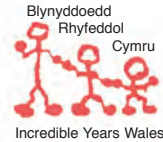


BLINYDDOEDD RHYFEDDOL INCREDIBLE YEARS



CYMRU

IY Wales Celebrates 10th Anniversary

In February, fifty people attended an update day in North Wales, which was opened by Assembly Member for the Arfon constituency, Alun Ffred Jones, who spoke about the success of the IY programmes locally. In addition to updates on research and local service provision, Martin Swain, Head of Children and Families Programmes, Welsh Assembly Government, gave an overview of WAG thinking on early intervention and prevention.

Our Annual Conference in Cardiff in March was attended by over 100 delegates and opened by Huw Lewis, Deputy Minister for Children, who was welcomed by Lord Dafydd Elis-Thomas, President of Bangor University. Mr. Lewis was presented with the Welsh translation of the IY teacher book, Y Llyfr Melyn, which the Assembly Government had funded. Delegates heard updates from the research team and from services around Wales.

Professor Willy Tore from Tromsø University gave an update on the Norwegian IY project and Dr

Caroline White gave a progress report on the work of the National Academy for Parenting Practitioners in England. The work of NAPP has now been transferred to the Children's Workforce Development Council.

The Annual Incredible Years Awards were made by Anne Jones Chair of the IY Cymru charity

Next year's conference will be in Cardiff on 9th March 2011 and will again be opened by Huw Lewis.

It will be preceded by a day of workshops.

The conference will be addressed by Graham Allen, Nottingham North MP a long time early intervention advocate; Dr Sinead McGilloway, National University of Ireland, Maynooth; Dr Sean McDonnell, Archways, Ireland, and Professor Willy Tore, Tromsø University, Norway.

We are also planning a North Wales update day on January 27th at which Alun Fred and Martin Swain have both again agreed to speak.



Diwrnod diweddarau - Martin, Judy & Alun Ffred at the update day.



Anne Jones, Judy, Prof. Willy Tore & Dr. Caroline White

Dathlu 10fed Penblwydd BRh Cymru

Yn Chwefror, fe mynychodd 50 o bobl ddiwrnod diweddarau yng Ngogledd Cymru a agorwyd gan yr Aelod Cynulliad dros etholaeth Arfon, Alun Ffred Jones, a wnaeth siarad am lwyddiant lleol y rhaglenni BRh. Yn ogystal â chael gwybodaeth ddiweddaraf am ymchwil a darpariaeth gwasanaethau lleol, cafwyd cyflwyniad gan Martin Swain, Pennaeth Rhaglenni Plant a Theuluoedd yn Llywodraeth y Cynulliad, ar y ffordd y mae'r Cynulliad yn meddwl ynghylch ymyriad cynnar ac atal.

Daeth dros 100 o gynadleddwyr i'n Cynhadledd

Flynyddol yng Nghaerdydd ym Mawrth. Fe'i hgorwyd gan Huw Lewis, a groesawyd gan Yr Arglwydd Dafydd Elis-Thomas ar ran Prifysgol Bangor. Cyflwynwyd cyfieithiad Cymraeg y llyfr i athrawon BRh, Y Llyfr Melyn, a ariannwyd gan Llywodraeth y Cynulliad. Clywodd y cynrychiolwyr y diweddiadau gan y tîm ymchwil a gwasanaethau ar draws Cymru.

Cyflwynodd Yr Athro Willy Tore o Brifysgol Tromsø wybodaeth ddiweddaraf am brosiect BRh Norwy a chyflwynodd Dr. Caroline White adroddiad cynnydd ar waith yr Academi

Cenedlaethol ar gyfer Ymarferwyr Rhianta yn Lloegr. Mae gwaith NAPP nawr wedi'i drosglwyddo i Gyngor Datblygu Gwethly Plant.

Cafodd y Gwobrau Blynnyddol BRh. eu cyflwyno gan Anne Jones, Cadeirwraig elusen BRh Cymru.

Cynhelir ein cynhadledd y flwyddyn nesaf yng Nghaerdydd ar y 9fed Mawrth 2011 a mi fydd eto yn cael ei agor gan Huw Lewis.

Anerchir y gynhadledd gan Graham Allen, AS dros Ogledd Nottingham, hyrwyddwyr ymyriad cynnar ers cyn amser; Dr Sinead McGilloway, Prifysgol Cenedlaethol Yr Iwerddon; Dr Sean McDonnell, Archways, Yr Iwerddon a Yr Athro Willy Tore, Prifysgol Tromsø, Norwy.

Caiff ei ragflaenu gan ddiwrnod o weithdai a byddwn hefyd yn cynnal diwrnod diweddarau arall yng Ngogledd Cymru ar Ionawr 27ain, ac mae Alun Ffred a Martin Swain wedi cytuno i siarad ar yr achlysur hwnnw eto.



Huw Lewis, AM, with Anne Jones and some of the IY Award winners.

Huw Lewis, AC, gyda Anne Jones a rhai o ennillwyr Gwobrau BRh.

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Tracey - leading the Lottery Dina project

In April I returned to full-time work with the team after working half-time for 18 months, designing and setting up three large randomised controlled trials (RCTs) of evidenced based programmes (PATHS, TripleP and IY) with the Social Research Unit, Dartington, for Birmingham Council's Brighter Futures Strategy. I remain onboard with the Social Research Unit as an External Advisor. In addition to supervising several Ph.D. students, my main role at Bangor is the design and set-up of the large Lottery-funded trial of the IY Small Group Dina in twenty schools in Gwynedd.

This is an exciting project, with IY Cymru holding the grant, partnered with Gwynedd Education and Bangor University. Collaborators include NISCHR (formerly CRC) - who have allocated a staff member to this project, N.WORTH - who are conducting the randomisation and offering statistical support, and Frances Gardner, Oxford University.

The team includes Gwen Owen, part-time Administrator, Ceri Evans, part-time Research Assistant and Nia Williams, half-time seconded teacher. In addition Laura Parry is conducting her Ph.D. alongside this project. There is a further full-time Research Assistant post in Year two for six months. Judy is overseeing the project on behalf of IY Cymru.

Background and study description:

Early intervention is a strategic and cost-effective way to promote school success and prevent later academic failure. The Classroom IY Dinosaur curriculum is an effective universal intervention and is now delivered in all 102 primary schools in Gwynedd, Wales but there are significant numbers of high-risk children for whom this is insufficient. The Therapeutic Dina School Programme targets these children.

Our trial will establish whether the Therapeutic Programme, delivered in school, improves 'at risk' children's social, emotional and academic competencies. It was successfully trialed in one school in Gwynedd but this more rigorous three-year trial which started in June 2010 has now been funded by the Lottery.

Ten primary schools and 120 children will participate in each of two phases. Phase 1 schools will deliver the programme in January 2011 and Phase 2 in January 2012, with children randomly allocated to intervention or wait list control. Children, aged 4-8, will be identified by their teachers. The 18 session programme will be delivered to groups of six children by two school staff for two hours per week.

We will assess child behaviour through teacher and parent report; academic attainment and attendance levels from school records; problem-solving and friendship skills through objective observation; the Wally problem-solving task; mental well-being and background of teachers and families through self-report; and parent competencies from parent report.

Data will be collected at baseline, and at two follow-up points approximately eight months apart. Phase 2 will only include one follow-up due to time constraints.

We are excited to be working with Gwynedd in this project. They have been proactive in establishing the IY Teacher and Classroom programmes and in encouraging schools to deliver the Parent programme through schools.

Tracey Bywater

Contact me for further information about the trial

t.bywater@bangor.ac.uk



Tracey – yn arwain prosiect Dina y Loteri

Ym mis Ebrill, dychwelais at waith llawn-amser gyda'r tîm, ar ôl gweithio'n hanner-amser am 18 mis, yn cynllunio a sefydlu tri prawf ar hap dan reolaeth ar raglenni a oedd yn seiliedig ar dystiolaeth (PATHS, TripleP ac IY) gyda'r Uned Ymchwil Gymdeithasol, Dartington, ar gyfer Strategaeth Brighter Futures Cyngor Birmingham. Rwy'n dal i ymwneud â'r Uned Ymchwil Gymdeithasol fel Ymgynghorydd Allanol. Yn ogystal ag arolygu sawl myfyriwr Ph.D., mae fy mhrif swyddogaeth ym Mangor yn gofyn am gynllunio a sefydlu'r prawf mawr, dan nawdd y Loteri, ar rhaglen Grŵp Bach Dina y BRh mewn ugain o ysgolion yng Ngwynedd.

Mae hwn yn brosiect cyffrous, a BRh Cymru yn dal y grant, ar y cyd ag Awdurdod Addysg Gwynedd a Phrifysgol Bangor. Mae cydweithredwyr yn cynnwys NISCHR (CRC gynt) – sydd wedi dynodi aelod staff ar gyfer y prosiect hwn, CHIGC/NWORTH – sy'n cynnal y prawf ar hap ac yn cynnig cymorth ystadegol, ac Yr Athro Frances Gardner, Prifysgol Rhydychen.

Mae'r tîm yn cynnwys Gwen Owen, Gweinyddwraig rhan-amser, Ceri Evans, Cynorthwy-ydd Ymchwil rhan-amser, a Nia Williams, athrawes hanner-amser wedi'i secondio. Ar ben hynny, mae Laura Parry wrthi'n cynnal ei Ph.D. ochr yn ochr â'r prosiect hwn. Ceir swydd lawn-amser arall ar gyfer Cynorthwy-ydd Ymchwil ym Mlwyddyn dau am chwech mis. Mae Judy yn arolygu'r prosiect ar ran BRh Cymru.

Cefndir a disgrifiad yr astudiaeth:

Mae ymyrryd cynnar yn ddull strategol a chost-effeithiol o hyrwyddo llwyddiant yn yr ysgol ac o atal methiant academaidd yn ddiweddarach. Mae cwricwlwm BRh Dinosor yn y Dosbarth yn ymyriad cyffredinol effeithiol, a ddarperir bellach mhob un o'r 102 o

ysgolion cynradd sydd yng Ngwynedd, Cymru, ond i niferoedd sylweddol o blant risg-uchel, mae hwn yn annigonol. Mae Rhaglen Therapiwtig Ysgol Dina yn targedu'r plant hyn.

Bydd ein prawf yn canfod a yw'r Rhaglen Therapiwtig, a gyflwynir yn yr ysgol, yn gwella medrau cymdeithasol, emosiynol ac academaidd plant sydd 'mewn perygl'. Profwyd hi'n llwyddiannus mewn un ysgol yng Ngwynedd, ond bellach, mae'r prawf tair-blynedd cymharol drwyadl hwn a gychwynnodd ym Mehefin 2010 wedi cael cyllid gan y Loteri.

Bydd deg ysgol gynradd a 120 o blant yn cymryd rhan ym mhob un o'r ddwy ran. Bydd ysgolion Rhan 1 yn cyflwyno'r rhaglen yn Ionawr 2011 ac ysgolion Rhan 2 yn ei chyflwyno yn Ionawr 2012, a'r plant i'w dyrannu ar hap i grŵp ymyriad neu i grŵp safonol y rhestr aros. Adwaenir plant 4-8 oed gan eu hathrawon. Bydd dau o staff yr ysgol yn cyflwyno'r rhaglen 18-sesiwn i grwpiau o chwech phlentyn am dwy awr yr wythnos.

Byddwn yn asesu ymddygiad y plant trwy adroddiadau gan yr athrawon a'r rhieni, cyrhaeddiad academaidd a lefelau presenoldeb o gofnodion yr ysgol, medrau datrys problemau a gwneud ffrindiau trwy arsylwi'n wrthrychol a chan ddefnyddio tasg Wally ar gyfer datrys problemau, ac iechyd meddwl a chefnid yr athrawon a'r teuluoedd trwy hunan-adroddiadau. Cesglir data o blant Rhan 1 ar y cychwyn, ac ar ddau bwynt dilynol ryw wyth mis oddi wrth ei gilydd. Oherwydd prinder amser, ni fydd Rhan 2 yn cynnwys ond un dilyniant.

Rydym yn hynod o falch o weithio gyda Gwynedd yn y prosiect hwn. Bu'r Cyngor yn rhagweithiol wrth sefydlu'r rhaglenni gydag athrawon ac yn y dosbarth, ac wrth annog ysgolion o gyflwyno'r rhaglen i rieni trwy ysgolion.

Tracey Bywater

Am fwy o wybodaeth am y prawf, cysylltwch â mi:-

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MORE ABOUT THE LOTTERY PROJECT



I graduated from Bangor in 2009 with a degree in Psychology, following which I returned to complete a Masters degree in Applied Behaviour Analysis. As part of my Thesis I examined the effects of a Welsh language, direct instruction and precision teaching programme on Welsh language reading abilities.

This summer I worked on a GoWales placement with the IY Centre assisting on the Lottery project. In September I started my involvement with the Lottery project as a Ph.D. student aiming to develop an observational tool to measure specific outcomes from the IY Small Group Dina Programme.

Laura Parry

MWY AM PROSIECT Y LOTERI

Graddiais yn 2009 mewn Seicoleg, gan ddychwelyd wedyn i gwblhau gradd Meistr mewn Dadansoddiad Cymhwysol ar Ymddygiad. Fel rhan o'm Thesis, archwiliais yr effaith a gâi rhaglen addysgu yn y Gymraeg, trwy gyfarwyddyd uniongyrchol ac addysgu manwl, ar y gallu i ddarllen Cymraeg.

Yr haf hwn, bûm yn gweithio ar leoliad GoWales gyda'r Ganolfan BRh, gan gynorthwyo ym mhrosiect y Loteri. Ym Medi cychwynais ymwneud â phrosiect y Loteri fel myfyrwraig Ph.D., gyda golwg ar ddatblygu offeryn arsylwadol i fesur deilliannau penodol o Raglen Dina Grwpiau Bach y BRh.

Laura Parry



Teacher support for the Lottery project

In 2007 after 18 years of classroom teaching with 4 – 8 year olds, in three Gwynedd primary schools, I was seconded to a post as a part-time Flying Start Liaison teacher. This involves supporting childcare staff in the most disadvantaged areas in Gwynedd. The rest of my secondment was as Family Programmes Liaison teacher, co-ordinating Family Learning Programmes in primary schools. My work includes supporting Rhiain Gwyn in introducing Cwricwlwm Caleb into child-care settings based on IY methods and principles. Puppets, Caleb, Cai and Mai and Little Rabbit, introduce the topics and participate in fun activities, which help to promote positive personal, social and emotional skills. I also help with refresher courses following these training sessions.

This has been so successful that Gwynedd Council has extended the funding to train all staff in nursery settings. This new curriculum was praised in Estyn inspections in Flying Start settings and in Cylch Rhagorol reports, by Mudiad Ysgolion Meithrin inspectors in the Flying Start areas.

In September 2010 I started a two-year secondment for two days a week to the IY research team. My work involves supporting teachers and school staff, that are taking part in the Lottery funded IY Small Group Therapeutic Dina School programme research project. For the remainder of the week I continue as the Flying Start Liaison Teacher.

I look forward to working on this exciting project with the schools and the IY Team.

Nia Williams

Cefnogaeth athrawes ar gyfer y prosiect y Loteri

Yn 2007, wedi 18 mlynedd yn dysgu plant 4 – 8 oed mewn tair ysgol gynradd yng Ngwynedd, cefais secondiad i swydd ran-amser fel Athrawes Gyswllt Dechrau'n Deg. Mae'r swydd yn cynnwys rhoi cefnogaeth i staff gofal plant yn ardaloedd mwyaf diffreintiedig Gwynedd. Roedd gweddill fy secondiad fel Athrawes Gyswllt Rhaglenni Teulu, gan gydlyn Rhaglenni Dysgu i Deuluoedd mewn ysgolion cynradd. Mae fy ngwaith yn cynnwys cefnogi Rhiain Gwyn i gyflwyno Cwricwlwm Caleb i leoliadau gofal plant wedi eu seilio ar ddulliau ac egwyddorion BRh. Mae'r pypedau, Caleb, Cai a Mai a'r Gwningen Fach yn cyflwyno'r themâu a chymryd rhan mewn gweithgareddau llawn hwyl, sy'n helpu i hyrwyddo sgiliau personol, cymdeithasol ac emosiynol cadarnhaol. Rwy'n helpu hefyd gyda chysiau gloymi yn dilyn y sesiynau hyfforddi hyn.

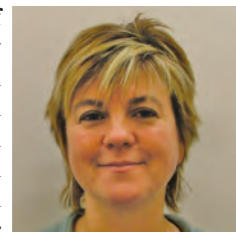
Mae hyn wedi bod mor llwyddiannus fel bod Cyngor Gwynedd wedi ymestyn y cyllid i

hyfforddi holl staff meithrinfeydd. Cafodd y cwricwlwm newydd hwn ei ganmol yn arolygon Estyn ar leoliadau Dechrau'n Deg, ac yn adroddiadau Cylch Rhagorol gan arolygwyr y Mudiad Ysgolion Meithrin yn y lleoliadau Dechrau'n Deg.

Ym Medi 2010 dechreuais secondiad am ddau ddiwrnod yr wythnos i'r tîm ymchwil BRh. Mae fy ngwaith yn ymwneud â chefnogi athrawon a staff ysgol sy'n cymryd rhan yn y prosiect rhaglen ymchwil Ysgol Dino, a gyllidir gan y Loteri. Am weddill yr wythnos rwy'n parhau fel yr Athrawes Gyswllt Dechrau'n Deg.

Rwy'n edrych ymlaen at weithio ar y prosiect cyffrous yma gyda'r ysgolion a'r Tîm BRh.

Nia Williams



CERI EVANS

I have recently completed a Psychology degree at Bangor and was lucky to be offered a three-year part-time post as a Research Assistant at the IY Centre. Since starting in June I have been assisting with the Lottery project by contributing to the protocol, developing databases and amending and translating documents. I will be commencing a part-time Masters degree in Applied Behaviour Analysis this September.



Cwblheais radd Seicoleg ym Mangor yn ddiweddar a bûm yn ffodus o gael cynnig swydd tair mlynedd rhan amser fel cyn-orthwyr ymchwil yng Nganolfan BRh. Ers dechrau gweithio yma ym mis Mehefin, rwyf wedi bod yn cynorthwyo gyda'r prosiect Loteri trwy gyfrannu at y protocol, datblygu cronfeydd data a diwygio a chyfieithu dogfennau. Byddaf hefyd yn dechrau gradd Meistr rhan amser ym maes Dadansoddiad Ymddygiad Cymhwysol ym mis Medi.

2010 Incredible Years Awards



Chris Burdett.

Chris Burdett: Incredible Friend who recognised the importance of evidence from Wales in developing services.

Ffrind Rhyfeddol, a sylweddolodd bwysigrwydd tystiolaeth o Gymru wrth ddatblygu gwasanaethau.

Gwobrau 2010 Blynnyddoedd Rhyfeddol

Researching the IY Baby programme

The months have flown since I started my Ph.D. in November 2009. The study involves evaluating the effectiveness of the IY Baby Programme. Nine services have agreed to partner the IY Centre to deliver the programme. Initially I trawled through the literature on supporting parents and their newborn babies to pull together what I wanted to measure.

I completed several courses including training in the Griffiths Mental Development Scale and Mellow Observational Coding. This helped me to decide which parent-baby interactions to code from our observations. I learned about the content and leader delivery skills by attending leader training in the Parent programmes and met future group leaders.

I survived the NHS Ethics process and panel and I met Parent group leaders across North Wales and Powys. Their feedback was invaluable as I continued to develop the set of measures.

I have distributed material to leaders in Wrecsam and Welshpool who are currently delivering the programme. Group leaders in North West Wales will start in January 2011. I am visiting families until December to gather baseline data on a range of measures. Follow-up assessments will be 6 and 12 months post intervention. Group leaders will keep records, including a cost diary and group sessions will be recorded for use in weekly supervision. I presented the main features of the evaluation at the IY and Children in Wales Annual conferences.

The support from the team has been fantastic, the IY ethos is alive and strong here. I can't believe my good luck to be doing what I love and the first first year has been an exciting journey.

