



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Choosing Childcare

in Wales



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I am pleased to introduce “Choosing Childcare in Wales”. This booklet is aimed at providing you with information and advice that will help inform your decisions when choosing childcare options most suitable for your child.

We know that many parents will need or want to entrust their children to others so that they can work or study. In this situation, Government has a role in ensuring the childcare parents choose to use is safe and provides the best possible development for their children. This booklet explains how you can choose childcare that is registered and inspected by the Care Standards inspectorate for Wales (CSIW). The Assembly Government works to ensure that childcare is of good quality, but also available locally and at an affordable price.

The Assembly Government has supported the introduction of staffed and computerised Children’s Information Services (CIS) in each Local Authority in Wales. These provide up to date information on childcare within the Authority, as well as a wide body of information and advice relevant to support families more generally. We have made such services a statutory requirement. If you have any questions about choosing childcare locally you can get in touch with your Children’s Information Service.

It is important that each child has the best possible start in life and this booklet will provide guidance to help you make your decision.



Jane Davidson

A handwritten signature in black ink that reads "Jane Davidson". The signature is written in a cursive, flowing style.

Minister for Education,
Lifelong Learning and Skills.

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minister for
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quick guide



Finding suitable childcare is a challenge for many families, so we have produced this guide to help you choose what is right for you. The guide explains the different types of childcare available and tells you about:

- Children's Information Services (CIS) and how to find them
- Questions to ask when looking for childcare
- Financial help for childcare and how to apply
- Registered childcare options
- Childcare options which may not be registered
- Childcare standards Care Standards Inspectorate for Wales (CSIW) and Estyn
- Help for children with disabilities or Special Educational Needs



We also tell you about Job Centre Plus and the Parenting Action Plan. Some of you may have heard of "work life balance", so we talk about that and some of the help you may be entitled to, such as parental leave from work.

Useful Contact Details

Finally, at the back of the guide, you will find 2 sections of useful contact phone numbers and websites. The first section lists Government, voluntary and national organisations, such as charities like Contact a Family. The second lists all 22 local Children's Information Services offices in Wales, from Anglesey in the north to the Vale of Glamorgan in the south.

children's information services (CIS)

The 22 Children's Information Services (CIS) offices across Wales provide up-to-date information on childcare and children's services. They are the starting point for finding out what kind of childcare will best suit your family.

You can either phone or visit your local CIS to talk to people who can explain what childcare and children's services are available in your area.

You will find a list of Children's Information Services (CIS) at the back of this guide, complete with addresses, phone numbers and websites. Every Local Authority in Wales has set up a CIS, so there will be one in your area.

As well as helping you directly, your local CIS can also signpost you to other agencies and organisations. These may be able to offer further help and support to parents, carers and other professionals.



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how to choose a childcare service

Firstly, visit as many childcare providers as possible before deciding which one is best for you and your child and check that they are registered. Secondly, to help you decide, we have prepared the following list of questions. These are things which other people have found it helpful to ask when looking for a childcare service.

Questions to ask when looking for a childcare service:



is it welcoming?

- Are you made to feel welcome?
- How much attention does your child receive?
 - Is she/he made to feel special?
- Are the carers/staff helpful?



is it a stimulating place for children to be?

- Are there visible signs that children are having a stimulating and enjoyable time, for example pictures on the wall, happy faces, etc?
- What programme of activities is offered?
 - Is there variety and stimulation?
 - Are activities challenging and interesting?
- Are girls and boys encouraged to take part in all activities and encouraged to use all equipment?
- Will my child have stories?
 - Are there books to look at?

what facilities does it have?

- Are there lots of suitable toys and play equipment?
- Is there access to an outdoor play area?
- What use is made of television or computer games?
- What about meals?
 - If my child has special dietary needs can these be catered for?



is it caring?

- Is the facility flexible about a settling in period for my child?
 - Can I stay with my child to help her/him settle?
- Will I have an opportunity to find out how my child is settling and progressing?
 - Are there any systematic ways of doing this?
- Will my child be given quiet time by him/herself if needed?
- Are there flexible rest periods?
- What procedures are there for emergency medical treatment and first aid?
- What about toilet training and what if my child has an accident?

what about the staff?

- What qualifications do the carers/staff have? (For settings that are registered with the Care Standards Inspectorate for Wales (CSIW) there are specific requirements on the level of qualifications staff should have.)
- Are carers/staff offered ongoing training?
- Do carers/staff get involved in the children's activities?
- How do staff talk to the children e.g. do they show patience and consideration?
- How do staff encourage good behaviour?
- When considering childminders, ask to see their portfolio and references.

other questions:

- How is the day structured?
- Are there trips and outings?
- What are the arrangements for booking?
- Can my child bring things from home to help him/her settle?
- What are the access and parking facilities?
- How much will the childcare cost?
 - What will the cost cover e.g. outings, food, care during holidays etc?

Finally, once you have found a childcare service you are happy with, try to have a settling in period with a few short visits for your child and yourself. This will help you both feel more confident and at ease.

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financial help with childcare costs

Childcare may seem costly, but before you decide you cannot afford it, remember that most families are entitled to financial help.

This help includes:

- 1) child tax credit
- 2) working tax credit
- 3) childcare element of working tax credit
- 4) assisted places and helping hands schemes
- 5) free part-time education for all 3 and 4 year olds
- 6) childcare vouchers from some employers



1) child tax credit

Child Tax Credit supports families with children. You can claim whether or not you are in work. All families with children and with income of up to £58,000 a year (or up to £66,000 a year if there is a child under one year old) can claim the credit in the same way. Child Tax Credit is paid direct to the person who is mainly responsible for caring for the child or children. It may be used to cover your childcare costs, but it is not specifically a payment for childcare.

2) working tax credit

Working Tax Credit supports working people (whether employed or self employed) on low incomes by topping up their earnings. Working Tax Credit is paid to the person who is working 16 hours or more a week. Couples - if both of you are working 16 hours or more a week - must choose which one of you will receive it. You cannot receive Working Tax Credit if you are not working.

(Section 9 of this guide has more information on Jobcentre Plus and working tax credit).

3) childcare element of working tax credit

With the Childcare Element of Working Tax Credit you may be able to get extra help with the costs of registered or approved childcare. From April 2006 the share of costs met in the childcare element of the working tax credit increased to 80%, subject to maximum costs of £175 for 1 child and £300 for 2 or more children. Child Tax Credit and Working Tax Credit do not affect **Child Benefit** payments, which are paid separately. For more information contact the Inland Revenue and Tax Credit Helpline on **0845 300 3900**.

4) assisted places and helping hands schemes

Some of these schemes provide extra money to childcare providers and/or families on low income or specific benefits so that they can afford quality childcare. Some of these schemes enable providers to offer a fully inclusive service for all children regardless of needs. For details of schemes within your area contact your local CIS.

5) free part-time early education places

In addition, remember that all 3 and 4 year olds in Wales are entitled to free part-time early education places.

6) childcare vouchers

Finally, some employers may support employees by providing them with childcare vouchers.



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types of registered childcare

Childcare services can be divided into 2 groups – ones which have to register and ones which do not have to register.

Registered services include:

- 1) registered childminders
- 2) day nurseries
- 3) play schemes
- 4) play group plus
- 5) play groups
- 6) part time education
- 7) out of school childcare clubs



1) registered childminders

Registered childminders are day care providers who work in their own homes caring for children. They are based in the community, which means that children can go to local playgroups / cylchoedd meithrin, parent & toddler groups, clubs or visit friends.

Responsibilities & Registration

Childminders are responsible for your child's safety as well as their emotional and physical development. They should provide a mix of play and learning experiences inside and outside the home. All childminders must be registered and inspected by the Care Standards Inspectorate for Wales (CSIW), who will check on their suitability, their home and everyone over the age of 16 living in the house.

Childminders must have:

- a registration certificate issued by CSIW
- a public liability insurance certificate

Fees and Flexibility

Childminders are self-employed and set their own fee. They can offer flexible childcare, year round, full-time or part-time and outside school hours. They can look after up to 6 children of varying ages at the same time and can therefore care for brothers and sisters together.



2) day nurseries

Day nurseries provide registered early education and childcare for young children from birth to age 5. They usually open from early morning to early evening, Monday to Friday, all year round. They offer a caring, safe, stimulating environment either as full day care or part-time care for babies and pre-school children. Some may also provide care before and after school and in the holidays for children aged 4 to 7 and sometimes older children too.

Day Nurseries must:

- be registered and inspected by the Care Standards Inspectorate for Wales
- hold a registration certificate issued by CSIW
- have a public liability insurance certificate
- have the appropriate food hygiene certificate

Fees

Most nurseries are run by private or voluntary organisations and fees will vary across the country. Support with costs is available from tax credits, childcare vouchers and free part-time places for all 3 year olds.

Food and snacks

Most day nurseries have facilities to prepare food and snacks for the children in their care. They should produce at least a 3 week menu of quality food and provide snacks appropriate to the length of day the child attends.



3) open access play / play schemes

Open Access Play settings may be permanent projects like adventure playgrounds, or short-term play schemes where children are free to come and go. During school holidays many local authorities organise or support play schemes which may be open access. Some local authorities also offer Saturday morning clubs and special activity days. For details of play schemes in your area, contact your Children's Information Service.

4) playgroup plus / cylchoedd meithrin mwy

Playgroup Plus / Cylchoedd Meithrin Mwy is offered in parts of Wales as an extension of a playgroup or Local Authority Nursery Education Classes. **It offers more day care than a traditional playgroup and may have longer sessions. Groups operate for up to 4 hours a day, with a maximum of 20 hours a week. Children may take a packed lunch.**

The same standards and registration procedures apply to Playgroup Plus/Meithrin Mwy as to Playgroups/Cylchoedd Meithrin. Playgroup Plus groups extend their own Playgroup provision or provide an extension to the hours offered by the Local Education Authority.

Like other Playgroups, the service may be based in community or church halls or schools. Cylchoedd Meithrin Mwy are Welsh language extended playgroups which enable children to become bilingual. They are supported by Mudiad Ysgolion Meithrin.

5) playgroups / cylchoedd meithrin

Playgroups cater for children age 2 to 5, usually for 2 to 3 hours in the morning or afternoon and mainly during term-time. They offer a safe and stimulating environment where children play, learn and socialise with each other. Playgroups are developed and supported by Wales Pre-school Playgroups Association, a registered charity. Many Playgroups offer young children an introduction to the Welsh language. Staff and volunteers are actively encouraged to develop and share their Welsh language skills. Parents and carers are active in running playgroups and often join their management committees.

Cylchoedd Meithrin are Welsh language playgroups which give children an opportunity to become bilingual (in English and Welsh). They are supported by Mudiad Ysgolion Meithrin (MYM), a national voluntary organisation. Parents do not have to speak Welsh for their children to attend Cylchoedd Meithrin.

