Gwefannau ac erthyglau defnyddiol i Rieni

Useful websites and articles for Parents

- 'The Anxious Child'
  https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

- 'Children and Young People with Anxiety: A Guide for Parents'
  https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

- 'ELSA resources'
  https://www.sscecymru.co.uk/cymraeg/adnoddau/directoryofsupport/emotionalliteracysupportassistantselsa/default.htm

- 'Young Minds: Prioritising Wellbeing in Schools'
  https://youngminds.org.uk/media/1428/wise-up-prioritising-wellbeing-in-schools.pdf

- 'How to Support your Child's Wellbeing'
  https://www.childrenssociety.org.uk/sites/default/files/u130/Well-being%20-%20Parent%20Guide%20-%20FINAL.pdf

- 'BPS highlights importance of talking to children about Coronavirus'
  https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus