

Bwletin: Gwybodaeth (IV)

Information Bulletin (IV)

Llesiant/Wellbeing



TALK TO US
If things are getting to you
116 123 FREE
SAMARITANS

YOUNGMINDS
fighting for young people's mental health

NSPCC
HELPLINE
0800 800 5000
help@nspcc.org.uk

ChildLine
0800 1111

THINK U KNOW
www.thinkuknow.co.uk

Childnet
International

#FeelGoodFridays

Comisiynydd Plant Cymru
Children's Commissioner for Wales

CWTSH

meic
gwybodaeth, cangor a chymorth ar gyfer eich bywyd
information, advice and support for your life

NHS

STAY HOME

Good mental health for all | Mental Health Foundation | View like work in Scotland, Wales and Northern Ireland

Siarad â'ch plant am y pandemig Coronafeirws
www.mentalhealth.org.uk/coronafeirws/siarad-â'ch-plant-am-y-pandemig-coronafeirws

Mae newyddion am y pandemig Coronafeirws ym mhobman. Gvdag ysgolion ynghau a llawer o bobl yn edrych ar gyfngau digidol yn barhaus, nid yw'n bosib bellach rheoli'r newyddion a ddrebniwn nac i warchod ein plant rhag gwybodaeth sy'n peri gofid. Yr hyn allwch ei wneud yw helpu i leihau'r effaith negyddol a gaiff ar eich plant. Gallwch wneud hyn drwy sgwrsiau agored a gonest gartref.

Dyma rai cynghorion:

1. Dechreuwch drwy gydnabod ei bod yn iawn i boeni
2. Dod o hyd i gydbwysedd wrth ddefnyddio newyddion
3. Gadewch iddynt wybod y ffeithiau a chynigiwch ddiogelwch

Talking to your children about the Coronavirus pandemic
www.mentalhealth.org.uk/coronavirus/talking-to-children

News about the Coronavirus pandemic is everywhere. With schools closing and many people constantly exposed to digital media, it is no longer possible to control the news that we consume, or to shield children from upsetting information. What you can do is to help minimise the negative impact it has on your children. You can do this through open and honest conversations at home.

Here are some top tips:

1. Start by acknowledging that it is OK to be concerned
2. Find the balance in consuming news
3. Let them know the facts and offer safety

Comisiynydd Plant Cymru HAFAN Children's Commissioner for Wales
Oplwynys Hygyddedd: Cwedd y safon fel cynllun syml (Anallwngi CSS) | Gweld y llyst: Bwth Cwraig Mawr | ENGLISH

<https://www.childcomwales.org.uk/>

Amdanion Ni | Ein Gwaith | Cyhoeddiadau | Ein Cynlluniau | Adnoddau | Hawliau | Cysylltu

Coronafeirws – Hwb Gwybodaeth

Rydyn ni wedi creu hwb gwybodaeth newydd i deuluoedd a phlant, gyda chynghor, a fias sy'n ymwneud â'r Coronafeirws.

Comisiynydd Plant Cymru RETURN TO HOME Children's Commissioner for Wales
Accessibility Options: View site as simple layout (Disable CSS) | View text: Small/Medium/Large | CYMRAEG

<https://www.childcomwales.org.uk/>

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Coronavirus – Information Hub

We've made a new information hub for families and children, with useful tips and advice regarding the Coronavirus.

Appiau sy'n gallu helpu llesiant/Apps to help support wellbeing:



Calm Harm



Mee Too



Blueice



Catch It



Moodometer



Worry Tree

Gwefannau Defnyddiol/Helpful Websites:

- <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
- <https://www.internetmatters.org/blog/parental-controls/social-media/houseparty-privacy-and-safety-settings/>
- <https://www.internetmatters.org/blog/2020/04/08/feelgoodfridays-campaign/>
- <https://www.childline.org.uk/toolbox/calm-zone/>
- <https://www.nhs.uk/apps-library/category/mental-health/?page=1>
- <https://www.thinkuknow.co.uk/>
- <https://www.stonewall.org.uk/home-learning-packs-stonewall>
- <https://www.internetmatters.org/cy/schools-esafety/secondary/parent-support/>