Special Educational Needs and Disabilities The Wales Pre-school Playgroups Association (Wales PPA) and Mudiad Ysgolion Meithrin (MYM) offer information, support and training as well as referral schemes to integrate children with special educational needs and disabilities into local playgroups.

6) part-time education for children aged 3 & 4

All children have the right to a free, part-time, good quality early education place the term after their third birthday. Part-time means a minimum of 10 hours a week, for around the same number of weeks as the normal school year.

Costs

You are not expected to contribute towards the cost of these places. If your child already attends an early education setting when she/he becomes 3, the fee will be reduced. However, you may have to pay for any services or childcare on top of the free education part-time place.

Registration

Settings outside schools must be registered with CSIW. Places are available in reception and nursery classes in schools, day nurseries, playgroups, Cylchoedd Meithrin and childminders linked to an accredited Children Come First Network. For more information on registered facilities offering free part-time places, contact your local CIS and/or the Early Years Development and Childcare Partnership. If you want your child to go to a Welsh language setting, contact Mudiad Ysgolion Meithrin.

7) out of school childcare clubs

Out of school childcare clubs help parents or carers who work or attend training. They provide breakfast clubs, after school clubs, holiday clubs and wrap around play-care for school age children.

Registration

Many schools have out of school childcare clubs, while other clubs are based in village halls, community centres and day nurseries. Children's attendance is registered and they are given a snack and a drink. Where appropriate, clubs are registered and inspected by CSIW and qualified or trained play staff supervise activities (one member of staff to every 8 children under 8 years of age).

The play environment should be stimulating and varied with a range of activities such as arts/crafts, games and physical play for children to choose from. A quiet area for reading and homework may also be available. Children are supervised until a parent or carer arrives to collect them. Sometimes a collection service may be available to take children to school from the club and take them home at the end of their day.



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types of childcare which may not be registered

The following childcare options may not be registered with the Care Standards Inspectorate for Wales (CSIW), although some choose to register:

(Please note that if you use unregistered childcare you will not be able to claim the childcare element of the Working Tax Credit.)

- 1) parent and toddler groups
- 2) au pairs
- 3) babysitters
- 4) crèches
- 5) friends and family members
- 6) nannies



1) parent and toddler groups / cylchoedd ti a fi

Parent and Toddler Groups cater mainly for children under 2 years. Parents/carers stay with their children, so groups do not have to register with CSIW. The sessions allow parents and children to mix with others and enjoy a variety of different activities.

Cylchoedd Ti a Fi enable parents and carers to play alongside their children and socialise in an informal Welsh setting. Non-Welsh speaking parents can learn Welsh with their children, enjoying basic stories, songs and nursery rhymes as well as simple phrases to use at home.



2) au pairs

Au Pairs are usually foreign students aged 17 - 27 years. They do not generally have childcare qualifications, so it is not a good idea for them to have sole charge of pre-school children. Au Pairs live as members of the family to learn English. They can work in the home for up to 5 hours per day in return for a room, an allowance and 2 full days off per week.

3) babysitters

Babysitters typically look after children while parents go for an evening or afternoon out. There is no legal minimum age, but the NSPCC says they should be older than 16. If you use a babysitter under 16 and the child is injured in their care, you may be held responsible. So, choose babysitters carefully and ask for references if you do not know the person well.

The leaflet 'Home Alone' advises parents looking for babysitters. It is published by the NSPCC and is available from your local Children's Information Service (CIS). If you have a local babysitting circle nearby, you can share childcare with other parents.

4) crèches

Crèches provide occasional care for children while their parents are shopping, playing sport or on a course for example. Parents are expected to remain on the same premises, although not necessarily in the same room. A crèche must be registered if it takes children under 8 years, runs for 2 hours or more a day and for 6 or more days a year on the same premises (even if the child attends for shorter periods).



5) friends and family members

Some parents are able to call on grandparents and other relatives or friends to look after their children. This often works very well, but you should think about this kind of childcare as carefully as you would about a registered facility. If anyone other than a close family member looks after your child regularly in their own home in return for money or reward, they must register as a childminder with the CSIW.

6) nannies

Nannies look after children in the family home. They are not currently regulated and do not have to register unless they also work for another family.

Duties

Nannies are employed by the parent and their duties are open to negotiation. It is important to discuss what you expect from a nanny before employing one. Nannies will generally look after all aspects of a child's welfare. They may baby-sit on a regular basis, but are not likely to do housework. They may live in or come to the home daily.



6

national minimum standards

Two bodies are responsible for childcare standards in Wales:

- 1) Care Standards Inspectorate for Wales (CSIW)
- 2) Estyn



1) Care Standards Inspectorate for Wales (CSIW)



Anyone who provides a childcare service for more than 2 hours a day for children under the age of 8 must register with the CSIW. Registered services must meet national minimum standards, as laid down by the National Assembly for Wales' regulations and the minimum standards set for each type of childcare service. The Regulations and Standards are available from the CSIW and can be accessed via the CSIW website

www.csiw.wales.gov.uk

To register with the CSIW, a childcare service must ensure that:

- premises are safe and suitable
- staff are appropriately qualified
- staff have received health and Criminal Records Bureau (CRB) clearance and other references have been checked
- equipment and activities are appropriate for the number and ages of children
- registration is maintained by an annual CSIW inspection and a CSIW report is on display

2) Estyn

Estyn inspects schools, training centres, etc in Wales. It is independent of, but funded by, the National Assembly for Wales.

As part of its job, Estyn is responsible for:

- training and registering nursery education inspectors
- monitoring the quality of inspections and inspection reports
- taking a second look at any setting which someone else says is well below the required standard

www.estyn.gov.uk



Estyn's Chief Inspector has to keep the Welsh Assembly Government informed about:

- the quality and standard of nursery education
- the spiritual, moral, social and cultural development of children who are in nursery education.

7 disabilities and special educational needs

Help at hand. Your local Children's Information Service should have details of suitable childcare provision for children with disabilities and Special Educational needs in your area.

They will also have information about how to access help to cover childcare costs. Referral schemes in all parts of Wales help children with special educational needs to attend playgroups with other children of the same age.

Accessibility and the Disability Rights Commission

All childcare providers must meet the requirements of the **Disability Discrimination Act 1995 (DDA)** and make 'reasonable adjustments' to include disabled children. They must not treat a disabled child "less favourably" because of their disability. You can phone the **Disability Rights Commission (DRC)** on **08457 622 633** for guidance on legal requirements relating to childcare providers.

Extra financial help

Child Tax Credit can include extra money for disabled children. Working Tax Credit can include help with childcare costs. To find out what you are entitled to, contact the **Inland Revenue Tax Credit helpline** on **0845 300 3900**.

Disability Living Allowance can be claimed for a child with a severe physical or mental illness or disability if they need much more help or looking after than other children of the same age which is due to their illness. For more information contact the **Benefit Enquiry Helpline** on **0800 88 22 00**.



8 parenting action plan

In 2005 the Welsh Assembly Government produced its first Parenting Action Plan covering the 3 years to March 2008.

The Plan aims to:

- raise the profile of parenting among policy makers and those who provide services in Wales
- develop policies and services to support mothers, fathers and carers
- identify key actions the Welsh Assembly Government should take to support parenting in Wales



Key actions in the Parenting Action Plan include



Extra money for parent services

more money will be available to local Children and Young People's Partnerships under Cymorth (the Children and Youth Support Fund) to spend on family and parenting support.



A new bilingual helpline for parents

The helpline will give parents up-to-date information and advice about what is available in their area. Where appropriate, it will pass them on to other local sources of help and support.



Booklets for parents

designed to supplement The Pregnancy Book and Birth to Five, which are already given to all new parents, these booklets will give tips on handling everyday situations, managing challenging behaviour and advice on alternatives to physical discipline.



Parent Networks

these already exist in some areas. They support parents and enable them to have a bigger say in what services are available and how they are organised. We are producing a good practice guide for local Partnerships on how to set up and support Parent Networks.



Promoting parental involvement in schools and improving the Parentsnet education website at

www.learning.wales.gov.uk/parents



jobcentre plus

canolfanbydgwaith
jobcentreplus

Jobcentre Plus is part of the Department for Work and Pensions (DWP) comprising Jobcentre Plus offices, Jobcentres and social security offices.

Jobcentre Plus aims to help:

- more people into paid work
- employers fill their vacancies
- give people of working age the support they are entitled to if they cannot work



personal advisers

Personal advisers in Jobcentre Plus offices offer practical advice at every stage of looking for work.

They can help you:

- if you are not sure what you want to do
- when you need advice on your options and planning ahead
- when you are looking for work
- when you want to get training for a job
- after you start work

Your personal adviser can also:

- calculate how much better off you could be in a job
- explain the effect that starting work may have on your benefits or tax credits
- explain what benefits or tax credits you may be entitled to when you move into work
- access specialist employment advice if you have a disability or health problem
- help you find good quality registered childcare in your area
- help with the costs of going to meetings, job interviews or training, including fares and registered childcare costs



Working Tax Credits and other financial incentives

You may be entitled to Working Tax Credit (including help towards childcare costs) and other financial benefits when you move into work. Your personal adviser can tell you about these.



Where to go for more information

To find out more about Jobcentre Plus services look at the www.jobcentreplus.gov.uk

If you are looking for work our telephone service, Jobseeker Direct, can help you.

Telephone Jobseeker Direct on **0845 6060 234**

If you have hearing or speech difficulties you can use our text phone service on **0845 6055 255** and our advisers will help.

(Calls are charged at local rates but may vary from mobiles). Alternatively you can contact your local Jobcentre Plus office.

10

work life balance

Work Life Balance is not just about families and childcare. It is about getting the right balance between what people can achieve at work and at home at the same time as giving their best to all areas of their lives.

Many employers offer flexibility at work. Others offer benefits such as childcare vouchers, career breaks or help with finding childcare.

New laws set out benefits under Work Life Balance which could help you to spend more time with your child/children and make it easier to arrange childcare.

Possible benefits under work life balance include:

- flexible working
- parental leave
- adoption leave
- time off for dependants

Your local CIS can give you more information about what you are entitled to. They can also signpost you to other organisations which may be able to help.



useful contacts

Here are the contact details for the organisations mentioned in this guide plus other organisations which can often help with childcare issues. They include charities, voluntary and government organisations.

Care Standards Inspectorate for Wales (CSIW)

www.csiw.wales.gov.uk
01443 848450

CSIW's job is to make sure that care services meet the standards that people have a right to expect. It is an operationally independent part of the National Assembly for Wales.

Child Death

www.childdeathhelpline.org.uk/
0800 282986 (freephone)

For anyone affected by the death of a child.