Catrin Hedd Jones



Ymchwilio i'r rhaglen Baban BRh

Mae'r misoedd wedi gwibio heibio ers imi gychwyn ar fy Ph.D ym mis Tachwedd 2009, mae'r astudiaeth yn cynnwys gwerthuso effeithiolrwydd y rhaglen Babanod BRh. Mae naw gwasanaeth wedi cytuno i bartner gyda'r Canolfan BRh i gyflwyno'r rhaglen. Cychwynaes drwy edrych ar y llenyddiaeth ynghylch cefnogi rhieni a'u babanod newydd anedig, er mwyn hel ynghyd y cwbl yr oeddwn am ei fesur.

Cwblheais sawl cwrs gan gynnwys hyfforddiant ar Ystod Datblygiad Meddyliol Griffiths a Chodio Arsylwadol Mellow. Helpodd hyn imi benderfynu pa elfennau o'r rhyngweithio rhiant-baban i'w godio o'r arsylwadau.

Dysgaais am y cynnwys a sgiliau cyflwyno arweinydd trwy fynychu hyfforddiant i arweinwyr yn y rhaglenni Rhieni a chyfarfod darpar arweinwyr grwpiau.

Llwyddais i oroesi'r panel Prosesau Moesegol GIC. Cefais gyfle hefyd i gyfarfod arweinwyr grwpiau Rhieni ar draws Gogledd Cymru a Phowys. Roedd eu hadborth hwy yn hynod bwysig wrth imi barhau i ddatblygu'r gyfres o fesurau.

Rwyf wedi dosbarthu deunyddiau i arweinwyr yn Wrecsam a'r Trallwng sydd ar hyn o bryd yn cyflwyno'r rhaglen. Bydd arweinwyr grŵp yng Ngogledd Orllewin Cymru yn cychwyn ym mis Ionawr 2011. Byddaf yn ymweld â theuluoedd hyd at mis Rhagfyr er mwyn hel data gwaelodlin a bydd yr asesiadau dilynol yn digwydd 6 mis a 12 mis wedi'r ymyrraeth. Bydd arweinwyr grŵp yn cadw cofnodion gan gynnwys dyddiadur cost ac fe gofnodir sesiynau grŵp i'w defnyddio ar gyfer arolygiad wythnosol. Cyflwynais brif nodweddion y gwerthusiad yng nghynadleddau Blynnyddol BRh a Phlant yng Nghymru.

Bu'r gefnogaeth a gefais gan y tîm yn arbennig iawn, ac mae'r ethos BRh yn fyw ac yn iach yma. Rwy'n dal i ryfeddu mod i'n gallu gwneud yr hyn sydd mor bwysig imi ac mae'r flwyddyn gyntaf wedi bod yn daith a hanner.

Catrin Hedd Jones

THE TODDLER PROJECT



I started my new post as teaching associate in October 2010, continuing to provide Welsh-Medium support for undergraduates, but remain closely involved with the IY team as I complete my Ph.D writing up the IY Toddler Parenting programme outcomes.

It has been another very busy year. The fun part of driving around Wales listening to endless confusion in the voice of the Sat Nav is over! No more hotels, no more funny stories, no more face-to-face contact. Now just the hard part - the write up!

I am working on a review of methods to assess child development, a description of our sample in terms of their level of deprivation, and the main outcome paper for the whole trial. With a wealth of data and endless relevant literature, the task ahead is large.

Our project was challenging because control families also had access to all of the other Flying Start (FS) services, crèche, enhanced health visiting and language and play sessions. Consequently there were improvements among control families on some outcomes. We believe this is the result of community-wide benefits of the Welsh FS initiative. Nevertheless our findings are encouraging. Participation in the IY Parent programme improved parental mental well-being and reduced negative parenting practices compared to control parents. In addition, long-term improvements were demonstrated in the quality of the home environment and reduced maternal depression.

Trial findings were presented at the IY Wales Annual Conference, the North Wales update day, and in a workshop on outcome evaluation at the Children in Wales Annual Conference in Cardiff.

Thanks to the team for continued support, particularly Nicole who undertook a large amount of data analysis and to Judy for support, and for providing us all with great experiences such as, for me, our trip to Westminster and the opportunity to present at the Society for Prevention Research Annual Conference.

Nia Griffith

Y PROSIECT PLANT BACH

Cychwynais ar fy swydd newydd fel cymrawd dysgu ym mis Hydref 2010 gan barhau i gynnig cefnogaeth cyfrwng Cymraeg i israddedigion, ond byddaf yn parhau i gyd-weithio'n agos hefo'r tîm BRh wrth imi gwblhau fy Ph.D. yn ysgrifennu canlyniadau rhaglen Rhiantu Plant Bach BRh.

Bu'n flwyddyn brysur arall. Mae'r hwyl o yrru o gwmpas Cymru yn gwrandao ar ddryswch diddiwedd yn llais y Sat Nav ar ben! Dim mwy o westai. Dim mwy o straeon doniol, dim mwy o gyswllt un-wrth-un. Dim ond y gwaith caled sy'n weddill - y sgwennu!

Rwy'n gweithio ar adolygiad o ddulliau asesu datblygiad plant, disgrifiad o'n sampl o ran lefelau eu hamddifadedd a'r prif bapur deilliannau ar gyfer yr arbrawf cyfan. Gyda llond gwlad o ddata a llenyddiaeth berthnasol ddi-ben-draw, mae yna dalcen caled o'm mlaen.

Roedd y prosiect yn heriol gan fod gan y teuluoedd yn y grŵp rheolydd fynediad hefyd i'r holl wasanaethau Dechraun'n Deg eraill (DD), crèche, ymweliadau iechyd ymestynol a sesiynau iaith a chwarae. O ganlyniad i hyn, roedd gwelliannau ymhlith y teuluoedd yn y grŵp rheolydd gyda rhai deilliannau. Ein cred ni yw mai'r buddion cymuned gyfan yn sgil y fenter DD Cymreig sydd yn gyfrifol am hyn. Serch hynny, mae ein darganfyddiadau yn galonogol. Roedd cyfranogi yn y rhaglen rhiant BRh yn fodd i wella lles meddyliol rhieni ac yn lleihau arferion rhiantu negyddol o'u cymharu â'r arferion ymhlith rhieni yn y grŵp rheolydd. Ar ben hynny, dangoswyd deilliannau tymor hir o ran ansawdd yr amgylchedd cartref a lleihad mewn iselder ymhlith mamau.

Cyflwynwyd y darganfyddiadau arbrofol yng Nghynhadledd Flynyddol BRh Cymru, Diwrnod diweddar Gogledd Cymru ac mewn gweithdy ar werthuso deilliannau yng Nghynhadledd Flynyddol Plant yng Nghymru yng Nghaerdydd.

Diolch i'r tîm am eu cefnogaeth gyson, yn enwedig Nicole a ymgymrodd thalp enfawr o ddadansoddiad data ac i Judy am ei chefnogaeth ac am ddarparu profiadau gwych i bawb ohonom megis fy nhri i San Steffan a'r cyfle i gyflwyno yng nghynhadledd flynyddol y Cymdeithas ar gyfer Ymchwil Atol.

Nia Griffith

2010 Incredible Years Awards



Catherine Davies.

Catherine Davies: With her colleague, Caroline Martyn, one of an Incredible Parent Group Leader Team.

Gyda'i chydweithiwr, Caroline Martyn, un o Dim Rhyfeddol Arweinwyr Grŵp Rhieni.

Gwobrau 2010 Blynnyddoedd Rhyfeddol

Getting our work into print

In summer 2009 after graduating, I took a temporary Research Assistant post at the IY Centre helping to write research articles for publication. This included the, in press, article on the Pathfinder project reported below. Another article, reporting levels of behavioural difficulties among primary school aged children in Gwynedd, has also been accepted. A third article examined the relationship between maternal depression and child behaviour problems has also been accepted.

Pathfinder project

The IY parent programme was run in six Authorities in England as part of the Government funded Pathfinder project targeting parents of high-risk 8 – 13 year olds. The programme consisted of 17-18 session of the School Age BASIC and Advanced Parent programmes. Services sent data on 280 children aged 8-13 years, mean age of 10.3 years. Over half the families lived on an income of £64 or less per person, per week.

At baseline, 70% of children were above the clinical cut-off for behaviour problems, and 78% of the primary caregivers above the clinical cut-off for depression. At follow-up, significant reductions ($p < .001$) were seen on all measures, including child behaviour problems, parental depression, and negative parenting. A mediation analysis showed that improvements in parenting skills mediated change in child behaviour. The results confirm that the extended IY School-Aged parent programme, delivered to parents of high-risk 8 – 13 year olds, is effective in improving child behaviour, parental depression, and parenting competencies. The results will shortly be published in the Child and Adolescent Mental Health journal.

SOGS and Griffiths developmental scales

Last October I started a Masters by Research (MRes) to validate the Schedule of Growing Skills (SOGS), a developmental screening tool, used in our toddler research and also extensively across Wales in Flying Start areas. I compared it to the more rigorous Griffiths Mental Development Scales (GMDS). The SOGS has only broad scoring categories which, unlike the GMDS, do not generate a developmental quotient (DQ). This project was aimed to establish whether the SOGS could be scored to produce a reliable DQ. Children were recruited from nurseries and nursery schools across North Wales. Although the SOGS correlated quite strongly with the GMDS a more rigorous comparison showed that the SOGS did not always agree with the GMDS, however when scored to produce a DQ it does appear to be a useful screening tool.

I would like to thank everyone at the IY office for their support and guidance.

Margiad Williams



Cael ein gwaith mewn print

Ar ol graddio yn ystod haf 2009, mi wnes i gymryd swydd Cynorthwydd Ymchwil dros dro gyda tîm BRh i helpu ysgrifennu erthyglau ymchwil ar gyfer eu cyhoeddi. Roedd rhain yn cynnwys yr erthygl sydd yn y wasg ynglyn â'r prosiect Pathfinders (gweler isod). Mae erthygl arall, sydd yn adrodd lefelau anawsterau ymddygiad ymhlith plant oed ysgol gynradd yng Ngwynedd, hefyd wedi'i dderbyn. Mae trydydd erthygl sydd yn archwilio y berthynas rhwng iselder mamau a problemau ymddygiad plant hefyd wedi'i dderbyn.

Prosiect Pathfinders

Cafodd y rhaglen rhiantu BRh ei redeg mewn chwe Awdurdod yn Lloegr fel rhan o'r prosiect Pathfinders â ariennir gan y Llywodraeth i dargedu rhieni plant 8-13 mlwydd oed risg uchel. Roedd y rhaglen yn cynnwys 17-18 sesiwn o'r rhaglenni Rhiantu Oedran Ysgol Sylfaenol ag Estynedig. Mi wnaeth gwasanaethau yrru data ar 280 o blant oed 8-13 mlwydd, gyda oed cyfartalog o 10.3 mlwydd. Roedd dros hanner o'r teuluoedd yn byw ar incwm o £64 neu lai y person, yr wythnos.

Yn ystod y cyfnod sylfaenol, roedd 70% o'r plant uwchben y torlinell clinigol i gael problemau ymddygiad, a 78% o'r rhieni gofâl cynradd uwchben y torlinell clinigol ar gyfer iselder. Yn ystod y cyfnod dilyniant, roedd gostyngiadau arwyddocaol ($p < .001$) i'w gweld ym mhob mesur, gan gynnwys problemau ymddygiad plant, iselder rhieni, a rhiantu negyddol. Mi wnaeth dadansoddiad cyfryngu ddangos bod gwelliannau mewn sgiliau rhiantu yn cyfryngu y newid mewn ymddygiad plant. Roedd y canlyniadau yn cadarnhau bod y rhaglen Rhiantu Estynedig Oedran Ysgol BRh, â gyflwynwyd i rhieni plant 8-13 mlwydd oed, yn effeithiol o ran gwella ymddygiad plant, iselder rhieni, a cymwyseddau rhiantu. Mi fydd y canlyniadau yn cael eu cyhoeddi yn fuan yng nghylchgrawn Child and Adolescent Mental Health.

Rhestr Sgiliau Tyfu a graddfeydd datblygiadol Griffiths

Mis Hydref diweddar, dechreuais radd Meistr trwy ymchwil i ddilysu y Rhestr Sgiliau Tyfu (RhST), mesur sgrinio datblygiadol a ddefnyddwyd yn ein ymchwil plant bach ag hefyd yn helaeth ar draws Cymru mewn ardaloedd Dechrau'n Deg. Mi wnes i ei gymharu i fesur fwy trylwyr sef y graddfeydd datblygiadol Griffiths (GMDS). Categoriâu sgorio eang iawn sydd gan y RhST sydd ddim yn cynhyrchu cyniferedd datblygiadol, yn wahanol i'r GMDS. Nod y prosiect hwn yw sefydlu os yw'n bosibl sgorio y RhST i gynhyrchu cyniferedd datblygiadol dibynadwy. Cafodd plant eu recriwtio o feithrinffeydd ag ysgolion meithrin ar draws Gogledd Cymru. Er i gynifer oedd datblygiadol y RhST gydberthyn yn eithaf cryf gyda'r GMDS, mi wnaeth cymhariaeth fwy llym ddangos nad oedd cynifer oedd datblygiadol y RhST bob amser yn cytuno gyda'r GMDS, ond pan gaiff ei sgorio i greu cyniferedd datblygiadol mae'n ymddangos i fod yn offeryn sgrinio defnyddiol.

Hoffwn ddiolch i bawb yn swyddfa BRh am eu cefnogaeth a'u arweiniad.

Margiad Williams

Researching the IY Parent School Readiness Programme



After working as a Research Assistant at the IY Centre last summer, I started a Ph.D. evaluating the IY School Readiness Parent programme, funded by IY Cymru and Bangor University and supervised by Tracey and Dave Daley.

The evaluation looks at the effectiveness of a four-session programme, run for two hours per week, for parents of nursery-aged children. It helps parents support their child's academic, social, and emotional readiness for school through child-directed play and interactive reading.

Six schools have been recruited from Gwynedd and Flintshire and staff have been trained to deliver the programme. Four schools will deliver the programme in the autumn and two in February/March 2011. In July parents of newly enrolling nursery children were invited to attend the programme, and participate in the evaluation.

I have conducted initial baseline visits to all families, first and second follow-up visits will be conducted in January and May 2011. The measures include information on family demographics; two parent-report questionnaires on child behaviour; and one on parenting competence. I have also developed an observation measure to code parent-child interactions during time spent playing and reading together. Families read together from a Welsh or English book during the observation. The child keeps the book as a thank you to the family for their participation.

The response to the study from schools and parents has been fantastic. Thanks to participating schools for recruiting parents and to parents for their time and effort. Preliminary results should be available next year.

I have thoroughly enjoyed the first year of my Ph.D. and look forward to the next two years.

Kirstie Cooper

Ymchwilio y rhaglen Rhiantu Parodwydd Ysgol BRh

Wedi gweithio fel Cynorthwydd Ymchwil yng y Nghanolfan BRh y llynedd, cychwynais Ph.D. gyda'r nod o werthuso Rhaglen Rhiantu Parodwydd Ysgol BRh, wedi'i ariannu gan BRh Cymru a Phrifysgol Bangor, ac wedi'i oruchwylio gan Tracey a Dave Daley.

Mae'r gwerthusiad yn edrych ar effeithiolrwydd y rhaglen pedair sesiwn, sy'n weithredol am dwy awr yr wythnos ar gyfer rhieni plant meithrin. Mae'n cynorthwyo rhieni i helpu plant ymbaratoi'n emosiynol, yn gymdeithasol ac yn academiaidd ar gyfer ysgol trwy gyfrwng chwarae plentyn-ganolog a darllen rhyngweithiol.

Mae chwe ysgol wedi'u recriwtio o Wynedd a Sir y Fflint ac mae staff wedi'u hyfforddi i gyflwyno'r rhaglen. Bydd pedair ysgol yn cyflwyno'r rhaglen yn yr Hydref a dwy ysgol ym mis Chwefror a Mawrth 2011. Ym mis Gorffennaf, gwahoddwyd rhieni plant oedd newydd gofrestru mewn ysgolion meithrin i fynychu'r rhaglen ac i gymryd rhan yn y gwerthusiad.

Rwyf wedi cynnal ymweliadau gwaelodlin gyda'r holl deuluoedd ac fe fydd ymweliadau dilynol un a dau yn cael eu cynnal ym mis Ionawr a Mai 2011. Mae'r mesurau'n cynnwys gwybodaeth am ddemograffeg deuluol, dau holiaduron adroddiad rhiant ar ymddygiad plant ac un ar fedrusrwydd rhiantu. Rwyf hefyd wedi datblygu mesur arsylwi er mwyn codio rhyngweithio rhiant-plentyn yn ystod yr amser a dreulir yn chwarae ac yn darllen gyda'i gilydd. Mae'r teuluoedd yn darllen gyda'i gilydd o lyfr Cymraeg neu Saesneg yn ystod yr arsylwadau. Mae'r plentyn yn cael cadw'r llyfr fel modd i ddiolch i'r teulu am gymryd rhan.

Cafwyd ymateb gwych i'r astudiaeth gan yr ysgolion a'r rhieni. Diolch i'r ysgolion oedd yn cynryd rhan am recriwtio rhieni a diolch i'r rhieni am eu hamser a'u hymdrech. Dylai'r canlyniadau cychwynnol ymddangos y flwyddyn nesaf.

Rwyf wedi cael blas garw ar y flwyddyn gyntaf o'r Ph.D. ac edrychaf ymlaen at y ddwy flynedd nesaf.

Kirstie Cooper

IY Toddler programme parent satisfaction and leader adherence evaluation

I am a psychology student at Cardiff University, now entering my final year. I have worked with IY Wales for ten weeks over the summer on the newsletter, helping Ph.D. students and analysing the parent satisfaction data from the Toddler programme research.

Data collection for the evaluation of the IY 12-week Toddler programme has just finished. Outcomes were positive as can be seen in Nia Griffith's report on page 4.

Parents completed weekly and end of course satisfaction questionnaires. Leaders also completed weekly checklists to ensure programme adherence and implementation fidelity. From available evidence, mean attendance was 7.8 sessions with 58% of parents attending eight or more (3/4 of all sessions). Leaders' checklists suggest that overall 90% of programme activities were delivered by leaders.

End of course parent satisfaction was very positive across all scales. Leaders were rated very highly on both weekly, and end of programme satisfaction questionnaires across all centres. Parents found discussions particularly useful and enjoyed interacting with other parents.

Thanks to all the team for their help over the ten weeks and for this brilliant opportunity.

Nia Gwawr Williams



Rhaglen Rhiantu Plant Bach BRh – gwerthuso boddhad rhieni ac ymlyniad arweinwyr

Rwy'n fyfyrwr ym Mhrifysgol Caerdydd ac yn awr yn dechrau fy mlwyddyn olaf. Rwyf wedi gweithio gyda BRh Cymru am ddeg wythnos dros yr haf ar y cylchlythyr, helpu myfyrwyr Ph.D. a dadansoddi'r data boddhad rhieni o'r ymchwil rhaglen Plant Bach.

Mae casglu data ar gyfer gwerthuso'r rhaglen 12 wythnos BRh Plant Bach newydd offen. Roedd y canlyniadau'n gadarnhaol fel y gwelir yn adroddiad Nia Griffith ar dudalen 4.

Fe wnaeth rhieni lenwi holiaduron wythnosol, ac ar ddiwedd y cwrs. Fe wnaeth yr arweinwyr hefyd lenwi rhestrau gwirio wythnosol i sicrhau cadw at y rhaglen a'i gweithredu. O'r tystiolaeth a oedd ar gael, y presenoldeb cymedrig oedd 7.8 sesiwn gyda 58% o rieni yn mynychu wyth neu fwy (3/4 o'r holl sesiynau). Mae rhestrau gwirio'r arweinwyr yn awgrymu bod 90% o weithgareddau'r rhaglen drwodd a thro yn cael eu cyflwyno gan arweinwyr.

Roedd boddhad rhieni ar ddiwedd y cwrs yn gadarnhaol iawn ar draws yr holl raddfeydd. Cafodd yr arweinwyr sgôr uchel iawn yn yr holiaduron boddhad wythnosol a diwedd rhaglen, a hynny ar draws yr holl ganolfannau. Roedd y rhieni'n cael boddhad mawr o'r trafodaethau ac yn mwynhau ymwneud â rhieni eraill.

