

ECEY4011/C

Ffactorau sy'n dylanwadu ar datblygiad

Factors that influence development

Deilliannau dysgu

Learning outcomes

Erbyn diwedd y sesiwn hon bydd myfyrwyr yn gallu:

- Esbonio'r cysyniad o ofal eithriadol yn ystod y 1000 diwrnod cyntaf.
- Trafod ffactorau a all ddylanwadu'n gadarnhaol ac yn negyddol ar ddatblygiad plant.
- Dadansoddi rhwystrau a all effeithio ar allu gofalwyr i ddarparu gofal ymatebol.
- Nodi strategaethau a gwasanaethau cymorth sy'n gallu hyrwyddo canlyniadau datblygiadol cadarnhaol.
- Gwerthuso rôl ymarferwyr wrth gefnogi plant a theuluoedd sy'n wynebu heriau.

By the end of this session, students will be able to:

- Explain the concept of exceptional caregiving in the first 1000 days.
- Discuss factors that can positively and negatively influence children's development.
- Analyse barriers that may affect caregivers' ability to provide responsive care.
- Identify strategies and support services that can promote positive developmental outcomes.
- Evaluate the role of practitioners in supporting children and families facing challenges.

Gofal eithriadol

Exceptional caregiving

- Mae rhoi gofal eithriadol yn bwysig yn ystod y 1000 diwrnod cyntaf i gefnogi datblygiad y sgiliau a drafodwyd oherwydd ei fod yn cyflwyno ffenestr unigryw o gyfleoedd i siapio'r plentyn a'i ddyfodol.
- Exceptional caregiving is important in the first 1000 days to support the development of the skills discussed because it presents a unique window of opportunity to shape the child and their future.

Gofal eithriadol

Exceptional caregiving

- Cysyniad 'ofal eithriadol'
- Ewch ati i greu map cysyniad i archwilio ystyr gofal eithriadol yn y 1000 diwrnod cyntaf
- The concept of 'Exceptional caregiving'
- Create a concept map to explore the meaning of exceptional caregiving in the first 1000 days



(nurturing-care, 2018)

Gofal eithriadol

Exceptional caregiving

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Iechyd da-

- Rheoli meddyginiaeth
- Ymateb i anghenion dyddiol (Maslow)
- Defnydd o wasanaethau iechyd
- Ymateb yn serchog
- Monitro iechyd corfforol ac emosiynol (mam a babi)

Diogelwch-

- Amgylcheddau diogel a sicr
- Asesu risgiau dyddiol

Deall cysyniad Gofalu

Cyfleoedd I dysgu-

- Iaith y corff effeithiol
- Siarad l'r plentyn
- Modelu
- Darllen llyfrau
- Cefnogi archwilio
- Chwarae
- Ymarfer gynhwysol
- Amgylchedd sy'n galluogi

Maeth digonol-

- Bwydo ar y fron
- Diet iach (mam a babi)
- Darparu'r fitaminau cywir

Bod yn ymatebol-

- Arsylwi ac ymateb yn unol â anghenion
- Cydnabod eu hanghenion
- Yn meithrin ymddiriedaeth yn eu perthynas
- Bwydo ymatebol
- I gysuro a dangos cariad
- Cynnig arweiniad

Good health-

- Managing medication
- Responding to daily needs (Maslow)
- Use of health services
- Responding affectionately
- Monitoring physical and emotional health (mother and baby)

Safety and security-

- Safe and secure environments
- Assess daily risks

Understanding the concept of Caregiving

Opportunities for learning-

- Effective body language
- Talking to the child
- Modelling and imitation
- Reading books
- Guide exploration
- Play
- Being inclusive
- Enabling environments

Adequate nutrition-

- Breast feeding
- Healthy diet (mother and baby)
- Providing the correct vitamins

Being responsive-

- Observing and responding accordingly
- Recognize their needs
- Builds trust in their relationship
- Responsive feeding
- To comfort and show love
- Offer guidance

Pam mae gofal eithriadol yn bwysig?

Why is exceptional caregiving important?

