

10 Ways Your Out of School Childcare Setting Can Support Children's Rights

November 20th 2021 sees the annual celebration that is World Children's Day, a day that recognises, promotes and celebrates children's rights, improving children's welfare and taking action to make the world a better place for children to live in. November 20th 1959 saw the United Nations General Assembly adopt the Declarations of the Rights of the Child, and on the same date 30 years later in 1989, the United Nations General Assembly adopted the Convention on the Rights of the Child otherwise known as the UNCRC. With 54 articles covering all aspects of the child's life and their entitled rights.

In celebration of World Children's Day on the 20th November 2021, here are 10 ways your Setting can support children's rights all year round:

- 1. Article 3 (best interests of the child): The best interests of the child must be a top priority in all decisions and actions that affect children.** Out of School Childcare Settings hold a responsibility to ensure that all children within their care are cared for and protected from things that may harm them, Putting the child at the heart of your provision and supporting all children to be the best that they can be will reflect a service that encompasses all articles within the UNCRC. A child-centred approach allows the interests, views and wellbeing of children to be the factor that drives provision offering a quality service to families. There are many, many ways your Setting can support Article 3 such as: ensure staff are qualified and trained to a high standard, have all necessary policies and procedures in place and ensure all staff know and understand them; be up to date with safeguarding procedures, be consistent with key messages around health and wellbeing, embed participation and consultation practices with children, tackle and remove any anti-discrimination behaviours and support every child to be the best that they can be. *For support with policies and procedures, training and resources to support your setting visit the members resource area of our website www.clybiauplantcymru.org*
- 2. Article 8 (protection and preservation of identity): Every child has the right to an identity. Governments must respect and protect that right, and prevent the child's name, nationality or family relationships from being changed unlawfully.** It is important that all children feel welcome and safe when attending your Setting and should feel proud of who they are, recognising positively the different qualities amongst their peers. Having a positive sense of identity is essential to a child's confidence and self-esteem and your setting can support and encourage this by ensuring resources and posters represent all children. Include games, toys and equipment from all over the world to help children learn about cultural diversity and look at your role play areas and clothes and diversify them if necessary. Learning to understand other children's lives and backgrounds helps children to establish a sense of identity. You could also introduce activities where children can share their favourite thing about themselves or a friend to help boost confidence and the feel-good factor. *For more ideas we have a '10 Ways to be Kind' resource available on our website.*
- 3. Article 12 (respect for the views of the child): Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.** Consulting with children is one of the most important and beneficial things you can do within your club and something that should be embedded within your setting to ensure children feel heard in all things that affect them. Out of School Clubs provide an important opportunity for children to play and it is important that children feel they have ownership of their play space and opportunities. As Playworkers, we understand the importance of children being afforded the opportunities to play in the way they are intrinsically driven and having ownership over their play allows them to fulfil that drive, whilst teaching

10 Ways Your Out of School Childcare Setting Can Support Children's Rights

them that their voices will be heard. This builds an ethos and environment that allows for emotional safety to express thoughts, feeling and views. It is important that all adults involved within your setting from staff to managers to committee members actively listen to the children and use their views and opinions to shape the setting, creating a place children want to be. *You can find more ideas on how to meet article 12 in our '10 Ways the Childs Voice Can Help Shape Your Setting' and Participation Methods resources on our website.*

