

Taflenni cynggori

www.asdinfowales.co.uk

Mae gan ASDinfowales nifer o daflenni defnyddiol i rieni. Plis welir dolennau priodol isod.

Linc i'r wefan	Disgrifiad
https://www.asdinfowales.co.uk/resource/Advice-sheet--behaviour-programmes-for-a-child-with-an-ASD_cym.pdf	Datblygu rhaglenni ymddygiad i gefnogi plant ag Awtistiaeth
https://www.asdinfowales.co.uk/resource/advice-sheet--identifying-triggers-of-challenging-behaviours_cym.pdf	Adnabod beth sy'n achosu ymddygiad heriol
https://www.asdinfowales.co.uk/resource/Advice-sheet--how-to-use-an-ABC-chart_cym.pdf	Adnabod beth sy'n achosu ymddygiad heriol gan ddefnyddio siartiau ABC
https://www.asdinfowales.co.uk/resource/Advice-sheet--ABC-chart_cym.pdf	Siart ABC
https://www.asdinfowales.co.uk/resource/Advice-sheet--morning-routines_cym.pdf	Trefn foreol
https://www.asdinfowales.co.uk/resource/Advice-Sheet--Reward-Programmes_cym.pdf	Defnyddio rhaglenni gwobrwyo
https://www.asdinfowales.co.uk/resource/Advice-sheet--sleep_cym.pdf	Anawsterau cysgu
https://www.asdinfowales.co.uk/resource/Advice-sheet--toilet-training-cym.pdf	Dysgu defnyddio'r toiled
https://www.asdinfowales.co.uk/resource/Advice-sheet--using-picture-planners_cym.pdf	Defnyddio cynllunwyr lluniau
https://www.asdinfowales.co.uk/resource/Advice-sheet--anxiety-around-leaving-parents_cym.pdf	Pryder yn ymwneud a gadael rhieni

Adnoddau i gefnogi dealltwriaeth o amgylch Coronafirws

Linciau wefan i gefnogi dealltwriaeth o amgylch Cornofirws

Wefan	Disgrifiad
https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx	NAS Cymru– Llawer o wybodaeth ac adnoddau Stori cymdeithasol – Cadw'n iach Linciau i Gorbryder DU
https://www.tes.com/teaching-resource/child-friendly-explanation-of-coronavirus-by-manuela-molina-12267168	Animeiddiad cymdeithasol am Coronafirws sy'n addas i blant
https://littlepuddins.ie/coronavirus-social-story/	The Autism Educator – Coronafirws
https://starautismsupport.com/washing-hands-supports	STAR Autism Support – Adnoddau golchi dwylo

Adnoddau gweledol

Mae defnyddio cefnogaeth weledol yn cyfeirio at ddefnyddio lluniau neu eitemau gweledol eraill i gyfathrebu gyda'ch plentyn. Mae cefnogaeth weledol yn gallu cynnwys; gwrthrychau, ffotograffau, symbolau, darluniau, geiriau neu restrau.

Wefan	Disgrifiad
https://www.cht.nhs.uk/fileadmin/site_setup/contentUploads/Services/Clinical/Children_s_Therapy_services/Childrens_Therapy/Speech_Language_Therapy/CommunicationSpecialSchools/object_of_Reference_adapted_calderdaleandhudds.pdf	Beth yw gwrthrychau cyfeirio?
https://www.autismspeaks.org/sites/default/files/2018-08/Visual%20Supports%20Tool%20Kit.pdf	Beth yw cefnogaeth weledol?
https://do2learn.com/picturecards/printcards/index.htm	Cardiau llun 'Do 2 learn'
https://widgitonline.com/	Treial am ddim 21 diwrnod
https://lisanallyspecialschool.co.uk/index.php/resources/general-resources/203-school-closure-toolkit-for-parents	Adnoddau cau ysgol i rieni-nifer o adnoddau gweledol
https://www.autism.org.uk/visualsupports	Esiamplau o adnoddau gweledol o NAS Cymru

Adnoddau Stori Cymdeithasol

Mae straeon cymdeithasol a stribedi sgwrsio comig yn gallu cefnogi dealltwriaeth pobl gyda ASA ynglŷn â sefyllfaoedd cymdeithasol a chadw yn ddiogel.

Wefan	Disgrifiad
https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx	Beth yw stori cymdeithasol/strbed sgwrsio comig? Sut i ysgrifennu stori cymdeithasol
https://www.abaresources.com/social-stories/	Esiamplau o straeon cymdeithasol

Dysgu gartref ac adnoddau wefan defnyddiol arall

Wefan	
http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf	Cefnogi plant ag ASA. Cynnwys; A. Trefn a strwythur B. Darllen rhwydd ar Caronafirws i blant C. Edrych ar ol dy hun CH. Cyngor o therapydd galwedigaethol ar reoli'r corff D. Trefn cysgu Dd. Gweithgareddau tu fewn E. Ymarfer corff yn y tŷ F. Rheoli ymddygiad
https://www.twinkl.co.uk/resources/special-educational-needs-sen/special-educational-needs-sen-communication-and-interaction/sen-autism-spectrum-disorders	Mynediad i nifer o adnoddau i gefnogi; emosiynau, sefyllfaoedd cymdeithasol, perthnasoedd, cymryd tro a mwy.
https://www.learning4kids.net/list-of-sensory-play-ideas/	Syniadau chwarae sensorï
www.therapiststreetforkids.com	Syniadau therapi galwedigaethol
http://www.childrenstherapyteam.com/wp-content/uploads/2016/01/Star-Sensory-Handout.pdf	Canllaw ymarferol i rieni ar gyfer plant ag anhwylder prosesu synhwyrdd.
www.autismeducationtrust.org.uk	Gwybodaeth gyffredinol
www.asdinfo.wales.co.uk	Gwybodaeth gyffredinol
https://www.autism.org.uk/	Gwybodaeth gyffredinol