

Rhestr Cyfeirnod

Anna Freud Centre (dim dyddiad) About the Anna Freud Centre. Ar gael o:

<https://www.annafreud.org/about-us/> (Darllenwyd 21/11/2021)

BBC (2018) Daily Mile ‘significantly improves health’. Ar gael o:

<https://www.bbc.co.uk/news/uk-scotland-44053387> (Darllenwyd 25/11/21)

BBC (2021) All primary school kids in Wales to get for school meals. Ar gael o:

<https://www.bbc.co.uk/newsround/59381277> (Darllenwyd 24/11/21)

Comisiynydd Plant Cymru (2020) Coronavirus and Me. Ar gael o:

https://www.childcomwales.org.uk/wp-content/uploads/2020/06/FINAL_formattedCVRep_EN.pdf (Darllenwyd 21/11/2021)

Comisiynydd Plant Cymru (2019) Deall eich hawliau. Ar gael o:

<https://www.childcomwales.org.uk/wp-content/uploads/2019/09/Poster-Hawliau-Plant-Medi-2019-.pdf> (Darllenwyd 23/11/2021)

Comisiynydd Plant Cymru (dim dyddiad) CCUHP – Hawliau Plant. Ar gael o:

<https://www.complantcymru.org.uk/ccuhp-hawliau-plant/ccuhp-hawliau-planthttpswww-youtube-comwatchvvs1usdrn-voindex4listplgsiznczbykhq3lfdktmsbnlhtbzu5yrc/> (Darllenwyd 24/11/21)

Cooper, K. a Stewart, K (2013) Does money affect children’s outcomes? Ar gael o:

<https://www.jrf.org.uk/report/does-money-affect-children%E2%80%99s-outcomes> (Darllenwyd 23/11/2021)

Cyngor Sir Gaerfyrddin (2021) Mental Health. Ar gael o:

<https://www.carmarthenshire.gov.wales/home/council-services/social-care-health/mental-health/#.YZzuqsXP02w> (Darllenwyd 23/11/2021)

Department of Health (2010), *Our Health and Wellbeing*. Ar gael o:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/215911/dh_122238.pdf (Darllenwyd 16/11/21)

Dr Alex George (dim dyddiad) Meet Dr.Alex George. Ar gael o:

<https://www.dralexgeorge.co.uk/about> (Darllenwyd 21/11/2021)

Estyn (2017) Supplementary guidance: healthy living. Ar gael o:

https://www.estyn.gov.wales/system/files/2020-07/NIA%2520Supplementary%2520guidance%2520-%2520healthy%2520living_0.pdf (Darllenwyd 24/11/21)

Gasper, M (2009) Multi-agency working in the early years’ challenges and opportunities. SAGE. (Darllenwyd 24/11/21)

Golberstein, E et al. (2020) Coronavirus disease 2019 (COVID-19) and mental health for children and adolescents. JAMA pediatrics, 174(9), pp,819-820. (Darllenwyd 21/11/21)

Gorman, D (2010) Maslow's hierarchy and social and emotional wellbeing. *Aboriginal and Islander Health Worker Journal*, 34(1), pp.27-29. (Darllenwyd 19/11/21)

Hafal (dim dyddiad) *Carmarthenshire*. Ar gael o: <https://www.hafal.org/in-your-area/carmarthenshire/#:~:text=Hafal%20Carmarthenshire%20helps%20people%20with%20serious%20mental%20illness,a%20modern%20approach%20to%20dealing%20with%20mental%20illness>. (Darllenwyd 23/11/2021)

Home Office (2014) Multi Agency Working and Information Sharing Project Final report. Ar gael o: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/338875/MASH.pdf (Darllenwyd 24/11/21)

Knottman, T (2014) *Play therapy: Basics and beyond*. John Wiley & Sons. (Darllenwyd 23/11/2021)

Llafur Cymru (2019) Welsh Labour wins: Free breakfasts for primary school pupils. Ar gael o: <https://www.welshlabour.wales/welsh-labour-wins-free-school-breakfasts/> (Darllenwyd 24/11/21)

