

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 simplidh gus ur pàiste a chuideachadh gu planadh pearsanta agus sgilean co-dhùnaidh ionnsachadh, agus am mothachadh a thogail do roghainnean teachdail.
Early level	Tràth-Ìre
<i>Children in their early years and Primary 1, as well as some older children, will be working at the Early level¹ of Curriculum for Excellence.</i>	<i>Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre² a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Help your child to be curious and to explore their world through play. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu bhith feòrachail agus an saoghal aca a rannsachadh tro chluich.
<ul style="list-style-type: none"> When out and about with your child, or when watching television, talk about the jobs that different people do (family, friends, postmen/women, doctors, dentists, sales assistants, hairdressers/barbers, police, fire officers, paramedics, farmers, drivers, sportsmen/women, actors). 	<ul style="list-style-type: none"> Nuair a bhios sibh a-muigh còmhla ri ur pàiste, no a' coimhead telebhisean, bruidhnibh mu na h-obraichean a tha aig diofar dhaoine (teaghlach, caraidean, puist/mnathan-posta, lighichean, fiaclairean, cuidichean bùtha, gruagairean/borbairean, poilis, smàladairean, luchd-eiridinn, tuathanaich, dràibhearain, luchd-spòrs, cleasaichean).
Primary	Bun-sgoil
First level (approximately P2 to P4)	Chiad ìre (timcheall air P2 gu P4)
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' feuchainn diofar ghnìomhachdan agus ùidhean ùra a rannsachadh, mar eisimpleir, faighibh a-mach mu dhiofar chlubaidhean san sgìre agaibh, cuidichibh ur pàiste gu faighinn a-mach mu an coimhearsnachd ionadail agus mun t-saoghal fharsaing.

¹ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

² <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

<ul style="list-style-type: none"> When out and about with your child or watching television, talk about the jobs that different people do (family, friends, postmen/women, doctors, dentists, sales assistants, hairdressers/barbers, police, fire officers, paramedics, farmers, drivers, sportsmen/women, actors). Talk about the similarities and differences between these jobs. How can these people help us? 	<p>Faighibh a-mach agus ionnsaichibh mu nithean ùra còmhla.</p> <ul style="list-style-type: none"> Nuair a bhios sibh a-muigh còmhla ri ur pàiste, no a' coimhead telebhisean, bruidhnibh mu na h-obraichean a tha aig diofar dhaoine (teaghlach, caraidean, puist/mnathan-posta, lighichean, fiaclaichean, cuidichean bùtha, gruagairean/borbairean, poilis, smàladairean, luchd-eiridinn, tuathanaich, dràibhearain, luchd-spòrs, cleasaichean). Bruidhnibh mu dheidhinn na coltachdan agus na diofaran eadar na h-obraichean sin. Ciamar as urrainn do na daoine sin ar cuideachadh?
Second level (approximately P5 to P7)	Dàrna ìre (timcheall air P5 gu P7)
<ul style="list-style-type: none"> Encourage and support your child to attend clubs and groups that offer challenges on a regular basis, for example learning to build a shelter, attending training sessions for a sport or instrument lessons for music. 	<ul style="list-style-type: none"> Thoiribh taic agus brosnachibh ur pàiste gu clubaichean is buidhnean a fhrithealadh a tha a' tairgsinn dùbhlannan gu cunbhalach, mar eisimpleir ionnsachadh air ionad-fasgaidh a thogail, seiseanan trèanadh spòrs a fhrithealadh no leasan ionnsramaid ciùil.
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu ur n-obair agus an trèanadh a fhuair sibh. Feuch an urrainn do ur pàiste obrachadh a-mach dè na sgilean a tha iad den bheachd a dh'fheumar airson na h-obrach seo a dhèanamh math.
<ul style="list-style-type: none"> Compare what you do with other jobs/careers and help your child to find out what skills and training are needed for those jobs. 	<ul style="list-style-type: none"> Dèanaibh coimeas eadar na tha sibh a' dèanamh agus obraichean/dreuchdan-beatha eile, agus cuidichibh ur pàiste gu faighinn a-mach dè na sgilean agus trèanadh a dh'fheumar airson nan obraichean sin.
<ul style="list-style-type: none"> Consider the lifestyle of elite sportsmen/women and discuss with your child the choices these people have to make to achieve sporting success. What skills do they need to be good at what they do? 	<ul style="list-style-type: none"> Beachdaichibh air an dòigh-beatha a tha aig fir/mnathan-spòrs ainmeil agus dèanaibh deasbad le ur pàiste air na roghainnean a dh'fheumas na daoine sin a dhèanamh airson a bhith soirbheachail ann an spòrs. Dè na sgilean a dh'fheumas iad airson a bhith math air na tha iad a' dèanamh.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (ÀS1-ÀS3)
<ul style="list-style-type: none"> Support your child to value learning. For example, provide a 	<ul style="list-style-type: none"> Brosnachibh ur pàiste gu luach a chur air ionnsachadh. Mar

dedicated time and space for completing homework, with you on hand for support if necessary.	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' còmhradh 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.
<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 deasbadaan 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.
Senior phase/post-16	Ire Àrd/seachad air 16
<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, 	<ul style="list-style-type: none"> Solaraichibh taic, mar a bhios iomchaidh, gus ur pàiste a chuideachadh a' coileanadh an amasan. Ann an deasbadaan le ur pàiste, thoiribh dhaibh moladh freagarrach airson na tha iad

<p>taking care of themselves, seeking help when needed) and make sure they know that you are there to help them if they need it.</p>	<p>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.</p>
<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' cho-dhùnadh 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.</p> <p>For more information on health and wellbeing, see http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>	<p>Is e 'Planadh airson roghainnean is atharrachaidhean' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>