- Datblygiad yr ymennydd
 - Diogelwch emosiynol
 - Datblygiad iaith
 - Twf corfforol
 - Brain development
 - Emotional security
 - Language development
 - Physical growth
- (VNS Health, no date)

Gofal eithriadol

Exceptional caregiving

Trafodaeth

Mewn parau, dewiswch un maes:

- Datblygiad yr Ymennydd
- Diogelwch Emosiynol
- Datblygiad Iaith
- Twf Corfforol

Ystyriwch

- Sut mae gofal eithriadol yn cefnogi'r maes hwn?
- Beth allai ddigwydd os nad yw plentyn yn derbyn gofal sy'n ymateb i'w anghenion?

Discussion

In pairs, choose one area:

- Brain Development
- Emotional Security
- Language Development
- Physical Growth

Consider

- How does exceptional caregiving support this area?
- What might happen if a child does not receive responsive care?

Beth sy'n dylanwadu ar datblygiad
plentyn?

What influences a child's
development?

Ffactorau plentyn

Child factors

- Geneteg
- Anabledd
- Cyflyrau iechyd
- Genetics
- Disability
- Health conditions

Ffactorau teuluol

Family factors

- Magu plant
- Perthnasoedd
- Sefydlogrwydd cartref
- Parenting
- Relationships
- Household stability

Ffactorau amgylcheddol

Environmental factors

- Tai
- Cymuned
- Mynediad at wasanaethau
- Housing
- Community
- Access to services

Anawsterau ariannol

Financial struggles

Gall problemau ariannol effeithio ar:

- Maeth
- Ansawdd tai
- Mynediad at adnoddau
- Lefelau straen o fewn teuluoedd

Financial hardship can affect:

- Nutrition
- Housing quality
- Access to resources
- Stress levels within families

Tlodi Poverty



(Public health Scotland, no date)

Strain a blinder

Stress and burnout

Gall fod yn anoddach i ofalwyr sy'n profi straen:

- Ymateb yn gyson
- Cynnal trefniadau
- Ymgysylltu'n gadarnhaol

Caregivers experiencing stress may find it harder to:

- Respond consistently
- Maintain routines
- Engage positively

Diffyg dealltwriaeth

Lack of understanding

Gall fod gan rai gofalmwyr
wybodaeth gyfyngedig am:

- Datblygiad plant
- Maeth
- Cyfathrebu ymatebol
- Chwarae a dysgu

Some caregivers may have limited
knowledge about:

- Child development
- Nutrition
- Responsive communication
- Play and learning

Diffyg cymorth

Lack of support

Gall cefnogaeth ddod oddi wrth:

- Teulu
- Ffrindiau
- Ymwelwyr iechyd
- Grwpiau cymunedol
- Lleoliadau blynyddoedd cynnar

Support may come from:

- Family
- Friends
- Health visitors
- Community groups
- Early years settings

Problemau iechyd

Health issues

Gall materion iechyd effeithio ar:

- Gofalwyr
- Plant
- Y teulu ehangach

Enghreifftiau:

- Salwch corfforol
- Anawsterau iechyd meddwl
- Cyflyrau cronig

Health issues may affect:

- Caregivers
- Children
- The wider family

Examples:

- Physical illness
- Mental health difficulties
- Chronic conditions

Ffordd o fyw

Lifestyle

Gall rhai ffactorau ffordd o fyw dylanwadu ar ddatblygiad:

