

Dolenni gwefan

Mae gan GIG Glasgow Fwyaf a Chlyde lawer o daflenni cyngor defnyddiol ar gyfer staff addysgu a theuluoedd. <https://www.nhsggc.org.uk/kids/resources/>

Dolen i'r Wefan	Disgrifiad
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-aids-for-learning-managing-periods-changing-my-pad/	Cefnogaeth gweledol ar gyfer dysgu - Rheoli mislif - Newid fy mhad
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/aiming-for-boys-information-sheet/	Taflen wybodaeth ar anelu (bechgyn)
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/bottom-wiping-activity-sheet/	Taflen weithgaredd- sychu pen ôl
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/fear-of-noises-from-the-toilet-information-sheet/	Taflen wybodaeth- ofn synau’r toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/fear-of-sitting-on-the-toilet-information-sheet/	Taflen wybodaeth- ofn eistedd ar y toiled
https://www.nhsggc.org.uk/media/249088/manipulating-toilet-paper-activity-sheet.pdf	Defnyddio papur toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/practical-advice-for-smearing/	Cyngor ymarferol ar gyfer lledaenu (smearing)
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/readiness-for-toileting-information-sheet/	Taflen wybodaeth ar barodrwydd dechrau defnyddio’r toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/sequence-of-toileting-information-sheet/	Taflen wybodaeth ar dilyniant/camau defnyddio’r toiled

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Dolen i'r Wefan	Disgrifiad
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/smell-issues-with-toileting-information-sheet/	Taflen wybodaeth- anghenion arogl a mynd i'r toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/toileting-reward-suggestions-information-sheet/	Awgrymiadau gwobrwyo am fynd i'r toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-story-for-toileting/	Stori weledol ar gyfer mynd i'r toiled
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/wipe-clean-game/	Gêm sychu lân
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-aids-for-learning-toilet-training-boy/	Cefnogaeth gweledol ar gyfer dysgu - hyfforddiant mynd i'r toiled i fechgyn.
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-aids-for-learning-toilet-training-girl/	Cefnogaeth gweledol ar gyfer dysgu - hyfforddiant mynd i'r toiled i ferched.
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-aids-for-learning-hand-washing/	Cefnogaeth gweledol ar gyfer dysgu golchi dwylo
https://www.bbuk.org.uk/	Mae gan Bladder & Bowel UK linell gymorth gyfrinachol genedlaethol, wedi'i staffio gan dîm o nyrsys arbenigol a chynghorydd gwybodaeth am gynnyrch. Gallant roi cyngor arbenigol ar faterion iechyd y bledren a'r coluddyn, hybu ymataliaeth ac opsiynau ar gyfer rheoli anymataliaeth, yn ogystal â chyfeirio at wasanaethau lleol.

Dolenni gwefan

Mae ERIC, Elusen Coluddyn a Bledren y Plant wedi bod yn gweithio ers dros 30 mlynedd i wella bywydau pob plentyn a phob plentyn yn ei arddegau yn y DU sy'n wynebu heriau ymataliaeth.

<https://www.eric.org.uk/>

Dolen i'r Wefan	Disgrifiad
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=5eb0da35-1e11-4ccd-84cf-5405ecf8386e	Canllaw ERIC i hyfforddiant poti
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=d34eca57-7f98-48ec-a538-0ea08abe8c4c	Canllaw ERIC i broblemau coluddyn plant
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=4fe20151-cd77-4d34-acb5-10e697994aee	Canllaw ERIC i broblemau bledren plant yn ystod y dydd
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=8ca87a7f-210f-4c8f-85c2-185d33d2f22a	Canllaw ERIC i wlychu yn ystod y nos
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=15d8f9a2-91e8-4ac4-8d89-c27b7d8df939	Larymau wlychu gwelyau – Atebion i'ch cwestiynau
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=b5487c1a-8c6a-407e-af8b-b8836eb81ac7	Canllaw ERIC i blant ag anghenion dysgu ychwanegol
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=f87d5b50-cde9-45ff-8do8-87adaa1b2f69	Meddwl am pi-pi a baw nawr rydych chi wedi cyrraedd 2 oed.
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=10d3b255-11c5-47c0-ac64-1b6c9d33d739	Meddwl am pi-pi a baw nawr rydych chi ar eich ffordd i'r ysgol.
https://www.eric.org.uk/Handlers/Download.ashx?IDMF=f4c21969-beab-46f5-9edf-0bd684edd7ed	Canllaw i blant sy'n byw gyda phroblemau cymhleth y bledren a'r coluddyn.

Gobeithiwn bydd y ddogfen hon yn ddefnyddiol i chi.

Tîm Cynhwysiant Anghenion Dysgu Ychwanegol