

Cwrs ar-lein
i helpu rhieni
i gyfathrebu
â'i gilydd
yn well

Dadlau'n Well

Mae anghytuno yn rhan arferol o fywyd, ac mae'r rhan fwyaf o gyplau yn dadlau o bryd i'w gilydd. Gall y ffordd yr ydych yn ymdrin â'r sgysiau hyn wneud gwahaniaeth mawr i chi, eich partner, a'ch plant.

Cwrs ar-lein am ddim i'ch helpu i reoli sgysiau anodd, osgoi gwrthdaro, a gwella pethau i'ch teulu cyfan yw *Dadlau'n Well*.

Byddwch yn dysgu:

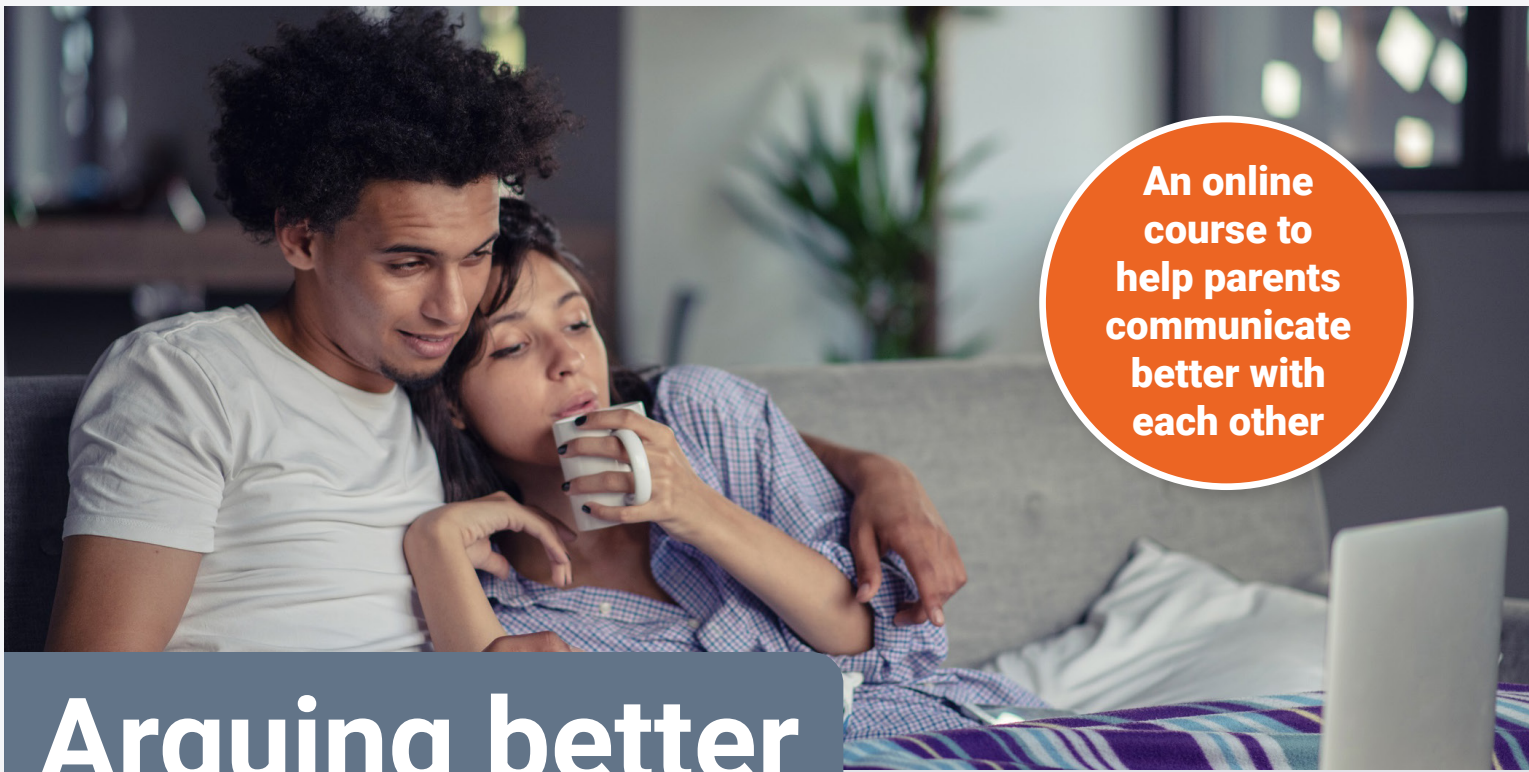
- O ble mae straen yn dod a sut mae'n gallu effeithio arnoch chi.
- Ffyrdd o adnabod straen a siarad amdano.
- Sut i gefnogi ein gilydd drwy gyfnodau anodd.
- Beth sy'n achosi dadleuon a sut i'w hatal.

I ddefnyddio'r cwrs, bydd angen ffôn clyfar, llechen, neu gyfrifiadur, a chysylltiad rhyngwrwd 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 *Dadlau'n Well* wedi'i gynllunio ar gyfer rhieni sydd eisiau dysgu ffyrdd iach o ymdrin â straen a gwrthdaro.
- Mae'r cwrs yn un ar-lein felly gallwch fynd drwyddo ar eich cyflymder eich hun.
- Gallwch wneud y cyfan mewn un tro neu gadw yr hyn rydych wedi'i wneud a dod yn ôl ato yn nes ymlaen.
- Bydd y cwrs yn cymryd tua 40 munud i'w gwblhau, felly mae'n well rhoi digon o amser a lle i'ch hun i fyfrio.



An online course to help parents communicate better with each other

Arguing better

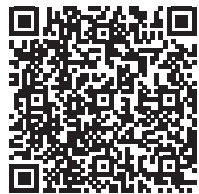
Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

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.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.