

Every child in primary school has a **Named Person** who parents can approach to discuss their child's wellbeing.

safe

Protecting your child physically and emotionally is one of the most important things you can ever do as a parent. A child who feels safe from harm is more able to grow and develop in every way.

healthy

You can give your child the best start in life by making sure they get nourishing food, regular exercise, plenty of sleep and lots of encouragement. This keeps their bodies and minds in the best possible shape.

achieving

Supporting and guiding your children in their learning and encouraging them to learn new skills will increase their confidence and self-esteem. This will help them to become *successful learners* who will continue to learn new things throughout their life.

included

The bond between you and your child is special, but your child needs contact with other children, young people and adults. Encouraging your child to have friendships and keep close connections with other people is really important for them to help them fit in and be part of the world around them.



nurtured

As a parent you are the best person to understand what your child needs. Sometimes they need a hug, sometimes they need advice and direction and sometimes they need to know that you are there for them. If your child feels loved and cared for they will develop into *confident individuals*, who will grow strong and cope better with the challenges life brings.

responsible

As a parent you teach your child what is acceptable and what is not acceptable. Regular routines for eating, sleeping, attending school, taking part in activities all help your child to make sense of life. Supporting children to understand what behaviour is expected of them also helps them to become *responsible citizens* and to feel secure and confident.

respected

Children grow up in different ways, at different speeds and into different people. As a parent you respect the uniqueness of your child by listening to what they have to say, responding to their ideas and encouraging them to express themselves enabling them to become *effective contributors*. As they grow into the person they are meant to be, they will respect the rights of others to do the same.

active

Children need to use their energy in positive ways. Helping your child to find out what they're interested in and encouraging them to take part in new experiences is a really important part of growing up. Early activities can often grow into interests, hobbies, activities or sports which support your child to know who they are.

The **GIRFEC** (Getting It Right For Every Child) approach ensures every child has a designated **Named Person** available to them. Under a **Curriculum for Excellence** every learner is entitled to personal support and will have an adult who will get to know them; this person is usually their **Named Person**. They are a first point of contact for you, your child or anyone who has a concern about your child's **wellbeing**. Your child's **Named Person** is available to provide information, support or advice when needed or when help is requested.

Ask a member of school staff if you want more information about your child's **Named Person**.

www.GIRFECinNL.com

getting
it right
for every child
in North Lanarkshire