

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-dhùnidhean a thaobh dhàimhean agus slàinte ghnèitheasach.

Upper primary	Bun-sgoil uachdrach
Second level (P5-P7)	Dàrna ìre (P5-P7)
<ul style="list-style-type: none"> Encourage your child to enjoy spending time outdoors with their friends. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' faighinn tlachd à bhith a-muigh còmhla ri an caraidean.
<ul style="list-style-type: none"> Promote a range of activities that will give your child opportunities to meet and make a wide variety of friends, for example clubs and teams, extra-curricular lessons, residential trips. 	<ul style="list-style-type: none"> Adhartaichibh raon de ghnìomhachdan a bheir cothroman do ur pàiste coinneachadh ri agus measgachadh de charaidean a dhèanamh, mar eisimpleir clubaichean is sgiobaidhean, leasanan neo-churraicealach, tursan còmhnaidheach.
<ul style="list-style-type: none"> Listen with an open mind when your child talks about different relationships and their feelings about other people. 	<ul style="list-style-type: none"> Èistibh le inntinn fhosgailte nuair a bhios ur pàiste a' bruidhinn mu dheidhinn diofar dhàimhean agus am faireachdainnean do dhaoine eile.
<ul style="list-style-type: none"> Talk about scenarios when friendships change and how this might make your child feel. Think together about the most positive way to react in these situations. 	<ul style="list-style-type: none"> Bruidhnibh mu dheidhinn suidheachaidhean nuair a bhios càirdeasan ag atharrachadh agus mar a dh'fhaodadh ur pàiste a bhith a' faireachdainn. Smaoinichibh còmhla air an dòigh as dearbhaich air dèiligeadh leis na suidheachaidhean sin.

<ul style="list-style-type: none"> Think carefully about how you talk about your own body image and consider what messages this sends to your child. 	<ul style="list-style-type: none"> Smaoinichibh gu cùramach mu dheidhinn mar a bhios sibh a' bruidhinn mu ur ìomhaigh bodhaig fhèin, agus beachdaichibh air an teachdaireachd a tha sin a' toirt do ur pàiste.
<ul style="list-style-type: none"> Model good daily hygiene and encourage your child to develop and take responsibility for good hygiene habits on a daily basis. 	<ul style="list-style-type: none"> Modailibh slàinteachas math làitheil agus broснаichibh ur pàiste gu cleachdaidhean matha slàinteachais làitheil a leasachadh agus uallach a ghabhail air an son.
<ul style="list-style-type: none"> Talk about the changes that can happen during puberty and how these might affect the way that your child feels and acts. Reassure them that changes happen at different times and in different ways for each person. 	<ul style="list-style-type: none"> Bruidhneibh mu dheidhinn nan atharrachaidhean a dh'fhaodadh tachairt aig àm inbhidheachd agus mar a dh'fhaodadh iad sin buaidh a thoirt air mar a tha ur pàiste a' faireachdainn agus gan giùlain fhèin. Daingnichibh dhaibh gum bi atharrachaidhean a' tachairt aig diofar amannan agus ann an diofar dhòighean leis gach neach.
<ul style="list-style-type: none"> Encourage your child to ask questions and talk about how their body is changing and about any concerns that they might have. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' cur cheistean agus bruidhneibh mu dheidhinn mar a tha am bodhaig ag atharrachadh agus mu dhraghan sam bith a dh'fhaodadh a bhith aca.
<ul style="list-style-type: none"> Be sensitive to your child's changing emotions as they reach puberty and let them know that you are there for support. 	<ul style="list-style-type: none"> Bithibh mothachail do fhaireachdainnean atharrachail ur pàiste agus iad a' ruighinn inbhidheachd agus seallaibh dhaibh gu bheil sibh ann airson taic a thoirt dhaibh.
<ul style="list-style-type: none"> Help your child to understand that no-one should try to make them do anything that makes them feel uncomfortable or unsafe or anything they feel is inappropriate. Talk about what to do and who to tell if this happens. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu tuigsinn nach bu chòir neach sam bith feuchainn ri thoirt orra nì a dhèanamh leis nach eil iad cofhurtail no mì-shàbhailte no nì sam bith a tha iad a' faireachdainn mì-iomchaidh. Bruidhneibh mu dheidhinn dè as còir dhaibh a dhèanamh agus cò dha a dh'innseas iad ma thachras seo.
<ul style="list-style-type: none"> Answer questions on sex and conception as these arise, and encourage your child to ask about issues that they are unsure of or want to understand better. 	<ul style="list-style-type: none"> Freagraibh ceistean mu fheise agus gineamhainn mar a thig iad an-àird, agus broснаichibh ur pàiste gu bhith a' faighneachd mu dheidhinn chùisean mu bheil iad mì-chinnteach no a tha iad airson a thuigsinn nas fheàrr.

<ul style="list-style-type: none">• Use issues from the news, magazines, TV programmes or films to talk with your child about sex and relationships.	<ul style="list-style-type: none">• Cleachdaibh cùisean às na naidheachdan, irisean, prògraman TBh no filmichean airson bruidhinn ri ur pàiste mu dheidhinn feise agus dàimhean.
<ul style="list-style-type: none">• Explain to your child that being a parent is an important responsibility and that parents have to make lots of decisions to keep their children safe, healthy and cared for.	<ul style="list-style-type: none">• Minichibh do ur pàiste gur e uallach cudromach a th' ann a bhith nur pàrant agus gu bheil aig pàrantan ri mòran chodhùnaidhean a dhèanamh, gus an cuid chloinne a chumail sàbhailte, fallain agus air coimhead às an dèidh.