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| **Cader Idris**  Ers cychwyn y gwaith rhianta positif, rydw i wedi ymlacio llawer mwy ac yn gallu ymdopi. Rwy’n teimlo fel fy mod yn deall datblygiad plentyn a nawr yn deall bod ymddygiad fy mhlant ddim wedi’i anelu ataf. Ni ddylwn ei gymryd yn bersonol. Mae wedi bod yn haws i ffocysu ar bethau a mynd i'r afael â'r anghydbwysedd gyda’r plant.  Mae wedi bod yn fuddiol siarad â Rhian a chael y dysgu a gwell dealltwriaeth.  Rydw i wedi gweld newidiadau yn y teulu ac mae’r gwaith rhianta positif wedi bod yn fuddiol i bawb!  Heb amheuaeth mae pethau wedi newid. Roeddwn i’n tynnu fy ngwallt allan. Fel tad i ble wyt ti’n mynd i ddod o hyd i bethau.  Rwy’n teimlo’n fwy hyderus wrth reoli ymddygiad. Roeddwn i’n teimlo’n hyderus fel darparwr ymarferol o’r blaen. Erbyn hyn rwy’n teimlo y gallaf reoli’r chwarae a’r emosiynau yn y plant yn ogystal â’r pethau ymarferol. Rwy'n teimlo bod gen i fwy o gydbwysedd. Rydym yn mwynhau cwmni ein gilydd ac yn cael hwyl.  Roedd yn gymaint o straen o’r blaen ac nid oeddem wedi gwerthfawrogi’r plant o’r blaen, mae hyn wedi newid heb os nac oni bai.  Wrth feddwl am un newid arwyddocaol, mae’r holl newidiadau’r un mor arwyddocaol. Yn gyffredinol, lleddfu’r straen yw’r mwyaf. Mae hyn wedi rhoi cyfle i mi sylwi ar yr holl bethau eraill.  Cyn hynny roedd yn anodd, yn llawn straen. Roedden ni’n agos at ben y mynydd, y mynydd straen. Roedd popeth yn anhygoel o anodd. Rydym nawr yn llawer pellach i lawr yr ochr arall. Roedd yn ormod i ymdopi ag ef. Rydyn ni nawr hanner ffordd i lawr y mynydd oherwydd mae gen i'r sgiliau a'r ddealltwriaeth nawr ac yn gwybod ble i fynd am help a pha bobl i siarad â nhw.  Daeth y newidiadau i fodolaeth oherwydd y digwyddiad ar 18 Medi (cosbi gorfforol). Roedd angen iddo ddigwydd, nid peth da. Mae canlyniad gwael wedi arwain at newid positif.  Mae'r gwaith rhianta positif gyda Rhian wedi fy helpu i normaleiddio rhywfaint o ymddygiad ac wedi rhoi hyder i mi wybod a deall. Rwyf wedi dysgu sgiliau a thechnegau i ymdopi mewn sefyllfaoedd anodd. Canolbwyntio ar y pethau positif.  Gyda chymorth a dealltwriaeth o’r gwaith rhianta plant, mae wedi gwella lles fy nheulu ac wedi neud i mi ganolbwyntio ar dreulio mwy o amser gwerth chweil gyda fy mhlant. | **Cader Idris**  Since starting the positive parenting work, I have been far more relaxed and able to cope. I feel I understand child development and now understand that my children’s behaviour is not aimed at me. I should not take it personally. It has been easier to focus on things and re address the balance with the children.  It has been beneficial to talk to Rhian and have the learning and have a better understanding.  I have seen changes in the family and the positive parenting work has benefited everyone!  Without a doubt things have changed. I was pulling my hair out. As a dad where do you go to find things out.  I feel more confident in managing behaviour. I felt confident as a practical provider before. I now feel able to manage the play and emotions in the children as well as the practical things. I feel I have more balance. We are enjoying each other’s company and having fun.  It was so stressful before and we had not appreciated the children before, this has changed without a doubt.  Thinking about one significant change, all the changes are equally significant. Overall, the de-stress. this has given me the opportunity to notice all the other things.  Before it was difficult, really stressful. We where near the top of the mountain, the stress mountain. Everything was incredibly difficult. We are now much further down the other side. It was too much to cope with. We are now mid-way down the mountain because I have the skills and understanding now and knowing where to go for help and what people to talk to.  The changes came about because of the incident on the 18th September (Physical chastisement). It needed to happen, not a good thing. A bad outcome has brought about a positive change.  The positive parenting work with Rhian has help me normalise some behaviour and given me confidence in knowing and understanding. I have learnt skills and techniques to cope in testing situations. Focusing on the positives.  With the support and understanding of the parenting work it has improved the wellbeing of my family and focused me on spending more quality time with my children. |