

Laptime

2005

Amser Chwarae

2005



Photo supplied by Cardiff City Council.

Darparwyd y llun gan Gyngor Sir Caerdydd.

In Language and Play sessions you will discover treasure baskets, stories, rhymes and slithery activities such as painting fingers, hands and feet. Zainab Tournoff took part in a LAP session at Ninian Park Junior and Infant School. She said 'My daughter Hannah loved the programme which instils confidence in children. You don't need lots of time – five minutes of encouragement can teach them so much. What they learn now lasts a lifetime.'

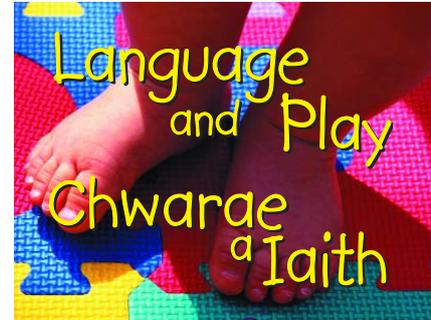
Mewn sesiynau Chwarae a Iaith, byddwch yn darganfod basgedi trysor, straeon, rhigytau a gweithgareddau sy'n creu llastr fel peintio bysedd, dwylo a thraed. Cymerodd Zainab Tournoff ran mewn sesiwn ChAI yn Ysgol Iau a Babanod Parc Ninian. Dywedodd 'Roedd fy merch, Hannah, wrth ei bodd â'r rhaglen sy'n magu hyder plant. Does dim angen llawer o amser arnoch – gall pum munud o anogaeth ddysgu cymaint iddynt. Mae'r hyn y maent yn ei ddysgu nawr yn para oes.'

LAP Tip

Talk with me, play with me, sing with me, read with me... then I'll know what it's all about!

Tip ChAI

Siarada gyda mi, chwaraea gyda mi, cana gyda mi, darlenna gyda mi... ac yna byddaf yn gwybod be 'di be'!



Language and Play Chwarae a Iaith

Inside

Lots of rhymes, songs and activities to enjoy with your child.

Y Tu Mewn

Llawer o rigymau, caneuon a gweithgareddau i'w mwynhau gyda'ch plentyn.

Focus

Going Shopping and Fabulous Fruit...



Ffocws

Mynd i Siopa a Ffrwythau Gwych...



Language and Play

LAP is a programme for parents of babies and children under four. Information and ideas are offered to small groups of parents on rhymes, songs, stories, glitter and glue. There are ideas for activities to do at home or when you're going out and about.

Chwarae a Iaith

Rhaglen i rieni babanod a phlant dan bedair oed yw ChAI. Cynigir gwybodaeth a syniadau i grwpiau bach o rieni am rigymau, caneuon, straeon, gliter a glud. Ceir syniadau am weithgareddau i'w gwneud gartref neu pan fyddwch yn mynd allan.

Numbers/ Rhifau

- 1** One/
Un
- 2** Two/
Dau
- 3** Three/
Tri
- 4** Four/
Pedwar
- 5** Five/
Pump
- 6** Six/
Chwech
- 7** Seven/
Saith
- 8** Eight/
Wyth
- 9** Nine/
Naw
- 10** Ten/
Deg

LAP Tip

Change the words... be as silly as you like... Hop, hop, piggledly pop... Skip, skip, skippety skip... The wheels on the buggy go squeak, squeak, squeak...

Awgrym ar gyfer ChAI

Newidiwch y geiriau... byddwch mor wirion ag y mynnwch... Hop, hop, piggledly pop... Skip, skip, skippety skip... The wheels on the buggy go squeak, squeak, squeak...



Lisa Madhaven helping her daughter Tabitha post a letter (Ysgol Parc y Llan, Flintshire)

Lisa Madhaven yn helpu ei merch, Tabitha i bostio llythyr (Ysgol Parc y Llan, Sir y Fflint)

Going Shopping

Here are some ideas for making shopping more enjoyable for you and your child!

- ▶ Before you go talk about what you need to buy and where you're going to go
- ▶ Cut out labels and ask your child to find the items on the shelves
- ▶ Make a shopping list out of supermarket leaflets (junk mail). Cut and stick onto paper and ask your child to point out what you need to buy
- ▶ OR even walk to the Post Office pointing out, talking about things that you pass and listening to your child on the way. Involve your child in buying a stamp and posting the letter

Mynd i Siopa

Dyma rai syniadau i wneud siopa yn fwy difyr i chi a'ch plentyn!

