

# MAE POB BABI'N CYFRIF

Cefnogaeth i rieni



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NSPCC   
Dim mwy o greulondeb i blant. DIM.  
Cruelty to children must stop. FULL STOP.

# Llongyfarchiadau!

Mae dod yn rhiant am y tro cyntaf yn amser cyffrous. Ond gall hefyd fod yn amser pryderus. Efallai eich bod yn meddwl am ba fath o riant fyddwch chi. Efallai'r hoffech wybod pa newidiadau a fydd yn digwydd yn eich bywyd oherwydd eich babi newydd, a sut fyddwch chi'n ymdopi â'r gwaith anodd a gwobrwyol o fagu eich babi.

Mae pob rhiant newydd yn wynebu her. Bydd magu babi yn newid llawer o bethau, gan gynnwys eich perthynas agos â phobl, felly mae angen i chi fod yn barod. Ond mae llawer y gallwch ei wneud i'ch paratoi chi, a'ch partner, ar gyfer bywyd gyda'ch plentyn.

Un o'r rhannau pwysicaf o fod yn rhiant llwyddiannus yw bod yn barod ynoch chi'ch hun. Bywyd cartref hapus, sefydlog a diogel – ni waeth pa fath o deulu ydych chi – yw'r lle gorau i blentyn gael ei fagu.

Gwyddom fod blwyddyn gyntaf bywyd plentyn yn bwysig iawn. Drwy gychwyn eich bywyd gyda'ch gilydd yn y ffordd iawn, rydych chi'n helpu eich plentyn i fod yn hyderus, yn hapus ac yn iach.

Mae babis yn agored iawn i niwed ac mae'n bwysig i ni roi amgylchedd diogel cariadus iddynt a gwneud popeth yn ein gallu i'w hamddiffyn. Bydd hyd yn oed y rhieni mwyaf cariadus a gofalgar weithiau'n ei chael yn anodd. Bydd y llyfrynn hwn yn eich helpu i wneud y gorau gallwch, a bydd yn dangos i chi sut i gael help os



credwch fod arnoch ei angen.

Un peth y dylem ei esbonio yw, er ein bod yn defnyddio'r gair 'rhiant' drwy'r llyfrynn hwn, rydym yn defnyddio'r gair i gyfeirio at unrhyw un sy'n gyfrifol am ofalu am blentyn – nid rhieni naturiol yn unig.

**"Mae pob rhiant newydd yn wynebu her. Ond mae llawer y gallwch ei wneud i'ch paratoi chi, a'ch partner, ar gyfer bywyd gyda'ch plentyn."**



# Dod i adnabod eich babi

I rai rhieni, mae cariad yn dod ar unwaith. I eraill mae'r teimladau'n cymryd amser i dyfu. Os nad ydych chi'n meithrin cysylltiad ar unwaith gyda'ch babi, peidiwch â phoeni. Peidiwch â disgwyl i bopeth fod yn berffaith, oherwydd gall hynny roi pwysau arnoch. Ceisiwch feithrin perthynas a threulio cymaint o amser ag y gallwch ar y dechrau un gyda'ch babi. Rydych yn dod i adnabod eich gilydd a dyma'r cam cyntaf.

Y flwyddyn gyntaf yw pryd mae babis yn dysgu am y byd o'u hamgylch a'u lle nhw ynddo. Maent yn meithrin perthynas â phobl, er enghraifft drwy syllu ar eu rhieni, gwyllo ystumiau'r wyneb, gwrando ac ymateb i leisiau, a drwy gyffyrddiad tyner. Mae babis yn closio at oedolion sy'n garedig ac yn ofalgar. Mae babis sy'n cael cariad yn dod yn fwy hyderus, gofalgar a sensitif a byddant yn well am feithrin perthynas â phobl yn nes ymlaen yn eu bywyd.

## Cadwch y babi mewn cof

Nid yw babis yn deall y pwysau a allai fod arnoch, ond maen nhw am i chi feddwl amdanynt a deall eu hanghenion. Bydd eich babi'n mynd â llawer o'ch amser a'ch sylw – hyd yn oed pan ydych chi'n flinedig, yn llwglyd neu wedi cael llond bol.

Un peth fydd yn eich helpu chi a'ch babi fydd gofalu amdanoch eich hun a chael cefnogaeth gan ffrindiau, teulu neu weithwyr proffesiynol pan fydd arnoch ei hangen. Y peth gorau allwch chi ei wneud yw gwybod ei bod yn iawn gofyn am help, neu ofyn cwestiynau. Nid chi fydd y rhiant cyntaf sydd â chwestiynau i'w gofyn, ac nid chi fydd yr olaf.



## **Pethau y gallwch chi eu gwneud i fondio gyda'ch babi**

- Cofleidiwch eich babi newydd, croen wrth groen - bydd yn ymateb i'r cynhesrwydd a'r agosrwydd.
- Daliwch eich babi a'i fwytho, a'i gysuro cyn gynted â phosib pan fydd yn crio – bydd yn teimlo'i fod yn cael ei garu, ac yn ddiogel.
- Hyd yn oed os cawsoch fabis o'r blaen, mae pob un yn wahanol ac mae angen i chi dreulio amser yn dod i adnabod eich plentyn newydd. Gwyliwch yr hyn a wnaiff eich babi, sgwrsiwch neu canwch iddo, edrychwch i'w lygaid a gweld sut mae'n ymateb – efallai na all babis newydd siarad ond gallant gyfathrebu gyda chi mewn ffyrdd eraill. Dylech ystyried beth allai eich babi fod yn ei deimlo. Bydd dysgu i'w ddeall ar y dechrau yn eich gwneud yn agosach.
- Mae babis yn symud o fod yn effro i gysgu yn wahanol. Mae pob babi'n gwneud hyn yn ei ffordd ei hun – mae rhai'n symud o'r cyflyrau hyn yn gyflym iawn, a bydd eraill yn aros mewn un cyflwr am amser hir. Bydd adnabod patrwm eich babi yn eich helpu i ymateb ar wahanol adegau.



