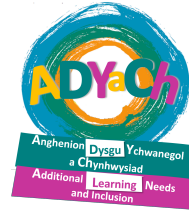


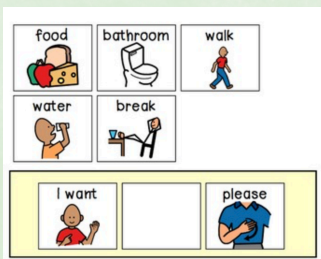
CYFATHREBU

Syniadau ar gyfer y cartref



Defnyddio iaith syml, gan bwysleisio ac ailadrodd geiriau allweddol. Gadael seibiant rhwng geiriau a brawddegau i roi amser i'ch plentyn brosesu beth sydd wedi'i cael ei ddweud, a meddwl am ateb.

Meddwl am yr amgylchedd (swnllyd / prysur). Efallai bod mewnbwn sensori yn effeithio ar yr hyn mae'r plentyn yn gallu brosesu.



Osgoi defnyddio brawddegau hir a chymhleth gall fod yn anodd i brosesu. Defnyddio enw eich plentyn ar gychwyn pob brawddeg i dynnu sylw.



Defnyddio adnoddau gweledol fel symbolau, lluniau ag eitemau go iawn i annog dealltwriaeth ac i alluogi eich plentyn i wneud dewisiadau o bwyd / gweithgareddau / tegau trwy'r diwrnod.

Lleihau defnydd o iaith di-eiriau os yw eich plentyn yn cychwyn teimlo'n bryderus.

COMMUNICATION

Ideas to try at home



Use simplified language, repeating and stressing specific key words. Pause between words and phrases to give your child time to process what you've said, and to think of a response.

Be aware of the environment (noisy/ crowded). Sensory input may be affecting how much they can process.

Use their name at the beginning so that they know you are talking to them. Don't use too many questions which can be confusing and difficult to process.



Use visual supports, for example symbols, real life objects and pictures to ensure understanding and allow your child to make choices of activities / toys / food.

Use less non-verbal communication (eg eye contact, facial expressions, gestures, body language) when a child is showing signs of anxiety.