



The **Non-violent Resistance (NVR) Programme** aims to assist the parents and carers of children who are displaying challenging behaviours including violence, aggression, self-destructive and controlling behaviours.

This programme equips parents/carers with confidence and self-control and enables them to address these behaviours in an effective manner. At the same time, there is a focus on rebuilding the loving parent/child relationship, which may have been lost over a period of time.

The main principles of NVR are:

1. Taking a firm stand against violence, risk-taking and anti-social behaviours.
2. Holding back from physical and verbal violence.
3. Increasing your positive presence in your child's life.

What are the aims of the programme?

- To help parents and carers overcome their sense of helplessness.
- To help parents and carers develop a support network that will stop violent and destructive behaviours both in and out of the home.
- To improve relationships between family members and the outside world.



Parent's feedback on the NVR programme

“I didn't think anything would work but since doing the course things have changed, things are calmer at home. It shows you better ways of dealing with issues and shows you its ok to let some behaviours go and helps you choose your battles. Someone is also available if you need extra advice. I would recommend the course to anyone, it does make a difference just give it a go, what have you got to lose.”





Rhaglen Wrthsefyll Di-drais (NVR)

Nod y rhaglen NVR yw cynorthwyo rhieni a gofalwyr plant sy'n arddangos nodweddion heriol fel trais, ymddygiad ymosodol a/neu hunanddinistriol a rheoli ymddygiad. Mae'r rhaglen hon yn rhoi hyder a hunanreolaeth i rieni/gofalwyr ac yn eu galluogi i fynd i'r afael â'r ymddygiadau hyn mewn modd effeithiol.

Ar yr un pryd, mae'n canolbwynio ar ailadeiladu perthynas gariadus rhwng rhiant/plentyn, perthynas sydd, o bosib, wedi dirywio dros gyfnod o amser.

Dyma brif egwyddorion NVR:

1. Cymryd safiad yn erbyn trais, cymryd risg ac ymddygiadau gwrthgymdeithasol.
2. Dal yn ôl rhag trais corfforol a geiriol.
3. Cynyddu eich presenoldeb cadarnhaol ym mywyd eich plentyn.

Beth yw nodau'r rhaglen?

- Helpu rhieni a gofalwyr i oresgyn y teimlad eu bod yn aneffeithiol.
- Helpu rhieni a gofalwyr i ddatblygu rhwydwaith cymorth a fydd yn atal ymddygiadau treisgar a dinistriol yn y cartref a thu allan.
- Gwella perthnasoedd rhwng aelodau'r teulu a'r byd y tu allan.

Adborth Rhieni am y rhaglen NVR

“Doeddwn i ddim yn meddwl y byddai unrhyw beth yn gweithio ond ers gwneud y cwrs mae pethau wedi newid, mae pethau'n dawelach gartref. Mae'n dangos ffyrdd gwell i chi o ymdrin â materion ac yn dangos ei bod hi'n iawn anwybyddu rhai ymddygiadau ac yn eich helpu i ddewis ffyrdd o ymdrin â'r sefyllfa. Mae rhywun hefyd ar gael os oes angen cyngor ychwanegol arnoch chi. Byddwn yn argymhell y cwrs i unrhyw un, mae rhoi cynnig arni yn gwneud gwahaniaeth, does gennych ddim i'w gollu.”

**Credwch
mewn plant**
**Barnardo's
Cymru**