



step

Support Team for Empowered Parents



Llywodraeth Cymru
Welsh Government

To meet the different needs of families in Merthyr Tydfil we provide a variety of programmes

Welcome to the World Antenatal Programme

This 5-week programme is open to all expectant mothers (20+weeks pregnant) Welcome to the World is a nurturing programme that provides opportunities to discuss key topics in a safe, relaxed environment



THE CENTRE FOR EMOTIONAL HEALTH
HOME OF FAMILY LINKS

Solihull 0 – 3 years

Understanding your child's behaviour

A 10-week programme for parents of pre-school aged children to help understand child behaviour to increase confidence and self-esteem in both parents and children



Baby Programme

A 6-week programme for parents of babies aged between 0 and 6 months

This is a friendly, informal group that gives parents and carers the opportunity to learn about the vital role they play in their baby's development

Toddler Programme

A 6-week programme for parents of children aged 18 months to 3 years to promote the importance of play and positive parenting strategies
Topics we cover include the need for consistency & boundaries, play, praise and looking after ourselves

The Parent Nurturing Programme

A group for parents of children aged between 3 and 9
This is an 8 – 10 week programme that aims to help parents understand and manage feelings and behaviour whilst becoming more positive and nurturing in their relationships with their children and each other



The New Forest Parenting Programme

This 8-week programme supports parents of children up to the age of 10 with a diagnosis of ADHD
Parents learn about the nature of ADHD and how to manage their child's behaviour



New Forest Parenting Programme
Helping parents to help children with ADHD

EarlyBird (0 - 4 years) EarlyBird Plus (4 - 9 years)

3-month parent programmes for families of children with a diagnosis of ASD

The programme aims to: -

- Support parents immediately after diagnosis
- Empower parents to encourage a positive perception of their child's autism



Mams' Group

We run a weekly group for Mams to get together and chat about being a parent

Take 3 Programme

A 10-week programme for parents of teenagers aged 10 - 16 years
The programme is designed to support parents to rebuild enjoyable family relationships and to rekindle love and respect where these key ingredients of healthy relationships have been lost



Dads' Group

We run a weekly group for Dads to get together and chat about being a parent

If you'd like more information on any of these groups or would like to book a place, please call: - 01685 727401
Or e-mail us: - parentsupport@merthyr.gov.uk





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Darparwn amrywiaeth o raglenni i ddiwallu anghenion amrywiol teuluoedd ym Merthyr Tudful

Croeso i'r Byd Rhaglen Cyn Geni

Mae'r rhaglen 5 wythnos hon yn agored i bob mam feichiog (20+ wythnos yn feichiog) Mae Croeso i'r Byd yn rhaglen anogol sy'n darparu cyfleoedd i drafod pynciau allweddol mewn amgylchedd diogel, hamddenol



Y Dull Solihull ar gyfer babanod 0 – 3 mlwydd oed Deall ymddygiad eich plentyn

Cwrs 10 wythnos i rieni sydd â phlant cyn oed ysgol i'w helpu i ddeall ymddygiad eu plentyn ac i gynyddu hyder a hunan-barch y plant a'r rhieni fel ei gilydd



Rhaglen Babanod

Rhaglen 6 wythnos i rieni â babanod rhwng 0 a 6 mis oed
Mae hwn yn grŵp cyfeillgar, anffurfiol sy'n rhoi cyfle i rieni a gofalwyr ddysgu am y rôl hanfodol y maent yn ei chwarae yn natblygiad eu babi

Rhaglen Plant Bach

Rhaglen 6 wythnos i rieni plant sydd rhwng 18 mis a 3 oed i hybu pwysigrwydd chwarae a strategaethau rhianta cadarnhaol
Mae'r pynciau rydyn ni'n ymdrin â nhw yn cynnwys yr angen am gysondeb a ffiniau, chwarae, clodfori a edrych ar ôl ein hunain

Rhaglen Meithrin Rhieni

Grŵp o rieni plant sydd rhwng 3 a 9 oed
Rhaglen 8 - 10 wythnos yw hon, sydd â'r nod o helpu rhieni i ddeall a rheoli teimladau ac ymddygiad wrth ddod yn fwy cadarnhaol a meithringar yn eu perthynas â'u plant a'i gilydd



Rhaglen Rhianta'r Fforest Newydd

Mae'r rhaglen 8 wythnos hon yn cefnogi rhieni plant hyd at 10 oed sydd â diagnosis o ADHD
Mae rhieni'n dysgu am natur ADHD a sut i reoli ymddygiad eu plentyn



New Forest Parenting Programme
Helping parents to help children with ADHD

EarlyBird (0 - 4 oed) EarlyBird Plus (4 - 9 oed)

Rhaglenni 3 mis i rieni i blant â diagnosis o ASD
Nod y rhaglen yw: -

- Cefnogi rhieni yn syth ar ôl diagnosis
- Grymuso rhieni i annog cysyniad cadarnhaol o awtistiaeth eu plentyn



Grŵp Mamau

Rydym yn cynnal grŵp wythnosol i Mamau i gwrdd â sgwrsio am fod yn rhiant

Rhaglen Take 3

Rhaglen 10 wythnos i rieni â phobl ifanc rhwng 10 a 16 oed
Bwriad y rhaglen yw cefnogi rhieni i ailadeiladu perthnasoedd teuluol pleserus ac i ailgynnu cariad a pharch lle collwyd yr elfennau allweddol hyn o berthynas iach



Grŵp Tadau

Rydym yn cynnal grŵp wythnosol i Dadau i gwrdd â sgwrsio am fod yn rhiant

Os ydych am ragor o wybodaeth am unrhyw un o'r grwpiau hyn neu am archebu lle, ffoniwch: - 01685 727401

Fel arall anfonwch e-bost at: - parentsupport@merthyr.gov.uk

