



Title: Being a parent or carer: Connecting with and nurturing your child

Level: FOURTH

Code: 4.7.2

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I can explain the importance and the enduring and complex responsibility of being a parent/carers, and the impact on life choices and options. HWB 4-51a Through investigation I can explain the support available for parents and carers looking after babies and bringing up children. HWB 4-51b	Explains how to access support for parents and carers.

About this activity

In this second activity on the theme of Being a Parent the young people consider further the importance of parenting and the connections made between parent and child. They reflect on what we mean by nurture, and how the parent/carers nurtures their child from birth to their teenage years. Young people reflect further on the kind of parent/carers they will be. Again, it is important to ensure that young men feel engaged and are encouraged and supported to participate fully in the activities.

Resources to support this activity

- Slides
- Babies: What are they thinking? Short film <http://www.bbc.co.uk/guides/zgxf82>
- Nurture prop for recording
- Parent Quiz/handouts

Activity

1. Start with a reminder of the last session, focus on the conversations that the young people had about being a good parent. Remind them that at the heart of being the best parent or carer a person can be is building a relationship with your child.
2. Tell the young people this starts when the baby is born. Introduce a short film about connecting with a baby. **Film: Tune into your baby's emotions:** scroll down to part 2 on the page and watch the film **Babies: What are they thinking?** <http://www.bbc.co.uk/guides/zgxf82> (3 minutes 2 seconds) Get some initial feedback and explore any questions, highlight, so what should the parents of babies do to build that relationship?
3. Ask the young people to think about themselves, at (14/15) they are still growing and developing. What kinds of things do their parents and carers do to support their development at the moment – it could be their physical health and wellbeing, or emotional wellbeing or social wellbeing (how they get on in the world). Take contributions. Explore: *Do they value the role their parent/carer takes now? Do they see the things they say and do as nurturing? Or perhaps intrusive/annoying?*
4. Introduce the slide on nurture and the prop for recording their ideas, ask the young people to work in 2s or 3s for the task. On completion get some feedback and have a conversation.

Nurture means to care or protect someone or something as it grows. To be a nurturing parent or carer means giving your child lots of love and affection. If a parent/carer nurtures their child then the child feels protected and cared about, children feel important and good about themselves and their relationships.

Imagine yourself as a parent or carer: What would you do to nurture your child at these ages?

- As a baby
 - As a toddler
 - As a 5 year old
 - As a 10 year old
 - As a 15 year old
5. **Parent quiz:** Introduce the quiz, explain while it is a bit of fun it will spark some discussion about the kind of parent/carer the young people imagine they might be. It's a 10 part quiz, they can do it with a partner, but one each and ensuring they give their own opinion/answer. Do the quiz then go through questions one-by-one exploring responses. While making sure there is no sense of right/wrong responses, take any opportunities to explore whether responses sit alongside some of the things young people have already said about being a parent.
 6. **Parenting discussion:** Ask the young people to work in a 2 or 3 to decide how they feel about the following proposition. They can agree or disagree or take a qualified 'maybe' position. Give them some time to work out their view and ask for feedback.

DISCUSS: Parenting has been called the ultimate long-term investment. It's one of the most complex and challenging jobs you'll face in your lifetime -- and also the most rewarding.

Agree/Disagree/maybe....

7. End with acknowledgement of all contributions. Explain that in the next session the class/group will be talking about how important play is, and about something called the Baby Box.

Connecting with home

Information is provided with activity 4.7.1

Further learning activities are available that connect to this RSHP curriculum content

- 4.7.1 Being a parent: Would having a baby change my life? What do parents need?
- 4.7.3 Being a parent: The importance of play/The Babybox

Practitioner Notes