Children Come First Childminding Network

(see National Childminding Association)

Clybiau Plant Cymru Kids' Clubs

www.clybiauplantcymru.org
029 2074 1000

Clybiau Plant Cymru Kids' Clubs promotes and supports quality, affordable accessible out of school childcare clubs.

Contact a Family

www.cafamily.org.uk
029 2044 9569

Contact a Family is a charity which promotes mutual support between families caring for children with a disability or special need. It provides information about support groups at local, regional and national level.

Daycare Trust

www.daycaretrust.org.uk
020 7840 3350

Daycare Trust is the national childcare charity, campaigning for quality affordable childcare for all children 0-14.

Benefit Enquiry Line (BEL)

www.dwp.gov.uk 0800 88 22 00

A confidential helpline offering information and advice about Disability Living Allowance and other benefits.

Disability Rights Commission (DRC)

www.drc.org.uk 08457 622 633

The DRC gives advice and information about your rights under the Disability Discrimination Act (DDA) 1995.

Estyn

www.estyn.gov.uk 029 2044 6446

Estyn is the office of Her Majesty's Inspectorate for Education and Training in Wales.

Jobcentre Plus

www.jobcentreplus.gov.uk 0845 6067 890

Jobcentre Plus is part of the Department for Work and Pensions (DWP) comprising of Jobcentre Plus offices, Jobcentres and social security offices.

Maternity Alliance

www.maternityalliance.org.uk 020 7490 7638

The Maternity Alliance is a national charity working to improve rights and services for pregnant women, new parents and their families.

Mudiad Ysgolion Meithrin

www.mym.co.uk 01970 639639

Mudiad Ysgolion Meithrin promotes and supports the education and development of children under 5 years of age in Welsh.

National Childminding Association

www.ncma.org.uk 0845 880 0044

The National Childminding Association supports childminders to promote their work and promote quality services for children. It also runs the Children Come First Childminding Network.

National Day Nurseries Association

www.ndna.org.uk 0870 774 4244 (head office)
01824 707823 (Wales office)

The National Day Nurseries Association charity aims to enhance the development and education of children in their early years through the provision of support services to members.

NSPCC (National Society for the Prevention of Cruelty to Children)

www.nspcc.org.uk 0808 800 5000 (freephone)

The NSPCC specialises in child protection and the prevention of child cruelty. It can advise if there are concerns for a child or children who are at risk.



New Deal

www.newdeal.gov.uk 0800 868 868 (freephone)
For lone parents. All lone parents receiving income support have access to a comprehensive package of guidance and support.

Parentline Plus

www.parentlineplus.org.uk 0808 800 2222 (freephone)
Parentline Plus is a charity providing support for parents under stress.

Parentsnet

www.learning.wales.gov.uk/parents
Welsh Assembly Government education website for parents.

Play Wales

www.playwales.org.uk 029 20486050
Promotes high quality play provision for all children, provides support for all aspects of staffed playwork, playground development, playwork education and training.

Tamba Twinline

www.tamba.org.uk/html/home.htm 01732 868000
The twins and multiple births Association offers support and information for families.

Tax credits

www.hmrc.gov.uk/menus/credits 0845 300 3900
A link to the HM Revenue and Customs Tax Credit site which explains tax credits and has a calculator to help you work out your entitlement.

Wales Pre-School Playgroups Association

www.walesppa.org 01686 624573
The Wales Pre-school Playgroups Association provides information, resources and support to parents and early years settings.

Welsh Assembly Government

www.wales.gov.uk
The official website for the National Assembly for Wales and the Welsh Assembly Government.

Working Families

www.workingfamilies.org.uk 020 7253 7243
Working Families helps parents find a better balance between responsibilities at home and work.

12

children's information services (CIS)

Here is a list of all 22 Children's Information Services in Wales. For many people these local CIS offices are the starting point for finding out about local childcare, what they are entitled to and answering any other questions they may have.

Anglesey

Children and Young People's Information Service,
Llangefni Library, Lon y Felin,
Ynys Mon, LL77 7RT
01248 752 699
cis@anglesey.gov.uk
www.younganglesey.org.uk
www.monifanc.org.uk

Blaenau Gwent

Blaenau Gwent Children's Information Service,
Old Blaina Infant School,
High Street, Blaina,
Blaenau Gwent, NP13 3BN
08000 32 33 39
cis@blaenau-gwent.gov.uk
www.blaenau-gwent.gov.uk

Bridgend

Bridgend Children's Information Service, 3RD Floor, Derwen House, Court Rd, Bridgend, CF31 1BN
0800 1804320
childrensinfo@bridgend.gov.uk
www.bridgend.gov.uk

Caerphilly

Caerphilly County Borough Children's Information Service,
Ystrad Fawr, Caerphilly Road,
Hengoed, Caerphilly, CF82 7SF
01443 863232
cis@caerphilly.gov.uk
www.caerphilly.gov.uk/cis

Cardiff

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Excelsior Rd, Western Ave,
Cardiff, CF14 3AT
029 2052 0100
CYIS@cardiff.gov.uk
www.ifanc.org.uk



Carmarthenshire

Carmarthenshire Children's Information Service,
Limegrove House, Limegrove Avenue, Carmarthen,
Carmarthenshire, SA31 1SW
01267 224 224
childreninfo@carmarthenshire.gov.uk
www.carmarthenshirechildrenspartnership.org.uk

Ceredigion

Ceredigion Children's Information Service,
Childcare, Children and Young People, London House,
Aberaeron, Ceredigion, SA46 0AJ
01545 572 636
cis@ceredigion.gov.uk
http://cis.ceredigion.gov.uk

Conwy

Conwy Children's Information Exchange,
Old School Lane Centre, Church Works,
Llandudno, Conwy, LL30 2HL
01492 876260
plant.children@conwy.gov.uk
www.conwy.gov.uk/children

Denbighshire

Gwsanaeth Gwybodaeth Plant Sir Ddinbych,
Denbighshire Children's Information Service,
Yr Hen Garchar, 46 Clwyd Street, Ruthin,
Denbighshire, LL15 1HP
01824 708 220
childrensinformation@denbighshire.gov.uk
www.denbighshire.gov.uk/childrensinformation

Flintshire

Flintshire Children's Information Service, The Westwood
Centre, Tabernacle Street, Buckley, Flintshire, CH7 2JT
01244 547 017
cis@flintshire.gov.uk
www.flintshire.gov.uk/childrens_information

Gwynedd

Gwasanaeth Gwybodaeth Gofal Plant Gwynedd
(Gwynedd Childcare Information Service),
Room 7, 19 Bangor Street, Caernarfon,
Gwynedd, LL55 1AT
01286 675 570
Gwybodaethplant@gwynedd.gov.uk
www.gwynedd.gov.uk

Merthyr Tydfil

Merthyr Tydfil Children's Information Service,
Integrated Children's Centre, Duffryn Rd,
Pentrebach, Merthyr Tydfil, CF48 4BJ
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Monmouthshire

Monmouthshire Children's Information Service,
Early Years Section, 5th Floor, County Hall, Cwmbran,
Monmouthshire, NP44 2XH
01633 644 527
info@monmouthshirecis.org.uk
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Newport

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childrensinformation@newport.gov.uk
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Neath Port Talbot

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Pembrokeshire

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www.childrensinformation.org

Powys

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Rhondda Cynon Taf

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Early Years and Family Support Services, Ty Trevithick,
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0800 180 4151

Childinfoserv@rhondda-cynon-taf.gov.uk

www.rctearlyyears.org.uk

Swansea

Swansea Children's Information Service, Unit B3,
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0179 251 7222

cis@swansea.gov.uk

www.swanseacommunitydirectory.org.uk

Torfaen

Torfaen Children's Information Service,
Torfaen County Borough Council,
Education Department,
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Vale of Glamorgan

Vale of Glamorgan Children & Young People's Information
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Barry, Vale of Glamorgan, CF63 4RT
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cypis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/cypis

Wrexham

Children's Information Bureau
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01978 292 094

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www.wrexham.gov.uk/cib





Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Dewis Gofal Plant

ying Nghymru



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Mae'n bleser gennyf gyflwyno "Dewis Gofal Plant yng Nghymru". Mae'r llyfryn hwn yn anelu at ddarparu'r wybodaeth a'r cyngor a fydd yn eich helpu i bwysu a mesur yr opsiynau o ran gofal plant sydd fwyaf addas i'ch plentyn.

Rydym yn gwybod y bydd angen i lawer o rieni ymddiried yn eraill i ofalu am eu plant fel y gallant weithio neu astudio ac y bydd rhai yn dymuno gwneud hynny. Mewn sefyllfa o'r fath, mae gan y Llywodraeth rôl o ran sicrhau bod y gofal plant y mae rhieni yn ei ddewis yn ddiogel ac yn sicrhau bod eu plant yn datblygu i'r graddau mwyaf posibl. Mae'r llyfryn hwn yn egluro sut y gallwch ddewis gofal plant a gaiff ei gofrestru a'i arolygu gan Arolygiaeth Safonau Gofal Cymru (ASGC). Mae Llywodraeth y Cynulliad yn anelu at sicrhau bod gofal plant o'r radd flaenaf ar gael yn lleol ac am bris fforddiadwy.

Mae Llywodraeth y Cynulliad wedi cefnogi'r gwaith o gyflwyno Gwasanaethau Gwybodaeth Plant cyfrifiadurol a reolir gan staff ymhob Awdurdod Lleol yng Nghymru. Mae'r rhain yn darparu gwybodaeth gyfredol am ofal plant o fewn yr Awdurdod, ynghyd â gwybodaeth a chyngor amrywiol iawn ac mwy cyffredinol i gefnogi teuluoedd. Mae bellach yn ofynnol yn statudol i ddarparu gwasanaethau o'r fath. Os oes gennych unrhyw gwestiynau ynghylch dewis gofal plant yn lleol cysylltwch â'ch Gwasanaeth Gwybodaeth Plant.

Mae'n bwysig bod pob plentyn yn cael y dechrau gorau posibl mewn bywyd ac mae'r llyfryn hwn yn cynnwys arweiniad a fydd yn eich helpu i benderfynu.



