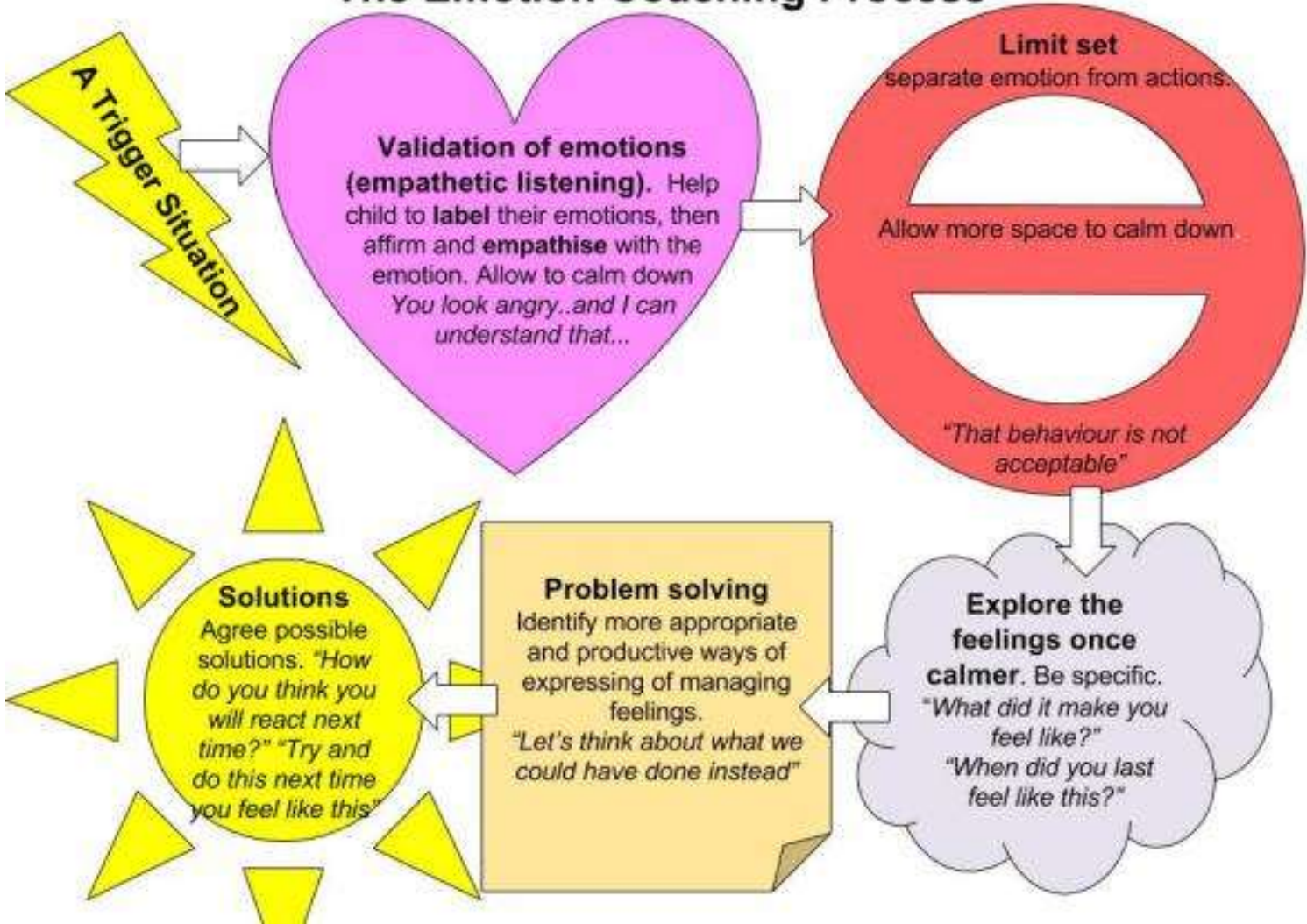


RHESTR WIRIO PLACE: Offeryn defnyddiol wrth fabwysiadu ymagwedd hyfforddi emosiynau

	Sut gafodd hyn ei gyflawni neu ei ddangos?	Effaith ar ymateb Millie
<p>Chwareus- Creu amgylchedd cynnes a hamddenol a/neu ymagwedd gynnes</p> 		
<p>Hoffi- Dangos eich bod yn hoffi'r person ifanc, waeth beth yw eu hymddygiad neu ryngweithiadau yn y gorffennol</p> 		
<p>Derbyniad- Derbyn emosiwn negyddol, ond heb dderbyn ymddygiad negyddol</p> 		
<p>Chwilfrydedd- Tybio'n uchel ynghylch sut y gallai'r person ifanc fod yn teimlo</p> 		
<p>Empathi- Dangos eich bod yn poeni am yr hyn maent yn mynd trwyddo</p> 		

The Emotion Coaching Process



PLACE: Canllaw ar gyfer rhieni



- **P**LAYFUL – keep the tone light and upbeat, smile, ruffle their hair when you walk past or give them a cuddle for no reason
- **L**OVING – show them you love them, especially when they misbehave
- **A**CCEPTANCE – for who they are, not what they achieve is important for hurt children
- **C**URIOSITY – wonder aloud why a child is behaving in a certain way; “I wonder why you are shouting so much today?”
- **E**MPATHY – let them know you understand what it’s like for them; “I can see this is really hard for you”