- ▶ Cyn i chi fynd siaradwch am yr hyn y mae angen i chi ei brynu, ac i ble yr ydych yn mynd
- ▶ Torrwch labeli allan a gofynnwch i'ch plentyn ddod o hyd i'r eitemau ar y silffoedd
- ▶ Gwnewch restr siopa o daflenni archfarchnad (llythrau sothach). Torrwch nhw a'u gosod ar bapur a gofynnwch i'ch plentyn bwyntio at yr hyn y mae angen i chi ei brynu
- ▶ NEU, cerddwch i'r Swyddfa Bost gan bwyntio at bethau yr ydych yn cerdded heibio a siarad amdanynt gan wrando ar eich plentyn ar y ffordd. Ceisiwch gynnwys eich plentyn wrth brynu stamp a phostio'r llythyr

On the way there and back sing some rhymes together

e.g. *The wheels on the bus go round and round
Round and round, round and round.
The wheels on the bus go round and round,
All day long. (Change the words i.e. buggy, car, lorry etc)*



Ar y ffordd yno ac yn ôl, canwch rigymau gyda'ch gilydd

e.e. *Mae'r olwynion ar y bws yn mynd rownd a rownd
Rownd a rownd, rownd a rownd
Mae'r olwynion ar y bws yn mynd rownd a rownd
Trwy y dydd (Newidiwch y geiriau, e.e. bygi, car, lori ac ati)*

Or sing hopping songs/Neu canwch ganeuon hopian:

1. *Hop, hop, hoppety hop to the café, hop to the shop . . .*
2.

<i>See me walking down the street, Can you walk like me? Walking with my head held high As proud as can be.</i>	<i>See me jumping down the street, Jumping oh so high. Jump like me and stretch your arms And try and touch the sky.</i>	<i>See me hopping down the street, Hoppety hoppety hop. Hop with me until we're tired And then we'll have to stop.</i>
---	--	--

FRUITASTIC!

At the shops look at the range of fruits and help your child to choose some to take home and try.

At home empty the fruit onto the table. You could sort the fruit into size, colour, and shape. Talk about smooth, rough, round, furry, prickly . . .

FFRWYTHAU GWYCH

Yn y siopau, edrychwch ar yr ystod o ffrwythau a cheisiwch helpu'ch plentyn i ddewis rhai i fynd â nhw gartref a'u blasu.

Gartref, gallwch roi'r ffrwyth ar y bwrdd. Gallech drefnu'r ffrwythau yn ol eu maint, eu lliw, a'u siâp. Siaradwch am ffrwythau llyfn, bras, crwn, blewog, pigog . . .



Beverley Littlemore showing and describing a pineapple to her son, Joshua (Ysgol Bro Carmel Toddler Group, Flintshire).

Beverley Littlemore yn dangos ac yn disgrifio pinafal i'w mab, Joshua (Grŵp Plant Bach Ysgol Bro Carmel, Sir y Fflint)

Colours/Lliwiau

-  Red/Coch
-  Green/Gwyrdd
-  Yellow/Melyn
-  Blue/Glas
-  Purple/Porffor
-  Pink/Pinc

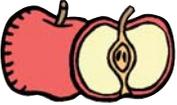
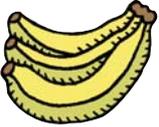
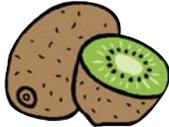
Tasting time

Use the sheet to note your child's reaction. Place a happy face in the box if they like it, a sad face if they don't.

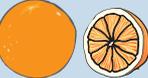
Amser blasu

Defnyddiwch y daflen i nodi ymateb eich plentyn. Rhowch wyneb hapus yn y blwch os ydynt yn ei hoffi, ac wyneb trist os nad ydynt yn ei hoffi.

Tasting/Blasu

					
 Peach/ Eirinen Wlanog			 Grapes/ Grawnwin		
 Plums/ Eirin			 Tangerine/ Tanjerîn		
 Apple/ Afal			 Tomato/ Tomato		
 Strawberry/ Mefusen			 Banana/ Banana		
 Kiwi/ Ciwi			 Avocado/ Afocado		

Names of fruits Enwau ffrwythau

- Apple  Afal
- Orange  Oren
- Banana  Banana
- Grapes  Grawnwin
- Pear  Gellygen
- Plum  Eirinen
- Strawberries  Mefus
- Kiwi  Ciwi
- Peach  Eirinen wlanog

LAP Tip

Use the words to describe the taste and texture of fruit in your mouth – sweet, sour, crunchy, shiny, seedy, yummy!

