Title: **Being a parent/carer: If I was a parent (V5)**

Level: THIRD
Code: 3.15.3

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options. HWB 3-51a I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. HWB 3-51b	• Explains the short and long-term impact of parenthood, for example, joy, commitment, financial implications, anxiety, physical demands. • Explains the meaning and importance of nurture in a child's development. • Identifies local support available for parents and carers.

Learning Intentions
- Young people understand the role of a parent/carer.
- Young people understand the challenges of being a parent/carer.
- Young people understand how having a child would impact on their life.
- Young people understand the importance of nurture and play in a child's development.
- Young people learn about the importance of finding and seeking help and support as a parent.

Success Criteria
- I can discuss the skills and qualities of a parent/carer.
- I can talk about what a parent/carer does to make sure their child is healthy, happy and safe.
- I can discuss some of the challenges of being a parent/carer and how to seek help and support.
- I talk about the kind of parent or carer I would be.

Resources to support this activity
- PowerPoint slides
- Props for activities:
    1. Being a parent/carer: agree/Disagree/Don't know
    2. If I was a Parent I would want to…
    3. Webwise Survey results

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Activity

1. Start with a reminder of the work on being a parent and carer so far – about what babies and children need as they grow (child development) and also about how parents and carers can help to give babies the best start in life. Explain that this session is about what kind of parent/career young people would want to be and also about acknowledging challenging aspects of parenting and the things that parents can worry about. Finally, by way of introduction and acknowledgment, explain that you respect that some young people might be thinking they just don't want to be parents.

2. **Being a parent/carer**. Share the slide and the prop/statements. Ask the young people to work in pairs or 3s and to take each statement and decide if they Agree/Disagree/Don't know. After some discussion get feedback and discuss. (An alternative would be to split the statements across multiple slides and work through these one at a time).

   Being a parent or carer. Do you **agree**, **disagree** or '**don't know**' when it comes to these statements:
   1. Being a parent is easy.
   2. Having a baby makes a relationship stronger.
   3. Mothers are more important to young babies than fathers.
   4. Parents are a child's most important role model.
   5. Parenting comes naturally to everyone.
   6. Being a parent would be fun.

3. **If I was a parent**. Ask the young people to continue to work in their small groups of 3. Give them the prompt statement **If I was a parent I would want to**… with the 11 statements. (Work from the sheet or cut up and move them around in the discussion). Explain that all of these things a parent/carer can do are important, ask them to discuss each and as a group *select 5 attributes of a parent they would say are those they want to aspire to most*. Explain that you will ask small groups to feedback what they have chosen and why. Look for similarities and differences, while all are important, acknowledge why different choices have been made. In conversation explore where groups had disagreements or debate.

   If I was a parent I would want to:
   1. Make sure my child helps out doing chores at home.
   2. Teach my child how to get on with other people.
   3. Expect and encourage my child to do their best and help them to do their best.
   4. Get on with my child's other parent or carers – avoid arguments at home.
   5. Play and read together.
   6. Make sure my child knows I love them.
   7. Be a good role model.
   8. Be patient and not get stressed.
   9. Spend time with my child.
   10. Trust my child.
   11. Have clear rules.

4. **What would you worry about if you were a parent?** Either pose the question for a whole class discussion or have young people consider this as a small group and feedback views. After some time, share the slide about parents top 10 worries – explore similarities and differences. (Research conducted by the company that make Rescue Remedy)

Research found that the top 10 worries parents have are:
1. Being able to afford what their child needs
2. Dealing with a lack of sleep
3. Having enough patience
4. Encouraging the child to eat their meals
5. Dealing with an ill child
6. Keeping on top of household chores
7. Encouraging children to do their homework
8. Encouraging children to work hard at school
9. Coping with a child having a tantrum
10. Getting children up in the morning

5. **Online worries: The Webwise 2017 Parent Survey**. Acknowledge that a worry for parents of older children is them being online. Do their parents worry about them being online? Share the Webwise 2017 infographic/hand-out. What do young people think of these findings? Do they think that parents/carers are right to worry about these things? Are their strategies good enough?

6. End with a review of learning over the past 3 sessions – the young people have been learning about child development (and what children need as they grow). They have also been considering themselves as parents/carers – acknowledging that it's a challenging role to play. Ask one more question: *Who is looking forward to being a parent?* Take a show of hands and end with any positive comments any contributors want to make about what they are looking forward to - and if no-one or few are, explore why.

Connecting with home
Information is provided in activity 3.15.1

Further learning activities are available that connect to this RSHP curriculum content
- 3.15.1 Being a parent: Important things about child development
- 3.15.2 Being a parent: What babies need/the best start in life

Practitioner Notes