Diolch i'r holl dim em eu help dros y deg wythnos ac am y cyfle gwyh yma.

Nia Gwawr Williams

Nic's Update

Following my GoWales placement last summer my contract was extended to work as a Research Assistant until September.

It has been a busy 12 months and I have worked on several projects including the Nursery Staff project, funded by the North Wales Research Grant Committee to evaluate the Toddler programme with nursery staff from Caernarfon, Gwynedd. Thirteen Nursery Workers (Mean age = 30 years, SD = 8.89) and 35 children (Mean age = 31.37 months, SD = 7.22) were recruited. The programme was delivered by Bridget Roberts, IY mentor, and staff time was funded by Gwynedd Council. The results demonstrated significant changes for children and staff in the nursery setting, increasing staff competence and reducing stress associated with working with children at high-risk of developing conduct disorders. Nursery staff also submitted evidence of their activities for Open College Network level two credits. A paper reporting these findings has been submitted to a peer-reviewed journal.

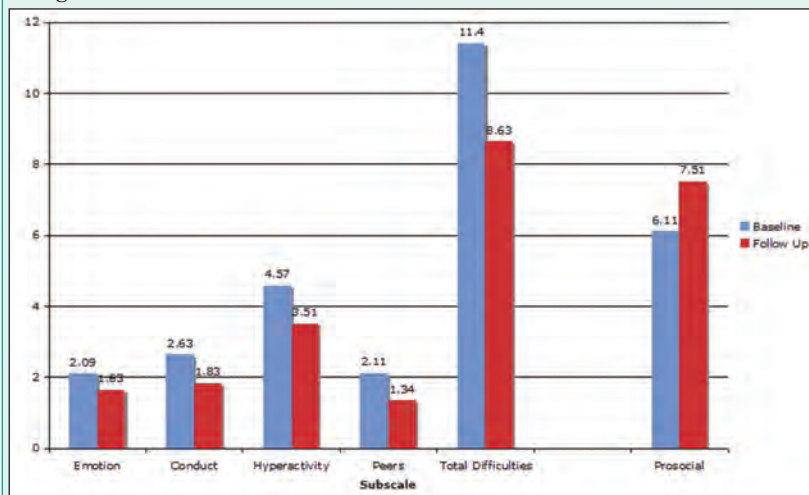
I also completed the final year of my M.Sc in Foundations of Clinical Psychology. With Tracey as my supervisor I compared ratings of parent/child interactions from live observations, taken during the Toddler project, with those obtained from coding the same sessions on video. Despite a significant correlation between the two methods the results show a substantial amount of variability between the two methods. There are benefits to both live and videotaped coding of interactions but the results suggest that caution should be taken when using them interchangeably.

Thank you Judy, Tracey, and the team for your support over the last 12 months. I look forward to remaining with the team as I start my Ph.D. developing an observation tool for emerging language in children.

Nicole Gridley



Figure 1.



Y diweddraf gan Nic

Pan ddaeth fy lleoliad GoWales i ben yr haf diwethaf cafodd fy nghytundeb ei ymestyn yn BRh fel cynorthwyr ymchwil tan Fedi eleni.

Bu'r 12 mis diwethaf yn rhai prysur a bwm yn gweithio ar amryw o brosiectau, yn cynnwys prosiect y Staff Meithrinfa a ariannir drwy Grant Ymchwil Gogledd Cymru i werthuso'r rhaglen Plant Bach gyda staff meithrinfa yng Nghaernarfon, Gwynedd. Cafodd tri ar ddeg o Weithwyr Meithrinfa (Cyfartaledd oed=30 mlwydd GS=8.89) a 35 o blant (Cyfartaledd oed=31.37 mis, GS=7.22) ei recriwtio. Cafodd y rhaglen ei darparu gan Bridget Roberts, ac roedd amser staff a cynghorwyr yn cael ei noddi gan Cyngor Gwynedd. Dangosodd y canlyniadau wahaniaethau arwyddocaol ar gyfer plant a staff yn yr amgylchedd meithrinfa, cynydd yng nghymwysterau staff a gostwng mewn straen sy'n gysylltiedig â gweithio gyda plant o fewn risg-uchel o ddatblygu anhwylderau ymddygiad. Yn ogystal cyflwynodd staff y feithrinfa dystiolaeth o'u gweithgareddau ar gyfer credydau lefel dau rhwydwaith Coleg Agored. Cafodd papur yn adrodd y canfyddiadau yma ei gyflwyno i gyfnodolyn a adolygir gan gydweithwyr.

Rwyf wedi bod yn brysur hefyd yn gweithio ar flwyddyn olaf M.Sc mewn Sylfaeni Seicoleg Glinigol. Gyda Tracey yn oruchwyliwr i mi, cymharais sgoriau drwy arsylwadau byw, a wnaed yn ystod y prosiect Plant Bach, â rhai a gafwyd drwy fideo. Er fod perthynas arwyddocaol rhwng y ddau dull mae canlyniadau'r astudiaeth hon yn awgrymu bod cryn amrywiaeth rhwng y ddau. Tra bo symudiad i ymgorffori technegau fideo yn y broses o gasglu data arsylwi yn anochel, mae canlyniadau'r astudiaeth hon yn awgrymu y dylid bod yn wylidwr wrth ddefnyddio'r ddau dull yn rhyng-gyfnodol.

Diolch i Judy, Tracey a'r tîm am eich cefnogaeth gyson dros y flwyddyn ddiwethaf. Edrychaf ymlaen i barhau gyda'r tîm drwy gychwyn fy Ph.D. i ddatblygu offeryn arsylwedd i asesu iaith sy'n dod i'r amlwg mewn plant.

Nicole Gridley

Baseline and Follow Up Scores on nursery staff ratings on the Strengths and Difficulties Questionnaire.

Note: For all subscales except

Pro-Social a decrease indicates an improvement.

Caban Bach Barnardo's Family Centre

It has been a very busy year in Caban Bach; the Family Support Team have run four Toddler and two School Readiness groups, as well as delivering a BASIC course in Bala. The newly recruited staff in the nursery completed a BASIC course together and the main leaders who had previously completed the course attended a BASIC 'refresher'.

Providing childcare whilst parents attend our groups is very important and has added to our success with recruiting parents. With funding to branch out into other areas, we are running groups in Dolgellau, Porthmadog and Trawsfynydd from September to December and providing a mobile crèche with all staff trained in IY. Finding adequate rooms has been very challenging and time consuming, but well worth it. We are currently co-leading a School Readiness research group and start a Baby programme research group in January.

In July The Duchess of Cornwall met parents and participated in Session 5 of the Toddler group where they discussed and modelled self-praise. She was very impressed with the course and gave praise to the parents and staff for their commitment to the work.

We are looking forward to the challenge of running groups in other areas during the year.

Lynda Jones



Caban Bach Barnardos Canolfan i Deuluoedd

Cafwyd blwyddyn brysur iawn yn y Caban Bach; mae'r Tîm Cefnogi Teuluoedd wedi cynnal pedwar grŵp Plant Bach a dau grŵp Parodrwydd Ysgol yn ogystal â chyflwyno cwrs BASIC yn y Bala. Cwblhaodd staff newydd y feithrinfa gwrs BASIC ar y cyd, ac aeth y prif arweinyddion a oedd wedi cwblhau'r cwrs o'r blaen i gwrs gloywi BASIC.

Mae darparu gofal plant tra bo rhieni'n mynd i'n grwpiau yn bwysig iawn, ac wedi ychwanegu at ein llwyddiant o ran recriwtio rhieni. Gyda cyllid er mwyn changu i feysydd eraill, byddwn yn cynnal grwpiau yn Nolgellau, Porthmadog a Thrawsfynydd o Fedi tan Ragfyr, gan ddarparu Meithrinfa symudol a'r holl staff wedi'u hyfforddi yn y BRh. Bu cael hyd i ddwy ystafell ddigonol yn dipyn o her inni, ac yn waith llafurus, ond yn werth chweil. Rydym ar hyn o bryd yn cyd-arwain grŵp ymchwil ynglŷn â Pharodrwydd Ysgol a byddem yn cychwyn grŵp ymchwil i raglen y Babanod yn Ionawr.

Yng Ngorffennaf, cyfarfu Duges Cernyw â rhieni a chymryd rhan yn Sesiwn 5 y grŵp Plant Bach, lle buont yn trafod a modelu hunan-ganmoliaeth. Cafodd argraff wych o'r cwrs, a chanmol y rhieni a'r staff am eu hymroddiad i'r gwaith.

Rydym yn edrych ymlaen at y sialens o ddarparu grwpiau mewn meysydd eraill yn ystod y flwyddyn.

Lynda Jones



Costing the IY Toddler Programme

I am in the second busy year of my Ph.D. evaluating the cost-effectiveness of the IY Toddler Parent Programme. All data has been collected and group leader cost diaries returned. I am hoping to begin the main cost effectiveness data analysis soon. I am keen to see the results. I have calculated the costs of the health, social and educational services used by intervention and control families, and am currently costing the intervention using the group leader cost diaries. In the meantime I have started writing papers and my thesis. I have a literature review of the economic evidence for parenting programmes accepted for publication and plan to submit another one by the end of the year.

I presented at the IY Update Day in Bangor and the Annual Conference in Cardiff explaining how CEPHI and IY have collaborated and why health economics should be a key component in parenting intervention research. I attended the Health Economist's Study Group at the LSE in January, a workshop at York University on methods of economic evaluation in public health research and the health economics group meetings.

I remain closely linked with the IY Centre and continue to update the main IY and research websites. I would like to thank the families who took part in the research, the group leaders, my supervisors, all the team at CEPHI and at the IY Centre. I've found the Ph.D. experience to be exciting, challenging and extremely rewarding. I look forward to my final year and the new experiences it will bring.

Joanna Charles



Costio y Rhaglen Plant Bach BRh

Rwy'n fyfyrwr Ph.D. ail flwyddyn yn gwerthuso cost-effeithiolrwydd y Rhaglen Plant Bach Rhiant BRh. Mae'r holl ddata wedi ei gasglu bellach a dyddiaduron cost yr arweinwyr grŵp wedi'u dychwelyd. Rwyf yn gobeithio cychwyn ar ddadansoddi'r data cost effeithiolrwydd yn fuan. Rwyf wedi amcangyfrif cost y gwasanaethau iechyd, cymdeithasol ac addysgol a ddefnyddiwyd gan y teuluoedd ymyrrol a rheoli ac rwyf ar hyn o bryd yn costio'r ymyrraeth gan ddefnyddio dyddiaduron cost yr arweinwyr grŵp. Yn y cyfamser, rwyf wedi cychwyn ysgrifennu papurau a fy nhraethawd hir. Mae adolygiad o'r llenyddiaeth ynghylch y dystiolaeth economaidd dros raglenni rhiantu wedi'i dderbyn ar gyfer ei gyhoeddi ac rwy'n bwriadu cyflwyno un arall erbyn diwedd y flwyddyn.

Fe roddais gyflwyniad yn y Diwrnod Diweddar BRh ym Mangor ac yn y Gynhadledd Flynyddol yng Nghaerdydd gan esbonio sut y mae CEPHI a BRh wedi cydweithio a pham y dylai economeg iechyd fod yn rhan allweddol o ymchwil i ymyrraeth rhiantu. Ymwelais â Grŵp Astudio Economegwyr Iechyd yn yr LSE ym mis Ionawr, gweithdy ym Mhrifysgol Efrog yn trafod dulliau gwerthuso economaidd mewn ymchwil i iechyd cyhoeddus, a cyfarfod y Grŵp Economegwyr Iechyd.

Rwy'n parhau mewn cysylltiad agos â chanolfan BRh gan barhau i ddiweddarau prif wefannau BRh a gwefannau ymchwil. Bu'n flwyddyn wych a hoffwn ddiolch i'r holl deuluoedd a fu'n rhan o'r ymchwil, yr arweinwyr grŵp, fy arolygwyr, yr holl dîm yn CEPHI a Chanolfan BRh. Yn fy mhrofiad i, mae dilyn Ph.D. yn broses gynhyrfus, heriol a boddhaus dros ben. Rwy'n edrych ymlaen at fy mlwyddyn olaf a'r profiadau newydd ddaw i'm rhan.

Joanna Charles



The School Age Programme – in Holyhead Secondary School

This summer my colleague Dawn Roberts and I delivered the School Age Parent programme to parents of first year secondary school pupils, (11-12 years old) at Holyhead Secondary School. This was the first local delivery of the programme in a secondary school.

Dawn already had an excellent working relationship with the school and they had identified some parents, including two dads, who wanted to participate. Recruitment was not a problem and we had to promise to deliver another programme in the future.

The programme was delivered weekly from 6-8pm. Ten parents attended regularly and completed the programme. Our aim was to deliver the programme with fidelity, and tailor it to the needs of parents of this age group. Brainstorms and buzzes focused on “what works best for us” and the group showed how tried and tested ideas for younger children worked equally well with this pre-adolescent group.

We were impressed with the parents’ ability to generalise and adapt ideas to fit their particular circumstances – there were frequent comparisons made between 12 year old and toddler behaviours! Parents found that you are often not given a second chance with older children, making it particularly important to practice in the sessions, so that you get it right the first time at home!

We quickly got that familiar feeling that the programme was having a positive impact on the

families involved and that our measures showed significant improvements in parenting in children’s Pro-Social behaviour on the SDQ as well as improvements on all of the other SDQ scales.

End of course feedback was very positive with all participants reporting that the programme was appropriate for their child’s behaviour; would recommend the programme; were confident in managing their child’s behaviour both now and in the future; and had helped with other issues.

Parents particularly valued the content, opportunities for discussion, practice, handouts and materials, leader phone calls and home activities.

All of the programme components were highly valued. Leaders were viewed as helpful and were highly rated for their teaching skills and for showing interest in the parents and children.

We are encouraged by the positive results we have found and hope that other secondary schools will consider delivering the programme with parents of children in this important transition year.

I am currently delivering the School Readiness programme and will shortly be delivering the Infant programme to parents of babies under 6 months of age as part of the IY research programme and confidently look forward to yet another successful experience.

Bridget Roberts

NWW CAMHS Service and IY Parent programme mentor

Y Rhaglen Oed Ysgol – mewn Ysgol Uwchradd Caergybi

Yr haf yma fe wnes i a fy nghydweithiwr Dawn Roberts gyflwyno'r Rhaglen Oed Ysgol i rieni disgyblion blwyddyn gyntaf (11-12 oed) yn Ysgol Uwchradd Caergybi. Hwn oedd y tro cyntaf i'r rhaglen gael ei chyflwyno'n lleol mewn ysgol uwchradd.

Roedd gan Dawn eisoes berthynas waith ragorol â'r ysgol ac roeddent wedi nodi rhai rhieni, yn cynnwys dau dad, a oedd eisiau cymryd rhan. Nid oedd recriwtio'n broblem a bu'n rhaid i ni addo cyflwyno rhaglen arall yn y dyfodol.

Cyflwynwyd y rhaglen yn wythnosol o 6-8pm. Daeth deg o rieni yn reolaidd a chwblhau'r rhaglen. Ein nod oedd cyflwyno'r rhaglen fel mae'n sefyll, ond gan ei haddasu ar gyfer rhieni'r grŵp oedran hwn. Cafwyd sesiynau trafod ar 'beth sy'n gweithio orau i ni' a dangosodd y grŵp sut roedd syniadau defnyddiol ar gyfer plant ifancach yn gweithio'r un mor dda gyda'r grŵp yma, sydd ar drothwy eu harddegau.

Fe wnaeth gallu'r rhieni i gyffredinol, ac addasu syniadau i gyd-fynd a'u hamgylchiadau neilltuol, gryn argraff arnom. Roedd yna debygrwydd yn aml rhwng ymddygiadau plant 12 oed a phlant bach. Roedd rhieni'n gweld nad ydych yn cael ail gyfle'n aml gyda phlant hŷn, a oedd yn ei gwneud yn arbennig o bwysig i ymarfer yn y sesiynau fel eu bod yn cael pethau'n iawn y tro cyntaf gartref!

Roedd gennym deimlad fod y rhaglen yn cael effaith gadarnhaol ar y teuluoedd dan sylw a fod

ein mesuriadau'n dangos gwelliannau sylweddol mewn magu plant yn ymddygiad cymdeithasol eu plant ar yr SDQ, yn ogystal â gwelliannau ar yr holl raddfeydd SDQ eraill.

Roedd y sylwadau a gafwyd ar ddiwedd y cwrs yn gadarnhaol iawn, gyda phawb a gymerodd ran yn dweud fod y rhaglen yn briodol ar gyfer ymddygiad eu plentyn. Roeddent yn hyderus y gallent reoli ymddygiad eu plentyn yn awr ac yn y dyfodol a dywedent y byddent yn argymhell y rhaglen i eraill yn yr un sefyllfa â hwy.

Roedd rhieni'n gwerthfawrogi'n arbennig y cynnwys, cyfleoedd ar gyfer trafod, ymarfer, taflenni a deunyddiau, galwadau ffôn gan yr arweinydd a gweithgareddau cartref.

Gwerthfawrogwyd holl elfennau'r rhaglen. Roedd arweinwyr yn cael eu hystyried yn ddefnyddiol, gan gael canmoliaeth mawr am eu sgiliau dysgu ag am ddangos diddordeb yn y rhieni a'u plant.

Gobeithiwn y bydd ysgolion uwchradd eraill yn ystyried cyflwyno'r rhaglen gyda rhieni plant yn y flwyddyn bwysig hon o symud o'r cynradd i'r uwchradd.

Rwyf ar hyn o bryd yn cyflwyno yr rhaglen Parodrwydd Ysgol BRh ag yn fuan byddaf yn cyflwyno'r rhaglen Babanod i rieni babanod dan 6 mis oed fel rhan o raglen ymchwil BRh, ac edrychaf ymlaen at brofiadau llwyddiannus arall.

Bridget Roberts

Gwasanaeth NWW CAMHS a Mentor Rhaglen Rhieni BRh

2010 Incredible Years Awards



Caroline Martyn.

Caroline Martyn: with her colleague, Catherine Davies, one of an Incredible Parent Group Leader Team.

Gyda'i chydweithiwr, Catherine Davies, un o Dim Rhyfeddol Arweinwyr Grŵp Rhieni.



Shelley Davies.

Shelley Davies: Incredible Service Manager. For inspiring team leadership and support to group leaders across Powys.

Rheolwr Gwasanaeth Rhyfeddol. Am ysbrydoli arwain timau a chefnogi arweinwyr Grŵp ar draws Powys.

Gwobrau 2010 Blynyddoedd Rhyfeddol

'INCREDIBLE YEARS' PARENT & CLASSROOM PROGRAMMES

Developments in Gwynedd Education Service

Teacher Classroom Management (TCM) and Classroom Dina (CD) Programmes: Every school in Gwynedd has TCM and CD trained teachers. The senior management plan is to offer training to every primary school teacher in Gwynedd, ensuring consistency in the provision across the County. The CD Curriculum supports the introduction of the early years Foundation Phase as it covers most of the requirements of the emotional and social aspects of learning and lays a secure basis for later schooling and future learning.

In 2009/10 a further 23 teachers or headteachers followed the TCM course, bringing the total number trained to 320. Most were recently qualified teachers who undertook the course as part of their induction programme. One-day refresher courses for teachers who trained more than five years ago will be run over the coming year, with opportunities to discuss any problems that teachers are experiencing. One-day courses for classroom assistants were also delivered through Cwmni Cynnal.

Parenting Programme:

Grant funding was again obtained to deliver the Parent programme in schools. Four new schools were targeted and combinations of headteachers, teachers, classroom assistants and parents were trained. Several schools have already started with beneficial effects on home-school relationships. We hope for funding to target a further four schools during the coming academic year.

Welsh Assembly Grant (NBAR):

An Assembly grant has been obtained to target KS2 children and their parents. Most of the grant will be used to write a specific curriculum for 8-11 year old children as a follow on to the Dina School Curriculum. It is hoped that the content will extend and enhance their social and emotional knowledge and understanding. The curriculum will include lesson plans appropriate for each year, to make it user-friendly for teachers. Teachers will receive training in implementing the programme and must have completed the TCM programme.