Awgrym ar gyfer ChAI

Defnyddiwch y geiriau i ddisgrifio blas a gwedd y ffrwyth yn eich ceg – melys, sur, creisionllyd, sgleiniog, llawn hadau, blasus!

Fruity Feast

Use the yummiest fruit to make a family feast. Peel and chop fruits for a funky fruit salad; add to a jelly; stir into ice cream. Mash, chop, spread fruits onto a sandwich; add to cereal, blend your own smoothie with milk, fruit juice or yoghurt. Send us your exciting fruit ideas, so we can all enjoy!

Gwledd Ffrwythau

Defnyddiwch y ffrwythau mwyaf blasus i wneud gwledd teulu. Pliciwch a thorrwch y ffrwythau ar gyfer salad ffrwythau ffynici; ychwanegwch at jeli; cymysgwch mewn hufen iâ. Stwnsiwch ef, torrwrch ef, gwasgarwch y ffrwythau ar frechdan; ychwanegwch at rawnfwyd, cymysgwch eich diod ffrwythau eich hun gyda llaeth, sudd ffrwythau neu iogwrt. Anfonwch eich syniadau cyffrous am ffrwythau atom, fel y gallwn ni i gyd fwynhau!

Streamer Time!!

Make streamers from crepe paper or florists' ribbon. Toddlers enjoy playing with them outside.

Here are some ways to enjoy them:

Run with streamers in hands/twirl them around in hands/hold streamer low to the ground and encourage toddler to jump over it/ tie several streamers to a tree branch low enough to be touched when jumping/on a windy day, simply hold the streamer in the air and watch it ripple in the wind.

There will be lots to observe and this activity helps with co-ordination.

Amser rhubanau!!

Gwnewch rubanau o bapur crêp neu rubanau gwerthwr blodau. Mae plant bach yn mwynhau chwarae gyda nhw y tu allan.

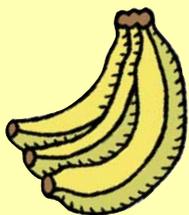
Dyma rai ffyrdd o'u mwynhau:

Rhedwch gyda rhubanau yn eich dwylo/trowch nhw o gwmpas yn eich dwylo/gafaelwch y rhuban yn isel ar y llawr ac annog y plentyn i neidio drosto/clymwch sawl rhuban at gangen coeden yn ddigon isel i gyffwrdd ag ef wrth neidio/ar ddiwrnod gwyntog, gafaelwch yn yr rhuban yn yr awyr a gwyliwch ef yn symud yn y gwynt.

Bydd yna lawer i sylwi arno, ac mae'r gweithgaredd hwn yn helpu gyda chydsymudiad.

Sing fruity songs together

One banana, two banana,
Three banana, more
Four banana, five banana,
Six banana, more,
Seven banana, eight banana
Nine banana, more,



Canwch ganeuon am ffrwythau gyda'ch gilydd

Un a dau a thri banana,
Pedwar a phump,
A chwech banana
Saith ac wyth a naw banana,
Deg banana melyn!



Five red apples, on the farmers tree (tune/cân: 10 green bottles)
Five red apples, on the farmers tree
If I pick one red apple, and eat it for my tea
There will be four red apples, on the farmers tree

Apples, apples, one, two, three
Apples for you, Apples for me.
Apples big, Apples small,
Apple trees tiny, Apple trees tall.
Apples sour, Apples sweet
Apples, apples, are nice to eat.

LAP Tip

Change the fruit to appeal to your child e.g. 5 green grapes

Awgrym ar gyfer ChAI

Newidiwch y ffrwythau fel eu bod yn apelio at eich plentyn, e.e. 5 o rawnwin gwyrdd

Apples in the shop	Apples in the bowl	Apples in my tum
Apples in the shop	Apples in the bowl	Apples in my tum
Buy them all	Cut them up	Eat them up
Buy them all	Cut them up	Eat them up
1,2,3,4, pop	Cut, cut, cut, cut, cut	Yum, yum, yum, yum, yum

LAP Tip

Young children who join in with songs and rhymes are much more confident when they get to playgroup or nursery or school.