Jane Davidson

Y Gweinidog dros Addysg,
Dysgu Gydol Oes a Sgiliau



rhagair gan y gweinidog dros addysg, dysgu gydol oes a sgiliau



arweiniad cryno

1



gwasanaeth gwybodaeth plant (GGP)

2



sut i ddewis gwasanaeth gofal plant

3



cymorth ariannol gyda chostau gofal plant

4

mathau o ofal plant (cofrestredig)



- gwarchodwyr plant cofrestredig
- meithrinfeydd dydd
- chwarae mynediad agored / cynlluniau chwarae
- cylchoedd chwarae / cylchoedd meithrin
- addysg ran-amser i blant 3 a 4 oed
- clybiau gofal plant y tu allan i oriau ysgol

6

y safonau gofynnol cenedlaethol




- Arolygiaeth Safonau Gofal Cymru (ASGC)
- Estyn


5


mathau o ofal plant (sydd o bosib heb eu cofrestru)



- cylchoedd rhieni a phlant bach / cylchoedd ti a fi
- au pairs
- gwarchodwyr
- crèches
- ffrindiau ac aelodau o'r teulu
- cynorthwywyr mamau neu rieni
- nanis

7  anableddau neu anghenion addysgol arbennig

8  cynllun gweithredu rhianta

9  canolfan byd gwaith

10  cydbwysedd rhwng bywyd a gwaith

cysylltiadau defnyddiol

11 llinellau cymorth cenedlaethol a gwefannau

12 rhifau llinellau cymorth y gwasanaeth gwybodaeth plant (GGP)

arweiniad cryno



Mae dod o hyd i ofal plant addas yn her i lawer o deuluoedd, felly rydym ni wedi creu'r arweiniad hwn i'ch helpu chi i ddewis yr hyn sy'n iawn i chi. Mae'r arweiniad yn egluro beth yw'r gwahanol fathau o ofal plant sydd ar gael ac yn rhoi gwybod i chi am:

- Y Gwasanaethau Gwybodaeth Plant (GGP) a sut i ddod o hyd iddynt
- Y cwestiynau i'w gofyn wrth edrych am ofal plant
- Cymorth ariannol tuag at ofal plant a sut i'w hawlio
- Dewisiadau gofal plant cofrestredig
- Dewisiadau gofal plant sydd o bosib heb eu cofrestru
- Safonau gofal plant - Arolygiaeth Safonau Gofal Cymru (ASGC) ac Estyn
- Cymorth i blant sydd ag anabledd neu Anghenion Addysgol Arbennig



Rydym hefyd yn sôn am Ganolfan Byd Gwaith a'r Cynllun Gweithredu Rhianta. Efallai bod rhai ohonoch chi wedi clywed am "gydbwysedd rhwng bywyd a gwaith", felly byddwn yn sôn am hynny a pheth o'r cymorth y gallai fod gennych hawl iddo, er enghraifft absenoldeb rhiant o'r gwaith.

Manylion Cyswllt Defnyddiol

I gloi, yng nghefn yr arweiniad, mae 2 adran o rifau cyswllt defnyddiol a gwefannau. Mae'r adran gyntaf yn rhestru sefydliadau Llywodraeth, gwirfoddol a chenedlaethol, er enghraifft elusennau fel Cyswllt Teulu. Mae'r ail yn rhestru 22 swyddfa leol y Gwasanaethau Gwybodaeth Plant yng Nghymru, o Ynys Môn yn y gogledd i Fro Morgannwg yn y de.

gwasanaethau gwybodaeth plant (GGP)

Mae'r 22 swyddfa Gwasanaethau Gwybodaeth Plant (GGP) ledled Cymru yn darparu'r wybodaeth ddiweddaraf am ofal plant a gwasanaethau plant. Dyma'r man cychwyn i weld pa fath o ofal plant sydd fwyaf addas i'ch teulu chi.

Gallwch naill ai ffonio neu ymweld â'ch GGP lleol i siarad â phobl fydd yn gallu egluro pa wasanaethau plant a gofal plant sydd ar gael yn eich ardal chi.

Mae rhestr o'r Gwasanaethau Gwybodaeth Plant (GGP) yng nghefn yr arweiniad hwn, ynghyd â chyfeiriadau, rhifau ffôn a gwefannau. Mae pob Awdurdod Lleol yng Nghymru wedi sefydlu GGP, felly mi fydd yna un yn eich ardal chi.

Yn ogystal â'ch helpu chi'n uniongyrchol, gall eich GGP lleol eich cyfeirio at asiantaethau a sefydliadau eraill. Gall y rhain gynnig cymorth a chefnogaeth bellach i rieni, gofalwyr a gweithwyr proffesiynol eraill.



2

sut i ddewis gwasanaeth gofal plant

Yn gyntaf, ewch i weld cymaint â phosib o ddarparwyr gofal plant cyn penderfynu pa un sydd orau ar eich cyfer chi a'ch plentyn a gwnewch yn siwr eu bod wedi'u cofrestru. Yn ail, i'ch helpu chi i benderfynu, rydym wedi paratoi'r rhestr ganlynol o gwestiynau. Dyma bethau mae pobl eraill wedi ei chael hi'n ddefnyddiol i'w gofyn wrth edrych am wasanaeth gofal plant.

Cwestiynau
i'w gofyn wrth
edrych am
wasanaeth gofal
plant:



a yw'n groesawgar?

- A ydych chi'n teimlo bod croeso i chi?
- Faint o sylw mae eich plentyn yn ei gael?
 - A yw ef/hi'n cael ei g/wneud i deimlo'n arbennig?
- A yw'r gofalywyr/staff yn barod i helpu?



a yw'n lle sy'n ysgogi plant?

- A oes arwyddion gweladwy fod plant yn mwynhau ac yn cael eu hysgogi, er enghraifft a oes lluniau ar y waliau, wynebau hapus ac ati?
- Pa raglen weithgareddau sy'n cael ei chynnig?
 - A yw'n amrywiol ac yn ysgogi?
 - A yw'r gweithgareddau'n ymestynnol ac yn ddiddorol?
- A yw merched a bechgyn yn cael eu hannog i gymryd rhan ym mhob gweithgaredd a'u hannog i ddefnyddio'r holl offer?
- A fydd rhywun yn darllen straeon i 'mhlentyn?
 - A oes yno lyfrau i edrych arnyd nhw?

pa gyfleusterau sydd yno?

- A oes yna lawer o deganau ac offer chwarae addas?
- A oes ardal chwarae y tu allan?
- Pa ddefnydd sy'n cael ei wneud o deledu neu chwaraeon cyfrifiadurol?
- Beth am brydau bwyd?
 - Os oes anghenion diet arbennig gan fy mhlentyn, a oes modd darparu ar eu cyfer?



pa mor ofalgar yw'r gofal?

- A yw'r lle'n hyblyg ynghylch rhoi cyfnod o gynefino i fy mhlentyn?
 - A gaf i aros gyda 'mhlentyn i'w helpu i gynefino?
- A gaf i gyfle i ddarganfod sut mae fy mhlentyn yn cynefino ac yn datblygu?
 - A oes yna ffyrdd systematig o wneud hyn?
- A fydd fy mhlentyn yn cael amser tawel iddo/i ei hun os oes angen?
- A oes yna gyfnodau gorffwys hyblyg?
- Beth yw'r gweithdrefnau ar gyfer triniaeth feddygol frys a chymorth cyntaf?
- Beth am ddysgu mynd i'r tŷ bach ar ei ph/ben ei hun a beth os yw fy mhlentyn yn gwlychu ei hun?

beth am y staff?

- Pa gymwysterau sydd gan y gofalywyr/staff? (Mae gofynion penodol ynghylch lefelau cymwysterau'r staff mewn lleoliadau sydd wedi'u cofrestru gydag Arolygiaeth Safonau Gofal Cymru ASGC).
- A yw'r gofalywyr/staff yn cael cynnig hyfforddiant parhaus?
- A yw'r gofalywyr/staff yn cymryd rhan yng ngweithgareddau'r plant?
- Sut mae'r staff yn siarad â'r plant e.e. a ydyn nhw'n amyneddgar ac yn ystyriol?
- Sut mae'r staff yn annog ymddygiad da?
- Wrth ystyried gwarchodwyr plant, gofynnwch am gael gweld eu portffolio a'u geirda.

cwestiynau eraill:

- Pa ffurf sydd i'r diwrnod?
- A fyddant yn mynd allan am dro ac ar dripiâu?
- Beth yw'r trefniadau ar gyfer trefnu lle?
- A all fy mhlentyn ddod â phethau o gartref i'w helpu i gynefino?
- Sut gyfleusterau mynediad a pharcio sydd yno?
- Faint fydd y gofal plant yn ei gostio?
 - Beth sy'n cael ei gynnwys yn y gost e.e. mynd ar drip, bwyd, gofal yn ystod gwyliau ac ati?

I gloi, unwaith y dewch chi o hyd i wasanaeth gofal plant sy'n eich plesio, ceisiwch gael cyfnod o gynefino gyda rhai ymweliadau byr ar gyfer eich plentyn a chi'ch hun. Bydd hyn yn help i chi'ch dau deimlo'n hapusach a mwy hyderus.

3

cymorth ariannol gyda chostau gofal plant

Gall gofal plant ymddangos yn ddrud, ond cyn i chi benderfynu na allwch ei fforddio, cofiwch fod hawl gan y rhan fwyaf o deuluoedd i gael cymorth ariannol.

Mae'r cymorth yma'n cynnwys:

- 1) credyd treth plant
- 2) credyd treth gwaith
- 3) elfen gofal plant o'r credyd treth gwaith
- 4) cynlluniau cymorth lleoedd a help llaw ('Helping Hands')
- 5) addysg ran-amser am ddim i bob plentyn 3 a 4 oed
- 6) talebau gofal plant gan rai cyflogwyr



1) credyd treth plant

Credyd Treth Plant sy'n cynorthwyo teuluoedd â phlant. Gallwch wneud cais amdano os ydych yn gweithio neu beidio. Mae pob teulu sydd â phlant ac incwm o hyd at £58,000 y flwyddyn (neu hyd at £66,000 y flwyddyn os oes plentyn dan flwydd oed) yn cael hawlio'r credyd yn yr un ffordd. Telir Credyd Treth Plant yn uniongyrchol i'r sawl sy'n bennaf gyfrifol am ofalu am y plentyn neu'r plant. Gellir ei ddefnyddio tuag at eich costau gofal plant, ond nid yw'n daliad penodol ar gyfer gofal plant.

2) credyd treth gwaith

Credyd Treth Gwaith sy'n cynorthwyo pobl sy'n gweithio (i gyflogwr neu'n hunangyflogedig) ar incwm isel drwy ychwanegu at eu henillion. Telir Credyd Treth Gwaith i'r sawl sy'n gweithio 16 awr neu fwy yr wythnos. Rhaid i gyplau – os yw'r ddau ohonoch yn gweithio 16 awr neu fwy yr wythnos – ddewis pa un ohonoch fydd yn ei dderbyn. Ni allwch dderbyn Credyd Treth Gwaith os nad ydych yn gweithio.

(Mae mwy o wybodaeth yn Adran 9 yr arweiniad hwn am Ganolfan Byd Gwaith a chredyd treth gwaith).