Working with Sure Start:

Staff at a further seven Nurseries received training in the IY methods and principles and were offered on-going support during the initial implementation of the programme. This gives them new skills and confidence for working with parents and young children and ensures the best possible start for children, making a valuable contribution to school readiness. Plans are in place to target new Groups during the coming academic year.

Future plans:

Thanks to Bridget Roberts, NWW CAMHS service, for training school staff to deliver the Parent programme. We are delighted to be partners with IY Cymru in the Small Group Dina and Parent School Readiness research. Gwynedd has invested heavily in this provision over the years, with the hope that the community as a whole will reap the benefits in the future.

*Rhian Gwyn
Summer 2010*

RHAGLENNI 'BLYNYDDOEDD RHYFEDDOL' I RIENI AC YSTAFELL DDOSBARTH

Datblygiadau yng Ngwasanaeth Addysg Gwynedd

Rhaglenni Rheoli Dosbarth i Athrawon (TCM) a Dina Dosbarth (CD):

Mae gan bob ysgol yng Ngwynedd athrawon sydd wedi eu hyfforddi mewn TCM a CD. Y cynllun rheoli uwch yw cynnig hyfforddiant i bob athro cynradd yng Ngwynedd, gan sicrhau cysondeb yn y ddarpariaeth ar draws y sir. Mae'r Cwricwlwm CD yn cefnogi cyflwyno'r Cam Sylfaen blynyddoedd cynnar gan ei fod yn ymdrin â'r rhan fwyaf o ofynion agweddau emosiynol a chymdeithasol ar ddysgu a gosod sylfaen ddiogel ar gyfer dysgu yn y dyfodol.

Yn 2009/10 fe wnaeth 23 o athrawon neu prifathrawon eraill ddilyn y cwrs TCM, gan ddod â chyfanswm y nifer sydd wedi eu hyfforddi i 320. Athrawon newydd gymhwyso oedd y rhan fwyaf ac fe wnaethant y cwrs fel rhan o'u rhaglen sefydlu. Yn ystod y flwyddyn i ddod cynhelir cyrsiau gloywi undydd i athrawon a gafodd hyfforddiant fwy na phum mlynedd yn ôl. Bydd cyfle i drafod unrhyw broblemau y mae athrawon yn eu cael. Cafodd cyrsiau undydd ar gyfer cynorthwyyr dosbarth hefyd ei cynnal drwy Cwmni Cynnal.

Rhaglen Magu Plant:

Cafwyd cyllid grant drachefn i gyflwyno'r rhaglen i Rieni mewn ysgolion. Targedwyd pedair ysgol newydd a chafodd cyfuniadau o brifathrawon, athrawon, cynorthwyyr dosbarth a rhieni eu hyfforddi. Mae nifer o ysgolion eisoes wedi dechrau a gwelwyd effeithiau buddiol yn barod ar y berthynas

cartref-ysgol. Gobeithiwn am gyllid i dargedu pedair ysgol arall yn ystod y flwyddyn academaidd i ddod.

Grant Llywodraeth y Cynulliad (NBAR):

Cafwyd grant gan y Cynulliad i dargedu plant CA2 a'u rhieni. Defnyddir y rhan fwyaf o'r grant i ysgrifennu cwricwlwm penodol ar gyfer plant 8-11 oed, fel dilyniant i'r Cwricwlwm Ysgol Dina. Gobeithir y bydd y cynnwys yn ymestyn a chryfhau eu gwybodaeth a'u dealltwriaeth gymdeithasol ac emosiynol. Bydd y cwricwlwm yn cynnwys cynlluniau gwers priodol i bob blwyddyn, er mwyn ei wneud yn hwylus i athrawon ei ddefnyddio. Caiff athrawon hyfforddiant mewn gweithredu'r rhaglen ac mae'n rhaid iddynt fod wedi cwblhau'r rhaglen TCM.

Gweithio gyda Cychwyn Cadarn:

Cafodd staff mewn saith meithrinfa arall hyfforddiant yn nulliau ac egwyddorion BRh a chynigiwyd cefnogaeth gyson iddynt yn ystod cyfnod gweithredu cychwynnol y rhaglen. Mae hyn yn rhoi sgiliau a hyder newydd iddynt i weithio gyda rhieni a phlant ifanc ac yn sicrhau'r cychwyn gorau posibl i blant, gan wneud cyfraniad gwerthfawr at eu paratoi ar gyfer ysgol. Mae cynlluniau gennym i dargedu grwpiau newydd yn ystod y flwyddyn academaidd i ddod.

Cynlluniau yn y dyfodol:

Diolch i Bridget Roberts, gwasanaeth NWW CAMHS, am hyfforddi staff ysgol i gyflwyno'r rhaglen i Rieni ac rydym yn hynod

falch o fod yn bartneriaid gyda BRh Cymru yn y gwaith ymchwil yn ymwneud â'r rhaglenni Dina Grŵp Bychan a Pharodrwydd Ysgol Rhieni. Mae Gwynedd wedi buddsoddi'n drwm yn y ddarpariaeth hon dros y blynyddoedd, yn y gobaith y bydd y gymuned drwyddi draw yn elwa yn y dyfodol.

*Rhian Gwyn
Haf 2010*



2010 Incredible Years Awards



Stella Gryffudd.

*Stella Gryffudd:
Incredible Head
Teacher of Ysgol Bro
Lleu, who has
supported the
implementation of the
Parent, Child and
Teacher programmes
in her school.*

*Pennaeth Rhyfeddol
Ysgol Bro Lleu, sydd
wedi cefnogi
gweithredu'r rhaglenni
Rhieni, Plant ac
Athrawon yn ei hysgol.*

Gwobrau 2010 Blynyddoedd Rhyfeddol

- Incredible Years in Powys -



It has been another 'Incredible' year in Powys. Strategic support from the CYPP has been crucial in developing an IY trained workforce delivering evidence-based programmes for parents

teachers and children.

We deliver all of the Parent Programmes with fidelity and good outcomes for parents and I continue to work alongside Barnardo's and group leaders from a range of agencies. We are rolling out the IY Infant programme for targeted families and piloting the new IY 'home Coaching' programme.

I am working with Powys Education Department, Educational Psychology and Early Intervention teams in rolling out the Child and Teacher programmes. The appointment of Community Advisory Teachers, who support the IY programmes, has been an important step forward. These CATs are delivering the Toddler programme, as professional development for Early Years setting leaders and assisting schools in the role out of the School Readiness, Teacher and Dina programmes. Small Group Dina is also offered in a number of schools across Powys.

We have leaders working towards accreditation in all programmes and many leaders value the programmes so much that they have trained in all of them! The articles below give a flavour of some of the excellent work in Powys that is really making a difference for children and families.

Dr. Sue Evans, Consultant Child Psychologist.

A TRULY INCREDIBLE YEAR

As I wait in anticipation of a crisp white envelope from Seattle which will hopefully contain my Dina School Accreditation and certificate I have time to reflect upon a positive and fulfilling year within IY. I have co-led my fifth successful Parent Group, delivered the School Readiness Programme twice, co-led a Small Group Dina group and delivered classroom Dina within my class at Ladywell Green School. However, the highlight must be my secondment for one day per week as one of three Community Advisory Teachers or the C.A.T.s. This has given me the opportunity to support and work with colleagues throughout the county in their delivery of the Dina School Programme. I have been made so welcome by so

many schools and settings and greeted with enthusiasm.

None of this would have been possible without Sue Evans and the Foundation Phase Team within Powys. There are teachers who have delivered far more and worked harder than this. I hope they are out there giving themselves a firm pat on the back.

I hope that my next venture, co-leading the Teacher Classroom Management Programme, will be as rewarding as this year has proved to be.

**Anne Breese, Early Years Teacher/
Community Advisory Teacher**

"INCREDIBLE YEARS" IN MOUNT STREET INFANTS SCHOOL, POWYS

Attending the IY TCM Programme over three years ago inspired staff at the Specialist Centre at Mount Street Infants to become totally committed to the programme. We use the approach in our daily work and it has had a positive effect on the pupils. We also run the Small Group Therapeutic Dina, working with small groups of pupils with social and emotional difficulties and have been impressed with the progress. Many pupils have difficulties around socialisation as a result of ASD and the programme helps them to make friends, control anger, share and problem solve. The children love the puppets and the opportunity to role play situations in which they are having difficulties.

We have trained as IY Parent Group Leaders and support parents who are attending courses. We are excited to be delivering a School Readiness programme at the school in the autumn term. Shan is preparing to pass on her expertise by delivering her first IY Teacher Classroom Management programme to local teachers in the Autumn.

**Shan Kenchington, Teacher in charge and
Louise Jones, Learning Support Assistant**

THE TRIALS AND TRIBULATIONS OF ACCREDITATION

Part of my work is in partnership with Barnardo's delivering the IY programme and Sue Evans recently suggested that I apply for accreditation. Having recovered from the initial laughter, anxiety and fear I decided, with encouragement from my co-leader, Carol, to 'give it a go'. I did not really know what it involved, but Sue gave me clear instructions, a lot of emotional support, and a time scale to keep me on track!

To my surprise, joy and relief it is packaged up,

stamped and ready for posting! I await the results with baited breath and a sense of achievement and trepidation. I would like to say a huge thank you to Sue and Carol.

If you believe that you are delivering an IY programme with fidelity, you owe it to yourself to seek accreditation as an affirmation of the good work that is happening in Wales to support families.

**Julie Blayney, Group Worker, Cynnal Plant
Powys, Action for Children**

THE IY TODDLER PROGRAMME IN POWYS

Powys is privileged with regard to the delivery of the IY Parenting programmes, which as a project worker for Barnardo's (Cymru) I co-ordinate and deliver with other agencies.

As well as the geographical challenges (delivery of a programme can involve a round trip of 110+ miles), establishing groups brings common problems that are a positive challenge. When we help a 'hard to reach' parent to attend a group this is a real positive. The second step is helping to maintain attendance. As the group becomes established parents start to get support from each other, and towards the end of the programme the depth of that support becomes apparent.

Each time I run a group I hear myself saying 'if only this had been available to me'. Delivering the Toddler programme highlighted this even more. Confidence grows as parents recognise the benefits of coaching and learning to understand their child's development and appreciating their child's individuality.

I have now delivered three Toddler programmes in south Powys, twice in 'Flying Start' areas. Partnership working has been crucial, particularly with health visitors and a crèche is vital to the success of the Toddler programme.

Thanks to all, particularly Sue Evans for such positive support and supervision.

**Jane Quartermann, Project worker, Barnardo's
Parent.works Service, Powys**

Note from Judy

Powys have been short-listed for an All Wales Excellence award for their 'parentworks' and Incredible Years work.

Sue Evans received the Powys Teaching Health Board Chairman's Staff Recognition award for work in promoting health and well being with the Incredible Years programmes. Congratulations to you all.



- Blynyddoedd Rhyfeddol ym Mhowys -

Bu'n flwyddyn 'Ryfeddol' arall ym Mhowys. Mae cefnogaeth gan y CYPP wedi bod yn allweddol, ac mae datblygu gweithlu wedi'i hyfforddi yn egwyddorion BRh, gan gyflwyno rhaglenni i Rieni, Athrawon a Phlant.

Rydym yn cyflwyno'r holl Raglenni Rhieni gyda fyddlondeb a chanlyniadau da ac rwy'n dal i weithio gyda Barnardo's ac arweinwyr grwpiau o asiantaethau eraill. Rydym yn darparu'r rhaglen BRh Plant Bach ar gyfer teuluoedd wedi'u targedu ac yn arbrofi gyda rhaglen newydd 'Hyfforddiant Cartref' BRh.

Rwy'n gweithio gydag Adran Addysg Powys a thimau Seicoleg Addysg ac Ymyriad Cynnar i gyflwyno'r rhaglenni Plant ac Athrawon. Bu penodi Athrawon Ymgynghorol Cymunedol, sy'n cefnogi'r rhaglenni BRh, yn gam pwysig ymlaen. Mae'r athrawon hyn yn cyflwyno'r rhaglen Plant Bach, fel datblygiad proffesiynol ar gyfer arweinwyr lleoliadau Blynyddoedd Cynnar ac yn cynorthwyo ysgolion gyda darparu'r rhaglenni Parodrwydd Ysgol, Athrawon a Dina. Mae Dina Grŵp Bach hefyd yn cael ei gynniig mewn nifer o ysgolion ar draws Powys.

Mae gennym arweinwyr sy'n gweithio tuag at gael achrediad yn yr holl raglenni ac mae llawer o arweinwyr yn gwerthfawrogi'r rhaglenni gymaint fel eu bod wedi derbyn hyfforddiant ym mhob un ohonynt! Mae'r erthyglau isod yn rhoi blas o beth o'r gwaith rhagorol ym Mhowys, sy'n gwneud gwahaniaeth gwirioneddol i blant a theuluoedd

Dr. Sue Evans, Seicolegydd Plant Ymgynghorol

BLWYDDYN WIRIONEDDOL RYFEDDOL

Wrth i mi aros yn ddisgwylgar am amlen wen o Seattle a fydd, gobeithio, yn cynnwys fy Achrediad a Thystysgrif Ysgol Dina, mae gennyf amser i fwrw golwg yn ôl ar flwyddyn gadarnhaol a buddiol yn BRh. Rwyf wedi cydarwain fy mhuned Grŵp Rhieni llwyddiannus, cyflwyno'r Rhaglen Parodrwydd Ysgol ddwywaith, cyd-arwain Grŵp Dina Bach, a chyflwyno Ysgol Dina yn fy nosbarth yn Ysgol Ladywell Green. Fodd bynnag, yr uchafbwynt yn sicr oedd cael secondiad am ddiwrnod yr wythnos fel un o dri Athro Ymgynghorol Cymunedol. Mae hyn wedi rhoi cyfle i mi gefnogi a gweithio gyda chydweithwyr ledled y sir wrth iddynt gyflwyno'r Rhaglen Ysgol Dina. Rwyf wedi cael croeso cynnes gan lawer o ysgolion, sydd wedi dangos brwdfrydedd mawr.

Ni fyddai dim o hyn wedi bod yn bosibl heb



Sue Evans a'r Tim Cyfnod Sylfaen ym Mhowys. Mae yna athrawon sydd wedi cyflwyno llawer mwy a gweithio'n galetach na hyn ac rwy'n gobeithio eu bod yn llongyfarch eu hunain yn wresog.

Rwy'n gobeithio y bydd fy menter newydd, cyd-arwain y Rhaglen Rheoli Dosbarth i Athrawon yr un mor fuddiol ag y bu'r flwyddyn a aeth heibio.

Anne Breese, Athrawes Blynyddoedd Cynnar /Athrawes Ymgynghorol Gymunedol

'BLYNYDDOEDD RHYFEDDOL' YN YSGOL BABANOD MOUNT STREET, POWYS

Bu mynychu'r Rhaglen Rheoli Dosbarth i Athrawon dros dair blynedd yn ôl yn ysbyrdolaeth i staff yn y Ganolfan Arbenigol yn Ysgol Babanod Mount Street i ymrwymo'n llwyr i'r rhaglen. Rydym yn defnyddio'r dull gweithredu yn ein gwaith o ddydd i ddydd ac mae wedi cael effaith gadarnhaol ar y disgyblion. Rydym hefyd yn cynnal y Grŵp Bach Dina Therapiwtig gan weithio gyda grwpiau bychain o ddisgyblion gydag anawsterau cymdeithasol ac emosiynol. Mae'r cynnydd y mae'r plant wedi'i wneud wedi gwneud cryn argraff arnom. Mae gan lawer o'r disgyblion anawsterau ac mae'r rhaglen yn eu helpu i wneud ffrindiau, rheoli tymer, rhannu a datrys problemau. Mae'r plant wrth eu bodd gyda'r pypedau a'r cyfle i chwarae rhan mewn sefyllfaoedd lle maent yn cael trafferthion.

Rydym wedi hyfforddi fel Arweinwyr Grŵp Rhieni BRh ac yn cefnogi rhieni sy'n dod i gyrsiau. Rydym yn bur gyffrous wrth feddwl am gyflwyno rhaglen Parodrwydd Ysgol yn yr ysgol yn nhymer yr hydref. Mae Shan yn paratoi i drosglwyddo ei harbenigedd drwy gyflwyno rhaglen Rheoli Dosbarth i Athrawon cyntaf i athrawon lleol yr Hydref hwn.

Shan Kenchington, athrawes mewn gofal a Louise Jones, Cynorthwyr Cefnogi Dysgu

HELYNTION A HELBULON ACHREDU

Rhan o'm gwaith yw gweithio mewn partneriaeth â Barnardo's yn cyflwyno'r rhaglen BRh ac, yn ddiweddar, awgrymodd Sue Evans y dylwn wneud cais am achrediad. Roeddwn yn ddigon petrus i ddechrau, mae'n rhaid dweud, ond gyda anogaeth gan Carol, fy nghyd-arweinydd, penderfynais roi cynnig arni. Doeddwn i ddim yn sicr beth fyddai'n ei olygu, ond rhoddodd Sue gyfarwyddiadau clir i mi, llawer o gefnogaeth emosiynol ac amserlen i'm cadw ar y llwybr iawn!

Er mawr syndod, llawenydd a rhyddhad i mi mae'r pecyn yn barod, wedi'i stampio ac yn

barod i'w bostio. Byddaf ar bigau'r drain yn disgwyl am y canlyniadau ond mae cael gorffen wedi rhoi cryn ymdeimlad o gyflawni i mi hefyd. Hoffwn ddiolch yn fawr iawn i Sue a Carol.

Os ydych yn credu eich bod yn cyflwyno rhaglen BRh yn ffyddlon, yna fe ddylech geisio achrediad fel cadarnhad o'r gwaith da sy'n digwydd yng Nghymru i gefnogi teuluoedd.

Julie Blayney, Gweithiwr Grŵp, Cynnal Plant Powys, Action for Children

Y RHAGLEN BRH PLANT BACH YM MHOWYS

Mae Powys yn freintiedig o ran cyflwyno'r Rhaglenni BRh Magu Plant ac fel gweithiwr prosiect i Barnardo's (Cymru) rwy'n cydlynu a chyflwyno gydag asiantaethau eraill.

Yn ogystal â'r sialensiau daearyddol (gall cyflwyno rhaglen olygu taith ôl a blaen o 110+ o filltiroedd), mae sefydlu grwpiau'n dod â phroblemau cyffredin i'w canlyn sy'n her gadarnhaol. Pan fyddwn yn helpu rhiant 'anodd ei gyrraedd' i ddod i grŵp mae hynny'n gryn orchest. Yr ail gam yw helpu i sicrhau presenoldeb cyson. Wrth i'r grŵp ddechrau cael ei draed dano mae rhieni'n cael cefnogaeth oddi wrth ei gilydd ac, erbyn diwedd y rhaglen, mae dyfnder y gefnogaeth honno'n dod yn amlwg.

Bob tro rwy'n cynnal grŵp rwy'n clywed fy hun yn dweud 'biti na fyddai hyn wedi bod ar gael i mi'. Fe wnaeth cyflwyno'r rhaglen Plant Bach ddod â hyn fwy fyth i'r amlwg. Mae hyder yn tyfu wrth i rieni weld manteision hyfforddi a dysgu er mwyn deall datblygiad eu plentyn a gwerthfawrogi unigoliaeth eu plentyn.

Erbyn hyn rwyf wedi cyflwyno tair o raglenni Plant Bach yn Ne Powys, ddwywaith mewn ardaloedd 'Dechrau'n Deg'. Mae gweithio mewn partneriaeth wedi bod yn hanfodol, yn arbennig gydag ymwelwyr ieuchyd, ac mae meithrinfa'n hanfodol i lwyddiant y Rhaglen Plant Bach.

Diolch i bawb, yn arbennig i Dr. Sue Evans, am gefnogaeth a goruchwyliaeth mor gadarnhaol.