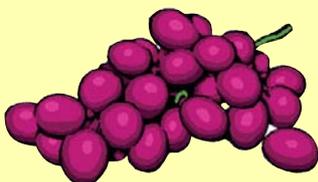
Awgrym ar gyfer ChAI

Mae plant ifanc sy'n ymuno gyda chaneuon a rhigymau yn llawer mwy hyderus pan fyddant yn dechrau yn y cylch chwarae, neu'r cylch meithrin neu'r ysgol.

Bwyta, bwyta afal coch
(cân: Heno, heno)
Bwyta, bwyta afal coch
Bwyta, bwyta, bwyta afal coch
Bwyta, bwyta, bwyta afal coch

Oren mawr, banana melyn, ciwi gwyrdd

Munching, munching one red apple etc . . .



Fruitastic Games

1. Name that Fruit.

Put a selection of fruit on the floor. Give your child a box or bag. Play some music, when it stops ask your child to name a fruit. If correct, put it in the bag or basket. Sing the shopping basket song

What is in the shopping basket, shopping basket, shopping basket?

What is in the shopping basket?

Would you like to see?

An apple is in the shopping basket, shopping basket, shopping basket.

An apple is in the shopping basket, an apple for our tea.

(Repeat naming different fruits)

2. Put some fruit in a bag or on a tray under a cloth. Take turns to feel the fruit and guess what it is.

3. Place 5 pieces of fruit on the table. Remove one, ask your child to name the missing fruit.



Gemau Ffrwythau Gwych

1. Enwch y Ffrwyth hwnnw.

Rhowch gasgliad o ffrwythau ar lawr. Rhowch flwch neu fag i'ch plentyn. Chwaraewch gerddoriaeth. Pan fydd yn dod i ben, gofynnwch i'ch plentyn enwi ffrwyth. Os yw'n gywir, rhowch y ffrwyth yn y bag neu'r fasedg. Canwch gân y fasedg siopa

Beth sydd yn y fasedg siopa, fasedg siopa, fasedg siopa?

Beth sydd yn y fasedg siopa?

Dewch i ni gael gweld.

Afal sy'n y fasedg siopa, fasedg siopa, fasedg siopa.

Afal sy'n y fasedg siopa, afal neis i de.

(Ailadroddwch gan enwi gwahanol ffrwythau)

2. Rhowch ffrwythau mewn bag neu ar hambwrdd dan glwtyn. Cymerwch eich tro i deimlo'r ffrwythau a dyfalu beth yw'r ffrwyth.

3. Rhowch 5 darn o ffrwyth ar y bwrdd. Symudwch un ffrwyth, gofynnwch i'ch plentyn enwi'r ffrwyth coll

FUN IDEAS

1. Name that fruit
2. When you go to the shop see how many fruit you can find
3. Take it in turns to name fruit in the bowl
4. Go to the library together and choose a story or rhyme about fruit
5. Make a book together using pictures of fruit from food magazines and write underneath e.g. I love bananas yum, yum, yum! I love plums yum, yum, yum!
6. Make an I spy book for when you go to the market or shop – first to spot 2 yellow bananas/3 green apples/an orange/a bunch of grapes etc.

Please send us your ideas for fun things to do based on this picture.

SYNIADAU AM HWYL

1. Enwch y ffrwyth hwnnw
2. Pan ewch i'r siop, sylwch faint o ffrwythau y gwelwch
3. Cymerwch eich tro i enwi'r ffrwythau yn y bowlen
4. Ewch i'r llyfrgell gyda'ch gilydd a dewiswch stori neu rigwm am ffrwythau
5. Gwnewch lyfr gyda'ch gilydd gan ddefnyddio lluniau o ffrwythau o gylchgronau bwyd ac ysgrifennwch o dan y lluniau, e.e. Rwyf wrth fy modd gyda bananas – maen nhw'n flasus! Rwyf wrth fy modd gydag eirin – maen nhw'n flasus!
6. Gwnewch lyfr rwy'n gweld gyda'm llygad bach i ar gyfer yr adeg pan fyddwch yn mynd i'r farchnad neu'r siop – y cyntaf i ddod o hyd i 2 fanana melyn/3 afal gwyrdd/oren/clwstwr o rawnwin, ac ati

Anfonwch eich syniadau atom am bethau sy'n hwyl i'w gwneud yn seiliedig ar y llun hwn.