Llywodraeth Cymru (2017) Chapter 6: social determinates of health. Ar gael o: <https://www.gov.uk/government/publications/health-profile-for-england/chapter-6-social-determinants-of-health> (Darllenwyd 23/11/2021)

Llywodraeth Cymru (2017) Flying Start Health Programme Guidance. Ar gael o: https://gov.wales/sites/default/files/publications/2019-07/flying-start-health-programme-guidance_0.pdf (Darllenwyd 24/11/21)

Llywodraeth Cymru (2018) Healthy eating in maintained schools. Ar gael o: <https://gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf> (Darllenwyd 24/11/21)

Llywodraeth Cymru (2019) Free School Meals in Wales: Information for parents and guardians. Ar gael o: <https://gov.wales/sites/default/files/publications/2019-04/free-school-meals-in-wales-information-for-parents-and-guardians.pdf> (Darllenwyd 24/11/21)

Llywodraeth Cymru (2019) Revised guidance for schools in Wales: supporting children eligible for free school meals. Ar gael o: <https://gov.wales/free-school-meals-coronavirus-guidance-schools> (Darllenwyd 24/11/21)

Llywodraeth Cymru (2019) Written Statement: Designed to Smile – 10 years of improving children's oral health in Wales. Ar gael o: <https://gov.wales/written-statement-designed-smile-10-years-improving-childrens-oral-health-wales#:~:text=It%20is%2010%20years%20since%20Designed%20to%20Smile,were%20highest%20to%20address%20inequality%20in%20dental%20disease> (Darllenwyd 24/11/21)

Marmot, M (2010), *Fair Society, Healthy Lives: Strategic review of health inequalities in England Post-2010*, The Marmot Review (Darllenwyd 18/11/21)

Mental Health Foundation (2015), What is wellbeing, how can we measure it and how can we support people to improve it? Ar gael o: <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/> (Darllenwyd 17/11/21)

Mental health Wales (2020) Three out of five children and young people coping with emotional and mental health issues every week in Wales. Ar gael o: <https://www.mentalhealthwales.net/2020/10/three-out-of-five-children-and-young-people-coping-with-emotional-and-mental-health-issues-every-week-in-wales/> (Darllenwyd 21/11/2021)

Mind (2020), How to improve your mental wellbeing. Ar gael o: <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/> (Darllenwyd 17/11/21)

Mind (Dim dyddiad) About us. Ar gael o: <https://www.mind.org.uk/about-us/> (Darllenwyd 21/11/2021)

NHS (2019) Children and young people's mental health services (CYPMHS) <https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs/> (Darllenwyd 23/11/2021)

NHS Digital (2020) Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017... Ar gael o: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2020-wave-1-follow-up> (Darllenwyd 21/11/2021)

NHS Wales (2011) Report of the Health Impact Assessment of Proposed Changes to mental Health Services in Cardiff and the Vale of Glamorgan. Ar gael o: <http://www.wales.nhs.uk/sites3/Documents/522/Mental%20Health%20Final%202.pdf> (Darllenwyd 23/11/2021)

NHS Wales (2019) Responding to Adverse Childhood Experiences. Ar gael o: http://www.wales.nhs.uk/sitesplus/documents/888/RespondingToACEs_PHW2019_english%20%28002%29.pdf (Darllenwyd 24/11/21)

NICE (2012) Social and emotional wellbeing: early years London (Darllenwyd 25/11/21)

NSPCC Learning (2021) Child Mental Health. Ar gael o: <https://learning.nspcc.org.uk/child-health-development/child-mental-health#article-top> (Darllenwyd 19/11/21)

NSPCC Learning (2021) Why is it important to teach children and young people about healthy relationships? Ar gael o: <https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships> (Darllenwyd 24/11/21)

Payler, J. & Georgeson, J (2013) Multiagency working in the early years: confidence, competence and context, Early Years, 33:4, 380-397, Available at DOI: 10.1080/09575146.2013.841130 (Darllenwyd 24/11/21)

Phelps, C a Sperry, L.L (2020) Children and the COVID-19 Pandemic. Psychological Trauma: Theory, Research, Practice, and Polic, 12(S1), p.S73. Ar gael o: <https://psycnet.apa.org/fulltext/2020-39582-001.pdf> (Darllenwyd 21/11/21)

