

Support your child's learning – Learning through play

English version	Gaelic version
Learning through play	Ag ionnsachadh tro chluich
When we talk about play, people naturally think about young children, however all children and young people should have the opportunity to play every day.	Nuair a bhios sinn a' labhairt mu dheidhinn cluiche, tha daoine gu nàdarrach a' smaoinichadh air clann òg, ach bu chòir cothrom a bhith aig clann agus daoine òga uile a bhith a' cluich gach latha.
Play is important for the early stages of brain development and playing with your child can help build relationships for later life. But no matter what age we are, play helps to develop important skills for learning, life and work.	Tha cluiche cudromach do na tràth-ìrean de leasachadh eanchainn agus faodaidh cluich leis a' phàiste agad cuideachadh le togail dhàimhean nas fhaide air adhart. Ach ge 'r bith dè an aois a tha sinn, tha cluiche a' cuideachadh le leasachadh air sgilean airson ionnsachadh, beatha agus obair.
Encouraging play is one of the best things you can do for your child, whatever their age, and it's free.	Tha brosnachadh cluiche mar aon de na nithean as fheàrr as urrainn dhut a dhèanamh dod phàiste, ge 'r bith dè an aois, agus tha e an-asgaidh.
Play at different ages and stages	Cluiche aig diofar aoisean is ìrean
When you play with your baby or young child it is an important part of the bonding process. How you play with your child when they are young can have a positive impact on how they form relationships when they are older.	Nuair a bhios tu a' cluich leis an leanabh agad no led phàiste òg, tha e mar phàirt chudromach den phròiseas dlùth-cheangail. Faodaidh mar a bhios tu a' cluich led phàiste nuair a tha iad òg, buaidh dearbhach a thoirt air mar a thogas iad dàimhean nuair a tha iad nas sine.
As your child grows up, your role will change. They will need you to take a step back and allow them to play alone and with their friends. This helps to build their confidence and independence. Teenagers appear to spend less time playing freely and their behaviour more closely reflects that of adults, with the focus more on spending time with friends, socialising, and taking part in recreational activity.	Mar a bhios do phàiste a' fàs, atharraichidh do dhleastanas. Bidh agad ri ceum a thoirt air ais agus ceadachadh dhaibh cluiche le an caraidean. Tha seo a' cuideachadh le bhith a' togail am misneachd agus an neo-eisimeileachd. Tha coltas gu bheil deugairean a' caitheamh nas lugha tìde a' cluiche saor, agus tha an giùlan aca nas motha a' nochdadh giùlan inbhich, leis a' chuimse air cur seachad àm le caraidean, a' sòisealachadh, agus gabhail pàirt ann an gnìomhachd cur-

