

Cefnogaeth seicolegol i ddisgyblion a rhieni i ymdopi a COVID-19



Awgrymiadau ar gyfer sgysiau am COVID-19 gyda phlant a phobl ifanc:

- Nodwch eich pryder eich hun yn gyntaf. Bydd plant/ pobl ifanc yn dilyn esiampl eu rhiant. Felly arhoswch yn wybodus gan ddefnyddio ffynnonellau dibynadwy a gwybod pryd i 'ddiffodd' y newyddion a'r cyfryngau cymdeithasol.
- Dysgwch beth mae eich plentyn yn ei wybod eisoes. Bydd hyn yn eich hysbysu pa wybodaeth y mae angen i chi ei rannu
- Cael y sgwrs yn brydlon. Rhowch wybod i'ch plentyn am Coronavirus mewn ffordd sy'n briodol i'w oedran gan egluro'r rhesymu dros newidiadau ym mywyd beunyddiol e.e. pellhau cymdeithasol.
- Ceisiwch ddeall eu pryderon a pharhau i ddangos empathi.
- Helpwch i liniaru eu pryderon trwy roi sicrwydd.
- Darparwch wybodaeth sy'n seiliedig ar ffeithiau ac anogwch hylendid da. Bydd cadw at y ffeithiau yn helpu i leihau unrhyw ddryswch a bydd hyn yn atgyfnerthu'r rhesymeg y tu ôl i hylendid da.
- Gwyliwch lefelau straen eich plentyn. Gall newidiadau yn ymddygiad plentyn / person ifanc fod o ganlyniad i anawsterau wrth fynegi eu pryderon ar lafar.





Cefnogaeth i rieni

Dyma ein tips ar gyfer hunan ynysu gyda'ch teulu
(o wefan y BBC)

Mae ein plant yn ymateb gymaint i ni a'n arweinyddiaeth fel teulu, yn enwedig pan mae newidiadau i drefn ein bywydau. Fel rhiant, y peth gorau yw canolbwyntio ar sut y gallwch chi gefnogi eich plentyn, nid yn unig gyda gwaith y cwricwlwm ond gyda lles meddwl. Mae'n gyfnod heriol i chithau ac i'ch plant.

Pan mae pobl yn cael eu hwynebu gydag ansicrwydd mae angen rhywun i fod yno i gynorthwyo.



- Mae plant ac oedolion wir yn ffynnu ar gadw trefn arferol, yn enwedig pan mae bywyd yn newid o'u cwmpas, mae'n ymwneud a chael cydbwysedd - cael strwythur ac integreiddio ychydig o hwyl!
- Crewch amserlen ddyddiol ar gyfer eich plentyn, fe fyddant yn dymuno cael trefn
- Crewch weithgareddau dyddiol ar eu cyfer.
- Cofiwch eich bod yn gwahaniaethu yn ystod yr wythnos a phenwythnosau a chael cydbwysedd rhwng gweithgareddau tawel yn erbyn gweithgareddau egnïol (tebyg ysgol)
- Rhowch amrywiaeth o weithgareddau i blant ddewis ohonynt. Amser creadigol, gwaith celf, amser yn yr ardd, cloddio a mynd yn fwdlyd, plannu bylbiau ac ati.
- Lluniwch fap o'ch ardal leol, ymarfer lle mae ffrindiau'n byw

- Rhowch swyddi i blant wneud fel eu bod yn teimlo'n rhan o'r drefn - gofynnwch iddyn nhw olchi'r car a'u helpu i ennill arian poced ychwanegol
- Cofiwch bod angen iddynt gael amser i wyllo teledu a DVD's oherwydd rydyn ni i gyd yn gwneud ... ac mae pawb ohonom ei angen!
- Dylai unrhyw amserlen fod yn debycach i “lif” - yn hytrach na rhywbeth caeth.
- Ni fydd llawer o frodyr a chwiorydd wedi arfer bod gyda'i gilydd trwy'r dydd, ac mae hynny'n gyfle hyfryd i adeiladu a chryfhau eich perthnasoedd teuluol
- Beth am brynhawn ffilmiau bob dydd Mercher. Rhowch amser preifat i'r bobl ifanc hefyd i gael cysylltu gyda ffrindiau.
- Mae cyswllt â'r byd y tu allan hefyd yn hanfodol, yn ogystal ag ymarfer corff, fel mynd am dro. Os ydych chi'n hunan-ynysu ar ôl cael symptomau, mae'r GIG yn cynghori peidio â mynd am dro.



