Letter to send out or place on school or preschool website:

Dear Parent,

Public Health Wales and health board colleagues have been working hard to support parents during this Coronavirus pandemic. You now have the opportunity to access free online, bilingual courses that cover:

* 1. **Understanding Pregnancy, Labour, Birth and your Baby** – online course for everyone around the baby (Mums, Dads, Grandparents, friends and relations).  Written by Registered Midwives and NHS Professionals
	2. **Understanding your Baby** – Online course for everyone around the baby, supporting you and the new arrival.  Written by Psychologists, Psychotherapists and Health Visitors
	3. **Understanding your Child** – Popular online course about being the best parent, grandparent or carer.  Award winning with trusted content
	4. **Understanding your Teenagers Brain** (short course) – explaining what happens to the brain in adolescence and how this explains some of the changes you may have noticed about their behaviour

These online courses provide users with information on the developmental and emotional milestones for understanding their child in a fun, safe and informative way and are based on the evidence-based Solihull approach that many health professionals use.

Following the successful launch across North Wales, these resources are now free and becoming available bilingually for everyone in Wales who cares for children aged 0-18 years. They can help to parents, grandparents and carers recognise emotions in themselves and their child and see how they can affect behaviour. The courses have already helped many parents and carers increase their confidence in their parenting skills and resulted in calmer and happier households for everyone.

To access the courses, click on this link [www.inourplace.co.uk](http://www.inourplace.co.uk) and put in the code **NWSOL** if you live in North Wales, and **SWSOL** if you live in South Wales to create your account and get your free access to the course of your choice.

The Solihull Approach courses are evidence based and accredited by the Department for Education (DfE) and aim to improve emotional health and wellbeing by supporting relationships ([www.solihullapproachparenting.com](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.solihullapproachparenting.com%2F&data=02%7C01%7CHeadteacher%40minyddol-pri.wrexham.sch.uk%7Cbb2f52628aae4bfec6fe08d7e2cd49d8%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637227243639018047&sdata=ZcIyfnTHjXk5R6uhOuuh0VtU5pGAQEly7XYaffQLZ%2Bg%3D&reserved=0)).

We hope you find them helpful, particularly during these challenging times.

Draft letter to send out or place on school or preschool website:

Annwyl Riant,

Mae Iechyd Cyhoeddus Cymru a chydweithwyr y byrddau iechyd wedi bod yn gweithio’n galed i gynorthwyo rhieni yn ystod y pandemig Coronafeirws. Mae cyfle i chi nawr i fynd at gyrsiau dwyieithog, rhad ac am ddim ar-lein, sy’n cwmpasu:

* 1. **Deall Beichiogrwydd, Esgor, Geni a’ch Babi** – cwrs ar-lein ar gyfer pawb sy’n gysylltiedig â’r babi (Mamau, Tadau, Teidiau a Neiniau, ffrindiau a pherthnasau). Ysgrifennwyd gan Fydwragedd Cofrestredig a Gweithwyr Proffesiynol y GIG
	2. **Deall eich Babi** – Cwrs ar-lein ar gyfer pawb sy’n gysylltiedig â’r babi, yn eich cynorthwyo chi a’r newydd-ddyfodiad. Ysgrifennwyd gan Seicolegwyr, Seicotherapyddion ac Ymwelwyr Iechyd
	3. **Deall eich Plentyn** – Cwrs poblogaidd ar-lein am fod y rhiant, y taid neu’r nain neu’r gofalwr gorau. Cwrs sydd wedi ennill gwobrau, gyda chynnwys y gellir ymddiried ynddo
	4. **Deall Ymennydd eich Mab neu’ch Merch yn eu Harddegau** (cwrs byr) – yn egluro beth sy’n digwydd i’r ymennydd yn ystod y glasoed, a sut mae hyn yn egluro rhai o’r newidiadau y gallech fod wedi sylwi arnynt ynglŷn â’u hymddygiad

Mae’r cyrsiau ar-lein hyn yn darparu gwybodaeth i ddefnyddwyr am y cerrig milltir datblygiadol ac emosiynol ar gyfer deall eu plentyn mewn ffordd ddifyr, diogel ac addysgiadol, ac maent yn seiliedig ar y dull Solihull sy’n seiliedig ar dystiolaeth y mae llawer o weithwyr iechyd proffesiynol yn ei defnyddio.

Ar ôl eu lansio’n llwyddiannus ledled Gogledd Cymru, mae’r adnoddau hyn bellach yn rhad ac am ddim ac yn dod ar gael yn ddwyieithog i bawb yng Nghymru sy’n gofalu am blant 0-18 oed. Gallant helpu rhieni, teidiau a neiniau a gofalwyr adnabod emosiynau ynddyn nhw’u hunain a’u plentyn, a gweld sut gallant effeithio ar ymddygiad. Mae’r cyrsiau eisoes wedi helpu llawer o rieni a gofalwyr gynyddu’u hyder yn eu sgiliau rhianta, ac wedi arwain at gartrefi tawelach a hapusach i bawb.

I fynd at y cyrsiau, cliciwch ar y ddolen hon [www.inourplace.co.uk](http://www.inourplace.co.uk) a nodwch y cod **NWSOL** os ydych chi’n byw yng Ngogledd Cymru, a’r cod **SWSOL** os ydych chi’n byw yn Ne Cymru, i greu eich cyfrif a chael eich mynediad am ddim at y cwrs o’ch dewis.

Mae cyrsiau Dull Solihull [Solihull Approach] yn seiliedig ar dystiolaeth ac wedi’u hachredu gan yr Adran Addysg; eu nod yw gwella iechyd a lles emosiynol drwy gefnogi perthnasoedd ([www.solihullapproachparenting.com](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.solihullapproachparenting.com%2F&data=02%7C01%7CHeadteacher%40minyddol-pri.wrexham.sch.uk%7Cbb2f52628aae4bfec6fe08d7e2cd49d8%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637227243639018047&sdata=ZcIyfnTHjXk5R6uhOuuh0VtU5pGAQEly7XYaffQLZ%2Bg%3D&reserved=0)).

Gobeithiwn y byddant o gymorth i chi, yn enwedig yn y cyfnod heriol hwn.