

## Parenthood – Key Vocabulary

Baby	Child/children	family
Sister/brother	parent/parents	grow
develop	care	love
breastfeed	feeding	helping
changing	cuddling	sleep
nappy	washing	safe
Pregnant/ pregnancy	healthy	happy

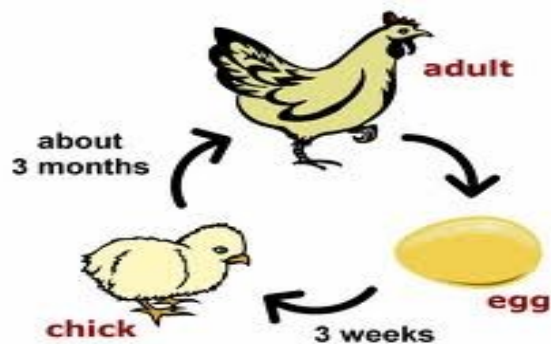
## Relationships – Key Vocabulary

feelings	safe	trusted adult
parents/ carers	grand parent	husband/ wife/partner
cousin	aunt/ uncle	family
unique	unsafe	similarities
friends/ friendships	likes	differences
manners	dislikes	special qualities
kind	sharing	choices

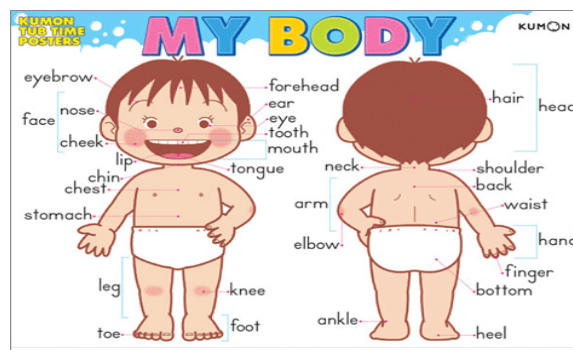
## Sexual Health – Key Vocabulary

body	grow	changes
different	same	similar
unique	bottom	nipples
vulva	testicles	penis
scrotum	private	urinate
feelings	safe	upset
worried	child	adult
Boy/girl	pants	life cycle

## Life Cycles in Science



## My Body



## Emotional wellbeing



# Relationships, Sexual Health and Parenthood

## Parent Information Early Level Leaflet



# East Ayrshire Council

Updated February 2021

  
Health & Wellbeing Team  
@EACHwbTeam



 East Ayrshire Council  
Comhairle Siorrachd Àir an Ear

# Information for parents and carers about learning at Early Level

## Learning at school

When your child is in an early learning centre, nursery or in P1 at school we say that they are learning at Early Level. For some children learning at this Level can be later. Part of every child's learning is about families and friendships, that every child is unique and special, their bodies, feelings and making choices and looking after living things.

This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education.

## Here are the main things we learn about at this level:

When it comes to **families and friendships**, children learn:



- That all our families are different, and that people who are important to the children provide care and love.
- How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.
- About the importance of kindness and showing kindness to others.

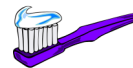
When it comes to **every child being unique and special** children learn:

- People are individual and unique.
- About similarities and differences among children in their group.
- To understand that treating someone badly based on differences is not okay.



When it comes to **their bodies**, children learn about:

- Names for parts of their body – and that parts of their body are private.
- Keeping clean and why this is important – learning about hand washing and brushing teeth.



When it comes to **feelings and making choices** children learn:



- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to **looking after them and other living things** children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- That there are professional people who help and care for them, like nursery staff, teachers, doctors or nurses.



## How do we learn at school?

Children are curious. They are really interested in how people get on and learning about their bodies. While learning at your child's centre or school is important, children are of course very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life.



For children learning at Early Level a lot of our learning together is about talking and playing, so staff will use conversations, games, drawing and story books to support learning about health and wellbeing.



You can find out more about the learning activities used in this national resource and view the curriculum for Excellence Experiences/Outcomes and Benchmarks for Relationships, Sexual Health and Parenthood at Early level by visiting:

<https://rshp.scot/early-level/>