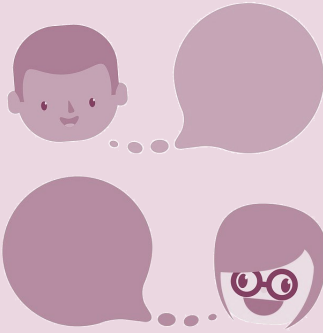




Encouragement | Converging | Links | Integrity | Principles | Skills

Egwyddorion | Cefnogaeth | Llwybr | Integredd | Perthynas | Sgiliau

ECLIPS is a parenting workshop that offers help, support and advice to parents of children between the ages of 3-10 years. It offers the opportunity to share experiences with other parents in a friendly, non-judgmental way.



Positive Parenting

Improved understanding of children's behaviour and their developmental needs. Using techniques that will help to understand and maintain a healthy attachment and parental responsibilities. Establishing routines and consistent responses to promote children feeling safe.

Managing Challenging Behaviours

A Better understanding of specific behaviours and needs of children. Applying effective, positive approaches that help children to regulate their emotions. Using positive parenting techniques such as clear instructions and appropriate rewarding.



New Strategies

Improve parents' confidence by reducing anger and negative responses to frustrating and unmanageable situations. Learning new insight and skills in order to bring out the best in children.



ECLIPS is a lead-in to our workshop ESCAPE for parents of children 10+ and many of the concepts and activities have been age appropriately adapted.

01407 761653



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Supporting People – Improving Lives

Catrin Parry catrinp@digartref.co.uk



Grant Howard grant@digartref.co.uk



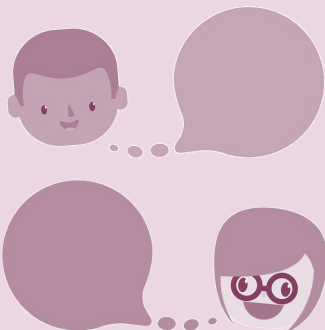
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Gweithdy Rhiantu yw ECLIPS sy'n cynnig help, cymorth a chefnogaeth i rieni plant sydd rhwng 3 a 10 mlwydd oed. Mae'n cynnig y cyfle i rannu profiadau gyda rhieni eraill mewn ffordd cyfeillgar ac anfeirniadol.



Rhiantu Positif

Gwell dealltwriaeth o ymddygiad plant a'u anghenion datblygiadol. Defnyddio technegau i helpu deall a chynnal ymlyniad iach a chyfrifoldebau rhiantu. Sefydlu trefn ac ymatebion cyson i hybu plant deimlo'n ddiogel.

Rheoli Ymddygiadau Heriol

Gwell dealltwriaeth o ymddygiadau penodol ac anghenion plant. Cymhwyso dulliau effeithiol a chadarnhaol, sy'n helpu plant i reoleiddio eu teimladau ac emosiynau. Defnyddio technegau rhiantu positif, megis cyfarwyddiadau clir a gwobrwyo priodol.



Strategaethau Newydd

Gwella hyder rhieni drwy leihau dicter ac ymatebion negyddol i sefyllfaoedd rhwystredig. Dysgu mewnwelediad a sgiliau newydd er mwyn dod a'r gorau allan o blant.

Mae ECLIPS yn arwain at ein gweithdy ESCAPE ar gyfer rhieni plant 10+ ac mae llawer o'r cysyniadau a'r gweithgareddau wedi'u haddasu'n briodol i'w hoedran.

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