Jane Quarterman, Gweithiwr Prosiect, Gwasanaeth Barnardo's i Rieni, Powys

Nodyn gan Judy

Mae Powys ar y rhestr fer am wobwr Rhagoriaeth Cymru Gyfan am eu gwaith gyda 'parentworks' a Blynyddoedd Rhyfeddol.

Derbyniodd Sue Evans wobwr Cydnabod Staff Cadeirydd Bwrdd Iechyd Addysgu Powys am ei gwaith yn hyrwyddo iechyd a lles gyda rhaglenni Blynyddoedd Rhyfeddol. Llongyfarchiadau i chi i gyd.



Blaenau Gwent – a parent speaks

We have a great family but needed assistance to develop our parenting skills.

We were not in control of our oldest daughter (Megan, aged 7) her confidence, self-esteem, schoolwork and development was concerning. All our attempts to assist her were inconsistent, unco-ordinated and failed.

We made contact and met with Caroline Martyn, who suggested attending the IY Parenting programme. Initial relief of assistance was replaced by fear of the unknown. We had to wait two weeks - our concerns grew over the potential stigma involved with this programme - who would we meet, would we be on some sort of social register for bad parents etc. and we

nearly left the programme.

We attended twelve sessions along with parents with similar issues. The programme is designed around professional guidance, videos, and group interaction. The programme is excellent, however, it's the delivery skills and support that made it a success.

Caroline dealt with a number of families who had common problems but addressed any specific needs of each family, all at the same time.

Communication, problem identification, root cause and analysis are skills which many commercial managers are adept at, on an individual basis. However, very rarely can they combine all simultaneously - Caroline utilised a

combination of all of these skills in a challenging environment with an extremely high degree of acumen and enthusiasm.

As a family we have been given a framework from which we can develop and in the last two months we have progressed greatly i.e. our children's confidence, self esteem, happiness and our approach as parents. Their latest school reports are excellent, and their teachers didn't know of the programme but commented on how Megan's confidence had greatly improved.

This programme is essential to all parents from all backgrounds, our children do not come with instructions - assist the child by guiding the parent.

Blaenau Gwent – rhiant yn siarad

Mae gennym ni deulu gwych ond roeddem angen help i ddatblygu ein sgiliau magu plant.

Nid oedd gennym reolaeth dros ein merch hynaf (Megan, 7 oed). Roeddem yn poeni ynghylch ei hyder, hunan-barch, gwaith ysgol a'i datblygiad. Roedd ein holl ymdrechion i'w helpu yn anghyson, di-gynllun ac yn fethiant.

Fe wnaethom gysylltu â Caroline Martyn a chyfarfod â hi, ac fe awgrymodd i ni fynd ar y rhaglen Rhieni BRh. Ond, yn gymysg â'r rhyddhad o deimlo fod rhywun yn ein helpu roeddem hefyd yn ofni rhywbeth nad oeddem yn gwybod fawr amdano. Bu'n rhaid i ni ddisgwyl am bythefnos a thyfodd ein pryderon wrth feddwl am y stigma posibl a fyddai'n gysylltiedig â'r rhaglen yma - pwy fyddem ni'n cyfarfod â hwy, fyddem ni'n cael ein rhoi ar ryw

fath o gofrestr gymdeithasol i rieni gwael, etc. ac fe fu bron i ni â gadael y rhaglen.

Aethom i ddeuddeg sesiwn gyda rhieni a oedd mewn sefyllfaoedd tebyg. Yn y rhaglen fe geir cymysgedd o gyfarwyddyd proffesiynol, edrych ar fideos a thrafod mewn grwpiau. Mae'r rhaglen yn rhagorol, fodd bynnag, sgiliau cyflwyno a'r gefnogaeth sy'n ei gwneud yn llwyddiant.

Deliodd Caroline â nifer o deuluoedd a oedd â phroblemau tebyg, ond hefyd rhoddodd sylw i anghenion neilltuol pob teulu, a hynny i gyd gyda'i gilydd.

Mae cyfathrebu, adnabod problemau, achosion sylfaenol a'u dadansoddi yn sgiliau y gall llawer o reolwyr masnachol eu trafod yn unigol. Fodd bynnag, ychydig a all eu cyfuno i gyd gyda'i gilydd - fe wnaeth Caroline

ddefnyddio cyfuniad o'r holl sgiliau hyn mewn amgylchedd llawn her a hyn gyda llawer iawn o dreiddgarwch a brwdfrydedd.

Fel teulu rydym wedi cael fframwaith ar gyfer datblygu ac, yn ystod y dau fis diwethaf, rydym wedi symud ymlaen yn fawr o ran meithrin hyder ein plant, eu hunan-barch, hapusrwydd a'n dull o weithredu fel rhieni. Mae eu hadroddiadau ysgol diweddaraf yn rhagorol - nid oedd eu hathrawon yn gwybod am y rhaglen ond fe wnaethant nodi cymaint y mae hyder Megan wedi gwella.

Mae'r rhaglen yma'n hanfodol i rieni o bob cefndir. Nid yw ein plant yn dod gyda chyfarwyddiadau ar sut i'w trin - cynorthwyo'r plentyn drwy arwain y rhiant mae'r rhaglen hon yn ei wneud.

Families First Volunteers in Blaenau Gwent

We are a team of volunteers in Blaenau Gwent supporting families of children aged five to eighteen years. We meet on a regular basis in The Heart of the Valleys Integrated Children's Centre in Blaina, where we have established close links with the Blaenau Gwent Parenting team and the wider Children's Entitlement Team.

Through the successful implementation of the Common Assessment Framework model within Blaenau Gwent, a large percentage of the referrals identify the need for parenting support, particularly with behaviour management.

Recently six of our volunteers attended the IY BASIC Programme training with Judy in Cardiff and we now hope to co-facilitate programmes with the parenting team, and to access further training when we have become competent at delivering the programmes. Some of us hope this training will also be a stepping stone into employment in the future.

As a result of attending the three-day leader training and receiving ongoing training from the Blaenau

Gwent Parenting team, we feel well equipped to help the families within Blaenau Gwent whom we are supporting, hopefully giving them the tools to assist them with any parenting difficulties they may be encountering. Our role is to empathise and become role models for the parents to encourage them to implement the positive parenting techniques.

All parents have times of difficulty with our children at some stage, after all they don't come with manuals do they?

Dave Fryer



Gwirfoddolwyr Teuluoedd yn Gyntaf ym Mlaenau Gwent

Rydym yn dîm o wirfoddolwyr ym Mlaenau Gwent sy'n cefnogi teuluoedd plant pump i ddeunaw oed.

Rydym yn cyfarfod yn rheolaidd yng Nghanolfan Integredig Plant Calon y Cymoedd yn Blaina, lle rydym wedi sefydlu cysylltiadau agos â thîm Magu Plant Blaenau Gwent a'r Tîm Hawliau Plant ehangach.

Trwy weithredu'r Fframwaith Asesu Cyffredin yn llwyddiannus ym Mlaenau Gwent, gwelir ymysg nifer fawr o'r rhai a gyfeirir yr angen

am gefnogaeth magu plant, yn arbennig gyda rheoli ymddygiad.

Yn ddiweddar bu chwech o'n gwirfoddolwyr ar hyfforddiant gyda Judy yng Nghaerdydd i ddysgu Rhaglen Sylfaenol BRh. Gobeithiwn yn awr gyd-hwyluso rhaglenni gyda'r tîm magu plant a chael hyfforddiant pellach pan fyddwn wedi dod i fedru cyflwyno'r rhaglenni'n fedrus. Mae rhai ohonom yn gobeithio y bydd yr hyfforddiant hwn hefyd yn paratoi'r ffordd ar gyfer swyddi yn y dyfodol.

O ganlyniad i ddilyn yr hyfforddiant tri diwrnod i arweinwyr, a chael hyfforddiant dilynol gan dîm Magu Plant Blaenau Gwent, teimlwn fod gennym yr adnoddau i helpu'r teuluoedd o Flaenau Gwent rydym yn eu cefnogi, gan eu cynorthwyo gobeithio i ddod dros unrhyw anawsterau y maent yn eu wynebu wrth fagu plant. Ein swyddogaeth yw empathieiddio a dod yn batrymau ymddygiad i'r rhieni a'u hannog i ddefnyddio dulliau cadarnhaol o fagu plant.

Mae bob rhiant yn cael adegau anodd gyda'u plant rywbyrd neu'i gilydd - fel y gwyddom dydyn nhw ddim yn cyrraedd gyda llawlyfr ar sut i'w trin!

Dave Fryer

Incredible Years in Holyhead

Incredible Years is alive and well and thriving at St Mary's Catholic School, Holyhead.

We have been using IY strategies in St Mary's for several years. Its emphasis on seeing and praising the good in children fitted so neatly with our Christian ethos of love and respect, it was a natural match.

However, last year, I decided the time had come to dive in enthusiastically and begin to practise IY holistically.

During the year, three members of staff, including myself, undertook training as Parent Group Leaders, and another member of staff and I trained as Classroom Management leaders. Three teachers in the Foundation Phase have availed themselves of Dina School courses.

Now to apply all of this wisdom to the school as a whole!

We began by offering the School Readiness programme to our new Nursery parents in

September 2009. Fourteen parents signed up for this, and all but one completed the course. All participants were very enthusiastic, and promptly signed up to do the full BASIC Parenting course. We started this in January 2010 with eleven parents. Inevitably, circumstances had changed in the intervening months, and some of our original course members were not able to take up their places. However, those that came to the course were very committed and enthusiastic. We had some marvellous sessions, with lots of deep and meaningful discussion, and great feedback on the home activities. The last session was very moving, with parents reporting on amazing developments in their relationships with their children. We concluded with cake and celebrations and presentations of certificates, flowers and small 'pamper' gifts.

Concurrent with our Parent programmes, we ran the Classroom Management programme for all teachers and Learning Support Assistants as

our INSET programme for the year.

Among our successes and celebrations, Joanne Jones, our school administrative assistant, and now a leader, won the award for Incredible Administrator for Wales – a well-deserved reward for all her hard work and creativity.

Looking forward! This September we will run the School Readiness programme for our new Nursery parents. We then plan to go straight into the BASIC Parenting programme. Following this we would like to offer the School Age programme in the Spring Term for a new cohort of parents.

In short, Incredible Years is now firmly embedded within our school, and we have begun the task of spreading the message to our parents. The future is bright!

Frances Thomas

Headteacher, St Mary's Catholic School, Holyhead



Blynyddoedd Rhyfeddol yng Nghaergybi

Mae Blynyddoedd Rhyfeddol yn fyw ac iach ac yn ffynnu yn Ysgol Gatholig y Santes Fair, Caergybi.

Rydym wedi bod yn defnyddio strategaethau BRh yn y Santes Fair ers nifer o flynyddoedd. Roedd ei bwyslais ar weld y da mewn plant, a'i ganmol, yn cyd-fynd yn berffaith â'n hethos Cristnogol o gariad a pharch at eraill.

Fodd bynnag, penderfynais fwrw ati yn frwdfrydig a dechrau gweithredu BRh yn holistig.

Yn ystod y flwyddyn cafodd tri aelod staff, a minnau yn eu plith, hyfforddiant fel Arweinwyr Grŵp Rhieni, a chafodd aelod staff arall a minnau hyfforddiant fel arweinwyr Rheoli Dosbarth. Mae tri athro yn y Cyfnod Sylfaen wedi dilyn cyrsiau Ysgol Dina.

Y gamp yn awr oedd rhoi'r holl ddoethineb hon ar waith yn yr ysgol drwyddi draw!

Dechruon drwy gynnig rhaglen Rhiantu Parodrwydd Ysgol i'n holl rieni plant oed Meithrin ym mis Medi 2009. Cofrestrodd pedwar ar ddeg o rieni ar gyfer hon ac fe wnaeth y cyfan od un gwblhau'r cwrs. Roedd pawb a gymerodd ran yn frwdfrydig iawn ac fe wnaethant gofrestru i wneud y cwrs sylfaenol llawn ar fagu plant. Fe wnaethom ddechrau hwn yn Ionawr 2010 gydag un ar ddeg o rieni. Yn anochel roedd amgylchiadau wedi newid yn ystod y misoedd rhwng y ddau gwrs ac ni allodd rhai o'n haelodau gwreiddiol ymuno â'r cwrs newydd. Fodd bynnag roedd y rhai a ddaeth ar y cwrs yn ymroddedig a brwdfrydig iawn. Cawsom rai sesiynau rhagorol, gyda llawer o drafod dwfn ac ystyrlon, a sylwadau gwybgar y gweithgareddau cartref. Roedd y sesiwn

olaf yn un deimladwy iawn, gyda rhieni'n sôn am ddatblygiadau rhyfeddol yn eu perthynas â'u plant. Daethom â'r cyfan i'w derfyn gyda chacen a dathliadau a chyflwyno tystysgrifau, blodau ac anrhegion bychain.

I gyd-fynd â'n rhaglenni i rieni, fe wnaethom gynnal y rhaglen Rheoli Dosbarth i'r holl athrawon a Chynorthwyrwyr Cefnogi Dysgu fel rhan o'n rhaglen HMS am y flwyddyn.

Ymysg ein llwyddiannau a'n dathliadau, fe wnaeth Joanne Jones, cynorthwywr gweinyddol ein hysgol, ac arweinydd erbyn hyn, ennill gwobr Gweinyddwr Rhyfeddol Cymru – gwobr haeddiannol iawn am ei holl waith caled a'i chreadigrwydd.

Edrych ymlaen! Y mis Medi hwn byddwn yn cynnal y rhaglen Rhiantu Parodrwydd Ysgol i'n holl rieni plant newydd oed Meithrin. Ein bwriad wedyn yw mynd ymlaen yn syth at y rhaglen Sylfaenol Magu Plant. Yn dilyn hyn, hoffem gynnig y rhaglen Oed Ysgol yn nhymor y gwanwyn ar gyfer carfan newydd o rieni.

I grynhoi, mae Blynyddoedd Rhyfeddol wedi ei wreiddio'n gadarn yn ein hysgol erbyn hyn ac rydym wedi dechrau'r dasg o ledaenu'r neges i'n rhieni. Mae'r dyfodol yn ddisglair!

Frances Thomas

Prifathrawes, Ysgol Gatholig y Santes Fair, Caergybi



News from Cardiff - Kevin Lawrence

Last year I talked about my anxieties about doing my first IY Baby programme along with Sue from Childrens Services and Maria, a Health Visitor. Well been there done that (where's the tee shirt?). The group soon settled down and the benefits of the programme started to emerge. One of the biggest advantages was that there were no problems getting parents to do the

role plays as they practiced on their own babies and were very keen to do this. I learned to be more flexible, as in the early days babies were falling asleep just as we were wanting to practice! So we altered the order of sessions and practiced when the babies were awake. As time went on babies became used to the routine and we became used to theirs so it was easier to predict when would

be a good time to do the practice. Also because the babies were so young, 3-4 months when starting, it was easier to involve Dads and they found it very helpful. Working on a multi-disciplinary basis had it's challenges, to get all three of us (who are scattered over Cardiff) together to do preparation required great determination, but we did it. I learned a lot about babies health needs from Maria,

and some creative ways of getting safety messages across from Sue. It was wonderful to see the babies develop during the time we were together, and I saw first hand how helpful the programme is to parents and their babies. Next Baby programme will start in January 2011, and I am really looking forward to it this time.

Newyddion o Gaerdydd - Kevin Lawrence

Yllynedd soniais am fy mhryderon ynghylch gwneud fy rhaglen Babanod BRh gyntaf, ynghyd â Sue o'r Gwasanaethau Plant a Maria, Ymwelydd Iechyd. Wel, mae hynna wedi ei wneud bellach (lle mae fy nghrys-T i?) Setlodd y grŵp yn fuan a dechreuodd manteision y rhaglen ddod i'r amlwg. Un o'r manteision mwyaf i mi oedd nad oedd unrhyw broblemau o ran cael rhieni i chwarae rhannau gan eu bod yn ymarfer gyda'u babanod eu hunain ac roeddent yn awyddus iawn i wneud hyn. Dysgais fod yn fwy hyblyg, oherwydd yn y dyddiau cynnar roedd babanod yn syrthio i

gysgu yn union pryd roeddem eisiau ymarfer! Felly addasom trefn y sesiwn ag ymarfer pan oedd y babanod yn effro. Wrth i'r cyfnod fynd yn ei flaen, daeth y babanod yn fwy cyfarwydd â'r drefn, a ninnau â'u trefn hwythau, felly roedd yn haws rhagweld pryd fyddai'r amser gorau i wneud yr ymarfer. Hefyd, oherwydd bod y babanod mor ifainc, rhyw 3 - 4 mis pan ddechreuwyd, roedd yn haws cynnwys y tadau ac fe gawsant hwythau fudd mawr o'r rhaglen. Roedd cryn her wrth weithio ar sail amlldisgyblaeth; roedd angen tipyn o benderfyniad i gael y tri ohonom ynghyd i wneud gwaith paratoi (gan ein bod yn gweithio



mewn gwahanol rannau o Gaerdydd) ond fe wnaethom lwyddo. Dysgais lawer gan Maria am anghenion iechyd babanod, a rhai ffyrdd creadigol o gyflwyno'r negeseuon gan Sue. Roedd yn wych gweld y babanod yn datblygu yn ystod yr amser yr

oeddem gyda'n gilydd a gwelais a'm llygaid fy hun mor ddefnyddiol yw'r rhaglen i rieni a'u babanod. Bydd y rhaglen Fabanod nesaf yn dechrau yn Ionawr 2011 ac rwy'n edrych ymlaen yn fawr iawn ati y tro yma.

Incredible Years Peer Support Group - Kevin Lawrence

Our South Wales Peer Support Group is a year old now and goes from strength to strength. It started after a few of us had been meeting with Judy for regular support during the Toddler programme research supervision. We wanted to continue to meet regularly and now meet every three months, to share ideas of what works well and things we are struggling with. It is amazing to hear the great work that people are doing and we have been able to gain emotional and practical support from each other. The group's membership is growing, but sadly we also have to say goodbye to people who are moving on to other jobs. However these changes are healthy and enable the meetings to stay fresh and interesting.

We hope that the group will enable more people to go forward

for Leader Accreditation, and this is a standing item on the agenda as several facilitators are intending to record their sessions and bring them along to the group, as their first step in this process.



Some of the facilitators who attend the Peer Support Group.

Rhai o'r hwyluswyr sy'n dod i'r Grŵp Cefnogi Cyfoedion.

Back row left to right: Sue Martinsen, Moyra Richards, Amanda Rossiter, Nicola Jenkins, Liana Sterio, Sue Hitchins

Front Row left to right: Stephanie Lewis, Kevin Lawrence, Bronwen Greenwood.

Grŵp Cefnogi Cyfoedion Blynnyddoedd Rhyfeddol - Kevin Lawrence

Mae ein Grŵp Cefnogi Cyfoedion yn Ne Cymru yn flwydd oed bellach ac mae'n mynd o nerth i nerth. Dechreuodd ar ôl i ychydig ohonom gyfarfod â Judy am gefnogaeth reolaidd yn ystod

ymchwil y rhaglen Plant Bach.

Roeddem eisiau dal ati i gyfarfod yn rheolaidd ag rydym yn awr yn cyfarfod bob tri mis, i rannu syniadau am beth sy'n gweithio'n dda a phethau sy'n achosi trafferthion i ni. Mae'n rhyfeddol clywed am y gwaith gwyb y mae pobl yn ei wneud ac rydym yn cael cefnogaeth yn emosiynol ac ymarferol, oddi wrth ein gilydd. Mae aelodaeth y grŵp yn tyfu ond gwaetha'r modd, rydym wedi gorfod ffarwelio â rhai pobl sy'n symud i swyddi eraill. Fodd bynnag, mae'r newidiadau hyn yn iach ac yn galluogi'r cyfarfodydd i aros yn ffres a diddorol.

Rydym yn gobeithio y bydd y grŵp yn galluogi i fwy o bobl fynd ymlaen i gael eu Hachredu'n Arweinwyr. Mae hon yn eitem gyson ar yr agenda gan fod nifer o hwyluswyr yn bwriadu recordio eu sesiynau a dod â hwy draw i'r grŵp, fel eu cam cyntaf ar y llwybr hon.