3) elfen gofal plant y credyd treth gwaith

Gydag Efen Gofal Plant y Credyd Treth Gwaith mae'n bosib y gallwch gael cymorth ychwanegol gyda chostau gofal plant wedi'i gymeradwyo neu gofrestrdig. Ers mis Ebrill 2006, mae cyfran y cymorth tuag at gostau gydag elfen gofal plant y credyd treth wedi codi i 80%, hyd at derfyn o £175 ar gyfer un plentyn a £300 ar gyfer dau blentyn neu fwy. Nid yw'r Credyd Treth Plant na'r Credyd Treth Gwaith yn effeithio ar daliadau **Budd-dal Plant**, sy'n cael eu talu ar wahân. Am fwy o wybodaeth cysylltwch â llinell gymorth Cyllid y Wlad a Chredyd Treth ar **0845 300 3900**.

4) cynlluniau cymorth lleoedd a help llaw ('helping hands')

Mae rhai o'r cynlluniau hyn yn darparu arian ychwanegol i ddarparwyr gofal plant a/neu deuluoedd ar incwm isel neu fudd-daliadau penodol er mwyn iddynt allu fforddio gofal plant o ansawdd da. Mae rhai o'r cynlluniau hyn yn galluogi darparwyr i gynnig gwasanaeth hollgynhwysol i bob plentyn beth bynnag fo'i anghenion. Am fanylion cynlluniau yn eich ardal chi cysylltwch â'ch GGP lleol.



5) addysg gynnar ran-amser yn rhad ac am ddim

Hefyd, cofiwch fod hawl gan bob plentyn 3 a 4 oed yng Nghymru i le addysg gynnar ran-amser yn rhad ac am ddim.

6) talebau gofal plant

I gloi, mae rhai cyflogwyr yn cynorthwyo gweithwyr drwy ddarparu talebau gofal plant.



4

mathau o ofal plant cofrestredig

Gellir rhannu gwasanaethau gofal plant yn 2 grŵp – rhai sy'n gorfod cofrestru a rhai nad ydyn nhw'n gorfod cofrestru.

Mae gwasanaethau cofrestredig yn cynnwys:

- 1) gwarchodwyr plant cofrestredig
- 2) meithrinfeydd dydd
- 3) cynlluniau chwarae
- 4) playgroup plus
- 5) cylchoedd chwarae
- 6) addysg ran-amser
- 7) clybiau gofal plant y tu allan i oriau ysgol



1) gwarchodwyr plant cofrestredig

Darparwyr gofal dydd i blant sy'n gweithio yn eu cartrefi eu hunain yw gwarchodwyr plant cofrestredig. Maen nhw'n gweithio o fewn y gymuned, sy'n golygu fod modd i blant fynd i gylchoedd chwarae / cylchoedd meithrin, cylchoedd ti a fi, a chlybiau lleol neu ymweld â ffrindiau yn lleol.

Cyfrifoldebau a Chofrestru

Mae gwarchodwyr plant yn gyfrifol am ddiogelwch eich plentyn yn ogystal â'i ddatblygiad emosiynol a chorfforol. Dylent ddarparu amrywiaeth o brofiadau chwarae a dysgu oddi mewn a thu allan i'r cartref. Rhaid i warchodwyr plant gael eu cofrestru a'u harolygu gan Arolygiaeth Safonau Gofal Cymru (ASGC), a fydd yn gwirio eu haddasrwydd, eu cartref a phawb dros 16 oed sy'n byw yn y tŷ.

Rhaid bod gan warchodwyr plant:

- dystysgrif cofrestru gydag ASGC
- tystysgrif yswiriant o atebolrwydd cyhoeddus

Ffioedd a Hyblygrwydd

Mae gwarchodwyr plant yn hunangyflogedig ac yn gosod eu ffi eu hunain. Gallant gynnig gofal plant hyblyg drwy'r flwyddyn, yn llawn amser neu'n rhan-amser a thu allan i oriau ysgol. Gallant ofalu am hyd at 6 o blant o oedrannau amrywiol ar yr un pryd a gallant felly ofalu am frodyr a chwiorydd gyda'i gilydd.



2) meithrinfeydd dydd

Mae meithrinfeydd dydd yn darparu addysg gynnar a gofal plant cofrestredig i blant ifanc o 0-5 oed. Maen nhw fel arfer ar agor o ben bore tan fin nos o ddydd Llun hyd ddydd Gwener, drwy'r flwyddyn. Maen nhw'n cynnig amgylchedd gofalgar, diogel ac ysgogol naill ai fel gofal diwrnod llawn neu ofal rhan-amser i fabanod a phlant cyn-ysgol. Gall rhai hefyd ddarparu gofal cyn ac ar ôl ysgol ac yn y gwyliau i blant rhwng 4 a 7 ac weithiau i blant hŷn yn ogystal.

Rhaid i bob Meithrinfa Ddydd:

- gael ei chofrestru a'i harolygu gan Arolygiaeth Safonau Gofal Cymru
- meddu ar dystysgrif gofrestru ASGC
- meddu ar dystysgrif yswiriant o atebolrwydd cyhoeddus
- meddu ar dystysgrif hylendid bwyd briodol

Bwyd a byrbrydau

Mae gan y rhan fwyaf o feithrinfeydd dydd gyfleusterau i baratoi bwyd a byrbrydau ar gyfer y plant yn eu gofal. Dylent gynnig bwydlen

dair wythnos o leiaf i gynnwys bwyd o ansawdd da a darparu byrbrydau addas i hyd diwrnod y plentyn yn y feithrinfa.

Ffioedd

Mae'r rhan fwyaf o feithrinfeydd yn cael eu rhedeg gan sefydliadau preifat neu wirfoddol a bydd ffioedd yn amrywio ar draws y wlad. Mae cymorth tuag at y costau ar gael o gredydau treth, talebau gofal plant a lleoedd rhan-amser am ddim i bob plentyn 3 oed.



3) chwarae mynediad agored/cynlluniau chwarae

Gall lleoliadau Chwarae Mynediad Agored fod yn brosiectau parhaol fel meysydd chwarae antur, neu'n gynlluniau chwarae byrdymor lle mae'r plant yn rhydd i fynd a dod. Yn ystod gwyliau ysgol mae nifer o awdurdodau lleol yn trefnu neu'n cefnogi cynlluniau chwarae a all fod â mynediad agored. Mae rhai awdurdodau lleol hefyd yn cynnig clybiau bore Sadwrn a diwrnodau gweithgaredd arbennig. Am fanylion cynlluniau chwarae yn eich ardal chi, cysylltwch â'ch Gwasanaeth Gwybodaeth Plant.

4) playgroup plus/cylchoedd meithrin mwy

Cynigir Playgroup Plus / Cylchoedd Meithrin Mwy mewn rhannau o Gymru fel estyniad o gylch chwarae neu Ddosbarthiadau Addysg Feithrin yr Awdurdod Lleol. Mae'n cynnig mwy o ofal dydd na chylch chwarae traddodiadol a gall y sesiynau fod yn hirach. Mae cylchoedd yn weithredol hyd at 4 awr y dydd, hyd at 20 awr yr wythnos. Gall plant fynd â phegyn bwyd gyda nhw i'r cylch.

Rhaid i'r grwpiau Playgroup Plus/Cylchoedd Meithrin Mwy gadw at yr un safonau a dilyn yr un drefn gofrestru â'r Cylchoedd Chwarae/Cylchoedd Meithrin. Mae cylchoedd Playgroup Plus yn ymestyn eu darpariaeth Cylch Chwarae eu hunain i gynnig mwy o oriau at yr hyn a gynigir gan yr Awdurdod Addysg Lleol.

Yn union fel Cylchoedd Chwarae eraill, gall y gwasanaeth fod wedi'i leoli mewn neuaddau eglwys neu gymuned neu mewn ysgolion. Cylchoedd chwarae estynedig trwy gyfrwng y Gymraeg yw Cylchoedd Meithrin Mwy sy'n galluogi plant i ddod yn ddwyieithog. Cânt eu cefnogi gan y Mudiad Ysgolion Meithrin.

5) cylchoedd chwarae / cylchoedd meithrin

Mae Cylchoedd Chwarae yn darparu ar gyfer plant rhwng 2 a 5 oed, am 2 i 3 awr yn y bore neu'r prynhawn fel rheol, ac yn bennaf yn ystod y tymor ysgol. Maen nhw'n cynnig amgylchedd diogel ac ysgogol i blant chwarae, dysgu a chymdeithasu â'i gilydd. Cymdeithas Cylchoedd Chwarae Cyn-ysgol Cymru, elusen gofrestrdig, sy'n eu datblygu a'u cefnogi. Mae nifer o gylchoedd chwarae'n cynnig cyflwyniad i'r Gymraeg i blant ifanc. Anogir staff a gwirfoddolwyr i ddatblygu a rhannu eu sgiliau yn y Gymraeg. Mae rhieni a gofalwyr yn rhan o'r gwaith o redeg y cylchoedd chwarae ac maent yn aml yn ymuno â'u pwyllgorau rheoli.

Anghenion Addysgol Arbennig ac Anabledau

Cylchoedd chwarae drwy gyfrwng y Gymraeg yw Cylchoedd Meithrin sy'n rhoi cyfle i'r plant ddod yn ddwyieithog (yn y Gymraeg a'r Saesneg). Cânt eu cefnogi gan y Mudiad Ysgolion Meithrin (MYM), sefydliad gwirfoddol cenedlaethol. Nid oes raid i rieni allu siarad Cymraeg er mwyn i'w plant fynychu Cylchoedd Meithrin.

Mae Cymdeithas Cylchoedd Chwarae Cyn-ysgol Cymru (PPA Cymru) a'r Mudiad Ysgolion Meithrin (MYM) yn cynnig cyngor, cefnogaeth a hyfforddiant yn ogystal â chynlluniau cyfeirio i integreiddio plant ag anghenion addysgol arbennig ac anabledau yn y cylchoedd chwarae lleol.

6) addysg ran-amser i blant 3 a 4 oed

Mae gan bob plentyn hawl i leoliad addysg gynnar o ansawdd da, rhan-amser ac am ddim y tymor wedi ei ben-blwydd yn dair oed. Golyga rhan-amser o leiaf 10 awr yr wythnos, am tua'r un nifer o wythnosau â'r flwyddyn ysgol arferol.

Costau

Nid oes disgwyl i chi gyfrannu at gostau'r lleoliad yma. Os yw eich plentyn eisoes yn mynychu lleoliad addysg gynnar pan ddaw ef/hi yn 3 oed, bydd y ffi'n cael ei gostwng. Er hynny, efallai y bydd rhaid i chi dalu am unrhyw wasanaethau neu ofal plant sy'n ychwanegol at y lleoliad addysg ran-amser am ddim.

