



**Title: Being a parent/carer:
What does a parent/carer need to know and do? (V2)**

Level: SECOND

Code: 2.14.1

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I can describe the role of a parent / carer and the skills, commitment and qualities the role requires. HWB 2-51a	Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.

Learning Intentions

- Children describe the role of a parent/carer.
- Children discuss the skills and qualities of a parent/carer.

Success Criteria

- I can talk about what a parent/carer does to make sure their child is healthy, happy and safe.
- I understand the challenges of being a parent/carer.
- I know that all families are different.
- I talk about the kind of parent or carer I would be.

Resources to support this activity

- PowerPoint slides
- Post-its or card cut, large blank poster/display area for the Dear Adults activity

Activity

1. RSHP learning is enhanced if children can sit together, as in circle time. If possible, start the activity in this way. Explain that the children will be working today and in a further session on how important parents and carers are for children. Share the first slide, with definition. Then share the next slide with pictures of different families to establish that the role can be fulfilled by a range of adults in a child's life

**A parent or carer is an adult in your life who looks after you and cares for you.
Parents and carers are really important in a child's life.**

2. Ask the children to think of someone in their life who is a parent or carer to them. Ask them to have a chat with their shoulder partner and tell them about their parent or carer, share the slide with these questions to help them to talk about this person they have chosen:

Talking about our parent or carer

- Who looks after you?
- How would you describe them?
- What do you like to do together?
- What's your favourite thing about the person who looks after you?

3. Ask for some feedback from any of the children happy to share about their chosen parent/carer.
4. **What do parents and carers do for children?** Explain that you will be having a chat now about all the things that a parent or carer does for their child. As you do acknowledge what things stay the same, and what changes as a child grows up. Start with a baby (Slide) the question is: What things does a parent or carer do for a child when they are a baby? (Children might be happy to talk with a shoulder partner first) Then, explore why they do these things? Who does them? Maybe the children in the class/group also help and care for others. Maybe adults in their family help and share their care. Work through the next 4 slides which show a toddler; a 5 year old; a 10 year old; a 15 year old.
5. Share the slide with all the images on. Ask: **What do you think are the most important things a parent or carer does for their child?** Explore why so, appreciate different views. To conclude this part of the activity stress that the most important thing a parent and carer can do for their child is to make sure they are healthy, happy and safe – illustrate with some of the actions that children have identified already; *so, as you said....*
6. **Dear adults:** Explain to the children that you would like them to work with a partner (in the group or back at their tables). The task is to take 10 post-its/cards and to work together to write some messages to adults to help remind them of all the things they should do for their children. When the messages are written the children will be asked to share some back in the group and then these will be displayed on a class poster. Use the slide, on each post-it or card the children should start with Dear adults...: (Some children may benefit from some starter ideas, these could be prepared in advance to support children e.g. Show me love/give me a cuddle/read to me....)

Dear adults: These are the things you should remember you need to do for your children.

7. Bring the children back together for some sharing and conversation. Reinforce common themes, and highlight the positive things parents and carers do make sure their children are healthy, happy and safe. Collect all the post-its/cards and have the children create the poster/display.

Additional ideas

- The Dear Adults poster and the drawings children create in the next activity (them as parents/carers) would be a good display and talking point for a parents evening.

Connecting with home

The text below could be used to communicate with home about this activity.

Over two sessions the children will be talking and learning about the role of parents and carers in the life of the child. We will be recognising how important parents and carers are, and identifying all the things they do to make sure their child is healthy, happy and safe. The lessons are part of our ongoing programme of learning about relationships which includes supporting children to think about family life and parenthood.

For your information these sites might be helpful:

Parent Line Scotland offer a free telephone, email and online chat service with confidential help and support available for any parent or carer <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Parent Club has lots of great information and support for life's up and downs as a parent or carer: <https://www.parentclub.scot/>

Parentzone provides information about schools and education: <https://education.gov.scot/parentzone>

Play Talk Read gives lots of helpful tips about helping your child learn from the early years – and have fun together: <http://playtalkread.scot/>

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

- 2.14.2 Being a parent/carers: If I was a parent or carer

Practitioner Notes