Treasure Baskets

Treasure baskets, or boxes can be made up of items that young children want to touch, squash, smell, roll, examine. They contain ordinary, everyday items to feel and explore. They can contain soft, slithery, silky, shiny materials. Or a selection of paper/card that crinkles, gleams, flutters or noisy items that a child can bang, rattle, shake, pour. Ella is totally absorbed in this picture.



Basgedi Trysor

Mae basgedi neu flychau trysor yn cynnwys eitemau y mae plant ifanc am eu cyffwrdd, eu gwasgu, eu hogleuo, eu rholio, a'u harchwilio. Maent yn cynnwys eitemau cyffredin, bob dydd i'w teimlo a'u harchwilio. Maent yn cynnwys deunyddiau meddal, llithrig, sidanaidd, sgleiniog. Neu, gasgliad o bapur/cerdyn sy'n crychu, yn disgleirio, yn siffrwd, neu eitemau swmlyd y gall plentyn eu bwrw, eu ratlo, eu hysgwyrdd, eu tywallt. Mae Ella wedi ymgolli'n llwyr yn y llun yma.

Why not make a colour basket? Start with a red apple, a green apple and an orange. With your child look for things around the house that are red, green and orange. Place in a basket and talk about the colour, texture, smell and shape.

Beth am wneud basged liw? Dechreuwch gydag afal coch, afal gwyrdd ac oren. Chwiliwch gyda'ch plentyn am bethau o gwmpas y tŷ sy'n goch, yn wyrdd ac yn oren. Rhowch nhw mewn basged a siaradwch am y lliw, y gwedd, yr arogl a'r siâp.



Top Tips Parents from Bridgend would like to share with you

Top 10 Tips for Talking with your Child

- 1 Get rid of distractions that you can control, like TV and radio.
- 2 Get down on your child's level.
- 3 Make eye contact.
- 4 Only ask one question at a time and remember to listen as well as talk.
- 5 Use body language like nodding and smiling to show that you are listening to what your child says.
- 6 Instead of asking questions that only need a yes/no answer, give your child choices like 'Do you want toast or cereal?'
- 7 Add a new word to what your child says.
- 8 Name things for your children and show them what you mean.
- 9 Use words that your children use and change them to other words that mean the same thing, like 'big' = 'large', 'huge'.
- 10 If your child does not understand you the first time, repeat yourself using fewer and simpler words.

Produced by: Helen Evans, Natalie Jenkins, Gill Jones, Cheryl Davies (Parents of Blaenllynfi Infant School) and Rebecca Jones (Speech & Language Therapist for On Track). Graphics by Sue Evans, On Track December 2003.

Awgrymiadau Da yr hoffai Rhieni o Ben-y-bont ar Ogwr eu rhannu gyda chi

10 Awgrym Da ar gyfer Siarad gyda'ch Plentyn

- 1 Gwnewch yn siwr eich bod yn cael gwared ar ymyriadau y gallwch chi eu rheoli, fel y teledu a'r radio.
- 2 Ewch i lawr i lefel eich plentyn.
- 3 Gwnewch gyswllt llygaid.
- 4 Gofynnwch un cwestiwn ar y tro, a chofiwch wrando yn ogystal â siarad.
- 5 Defnyddiwch iaith y corff fel nodio a gwenu i ddangos eich bod yn gwrandao ar yr hyn y mae eich plentyn yn ei ddweud.
- 6 Yn hytrach na holi cwestiynau sydd angen ateb ie/na yn unig, rhowch ddewisiadau i'ch plentyn fel 'Wyt ti am gael tost neu rawnfwyd?'
- 7 Ychwanegwch air newydd at yr hyn y mae eich plentyn yn ei ddweud.
- 8 Enwch bethau i'ch plant a dangoswch iddynt beth yr ydych yn ei olygu.
- 9 Defnyddiwch eiriau y mae eich plant yn eu defnyddio a newidiwch nhw yn eiriau eraill sy'n golygu'r un peth, fel 'mawr' = 'eang', 'anferth'.
- 10 Os nad yw eich plentyn yn eich deall y tro cyntaf, ailadroddwch yr hyn a ddywedasoich gan ddefnyddio llai o eiriau a geiriau symlach.

Lluniwyd gan: Helen Evans, Natalie Jenkins, Gill Jones, Cheryl Davies (Rhieni Ysgol Fabanod Blaenllynfi) a Rebecca Jones (Therapydd Llefydd ac Iaith ar gyfer On Track). Graffeg gan Sue Evans, On Track Rhagfyr 2003.



