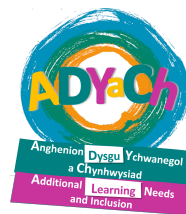


Syniaddau ar gyfer y cartref



Cadw iaith lafar yn
syml. Peidio defnyddio
gormod o fraidddegau hir a
gormod o wybodaeth gall fod
yn ddryslyd i'r plentyn.

Ceisio
symud sylw y
plentyn o'r profiöd
negyddol i brofiad hwyliog
gyda gweithgaredd /
tegan o ddiddordeb
uchel.



Defnyddio adnoddau gweledol fel
cardiau fflach, bwrdd dewis a
cherdyn help er mwyn
cynnig ffordd o esbonio
beth sy'n bod.

Cynnig
ffordd effiethiol o
ddelio gyda'r
rhwystredigaeth e.e. neidio,
chwythu swigod,
chwarde pêl, cyfri i
10.

FRUSTRATION

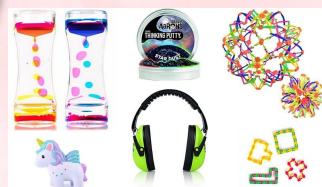
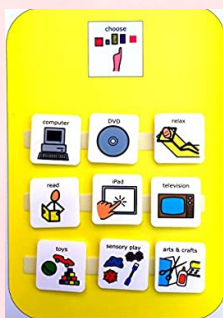
Ideas to try at home



Offer choices of high interest toys or activities to your child, for example 'lego or sand? Use pictures or real objects to help them decide.

Keep spoken language simple. Avoid using complicated sentences which could be overwhelming and add to the frustration.

Try distracting your child with a high interest toy or activity, moving attention away from a negative experience and onto something enjoyable.



Use visual supports to help your child understand what is happening and how you can help them overcome their frustration.

Offer an effective way of releasing their frustration. For example: blowing bubbles, jumping, counting to 10, having a lie down.