I gadw pwyll rhieni

- Hyd yn oed dim ond agor ffenestr a chymryd 10 anadl ddofn.
- Myfyrio neu ysgrifennu am 3 munud.
- Nodwch 10 peth rydych chi'n ddiolchgar amdanynt.
- Cyfyngwch faint o newyddion rydych chi'n gwrando arno yn ddyddiol. Peidiwch gwrando y peth olaf cyn mynd i'r gwely.
- Cofiwch y bydd eich tŷ siwr o fod yn llanast, peidiwch becsu.

Techniques to Cope with Anxiety and Intense Emotions:

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions

 body lay on the ground, press your toes into the floor, squeeze playdough	 5 senses wear your favorite sweatshirt, use essential oils, make a cup of tea	 self-soothe take a shower or bath, find a grounding object, light a candle
 observe describe an object in detail: color, texture, shadow, light, shapes	 breathe practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8	 distract find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY

MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Deep breathing using your hand.



Star Breathing



Coping Strategies for Managing the Impact of COVID-19 on Mental Health:



ola

HOW TO FEEL YOUR FEELINGS:

A THING that SOUNDS OBVIOUS BUT TOTALLY ISN'T.

1. AN UNPLEASANT FEELING ARISES.
2. YOUR MIND Launches into WHATEVER INNER STORY ACCOMPANIES this FEELING

"I'M UNLOVABLE... I'M A LOSER... I RESENT MY FACE"
(JUST FOR EXAMPLE)

STOP! YOU ARE THINKING YOUR FEELINGS.

3. REDIRECT your MIND AWAY FROM THESE THOUGHTS & into the SENSATIONS in your BODY. MENTALLY NAME THEM (my chest is TIGHT etc.)

4. BREATHE INTO the FEELING/SENSATION & ALLOW IT. (RY, SHAKE, etc. (if you're not, like, in Target.))

5. YOUR MIND WILL REALLY WANT to GO BACK into THOUGHT-STORY-MODE. When THIS HAPPENS, REDIRECT your AWARENESS BACK into YOUR BODY.

6. TAKE DEEP BREATHS. KEEP FEELING into your BODY. Let the FEELING EXIST and TRUST that IT WILL LEAVE. OBSERVE IT CHANGING. WATCH IT move. NOTICE that YOU HAVE SURVIVED.

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Surviving isolation

Isolation during COVID-19 can be a stressful time for families. We have produced this guide to help maintain psychological health. Please refer to NHS and Public Health advice for physical health advice



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Produced by Paediatric Psychology
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Prepare:

- Let children know what is happening, encouraging them to think of it as an opportunity to have family time and learn new things
- Avoid fake news and social media – only looking to NHS and Public Health guidelines for advice
- Model and encourage resilience by thinking what you can do, rather than what you can't
- Take time to think about what you will find difficult to cope with, talk to someone you trust and make a plan for support
- Plan as a family and make a daily timetable of activities
- Get contact numbers for family/friends so you and your children can still talk/whatsapp
- Get what you need for family projects in advance: gardening, arts and crafts, projects, DIY, cooking

Daily routines:

- Stick to daily routines, a time to get up and bedtimes are really important
- Get washed and dressed as normal
- Stick to a daily activity timetable
- Eat regularly and at set meal times
- Get exercise and air – open windows, go into the garden, do exercise videos
- Open curtains and windows to get natural light
- Limit screen time
- Try things from the activity list here, mix up the activities by having busy and active times, followed by quieter sitting activities similar to how the school day is structured

Activity list:

- Make a den
- Create new things out of old
- Do school work
- Do some gardening; plant vegetables/flowers to grow in spring
- Spring clean
- Hold a fashion show
- Bake cakes/try a new recipe
- Learn something new: a dance, a skill, a song, a language
- Read a book
- Talk to a friend/family member
- Doodle and draw
- Put on music and dance
- Watch 'Go Noodle', 'Zen Den', 'Joe Wicks workouts' on YouTube
- Look at old photos, make an album
- Listen to audio books/podcasts

Activity list:

- Reminisce about nice family memories
- DIY – do painting, repairs
- Write letters to family/friends
- Paint family portraits
- Look after pets
- Plan and research future adventures
- Have a 'children in charge day' where they are the parents and teach you new things
- Try new hair styles
- Learn a relaxation technique
- Learn and practice mindfulness techniques
- Play board games
- Learn a new card game
- Play musical instruments – make your own!
- Write a story/play you can act out
- Plan and have film nights

COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog. Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

**BETTER
TOGETHER**



POB LWC