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| **The Un Convention on the rights of the child.** | **What does this mean for your child?** | **What would your child say they would like to change?** | **What would you like to change?** | **What help do you need?** |
| Enough to eat and drinkA healthy balanced diet. |  |  |  |  |
| Protection from dangerous situations. |  |  |  |  |
| Prompt access to health care including prevention, screening and treatment. |  |  |  |  |
| Have their personal care needs met\*  |  |  |  |  |
| Somewhere warm, clean, dry, safe and comfortable to sleep and to have enough sleep. |  |  |  |  |
| Prompt help when they are ill or have been hurt. |  |  |  |  |
| Love, care and attention from parents or carers who prioritise the child’s needs. |  |  |  |  |
| To be consulted/listened to and have views taken seriouslyTo be engaged and informed about decisions made about them. |  |  |  |  |
| Clothes that are clean and comfortable and appropriate for the weather and shoes that fit and keep their feet dry. |  |  |  |  |
| Support with education: attending school daily and to have parents/carers interested in helping them to learn |  |  |  |  |
| To feel safe physically and emotionally  |  |  |  |  |
| To have parents/ carers or significant adults who are emotionally and physically available when they need support, without fear of rejection |  |  |  |  |
| To socialise and have friends, relax and to play. |  |  |  |  |
| To have their personal identity respected, such as race, ethnicity, gender, sexual orientation, gender identity. |  |  |  |  |
| To have access to special education and care if they have a disability; to live a full life. |  |  |  |  |
| To grow up with their natural parents, unless this is unsafe. |  |  |  |  |
| To be disciplined in an appropriate and fair way without being cruel or harmful |  |  |  |  |