



Cwrs ar-lein
ar gyfer rhieni
sy'n gwahanu i'w
helpu i reoli
gwrthdaro a
lleihau'r effaith
ar blant

Gwneud pethau'n iawn i blant

Pan fydd rhieni'n gwahanu neu wedi gwahanu, gall plant gael eu dal yn y canol yn aml.

Cwrs ar-lein am ddim sydd wedi'i gynllunio i'ch helpu chi i fagu eich plant yn gydweithredol yw *Gwneud pethau'n iawn i blant*. Gall eich helpu i feithrin sgiliau cyfathrebu cadarnhaol, fel y gallwch ddatrys dadleuon a dod o hyd i atebion gyda'ch gilydd.

Byddwch yn dysgu:

- Sut i gadw'ch pen a gwrando yn ogystal â siarad.
- Pam mae'n ddefnyddiol gweld pethau o safbwynt gwahanol.
- Beth i'w wneud i atal trafodaeth rhag troi'n ddadl.
- Sgiliau ar gyfer dod o hyd i atebion a chyfaddawdu.

I ddefnyddio'r cwrs, bydd angen ffôn clyfar, llechen, neu gyfrifiadur, a chysylltiad rhyngrwyd da arnoch chi. Mae'n RHAD AC AM DDIM i'w ddefnyddio, felly dim ond creu cyfrif gydag enw defnyddiwr a chyfrinair y bydd angen i chi ei wneud.



Cofrestrwch yn y cyfeiriad hwn
www.oneplusone.org.uk/parents
neu sganiwch y cod QR

- Mae *Gwneud pethau'n iawn i blant* wedi'i gynllunio ar gyfer rhieni sy'n gwahanu neu wedi gwahanu sydd eisiau lleihau gwrthdaro a chyfathrebu'n well â rhiant arall eu plentyn.
- Mae'r cwrs yn un ar-lein felly gallwch fynd drwyddo ar eich cyflymder eich hun.
- Gallwch wneud y cyfan mewn un tro ond, yn aml, mae'n well ei ledaenu dros ychydig wythnosau er mwyn rhoi amser i'ch hun i fyfyrrio ac i ymarfer y sgiliau.



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



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- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.