> </ul>	<ul style="list-style-type: none"> <li>Bruidhnibh ri ur pàiste mu an uallaichean, dhaibh fhèin agus do chàch, nuair a bhios iad a' cleachdadh nam meadhanan sòisealta agus an t-eadar-lìon.</li> </ul>
<ul style="list-style-type: none"> <li>Help your child to make choices that support their health and wellbeing. Talk about current local and national issues and reports that are of relevance. For example, find out what your child's views are on the way the media can portray young people and their behaviour – does your child think it is a fair reflection?</li> </ul>	<ul style="list-style-type: none"> <li>Cuidichibh ur pàiste gu roghainnean a dhèanamh a tha a' cur taic ri an slàinte agus sunnd. Bruidhnibh mu dheidhinn chùisean làithreach ionadail is nàiseanta agus aithisgean a tha buntainneach. Mar eisimpleir, faighibh a-mach beachdan ur pàiste air an dòigh as urrainn do na meadhanan daoine òga agus an giùlain a nochdadh – a bheil ur pàiste den bheachd gur e sealladh cothromach a th' ann?</li> </ul>
<ul style="list-style-type: none"> <li>Promote and model safe driving: wearing a seat belt, sticking to the speed limit, showing consideration and tolerance toward other road users, giving cyclists and horses and riders plenty of room, and reducing speed accordingly, and not using the phone whilst driving.</li> <li>If your child has completed a first aid course, ask if they will demonstrate/share what they learned with you. Acknowledge their efforts and the skills they have learned, which could save someone's life - perhaps skills you do not possess?</li> </ul>	<ul style="list-style-type: none"> <li>Adhartaichibh agus modailibh dràibheadh sàbhailte: cleachdadh crios-dràibhidh, cumail ris a' chasg-astair, nochdadh bàidhealachd is fulangas do luchd-cleachdaidh eile air an rathad, a' toirt gu leòr farsaingeachd do rothaichean agus eich is marcaichean agus a' lùghdachadh astair da rèir sin, agus gun a bhith a' cleachdadh am fòn nuair a thathar a' dràibheadh.</li> <li>Ma tha ur pàiste air cùrsa ciad chobhair a chrìochnachadh, faighnichibh an taisbean/roinn iad na dh'ionnsaich iad còmhla ribh. Dèanaibh aithneachadh air na h-oidhirpean aca agus na sgilean a dh'ionnsaich iad, a dh'fhaodadh beatha chuideigin a shàbhaladh – 's dòcha sgilean nach eil agaibh fhèin?</li> </ul>

<b>Senior phase/post-16</b>	<b>Ìre Àrd/seachad air 16</b>
<ul style="list-style-type: none"> <li>Promote independence and show your child that you have confidence in them to make suitable choices in support of their health and wellbeing, for example respecting their right to choose friends and how they manage their time whilst also being accountable for their actions. (Staying up all night to play games online or chat may affect your child's ability to get up on time to attend college/work/school but this is their responsibility).</li> </ul>	<ul style="list-style-type: none"> <li>Adhartaichibh neo-eisimeileachd agus seallaibh do ur pàiste gu bheil misneachd agaibh annta roghainnean freagarrach a dhèanamh mar thaic do an slàinte agus sunnd, mar eisimpleir a' nochdadh spèis do an còir air caraidean a thaghadh agus mar a tha iad a' stiùireadh an tìde agus iad fhathast cunntachail airson an gnìomhan. (Faodaidh fuireach an-àird fad na h-oidhche a chluich gheamannan air-loidhne no a' cabadaich, buaidh a thoirt air comas ur pàiste èirigh ann an àm airson colaiste/obair/sgoil a fhrithealadh, ach 's e an uallach fhèin a th' ann).</li> </ul>
<ul style="list-style-type: none"> <li>Discuss how your child would get home safely after a night out if they couldn't find a bus or taxi. Get them to think through a few scenarios and have some idea of a plan that they will share with you.</li> </ul>	<ul style="list-style-type: none"> <li>Dèanaibh deasbad air mar a gheibheadh ur pàiste dhachaigh sàbhailte an dèidh a bhith a-muigh air an oidhche, mura lorgadh iad bus no tagsaidh. Thoiribh orra smaoinichidh tro bheagan shuidheachaidhean agus biodh beachd agaibh air seòrsa de phlana a roinneas iad leibh.</li> </ul>
<ul style="list-style-type: none"> <li>Ask your child what they would do in different situations, for example, what would they do if they witnessed a fight or someone getting hurt by a group of others?</li> </ul>	<ul style="list-style-type: none"> <li>Faighnichibh do ur pàiste dè dhèanadh iad ann an diofar shuidheachaidhean, mar eisimpleir dè dhèanadh iad nam faiceadh iad sabaid no neacheigin ga ghortachadh le buidheann eile?</li> </ul>



<ul style="list-style-type: none"><li>Promote independence and show your child that you have confidence in them to make suitable choices in support of their health and wellbeing, for example respecting their right to choose friends and how they manage their time whilst also being accountable for their actions. (Staying up all night to play games online or chat may affect your child's ability to get up on time to attend college/work/school but this is their responsibility).</li></ul>	<ul style="list-style-type: none"><li>Adhartaichibh neo-eisimeileachd agus seallaibh do ur pàiste gu bheil misneachd agaibh annta roghainnean freagarrach a dhèanamh mar thaic do an slàinte agus sunnd, mar eisimpleir a' nochdadh spèis do an còir air caraidean a thaghadh agus mar a tha iad a' stiùireadh an tìde agus iad fhathast cunntachail airson an gnìomhan. (Faodaidh fuireach an-àird fad na h-oidhche a chluich gheamannan air-loidhne no a' cabadaich, buaidh a thoirt air comas ur pàiste èirigh ann an àm airson colaiste/obair/sgoil a fhrithealadh, ach 's e an uallach fhèin a th' ann).</li></ul>
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