

## Gwybodaeth i rieni a gofalwyr

### Beth yw diben y codau mynediad am ddim hyn?

Mae'r codau hyn ar gyfer mynediad at gyrsiau dysgu hwyliog a phoblogaidd am ddim i rieni a gofalwyr, o'r enw: 'Deall eich beichiogrwydd, yr esgor, yr enedigaeth a'ch babi'; 'Deall eich babi'; a 'Deall eich plentyn'. Ysgrifennwyd y cyrsiau gan *Solihull Approach*, sef darparwr gwybodaeth a chysiau adnabyddus y GIG i rieni. Mae'r cyrsiau ar-lein fel arfer yn costio rhwng £19 a £39 yr un. Efallai y byddwch wedi derbyn cod mynediad sy'n rhoi mynediad i chi at un neu bob un o'r cyrsiau yn RHAD AC AM DDIM.

### Ar gyfer pwy mae'r cyrsiau hyn?

Ar gyfer HOLL ddarpar rieni, rhieni, neiniau a theidiau neu ofalwyr unrhyw blant o'r cyfnod cyn-geni i 18 mlwydd oed. Nid oes rhaid i chi fod yn cael trafferthion. Mae'r cwrs hwn yn berthnasol i rieni pob plentyn, gan gynnwys y rhai ag anghenion arbennig, awtistiaeth, ADHD ac ati.

### Beth yw'r dystiolaeth sy'n cefnogi'r cyrsiau ar-lein hyn?

Mae ymchwil yn dangos bod y cwrs ar-lein hwn yn helpu i leihau anghydfod ymysg teuluoedd ac yn gwella agosatrydd. Mae teuluoedd yn dweud wrthym fod y cyrsiau hyn yn helpu i reoli teimladau cryf plant, cyfathrebu teuluol, deall ei gilydd ac ymddygiad. Rydym ynghlwm wrth y gwaith o werthuso ein holl grwpiau. Mae 'Deall eich plentyn' a 'Deall eich beichiogrwydd...' wedi'u hachredu gan yr Adran Addysg.

### Beth fydd ei angen arnaf i gwblhau'r cwrs ar-lein?

Yr oll sydd ei angen arnoch i fynd ati yw eich cod mynediad a phorwr gwe diweddar ar gyfrifiadur, gliniadur, llechen neu ffôn clyfar (mae'n bosibl y bydd llyfrgelloedd lleol neu eich ysgol yn gallu rhoi mynediad at hyn), yn ogystal â chyfeiriad e-bost. Ewch i'r wefan [www.inourplace.co.uk](http://www.inourplace.co.uk) a mewnbynnwch y cod pan fydd gofyn i chi wneud hynny. Gofynnir i chi am eich cyfeiriad e-bost a chyfrinair o'ch dewis. Mae hyn fel y gallwch ddychwelyd i'r safle a mewngofnodi, a bydd eich cyfrif yn cofio bod gennych fynediad at y cwrs/cyrsiau a bydd yn parhau o'r pwynt y gwnaethoch adael y cwrs.

### Faint o amser mae'r cyrsiau'n ei gymryd?

Mae ganddynt rhwng 9 a 11 sesiwn, sy'n cymryd tua 20 munud bob tro. Rydym yn argymhell eich bod yn cwblhau un sesiwn yr wythnos. Mae gweithgareddau i chi roi tro arnynt rhwng eich sesiynau ar-lein, a all wella eich dysgu.

### Sut ydw i'n dechrau arni?

Ewch i'r wefan [www.inourplace.co.uk](http://www.inourplace.co.uk), mewnbynnwch y cod mynediad a chofrestrwch am gyfrif. Yna, dilynwch y cwrs o'ch dewis. Bydd eich cyfrif yn parhau â'r cwrs o'r pwynt y gwnaethoch ei adael ddiwethaf. Ni fyddwch yn derbyn unrhyw e-byst marchnata. Ni fydd eich manylion yn cael eu trosglwyddo i unrhyw drydydd parti. Bydd eich ymatebion i'r cwestiynau monitro yn gwbl ddiennw. Mae'n bosibl y byddwch yn derbyn ambell e-bost gyda diweddariadau am y cyrsiau. Byddwch yn derbyn e-byst o longyfarch wrth i chi ddatblygu trwy'r cwrs.