# Dan bwysau

Mae bywyd yn dod â'i heriau ei hun, ond ar ôl i chi gael eich babi mae'n bosib y cewch hi'n anoddach ymdopi. Gall anawsterau ym mywyd rhiant gael effaith ddifrifol ar eich babi. Dyna pam ei bod yn bwysig cael cefnogaeth gyda'ch heriau chi os ydych chi'n cael pethau'n anodd.

Ar dudalennau 18-19 cewch fanylion lle i gael cefnogaeth gydag anawsterau o safbwyt:

- arian
- tai
- pwysau gwaith neu ddiweithdra
- problemau iechyd, gan gynnwys iselder neu broblemau iechyd meddwl
- fffrae gyda ffrindiau a theulu
- anawsterau yn eich perthynas gyda rhiant arall y babi
- cyffuriau neu alcohol
- cam-drin domestig
- teimladau o unigrwydd
- gwahaniaethu.



Cofiwch, os ydych chi'n cael problemau dydy hynny ddim yn golygu eich bod yn rhiant gwael. Bydd cael help i chi'ch hun yn helpu i gadw'ch babi'n ddiogel.

## Iechyd emosiynt

Mae llawer o rieni'n teimlo dan straen ac yn flinedig, yn enwedig oherwydd diffyg cwsg. Fodd bynnag, os oes gennych broblemau iechyd meddwl – ac amcangyfrifir y bydd un o bob pedwar yn dioddef ar ryw adeg yn eu bywyd – mae'n bwysig meddwl am sut gallwch ymdopi a gwneud y gorau i'ch babi ar yr un pryd. Mae llawer o bobl sydd â phroblemau iechyd meddwl yn dioddef o iselder a gofid. Mae tymer y rhieni yn effeithio ar fabis; mae arnynt angen eich cariad, eich gofal a'ch arweiniad. Gall hyn fod yn flinedig iawn a gallai olygu bod arnoch angen cefnogaeth ychwanegol weithiau. Siaradwch gyda'ch meddyg teulu neu'ch ymwelydd iechyd; byddant yn sicr o allu helpu.

## Problemau gyda diod neu gyffuriau

Mae arferion rhieni o ran defnyddio diod neu gyffuriau yn cael effaith ddifrifol ar fabis, yn ystod beichiogrwydd ac ar ôl eu geni. Gall rhieni sydd â phroblemau gyda diod neu gyffuriau ei chael yn anodd bod mor famol, cyson a rhagweladwy wrth fagu eu babis ag y byddent fel arall.

Os ydych chi neu'ch partner yn ei chael yn anodd, mae help ar gael. Siaradwch gyda'ch meddyg teulu neu'ch ymwelydd iechyd ynghŷn â chael cefnogaeth.

## Cam-drin domestig

Ymddygiad bygythiol, trais neu gamdriniaeth rhwng oedolion sydd, neu a fu, yn bartneriaid neu'n aelodau teulu yw cam-drin domestig. Ni ddylai neb orfod dioddef cam-drin domestig. Mae'n achosi niwed corfforol, ond mae hefyd yn creu niwed emosiynt sylweddol. Gall gweld cam-drin domestig niweidio datblygiad a lles emosiynt babi. Gallai synau uchel, fel gweiddi, godi ofn arnynt. Gall cam-drin domestig rwystro rhieni rhag gofalu am anghenion eu plentyn. A gall babis synhwyro'r tensiwn a'r straen y mae rhiant yn ei deimlo.

Os ydych chi'n dioddef cam-drin domestig, mae cefnogaeth ar gael. Gwyddom y gall fod yn anodd gofyn am help, ond mae help i'w gael a dyma'r peth gorau i chi a'ch plentyn. Cysylltwch â'ch meddyg teulu neu'ch ymwelydd iechyd a gofyn iddynt am help. Ar dudalen 18 fe welwch fanylion ein gwefan ac mae arni restr bellach o fanylion cyswllt.

# Teimlo'n isel a chael help

Gall bod yn feichio genni a geni plentyn newydd fod yn gyffrous iawn. Ond mae llawer o rieni hefyd yn cael adegau pan maent yn teimlo'n bryderus a dan bwysau. Er ei bod yn eithaf cyffredin teimlo fel hyn, gall eich gadael yn teimlo'n unig, fel mai chi yw'r unig riant newydd sy'n mynd drwy'r emosiynau hyn. Mae'n gwbl normal a naturiol i gael adegau fel hyn. Yn aml, bydd gorffwys a rhwydwaith cefnogol da o ffrindiau neu deulu yn eich helpu i ddod dros y teimladau hyn.

Fodd bynnag, mae rhai rhieni'n teimlo'n isel am amser hir. Gall fod yn anodd dweud y gwahaniaeth rhwng y teimladau o iselder y mae llawer o rieni'n eu teimlo ac iselder ôl-enedigol. Nid yw iselder bob amser yn dechrau adeg y geni, gall weithiau ddechrau pan fyddwch yn disgwyl, neu gall ddechrau mewn tipyn ar ôl y geni. Mae teimlo'n drist neu'n euog, methu â chysgu na chanolbwytio, neu deimlo'n bigog oll yn arwyddion bod arnoch angen cefnogaeth ychwanegol, o bosib.

Mae tua un o bob saith o famau yn cael iselder ôl-enedigol. Gall iselder ôl-enedigol ddwyn ymaith eich pleser yn eich babi. Mae ar fabis angen i chi ymateb iddynt. Mae ar famau nad oes ganddynt yr egni na'r diddordeb i wneud hyn angen help gan weithwyr iechyd proffesiynol fel y gallant wella mor gyflym â phosib. Gall tadau hefyd brofi iselder, yn enwedig pan mae'r fam yn isel. Mae teimladau'r rhieni yn effeithio ar fabis, felly os ydych chi'n ei chael yn anodd ymdopi, mae'n bwysig cael help. Siaradwch gyda'ch meddyg teulu neu'ch ymwelydd iechyd.