Robin has the last word

Robin from Llandegla mother and toddler group in Denbighshire is making a musical instrument. As he does this, he is learning to concentrate and persevere. He is developing his fine motor skills as he picks up the cereal – and is havin great fun!

Robin sydd â'r gair olaf

Mae Robin o gylch mam a phlentyn Llandegla yn Sir Ddinbych yn gwneud offeryn cerddorol. Wrth iddo wneud hyn, mae'n dysgu canolbwyntio a dyfalbarhau. Mae'n datblygu ei sgiliau echddygol manwl wrth iddo godi'r grawnfwyd – ac mae'n cael llawer o hwyl!

How many different nursery rhymes or children's songs can you fit into the puzzle opposite? If your children go to playgroup or nursery they might be able to help you with suggestions. You may also have heard some on children's TV programmes. Or perhaps you and a friend can remember some favourite playground rhymes, skipping songs or 'dips' from your childhood. The title of your song can fit anywhere around the letters given – we've given you two to start off with. Have fun!

Award yourself

- 1 point for each title
- 1 **extra** point for every 'action' song e.g. 'Heads and Shoulders, Knees and Toes'
- 2 **extra** points for a 'counting' song e.g. 'Five Little Ducks'

Faint o wahanol hwiangerddi neu ganeuon plant allwch chi eu gosod yn y pos gyferbyn? Os yw eich plentyn yn mynd i gylch chwarae neu ysgol feithrin, gallent eich helpu chi gydag awgrymiadau. Efallai eich bod hefyd wedi clywed rhai ar raglenni teledu plant. Neu efallai y gallwch chi a'ch ffrind gofio rhai o'ch hoff rigymau ar y buarth chwarae, caneuon sgipio neu 'benillion gemau' o'ch plentyndod. Gellir gosod teitl eich cân yn rhywle o gwmpas y llythrennau a roddir – rydym wedi rhoi dau i chi ddechrau. Mwynhewch!

Gwobrwywch eich hunain

- 1 pwynt ar gyfer pob teitl
- 1 pwynt **ychwanegol** ar gyfer pob cân â 'symudiadau', e.e. 'Heads and Shoulders, Knees and Toes'
- 2 bwynt **ychwanegol** am gân 'gygrif', e.e. 'Pum Hwyaaden Fach'

Incy Wincy Sp

h
i
c
k
o
r
y
d
i
c
k
o
r
y
d
o
c
k

eno Heno (score 1 point)/(sgôr 1 pwynt)

der (score 2 points)/(sgôr 2 bwynt)

SCORE

30 +

Brilliant! Fancy becoming a LAP trainer?

20 to 30

Well done, you certainly know your stuff!

Up to 20

Not bad, join our LAP sessions and you can have fun with even more songs and rhymes!

SGÔR

30 +

Gwych! Awydd dod yn hyfforddwr ChAI!

20 i 30

Da iawn, rydych chi'n deall yn iawn!

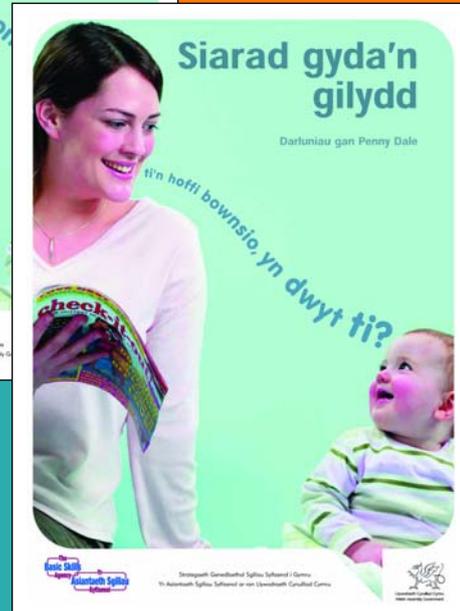
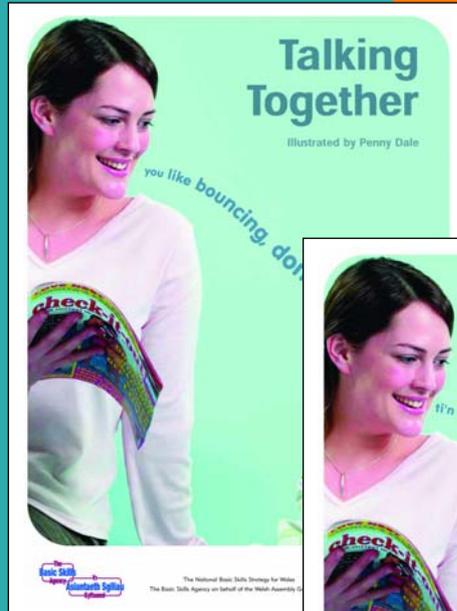
Hyd at 20

Ddim yn ddrwg, ymunwch â'n sesiynau ChAI a gallwch gael hwyl gyda hyd yn oed mwy o ganeuon a rhigymau!