4. **Article 17 (access to information from the media): Every child has the right to reliable information from a variety of sources, and governments should encourage the media to provide information that children can understand. Governments must help protect children from materials that could harm them.** Many settings are keen to keep screen time to a minimum, but ICT and tablets are a great way to help children and young people access the media and learn about the world around them. It's important to ensure that the correct parental guidance is installed on any tablets or technology the children use, to protect them from harmful content. The media can be a great source for children and young people with ideas for keeping healthy and fun activities to take part in so don't be afraid to use it and support safe internet use. *Your setting should have a media policy in place to safeguard children and can be downloaded from our website.*
5. **Article 19 (protection from violence, abuse and neglect): Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.** Children must be protected from harm and abuse. Settings should have in place robust Safeguarding policies and procedures and all staff should have the appropriate level of safeguarding training to ensure that signs, symptoms and sensitive conversations can be acted upon in a safe, appropriate and timely manner. *On our website you will find a template Safeguarding policy and procedure and 'Ten Ways to Create a Safer Play Environment for Children'.*
6. **Article 23 (children with a disability): A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community.** It is important that children with disabilities are supported to lead independent lives and Out of School Childcare Clubs provide an important space to support this. One Page Profiles are a great tool for promoting independence and understanding of what children with disabilities needs and wants are. Ensuring everyone is familiar with these needs will promote continuity within your setting and help these children to achieve their full potential. Some settings complete, and display One Page Profiles with all children regardless of disability and this helps prevent stigmatisation. Making all children aware of each other's needs and wants will help them to get to know each other, find friends with similar interests, and support each other with their independent development. Don't forget to update these profiles regularly as the needs and wants of your children and young people change. A number of examples and templates of one-page profiles can be found online. *To ensure your Equal Opportunities policy supports Article 23 you can find a template on our website.*
7. **Article 24 (health and health services: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.** Out of School Childcare clubs can support Article 24 by promoting a healthy lifestyle and embed key and consistent messages around health and well-being. A great way to do this is to involve

10 Ways Your Out of School Childcare Setting Can Support Children's Rights

children in snack time and menu planning, chatting with the children about what they think about nutritious food and where it comes from. Look at healthy snacks and meals children can be involved in making, such as a nutritious soup (a soup maker is ideal to use to make soup quickly and easily!). Ask the children to make a list of which vegetables they would like to put together to make the soup. Soups such as leek and potato soup are two popular vegetables that go well together, or you could make carrot soup, and add herbs such as coriander for extra flavouring. You could even create a soup recipe book with the children. The key to supporting children to live a healthy lifestyle is to be consistent with messages and behaviours, with playworkers being great role models to encourage this. *Our Grow Your Own Feast pack including recipes the children can try can be downloaded from our website.*

8. **Article 27 (adequate standard of living): Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development. Governments must help families who cannot afford to provide this.** Out of School Childcare not only provides a safe and fun place for children to play, it provides families with the opportunities to work or train knowing that their child is cared for. It is important in order to support families, that settings ensure they are affordable and accessible to all families who need them and this can be achieved through keeping fees as low as possible, regularly reviewing finances, seeking funding or fundraising and achieving and maintaining registration with Care Inspectorate Wales (CIW) to ensure parents and carers can access support with fees through Tax-Free Childcare and the Childcare Offer for Wales. Being CIW registered also opens up opportunities to seek local council funded grants.
9. **Article 30 (children from minority or indigenous groups): Every child has the right to learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live.** All children have the right to grow up knowing and using the language of their family and cultural heritage, even if they have English as a 1st or 2nd language. It not only gives children the freedom to communicate with others in a language of their choice but it also helps to protect the language. To support children within your Setting, have signage displayed in different languages such as 'Welcome' or 'Hello' around the room. If a child attends your setting who is familiar with another language or uses another language in the home try and learn a few words or key phrases to help them feel understood and heard. Here in Wales, it is important to acknowledge and appreciate the value of the Welsh language to our culture and communities. By learning or using the Welsh Language, your setting will be helping to play a part in the future of the Welsh language. Irrespective of language, the connection that brings children together is play, and settings are able to provide children across Wales with the opportunity to access play in either their preferred language or the opportunity to learn a language whilst playing and having fun. *For ideas on introducing the Welsh Language you will find our '10 Ways to Increase the Use of the Welsh Language in your Setting' on our website and you can download for free our multilingual 'Welcome' poster from our website.*
10. **Article 31 (leisure, play and culture) Every child has the right to relax, play and take part in a wide range of cultural and artistic activities:** All children need to play and it is fundamental to a child's development. Play should be freely chosen, personally directed and intrinsically motivated, giving children the freedom to play in a way that meets their own ideas and interests. Playworkers must be keen advocates for play and support children in their creation of their play space. It is important to ensure that within your setting, children are free to engage in spontaneous and creative play as well as space and time to relax, supporting the

10 Ways Your Out of School Childcare Setting Can Support Children's Rights

child's well-being and development. Play contributes to the development of many skills – language, social, emotional, motor and logic, whilst also helping the child's imagination and sense of adventure. Creating a space that meets the needs of all children is important and should be achieved through consulting children or observing how children use a space. As Playworkers, take time to reflect on how the space is being used by the children. The use of loose parts is a great way to simply allow children to play, offering them endless opportunities to create and develop their ideas through play. Loose parts do not have to be expensive, fancy or new they are the everyday items available. If your Setting would like to know more about qualifications in Playwork available please email info@clybiauplantcymru.org

Our mission is to be the voice of Out of School Childcare Clubs in Wales, supporting children's right to play and quality childcare that is sustainable, affordable and meets the needs of children, their families and communities. We have many resources available on our website www.clybiauplantcymru.org to support your Out of School Childcare Setting.