News from Conwy

(including amazing long term follow up results)

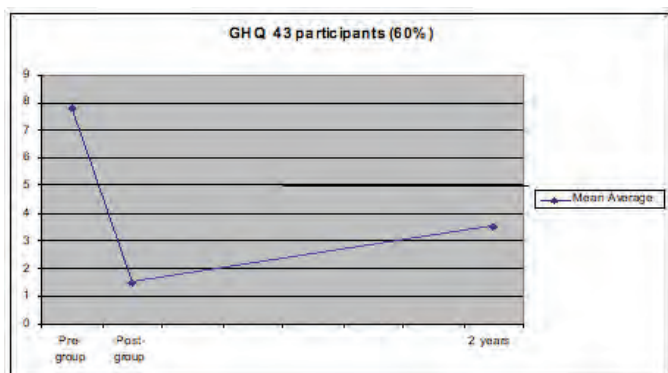
Conwy continues to fly the flag for IY, with Deborah and Liz at the helm. Sadly, we are losing Becky Macdonald, who was a great asset to the team. In the last 12 months we have been able to run: one School Age Programme (evening group), eight BASIC IY groups and one Advanced group.

One of the BASIC courses was facilitated by Mary Bate (School Nurse) and Cath Morgan (Health Visitor). Congratulations for continuing to offer IY, despite busy generic caseloads.

We continue to offer the EPaS course, closely following the IY model and two courses were delivered last year. Deborah recently completed Peer Coach training with Caroline White in Manchester, and she and Liz run regular, well received and well attended Peer Coach support sessions for workers across Conwy.

Liz has transferred to Flying Start (Colwyn Bay) and hopes to participate in the Baby IY research. Deborah continues to work across Conwy where follow-up data is extremely promising. At 6 months post completion, 56 participants, out of a possible 81 (69%) were followed up. The mean child behaviour Eyberg Intensity, Eyberg Problem scores and General Health Questionnaire (GHQ) adult mental health scores ALL remain below the clinical cut-off. At 2 year follow-up, 43 of a possible 71 participants (60%) were followed up. Again, the means remain below the clinical cut-off for all three scales and 66% of children have remained below the Eyberg clinical cut-offs, and an amazing 81% of parents have remained below for GHQ. We are extremely proud of the work we do in Conwy and feel the Incredible Years is an effective long-term intervention.

*Liz Phenna-Williams / Deborah Roberts
(Specialist Behaviour Practitioners), Conwy*



*Mean GHQ scores at baseline, post course and 2 year follow-up
Sgoriau Holiadur Iechyd Cyffredinol ar waelodlin, ar ôl cwrs a
dilyniant 2 flynedd*



Newyddion o Gonwy

(yn cynnwys canlyniadau dilynol tymor hir rhyfeddol)

Mae Conwy'n parhau i gefnogi BRh, gyda Deborah a Liz wrth y llyw. Gwaetha'r modd rydym yn colli Becky Macdonald, a oedd yn gaffaeliad mawr i'r tîm. Yn ystod y 12 mis diwethaf rydym wedi medru cynnal: un rhaglen Oed Ysgol (grŵp gyda'r nos), wyth grŵp BRh Sylfaenol ag un grŵp Uwch.

Hwyluswyd un o'r cyrsiau Sylfaenol gan Mary Bate (Nyrs Ysgol) a Cath Morgan (Ymwelydd Iechyd). Llongyfarchiadau i ddal ati i gynnig BRh, er gwaethaf baich achosion cyffredinol prysur.

Rydym yn dal i gynnig y cwrs EPaS, sy'n dilyn y model BRh yn agos a bydd dau gwrs y llynedd. Yn ddiweddar gorffennodd Deborah hyfforddiant Hyfforddwr Cyfoedion gyda Caroline White ym Manceinion, ac mae hi a Liz yn cynnal sesiynau poblogaidd i gefnogi cyfoedion ar gyfer gweithwyr ar draws Conwy.

Mae Liz wedi symud at Dechrau'n Deg (Bae Colwyn) ac yn gobeithio cymryd rhan yn yr ymchwil BRh Babanod. Mae Deborah'n dal i weithio ar draws Conwy lle mae data dilynol yn hynod addawol. Wedi 6 mis ar ôl cwblhau, aethpwyd ar ôl 56 o gyfranogwyr, allan o 81 posibl (69%). Mae'r HOLL sgoriau Eyberg Intensity ac Eyberg Problem ymddygiad plant, a'r sgoriau Holiadur Iechyd Cyffredinol iechyd meddwl oedolion, i gyd yn parhau'n is na'r torbwynt clinigol. Wedi dwy flynedd, aethpwyd ar ôl 43 allan o 71 o gyfranogwyr posibl (60%). Unwaith yn rhagor mae'r cymedrau'n aros yn is na'r torbwyntiau clinigol ar gyfer pob un o'r tair graddfa. Mae 66% o blant wedi aros o dan dorbwynt clinigol Eyberg, ac mae dim llai na 81% o rieni wedi aros o dano ar gyfer yr Holiadur Iechyd Cyffredinol. Rydym yn hynod falch o'r gwaith rydym yn ei wneud yng Nghonwy a theimlwn fod Blynnyddoedd Rhyfeddol yn ymyriad tymor hir effeithiol.

*Liz Phenna-Williams / Deborah Roberts
(Ymarferwyr Arbenigol mewn Ymddygiad) Conwy*

Incredible Years Cymru News

Thanks to our Charity Trustees for their continuing support. The most exciting moment of the year was when we learned that the Charity had been awarded £400k to research the Small Group Dina programme in Gwynedd schools with Bangor University and Gwynedd Education Service as partners. Congratulations to all concerned and thanks to Catrin Slater for her help and support with our successful application.

In addition the Charity is supporting Tracey's post as Research Fellow, Ph.D. students, Catrin, Kirstie, Laura and Nicole, and supported Margiad on her MRes course.

All of this involves increasing responsibility for our Trustees and we appreciate their commitment to our work particularly to our Chair, Anne Jones, who has also supported our research with child protection training.

Newyddion Blynnyddoedd Rhyfeddol Cymru

Diolch i Ymddiriedolwyr ein Helusen am eu cefnogaeth gyson unwaith eto. Achlysur mwyaf cyffrous y flwyddyn oedd pan glywsom fod yr elusen i dderbyn £400k i ymchwilio i raglen Grwpiau Bychain Dina yn ysgolion Gwynedd, gyda Phrifysgol Bangor a Gwasanaeth Addysg Gwynedd fel partneriaid. Llongyfarchiadau i bawb dan sylw a diolch i Catrin Slater am ei help a'i chefnogaeth gyda'n cais llwyddiannus.

Yn ogystal, mae'r elusen yn cefnogi swydd Tracey fel Cymrawd Ymchwil: y myfyrwyr Ph.D., Catrin, Kirstie, Laura a Nicole, ag wedi cefnogi Margiad ar ei chwrs MRes.

Mae hyn i gyd yn golygu mwy o gyfrifoldeb i'n hymddiriedolwyr ac rydym yn gwerthfawrogi eu hymrwymiad i'r gwaith, yn arbennig ein Cadeirydd, Anne Jones, sydd hefyd wedi cefnogi ein hymchwil gyda hyfforddiant amddiffyn plant.

Flintshire Social Services

The Family and Adolescent Support Team in Flintshire Social Services for Children has facilitated two IY groups a year for the past six years. The families with whom we work have very complex needs, however outcomes continue to be positive.

Amanda Skidmore has facilitated groups for some time with Wendy Shaw overseeing management of the groups. Sharon Kenworthy and Richard Williams completed BASIC leader training and delivered their first group in February with eleven parents completing the course. The parents celebrated their achievement with a trip to Greenfield Valley with their children, supported by the group leaders. All staff have now completed the Baby

programme training and we are hoping to deliver this course in the new year.

Our next BASIC Parent Group commenced in September and we will offer the Advance programme once the parents have successfully completed the BASIC course. This will further support parents who are in the child protection system to empower them to make and maintain the changes needed.

The principles of the programme are also applied in one to one sessions with parents who are unable to participate in groups, enabling the team to reach more families in need.

*Wendy Shaw, Family Support Officer,
Flintshire Social Services for Children*

Gwasanaethau

Cymdeithasol Sir y Fflint

Am y chwe blynedd ddiwethaf mae'r Tim Cefnogi Teuluoedd a Phobl Ifanc yng Ngwasanaethau Cymdeithasol i Blant Sir y Fflint wedi bod yn hwyluso dau grŵp BRh y flwyddyn. Mae gan y teuluoedd rydym yn gweithio â hwy anghenion cymhleth iawn; fodd bynnag, mae'r canlyniadau'n parhau i fod yn gadarnhaol.

Mae Amanda Skidmore wedi hwyluso'r grwpiau am beth amser gyda Wendy Shaw yn goruchwyllo rheoli'r grwpiau. Fe wnaeth Sharon Kenworthy a Richard Williams gwblhau hyfforddiant Sylfaenol i arweinwyr, gan gyflwyno eu grŵp gyntaf yn Chwefror gydag un ar ddeg o rieni yn gorffen y cwrs. Dathlodd y rhieni eu llwyddiant gyda thrip i Ddyffryn Maes Glas gyda'u plant, gyda'r arweinwyr grŵp yn rhoi cefnogaeth iddynt.

Mae'r holl staff wedi cwblhau'r hyfforddiant rhaglen Babanod erbyn hyn a gobeithiwn gyflwyno'r cwrs hwn yn y flwyddyn newydd.

Flintshire Behaviour Support Team

This year I delivered the Small Group Therapeutic 'Dina School' programme in one of our Resource classes with six children with behavioural, emotional and social difficulties. It has been a fabulous experience for all, children, staff and myself! Each week the children looked forward to meeting Dina and Wally and they loved Tiny Turtle. The programme provided lots of opportunities to work as a team and develop the skills needed for school success. It helped them to recognise, identify and manage their feelings. The group worked very hard, had excellent discussions and enjoyed rehearsing and practising problem-

solving strategies with puppets. The transfer of skills learned has been ensured because all of the resource staff, the class teacher, NNEB and teaching assistant participated in the sessions. The lessons were followed up during the week to reinforce the skills and strategies. The class teacher reports that all of the children have tried to transfer what they have been learning into different situations. The generalisation of skills has always been a key priority when we have run these courses. Although the course finished some weeks ago, the class teacher reports the children continue to reflect positively on their 'Dina School' experience; they are using appropriate language to describe their

feelings and try to use the 'Turtle Techniques'. The 'Give me 5' strategy has been very successful. The children were asked to evaluate the course and the following words were used to describe their opinions – 'brilliant', 'amazing' and 'great fun'!

Our next 'Incredible' piece of work began in September when the Behaviour Support Team and Educational Psychology Service started our first IY Teacher Classroom Management course. We are looking forward to working with our first group of teachers!

*Paula Roberts
Behaviour Support Teacher*

Dechreuodd ein Grŵp Sylfaenol i Rieni ym Medi a byddwn yn cynnig y rhaglen Uwch unwaith y bydd y rhieni wedi cwblhau'r cwrs Sylfaenol yn llwyddiannus. Bydd hyn yn rhoi cefnogaeth bellach i rieni sydd yn y system amddiffyn plant i roi mwy o rym iddynt i wneud y newidiadau angenrheidiol a'u cynnal.

Mae egwyddorion y rhaglen yn cael eu defnyddio hefyd mewn sesiynau unigol gyda rhieni na allant gymryd rhan mewn grwpiau, gan alluogi'r tîm i gyrraedd mwy o deuluoedd mewn angen.

*Wendy Shaw, Swyddog Cefnogi
Teuluoedd, Gwasanaethau
Cymdeithasol i Blant Sir y Fflint*

Tîm Cefnogi Ymddygiad Sir y Fflint

Eleni cyflwynais y rhaglen Therapiwtig i Grwpiau Bychain, 'Ysgol Dina', yn un o'n dosbarthiadau adnoddau gyda chwech o blant gydag anawsterau ymddygiadol, emosïynol a chymdeithasol. Bu'n brofiad nodedig i bawb, yn blant, staff a minnau! Bob wythnos edrychai'r plant ymlaen at gyfarfod Dina a Wally ac roeddent wedi gwirioni efo Tiny Turtle. Roedd y rhaglen yn rhoi llawer o gyfleoedd i weithio fel tîm ac i ddatblygu'r sgiliau sydd eu hangen i lwyddo yn yr ysgol. Fe wnaeth eu helpu i adnabod eu teimladau a'u rheoli. Gweithiodd y grŵp yn hynod galed, cawsant drafodaethau rhagorol a mwynhau ymarfer strategaethau datrys problemau gyda phypedau. Mae trosglwyddo'r sgiliau â ddysgwyd wedi'i sicrhau oherwydd fe wnaeth



yr holl staff adnoddau, yr athro dosbarth, NNEB a chynorthwyr dysgu, gymryd rhan yn y sesiynau. 'Roedd dilyniant y gwersi yn ystod yr wythnos i atgyfnerthu'r sgiliau a'r strategaethau. Dywed yr athro dosbarth fod y plant i gyd wedi ceisio trosglwyddo'r hyn y maent wedi ei ddysgu i wahanol sefyllfaoedd. Mae cyffredinol sgiliau wedi bod yn flaenoriaeth allweddol pan ydym wedi cynnal y dosbarthiadau hyn. Er i'r cwrs offren rai wythnosau'n ôl, dywed yr athro dosbarth fod y plant yn dal i adfyfrio'n bositif ar eu profiad 'Ysgol Dina'; maent yn defnyddio iaith briodol i ddisgrifio eu teimladau ac yn ceisio defnyddio'r

'Turtle Techniques'. Mae'r strategaeth 'Rhowch i mi 5' wedi bod yn llwyddiannus iawn. Gofynnwyd i'r plant gloriannu'r cwrs a defnyddiwyd y geiriau canlynol i ddisgrifio eu barn – 'gwyb', 'rhyfeddol' a 'hwyl fawr'!

Dechreuodd ein gwaith nesaf ym Medi pan dechreuodd y Tîm Cefnogi Ymddygiad a'r Gwasanaeth Seicoleg Addysgol ein cwrs BRh cyntaf mewn Rheoli Dosbarth i Athrawon. Rydym yn edrych ymlaen at weithio gyda'n grŵp cyntaf o athrawon.

*Paula Roberts
Athrawes Cefnogi Ymddygiad*

News from Torfaen

ALTHOUGH there have been no groups in Torfaen so far this year staff have been trained to deliver the Baby programme and are enthusiastic about running it alongside our seven Baby Clubs, starting this Autumn. A new group of staff were trained by Judy in September which will hopefully enable us to relaunch IY in Torfaen again over the coming year.

*Yvonne Hayes
Multi-Agency
Parenting Co-ordinator*

Newyddion o Torfaen

ER NA chafwyd unrhyw grwpiau yn Torfaen hyd yma eleni, mae staff wedi cael eu hyfforddi i gyflwyno'r rhaglen Fabanod ac maent yn frwdfrydig ynghylch ei chynnal ochr yn ochr â'n saith Clwb Babanod, gan ddechrau yr hydref hwn. Cafodd grŵp newydd ei hyfforddi gan Judy ym Medi a fydd, gobeithio, yn ein galluogi i ail-lansio BRh yn Torfaen unwaith eto yn ystod y flwyddyn i ddod.

*Yvonne Hayes
Cydlunydd Cynlluniau
Aml-asiantaeth ar Fagu Plant*

Incredible Years in Rhondda Cynon Taff

Building on the successful trial of the Toddler Programme in RCT, Flying Start has delivered ten groups over the last year, working with Flying Start Health Visitors and partner agencies.

Three parenting workers will soon begin delivering Toddler and BASIC programmes as part of a combined Flying Start and Sure Start parenting provision. This will prevent duplication of services enabling parents to have greater access to groups.

Nine groups per term are planned, seven Toddler, and two BASIC, a total of twenty seven groups a year! We are piloting the Baby programme in September 2010 and January 2011.

A Parenting Framework, to co-ordinate parenting services, has been developed as part of the Single Plan for Children and Young People. As part of this, a Parenting Practitioner Development Group, has been set up to provide a multi-agency approach to peer support, mentoring and supervision, which will be offered by two qualified therapists.

The Toddler programme has been very successful, with parents reporting improved relationships with their children. Some comments from parents are:

'I am much calmer in my approach to my children and deal with behaviour problems calmly rather than shouting like a banshee and losing control'

'Thank you, I would definitely recommend it to other people and now my house is a happy house'

'I now keep calm when my daughter is naughty'

'This course has improved my life'

'I feel as if I am a better mum by coming to this course and I really do feel good about myself. I feel I have more confidence of being in a group and talking out because I've never done it before'

'Learning to deal with different situations and behaviours with my children, meeting other people and sharing ideas'

*Maggie Pledger
Parenting Support Co-ordinator*

Blynyddoedd Rhyfeddol yn Rhondda Cynon Taf

Gan adeiladu ar dreial llwyddiannus y rhaglen Plant Bach a gynhaliwyd yn RCT, mae Dechrau'n Deg wedi darparu deg grŵp yn ystod y flwyddyn ddiwethaf, gan weithio gydag Ymwelwyr Iechyd Dechrau'n Deg ac asiantaethau eraill.

Bydd tri gweithiwr magu plant yn dechrau gweithio cyn bo hir yn cyflwyno rhaglenni Plant Bach a rhaglenni Sylfaenol fel rhan o ddarpariaeth i rieni sy'n cyfuno'r rhaglen Dechrau'n Deg â'r rhaglen Cychwyn Cadarn. Bydd hyn yn atal dyblygu gwasanaethau a bydd yn ei gwneud yn haws i rieni ymuno â'r grŵpiau.

Bwriedir cynnal naw grŵp pob tymor, saith grŵp Plant Bach a dau grŵp Sylfaenol, cyfanswm o saith grŵp ar hugain y flwyddyn! Byddwn hefyd yn peilotu'r rhaglen Babanod ym mis Medi 2010 a mis Ionawr 2011.

Datblygwyd Fframwaith Rhieni i gydlynw gwasanaethau magu plant fel rhan o'r Cynllun Sengl i Blant a Phobl Ifanc. Fel rhan o hyn, sefydlwyd Grŵp Datblygu Ymarferwyr Magu Plant i ddarparu dull aml-asiantaethol o ymdrin â chefnogaeth cyfoedion, mentora a goruchwyllo gan ddau therapydd cymwysedig.

Mae'r rhaglen Plant Bach wedi bod yn llwyddiannus iawn, gyda rhieni'n adrodd am welliant yn eu perthynas gyda'u plant. Dyma rai sylwadau gan rieni:

'Rwy'n cynhyrfu llawer llai gyda fy mhlant erbyn hyn ac yn delio â phroblemau ymddygiad yn bwylllog yn lle gweiddi fel rhywbeth gwyllt a cholli rheolaeth'

'Diolch yn fawr, mi fuaswn yn argymhell hyn i bobl eraill. Mae fy nghartref yn lle hapus erbyn hyn'

'Rwy'n cadw fy mhwyll pan fydd fy merch yn ddrwg'

'Mae'r cwrs wedi gwella fy mywyd'

'Rwy'n teimlo fy mod yn well mam ers i mi ddod ar y cwrs ac rwy'n teimlo'n wirioneddol dda. Rwy'n teimlo fy mod wedi cael mwy o hyder o fod mewn grŵp a siarad am bethau gan nad oeddwn erioed wedi gwneud y fath beth o'r blaen'

'Dysgu delio â sefyllfaoedd ac ymddygiad gwahanol gyda fy mhlant, cwrdd â phobl eraill a rhannu syniadau'

*Maggie Pledger
Cyd-lynydd Cefnogaeth Rhieni*

Child Poverty Strategy

Earlier in the year WAG published a draft Child Poverty Strategy and invited feedback. The IY team was visited by Huw Lewis, AM, Deputy Minister for Children, Welsh Assembly Government in May to discuss it. Our response mainly focussed on the lessons we had learned from our research and support for service delivery in Wales. We await the final version of the strategy with interest.