## Gair i gall

- Gorffwyswch. Gofynnwch i'ch teulu, eich ffrindiau a'ch partner os oes gennych un, roi'r cyfle i chi gael egwyl. Gall amser byr oddi wrth eich plentyn eich helpu i gael eich egni'n ôl. Ond peidiwch â gadael eich babi ar ei ben ei hun.
- Mae newid cystal â gorffwys. Ceisiwch godi allan o'r ty a chyfarfod rhieni newydd eraill. Mae ymuno â grŵp i rieni newydd a babys yn hwyl i'ch babi ac mae'n rhoi'r cyfle i chi gwrdd â rhieni newydd sy'n deall eich teimladau gan eu bod nhw yn yr un sefyllfa.
- Adnabod yr arwyddion a chynnig cefnogaeth. Byddwch yn cyfarfod â llawer o rieni eraill. Os ydych chi'n adnabod rhywun y credwch chi sy'n ei chael yn anodd, siaradwch gyda nhw, gan gynnig cefnogaeth iddynt a'u hannog i siarad gyda gweithiwr iechyd proffesiynol. Byddant yn ddiolchgar am eich pryder – pa un a oes problem ai peidio.
- Os ydych chi neu'ch partner yn cael pethau'n anodd, siaradwch gyda'ch bydwraig, eich ymwelydd iechyd neu'ch meddyg teulu. Mae help ar gael i chi ac ni chewch eich barnu.



# Crio

Os yw eich babi'n crio llawer gall fod yn anodd iawn. I ddechrau, crio yw prif ffordd eich babi o 'siarad' gyda chi. Hyd yn oed os oes gennych blant eraill, mae arnoch angen amser i ddod i adnabod eich babi newydd, dysgu beth mae'n ei hoffi a sut gallwch chi fodloni ei anghenion.

## Colig

Nid yw pob gweithiwr iechyd proffesiynol yn cytuno bod colig yn bodoli. Yn gyffredinol mae'n cyfeirio at grío gormodol sy'n effeithio ar fabis dan bedwar mis. Nid yw wedi'i brofi, ond gallai gael ei achosi gan broblemau bwydo, alergedd neu anoddefiadau, gor-gyffroi neu efallai nad yw system nerfol neu dreulio'r babi wedi datblygu'n llawn. Os ydych chi'n meddwl bod gan eich babi golig, holwch eich meddyg teulu neu'ch ymwelydd iechyd am gyngor.

## Mae babis yn crio am lawer o resymau

Dyma rai ohonynt:

- rhy boeth neu rhy oer
- angen newid clwt/cewyn
- wedi ypsetio ac eisiau cwtsh
- wedi'i or-gyffroi ac angen cael ei roi i orwedd yn dawel
- wedi diflasu ac angen cwmni
- mewn poen oherwydd dannedd newydd
- ddim yn dda - os yw'r crio'n ymddangos yn anarferol neu fod ganddo hefyd dymheredd uchel neu ddim awydd bwyd, cofiwch holi eich meddyg teulu neu'ch ymwelydd iechyd bob amser.





## Gair i gall

- Mae pob babi'n crio – dyma'u prif iaith felly allwch chi ddim ei stopio'n gyfan gwbl.
- Mae ein hymennyydd wedi'i wneud i ymateb i griod, er mwyn i chi roi sylw i anghenion eich babi. Mae'n helpu babis i oroesi. Nid yw gwybod hyn yn stopio'r straen – ond mae'n eich helpu i'w reoli.
- Ni fydd babi byth yn crio i'ch gwyltio nac oherwydd ei fod yn ddrwg – yr oll mae ei angen yw help i roi trefn ar sut mae'n teimlo.
- Cofiwch: pan mae eich babi'n crio nid chi na'ch babi sydd ar fai.
- Mae'n amhosib difetha babi newydd-anedig. Y cyflymaf y gallwch ymateb yn y dyddiau cynnar, y mwyaf diogel y bydd eich babi'n teimlo.
- Ar y dechrau, mae'n debygol mai prif reswm eich babi am griod yw am ei fod eisiau bwyd. Mae bwydo yn ôl y galw yn haws yn y dyddiau cynnar - yn y diwedd bydd eich babi'n syrthio i drefn.
- Mae babis sy'n cael ateb ar unwaith wrth griod pan maent yn ifanc, yn crio llai wrth iddynt fynd yn hyn.
- Bydd gwybod y byddwch bob amser yn dod i ofalu amdanynt yn helpu babis i feithrin hunanhyder a thyfu'n blant hyderus.

# Sut i ddelio ag ymddygiad anodd

Byddwch yn treulio llawer o amser gyda'ch babi. Gall hyn fod yn anodd ac weithiau mae hawdd meddwl ei fod yn gwneud ati i fod yn anodd.

Er bod babis yn unigolion gyda'u teimladau eu hunain, mae'n bwysig cofio nad yw'r gallu ganddynt i fod yn 'ddrwg'. Ni allant feddwl nac ymddwyn yn fwriadol i 'dynnu arnoch' neu'ch ypsetio. Hyd yn oed wrth iddynt dyfu, cof byr iawn sydd gan blant bach. Ni fyddant, o anghenraid, yn cofio yfory yr hyn y dywedwch wrthynt am beidio â'i wneud heddiw.

Ni waeth faint rydych chi wedi cynhyrfu, mae'n bwysig peidio â byth ysgwyd, taro na gwasgu eich babi. Nid yw o unrhyw help ac mae'n beryglus. Gall ymddygiad fel hyn achosi niwed emosiynol a chorfforol i'ch babi. Gall ysgwyd eich babi arwain at anabledd neu farwolaeth gan fod gan fabis gyhyrau gwddf gwan ac nid ydynt wedi datblygu'r cryfder i amddiffyn eu pennau trwm. Mae ymchwil yn dangos nad yw taro'n gweithio ychwaith. Mae'n arwain at daro caletach, ac yn croni dicter yn y plentyn. Mae'n addysgu eich babi mai drwy drais corfforol y mae delio ag emosiynau cryf, a gallai ei wneud ef yn ymosodol tuag at blant eraill.