Talking Together Pack

Have you seen the TV advert of the mad woman in the supermarket singing Old MacDonald to her child? She is part of our campaign to encourage parents to talk and sing with their young children.

If you would like to obtain your free pack of the Talking Together Pack (stock code A1748), please call 0870 600 2400.



Pecyn Siarad gyda'n gilydd

A ydych chi wedi gweld yr hysbyseb teledu o'r ddynes wallgof yn yr archfarchnad yn canu Fferm Ewyrth Ifan i'w phlant? Mae hi yn rhan o'n hymgyrch i annog rhieni i siarad a chanu gyda'u plant ifanc.

Os ydych am archebu eich pecyn rhad ac am ddim chi o'r Pecyn Siarad gyda'n gilydd (cod stoc A1748), ffoniwch 0870 600 2400.

More About LAP ...

Did you know that over 22,000 parents and young children have joined a LAP programme since it began in 2003. Parents meet in Toddler groups, nurseries, schools and health clinics to find out how they they can help their children to learn.

The best bits:

- **Chatting to other parents**
- **Painting fingers and toes**
- **Singing and dancing together**
- **Making and sharing snacks**
- **Making collections for treasure baskets**
- **Learning new songs and rhymes**

Mwy am ChAI ...

A oeddech chi'n gwybod bod dros 22,000 o rieni a phlant ifanc wedi ymuno â rhaglen ChAI ers iddi ddechrau yn 2003. Mae rhieni yn cyfarfod mewn cylchoedd Plant bach, ysgolion meithrin, ysgolion a chlinigau iechyd i ddarganfod sut y gallant helpu eu plentyn i ddygu.

Y rhannau gorau:

- **Sgwrsio â rhieni eraill**
- **Peintio bysedd a bysedd traed**
- **Canu a dawnsio gyda'ch gilydd**
- **Gwneud byrbrydau a'u rhannu**
- **Gwneud casgliadau ar gyfer basgedi trysor**
- **Dysgu caneuon a rhigymau newydd**

Have you had your free copy of Stories, Songs and Rhymes, a collection of stories, songs and rhymes accompanied by a CD? To order a copy please contact Victoria Hughes on 020 7440 6516 or email victoriah@basic-skills.co.uk



A ydych wedi cael eich copi am ddim o Storiâu, Caneuon a Rhigymau, sef casgliad o straeon, caneuon a rhigymau, gyda CD? I archebu copi, cysylltwch â Victoria Hughes ar 020 7440 6516 neu anfonwch e-bost at victoriah@basic-skills.co.uk

LAP Tip

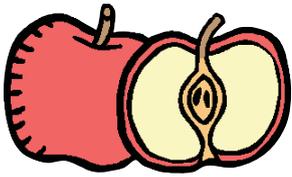
Join a LAP group – meet other parents and have fun! Contact Victoria Hughes at victoriah@basic-skills.co.uk or visit our website at www.basic-skills-wales.org

Awgrym ar gyfer ChAI

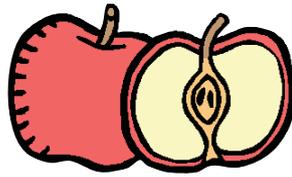
Ymunwch â grŵp ChAI – gallwch gyfarfod â rhieni eraill a chael hwyll! Cysylltwch â Victoria Hughes: victoriah@basic-skills.co.uk neu trowch at ein gwefan: www.sgiliau-sylfaenol-cymru.org