We have a Childcare Business Development Officer team providing childcare business support, along with a Training Team delivering Playwork qualifications and Continuous Professional Development (CPD)

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November 2021

10 Ffordd y Gall eich Lleoliad Gofal Plant Allysgol Gefnogi Hawliau Plant

Ar Dachwedd 20^{fed} 2021 cynhelir y dathliad blynyddol, Diwrnod Byd-Eang y Plant, diwrnod sy'n cydnabod, hyrwyddo a dathlu hawliau plant, gan wella lles plant a chymryd amau i wneud y byd yn lle gwell i blant fyw ynddo. Ar Dachwedd 20^{fed} 1959 mabwysiadodd Cynulliad Cyffredinol y Cenhedloedd Unedig y Datganiadau ar Hawliau'r Plentyn, ac ar yr un diwrnod, 30 mlynedd yn ddiweddarach yn 1989, mabwysiadodd y Cynulliad Cyffredinol y Confensiwn ar Hawliau'r Plentyn, a adnabyddir hefyd fel yr UNCRC. Mae iddo 54 o erthyglau sy'n cwmpasu pob agwedd ar fywyd y plentyn a'r hawliau sydd ganddynt. I ddathlu Dydd Byd-Eang y Plentyn ar Dachwedd 20^{fed} 2021, dyma 10 ffordd y gall eich Lleoliad gefnogi hawliau plant drwy gydol y flwyddyn:

- 1. Erthygl 3 (er budd gorau'r plentyn): Rhaid i fudd gorau'r plentyn fod yn brif flaenoriaeth ym mhob penderfyniad a cham sy'n effeithio ar blant.** Mae gan Leoliadau Gofal Plant Allysgol gyfrifoldeb i sicrhau bod y plant yn eu gofal yn derbyn gofal ac yn cael eu diogelu rhag pethau a allai beri niwed iddynt. Mae rhoi'r plentyn wrth galon eich darpariaeth, a chefnogi pob plentyn i fod y gorau y gallant fod, yn adlewyrchiad o wasanaeth sy'n cwmpasu'r holl erthyglau a gynhwysir yn yr UNCRC. Mae dull plentyn-ganolog yn golygu mai diddordebau, safbwyntiau a llesiant y plant yw'r ffactorau sy'n gyrru'r ddarpariaeth sy'n cynnig gwasanaeth o ansawdd i deuluoedd. Mae nifer fawr o ffyrdd y gall eich Lleoliad gefnogi erthygl 3 megis: sicrhau bod y staff wedi eu cymhwysu a'u hyfforddi i safon uchel, bod ganddynt yr holl bolisiau a gweithdrefnau yn eu lle, ac yn sicrhau bod yr holl staff yn eu gwybod a'u deall; eu bod yn gyfamserol o ran gweithdrefnau diogelu, yn gyson yn y negeseuon allweddol ynghylch iechyd a llesiant, yn gwreiddio arferion cyfranogol ac ymgynghorol yn y plant, yn mynd i'r afael ag ymddygiadau anwahaniaethol ac yn cael gwared â nhw, ac yn cefnogi pob plentyn i fod y gorau y gallant fod. *Am gefnogaeth gyda pholisiau a gweithdrefnau, hyfforddiant ac adnoddau i gefnogi eich lleoliad, ewch i ardal adnoddau aelodau ein gwefan www.clybiauplantcymru.org*
- 2. Erthygl 8 (amddiffyn a gwarchod hunaniaeth): Mae gan bob plentyn yr hawl i hunaniaeth. Rhaid i lywodraethau barchu a diogelu'r hawl honno, a rhwystro newid yn anghyfreithlon enw, cenedligrwydd neu berthnasoedd teuluol y plentyn.** Mae'n bwysig bod pob plentyn yn teimlo bod croeso iddynt, ac y n teimlo'n ddiogel wrth fynych eich Lleoliad, a dylent fod yn teimlo balchder ym mhwy ydynt, gan gydnabod yn gadarnhaol wahanol briodweddau ymysg eu cyfoedion. Mae bod â synnwyr cadarnhaol o hunaniaeth yn hanfodol i hyder a hunan-dyb plentyn, a gall eich lleoliad gefnogi ac annog hyn drwy sicrhau bod yr adnoddau a'r posteri'n cynrychioli'r holl blant. Cynhwyswch gemau, teganau a chyfarpar o bob rhan o'r byd i helpu plant i ddysgu am amrywedd diwylliannol, ac edrychwch ar eich manau chwarae-rôl eich hunain a'u gwneud yn fwy amrywiol os oes rhaid. Mae helpu i ddeall bywydau a chefnidiroedd plant eraill yn helpu plant i sefydlu synnwyr o hunaniaeth. Gallwch hefyd gyflwyno gweithgareddau lle gall plant rannu eu hoff beth amdanynt nhw eu hunain, neu am ffrind, er mwyn helpu i hybu eu hyder ac i deimlo'n dda ynghylch eu hunain. *Am fwy o syniadau mae gennym yr adodd '10 ffordd o fod yn Garedig, sydd i'w gael ar ein gwefan.*
- 3. Erthygl 12 (parch at safbwyntiau'r plentyn): Mae gan bob plentyn yr hawl i fynegi eu safbwyntiau, eu teimladau a'u dymuniadau ym mhob mater sy'n effeithio arnynt, i dderbyn ystyriaeth o'u safbwyntiau a'u cael wedi eu cymryd o ddifrif.** Ymgynghori â'r plant yw un o'r pethau mwyaf pwysig a buddiol y gallwch ei wneud yn eich clwb, ac mae'n rhywbeth dylai fod wedi ei wreiddio yn eich lleoliad i sicrhau bod y plant yn teimlo eu bod yn cael gwrandawriad o ran pob peth sy'n effeithio arnynt nhw. Mae Clybiau Allysgol yn rhoi cyfle pwysig i blant chwarae, ac mae'n bwysig bod plant yn teimlo bod ganddynt berchnogaeth o'u man chwarae a'r cyfleoedd. Fel Gweithwyr Chwarae rydym yn deall pwysigrwydd rhoi cyfleoedd

10 Ffordd y Gall eich Lleoliad Gofal Plant Allysgol Gefnogi Hawliau Plant

i blant chwarae yn y ffordd y maen nhw'n cael eu hysu'n gynhenid, ac mae bod â pherchnogaeth dros eu chwarae'n eu galluogi i gyflawni'r ysfa honno, tra dysgir iddynt y caiff eu lleisiau eu clywed. Mae hyn yn adeiladu ethos ac amgylchedd sy'n rhoi lle i ddiogelwch emosynol fel y gellir mynegi meddyliau, teimladau a safbwyntiau. Mae'n bwysig bod pob oedolyn sydd ynglŷn â'ch lleoliad, o'r staff i'r rheolwyr i aelodau'r pwyllgor, yn gwranddo mewn ffordd weithiol ar y plant ac yn defnyddio eu safbwyntiau a'u barnau i lunio'r lleoliad, gan greu lle y mae plant am fod. *Cewch yd i fwy o syniadau ar sut i ateb Erthygl 12 yn ei hadnoddau, '10 Ffordd y Gall Llais y Plentyn helpu i lunio eich Lleoliad' a'r Dulliau Cyfranogi ar ein gwefan.*