## Gair i gall wrth i'ch babi fynd yn hŷn

- Y ffordd orau o stopio babi rhag gwneud rhywbeth yw tynnu ei sylw. Er enghraifft, cynigiwch degan iddo'n sydyn a bydd yn fodlon ildio'r brws gwaltt rydych chi ei angen.
- Rhowch lawer o ganmoliaeth, sylw a gwobrau - gan gynnwys cofleidiau a chusanau - am ymddygiad rydych chi am ei annog. Bydd hyn hefyd yn helpu i feithrin y bond rhwng rhiant a phlentyn.
- Cyflwynwch 'na' yn raddol a pheidio â'i orddefnyddio gan ei fod yn colli ei effaith.
- Anwybyddwch ymddygiad nad ydych am ei weld eto. Os yw eich plentyn eisiau'ch sylw, ni fydd yn deall eich bod chi'n flin, a gallai feddwl mai gêm ydyw.
- Mae babis yn dysgu drwy esiampl ac yn copïo ymddygiad oedolion. Os nad ydych am i'ch plentyn ymddwyn yn ymosodol mae'n bwysig osgoi siarad ac ymddwyn yn ymosodol gyda nhw.
- Cadwch synnwyr digrifwch. Y mwyaf y gallwch edrych ar ochr ddoniol castiau babi hŷn, hapusaf fydd pawb.
- Peidiwch â disgwyl gormod. Mae'n normal i fabi chwe mis oed chwarae gyda'i fwyd. Mae'n normal i fabi fod eisiau cyffwrdd pob dim – dyna sut maen nhw'n dysgu. Gwnewch fywyd yn haws nawr drwy symud pethau peryglus neu werthfawr.
- Rhowch ychydig o reolaeth i blant. Rhowch ddewisiadau iddynt a gadael iddynt wneud rhai penderfyniadau ar y cyd. Mae'n gwneud i'ch plentyn deimlo'n bwysig a bod rhywun yn gwrandu arno.
- Os oes rhaid cosbi, yna mae atal breintiau, 'amser i feddwl' neu ganlyniadau naturiol oll yn gweithio'n well na tharo.
- Mae pob rhiant yn ymddwyn mewn ffyrdd sy'n edifar iddynt ar adegau. Os yw'n digwydd, dywedwch ei bod yn ddrwg gennych, dewch yn ffrindiau eto a rhoi cynnig arall arni. Mae hyn yn dysgu gwers bwysig i blant.



## Beth os nad wyf fi'n rhiant da?

Gall cael babi ddwyn i gof atgofion cryf o'ch plentyndod eich hun.

Efallai i chi gael plentyndod gwych a'ch bod yn rhoi eich hun dan bwysau drwy gymharu chi'ch hun gyda'ch rhieni. Neu efallai bod gennych atgofion anhapus: efallai na wnaeth eich rhieni waith mor dda â hynny, a'ch bod yn benderfynol o wneud pethau'n wahanol. Efallai bod cyfansoddiad eich teulu chi'n wahanol i deulu eich rhieni.

Hyd yn oed os na wnaeth eich rhieni osod yr esiampl orau, mae'n bwysig – ni waeth sut rydych chi'n teimlo, ni waeth dan faint o straen ydych chi – eich bod bob amser yn ofalgar ac yn garedig wrth eich babi. Ni ddylech byth daro, ysgwyd, sgrechian na gweiddi ar eich babi hyd yn oed os gwnaeth eich rhieni hyn i chi (gweler tudalennau 16-17).

Y newyddion da yw, ni waeth sut wnaeth eich rhieni chi ymddwyn, nid oes dim rheswm pan na ddylech chi fod yn fam neu'n dad gwych.

## Gair i gall

Nid yw rhieni newydd bob amser yn ailadrodd y camgymeriadau a wnaeth eu rhieni. Ac, os cawsoch rieni gwych, nid oes angen cymharu'ch hun yn negyddol. Dyma'ch cyfle chi i fod yr union fath o riant yr ydych chi am ei fod ac y mae eich plentyn ei eisiau a'i angen.

Os yw pethau'n mynd yn ormod i chi, cofiwch fod help ar gael. Siaradwch gyda'ch partner, gydag aelod o'ch teulu, gyda ffrindiau neu gyda gweithiwr iechyd proffesiynol. I gael rhagor o gyngor ar bwy i droi ato, ewch i dudalennau 18-19.

Mae cael bwrw'ch bol yn bwysig iawn. Ond efallai y gwelwch fod eich rhieni, eich ffrindiau a'ch teulu eisiau rhoi eu cyngor a'u harweiniad i chi. Mae'n bwysig i chi wneud eich penderfyniadau eich hun. Cofiwch ymddywyn bob amser mewn ffordd sy'n cadw eich babi'n ddiogel ac sy'n gwneud i chi deimlo'n gyfforddus ac yn hyderus yn y ffordd rydych chi'n magu eich plentyn.



# Wedi cael digon? Yn methu ag ymdopi?

Gall magu babi fod yn galed ac i rai rhieni mae'n mynd yn ormod. Mae rhai rhieni'n teimlo fel anwybyddu, gweiddi neu hyd yn oed niweidio'u babis yn gorfforol, ond mae'n wirioneddol bwysig peidio â gweithredu ar y teimladau hyn.

Gall magu babi fod yn anodd am resymau eraill: efallai eich bod wedi gorflino, bod gennych bwysau o fath arall yn eich bywyd neu eich bod yn cael y newid yn eich ffordd o fyw yn anodd. Mae rhai o'r ffactorau sy'n gallu achosi straen wedi'u rhestru ar dudalennau 6-9.

Mae'n bwysig bod eich cartref yn lle diogel i'ch babi. Mae cael trefn ddyddiol i'r babi o ran bwydo, cysgu ac ymolchi hefyd yn gallu helpu. Gall hyn helpu i leihau'r pwysau.

Mae'r NSPCC yn cynhyrchu taflen o'r enw *Handle With Care*, sydd â gwybodaeth am sut i ymdopi â chrio parhaus ac mae'n cynnig cyngor ar ble i gael help.