Cofrestru

Rhaid i bob lleoliad nad yw'n ysgol fod wedi'i gofrestru gydag ASGC. Mae lleoedd ar gael yn nosbarthiadau derbyn a meithrin ysgolion, meithrinfeydd dydd, cylchoedd chwarae, Cylchoedd Meithrin a gwarchodwyr plant sy'n gysylltiedig â Rhwydwaith Plant yn Gyntaf a gymeradwywyd. Am fwy o wybodaeth am gyfleusterau cofrestredig sy'n cynnig lleoedd rhan-amser am ddim, cysylltwch â'ch GGP a/neu Bartneriaeth Datblygu'r Blynyddoedd Cynnar a Gofal Plant yn lleol. Os ydych chi eisiau i'ch plentyn fynd i leoliad Cymraeg, cysylltwch â'r Mudiad Ysgolion Meithrin.



7) clybiau gofal plant y tu allan i oriau ysgol

Mae clybiau gofal plant y tu allan i oriau ysgol yn help i rieni neu ofalwyr sy'n gweithio neu mewn hyfforddiant. Maen nhw'n darparu clybiau brecwast, clybiau ar ôl ysgol, clybiau gwyliau a gofal chwarae cyn ac ar ôl oriau ysgol i blant o oedran ysgol.

Cofrestru

Mae gan lawer o ysgolion glybiau gofal plant y tu allan i oriau ysgol, a lleolir clybiau eraill mewn neuaddau pentref, canolfannau cymunedol a meithrinfeydd dydd. Caiff y plant eu cofrestru a chânt fyrbryd a diod. Lle bo'n briodol, caiff y clybiau eu cofrestru a'u harolygu gan ASGC ac mae staff chwarae cymwysedig neu hyfforddedig yn goruchwyllo'r gweithgareddau (un aelod o staff i bob 8 plentyn o dan 8 oed).

Dylai'r amgylchedd chwarae fod yn ysgogol ac amrywiol gydag ystod o weithgareddau fel celf/crefft, gemau a chwarae corfforol i blant ddewis ohonynt. Hefyd, mae'n bosib fod yno le tawel i ddarllen a gwneud gwaith cartref. Caiff y plant eu goruchwyllo nes daw rhiant neu ofalwr i'w casglu. Weithiau, bydd gwasanaeth casglu ar gael i hebrwng plant i'r ysgol o'r clwb a'u dychwelyd adref ar ddiwedd eu diwrnod.

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mathau o ofal plant sydd o bosib heb eu cofrestru

Mae'n bosib nad yw'r dewisiadau gofal plant canlynol wedi eu cofrestru gydag Arolygiaeth Safonau Gofal Cymru (ASGC), er bod rhai'n dewis cofrestru:

(Nodwch na chewch chi hawlio elfen gofal plant y Credyd Treth Gwaith os ydych chi'n defnyddio gofal plant heb ei gofrestru.)

- 1) cylchoedd rhieni a phlant bach
- 2) au pairs
- 3) gwarchodwyr
- 4) crèches
- 5) ffrindiau ac aelodau o'r teulu
- 6) nanis



1) cylchoedd rheini a phlant bach / cylchoedd ti a fi

Mae Cylchoedd Rhieni a Phlant Bach yn darparu'n bennaf ar gyfer plant dan 2 oed. Mae'r rhieni/gofalwyr yn aros gyda'u plant, felly does dim raid i gylchoedd gofrestru gydag ASGC. Mae'r sesiynau'n ei gwneud hi'n bosib i rieni a phlant gymysgu ag eraill a mwynhau amrywiaeth o wahanol weithgareddau.

Mae Cylchoedd Ti a Fi yn galluogi rhieni a gofalwyr i chwarae ochr yn ochr â'u plant a chymdeithasu'n anffurfiol yn y Gymraeg. Gall rhieni nad ydyn nhw'n siarad Cymraeg ddysgu Cymraeg gyda'u plant, gan fwynhau straeon, caneuon a hwiangerddi elfennol yn ogystal ag ymadroddion syml i'w defnyddio gartref.



2) au pairs

Fel rheol, myfyrwyr tramor rhwng 17 a 27 oed yw Au Pairs. Does ganddyn nhw ddim cymwysterau gofal plant fel arfer, felly dyw eu rhoi i ofalu am blant cyn-ysgol ar eu pen eu hunain ddim yn syniad da. Mae Au Pairs yn byw fel aelodau o'r teulu er mwyn dysgu Saesneg. Gallant weithio hyd at 5 awr y dydd yn y cartref yn gyfnewid am ystafell, lwfans a 2 ddiwrnod llawn yn rhydd bob wythnos.

3) gwarchodwyr

Fel rheol bydd gwarchodwyr yn gofalu am blant fel y gall y rhieni fynd allan gyda'r nos neu am y prynhawn. Does dim gofyniad oed cyfreithiol, ond mae'r NSPCC yn dweud y dylai gwarchodwyr fod dros 16. Os bydd rhywun sydd o dan 16 oed yn gwarchod i chi a'r plentyn yn cael niwed tra bydd o dan ei g/ofal, mae'n bosib mai chi gaiff eich dal yn gyfrifol. Felly dewiswch yn ofalus a gofynnwch am eirida os nad ydych yn nabod y person yn dda.

Mae'r daflen 'Home Alone' yn cynghori rhieni sy'n edrych am warchodwyr. Yr NSPCC sy'n ei chyhoeddi ac mae ar gael gan eich Gwasanaeth Gwybodaeth Plant (GGP) lleol. Os oes cylch gwarchod lleol o fewn cyrraedd i chi, gallwch rannu gofal plant gyda rhieni eraill.

4) crèches

Mae Crèches yn darparu gofal achlysurol tra bydd y rhieni'n siopa, er enghraifft, neu'n gwneud chwaraeon neu ar gwrs.

Disgwylir i rieni aros ar yr un safle, er nad yn yr un ystafell o reidrwydd. Rhaid i'r crèche fod wedi'i gofrestru os yw'n derbyn plant o dan 8 oed, yn rhedeg am 2 awr neu fwy bob dydd a thros 6 neu fwy o ddyddiau'r flwyddyn ar yr un safle (hyd yn oed os yw'r plentyn ond yn mynychu am gyfnodau byrrach).



5) ffrindiau ac aelodau o'r teulu

Mae rhai rhieni'n gallu gofyn i deidiau a neiniau a pherthnasau eraill neu ffrindiau ofalu am eu plant. Mae hyn yn aml yn gweithio'n dda, ond dylech ystyried y math yma o ofal plant yr un mor ofalus ag y byddech yn ystyried cyfleuster cofrestredig. Os oes rhywun ar wahân i aelod agos o'r teulu'n gofalu am eich plentyn yn rheolaidd yn ei gartref ei hun yn gyfnewid am arian neu wobwr, rhaid iddo gofrestru fel gwarchodwyr plant gydag ASGC.

6) nanis

Mae nanis yn gofalu am blant yng nghartref y teulu. Does dim trefn reoledig ar eu cyfer ac nid oes raid iddynt gofrestru oni bai eu bod hefyd yn gweithio i deulu arall.

Dyletswyddau

Cyflogir nani gan y rhiant a gellir trafod ei hunion ddyletswyddau. Mae'n bwysig trafod beth a ddisgwylwch gan nani cyn ei chyflogi. Bydd nani fel arfer yn gofalu am bob agwedd o les y plentyn. Gall warchod yn rheolaidd ond mae'n annhebygol y bydd hi'n gwneud gwaith tŷ. Gall fyw i mewn neu ddod i'r cartref yn ddyddiol.



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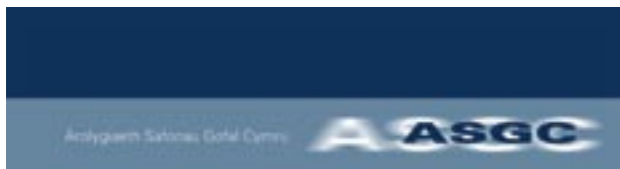
y safonau gofynnol cenedlaethol

Mae dau gorff yn gyfrifol am safonau gofal plant yng Nghymru:

- 1) Arolygiaeth Safonau Gofal Cymru (ASGC)
- 2) Estyn



1) Arolygiaeth Safonau Gofal Cymru (ASGC)



Rhaid i unrhyw un sy'n darparu gwasanaeth gofal plant am fwy na 2 awr y dydd i blant o dan 8 oed gofrestru gydag ASGC. Rhaid i wasanaethau cofrestredig fodloni'r safonau gofynnol cenedlaethol, fel y'u nodwyd yn rheoliadau Llywodraeth Cynulliad Cymru a'r safonau gofynnol ar gyfer pob math o wasanaeth gofal plant. Mae'r Rheoliadau a'r Safonau ar gael gan ASGC a gallwch eu gweld ar wefan ASGC

www.asgc.cymru.gov.uk

I gofrestru gydag ASGC, rhaid i wasanaeth gofal plant sicrhau bod:

- y safle'n ddiogel ac yn addas
- gan y staff gymwysterau priodol
- y staff wedi derbyn cliriad iechyd, cliriad gan y Swyddfa Cofnodion Troseddol (CRB) a bod pob geirda arall wedi'i wirio
- yr offer a'r gweithgareddau'n addas i nifer ac oedrannau'r plant
- y cofrestriad yn cael ei gynnal gan arolwg ASGC blynyddol a bod adroddiad ASGC yn cael ei arddangos

2) Estyn

Estyn sy'n arolygu ysgolion, canolfannau hyfforddi ac ati yng Nghymru. Mae'n annibynnol ar Gynulliad Cenedlaethol Cymru ond yn cael ei gyllido ganddo.

Fel rhan o'i waith, mae Estyn yn gyfrifol am:

- hyfforddi a chofrestru arolygwyr addysg feithrin
- monitro ansawdd arolygon ac adroddiadau arolwg
- edrych eto ar unrhyw leoliad os oes rhywun arall yn dweud ei fod gryn dipyn yn is na'r safonau gofynnol

www.estyn.gov.uk



Rhaid i Brif Arolygydd Estyn roi gwybod i Lywodraeth Cynulliad Cymru'n ynghylch:

- ansawdd a safon addysg feithrin
- datblygiad ysbrydol, moesol, cymdeithasol a diwylliannol plant mewn addysg feithrin.

anableddau ac anghenion addysgol arbennig

Mae help wrth law.
Dylai fod gan eich
Gwasanaeth Gwybodaeth
Plant lleol fanylion ynghylch
darpariaeth gofal plant
sy'n addas i blant sydd ag
anableddau neu Anghenion
Addysgol Arbennig
yn eich ardal.

Bydd gwybodaeth ganddyn nhw
hefyd ynglŷn â sut i ddod o hyd
i gymorth i dalu costau gofal
plant. Mae cynlluniau cyfeirio ym
mhob rhan o Gymru yn helpu
plant gydag anghenion addysgol
arbennig i fynyachu cylchoedd
chwarae gyda phlant eraill
o'r un oed.