### A fydd fy nghodau mynediad yn dod i ben?

Mae'n bosibl y bydd gan eich cwpon ddyddiad dod i ben, yn dibynnu ar o ble y daeth. Fodd bynnag, dim ond y tro cyntaf y byddwch yn cael mynediad at y cwrs y bydd angen i chi ddefnyddio'r cod. Wedi hynny, NI fydd eich manylion mewngofnodi'n dod i ben a gallwch fynd at y cwrs am flynyddoedd i ddod, wrth i'ch plentyn dyfu. Felly ewch ati cyn gynted â phosibl a pharhewch fel y mynnwch.

### A allaf gael rhagor o godau ar gyfer ffrindiau neu aelodau eraill o'r teulu?

Mae'n bosibl prynu cod cwpon fel rhodd. Ewch i [www.solihullapproachparenting.co.uk](http://www.solihullapproachparenting.co.uk)

### Rhagor o gwestiynau, neu ymholiadau technegol? Cysylltwch â Solihull Approach

ar 0121 296 4448 o ddydd Llun i ddydd Gwener 9am–5pm neu e-bostiwch [solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## Information for parents and carers

### What are these free access codes for?

They are for enjoyable and popular online learning courses for parents and carers, called: 'Understanding your pregnancy, labour, birth and your baby'; 'Understanding your baby'; 'Understanding your child' and "Understanding your Teenagers Brain". The courses have been written by the Solihull Approach, which is a well recognised NHS provider of information and courses for parents. The online courses normally cost between £19-£39 each. You may have been given an access code giving you access to one or all of the courses completely FREE of charge.

### Who are these courses for?

For ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years. You don't need to be struggling. This course is relevant to parents of all children, including those with special needs, autism, ADHD etc.

### What is the evidence supporting these online course?

Research shows that this online course helps reduce conflict in families and increase closeness. Families tell us these course help with managing children's strong feelings, family communication, understanding each other and behaviour. We are actively involved in evaluating all our groups. 'Understanding your child' and 'Understanding your pregnancy...' are accredited by the DfE.

### What will I need to complete the online course?

All you need to get started is your access code, an up-to-date internet browser on a computer, laptop, tablet or smartphone (the local libraries or your school may be able to provide access to this), and an email address. Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the code when prompted. You will be asked for your email address and a password of your choice. This is so that you can return to the site, sign in and your account will remember that you have access to the course(s) and will resume from where you last left the course.

### How much time do the courses take?

They have between 9 and 11 sessions which take about 20 minutes each. We recommend you do about one session a week. There are activities for you to try between your online sessions which can enhance your learning.

### How do I get started?

Go to the website [www.inourplace.co.uk](http://www.inourplace.co.uk), apply the access code, and register for an account. Then take the course of your choice. Your account resumes the course at the point you last left it. You will not receive any marketing emails. Your details will not be passed to any third party. Your responses to the monitoring questions will be strictly anonymised. You may receive very occasional emails with updates about the courses. You will receive congratulatory emails as you progress through the course.

### Do my access codes expire?

Your coupon may have an expiry date, depending on where it came from. However you only need to use the code the first time you enter the course, after that your log-in details will NOT expire and you can access the course for years to come, as your child grows. So get going ASAP and continue at your leisure!

### Can I get more codes for friends or other family members?

Yes it is possible to buy a coupon code as a gift. Go to [www.solihullapproachparenting.co.uk](http://www.solihullapproachparenting.co.uk)

### More questions, or technical queries ? Contact the Solihull Approach

On 0121 296 4448 Mon-Fri 9am-5pm or email [solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)