

Pregnancy and Parenthood

Learning together about Pregnancy and Parenthood

Welcome to the unit called **Pregnancy and Parenthood**. This unit is part of our programme of learning called Relationships, Sexual Health and Parenthood (RSHP) education. When we do our RSHP education we focus on the needs of each and every learner in the classroom. We want to develop their communication, cognitive, physical and self-help and independence skills.

Learning about pregnancy and parenthood matters because children and young people may have babies in their own family, or mum or another relative may be pregnant. Of course children and young people will meet pregnant women in school, in their extended family and in the community. And they will encounter babies in many different settings too. For children expecting a new baby at home, or with the arrival of a new baby, this learning may be especially helpful, particularly when the learner needs to build tolerance of the new smells, sounds and changes in routine that a new baby will bring. Of course we want our learners to be the best big brothers and sisters they can be!

Pre Early Level learners may be interested in where babies come from rather than have the capacity to understand how they are made and so this unit does not explore sexual intercourse/conception.

It is important for learners that there is a close relationship between school (or college) and home when it comes to RSHP learning. This will help make sure everyone works together to promote independence and wellbeing. While we can plan some of this learning a lot of learning also happens in what people sometimes call 'teachable moments'. When it comes to learning about pregnancy and parenthood this can be in your interactions with family members and friends who are pregnant or have babies, or when you see someone on TV who is pregnant or is caring for a baby.

With the right level of support and resources children and young people who take part in activities as part of the **Pregnancy and Parenthood** unit will learn:

- That all mammals go through pregnancy and give birth.
- How we care for a baby.

You will find the unit about pregnancy and parenthood here: <https://rshp.scot/complex-asn-draft/>