



Children in Wales
Plant yng Nghymru

Exploring infant and early years mental health

This course is aimed at professionals working with infants or young children or with parents and carers of infants, or who are involved in health promotion work with young people and parents to be. The course will also be of interest to anyone who wishes to develop their understanding of the foundations of emotional wellbeing and psychological development in children.



This course will include:

- An exploration of the mental health needs of an infant
- Attachment, attunement, empathy and the infant brain
- Perinatal and infant brain development
- The development of emotional regulation and reflective function
- What works in supporting parents and carers
- Risk and resilience in families and communities
- The emotional wellbeing of parents, carers and practitioners

About the Trainers

YoungMinds is the UK's only national charity committed to improving the mental health and emotional wellbeing of children and young people. It has more than 20 years of experience of training frontline staff and is the leading provider of specialist training on children's mental health and well being.

YOUNGMINDS

The voice for young people's mental health and wellbeing



Date, Time & Location

22 January 2010, 9.30am-4.00pm
Cwm Golau Integrated Children's Centre,
Merthyr Tydfil

11 February 2010, 9.30am—4.00pm
The Interchange, Old Colwyn

Cost

Members: £135
Non member: £160

To book a place, please complete the booking form overleaf:

Fax to 029 2034 3134

Post to: Children in Wales,
25 Windsor Place, Cardiff CF10 3BZ

Booking forms can also be downloaded from
www.childreninwales.org.uk

Places are limited so please book in advance. To avoid disappointment on the day, please ensure that you have received confirmation of your place before setting out for the venue.



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Ymchwilio i iechyd meddwl babanod a'r blynyddoedd cynnar

Mae'r cwrs wedi ei anelu at y rhai sy'n gweithio gyda babanod neu blant ifanc, gyda rhieni neu ofalwyr babanod neu sy'n gwneud gwaith hyrywddo iechyd gyda phobl ifanc neu ddarpar rieni. Bydd y cwrs hefyd o ddiddordeb i unrhyw un sydd am ddatblygu eu dealltwriaeth o sylfeini lles emosiynol a datblygiad seicolegol plant.

Ynglyn a'r Hyfforddwr

YoungMinds yw'r unig elusen genedlaethol y Deyrnas Unedig sy'n ymroddedig i wella iechyd meddwl a lles emosiynol plant a phobl ifanc. Mae gan YoungMinds fwy nag ugain mlynedd o brofiad o hyfforddi staff rheng flaen ac mae'n ddarparwydd blaenllaw o hyfforddiant arbenigol ar iechyd a lles plant.

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Bydd y cwrs yn cynnwys:

- Archwilio anghenion iechyd meddwl babanod
- Ymlyniad, cyweiriad, empathi a datblygiad ymennydd y baban
- Datblygiad ymenyddol amenedigol ac ymhlith babanod
- Datblygiad rheolaeth emosiynol a'r swyddogaeth adlewyrchol
- Yr hyn sy'n gweithio wrth gefnogi rhieni a gofalwyr
- Risg a gwydnwch mewn teuluoedd a chymunedau
- Lles emosiynol rhieni, gofalwyr ac ymarferwyr

Dyddiad, Amser & Lleoliad

22 Ionawr 2010, 9.30yb—4.00yp
Canolfan Plant Integredig Cwm Golau

11 Chwefror 2010, 9.30yb—4.00yp
The Interchange, Hen Golwyn

Costau

Aelodau: £135
Y Sawl Nad Ydynt yn Aelodau: £160

I neilltuo lle, cwblhewch y ffurflen archebu sydd dros y ddalen, os gwelwch yn dda:

Ffasiwch i: 029 2034 3134
neu postiwch at: Plant yng Nghymru,
25 Plas Windsor, Caerdydd CF10 3BZ

Fe ellir hefyd lawrlwytho ffurflenni archebu oddi ar www.plantyingnghymru.org.uk

Y mae lleoedd yn gyfyngedig, ac felly a fydddech cystal â neilltuo lle o flaen llaw. Er mwyn osgoi siomiant ar y diwrnod, sicrhewch, os gwelwch yn dda, eich bod wedi derbyn cadarnhad o'ch lle cyn cychwyn am y man cyfarfod



BOOKING FORM

Please complete and return the form below to:

Children in Wales, 25 Windsor Place,
Cardiff CF10 3BZ

Tel: 029 2034 2434 Fax: 029 2034 3134

E-mail: bookings@childreninwales.org.uk

FFURFLEN ARCHEBU

Cwblhewch y ffurflen a dychwelwch i:

Plant yng Nghymru, 25 Plas Windsor,
Caerdydd CF10 3BZ

Ffôn: 029 2034 2434 Ffacs: 029 2034 3134

E-bost: bookings@childreninwales.org.uk

CONFERENCE/EVENT CYNHADLEDD/DIGWYDDIAD	DATE & TIME DYDDIAD & AMSER	LOCATION LLEOLIAD

PERSONAL DETAILS/MANYLION PERSONOL

Title <i>Teitl</i>	First Name <i>Enw Cyntaf</i>	Surname <i>Cyfenw</i>
Position <i>Safle</i>	Organisation <i>Mudiad</i>	
Address <i>Cyfeirad</i>		
Town <i>Tref</i>	County <i>Sir</i>	Postcode <i>Côd Post</i>
Telephone <i>Ffôn</i>	Email <i>E-bost</i>	
Dietary requirements e.g. vegetarian, gluten free? <i>Gofynion diet, ee, llysieuol, di-gluten?</i>	Access requirements, eg, wheelchair access? <i>Gofynion mynediad, ee, mynediad cadair olwyn?</i>	Communication requirements, eg, induction loop, interpreter etc? <i>Gofynion cyfathrebu, ee, cylch clywed, dehonglydd ac ati?</i>
If part of the event were to be spoken through the medium of Welsh, would you require translation equipment? <i>Pe cynhelid rhan o'r digwyddiad drwy gyfrwng y Gymraeg, a fydddech angen offer cyfieithu?</i>		
Please tick if you do not wish to receive information about future Children in Wales' events		
<i>A fydddech cystal â thicio os nad ydych yn dymuno derbyn gwybodaeth am ddigwyddiadau gan Plant yng Nghymru yn y dyfodol</i>		
<i>I request permission/give consent* to use photographs of me if taken at the conference/event (please delete as necessary)</i>		
<i>Yr wyf/yr wyf ddim yn rhoi cydsyniad i ddefnyddio ffotograffau ohonof os tynnir hwynt yn y gynhadledd/digwyddiad (dilêwch fel y bo'r angen, os gwelwch yn dda)</i>		

FEES & PAYMENT/COSTAU A THALIADAU

I enclose a cheque for <i>Amgaeir sic am</i>	£	made payable to Children in Wales <i>taladwy i Plant yng Nghymru</i>	Children in Wales Membership No: <i>Rhif Aelodaeth Plant yng Nghymru-</i>
I wish to be invoiced for <i>Hoffwn gael anfoneb am</i>	places <i>lle</i>	Purchase Order Number <i>Rhif Archeb Brynu</i>	
Invoice to be sent to the following address (if different from above): <i>Cyfeiriad i anfon yr anfoneb (os yn wahaniaeth i'r uchod):</i>			
Title <i>Teitl</i>	First Name <i>Enw Cyntaf</i>	Surname <i>Cyfenw</i>	
Position <i>Safle</i>	Organisation <i>Mudiad</i>		
Address <i>Cyfeiriad</i>			
Town <i>Tref</i>	County <i>Sir</i>	Postcode <i>Côd Post</i>	
Telephone <i>Ffôn</i>	Email <i>E-bost</i>		

Places are limited so please book in advance. To avoid disappointment on the day, please ensure that you have received confirmation of your place before setting out for the venue.

CANCELLATIONS:

Cancellations received three weeks before the date of the event will be refunded in full, less a £10 administration fee. No refunds can be made after this date, although substitutions can be made. Children in Wales reserves the right to alter event programmes at any time.

Y mae lleoedd yn gyfyngedig, ac felly a fydddech cystal â neilltuo lle o flaen llaw.

Er mwyn osgoi siomiant ar y diwrnod, sicrhewch, os gwelwch yn dda, eich bod wedi derbyn cadarnhad o'ch lle cyn cychwyn am y man cyfarfod.

AD-DALIADAU:

Ad-delir archebion a ganslir a dderbynnir dair wythnos cyn dyddiad y digwyddiad llai £10 tâl prosesu. Ni fedrir gwneud unrhyw ad-daliad ar ôl y dyddiad hwn, er y meddir anfon dirprwyon. Mae Plant yng Nghymru yn cadw'r hawl i newid rhaglenni digwyddiad ar unrhyw amser.