*Huw Lewis, AM and the IY team
Huw Lewis, AC a tîm BRh*

Strategaeth Tlodi Plant

Yn gynharach eleni fe wnaeth Llywodraeth y Cynulliad gyhoeddi fersiwn ddrafft o Strategaeth Tlodi Plant a gwahodd sylwadau arni. Ymwelodd Huw Lewis AC, y Dirprwy Weinidog dros Blant yn Llywodraeth y Cynulliad, â'r tîm BRh ym mis Mai i'w thrafod. Roedd ein hymateb yn canolbwyntio'n bennaf ar y gwersi roeddem wedi eu dysgu o'n hymchwil a'n cefnogaeth i gyflwyno'r gwasanaeth yng Nghymru. Rydym yn edrych ymlaen at dderbyn fersiwn derfynol y strategaeth.

OUR TEAM continues to grow, particularly thanks to the Lottery grant, see Tracey's report. We are glad to have Tracey back as a full-time Research Fellow and to welcome our new lottery team staff, Gwen Owen, Administrator; Ceri Evans, Research Assistant and Nia Catherine Williams, our seconded teacher. Welcome too to Laura Parry who is starting a Ph.D. in conjunction with our Lottery research and congratulations to Nicole Gridley for obtaining Ph.D. funding with us. We shall miss her excellent work for us as a Research Assistant over the last year.

PARHAU I DYFU y mae ein tîm, diolch yn benodol i'r grant Loteri – darllenwch adroddiad Tracey. Rydym yn falch o gael Tracey yn ôl fel Cymrawd Ymchwil llawn-amser, ac o groesawu ein staff tîm loteri newydd, sef Gwen Owen, Gweinyddwr; Ceri Evans, Cynorthwy-ydd Ymchwil, a Nia Catherine Williams, ein athrawes ar secondiad. Croeso hefyd i Laura Parry sy'n cychwyn ar Ph.D. ochr yn ochr â'n hymchwil Loteri, a llongyfarchiadau i Nicole Gridley am gael nawdd Ph.D. gyda ni; byddwn yn colli ei gwaith ardderchog gyda ni fel Cynorthwydd Ymchwil yn ystod y flwyddyn ddiwethaf.



IY Centre expands its remit

Our research activity now has a broader focus. We are researching developmental assessment and ways of assessing parent-child, teacher-child, and child-child interaction. We are supporting the Brighter Futures Initiative in Birmingham.

With colleagues in Ireland we are undertaking a Cochrane review of Parenting programmes for young children with conduct disorder. We also have research links with Portugal.

Huw Lewis, Deputy Minister for Children, will launch our new Centre for Evidence Based Early Intervention at our 2011 Conference. This will incorporate the activities of the IY Centre, whilst reflecting our broader and developing role.

Y Ganolfan BRh yn ehangu ei chylch gorchwyl

Erbyn hyn mae ein gweithgaredd ymchwil yn ymestyn yn ehangach. Rydym yn ymchwilio i asesu datblygiadol a ffyrdd o asesu ymwneud rhiant-plentyn, athro-plentyn a phlentyn-plentyn â'i gilydd. Rydym yn cefnogi'r cynllun Brighter Futures yn Birmingham.

Gyda chydweithwyr yn Yr Iwerddon, rydym yn cynnal arolwg Cochrane o raglenni Magu Plant ar gyfer plant ifanc gydag anhwylder ymddygiad. Mae genym hefyd gysylltiadau ymchwil gyda Phortiwgal.

Bydd Huw Lewis, Dirprwy Weinidog ar gyfer plant, yn lansio ein Canolfan Ymyrraeth ar Sail Tystiolaeth bydd hon yn ymgorffori gweithgareddau'r Ganolfan BRh bresennol, gan adlewyrchu hefyd ein swyddogaeth ehangach a datblygol.

Steve Aos visits London

In June Dilys, Nia and Nic boarded the Virgin train to London to attend two special lectures presented by Steve Aos, an influential health economist from the Washington State Institute for Public Policy. First stop – the Houses of Parliament where Graham Allen, Nottingham North MP, introduced the presentation, which was held in a committee room overlooking the Thames. Steve described the impact of his work in improving outcomes and saving money in Washington State through the implementation of evidence-based programmes and policies and its relevance to those working in the UK.

Later that afternoon Steve spoke again at the Dartington Social Research Unit Annual Lecture, this time giving a more formal lecture, attended by researchers from across the UK. He analyses all rigorous evaluations of real-world interventions, weighing up the cost and benefits of all of the options and building a portfolio on each investment calculating how it would affect the long term big-picture through reductions in crime rates or other problematic outcomes.

All in all a good day was had by all in London and we are pleased to learn that Graham Allen will be speaking once again at our annual conference on March 9th 2011.

Open College Network

The level two Open College Network credits for the IY Parent programme originally negotiated by Raquel Bennett in Powys were put to use in our nursery staff research (see Nic's report). Staff registered with our local further education college Coleg Menai to receive accreditation. We hope to take this collaboration with Coleg Menai further over the coming year, contact Bridget for further details or log on to: <http://ocnwales.org.uk/default.aspx?id=236&opusid=BZD642&lang=&natcode=HF12CY001>

Rhwydwaith Coleg Agored

Cafodd credydau lefel dau y Rhwydwaith Coleg Agored ar gyfer y rhaglen BRh i Rieni, a gyd-drafodwyd yn wreiddiol gan Raquel Bennett ym Mhowys, eu defnyddio yn ymchwil ein staff meithrinfa (gweler adroddiad Nic). Cofrestrodd staff gyda'n coleg addysg bellach lleol, Coleg Menai, i gael achrediad. Gobeithiwn symud ymlaen ymhellach â'r cydweithio hwn â Coleg Menai dros y flwyddyn i ddod. Cysylltwch â Bridget am fanylion pellach neu logio i mewn i: <http://ocnwales.org.uk/default.aspx?id=236&opusid=BZD642&lang=&natcode=HF12CY001>

Steve Aos yn ymweld â Llundain

Ym Mis Mehefin aeth Dilys, Nia a Nic ar y trên Virgin i Lundain i glywed dwy ddarlith arbennig yn cael eu traddodi gan Steve Aos, economegydd iechyd dylanwadol o'r Washington State Institute for Public Policy. Aethant i ddechrau i San Steffan, lle cyflwynwyd y siaradwr gwadd gan Graham Allen, AS Gogledd Nottingham. Cynhaliwyd y cyfarfod mewn ystafell bwyllgor yn edrych dros y Tafwys. Disgrifiodd Steve ddylanwad ei waith yn gwella canlyniadau ac arbed arian yn Nhalaiith Washington drwy weithredu rhaglenni a pholisïau wedi eu seilio ar dystiolaeth, a pherthnasedd hyn i rai'n gweithio yng ngwledydd Prydain.

Yn ddiweddarach y prynhawn hwnnw, siaradodd Steve drachefn yn Narlith Flynyddol y Dartington Social Research Unit. Y tro hwn rhoddodd ddarlith fwy ffurfiol a fynychwyd gan ymchwilwyr o bob

rhan o Brydain. Mae'n dadansoddi holl werthusiadau trwyadl ymyriadau yn y byd go iawn. Roedd wedi mynd ati i bwysu a mesur cost a manteision yr holl opsiynau ac yna, i orffen, llunio portffolio ar bob buddsoddiad gan gyfrifo sut y byddai'n effeithio ar y darlun mawr hir dymor drwy

leihau cyfraddau troseddu a chanlyniadau problemus eraill.

Drwodd a thro cafodd pawb ddiwrnod da yn Llundain ac roeddem yn falch o glywed y bydd Graham Allen yn siarad unwaith eto yn ein cynhadledd flynyddol ar Mawrth 9fed 2011.



Graham Allen and Steve Aos, with Nic and Nia.
Graham Allen a Steve Aos, gyda Nic a Nia.

2010 Incredible Years Awards



Joanne Jones.

Joanne Jones: Incredible Administrative Assistant at St. Mary's Catholic School, Holyhead.

Cynorthwyr Gweinyddol Rhyfeddol yn Ysgol Gatholig y Santes Fair, Caergybi.

Gwobrau 2010 Blynyddoedd Rhyfeddol

Feedback from a parent who attended the first IY Group in Wales

Hi Judy

You probably won't remember me and my family, which is fine because we took your pilot IY course ten years ago.

Your course changed all of our lives, my eldest son Kris was out of control, he had tried to set fire to his school, he had pulled a knife on his younger sister, he had terrorised us all to be honest and I had given up hope, even considered putting him in care.

We were offered a place on your IY Course, and it changed everything. I still to this day use your techniques when I am teaching (adults) on my courses.

I would love the opportunity to come and tell you everything we, as a family, have accomplished over the last ten years and to also thank you for saving us, we are the closest family I know and I am proud of that.

Judy you are awesome and I am so happy that you gave us the chance to be who we truly are.

I saw another mum who was on the same course, she feels the same.

This is a synopsis of life changes that we as a family went through

Before your course

My eldest son Kris (aged 11/12)

- Terrorised us as a family
- Controlled every aspect of what we did
- Refused to get on the bus to go to school, virtually every day
- Ran away all the time
- I wouldn't be able to take him out as his behaviour was shocking for others - shouting, swearing, being out of control
- He refused to be disciplined
- His school work suffered
- He didn't mix well with his peers
- He threatened his sister
- He spat at me if his behaviour was challenged
- He threatened his younger sister with a knife and a screw driver on more than one occasion
- He burnt his younger sister on more than one occasion
- Tried to set fire to his school
- Lied constantly

These are just the tip of the iceberg.

Changes Post IY Parenting Course

- Everything
- Behaviour became stable
- He was home schooled
- Became sociable, worked really hard on his love of music
- Did a two year performing arts course
- Opened his own Performing Arts Company, teaching children in the community, giving them the opportunity to live to their full potential. He does this without being paid and has grown the company from six children to over 100 children in the past two years.
- He is an amazing musician, has lots of friends and has been with his girlfriend for over three years

Lottie (who is now 17) also home schooled, is the youngest child to be accepted onto a HND at Llandrillo college, she was 16 and has now completed her first year and is about to start her second, she is an awesome photographer.

I know this is brief and doesn't tell the whole story, however this could have turned out so differently if you hadn't given me the tools to be an amazing MUM

Warmest Regards

Mel Davis

September 2010

Adborth gan riant wnaeth fynychu y Grŵp BRh cyntaf yng Nghymru

Hi Judy

Mae'n siwr na fyddwch chi ddim yn fy nghofio i a'r teulu, sy'n iawn oherwydd fe wnaethon ni ddilyn eich cwrs peilot BRh ddeng mlynedd yn ôl.

Fe wnaeth y cwrs newid ein bywydau ni i gyd, roedd fy mab hynaf Kris allan o reolaeth, roedd wedi ceisio rhoi ei ysgol ar dân, roedd e wedi bygwth ei chwaer fach gyda chyllell, roedden ni i gyd yn byw mewn ofn a dweud y gwir ac roedden ni i wedi anobeithio'n llwyr, ac yn ystyried ei osod o mewn gofal.

Cawson ni gynnig lle ar eich Cwrs BRh ac mi newidodd bopeth. Tan y dydd heddiw rydw i'n dal i ddefnyddio eich technegau wrth ddysgu (oedolion) ar fy nghyrsiau.

Byddwn i wrth fy modd o gael y cyfle i ddod i ddweud wrthyh am bopeth rydyn ni fel teulu wedi ei gyflawni dros y ddeg mlynedd diwethaf a hefyd i ddiolch i chi am ein hachub, ni ydi'r teulu agosaf y gwn i amdano, ac rydw i'n falch o hynny.

Judy rydych chi'n wych ac rydw i mor hapus eich bod chi wedi rhoi cyfle i ni i fod yn ni ein hunain go iawn.

Gwelais fam arall oedd wedi bod ar yr un cwrs, mae hithau'n teimlo'r un fath.

Mae hwn yn grynodeb o'r newidiadau bywyd yr ydym ni fel teulu wedi bod drwy.

Cyn y cwrs

Roedd fy mab hynaf Kris (11/12 mlwydd oed)

- Yn ein brawychu ni fel teulu
- Yn rheoli pob agwedd o'r hyn a wnaethom
- Yn gwrthod mynd ar y bws i'r ysgol, bron bob diwrnod
- Yn rhedeg i ffordd trwy'r amser
- Ni oeddwn yn gallu mynd a fo allan gan fod ei ymddygiad mor frwyschus i eraill – gweiddi, rhegi, bod allan o reolaeth
- Yn gwrthod cael ei ddisgyblu
- Roedd ei waith ysgol yn dioddef
- Nid oedd yn cymysgu yn dda gyda'i gymheiriaid
- Mi wnaeth fygwth ei chwaer
- Roedd yn poeri arnaf os oedd ei ymddygiad yn cael ei wrthwynebu
- Mi wnaeth fygwth ei chwaer iau gyda chyllell a sgrwdreifar ar fwy nag un achlysur
- Mi wnaeth losgi ei chwaer iau ar fwy nag un achlysur
- Mi wnaeth drio llosgi ei ysgol
- Yn dweud celwydd trwy'r amser

Mae rhain ond yn crafu'r wyneb.

Newidiadau ar ôl Cwrs Rhiantu BRh

- Popeth
- Daeth ei ymddygiad yn sefydlog
- Cafodd ei addysgu adref
- Daeth yn gymdeithasol, a gweithio yn galed iawn ar ei gariad am gerddoriaeth
- Mi wnaeth gwrs celfyddydau perfformio dwy flynedd
- Mi wnaeth agor Cwmni Celfyddydau Perfformio ei hun, yn dysgu plant yn y gymuned, gan roi'r cyfle iddyn nhw i fyw i'w potensial llawn. Mae'n gwneud hyn heb gael ei dalu ag mae wedi changu y cwmni o chwe plentyn i dros 100 o blant dros y ddwy flynedd ddiwethaf
- Mae o'n gerddor rhyfeddol, gyda llawer o ffrindiau ag wedi bod efo'i gariad ers dros tair mlynedd

Mae Lottie (sydd nawr yn 17) hefyd yn cael ei addysgu adref, ac yw'r plentyn ieuangaf i'w gael ei derbyn ar HND yng ngholeg Llandrillo. Mi oedd hi'n 16 ac nawr wedi cwblhau ei blwyddyn cyntaf ac ar fin dechrau ei ail. Mae hi'n ffotograffydd syfrdanol.

Rwy'n gwybod bod hwn yn gryno ac ddim yn dweud y stori gyfan, ond gall hyn fod wedi troi allan yn hollol wahanol os na fydech chi wedi rhoi'r arfau i mi i fod yn fam rhyfeddol.

Cofion cynnes

Mel Davis

Mis Medi 2010



Kris at 21 years old.

Kris yn 21 oed.



Lottie at 17 years old.

Lottie yn 17 oed.



Robin at 11 years old.

Robin yn 11 oed.



Our friends from Finland/Ein ffrindiau o'r Ffindir: Liisa, Kirsi, Heli, Tuula.



New Zealander Tania Anstiss o Seland Newydd.

Overseas Visitors

WE are grateful to colleagues across Wales that host our many visitors to Wales to see the IY programmes in action. This year visitors have included a group of service providers from Norway, two clinicians from Finland and Tania Anstiss, a mentor in training from New Zealand. A group from Denmark are due in November.

Ymwelwyr Tramor

RYDYM yn ddiolchgar i gydweithwyr ar draws Cymru sy'n croesawu'r ymwelwyr niferus sy'n ymweld â Chymru i weld y rhaglenni BRh ar waith. Mae ymwelwyr eleni wedi cynnwys grŵp o ddarparwyr gwasanaeth o Norwy, dau glinigydd o'r Ffindir a Tania Anstiss, mentor dan hyfforddiant o Seland Newydd. Mae grŵp o Ddenmarc yn ymweld ym Mis Tachwedd.

Overseas Delegates

OUR REGULAR trainings have continued to attract people from across the UK and Ireland but during the past year we have also welcomed participants from Turkey, Brunei, United Arab Emirates, Finland and Israel showing the continued spread of the interest in programmes across the world.



Judy and Ceyda Yavuzer of Turkey who attended the Classroom Dina training in Cardiff

Judy a Ceyda Yavuzer o Dwrci a ddaeth i'r hyfforddiant Dosbarth Dina yng Nghaerdydd

Cynrychiolwyr Tramor

MAE EIN hyfforddiant rheolaidd wedi parhau i ddenu pobl o bob rhan o Brydain ac Yr Iwerddon ond, yn ystod y flwyddyn ddiwethaf, rydym hefyd wedi croesawu cyfranogwyr o Dwrci, Brunei, Emiradau Arabaidd Unedig, y Ffindir ac Israel, sy'n dangos y lledaeniad o ddiddordeb y rhaglenni ar draws y byd.

2010 Incredible Years Awards



Yvonne Naylor.

Yvonne Naylor: For an Incredible Long-standing Commitment to the Child and Teacher programmes in Oldford School, Powys, and the local community.

Am Ymrwymiad Rhyfeddol dros gyfnod maith i'r rhaglenni Plant ac Athrawon yn Ysgol Oldford, Powys, ac i'r gymuned leol.

Gwobrau 2010 Blynyddoedd Rhyfeddol



Portugal

OUR link with Professors Maria Filomena and Maria Joao in Coimbra University in Portugal continues and they have now been successful in obtaining grant funding to research the IY Parent programme. Judy visited in July to provide research supervision and a three-day Parent leader training for staff from across Portugal, many of whom will be contributing to the research activity. Judy has been recruited as a collaborator for the research project.

Filomena and Joao have worked incredibly hard to translate and develop the Parent programme across Portugal and we wish them every success with their project.



Judy and the training delegates



Tiny Turtle Portuguese style.

Portiwgal

MAE ein cyswllt â'r Athrawon Maria Filomena a Maria Joao ym Mhrifysgol Coimbra ym Mhortiwgal yn parhau ac maent wedi bod yn llwyddiannus yn awr yn cael cyllid grant i ymchwilio i'r rhaglen i Rieni. Ymwelodd Judy yng Ngorffennaf i oruchwylio ymchwil a hyfforddiant tri diwrnod i arweinwyr Rhieni ar gyfer staff o wahanol rannau o Bortiwgal. Bydd llawer ohonynt yn cyfrannu at y gweithgaredd ymchwil. Mae Judy wedi cael ei recriwtio fel cydweithiwr ar gyfer y prosiect ymchwil.

Mae Filomena a Joao wedi gweithio'n hynod galed i gyfieithu a datblygu'r rhaglen i Rieni ar draws Portiwgal a dymunwn bob llwyddiant iddynt gyda'u prosiect.



Judy and the Portuguese researchers.

PUBLICATIONS/CYHOEDDIADAU 2009/10

Congratulations to all members of the team who have published articles in a variety of journals.

Evans, S. & Hutchings, J. (2009) The Incredible Years Programmes: Developing Social and Emotional Competence of Children in the Foundation Phase. Prif-Faterion /Leading Matters, 2009/10 NAHT Cymru pp 30-33

Hutchings, J. & Bywater, T. (2010) Childhood Conduct Disorder: the contribution of psychologists. Clinical Psychology Forum 205, Special Edition. pp 21-25

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Hutchings, J. Effective Parenting (2010), Agenda: Journal of the Institute of Welsh Affairs (40) 24-26

Gardner, F., Hutchings, J., Bywater, T. and Whitaker, C. (2010) Who Benefits and How Does It Work? Moderators and Mediators of Outcome in an Effectiveness Trial of a Parenting Intervention. Journal of Clinical Child & Adolescent Psychology, 39(4), 1-13, 2010.

Martin, P., Daley, D., & Hutchings, J., Jones, K., Eames, C., & Whitaker, C. The Teacher-Pupil Observation Tool (T-Pot): The development and testing of a classroom observation measure. School Psychology International, 31(3) 229-249.

Bywater, T., Hutchings, J., Linck, P., Whitaker, C.J., Daley, D., Yeo, S.T., & Edwards, R. T. Incredible Years Parent Training Support for Foster Carers in Wales: A Multi-Centre Feasibility Study. Child Care and Health Development. doi:10.1111/j.1365-2214.2010.01155.x

Eames, C., Daley, D., Hutchings, J., Whitaker, C. J., Bywater, T., Jones, K. & Hughes, J. C. (2010). The impact of group leaders behaviour on parents' acquisition of key parenting skills during parent training. Behaviour Research and Therapy. doi:10.1016/j.brat.2010.07.011.

In Press

Hutchings, J., Bywater, T., Williams, M., Whitaker, C. and Lane, E. Evidence for the extended School Aged Incredible Years parent programme with parents of high-risk 8 to 13 year olds.

Hutchings, J., Williams, M.E., Martin, P., & Pritchard, R.O. Introduction of the Incredible Years Child and Teacher programmes in Gwynedd: Levels of behavioural difficulties among young Welsh school children.

Bywater, T. Developing Rigorous Programme Evaluation. In Barbara Kelly. & Daniel F. Perkins (Eds) The Cambridge Handbook of Implementation Science for Educational Psychology.

Llongyfarchiadau i holl aelodau'r tîm sydd wedi cyhoeddi erthyglau mewn amrywiaeth o gyfnodolion.

Celebrating our 10th Anniversary in Denmark

Judy, Sue and Bridget receiving the 10th anniversary bell from Carolyn Webster-Stratton.

Judy, Sue, and Bridget yn derbyn y gloch penblwydd 10 oed gan Carolyn Webster-Stratton.

JUDY, Sue and Bridget were among 40 representatives from across Europe, Russia, Canada, USA and New Zealand, who attended the IY mentors and trainers annual mentor meeting in Copenhagen in September. Sue and Bridget contributed their experience of programme delivery and Judy gave an overview of research in Wales. The Welsh team were presented with an engraved bell, from Carolyn Webster-Stratton, to chime the success of ten years of the IY programmes in Wales.

Dathlu ein 10fed Penblwydd yn Denmarc

YM MEDI, roedd Judy, Sue a Bridget ymhlith 40 o gynrychiolwyr o wledydd ar draws Ewrop, Rwsia, Canada, UDA a Seland Newydd wnaeth fynychu y cyfarfod blynyddol mentoriaid BRh yn Copenhagen. Fe wnaeth Sue a Bridget gyfrannu eu profiadau o ddarpariaeth rhaglen a mi wnaeth Judy roi trosolwg o'r ymchwil yng Nghymru. Cafodd cloch engrafu ei gyflwyno i'r tîm Cymreig, gan Carolyn Webster-Stratton, i seinio'r llwyddiant o ddeg mlynedd o'r rhaglenni BRh yng Nghymru.

2010 Incredible Years Awards

Sioned Oliver.

Sioned Oliver : Incredible Teacher supporting the Parent and Child programmes at Ysgol Machynlleth.

Athrawes Rhyfeddol yn cefnogi'r rhaglenni Rhieni a Phlant yn Ysgol Machynlleth.

Gwobrau 2010 Blynyddoedd Rhyfeddol**Announcing the 2011 Incredible Years Awards**

This year there will be five awards to be presented at our annual conference. Please make sure that you indicate the category to which your nomination applies:

- Incredible Parent Group Leader
- Incredible Parent
- Incredible Child Programme Leader
- Incredible Teacher
- Incredible Manager or Administrative Support

Cyhoeddi gwobrau Blynyddoedd Rhyfeddol 2011

Eleni, mi fydd pum gwobr yn cael eu cyhoeddi yn ystod ein cynhadledd blynyddol. Gwnewch yn siwr eich bod yn cyfeirio at pa gategori mae eich enwebiad yn cyfeirio, os gwelwch yn dda:

- Arweinydd Grŵp Rhiantu Rhyfeddol
- Rhiant Rhyfeddol
- Arweinydd Rhaglen Plant Rhyfeddol
- Athro/Athrawes Rhyfeddol
- Rheolwr neu Cymorth Gweinyddol Rhyfeddol

More news from Lesotho

In October 2009, Judy returned to Lesotho, again visiting Machekoaneng School that is twinned with Llanfairpwll Primary School in Anglesey through the Wales Lesotho link, Dolen Cymru. The school had invited teachers from neighbouring schools to attend a teacher consultation day at which Judy introduced some of the Classroom Management and social/emotional coaching skills from the IY programmes and encouraged teachers to tell stories to children. She presented the school with a gift of a Wally puppet, which they have named Thabo and the children also put on an afternoon of dancing and singing at which Judy taught some action songs. The visit ended with a party for the teachers.

Following Judy's visit, Llanfairpwll school made a further generous donation to enable them to purchase basic things like staplers and sellotape to repair children's work books and a computer to help two disabled children with cerebral palsy. Llanfairpwll School are now starting to plan for a visit by Me Nau, Head Teacher from Machekoaneng and teacher Richard Mapiloko.

Llanfair School collected books for Judy to take with her when she returned to Lesotho in October 2010. Machekoaneng School has only formal text books. In their early years children are taught in their first language Sotho but by the age of about eight they are then taught in English.

Lesotho is identified by the UN as a least developed country with more than a third of its population suffering from HIV/AIDS and an average life expectancy of less than 40 years. It is in need of support, training and educational development and over the past 25 years Dolen Cymru has been dedicated to creating life changing links between Wales and Lesotho in fields of education, health, governance and civil society. The link between Llanfairpwll and Machekoaneng schools is a great example of what can be achieved.

Rhagor o newyddion o Lesotho

Ym mis Hydref 2009 aeth Judy'n ôl i Lesotho, ac unwaith eto bu'n ymweld ag Ysgol Machekoaneng sydd wedi ei gefeillio ag Ysgol Gynradd Llanfairpwll yn Ynys Môn trwy'r cyswllt rhwng Cymru a Lesotho, Dolen Cymru. Roedd yr ysgol wedi gwahodd athrawon o ysgolion cyfagos i ddiwrnod ymgynghori athrawon lle cyflwynodd Judy rhai sgiliau rheoli dosbarth a hyfforddiant cymdeithasol/emosïynol o'r rhaglenni BRh ac annog athrawon i ddweud storïau wrth blant. Cyflwynodd anrheg i'r ysgol, sef pyped Wally, a alwyd ganddynt yn Thabo a chynhaliodd y plant brynhawn o ganu a dawnio hefyd lle dysgodd Judy rai caneuon gyda symudiadau. I gloi'r ymweliad cynhaliwyd parti i'r athrawon.

Yn dilyn ymweliad Judy, rhoddodd Ysgol Llanfairpwll rodd hael arall i'w galluogi i brynu pethau sylfaenol fel styffylwyr a selotep i drwsio llyfrau gwaith plant a chyfrifiadur i helpu dau blentyn anabl sydd â pharlys yr ymennydd. Mae Ysgol Llanfairpwll yn dechrau ymbaratoi'n awr ar gyfer ymweliad gan Me Nau, Prifathro Machekoaneng a'r athro Richard Mapiloko.

Fe wnaeth Ysgol Llanfairpwll gasglu llyfrau i Judy fynd â hi pan y ddychwelodd i Lesotho ym Mis Hydref 2010. Does gan Ysgol Machekoaneng dim ond gwerslyfrau ffuriol. Yn eu blynyddoedd cynnar dysgu'r plant yn eu hiaith gyntaf, Sotho, ond erbyn tua wyth oed fe'u dysgu'r yn Saesneg.

Mae Lesotho wedi ei dynodi gan y Cenhedloedd Unedig yn wlad leiaf datblygedig, ac mae mwy na thraean o'i phoblogaeth yn dioddef o HIV/AIDS a'r disgwyliad oes cyfartalog yn llai na 40 mlynedd. Mae angen cefnogaeth, hyfforddiant a datblygiad addysgol a dros y 25 mlynedd ddiwethaf mae Dolen Cymru wedi ymrwmo i greu cysylltiadau rhwng Cymru a Lesotho sy'n newid bywydau ym meysydd addysg, iechyd, llywodraethu a'r gymdeithas sifil. Mae'r cyswllt rhwng Ysgolion Llanfairpwll a Machekoaneng yn enghraifft wych o'r hyn y gellir ei gyflawni.



Spreading the word in South Africa

Whilst in Africa Judy visited the University of Witwatersrand, Johannesburg where she presented an overview of the IY research and service development in Wales to staff of the School of Human and Community Development.

Dr Yvonne Broom, Prof Finchilescu and Zaytoon Amod of the University of Witwatersrand, Johannesburg with Judy.



Lledaenu'r gair yn Ne Africa

Tra yn Affrica ymwelodd Judy â Phrifysgol Witwatersrand, Johannesburg lle rhoddodd olwg gyffredinol i staff yn yr Ysgol Datblygiad Dynol a Chymunedol ar yr ymchwil i BRh yng Nghymru a'r ffordd y mae wedi datblygu yma.

Dr Yvonne Broom, yr Athro Finchilescu a Zaytoon Amod o Brifysgol Witwatersrand, Johannesburg gyda Judy.

Judy receives the IWA Inspire Wales Educator Award 2010

In June, at a ceremony in Cardiff City Hall, Judy received the Institute for Welsh Affairs (IWA) Inspire Wales Educator Award. The annual awards, with ten categories, were launched in 2010 to give recognition to people whose work has inspired Wales. The IWA is an independent Welsh think tank. Its journal, Agenda, has published

two articles on the IY programmes.

Judy was selected from 70 nominations for the Educator category for her work in establishing and researching the IY Parent, Child and Teacher Programmes in Wales and for the international recognition this has brought to Wales.

Congratulations Judy!



Judy with category judge, Professor David Egan, University of Wales Institute, Cardiff and Jane Davidson, Minister for the Environment, Sustainability and Housing, Welsh Assembly Government.

Judy gyda beirniad y dosbarth, Yr Athro David Egan, Athrofa Prifysgol Cymru, Caerdydd a Jane Davidson, Gweinidog dros yr Amgylchedd, Cynnaladwyedd a Thai, Llywodraeth Cynulliad Cymru.

Judy yn derbyn Gwobr Addysgwr yng ngwobrau Ysbrydoli Cymru 2010 y SMC

Fis Mehefin, mewn seremoni yn Neuadd y Ddinas, Caerdydd, derbyniodd Judy Wobr Addysgwr yng ngwobrau Ysbrydoli Cymru y Sefydliad Materion Cymreig (SMC). Cafodd y gwobrau blynyddol hyn, gyda 10 gwahanol ddosbarth iddynt, eu lansio yn 2010 i gydnabod pobl y mae eu gwaith wedi ysbrydoli Cymru. Sefydliad Cymreig annibynnol sy'n ymchwilio mewn gwahanol feysydd yw'r SMC. Yn

ei gyfnodolyn, Agenda, cyhoeddwyd dwy erthygl ynglŷn â'r rhaglenni BRh.

Dewiswyd Judy o blith 70 o enwebiadau yn y dosbarth Addysgwr am ei gwaith yn sefydlu ac ymchwilio i'r Rhaglenni BRh i Rieni, Plant ac Athrawon yng Nghymru, ac am y gydnabyddiaeth ryngwladol y mae Cymru wedi'i chael o ganlyniad.

Llongyfarchiadau Judy!



Incredible Years in Ceredigion

Five parents attended the IY Baby group at Flying Start. This is a group for parents with babies up to 12 months. It shows some of the ways babies communicate and how parents respond to their babies, to help them achieve their best. The programme lasts for eight weeks. Topics covered are:

- Getting to know your baby
- Babies as intelligent learners
- Providing physical, tactile and visual stimulation

- Parents reading babies minds
- Gaining support
- Babies emerging sense of self.

We held an IY Toddler group last January at the Llanina Arms —for parents of toddlers aged 1-3 years. Nine parents signed up for the course and six completed. A healthy lunch was provided.

“I enjoyed the Incredible Years course. It was good to hear other parents’ comments and experiences. The principles of the video clips were very useful” mum, Laura Palk.

Y Blynyddoed Rhyfeddol yng Ngheredigion

Mae pum rhiant wedi mynychu grŵp BRh i Fabanod yn Dechrau'n Deg. Grŵp yw hwn ar gyfer rhieni y mae ganddynt fabanod dan 12 mis oed. Mae'n dangos rhai o'r ffyrdd y bydd babanod yn cyfathrebu a sut y mae rhieni yn ymateb i'w babanod, er mwyn eu helpu i gyflawni eu gorau. Mae'r rhaglen yn para wyth wythnos. Trafodir y pynciau canlynol:

- Dod i adnabod eich baban
- Babanod fel dysgwyr deallus
- Cynnig ysgogiad corfforol, cyffwrddol a gweledol
- Rhieni yn darllen

meddyliau babanod

- Cael cymorth
- Ymdeimlad babanod o'u hunain, sy'n dod i'r amlwg

Cynhaliwyd grŵp Plant Bach yn mis Ionawr yn nhafarn Llanina Arms – ar gyfer rhieni plant bach 1-3 oed. Gwelwyd naw rhiant yn mynychu'r grŵp a llwyddodd chwech ohonynt i'w gwblhau. Fe'i darparwyd cinio iach.

“Mwynheais gwrs y Blynyddoedd Rhyfeddol. Roedd yn dda clywed sylwadau a phrofiadau rhieni eraill. Roedd egwyddorion y clipiau fideo yn ddefnyddiol iawn” mam, Laura Palk.



Grŵp Babanod Ceredigion Baby Group.



Grŵp Plant Bach Ceredigion Toddler Group

2010 Incredible Years Awards



Lee Newbury.

Lee Newbury: Incredible Parent for his commitment to his own children and for being a great role model to other parents.

Rhiant Rhyfeddol am ei ymrwymiad i'w blant ei hun ac am fod yn batrwm ardderchog i rieni eraill.

“I am really proud to get the award. The IY Toddler group I attended was fantastic and I would say to other parents to definitely do the course as it will make life better for them and their children.”

“Roeddwn yn hynod falch o dderbyn y wobwr. Roedd y grŵp BRh Plant Bach yr es iddo yn wych a byddwn yn annog rhieni eraill yn sicr i wneud y cwrs gan y bydd yn gwneud bywyd yn well iddynt hwy ac i'w plant.”

Gwobrau 2010 Blynyddoedd Rhyfeddol

Judy retires?

At the end of March Judy retired from the NHS for whom she had worked since 1976. She now has an Honorary contract with the Trust to enable her to continue to work on research projects that involve clinical populations. Bridget Roberts, who has been working for the Trust for five years, has been appointed to a full time post in CAMHS in North West Wales where she continues the IY work.

Judy continues as Director of the University based research team and as a trainer providing WAG funded training across Wales as well as commercial training to support the IY Centre.

2010/11 WAG funding has included training for staff across Wales in the Baby, Toddler and School Readiness Parent programmes as well as Classroom Dina curriculum and the Teacher Classroom Management (TCM) programme. There have been plenty of applicants for training places and by March staff from 21 Authorities will have been trained to deliver the TCM programme and from 18 Authorities to deliver the Classroom Dina curriculum. There is also training for people to become peer coaches and provide supervision within their own agencies.

Ymddeoliad Judy?

Diwedd mis Mawrth, ymddeolodd Judy o'r GIG, lle bu'n gweithio er 1976. Mae hi nawr gyda contract Er Anrhydedd gyda'r Ymddiriedolaeth, fel y gall barhau i weithio ar brosiectau ymchwil sy'n cynnwys poblogaethau clinigol. Penodwyd Bridget Roberts, sydd wedi bod yn gweithio i'r Ymddiriedolaeth ers pum mlynedd, i swydd lawn-amser yn CAMHS yng Ngogledd-Orllewin Cymru, ble mae hi'n parhau â gwaith y BRh.

Mae Judy yn parhau'n Gyfarwyddwr ar y tîm ymchwil sydd wedi'i leoli yn y Brifysgol, ac fel hyfforddwr yn darparu hyfforddiant dan nawdd Llywodraeth y Cynulliad ar draws Cymru, yn ogystal â hyfforddiant masnachol i gefnogi'r Ganolfan BRh.

Mae cyllid gan Lywodraeth y Cynulliad ar gyfer 2010/11 wedi cynnwys hyfforddiant ar gyfer staff ar draws Cymru yn y rhaglenni ar gyfer Babanod, Plant Bach a Rhieni yng nghyswllt Parodrwydd Ysgol, yn ogystal ag yng nghwricwlwm Dina yn y Dosbarth a'r rhaglen Rheoli Dosbarth ar gyfer Athrawon (TCM). Cafwyd digonedd o ymgeiswyr am leoedd hyfforddi ac, erbyn mis Mawrth, bydd staff o 21 o Awdurdodau wedi cael hyfforddiant i ddarparu'r rhaglen Rheoli Dosbarth, a staff o 18 o Awdurdodau wedi'u hyfforddi i gyflwyno cwricwlwm Dina yn y Dosbarth. Mae hyfforddiant hefyd ar gael i bobl ddod yn hyfforddwyr i'w cydweithwyr a darparu arolygiaeth o fewn eu hasiantaethau eu hunain.

M.A./M.Ed. Three candidates submitted portfolios of work from the M.Ed. IY TCM module, promoting children's social and emotional competence. The course was taught by Rhian Gwyn and was very enthusiastically received by the participants who undertook some excellent work within their classrooms. It is scheduled to be offered again in 2012/3.

M.A./M.Ed. Cyflwynodd tri ymgeisydd bortffolios o waith o fodiwl M.Ed. BRh TCM, yn hyrwyddo medrusrwydd cymdeithasol ac emosiynol ymysg plant. Rhian Gwyn a fu'n addysgu ar y cwrs, a dderbyniwyd yn frwd iawn gan y cyfranogwyr a wnaeth waith gwyb o fewn eu dosbarthiadau. Bwriedir ei gynnig eto yn 2012/3.

CONGRATULATIONS to Dave Daley who has worked with us for several years supporting our Ph.D. students. Dave has taken up a post as Professor of Psychological Intervention and Behaviour Change at Nottingham University but will continue to co-author with us.

LLONGYFARCHIADAU i Dave Daley, sy'n gweithio gyda ni ers sawl blwyddyn trwy gefnogi ein myfyrwyr Ph.D. Mae Dave wedi cymryd swydd Athro Ymyriad Seicolegol a Newid Ymddygiad ym Mhrifysgol Nottingham ond mi fydd yn parhau i fod yn gyd-awdur gyda ni.



Graduation 2010

CONGRATULATIONS to former team members, Catrin Eames and Pam Martin who have been awarded Ph.D.s, Kirstie Cooper, a current Ph.D. student who was awarded an M.Sc. and Ceri Evans our new Research Assistant who was awarded a B.Sc.

Graddio 2010

LLONGYFARCHIADAU i gyn-aelodau'r tîm, Catrin Eames a Pam Martin, sydd wedi ennill graddau Ph.D., Kirstie Cooper, myfyrwraig Ph.D. bresennol a enillodd M.Sc., a Ceri Evans, ein Cynorthwy-ydd Ymchwil newydd, a enillodd B.Sc.



SNOW STOPS PLAY

Rhondda Cynon Taf Authority have continued to invest in IY Parent leader training in addition to that provided through the WAG funded scheme. However our three-day Parent leader training in a country house hotel in Pontypridd was snowed off in January with Judy trapped in and the participants trapped out. Thanks to Maggie Pledger for organising such a nice location.

EIRA'N RHWYSTR

Mae Awdurdod Rhondda Cynon Taf wedi parhau i fuddsoddi mewn hyfforddiant Rhieni-Arweinyddion ar gyfer y BRh, yn ogystal â'r hyn a ddarperir trwy'r cynllun a gyllidir gan Lywodraeth y Cynulliad. Fodd bynnag, rhwystrodd yr eira ni rhag cynnal ein tri diwrnod o hyfforddiant i rieni-arweinyddion mewn gwesty gwledig ym Mhontypridd yn Ionawr – roedd Judy wedi'i chaethiwo i mewn, a'r cyfranogwyr yn methu mynd i mewn. Diolch i Maggie Pledger am drefnu lleoliad mor hyfryd.

2010 Incredible Years Awards



Cylch Meithrin.

Staff Cylch Meithrin Maesincla: Incredible Nursery for their commitment to the children in their care.

Meithrinfa Ryfeddol am eu hymrwymiad i'r plant yn eu gofal.

Staff Cylch Meithrin Seiont a Pheblig: Incredible Nursery for their commitment to the children in their care.

Meithrinfa Ryfeddol am eu hymrwymiad i'r plant yn eu gofal.

Gwobrau 2010 Blynyddoedd Rhyfeddol