30.04.20

Adnodd newydd rhad ac am ddim ar lein i rieni/ New free online resources for parents

Yr ydym yn rhannu gwybodaeth gyda chi am gwrs ar lein sy’n rhad ac am ddim. Mae’r cwrs ‘Deall eich plentyn’ wedi’i roi at ei gilydd gan gwmni Solihull Approach. Mae’r cwrs ar gyfer rhieni, gofalwyr a gweithwyr proffesiynol sy’n gofalu am blant rhwng 0 a 18 oed. Mae’n edrych ar ddatblygiad yr ymenydd, chwarae, mathau o rianta, cysgu, pyliau o dymer drwg a chyfathrebu. Mae rhwng 9 a 11 model yr un sy’n cymeryd tua 20 munud yn ogystal â gweithgareddau rhyngweithiol, cwisiau, clipiau fideo a thaflenni ymarferol. Mae’r cwrs fel arfer yn costio £39 y person. Fodd bynnag, trwy ddefnyddio’r cod mynediad NWSOL ar [www.ouplace.co.uk](http://www.ouplace.co.uk), gallwch gofrestru ar eich cyfrif eich hun: bydd hyn yn ddilys tan Mis Tachwedd 2022.

Parents, and staff can now access an innovative ONLINE course about children, free of charge. ‘Understanding Your Child’ has been developed by the Solihull Approach. The course is for parents, carers and professionals caring for children aged 0-18 years. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication. There are 9-11 modules each taking around 20 minutes as well as interactive activities, quizzes, video clips and practical hand outs. The course usually costs £39 per person. However, using the access code: NWSOL at [www.ourplace.co.uk](http://www.ourplace.co.uk) you can register for your own account free of charge until November 2022.

Yn gywir/ Yours sincerely,

Miss Nerys Davies