

A7 – Llythyrau cymeradwyaeth gan rieni ar gyfer cwrs ar-lein UYC

“Wedi rhyfeddu bod ysgol y plentyn wedi tanysgrifio er mwyn i holl rieni/perthnasau disgyblion gael mynediad at gwrs *Solihull Approach*...

... Mae’r cyfan am gydnabod emosiynau ynoch chi eich hun ac yn eich plentyn, yn ogystal â deall sut maent yn cael effaith ar ymddygiadau yn hytrach na’r hen ffordd o ganmol ymddygiadau da ac anwybyddu ymddygiadau gwael. Mae’n cydnabod bod angen rhoi sylw i ymddygiadau sy’n ymddangos yn wael hefyd, oherwydd mae’n bosibl mai straen / anhapusrwydd / gorbryder yw’r achos ac ni ddylid anwybyddu’r pethau hyn – dylid eu cefnogi...

...Yr allwedd i leihau ymddygiadau “gwael” yw deall eich plentyn fel unigolyn a’r sbardunau emosiynol a sut y gallwch weithio ag ef i’w rheoli. Hwrê! Diolch, *St Nicks*... rydych chi wedi arbed £40 i mi ac wedi rhoi sicrwydd i mi fy mod yn defnyddio’r ymagwedd gywir 😊🙏...

...mae ar-lein, dim ond 11 modiwl y byddwch yn gwrando arnynt/eu gwyllo, gyda 4/5 diwrnod rhwng pob un ac mae’r cyfan yn LLAWN gwybodaeth...

...waw... mae’n teimlo fel moment “un cam bach ymlaen”! ...Mae adran am ddatblygiad plentyn rhwng 0 a 3 blwydd oed ar y dechrau ac mae’n nodi pethau nad oeddwn i’n gwybod amdanynt er fy mod i wedi dysgu am fabanod yn troi eu pennau i wneud cysylltiadau niwronau. Mor dda.”

Jen H, Alcester.

“Wedi mwynhau’r cwrs hwn yn fawr! Y £39 gorau i mi erioed ei wario!”

“Mae hyn wedi bod yn brofiad gwerthfawr a fydd, mewn ffordd, yn effeithio ar sawl agwedd ar fy mywyd”

“Mae’r cwrs hwn wedi bod yn rhodd hollol amhrisiadwy i mi. Mae wedi, a bydd, yn newid cymaint o agweddau ar fy mywyd. Heb os, rydw i’n rhiant gwell ac yn berson mwy cyflawn o ganlyniad. Mae rhai agweddau wedi bod yn fomentau ‘Eureka’ i mi! Petawn i OND yn gwybod hyn i gyd flynyddoedd yn ôl”

“Gwnaeth cwrs *Solihull Approach* ei gwneud yn glir nad oes angen gwersi ar rieni: mae bywyd beunyddiol yn rhoi digon o’r rheini. Beth sydd ei angen arnom yw’r cyfle i sefyll yn ôl ac arsylwi ar ein plant. Mae angen rhywfaint o arweiniad strwythuredig i’n helpu i fyfyrion ar yr holl ffactorau sy’n peri iddynt ymddwyn yn y ffordd a wnânt; rhai yn ddatblygiadol a rhai yn amgylchiadol.”

“Rydw i wedi gweld bod y cwrs ar-lein hwn yn ddefnyddiol iawn. Nawr, rydw i’n treulio amser yn meddwl yn fwy yn ystod sefyllfaoedd anodd ac yn ystod anghydfodau â’r plant.”

“Nid yw’n gweithio bob amser ond, fesul cam, rydym yn gweithio at gartref llai gwrthdrawiadol!”

“Rydw i’n hoff iawn o’r cwrs rhianta ar-lein – ardderchog!”

“Cwrs rhagorol, gyda llaw. Wedi mopio arno!” Gus W

“Mae’n gwrs cwbl ardderchog. Ac mae’n ffordd wych o addysgu pob un ohonom i gymryd saib a cheisio gweld beth sydd y tu ôl i’r ymddygiad yn hytrach nag ymateb i’r ymddygiad. Mae’n berthnasol i gydweithwyr / ffrindiau / pobl rydym yn eu hadnabod yn ogystal â’r plant! Mae pawb ar ei ennill.” Ellie C.

A7 - Testimonials by parents for UYC online course

"Seriously impressed that the kid's school have subscribed for all parents/relatives of pupils to access the Solihull Approach course....

... It's all about recognising emotions in yourself and your child and understanding how they impact upon behaviours rather than the old fashioned praising of good behaviours and ignoring of bad. It acknowledges that perceived bad behaviours need attention too as the cause may be stress/unhappiness/anxiety and those things shouldn't be ignored but supported. ...

...The key to reducing "bad" behaviours is understanding your child as an individual and their emotional triggers and how you can work with them to manage them. Hooray! Thanks St Nicks... you've save me £40 and reassured me that I'm using the right approach 😊...

...It's online, just 11 modules that you listen to/watch approx. 4/5 days apart and is VERY informative. ...

...wowzer... it feels like a "one small step for man" moment! ...There's a section about child development 0-3 years at the start and it says stuff I didn't know even though I've studied it about babies turning their heads away to make neuron connections ...sooooo good."

Jen H, Alcester.

"Really enjoyed this course! Best £39 I've ever spent!"

"This has been a really valuable experience that in a way will impact on many aspects of my life"

"This course has been an absolutely invaluable gift to me. It has and will change so many aspects of my life. I am undoubtedly a better parent and more rounded and fulfilled person as a result. Some aspects have literally been like 'Eureka' moments to me! I WISH I'd known all this years ago"

"The Solihull Approach course I did made it clear parents don't need lessons: daily life throws us enough of those. What we need is the space to step back and observe our children. We need some structured guidance to help us reflect on all the factors that make them behave the way they do; some developmental, some circumstantial."

"I have found the online course very useful. Now, I take time to think more during difficult situations and during arguments with my kids."

"It doesn't work all the time but bit by bit, we are working towards a less confrontational household!"

"Loving the parenting online course, excellent!!!!"

"Brilliant course by the way, loving it!" Gus W

"Its an absolutely brilliant course. And is a fantasic way to educate us all to pause and stop and try to see what's behind the behaviour rather than responding to the behaviour. Applies to work colleagues/ friends/ acquaintances as well as kids! Win win win." Ellie C