Public Health Wales (dim dyddiad) Designed to Smile. Ar gael o: <https://phw.nhs.wales/services-and-teams/designed-to-smile/#Designed%20to%20Smile%20is> (Darllenwyd 24/11/21)

Ramphoma, S (2014) Understanding poverty: causes, effects and characteristics. Interim: Interdisciplinary Journal, 13(2), pp.59-72. Ar gael o: [Understanding poverty : causes, effects and characteristics \(journals.co.za\)](https://journals.co.za/Understanding%20poverty%20causes%20effects%20and%20characteristics) (Darllenwyd 19/11/21)

Resources Wales (dim dyddiad), *Definitions of Health and Well-being*. Ar gael o: <http://resources.hwb.wales.gov.uk/VTC/2012-13/22032013/hsc/eng/unit-4/u4-rthawb49/u4-rthawb51.htm> (Darllenwyd 16/11/21)

Scottish Government (2017) The Daily Mile with young children: guidance. Ar gael o: <https://www.gov.scot/publications/the-daily-mile-guidance-for-early-learning-settings-2017/> (Darllenwyd 25/11/21)

Statham, J. a Chase, E (2010), Childhood Wellbeing: A Brief Overview. *Loughborough: Childhood Wellbeing Research Centre*. Ar gael o: <https://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.453.9199&rep=rep1&type=pdf> (Darllenwyd 17/11/21)

Stats Wales (2018) Mental health status of children in need by local authorities. Ar gael o: <https://statswales.gov.wales/Catalogue/Health-and-Social-Care/Social-Services/Childrens-Services/Children-in-Need/mentalhealthstatusofchildreninneed-by-localauthority-measure> (Darllenwyd 22/11/21)

The Daily Mile Foundation and Scottish Government (2020) The Daily Mile TM Scotland: National Strategy. Ar gael o: <https://thedailymile.co.uk/wp-content/uploads/2020/11/The-Daily-Mile-Nation-Strategy-111120.pdf> (Darllenwyd 25/11/21)

Thomas, A. and Lewis, A. (2016) *An introduction to the Foundation Phase*. London: Bloomsbury Publications. (Darllenwyd 24/11/21)

Twinkl (dim dyddiad) Early Years Practitioner. Ar gael o: <https://www.twinkl.co.uk/teaching-wiki/early-years-practitioner> (Darllenwyd 24/11/21)

UNICEF (2019), Child Poverty. Ar gael o: <https://www.unicef.org/social-policy/child-poverty> (Darllenwyd 19/11/21)

UNICEF (dim dyddiad) What is the UNCRC? Ar gael o: <https://www.unicef.org.uk/what-we-do/un-convention-child-rights/> (Darllenwyd 23/11/2021)

Weale, S (2019) Children in low-income families suffer 'shame and social exclusion'. Ar gael o: <https://www.theguardian.com/society/2019/apr/02/children-in-low-income-families-suffer-shame-and-social-exclusion> (Darllenwyd 23/11/2021)

Caitlin Haf Davies
2000500

White Swan Foundation (2015) Healing through play: How does play therapy work? Ar gael o: <https://www.whiteswanfoundation.org/mental-health-matters/understanding-mental-health/playing-to-heal-how-does-play-therapy-work#:~:text=Play%20therapy%20is%20a%20form%20of%20psychotherapy%20that,it%20difficult%20to%20talk%20about%20how%20we%20feel> (Darllenwyd 23/11/2021)

World Health Organization (2019), *World Health Organization (WHO) Definition of Health*. Ar gael o: <https://www.publichealth.com.ng/world-health-organizationwho-definition-of-health/#:~:text=World%20Health%20Organization%20defines%20health%20as%20a%20state,excessively%20broad%20and%20was%20not%20construed%20as%20measurable>. (Darllenwyd 16/11/21)

Young Minds (dim dyddiad) A guide for young people, what is mental health? Ar gael o: <https://www.youngminds.org.uk/young-person/coping-with-life/what-is-mental-health/> (Darllenwyd 19/11/21)

YoungMinds (dim dyddiad) We've got your back. Ar gael o: <https://www.youngminds.org.uk/about-us/> (Darllenwyd 21/11/2021)