Mae rhai mamau newydd yn teimlo fel mynd a gadael eu babis. Os ydych chi'n teimlo fel hyn, mae'n hanfodol i chi ofyn am help.

Os ydych chi'n teimlo eich bod yn methu ymdopi a'ch bod mewn perygl o ddial ar y babi oherwydd hynny, mae'n hanfodol cael help. Mae gofyn am help yn gam positif. Gweler tudalennau 18-19 am sefydliadau y gallwch siarad gyda nhw. Hefyd, ceisiwch siarad gyda'ch teulu a'ch ffrindiau, efallai y cewch eich synnu clywed eu bod nhw wedi cael teimladau tebyg.





## Os teimlwch y gallech niweidio eich babi:

- Ceisiwch beidio â mynd i banig.
- Rhowch y babi i lawr rhywle diogel fel mewn cot neu bram.
- Ewch i ystafell arall, ac eistedd i lawr am funud neu ddwy, cymerwch anadl ddofn a'i rhyddhau'n araf (ond peidiwch byth â gadael eich babi ar ei ben ei hun yn y ty).
- Rhowch y teledu neu'r radio ymlaen os yw'n helpu i dynnu'ch meddwl oddi ar y broblem.
- Os yn bosib, gofynnwch i ffrind neu berthynas gymryd drosodd am ychydig. Yn aml bydd yn bleser ganddynt helpu a byddant yn falch eich bod wedi gofyn.
- Ar ôl i chi dawelu, ewch yn ôl at eich babi.
- Os ydych chi'n teimlo'n isel ynglŷn â bod yn rhiant, cofiwch fod eich babi yn eich caru chi ac nad ei fai ef yw hyn.

# Rhagor o help

Cysylltwch â'ch ymwelydd iechyd, eich meddyg teulu, eich bydwraig neu'r clinig iechyd plant lleol am gyngor am yr hyn sydd ar gael i chi yn lleol.

Gallai'r manylion cyswllt canlynol fod o gymorth. Os hoffech gael rhestr bellach o bobl a all helpu gyda materion sy'n effeithio ar rieni newydd yng Nghymru, Lloegr, Gogledd Iwerddon a'r Alban, gweler ein tudalen o gysylltiadau ar-lein arbennig yn [www.nspcc.org.uk/helpforparents](http://www.nspcc.org.uk/helpforparents) neu ffoniwch ein gwasanaeth gwybodaeth ar **0207 825 2775**.

## Llinell Gymorth yr NSPCC (DU gyfan)

Ar agor 24 awr y dydd

Llinell Gymorth: **0808 800 5000**

Testun: 88858 (Ynyssoedd y Sianel **07786 200001**,  
prisiau rhwydwaith safonol)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Elusen arweiniol y DU sy'n arbenigo mewn amddiffyn plant ac atal creulondeb i blant. Mae Llinell Gymorth yr NSPCC yn darparu cyngor a chefnogaeth i oedolion sy'n pryderu am ddiogelwch neu les plentyn, gan gynnwys pryderon am eu plentyn eu hunain. Mae am ddim ac nid oes yn rhaid i chi roi eich enw. Mae'r NSPCC yn darparu gwasanaethau llinell gymorth mewn nifer o ieithoedd a hefyd i bobl fyddar a thrwm eu clyw.



## Cry-sis (DU gyfan)

(Ar agor saith diwrnod yr wythnos 9am – 10pm)

Llinell Gymorth: **08451 228 669**

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

Llinell gymorth genedlaethol sy'n darparu help a chefnogaeth i deuluoedd sydd â babis sy'n cri'o'n ormodol, sy'n gwrrhod cysgu ac sy'n anodd.

### **Family Lives (Lloegr a Chymru)**

**(Ar agor saith diwrnod yr wythnos 7am tan hanner nos)**

**Parentline: 0808 800 2222**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

Cyngor a chefnogaeth i rieni, neu unrhyw oedolyn sy'n gofalu am blentyn yng Nghymru a Lloegr. Cewch ffonio, e-bostio neu gael sgwrs fyw gyda gweithiwr hyfforddedig neu gallwch rannu eich stori ar eu fforymau.

### **ParentLine Scotland**

**(Ar agor 9am – 5pm dydd Llun, dydd Mercher a dydd Gwener; 9am – 10pm ar ddydd Mawrth a dydd lau; a 12 – 8pm ar ddydd Sadwrn a dydd Sul)**

**ParentLine Scotland: 0800 0282233**

**[www.Children1st.org.uk](http://www.Children1st.org.uk)**

Cyngor a chefnogaeth i rieni, ac unrhyw oedolyn sy'n gofalu am blentyn, yn yr Alban.

### **Parenting Northern Ireland**

**(Ar agor dydd Llun i ddydd lau 9am – 8pm, dydd Gwener 9am – 5pm)**

**Parents Helpline: 0808 8010 722**

**[www.parentingni.org](http://www.parentingni.org)**

Cyngor a chefnogaeth i rieni, ac unrhyw oedolyn sy'n gofalu am blentyn, yng Ngogledd Iwerddon.

# Ein pecyn magu plant

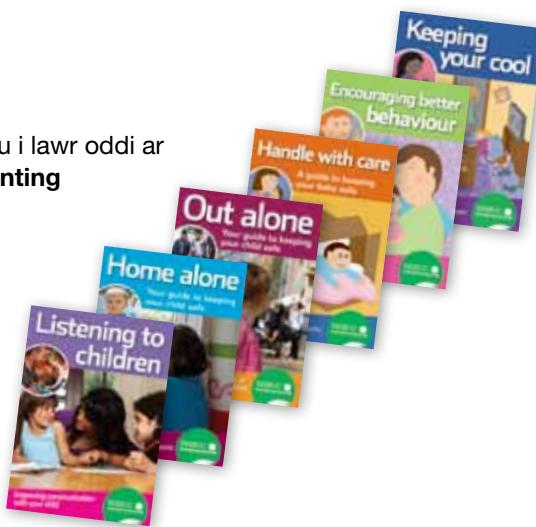
Os bu darllen y llyfrynn hwn o fudd i chi efallai yr hoffech rai o'r teitlau eraill yn ein pecyn magu plant.