- 4. Erthygl 17 (mynediad at wybodaeth o'r cyfryngau): Mae gan bob plentyn yr hawl i wybodaeth ddibynadwy o amrywiol ffynonellau, a dylai lywodraethau annog y cyfryngau i ddarparu gwybodaeth y gall plant ei deall. Rhaid i lywodraethau helpu i ddiogelu plant rhag deunydd a allai fod o niwed iddynt.** Mae nifer o leoliadau yn awyddus i gadw at gyn lleied o amser sgrin â phosibl, ond mae TGCh a llechenni yn ffordd dda iawn o helpu plant a phobl ifanc i gael mynediad i'r cyfryngau a dysgu am y byd o'u cwmpas. Mae'n bwysig gwneud yn sicr bod yr arweiniad cywir i rieni wedi ei osod ar unrhyw lechenni neu dechnoleg y mae'r plant yn eu defnyddio, i'w diogelu rhag cynnwys niweidiol. Gall y cyfryngau fod yn ffynonellau ardderchog i blant a phobl ifanc; maent yn cynnwys syniadau ar gadw'n iach a gweithgareddau llawn hwyl i gymryd rhan ynddynt, felly peidiwch â bod ofn eu defnyddio a chefnogwch y defnydd diogel o'r rhyngwyd. *Dylai fod gan eich lleoliad bolisi cyfryngau yn ei le i ddiogelu plant; gellir lawrlwytho ein polisi ni o'n gwefan.*
- 5. Erthygl 19 (amddiffynfa rhag trais, camdriniaeth ac esgeulustod): Rhaid i lywodraethau wneud yr oll a allant i sicrhau bod plant yn cael eu diogelu rhag pob ffurf ar drais, camdriniaeth, esgeulustod a thriniaeth wael gan eu rhieni neu unrhyw un arall sy'n gofalu amdanynt.** Dylid diogelu plant rhag niwed a chamdriniaeth. Dylai lleoliadau fod â pholisïau a gweithdrefnau Diogelu cadarn yn eu lle, a dylai'r holl staff fod â'r lefel briodol o hyfforddiant ar ddiogelu i sicrhau y gweithredir ar arwyddion, symptomau a sgysiau sensitif mewn modd priodol ac amserol. Ar ein gwefan fe welwch y templed, *Polisi a gweithdrefn Diogelu a '10 Ffordd o Greu Amgylchedd mwy Diogel i Blant.'*
- 6. Erthygl 23 (plant ag anabledd): Mae gan blentyn ag anabledd yr hawl i fyw bywyd llawn ac o safon dda, gydag urddas, a chyhyd â'i bod yn bosibl, annibyniaeth i chwarae rhan weithredol yn y gymuned.** - Y mae'n bwysig bod plant ag anableddau'n cael eu cynorthwyo i arwain bywydau annibynnol ac mae Clybiau Gofal Plant Allysgol yn fannau pwysig o ran cefnogi hyn. Mae Proffiliau Un Ddalen yn erfyn ardderchog ar gyfer hyrwyddo annibyniaeth a dealltwriaeth o'r hyn yw anghenion a cymuniadau plant ag anableddau. Bydd sicrhau bod pawb yn gwybod am yr anghenion hyn yn hybu parhad yn eich lleoliad ac yn helpu'r plant hyn i gyrraedd eu potensial llawn. Mae rhai lleoliadau'n cwblhau, ac yn arddangos, Proffiliau Un-Ddalen gyda'r holl blant, anabl neu beidio, ac mae hyn yn helpu i osgoi stigma. Bydd gwneud pob plentyn yn ymwybodol o anghenion a dymuniadau ei gilydd yn eu helpu i ddod i adnabod ei gilydd, dod o hyd i ffrindiau â diddordebau tebyg, a chefnogi ei gilydd yn eu datblygiad annibynnol. Peidiwch ag anghofio i ddiweddarau'r proffiliau hyn yn rheolaidd gan y bydd anghenion a dymuniadau eich plant a phobl ifanc yn newid. Doir hyd i nifer o enghreifftiau a thempledi o broffiliau un-ddalen ar-lein. *I wneud yn sicr fod eich polisi Cyfle Cyfartal yn cefnogi Erthygl 23, cewch hyd i dempled ar ein gwefan.*
- 7. Erthygl 24 (iechyd a gwasanaethau iechyd): Mae gan bob plentyn yr hawl i'r iechyd gorau posibl. Rhaid i lywodraethau ddarparu gofal iechyd o ansawdd da, dŵr glân, bwyd maethlon, ynghyd ag amgylchedd glân ac addysg ar iechyd a llesiant er mwyn i blant gadw'n iach. Rhaid i'r gwledydd mwyaf cyfoethog helpu gwledydd tlotach i wneud**

