



Understanding your child's behaviour is a 10-week programme aimed at parents and carers who want to know more about sensitive and effective parenting.

The programme encourages parents and carers to identify the most important issues in their relationship with their child and to reflect on why things sometimes go well and sometimes do not. It is then easier for the parent to identify how to work together with their child.

The programme explores the following issues

- Tuning into children
- Exploring feelings
- Parenting styles
- Communication- what is being communicated through behaviour
- Temper tantrums and what might be meant by them
- Sleep patterns
- Behavioural difficulties

What are the aims of the programme?

- Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child reciprocity
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Develop a framework of thinking about parent/child relationships which can be developed into a lifelong skill
- Promote reflective, sensitive and effective parenting





Deall ymddygiad eich plentyn

Mae deall ymddygiad eich plentyn yn rhaglen 10 wythnos ar gyfer rhieni a gofalwyr sydd eisiau gwybod mwy am rianta sensitif ac effeithiol.

Mae'r rhaglen yn annog rhieni a gofalwyr i nodi'r materion pwysicaf yn eu perthynas â'u plentyn ac i fyfyrio ar pham mae pethau'n mynd yn dda rai troen ac yn mynd o chwith y tro arall. Yna, bydd hi'n haws i'r rhiant ddysgu sut i weithio gyda'r plentyn.

Mae'r rhaglen yn archwilio'r materion canlynol

- Deall plant
- Archwilio teimladau
- Arddulliau magu plant
- Cyfathrebu - beth sy'n cael ei gyfathrebu trwy ymddygiad
- Pwl o dymer ddrwg a beth allai ei olygu
- Patrymau cysgu
- Anawsterau gydag ymddygiad

Beth yw nodau'r rhaglen?

- Hyrwyddo dealltwriaeth o ymddygiad plant yng nghyd-destun materion datblygiadol
- Hyrwyddo datblygiad dwyochredd rhieni/plant
- Cynyddu hyder a hunan-barch ymhlith rhieni a phlant
- Rhoi strategaeth i rieni allu ei defnyddio pan aiff pethau o chwith
- Datblygu fframwaith o feddwl am berthnasoedd rhieni/plant y gellir eu datblygu i fod yn sgil gydol oes
- Hyrwyddo rianta myfyriol, sensitif ac effeithiol