Maent yn cynnwys digon o gyngor ar fagu plant yn bositif ac yn ymarferol, ac maent yn rhoi sylw i bynciau fel rheoli straen, annog gwell ymddygiad a phryd yw'r amser iawn iadael eich plentyn gartref ar ei ben ei hun.

I ofyn am becyn, anfonwch amlin barod A4 (gyda gwerth £2 o stampiau), gan grybwyl y pecyn magu plant, i

NSPCC Publications  
Weston House  
42 Curtain Road  
London EC2A 3NH

neu gallwch lwytho copiâu i lawr oddi ar  
[www.nspcc.org.uk/parenting](http://www.nspcc.org.uk/parenting)



**NSPCC**   
**CYMRU/WALES**  
**LLINELL**  
**GYMORTH**  
**HELPLINE**  
**0808 800 5000**  
**help@nspcc.org.uk**

**NSPCC**   
Dim mwy o greulondeb i blant. DIM.  
Cruelty to children must stop. FULL STOP.

# ALL BABIES COUNT

Support for parents



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**0808 800 5000**  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)

NSPCC   
Dim mwy o greulondeb i blant. DIM.  
Cruelty to children must stop. FULL STOP.

# Congratulations!

Becoming a new parent is a really exciting time. But it can also be worrying. You may be thinking about what sort of parent you'll be. You may want to know what changes your new child will bring to your life, and how you'll cope with the challenging and rewarding job of bringing up your baby.

Every new parent faces challenges. Bringing up a baby will change many things, including your close relationships, so you need to be prepared. But there's a lot you can do to get yourself, and your partner, ready for life with your child.

One of the most important parts of being a successful parent is being ready in yourself. A happy, stable and secure home life – no matter what type of family you are – is the best place for a child to grow up. We know that the first year of a child's life is very important. By starting your life together in the right way, you're helping your child become confident, happy and healthy.

Babies are very vulnerable and it's important we provide them with a safe, loving environment and do everything we can to protect them. Even the most loving and caring parents will sometimes find it hard. This booklet will help you do the best that you can, and will show you how to get help if you think you need it.



One thing we should explain, is that although we use the word 'parent' throughout this booklet, we're using it to refer to anyone who is responsible for looking after a child – not just birth parents.

**"Every new parent faces challenges. But there's a lot you can do to get yourself, and your partner, ready for life with your child."**



# Getting to know your baby

For some parents, love comes instantly. For others, the feelings take time to grow. If you don't make an instant connection with your baby, don't worry. Don't expect everything to be perfect, as this can put pressure on you. Just try to relate and spend as much time as you can early on with your baby. You're getting to know each other and that's the first step.

The first year of life is when babies learn about the world around them and their place within it. They relate to people, for instance by gazing at their parents, watching facial expressions, listening and responding to voices, and through gentle touch. Babies become close to adults who are kind and caring. Loved babies become more confident, caring and sensitive and will be better at relating to people in later life.

## Keep the baby in mind

Babies don't understand the pressure you might be under, but they want you to think about them and understand their needs. Your baby will take up a lot of your time and attention – even when you are tired, hungry or fed up.

One thing that will help you and your baby is looking after yourself and getting support from friends, family, or professionals when you need it. The best thing you can do is know that it's OK to ask for help, or ask questions. You won't be the first parent with questions to ask, and you won't be the last.



## **Things you can do to bond with your baby**

- Cuddle your new child, skin to skin – they will respond to the warmth and closeness.
- Hold and stroke your baby, and comfort them as soon as possible when they cry – they will feel loved and protected.
- Even if you've had babies before, each one is different and you need to spend time getting to know your new child. Watch what your baby does, talk or sing to them, look into their eyes and see how they respond to you – newborn babies might not be able to speak but they can communicate with you in other ways. Think about what your baby might be feeling. Learning to understand them early on will make you closer.
- Babies move from wakefulness to sleep differently. Every baby does this in their own way – some move between these states very quickly, whereas others will stay in one state for a long time. Recognising your baby's pattern will help you to respond at different times.



# Under pressure

Life brings its own challenges, but once you have your baby you may find it harder to cope. Difficulties in a parent's life can have a serious impact on your baby. That's why it's important to get support with your own challenges if you are finding things tough.

On pages 18-19 you can find out where to get support with difficulties around:

- money
- housing
- work pressure or unemployment
- health problems, including depression or mental health problems
- disagreements with friends and family
- difficulties in your relationship with the baby's other parent
- drugs or alcohol
- domestic abuse
- feelings of loneliness
- discrimination.

Remember, if you are experiencing problems it doesn't make you a bad parent. Getting help for yourself will help to keep your baby safe.



## **Emotional health**

Many parents feel stressed and tired, especially with lack of sleep. However, if you experience mental health problems – and an estimated one in four people will at some stage in their life – it's important to think about how you can manage while also doing the best for your baby. A lot of people with mental health problems experience depression and anxiety. Babies are affected by the moods of their parents; they need your love, care and guidance. This can be exhausting and may mean you occasionally need extra support. Talk to your GP or health visitor, who will be able to help.

## **Problems with drink or drugs**

Babies are seriously affected by parents' use of drink or drugs, both during the pregnancy and once they are born. Parents who have problems with drink or drugs can struggle to be as nurturing, consistent and predictable in their parenting as they might otherwise be.

If you or your partner are struggling, help is available. Speak to your GP or health visitor about getting support.

## **Domestic abuse**

Domestic abuse is threatening behaviour, violence or abuse between adults who are, or have been, partners or family members. Nobody should have to put up with domestic abuse. It causes physical harm, but it also creates significant emotional damage. Witnessing domestic abuse can damage a baby's development and emotional wellbeing. They may be scared by loud noises, such as shouting. Domestic abuse in the home can prevent parents looking after their child's needs. And babies can pick up the tension and stress that's felt by a parent.

