



PLANT YNG NGHYMRU
CHILDREN IN WALES



Understanding Children's Rights

How can Parents support Children's Rights



What is the UNCRC?

Have you heard of the **United Nations Convention on the Rights of the Child (UNCRC)**?

It is a list of rights that all children aged 0-18 years have.

These rights are set out in the UNCRC, there are 54 rights in total and are called 'Articles'.

It is an internationally agreed document that recognises the importance of children's rights and freedoms and always puts the best interests of the child first.

Rights make sure we're all treated fairly and can reach our full potential. Children have **additional rights** to adults, because they **need extra protection** and are **highly dependent** on the adults around them.



Ultimately it is about what all children need to grow up Happy, Healthy and Safe.

What does it mean to parents?

We asked parents what children need to grow up Happy, Healthy and Safe and this was their response:



love safe environment
warmth home
happy atmosphere family education
boundaries to be heard food security

The responses linked to many of the Articles in the convention:

'Feeling safe' and **'security'** links to UNCRC Article 19 that says **'children should not be harmed and should be looked after and kept safe.'**

'Family, love and warmth' links to Article 18 that says **'Both parents share responsibility for bringing up their children, and they should always think about what is best for each child.'**

'To be heard' links to Article 12 **'A right to say what you think should happen and to be listened to.'**

Other Rights include:

- Right to life
- Right to a name
- Right to education
- Right to relax and play



To read the full UNCRC go to [UN Convention on the Rights of the Child - UNICEF UK](#)

What can parents do to support their child's rights?



As a parent you are the strongest supporter of your child's rights. You know your child best and what they need.

We asked parents what they thought they could do to ensure their children get their rights:

know their rights **protect**
provide loving home **advocate their voice**
support them listen healthy lifestyle
be honest about struggles **speak up**
provide a safe space **ensuring have right medical care**
e.g. doctor/dentist
encourage

The UNCRC recognises the vital role parents, carers and family members have in supporting children's:

- best interests
- defending their rights
- speaking up for them and making sure their rights are being met.

We do this every day, even when we don't know it. For example, when you go to the doctors or when you speak to Nursery or School teacher and ask for support.

The UNCRC isn't an additional ask or something to give you more to do.

Nor does it mean your child can do whatever they want whenever they want!



It provides you with the language to support your child whether at school, the doctors or anywhere else.

If you need support with getting your child's rights met or want to find out more, then go to:

[Children in Wales | Home](#)

[Children's Commissioner for Wales \(childcomwales.org.uk\)](http://childcomwales.org.uk)

To read the full UNCRC go to [UN Convention on the Rights of the Child - UNICEF UK](#)