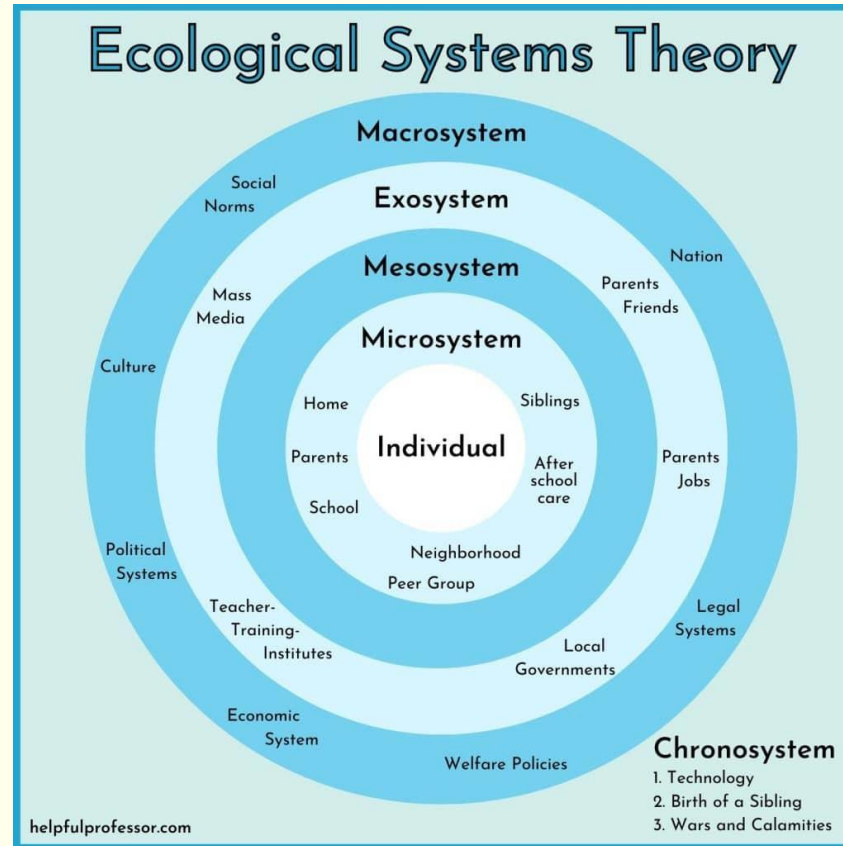
- Ysmygu
- Camddefnyddio alcohol neu sylweddau
- Maeth gwael
- Diffyg cwsg
- Treulio gormod o amser o flaen sgriniau

Some lifestyle factors may influence development:

- Smoking
- Alcohol or substance misuse
- Poor nutrition
- Lack of sleep
- Excessive screen time

Damcaniaeth Bronfenbrenner

Bronfenbrenner's theory



(Helpful Professor, 2026)

Astudiaeth achos

Case study

- Mae Ava yn 10 mis oed
- Teulu'n cael trafferthion ariannol
- Rhiant yn profi pryder
- Rhwydwaith cymorth cyfyngedig
- Wedi methu apwyntiadau iechyd
- Baby Ava is 10 months old
- Family struggling financially
- Parent experiencing anxiety
- Limited support network
- Missed health appointments

Astudiaeth achos

Case study

Yn seiliedig ar yr astudiaeth achos, ystyriwch:

- Pa ffactorau allai ddylanwadu ar ddatblygiad Ava?
- Pa feysydd datblygiadol allai gael eu heffeithio?
- Pa fath o gymorth gallai ymarferwyr ei ddarparu?

Based on the case study, consider;

- What factors may influence Ava's development?
- Which developmental areas could be affected?
- What support could practitioners provide?

Pa ffactorau sy'n diddoru chi fwyaf?

Which factors interest you most?

Dewiswch 2-3 ffactor y gallech fod eisiau eu harchwilio yn eich llyfr torion.

Enghreifftiau:

- Tlodi ac anawsterau ariannol
- Iechyd meddwl rhieni
- Cyflyrau iechyd corfforol
- Perthnasoedd teuluol
- Tai a'r amgylchedd
- Profiadau Niweidiol yn ystod Plentyndod (ACEs)
- Addysg a mynediad at wasanaethau

Choose 2-3 factors that you may wish to explore within your scrapbook.

Examples:

- Poverty and financial hardship
- Parental mental health
- Physical health conditions
- Family relationships
- Housing and environment
- Adverse Childhood Experiences (ACEs)
- Education and access to services

Rhestr cyfeirnod

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- Public Health Scotland Learning and Development (n.d.) *The consequences of child poverty* [YouTube video]. Available at: https://www.youtube.com/watch?v=GP4_ssKiP2A (Accessed: 17 October 2026).