

PARENTS

Having constructive, supportive relationships has never been as important as it is right now. You can now access the licence to three parenting interventions to help you with the advice and support needed to strengthen your relationship in the home and manage conflict better, and to help if you are separating or separated to understand how conflict can affect the child.

	Me, You and Baby Too	Arguing Better	Getting it Right for Children
Who it's for	New and expectant parents.	Parents who want to learn healthy ways to cope with stress.	Separating or separated parents experiencing high levels of conflict.
What you'll learn	<p>What babies pick up from you, even before they are born.</p> <p>Why stress should be a shared burden.</p> <p>How you and your partner can best support each other.</p> <p>How to talk to bring up difficult topics.</p> <p>How arguments start, and how to stop them.</p>	<p>Where stress comes from and how it can affect you.</p> <p>The impact of stress on your family and relationship.</p> <p>How to support each other during stressful times.</p> <p>The best way to talk about problems so that you can find solutions together.</p>	<p>How stay calm and listen as well as talk.</p> <p>Why it's helpful to see things from a different point of view.</p> <p>What to do to stop a discussion from turning into an argument.</p> <p>Skills for finding solutions and making compromises.</p>
Content	<p>Changes for me and us.</p> <p>Coping with stress.</p> <p>Conflict and communication.</p>	<p>Understanding stress.</p> <p>Coping with stress together.</p> <p>Arguing better.</p>	<p>Stay calm.</p> <p>See it differently.</p> <p>Negotiate.</p> <p>Work it out.</p>
Where to find it	www.oneplusone.org.uk/parent-guide-wales		

RHIENI

Mae cael perthnasoedd cefnogol ac adeiladol yn bwysicach nag erioed. Gallwch nawr gael mynediad i'r drwydded ar gyfer tair ymyrraeth rhianta i'ch helpu gyda'r cyngor a'r cymorth sydd eu hangen i gryfhau'ch perthynas yn y cartref a rheoli gwrthdaro'n well, ac i helpu os ydych chi'n gwahanu neu wedi gwahanu i ddeall sut y gall gwrthdaro effeithio ar y plentyn.

	Me, You and Baby Too	Arguing Better	Getting it Right for Children
Ar gyfer pwy mae e	Rhieni newydd a darpar rieni.	Rhieni sydd eisiau dysgu ffyrdd iach o ymdopi â straen.	Rhieni sydd yn gwahanu neu wedi gwahanu sydd am gyfathrebu'n well er lles eu plant.
Beth fyddwch chi'n ei ddysgu	Yr hyn y mae babis yn ei synhwyro oddi wrthy'ch chi, hyd yn oed cyn iddyn nhw gael eu geni. Pam y dylai straen fod yn faich a rennir. Y ffordd orau i chi a'ch partner gefnogi eich gilydd. Sut i siarad er mwyn codi pynciau anodd. Sut mae dadleuon yn dechrau, a sut i'w hatal.	O ble mae straen yn dod a sut mae'n gallu effeithio arnoch chi. Effaith straen ar eich teulu a'ch perthynas. Sut i gefnogi ei gilydd yn ystod cyfnodau llawn straen. Y ffordd orau o siarad am broblemau fel y gallwch chi ddod o hyd i atebion gyda'ch gilydd.	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.
Cynnwys	Newidiadau i fi a ni. Ymdopi â straen. Gwrthdaro a chyfathrebu.	Deall straen. Ymdopi â straen gyda'ch gilydd. Dadlau'n well.	Pwyllo. Gweld pethau'n wahanol. Negodi. Gweithio pethau allan.
Ble i ddod o hyd iddo	www.oneplusone.org.uk/parent-guide-wales		