

Getting It Right For Every Child.

We all want children to be **Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible** and **Included** (SHANARRI).



Store all medicine/equipment safely
Don't use alcohol or drugs around children
Don't allow any behaviour in your home that might frighten your children
Only leave children with people who look after them properly

Safe

Give your children fruit and vegetables every day
Provide regular routines, especially at bedtime
Talk to your children about their feelings
Keep all health appointments
Go outdoors – but stay safe in the sun!

Healthy

Try new activities together
Support school/early years activities
Give children opportunities to play safely and supervise them appropriately
Encourage children to get involved in sports

Active

Tell your children you love them
Give them hugs and kisses – show affection
Use praise and encouragement
Make sure your home is warm and comfortable
Spend time together as a family

Nurtured

Encourage your child's imagination and learning
Take an interest in school/early years centre
Praise your child's efforts
Give your child the support they need to develop
Celebrate success

Achieving

Listen to your child and include them in appropriate decisions
Consider the impact of your behaviour and choices on your children
Develop appropriate ways to discipline your children

Respected

Teach your children right from wrong
Behave in a way that sets a good example
Encourage your child to be helpful and care for others
Trust your child with age appropriate responsibilities

Responsible

Let your child know they are a valued part of the family
Help your child feel part of the community
Support your child in building relationships with their extended family
Encourage positive friendships and relationships

Included

Sometimes families need a bit of extra help to make sure their children achieve all the SHANARRI goals. Children rely on adults to notice if they need a bit of extra help and to take action to ensure this help is provided.



If you have any **worries** about your own child or about another child it's important you speak to someone quickly so that the situation doesn't get worse.

The best people to speak to are your midwife, health visitor or your child's teacher.

If you don't have contact with any of these professionals, you should contact social services on **01294 310300**.



It's everyone's job to make sure children are alright.

This includes parents and members of the public as well as professionals.



Things about a child that might worry you are:

- * An unexplained injury or bruising in an unusual place.
- * The child is fearful, quiet or withdrawn.
- * S/he is afraid to go home.
- * S/he appears hungry, tired or inadequately clothed.
- * S/he has been left unattended or unsupervised.
- * S/he has too much responsibility for their age.
- * S/he has told you something that makes you worry about them.



Things about a parent that might worry you are:

- * They misuse alcohol or drugs.
- * There is violent behaviour within the home.
- * They are struggling to cope with managing the care of the child.



We know that it can feel wrong to get involved...

in a private family matter. But what you need to remember is that if that child is at risk of harm you might be the only person who has the information to help that child.

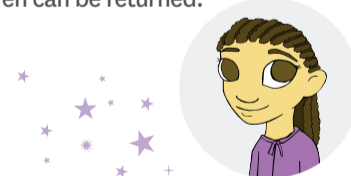


Social services, health and education...

work with families every single day to give them support to help children achieve the SHANARRI goals. They **work in partnership with families** with the aim of keeping families together safely.



If a child is in immediate danger the police should always be contacted on **999**. If it is not safe for a child to live at home they will be placed elsewhere. Services will work with parents to reduce risks so that children can be returned.



If you are a parent who is struggling or if you have a worry about a child, please lift the phone and talk to someone.

This could be the most important call you ever make.



www.childprotectionnorthayrshire.info
www.girfecna.co.uk
www.cpcteens.co.uk
www.cpkids.co.uk



Care, Protection, Commitment
for North Ayrshire's Children

Useful numbers

Parentline 0808 800 2222

Social Services 01294 310300
(Out of Hours 0800 328 7758)

Police Scotland 101

Ayrshire Family Protection Unit (Police)
01563 505092

Remember, if a child is in immediate danger, call 999