

Support your child's learning – Substance misuse

English version	Gaelic version
Substance misuse	Mi-fheum de stuthan
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.

Early level	Tràth-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 Curriculum for Excellence¹.</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 airson Sàr-mhathais².</i>
<ul style="list-style-type: none"> • Show your child that medicines are kept out of their reach so that only adults are allowed to decide when and how to use them. 	<ul style="list-style-type: none"> • Seallaibh do ur pàiste gu bheil cungaidhean air an cumail air falbh bhuapa agus gur e inbhich a-mhàin a tha ceadaichte cuin agus càite an tèid an cleachdadh.
<ul style="list-style-type: none"> • Show your child that some bottles and containers have a 'child lock' and explain that this means that what's inside could be unsafe to touch, eat or drink. 	<ul style="list-style-type: none"> • Seallaibh do ur pàiste gu bheil cuid de bhotail is bhogsaichean le 'glas-pàiste' orra agus mìnichibh gu bheil seo a' ciallachadh gum faodadh an nì a tha annta a bhith mì-shàbhailte an làimhseachach, no ithe no òl.
<ul style="list-style-type: none"> • Go for a walk outdoors with your child and notice different plants on the way. Point out any plants that you know are safe/unsafe to eat or touch. 	<ul style="list-style-type: none"> • Theirigibh cuairt a-mach còmhla ri ur pàiste agus thoiribh an aire do na diofar phlanntaichean air an t-slighe. Comharraichibh planntaichean sam bith air a bheil fios agaibh a tha sàbhailte/mì-shàbhailte an ithe no an làimhseachadh.

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"> • Make your child aware of the emergency services and how to phone the police, ambulance or fire brigade for help. 	<ul style="list-style-type: none"> • Dèanaibh ur pàiste mothachail do na seirbheisean èiginn agus mar a dh'fhònar gu na poilis, carbad-eiridinn no seirbheis smàlaidh airson cuideachadh.
<ul style="list-style-type: none"> • Play games that show your child some of the different ways that the emergency services can help. 	<ul style="list-style-type: none"> • Cluichibh geamannan a thaisbeanas do ur pàiste cuid de na diofar dhòighean san cuidich na seirbheisean èiginn.
<ul style="list-style-type: none"> • Encourage your child to tell you if someone makes them feel sad, frightened or uncomfortable. 	<ul style="list-style-type: none"> • Brosnaichibh ur pàiste gu innse dhuibh ma tha neach sam bith gan dèanamh brònach, eagalach no mì-chofhurtail.