10 Ffordd y Gall eich Lleoliad Gofal Plant Allysgol Gefnogi Hawliau Plant

hyn. - Gall clybiau Gofal Plant Allysgol gefnogi Erthygl 24 trwy hyrwyddo ffordd iach o fyw a gwreiddio negeseuon cyson ynghylch iechyd a llesiant. Ffordd dda iawn o wneud hyn yw cynnwys plant wrth gynllunio byrbrydau a bwydlenni, sgwrsio â'r plant am eu barn ar fwyd maethlon ac o ble y daw. Edrychwch ar y byrbrydau a phrydau iach y gall plant fod ynglŷn â'u gwneud, megis cawl maethlon (mae peiriant gwneud cawl yn ddelfrydol ar gyfer gwneud cawl yn gyflym ac yn rhwydd!) Gofynnwch i'r plant wneud rhestr o'r llysiau yr hoffent eu rhoi gyda'i gilydd i wneud y cawl. Mae cawliau megis cennin a thatws yn enghraifft dda o ddau lysieuyn poblogaidd sy'n cyd-fynd yn dda â'i gilydd, neu gallwch wneud cawl moron, ac ychwanegu perlysiâu megis coriander i gael mwy o flas. Gallech hyd yn oed greu llyfr ryseitiau gyda'r plant. Yr allwedd i gefnogi plant i fod â ffordd iach o fyw yw bod yn gyson o ran negeseuon ac ymddygiadau, a gweithwyr chwarae'n fodolau rôl ardderchog i annog hyn. *Gellir lawrlwytho ein pecyn, Tyfu'ch Gwledd eich Hun, yn cynnwys y ryseitiau y gall y plant roi cynnig amynt, o'n gwefan.*

8. **Erthygl 27 (safon byw ddigonol): Mae gan bob plentyn yr hawl i safon byw sydd yn ddigon da i fodloni eu hanghenion corfforol a chymdeithasol a chefnogi eu datblygiad. Rhaid i lywodraethau helpu teuluoedd na allant fforddio i ddarparu hyn.** Mae Gofal Plant Allysgol nid yn unig yn darparu lle diogel a hwyliog i'r plant chwarae, y mae'n rhoi i deuluoedd gyfleoedd i weithio neu hyfforddi gan wybod bod eu plentyn yn derbyn gofal. Mae'n bwysig, er mwyn cefnogi teuluoedd, bod lleoliadau'n sicrhau eu bod yn fforddiadwy ac yn hygyrch i'r holl deuluoedd y mae arnynt eu h angen, a gellir cyflawni hyn drwy gadw ffioedd mor isel â phosibl, gan adolygu'r sefyllfa ariannol yn rheolaidd, gwneud ceisiadau am ariannu neu godi arian, a chadw yn gofrestredig gydag Arolygiaeth Gofal Cymru (AGC) er mwyn gwneud yn sicr y gall rhieni a gofawyr gyrchu cefnogaeth drwy'r Gofal plant Di-dreth a'r Cynnig Gofal Plant i Gymru. Mae bod yn gofrestredig gydag AGC hefyd yn agor cyfleoedd i geisio grantiau sydd wedi eu hariannu gan gynghorau lleol.
9. **Erthygl 30 (plant o grwpiau lleiafrifol neu gynhenid): Mae gan bob plentyn yr hawl i ddysgu a defnyddio iaith, arferion a chrefydd eu teulu, boed y rhain yn cael rhai a rennir gan fwyafrif trigolion eu gwlad ai peidio.** Mae gan bob plentyn yr hawl i dyfu gan wybod iaith a threftadaeth diwylliannol eu teulu – a'i ddefnyddio, hyd yn oed os mai'r Saesneg yw eu hiaith 1^{af} neu 2^{ail}. Mae hyn nid yn unig yn rhoi i blant y rhyddid i gyfathrebu ag eraill yn yr iaith o' [u dewis, y mae hefyd yn gymorth i ddiogelu'r iaith. I gefnogi'r plant yn eich Lleoliad, byddwch ag arwyddion wedi eu harddangos mewn gwahanol ieithoedd, yn dweud er enghraifft 'Croeso' neu 'Helo', a'r rhain o gwmpas yr ystafell. Os yw plentyn sy'n mynychu eich lleoliad yn gyfarwydd ag iaith arall neu'n defnyddio iaith arall yn y cartref, ceisiwch ddysgu ambell i air neu ymadroddion allweddol i'w helpu i deimlo bod eraill yn eu deall a'u clywed. Yma yng Nghymru, mae'n bwysig cydnabod a gwerthfawrogi gwerth yr iaith Gymraeg i'n diwylliant a'n cymunedau. Trwy ddysgu neu ddefnyddio'r iaith Gymraeg, bydd eich lleoliad yn helpu i chwarae rhan yn nyfodol yr iaith Gymraeg. Pa iaith bynnag a ddefnyddir, yr hyn sy'n cysylltu plant â'i gilydd yw chwarae, a gall lleoliadau rhoi i blant ar hyd a lled Cymru y cyfle naill ai i gyrchu chwarae yn yr iaith o'u dewis, neu roi iddyn nhw'r cyfle i ddysgu iaith wrth chwarae a chael hwyl. *Am syniadau ar gyflwyno'r iaith Gymraeg yn eich Lleoliad gweler ein '10 Ffordd o Gynyddu'r Defnydd o'r Iaith Gymraeg yn eich Lleoliad' ar ein gwefan, a lawrlwytho ein poster 'Croeso' amlieithog o'n gwefan.*
10. **Erthygl 31 (hamdden, chwarae a diwylliant) Mae gan bob plentyn yr hawl i ymlacio, chwarae a chymryd rhan mewn dewis eang o weithgareddau diwylliannol ac artistig:** Mae ar bob plentyn angen chware, ac y mae'n sylfaenol i'w ddatblygiad. Dylai chwarae fod wedi ei ddewis yn rhydd, ei gyfarwyddo'n bersonol a'i gymell yn gynhenid, gan roi i blant y