	seachad.
There are lots of different things you can do to encourage your child or young person to play.	Tha mòran diofar nithean a dh'fhaodas tu a dhèanamh gus do phàiste no neach òg a bhrosnachadh gu cluiche.
<ul style="list-style-type: none"> • Get the environment right – turn off the TV! 	<ul style="list-style-type: none"> • Faigh an àrainneachd ceart – tionndaidh dheth an TBh!
<ul style="list-style-type: none"> • Encourage play, especially outdoors. Remember to allow freedom and choice. 	<ul style="list-style-type: none"> • Brosnaich cluiche, gu h-àraid a-muigh. Cuimhnich air saorsa agus roghainn a cheadachadh.
<ul style="list-style-type: none"> • Encourage your child to play outside in all kinds of weather. 	<ul style="list-style-type: none"> • Brosnaich do phàiste gu bhith a' cluich a-muigh anns gach diofar aimsir.
<ul style="list-style-type: none"> • Give your child enough time to finish their play. 	<ul style="list-style-type: none"> • Fàg tìde gu leòr aig do phàiste airson cluiche a chrìochnachadh.
<ul style="list-style-type: none"> • Allow your child to take and manage risks in their play. 	<ul style="list-style-type: none"> • Ceadaich dod phàiste meantair a ghabhail agus dèiligeadh leis.
<ul style="list-style-type: none"> • If you have to stop your child playing, try to give them plenty of warning to allow them to bring their play to a close. 	<ul style="list-style-type: none"> • Ma tha agad ri stad a chur air do phàiste a' cluich, feuch ri gu leòr rabhaidh a thoirt dhaibh gus ceadachadh dhaibh an cluiche a thoirt gu crìch.
<i>Dealing with risk</i>	<i>Dèiligeadh le meantair</i>
Children and young people need opportunities to play in lots of different situations, experiencing adventure and challenge. Play should be free and safe. Your child will learn to manage risks and make appropriate choices about where, how and when they play.	Tha feum aig clann agus daoine òga air cothroman cluiche ann am mòran diofar shuidheachaidhean, a' cur eòlas air dànachd agus dùbhlàn. Bu chòir do chluiche a bhith saor agus sàbhailte. Ionnsaichidh do phàiste air meantair a làimhseachadh agus roghainnean iomchaidh a dhèanamh mu dheidhinn càite, ciamar agus cuin a bhios iad a' cluich.
While risks are real, they need to be kept in proportion and controlled. They shouldn't affect the opportunities that children and young people have to play outside. The goal for you as parents is not to eliminate risk in play, but to weigh up the risks and the benefits. Learning to manage risks and challenges will help your child or young person to grow and develop into a healthy, confident adult.	Ged a tha meantairean ann, feumar an cumail ann an co-chumadh agus fo smachd. Cha bu chòir dhaibh buaidh a thoirt air na cothroman a tha aig clann agus daoine òga gu bhith a' cluich a-muigh. Is e ur n-amas mar phàrantan, gun faighinn cuidhteas meantair ann an cluiche, ach na meantairean a chothromachadh mu choinneamh nam buannachdan. Cuidichidh ionnsachadh air làimhseachadh mheantairean is dhùbhlanan am pàiste agad no an neach òg air fàs agus leasachadh gu bhith na inbheach fallain agus fèin-mhisneachail.
Some useful phrases to respond to risk-taking activities:	Cuid de dh'abairtean feumail mar fhreagairt do ghnìomhachdan le meantair:

<ul style="list-style-type: none"> • 'Go as high as you are confident.' 	<ul style="list-style-type: none"> • 'Theirig cho àrd 's a leigeas do mhisneachd dhut.'
<ul style="list-style-type: none"> • 'Stop where you feel safe.' 	<ul style="list-style-type: none"> • 'Stad far a bheil thu a' faireachdainn sàbhailte.'
<ul style="list-style-type: none"> • 'Look at what that other boy/girl is doing.' 	<ul style="list-style-type: none"> • 'Coimhead ri dè tha am balach/nighean eile a' dèanamh.'
<ul style="list-style-type: none"> • 'What do you think?' 	<ul style="list-style-type: none"> • 'Dè do bheachd?'
<ul style="list-style-type: none"> • 'Can you go a little further?' 	<ul style="list-style-type: none"> • 'An urrainn dhut a dhol beagan nas fhaide?'
<ul style="list-style-type: none"> • 'Remember what happened the last time? What did you do that worked?' 	<ul style="list-style-type: none"> • 'Cuimhnich dè thachair an turas mu dheireadh? Dè rinn thu a dh'obraich?'
<ul style="list-style-type: none"> • 'That's OK, have another go.' 	<ul style="list-style-type: none"> • 'Tha sin ceart gu leòr, feuch air a-rithist.'
<ul style="list-style-type: none"> • 'I'll stand here, just in case you need some help.' 	<ul style="list-style-type: none"> • 'Seasaidh mise an seo, air eagal 's gu bheil cuideachadh a dhìth ort.'
<ul style="list-style-type: none"> • 'Think it through.' 	<ul style="list-style-type: none"> • 'Smaoinich ma dheidhinn.'