Hygyrchedd a'r Comisiwn Hawliau Anabledd

Rhaid i bob darparwr gofal plant fodloni gofynion
Deddf Gwahaniaethu ar sail Anabledd 1995
(DGSA) a gwneud 'addasiadau rhesymol' i
gynnwys plant anabl. Ni ddylent drin plentyn
anabl 'yn llai ffafriol' oherwydd ei anabledd.
Gallwch ffonio'r **Comisiwn Hawliau Anabledd**
(CHA) ar **08457 622 633** am ganllawiau i'r
gofynion cyfreithiol sy'n ymwneud â darparwyr
gofal plant.

Cymorth ariannol ychwanegol

Gall y Credyd Treth Plant gynnwys arian
ychwanegol ar gyfer plant anabl. Gall y Credyd
Treth Gwaith gynnwys cymorth gyda chostau
gofal plant. I weld beth allwch ei hawlio,
cysylltwch â **llinell gymorth Credyd Treth Cyllid y**
Wlad ar **0845 300 3900**.

Gellir hawlio Lwfans Byw i'r Anabl am blentyn
gyda salwch corfforol neu feddyliol neu anabledd
difrifol os oes angen llawer mwy o gymorth a
gofal arno na phlant eraill o'r un oed o ganlyniad
i'w salwch. Am fwy o wybodaeth cysylltwch â'r
Llinell Ymholiadau Budd-daliadau ar
0800 88 22 00.



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cynllun gweithredu rhianta

Yn 2005 cynhyrchodd Llywodraeth Cynulliad Cymru ei Chynllun Gweithredu Rhianta cyntaf ar gyfer y 3 blynedd hyd at Fawrth 2008.

Nod y Cynllun yw:

- codi proffil rhianta ymhlith llunwyr polisiau a'r rhai sy'n darparu gwasanaethau yng Nghymru
- datblygu polisiau a gwasanaethau i gefnogi mamau, tadau a gofalwyr
- clustnodi camau allweddol y dylai Llywodraeth Cynulliad Cymru eu rhoi ar waith i gefnogi rhianta yng Nghymru



Mae'r camau allweddol yn y Cynllun Gweithredu Rhianta yn cynnwys



Arian ychwanegol i wasanaethau rhieni

bydd mwy o arian ar gael i Bartneriaethau Plant a Phobl Ifanc lleol o dan Cymorth (y Gronfa Gymorth ar gyfer Plant a Phobl Ifanc) i'w wario ar gymorth teulu a rhianta.



Llinell gymorth ddwyieithog newydd i rieni

bydd y llinell gymorth yn rhoi'r wybodaeth a'r cyngor diweddaraf i rieni ynglŷn â'r hyn sydd ar gael yn eu hardal nhw. Lle bo'n briodol, bydd yn eu cyfeirio at ffynonellau cymorth a chefnogaeth eraill yn lleol.



Llyfrynnau ar gyfer rhieni

fel atodiadau i 'Naw Mis a Mwy' a 'Y Blynnyddoedd Cyntaf', sydd eisoes yn cael eu rhoi i bob rhiant newydd. Lluniwyd y llyfrynnau hyn i roi cyngorion ar sut i ymdopi â sefyllfaoedd o ddydd i ddydd, rheoli ymddygiad heriol a chyngor ar ddewisiadau gwell na disgyblu corfforol.



Rhwydweithiau Rhieni

mae'r rhain yn bodoli'n barod mewn rhai ardaloedd. Maen nhw'n cefnogi rhieni ac yn rhoi mwy o lais iddynt yn y gwasanaethau sydd ar gael a sut y cânt eu trefnu. Rydym yn cynhyrchu arweiniad ymarfer da i Bartneriaethau lleol ar sut i sefydlu a chefnogi Rhwydweithiau Rhieni.



Hyrwyddo ymwneud rhieni ag ysgolion a gwella'r wefan addysg rhwydrhieni yn

www.dysgu.cymru.gov.uk/rheini

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canolfan byd gwaith

canolfan**byd**gwaith
job**centre**plus

Mae'r Ganolfan Byd Gwaith yn rhan o'r Adran Gwaith a Phensiynau (DWP) ac mae'n cynnwys swyddfeydd Canolfan Byd Gwaith, Canolfannau Gwaith a swyddfeydd nawdd cymdeithasol.

Nod y Ganolfan Byd Gwaith yw helpu:

- mwy o bobl i mewn i waith â thâl
- cyflogwyr i lenwi eu swyddi gwag
- rhoi'r cymorth y mae gan bobl o oedran gweithio yr hawl iddo os na allant weithio



ymgynghorwyr personol

Mae ymgynghorwyr personol yn swyddfeydd Canolfan Byd Gwaith yn cynnig cyngor ymarferol ar bob cam o'r broses o chwilio am waith.

Gallant eich helpu:

- os nad ydych yn siŵr beth rydych eisiau ei wneud
- pan fydd angen cyngor arnoch ar eich opsiynau a chynllunio i'r dyfodol
- pan fyddwch yn chwilio am waith
- pan fyddwch eisiau hyfforddiant ar gyfer swydd
- ar ôl i chi ddechrau gweithio

Hefyd gall eich ymgynghorydd personol:

- gyfrif faint yn well eich byd y byddech mewn swydd
- egluro'r effaith y gallai dechrau gweithio ei gael ar eich budd-daliadau neu gredydau treth
- egluro pa fudd-daliadau neu gredydau treth y gallai fod hawl gennych i'w gael pan fyddwch yn dechrau gweithio
- cael mynediad at gyngor cyflogaeth arbenigol os ydych yn anabl neu os oes gennych broblem iechyd
- eich helpu i ddod o hyd i ofal plant cofrestredig o ansawdd da yn eich ardal chi
- helpu gyda chostau mynd i gyfarfodydd, cyfweiliadau ar gyfer swyddi neu hyfforddiant, gan gynnwys costau teithio a gofal plant cofrestredig



Credydau Treth Gwaith a chymhellion ariannol eraill

Efallai fod hawl gennych i Gredyd Treth Gwaith (gan gynnwys cymorth tuag at gostau gofal plant) a manteision ariannol eraill pan fyddwch yn symud i fyd gwaith. Gall eich ymgynghorydd personol ddweud wrthyfych chi am y rhain.



Ble i fynd am fwy o wybodaeth

I ddarganfod mwy am wasanaethau'r Ganolfan Byd Gwaith edrychwch ar wefan

www.canolfanbydgywaith.gov.uk

Os ydych chi'n edrych am waith, gall ein gwasanaeth ffôn, Ceisiwr Gwaith Uniongyrchol, eich helpu.

Ffoniwch Ceisiwr Gwaith Uniongyrchol ar **0845 6067 890**

Os oes gennych anawsterau ar eich clyw neu ar eich lleferydd gallwch ddefnyddio ein gwasanaeth ffôn testun ar

0845 6044 022

a bydd ein ymgynghorwyr yn eich helpu.

(Codir cyfraddau lleol ar alwadau ond gall amrywio o ffonau symudol). Neu gallwch gysylltu â'ch swyddfa Canolfan Byd Gwaith leol.

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cydbwysedd rhwng bywyd a gwaith

Nid ymdrin â theuluoedd a gofal plant yn unig y mae Cydbwysedd rhwng Bywyd a Gwaith. Mae'n ymwneud â chreu'r cydbwysedd cywir rhwng yr hyn y gall pobl ei gyflawni yn y gwaith ac yn y cartref, gan roi o'u gorau yn y naill a'r llall.

Mae llawer o gyflogwyr yn cynnig hyblygrwydd yn y gwaith. Mae eraill yn cynnig manteision fel talebau gofal plant, seibiant gyrfa neu gymorth gyda dod o hyd i ofal plant. Mae deddfau newydd yn rhestru'r manteision o dan Cydbwysedd rhwng Bywyd a Gwaith a allai eich helpu i dreulio mwy o amser gyda'ch plentyn/ plant a'i gwneud hi'n haws i chi drefnu gofal plant.

Mae'r manteision posib o dan gydbwysedd rhwng bywyd a gwaith yn cynnwys:

- gweithio hyblyg
- absenoldeb rhiant
- absenoldeb mabwysiadu
- amser o'r gwaith ar gyfer dibynyddion

Gall eich GGP lleol roi mwy o wybodaeth i chi am yr hyn y gallwch chi ei hawlio. Gallant hefyd eich cyfeirio at sefydliadau eraill a allai helpu.



cysylltiadau defnyddiol

Isod ceir manylion cyswllt y sefydliadau sy'n cael sylw yn yr arweiniad hwn ynghyd â sefydliadau eraill a allai helpu gyda materion yn ymwneud â gofal plant. Maen nhw'n cynnwys elusennau, sefydliadau gwirfoddol a sefydliadau'r llywodraeth.

Arolygiaeth Safonau Gofal Cymru (ASGC)

www.asgc.cymru.gov.uk
01443 848450

Gwaith ASGC yw gwneud yn siŵr fod gwasanaethau gofal yn bodloni'r safonau y mae gan bobl hawl i'w disgwyl. Mae'n rhan o Gynulliad Cenedlaethol Cymru, ond yn gweithio'n annibynnol arno.

Child Death

www.childdeathhelpline.org.uk/
0800 282986 (rhadffôn)

I unrhyw un sydd wedi dioddef yn sgil marwolaeth plentyn.

Rhwydwaith Gwarchodwyr Plant yn Gyntaf

(gweler Cymdeithas Genedlaethol Gwarchodwyr Plant)

Clybiau Plant Cymru Kids' Clubs

www.clybiauplantcymru.org

029 2074 1000

Mae Clybiau Plant Cymru Kids' Clubs yn hyrwyddo ac yn cefnogi clybiau gofal plant y tu allan i oriau ysgol sydd o ansawdd da, yn fforddiadwy ac yn hygyrch.

Cyswllt Teulu

www.cafamily.org.uk

029 2044 9569

Elusen yw Cyswllt Teulu i gefnogi teuluoedd sy'n gofalu am blant ag anabledd neu anghenion arbennig i helpu ei gilydd. Mae'n darparu gwybodaeth am grwpiau cymorth yn lleol, yn rhanbarthol ac yn genedlaethol.

Ymddiriedolaeth Gofal Dydd

www.daycaretrust.org.uk

020 7840 3350

Yr Ymddiriedolaeth Gofal Dydd yw'r elusen gofal plant cenedlaethol sy'n ymgyrchu am ofal plant fforddiadwy ac o ansawdd uchel i bob plentyn 0-14 oed.