If you experience domestic abuse, support is available. We know it can be hard to seek help, but it's out there and it's the best thing for you and your child. Contact your GP or health visitor and ask them for help. Page 18 has details of our website which provides a further list of contacts.

# Feeling down and getting help

Pregnancy and the birth of a new child can be very exciting. But many parents also have moments when they feel overwhelmed and anxious. Although it is quite common to feel like this, it can leave you feeling alone, as though you're the only new parent going through these emotions. It is absolutely normal and natural to have moments like this. Often, rest and a good support network of friends or family will help you get over these feelings.

However, some parents feel down for longer. It can be hard to tell the difference between the low feelings many parents feel and postnatal depression. Depression doesn't always begin at birth, it can sometimes start during pregnancy, or may start a while after birth. Feeling sad or guilty, being unable to sleep or concentrate, or feeling irritable are all signs you might need extra support.

About one in seven mothers experience postnatal depression. Postnatal depression can take away your pleasure in your baby. Babies need you to respond to them. Mothers without the energy or interest to do this need help from health professionals so they can recover as quickly as possible. Fathers can also experience depression, especially when the mother is depressed. Babies are affected by their parents' feelings, so if you're finding it hard to cope it's important to get help. Talk to your GP or health visitor.



## Top tips

- Get rest. Ask family, friends and your partner if you have one, to give you the chance to take a break. Even a short time away from your child can help get your energy back. But do not leave your baby alone.
- A change is as good as a rest. Try and get out of the house and meet other new parents. Joining a group for new parents and babies is fun for your baby and gives you the chance to meet new parents who understand how you feel because they are in the same situation.
- Spot the signs and offer support. You'll meet lots of other parents. If you know someone you think is struggling, talk to them, offer them support and encourage them to talk to a health professional. They will appreciate your concern – whether there's a problem or not.
- If you or your partner are struggling, speak to your midwife, health visitor or GP. Help is there for you and you won't be judged.



# Crying

If your baby cries a lot it can be very difficult. At first crying is the main way your baby ‘talks’ to you. Even if you have other children, you need time to get to know your new baby, find out what they like and how you can meet their needs.

## Colic

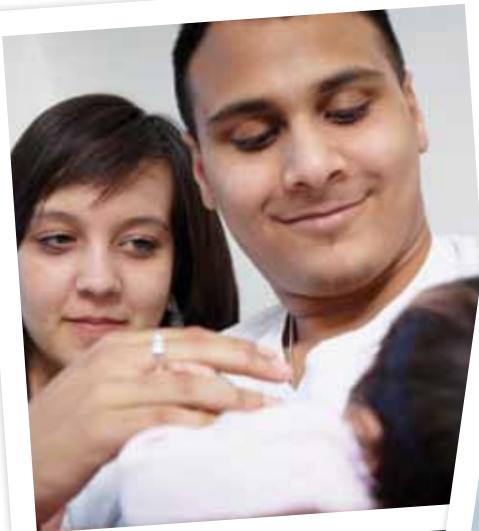
Not all health professionals agree that colic exists. It generally refers to excessive crying that affects babies under four months. It is not proven, but it may be caused by feeding problems, allergy or intolerances, over-stimulation or the baby’s digestive or nervous system not being fully developed. If you think your baby has colic, ask your GP or health visitor for advice.

## Babies cry for many reasons

They might be:

- too hot or cold
- in need of a nappy change
- upset and wanting a cuddle
- over-stimulated and needing to be laid down quietly
- bored and in need of company
- in pain because they’re teething
- unwell – if crying seems unusual or is accompanied by a high temperature or a lack of appetite, always check with your GP or health visitor.





## Top tips

- All babies cry – it's their main language so it's not possible to stop it completely.
- Our brains are geared to respond to crying, so you'll pay attention to your baby's needs. It helps babies survive. Knowing this doesn't stop the stress – but it helps you manage it.
- Babies never cry to annoy you or because they are being naughty – they just need help sorting out how they feel.
- Remember: when your baby cries it isn't your fault or your baby's fault.
- It's impossible to spoil a newborn baby. The quicker you can respond in the early days, the more secure your baby will feel.
- To begin with, your baby's main reason for crying will probably be hunger. Feeding on demand is easiest in the early days – eventually your baby will settle into a routine.
- Babies whose cries are answered straight away when they're young, cry less as they get older.
- Knowing you will always come to care for them helps babies develop self-esteem and grow into confident children.

# How to deal with difficult behaviour

You'll spend a lot of time with your baby. This can be challenging and it can sometimes be easy to see their behaviour as deliberately difficult.

Even though babies are individual people with their own feelings, it's important to remember they are simply not able to be 'naughty'. They can't think or act deliberately to 'get at you' or to upset you. Even as they get older, toddlers have short memories. Telling them not to do something today won't necessarily be remembered tomorrow.

No matter how upset you are, it's important never to shake, smack or squeeze a baby. It doesn't help and is dangerous. This behaviour can cause both emotional and physical harm to your baby. Shaking your baby can result in disability or death as babies have weak neck muscles and haven't developed the strength to protect their heavy heads. Research also shows that smacking doesn't work. It leads to harder smacks, and builds up resentment in the child. It teaches your baby that physical violence is the way to deal with strong emotions, and may lead to them being aggressive to other children.



## **Top tips as your baby gets older**

- The best way to stop babies from doing something is to distract them. For instance, quickly offer them a toy and they'll happily give up the hairbrush you need.
- Give lots of praise, attention and rewards – including hugs and kisses – for behaviour you want to encourage. This also will help build the parent-child bond.
- Introduce ‘no’ gradually and keep it to a minimum so it doesn’t lose its effect.
- Ignore behaviour you don’t want repeated. Your child wants your attention, they won’t understand that you’re angry, and may think it’s a game.
- Babies learn by example and copy behaviour from adults. If you don’t want your child to behave aggressively it’s important to avoid speaking or acting aggressively with them.
- Keep a sense of humour. The more you can see the funny side of the antics of an older baby, the happier everyone will be.
- Don’t expect too much. It’s normal for a six month old to mess about with food. It’s normal for a baby to want to touch everything – it’s how they learn. Make life easier now by moving dangerous or precious objects.
- Allow your children some control. Give them choices and allow some joint decisions. It makes your child feel important and listened to.
- If a punishment is necessary, then removal of privileges, ‘time out’, or natural consequences all work better than smacking.
- All parents behave in ways they regret at times. If it happens, say you are sorry, make up and try again. This teaches children a valuable lesson.