10 Ffordd y Gall eich Lleoliad Gofal Plant Allysgol Gefnogi Hawliau Plant

rhyddid i chwarae mewn ffordd sy'n cyfateb â'u syniadau a'u diddordebau eu hunain. Rhaid i Weithwyr chwarae fod yn eiriolwyr brwd dros chwarae, a chefnogi plant wrth iddyn nhw greu eu man chwarae. Mae'n bwysig sicrhau bod plant, yn eich lleoliad chi, yn rhydd i ymgysylltu mewn chwarae digymell a chreadigol, yn ogystal â chael lle ac amser i ymlacio, sy'n gefnogaeth i'w llesiant a'u datblygiad. Mae chwarae'n cyfrannu at ddatblygiad sawl sgîl - ieithyddol, cymdeithasol, emosïynol, motor a rhesymegol, tra bydd hefyd yn gymorth i ddychymyg y plentyn a'i synnwyr o antur. Mae creu man sy'n diwallu anghenion yr holl blant yn bwysig, a dylid cyflawni hyn drwy ymgynghori â'r plant neu arsylwi ar sut y mae plant yn defnyddio lle. Fel Gweithwyr Chwarae, cymerwch amser i adlewyrchu ar sut y mae'r man yn cael ei ddefnyddio gan y plant. Mae'r defnydd o rannau rhydd yn ffordd wych o ddim ond gadael i'r plant chwarae, cynnig cyfleoedd diddiwedd iddyn nhw greu a datblygu eu syniadau drwy chwarae. Nid oes yn rhaid i rannau rhydd fod yn ddrud, yn ffansi nac yn newydd; eitemau wrth-law, pob-dydd ydynt. Os hoffai'ch Lleoliad wybod mwy am gymhwyso mewn Gwaith Chwarae, anfonwch e-bost i info@clybiauplantcymru.org

Ein cenhadaeth yw bod yn llais Clybiau Gofal Plant Allysgol yng Nghymru, yn cefnogi hawl plant i chwarae, a gofal plant o ansawdd sydd yn gynaliadwy, yn fforddiadwy ac yn bodloni anghenion plant, eu teuluoedd a'u cymunedau. Mae nifer o adnoddau ar gael gennym ar ein gwefan, www.clybiauplantcymru.org, i gefnogi eich Lleoliad Gofal Plant Allysgol.

Mae gennym dîm o Swyddogion Datblygu Busnesau Gofal Plant sy'n darparu cefnogaeth i fusnesau gofal plant, a Thîm Hyfforddi sy'n cyflenwi cymwysterau Gwaith Chwarae a Datblygiad Proffesiynol Parhaus (DPP).

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Tachwedd 2021