

Support your child's learning – Planning for choices and changes

English version	Gaelic version
Planning for choices and changes	Planadh airson roghainnean is atharrachaidhean
Simple ideas to help your child to learn personal planning and decision making skills and raise their awareness of future choices.	Beachd-smuaintean sìmplidh gus ur pàiste a chuideachadh gu planadh pearsanta agus sgilean co-dhùnaidh ionnsachadh, agus am mothachadh a thogail do roghainnean teachdail.

Secondary ¹	Ard-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (AS1-AS3)
<ul style="list-style-type: none"> Support your child to value learning. For example, provide a dedicated time and space for completing homework, with you on hand for support if necessary. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu luach a chur air ionnsachadh. Mar eisimpleir, solaraichibh àm agus farsaingeachd sònraichte airson obair-dachaigh a chrìochnachadh, agus sibh fhèin ri làimh airson taic, ma bhios feum air.
<ul style="list-style-type: none"> Encourage your child to talk with you about their learning and what things they feel they need to work on to improve. Agree what your role is, as a parent, in supporting this. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' còmhraidh ribh mu dheidhinn an cuid ionnsachaidh agus na nithean a tha iad a' faireachdainn air am feum iad obrachadh airson fàs nas fheàrr. Aontaichibh dè an t-àite a th' agaibh, mar phàrant, ann a bhith a' cur taic ris an seo.
<ul style="list-style-type: none"> Discuss the choices of courses your child is making at school and how this will enable them to achieve their goals in terms of learning and future choices. 	<ul style="list-style-type: none"> Dèanaibh deasbad air na roghainnean de chùrsaichean a tha ur pàiste a' dèanamh san sgoil agus mar a bheir seo dhaibh comas air an amasan a choileanadh, a thaobh ionnsachaidh agus roghainnean san àm ri teachd.
<ul style="list-style-type: none"> Support your child in finding out more about different courses and skills required for certain professions. Discover where to find the latest information, online or in person. 	<ul style="list-style-type: none"> Cuiribh taic ri ur pàiste ann am faighinn a-mach barrachd mu dhiofar chùrsaichean agus na sgilean a dh'fheumar airson dreuchdan sònraichte. Lorg a-mach càite am faighear am fiosrachadh as ùire, air-loidhne no gu pearsanta.

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

<ul style="list-style-type: none"> • Provide support, as appropriate, to help your child achieve their goals. In discussions with your child, give them suitable praise for what they are achieving (for example studying, taking care of themselves, helping out at home, seeking help when needed) and make sure they know that you are there if they need help. 	<ul style="list-style-type: none"> • Solaraichibh taic, mar a bhios iomchaidh, gus ur pàiste a chuideachadh a' coileanadh an amasan. Ann an deasbadan le ur pàiste, thoiribh dhaibh moladh freagarrach airson na tha iad a' coileanadh (mar eisimpleir ionnsachadh, a' coimhead às an dèidh fhèin, a' cuideachadh aig an taigh, a' sireadh • cuideachaidh nuair a bhios feum air) agus dèanaibh cinnteach gu bheil fios aca gu bheil sibh an sin ma bhios feum aca air cuideachadh.
<ul style="list-style-type: none"> • Discuss with your child what their goals are and what both your roles are in achieving these. Discuss what alternative routes might have to be considered for whatever reason. 	<ul style="list-style-type: none"> • Dèanaibh deasbad le ur pàiste mu na h-amasan a th' aca agus an t-àite a tha aig an dithis agaibh ann an coileanadh seo. Dèanaibh deasbad air na slighean eile as dòcha a dh'fheumar beachdachadh airson adhbhar air choreigin.
<p>Senior phase/post-16</p>	<p>Ìre Àrd/seachad air 16</p>
<ul style="list-style-type: none"> • Provide support, as appropriate, to help your child achieve their goals. In discussions with your child, give them suitable praise for what they are achieving (for example studying, taking care of themselves, seeking help when needed) and make sure they know that you are there to help them if they need it. 	<ul style="list-style-type: none"> • Solaraichibh taic, mar a bhios iomchaidh, gus ur pàiste a chuideachadh a' coileanadh an amasan. Ann an deasbadan le ur pàiste, thoiribh dhaibh moladh freagarrach airson na tha iad a' coileanadh (mar eisimpleir ionnsachadh, a' coimhead às an dèidh fhèin, a' cuideachadh aig an taigh, a' sireadh cuideachaidh nuair a bhios feum air) agus dèanaibh cinnteach gu bheil fios aca gu bheil sibh an sin ma bhios feum aca air cuideachadh.
<ul style="list-style-type: none"> • Encourage your child to be open about their concerns/anxieties regarding choices they make, and acknowledge that they may change their mind in the future. Make sure your child knows that you trust their judgement and will support their decision. Keep communicating with each other. 	<ul style="list-style-type: none"> • Brosnaichibh ur pàiste gu bhith fosgailte mu dheidhinn nan draghan/iomagainean a th' aca a thaobh nan roghainnean a tha iad a' dèanamh, agus gabhaibh ris gur dòcha gun atharraich iad an inntinn san àm ri teachd. Dèanaibh cinnteach gu bheil fios aig ur pàiste gu bheil earbsa agaibh sa bheachd aca agus gun cuir sibh taic ris a' chòrdùnadh aca. Cumaibh a' conaltradh ri chèile.
<p>'Planning for choices and changes' is one of six areas that your child will learn about as part of the health and wellbeing curriculum. For more information on health and wellbeing, see https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</p>	<p>Is e 'Planadh airson roghainnean is atharrachaidhean' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd. Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/</p>