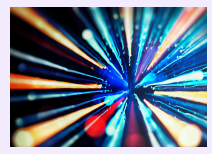
NURTURING THE SPIRIT: CHILDREN'S RIGHTS AND SPIRITUAL CARE IN PRACTICE

NHS Education for Scotland

1 WHAT WE DID

NES Spiritual Care Team hosted a webinar in collaboration with the UNCRC project and two healthcare chaplains working with children. The aim was increase understanding how children's rights apply within spiritual care. Chaplains and spiritual care teams who work in children's and adult settings, and other colleagues working in areas where children are present attended. The webinar explored how professionals can support children and young people's spiritual, emotional, and cultural wellbeing in the context of children's rights.

2 IMPACT



The collaborative webinar supported increased awareness of children's rights within spiritual care and encouraged reflection on how professionals can respond to children and young people's needs in a holistic and compassionate way.

This work helps ensure that children and young people are recognised as individuals with emotional and spiritual needs, and that these needs are considered alongside physical health and care.

3 UNCRC



This work supports several UNCRC rights, including **Article 14** on freedom of thought, conscience, and religion; Article 12 on being listened to and taken seriously; **Article 24** on the right to health and holistic wellbeing; and **Article 30** on children's rights to culture, religion, and identity.

4 GIRFEC

The webinar aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

Respected: recognising identity, beliefs and values

Included: supporting culturally sensitive care

Healthy: recognising emotional and spiritual wellbeing

Nurtured: promoting compassionate support during difficult experiences

5 THE PROMISE



This work reflects The Promise through holistic care and prioritising relationships, identity, and wellbeing. By recognising and responding to young people's spiritual and emotional needs, it supports compassionate, relational care that aligns with The Promise's vision for understanding and meeting children's needs.

6 REFLECTIONS



Embedding children's rights within spiritual care strengthens holistic practice and supports the workforce to respond to children and young people as whole individuals. This work contributes to more compassionate, inclusive, and person-centred care across health and social care services.

SPIRITUAL CARE, NES NMAHP DIRECTORATE