## What if I am not a good parent?

Having a baby can bring back strong memories of your own childhood.

Perhaps your childhood was great and you are putting yourself under pressure by comparing yourself to your parents. Or you might have unhappy memories: your parents may not have done such a great job, and you're determined to do things differently. Maybe your family make up is different to your parents'.

Even if your parents didn't set the best example it's important – no matter how you feel, no matter how stressed – that you are always kind and caring to your baby. You should never smack, shake, scream or shout at your baby even if your parents did this to you (see pages 16-17).

The good news is that regardless of how your parents behaved there's no reason why you shouldn't be a great mum or dad.

## Top tips

New parents don't always repeat the mistakes their parents made. And, if you had great parents, there is no need to compare yourself negatively. This is your chance to be exactly the kind of parent you want to be and your child wants and needs.

If it all gets too much, remember help is available. Talk to your partner, a family member, friends or a health professional. For more advice on who to speak to, turn to pages 18-19.

Getting things off your chest is really important. But you might find that parents, friends and family want to give you their advice and guidance. It's important to make your own decisions. Always act in a way which keeps your baby safe and makes you feel comfortable and confident in the way you parent your child.



# Had enough? Can't cope?

Bringing up a baby can be tough and for some parents it becomes too much. Some parents may feel like ignoring, shouting or even physically harming their babies, but it is really important never to act on these feelings.

Bringing up a baby may be difficult for other reasons: you might be over tired, have other pressures in your life or find the change of lifestyle difficult. Some of the factors which may cause stress are listed on pages 6-9.

It is important that the home is a safe place for your baby. It can also be helpful to have daily routines in place for the baby in terms of feeding, sleeping and washing. This can help reduce pressure.

The NSPCC produces a leaflet called *Handle With Care*, which has information on how to cope with persistent crying and offers advice on where to get help.

Some new mothers feel like abandoning their babies. If you feel like this it is essential you ask for help.

If you feel you can't cope and you're in danger of taking it out on the baby, it's vital to get help. Asking for help is a positive step. See pages 18-19 for organisations you can talk to. Also try and speak to family and friends, you may be surprised to find out that they have experienced similar feelings.





### If you feel that you might harm your baby:

- Try not to panic.
- Put the baby down gently somewhere safe like a cot or pram.
- Go into another room, and sit down for a few minutes, take a deep breath and let it out slowly (but never leave your baby alone in the house).
- Turn on the TV or radio if it helps to take your mind off the problem.
- If possible, ask a friend or relative to take over for a while. They will often be happy to help and flattered you asked.
- Once you feel calmer, go back to your baby.
- If you are feeling down about being a parent, remember your baby loves you and this is not their fault.

# Further help

Contact your health visitor, GP, midwife or local child health clinic for advice on what's available for you in your local area.

The following contacts may be helpful. If you want a further list of people who can help with issues affecting new parents in England, Northern Ireland, Scotland and Wales, please see our special online contacts page at [www.nspcc.org.uk/helpforparents](http://www.nspcc.org.uk/helpforparents) or call our information service on 0207 825 2775.

## **NSPCC Helpline (UK-wide)**

**Open 24 hours a day**

**Helpline: 0808 800 5000**

**Text: 88858 (for Channel Islands 07786 200001,  
standard network charges)**

**[www.nspcc.org.uk](http://www.nspcc.org.uk)**

**[help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

The UK's leading charity specialising in child protection and the prevention of cruelty to children. The NSPCC Helpline provides advice and support to adults who are concerned about the safety or welfare of a child, including concerns about their own child. It's free and you don't have to say who you are. The NSPCC provides helpline services in several languages and also for deaf and hard-of-hearing people.



## **Cry-sis (UK-wide)**

**(Open seven days a week 9am – 10pm)**

**Helpline: 08451 228 669**

**[www.cry-sis.org.uk](http://www.cry-sis.org.uk)**

National helpline providing help and support to families with excessively crying, sleepless and demanding babies.

**Family Lives (England and Wales)**

(Open seven days a week 7am to midnight)

**Parentline: 0808 800 2222**

**[www.familylives.org.uk](http://www.familylives.org.uk)**

Advice and support to parents, or any adult caring for a child in England and Wales. Call, email, or live chat with a trained worker or share your story on their forums.

**ParentLine Scotland**

(Open 9am – 5pm on Monday, Wednesday and Friday; 9am – 10pm on Tuesday and Thursday; and 12 – 8pm on Saturday and Sunday)

**ParentLine Scotland: 0800 0282233**

**[www.Children1st.org.uk](http://www.Children1st.org.uk)**

Advice and support to parents, and any adult caring for a child, in Scotland.

**Parenting Northern Ireland**

(Open Monday to Thursday 9am – 8pm, Friday 9am – 5pm)

**Parents Helpline: 0808 8010 722**

**[www.parentingni.org](http://www.parentingni.org)**

Advice and support to parents, and any adult caring for a child, in Northern Ireland.

# Our parenting pack

If you've found this leaflet useful you might like to try some of the other titles in our parenting pack.

They include plenty of advice on practical, positive parenting, and cover subjects like managing stress, encouraging better behaviour and when's the right time to leave your child home alone.

To request a pack, please send an A4 SAE (with £2 in stamps), mentioning the parenting pack, to

NSPCC Publications  
Weston House  
42 Curtain Road  
London EC2A 3NH

or download copies from  
[www.nspcc.org.uk/parenting](http://www.nspcc.org.uk/parenting)



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