

- **Active**

Having opportunities to take part in activities such as play, recreation and sport, which contribute to healthy growth and development, at home, in school and in the community.

In early years: Does your child happily and confidently participate in active activities e.g. outdoor play, swimming,?

- **Respected**

Having the opportunity, along with carers, to be heard and involved in decisions that affect them.

In early years: Do staff listen to your child?

- **Responsible**

Having opportunities and encouragement to play active and responsible roles at home, in school and in the community, and where necessary, having appropriate guidance and supervision, and being involved in decisions that affect them.

In early years: Can your child tidy away toys when they are finished? Can your child follow simple instructions? Can your child dress themselves/go to the toilet independently?

- **Included**

Having help to overcome social, educational, physical and economic inequalities, and being accepted as part of the community in which they live and learn.

In early years: Is your child included in all activities? Does your child attend any other groups?

S

Safe

Protected from abuse, neglect or harm

H

Healthy

Supported in making safe and healthy choices

A

Active

Opportunity to take part in a range of activities

N

Nurtured

A comfortable, stimulating environment to develop and grow

A

Achieving

Guided and supported in learning, boosting skills, confidence and self-esteem

R

Respected

Being involved in the decisions that affect their wellbeing

R

Responsible

Taking an active role in their care setting and community

I

Included

Being helped and guided to overcome inequalities and become an active member of the community

SPACE PLACE EARLY YEARS CENTRE

Getting it right for your child!

Information leaflet for parents and carers



Getting it right for every child

GIRFEC is the national approach in Scotland to improving outcomes and supporting the wellbeing of our children and young people by offering the right help at the right time from the right people. It supports them and their parent(s) to work in partnership with the services that can help them.

Wellbeing sits at the heart of the GIRFEC approach and reflects the need to tailor the support and help that children, young people and their parents are offered to support their wellbeing

getting
it right
for every child

SHANARRI

To help make sure everyone - children, young people, parents, and the services that support them - has a common understanding of what wellbeing means, we describe it in terms of eight indicators.

The eight wellbeing indicators are commonly referred to by their initial letters - SHANARRI.

Professionals and practitioners use the eight indicators to assess a child or young person's overall wellbeing and identify any concerns. The indicators offer a consistent approach and language that can be used across organisational and geographical boundaries.

When we update your child's personal plan we reflect on their wellbeing needs using these indicators and ask you to do the same. If there are any specific supports required or changes to an area of a child's wellbeing we would document this in their plan.

To help you think about this and to ensure we can put the best care possible in place for your child we have summarised these areas overleaf.

Source: www.gov.scot

• **Safe**

Protected from abuse, neglect or harm at home, at school and in the community.

In early years: who is able to pick up your child? Does your child have road sense or an awareness of danger outdoors e.g. holding hands when out walking/not running off

• **Healthy**

Having the highest attainable standards of physical and mental health, access to suitable healthcare and support in learning to make healthy, safe choices

In early years: Does your child enjoy healthy foods? Are there any foods that your child is allergic to? Does your child happily participate in exercise.?

• **Achieving**

Being supported and guided in learning and in the development of skills, confidence and self-esteem, at home, in school and in the community.

In early years: What can we support your child with to meet their full potential? What skill would you like your child to develop?

• **Nurtured**

Having a nurturing place to live in a family setting, with additional help if needed, or, where possible, in a suitable care setting

In early years: Is your child welcomed and looked after in our setting? Is there anything we can do to improve this experience for them?