**Planning for choices and changes**

**Advice for parents and carers**

​About planning for choices and changes

These pages contain simple ideas to help children and young people learn about choices in life, to manage expectations and hopes when making decisions.

Your child or young person should experience opportunities which raise their awareness of future choices and their own expectations and aspirations.

Your child or young person should also experience opportunities which raise their awareness of stereotypes about jobs and choices in life. Find out more about [**gender balance**](https://education.gov.scot/parentzone/learning-at-home/Supporting%20Gender%20Balance%20and%20Equality).

They will develop skills for personal planning and making decisions in the context of curriculum, learning and achievement. Your child or young person will develop the skills and attributes they will need to be able to achieve and sustain positive destinations beyond school.

As the demands and employment patterns are changing, it is particularly important for all young people to develop high levels of skill and understanding of the world of work, training and lifelong learning so that they can embrace opportunities.

Early level

Children in their early years and Primary 1, as well as some older children, will be working at the Early level of Curriculum for Excellence. Find out more about [**curriculum levels**](https://education.gov.scot/parentzone/learning-in-scotland/Curriculum%20levels).

* Help your child to be curious and explore their world through play.
* When out and about with your child, or when watching television, talk about the jobs that different people do (family, friends, post person, doctors, dentist, sales assistants, hairdressers/barbers, police, fire officers, paramedics, farmers, drivers, sports men and women, actors).
* Encourage your child to talk about who can do certain jobs. Nowadays most jobs can be done by both women and men.

First level (approximately P2 to P4)

* Encourage your child to try different activities and explore new interests, for example find out about different clubs in your area, help your child to find out about their local community and the wider world. Find out and learn about new things together.
* When out and about with your child or watching television, talk about the jobs that different people do (family, friends, post person, doctors, dentist, sales assistants, hairdressers/barbers, police, fire officers, paramedics, farmers, drivers, sports men and women, actors). Talk about the similarities and differences between these jobs. How can these people help us?
* Encourage your child to talk about who can do certain jobs. Nowadays most jobs can be done by both women and men.

Second level (approximately P5 to P7)

* Encourage and support your child to attend clubs and groups which offer challenges on a regular basis. For example learning to build a shelter, attending training sessions for a sport or instrument lessons for music.
* Talk to your child about your work and the training you have had. See if your child can work out what skills they think are needed to do this work well.
* Compare what you do with other jobs/careers and help your child to find out what skills and training is needed for those.
* Talk to your child about stereotypes associated with jobs/careers. Most jobs can be done by people of all backgrounds and genders.
* Consider the lifestyle of elite sports people and discuss with your child the sort of choices they have to make to achieve sporting success. What sort of skills do they need to be good at