Here are some cards for you to cut out / Dyma rai cardiau i chi dorri allan

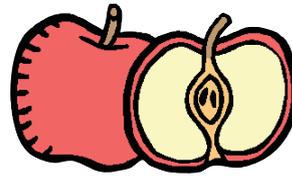
Apple



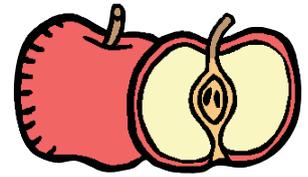
Apple



Apple



Apple



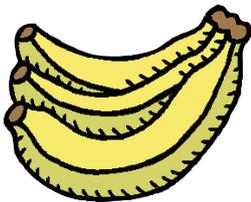
Afal

Afal

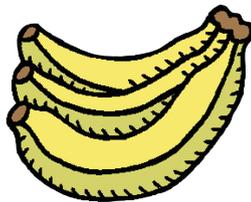
Afal

Afal

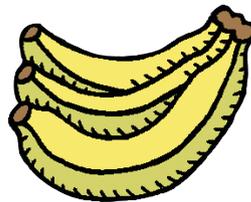
Banana



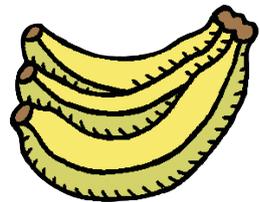
Banana



Banana



Banana



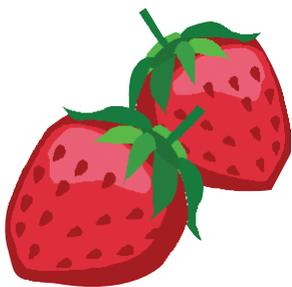
Banana

Banana

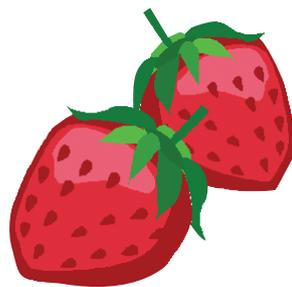
Banana

Banana

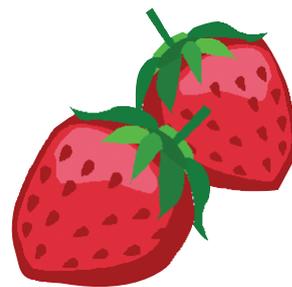
Strawberry



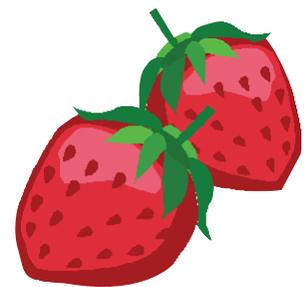
Strawberry



Strawberry



Strawberry



Mefusen

Mefusen

Mefusen

Mefusen

Activities

1. Match fruit pictures
2. Play SNAP
3. Play Fruity Bingo
4. Have a go at naming the fruits in English & Welsh
5. Try naming the colours in English & Welsh
6. Cover a selection of fruit. Show your child a card and ask them to find the matching fruit. Take turns.

Gweithgareddau

1. Parwch luniau o ffrwythau
2. Chwaraewch SNAP
3. Chwaraewch Bingo Ffrwythau
4. Rhowch gynnig ar enwi ffrwythau yn Gymraeg ac yn Saesneg
5. Ceiswch enwi'r lliwiau yn Gymraeg ac yn Saesneg
6. Gorchuddiwch gasgliad o ffrwythau. Dangoswch gerdyn i'ch plentyn a gofynnwch iddo ddod o hyd i'r ffrwyth. Cymerwch eich tro.





For further information contact:

The Basic Skills Agency
Commonwealth House
1–19 New Oxford Street
London, WC1A 1NU
Tel: 020 7405 4017
Fax: 020 7440 7770

E-mail: walesenquiries@basic-skills.co.uk
www.basic-skills-wales.org

For copies please contact:

The Basic Skills Agency
Admail 524
London, WC1A 1BR
Tel: 0870 600 2400
Fax: 0870 600 2401

Am ragor o wybodaeth cysylltwch â:

Yr Asiantaeth Sgiliau Sylfaenol
Commonwealth House
1–19 New Oxford Street
London, WC1A 1NU
Ffôn: 020 7405 4017
Ffacs: 020 7440 7770
E-bost: [ymholiadau@basic-skills.co.uk](mailto:yhmholiadau@basic-skills.co.uk)
www.sgiliau-sylfaenol-cymru.org

Am gopïau cysylltwch â:

Yr Asiantaeth Sgiliau Sylfaenol
Admail 524
London, WC1A 1BR
Ffôn: 0870 600 2400
Ffacs: 0870 600 2401

A1777