Llinell Ymholiadau Budd-daliadau

www.dwp.gov.uk 0800 88 22 00

Llinell gymorth gyfrinachol yn cynnig gwybodaeth a chyngor am y Lwfans Byw i'r Anabl a budd-daliadau eraill.

Comisiwn Hawliau Anabledd (CHA)

www.drc.org.uk 08457 622 633

Mae'r CHA yn rhoi cyngor a gwybodaeth am eich hawliau dan y Ddeddf Gwahaniaethu ar sail Anabledd (DGSA) 1995.

Estyn

www.estyn.gov.uk 029 2044 6446

Estyn yw swyddfa Prif Arolygydd Ei Mawrhydi dros Addysg a Hyfforddiant yng Nghymru.

Canolfan Byd Gwaith

www.canolfanbydgwaith.gov.uk 0845 6067 890

Mae Canolfan Byd Gwaith yn rhan o'r Adran Gwaith a Phensiynau (AGP) sy'n cynnwys swyddfeydd Canolfan Byd Gwaith, Canolfannau Gwaith a swyddfeydd nawdd cymdeithasol.

Y Gynghrai Mamolaeth

www.maternityalliance.org.uk 020 7490 7638

Elusen genedlaethol yw'r Gynghrai Mamolaeth sy'n gweithio i wella hawliau a gwasanaethau i fenywod beichiog, rhieni newydd a'u teuluoedd.

Mudiad Ysgolion Meithrin

www.mym.co.uk 01970 639639

Mae'r Mudiad Ysgolion Meithrin yn hyrwyddo a chefnogi addysg a datblygiad plant dan 5 oed yn y Gymraeg.

Cymdeithas Genedlaethol Gwarchodwyr Plant

www.ncma.org.uk 0845 880 0044

Mae Cymdeithas Genedlaethol Gwarchodwyr Plant yn cefnogi gwarchodwyr plant i hyrwyddo eu gwaith a hyrwyddo gwasanaethau o ansawdd da i blant. Mae hefyd yn rhedeg Rhwydwaith Gwarchodwyr Plant yn Gyntaf.

Cymdeithas Genedlaethol y Meithrinfeydd Dydd (NDNA)

www.ndna.org.uk 0870 774 4244 (prif swyddfa)
01824 707823 (swyddfa Cymru)

Nod yr elusen Cymdeithas Genedlaethol Meithrinfeydd Dydd yw gwella datblygiad ac addysg plant yn eu blynyddoedd cynnar trwy ddarparu gwasanaethau cymorth i'w haelodau.

NSPCC (Y Gymdeithas Genedlaethol er Atal Creulondeb i Blant)

www.nspcc.org.uk 0808 800 5000 (rhadffôn)

Mae'r NSPCC yn arbenigo ym meysydd amddiffyn plant ac atal creulondeb i blant. Gall gyngori os oes pryderon am blentyn neu blant sydd mewn perygl.

Y Fargen Newydd

www.y-fargen-newydd.gov.uk
0800 868 868 (rhadffôn)

I unig rieni. Mynediad i unig rieni sy'n derbyn cymhorthdal incwm i becyn cynhwysfawr o arweiniad a chymorth.

Parentline Plus

www.parentlineplus.org.uk 0808 800 2222 (rhadffôn)

Elusen yw Parentline Plus sy'n darparu cymorth i rieni o dan straen.

Rhwyrhieni

www.dysgu.cymru.gov.uk/rheini

Gwefan Llywodraeth Cynulliad Cymru i rieni.

Chwarae Cymru

www.chwaraecymru.org 029 20486050

Hyrwydda ddarpariaeth chwarae o ansawdd uchel i bob plentyn, a darpara gymorth ym mhob agwedd ar waith chwarae wedi'i staffio, datblygiad meysydd chwarae, ac addysg a hyfforddiant gwaith chwarae.

Tamba Tinline

www.tamba.org.uk/html/home.htm 01732 868000

Mae'r Gymdeithas ar gyfer efeilliaid a genedigaethau lluosog yn cynnig cymorth a gwybodaeth i deuluoedd.

Credydau Treth

www.hmrc.gov.uk/cymraeg 0845 300 3900

Cyswllt i wefan Cyllid y Wlad sy'n egluro credydau treth ac sydd â chyfrifiannell i'ch helpu i gyfrif beth sydd gennych hawl iddo.

Cymdeithas Cylchoedd Chwarae Cyn-ysgol Cymru

www.walesppa.org 01686 624573

Mae Cymdeithas Cylchoedd Chwarae Cyn-ysgol Cymru yn darparu gwybodaeth, adnoddau a chymorth i rieni a lleoliadau blynyddoedd cynnar.

Llywodraeth Cynulliad Cymru

www.cymru.gov.uk

Gwefan swyddogol Cynulliad Cenedlaethol Cymru a Llywodraeth Cynulliad Cymru.

Teuluoedd sy'n Gweithio

www.workingfamilies.org.uk 020 7253 7243

Mae Cyswllt Teulu yn helpu rhieni i ddod o hyd i well cydbwysedd rhwng eu cyfrifoldebau yn y cartref ac yn y gwaith.

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gwasanaeth gwybodaeth plant (GGP)

Isod ceir rhestr o'r 22 Gwasanaeth Gwybodaeth Plant yng Nghymru. I lawer o bobl, y swyddfeydd GGP lleol hyn yw'r man cychwyn i ddysgu mwy am ofal plant yn lleol, yr hyn y mae ganddyn nhw hawl iddo ac i ateb unrhyw gwestiynau eraill a allai fod ganddyn nhw.

Ynys Môn

Gwasanaeth Gwybodaeth Plant a Phobl Ifanc Ynys Môn, Llangefni Library, Lôn y Felin, Ynys Môn, LL77 7RT
01248 752 699
cis@anglesey.gov.uk
www.monifanc.org.uk

Blaenau Gwent

Gwasanaeth Gwybodaeth Plant Blaenau Gwent, Hen Ysgol Babanod Blaenau, Stryd Fawr, Blaenau, Blaenau Gwent, NP13 3BN
08000 32 33 39
cis@blaenau-gwent.gov.uk
www.blaenau-gwent.gov.uk

Pen-y-bont ar Ogwr

Gwasanaeth Gwybodaeth Plant Pen-y-bont ar Ogwr, 3ydd Llawr, Tŷ Derwen, Court Rd, Pen-y-bont ar Ogwr, CF31 1BN
0800 1804320
childrensinfo@bridgend.gov.uk
www.bridgend.gov.uk

Caerffili

Gwasanaeth Gwybodaeth Plant Cyngor Bwrdeistref Sirol Caerffili, Ystrad Fawr, Ffordd Caerffili, Hengoed, Caerffili, CF82 7SF
01443 863232
cis@caerphilly.gov.uk
www.caerphilly.gov.uk/cis

Caerdydd

Gwasanaeth Gwybodaeth Plant a Phobl Ifanc Caerdydd, 2il Lawr, Tŷ Alexander, Ffordd Excelsior, Rhodfa'r Gorllewin, Caerdydd, CF14 3AT
029 2052 0100
CYIS@cardiff.gov.uk
www.ifanc.org.uk



Sir Gaerfyrddin

Gwasanaeth Gwybodaeth Plant Sir Gâr,
Limegrove House, Limegrove Avenue,
Caerfyrddin, Sir Gaerfyrddin, SA31 1SW
01267 224 224
childreninfo@carmarthenshire.gov.uk
www.carmarthenshirechildrenspartnership.org.uk

Ceredigion

Gwasanaeth Gwybodaeth Plant Ceredigion,
London House, Aberaeron, Ceredigion, SA46 OAJ
01545 572 636
cis@ceredigion.gov.uk
http://cis.ceredigion.gov.uk

Conwy

Cyfnewid Gwybodaeth Plant Conwy,
Canolfan Lôn yr Hen Ysgol, Church Walks,
Llandudno, Conwy, LL30 2HL
01492 876260
plant.children@conwy.gov.uk
www.conwy.gov.uk/plant

Sir Ddinbych

Gwsanaeth Gwybodaeth Plant Sir Ddinbych,
Yr Hen Garchar, 46 Stryd Clwyd, Rhuthun,
Sir Ddinbych, LL15 1HP
01824 708 220
gwybodaethplant@sirddinbych.gov.uk
www.sirddinbych.gov.uk/gwybodaethplant

Sir y Fflint

Gwasanaeth Gwybodaeth Plant Sir y Fflint, Canolfan
Westwood, Stryd Tabernacl, Bwcle, Sir y Fflint, CH7 2JT
01244 547 017
cis@flintshire.gov.uk
www.siryfflint.gov.uk

Gwynedd

Gwasanaeth Gwybodaeth Gofal Plant Gwynedd
(Gwynedd Childcare Information Service),
Ystafell 7, 19 Ffordd Bangor, Caernarfon,
Gwynedd, LL55 1AT
01286 675 570
Gwybodaethplant@gwynedd.gov.uk
www.gwynedd.gov.uk

Merthyr Tudful

Gwasanaeth Gwybodaeth Plant Merthyr Tudful,
Canolfan Blant Integredig, Duffryn Rd,
Pentrebach, Merthyr Tudful, CF48 4BJ
01443 694700
cis@merthyr.gov.uk
www.merthyr.gov.uk

Sir Fynwy

Gwasanaeth Gwybodaeth Plant Sir Fynwy,
Adran Blynnyddoedd Cynnar, 5ed Llawr, Neuadd y Sir,
Cwmbran, Sir Fynwy, NP44 2XH
01633 644 527
info@monmouthshirecis.org.uk
www.monmouthshirecis.org.uk

Casnewydd

Gwasanaeth Gwybodaeth Plant Casnewydd,
10 Commercial Road, Casnewydd, NP20 2PA
0800 328 8483
childrens.information@newport.gov.uk
www.newport.gov.uk/childcare

Castell-nedd Port Talbot

Uned EYDCP – Castell-nedd Port Talbot
9 Stryd Fawr, Pontardawe, Abertawe, SA8 4HU
01792 865 914
l.cole@neath-porttalbot.gov.uk
www.npteydcp.org.uk

Sir Benfro

Gwasanaeth Gwybodaeth Gofal Plant Sir Benfro,
36/38 Stryd Fawr, Hwlfordd, SA61 2DA
01437 763 344
childcareinfo@pembrokeshire.gov.uk
www.childreninformationsservice.org

Powys

Gwasanaeth Gwybodaeth Plant Powys, Y Gwalia,
Ffordd Ithon, Llandrindod, Powys, LD1 6AA
0845 130 3637 (saesneg)
0845 130 3839 (cymraeg)
cis@powys.gov.uk
www.cis.powys.gov.uk



Rhondda Cynon Taf

Gwasanaeth Gwybodaeth Plant Rhondda Cynon Taf,
Gwasanaethau'r Blynnydoedd Cynnar a Chefnogi
Teuluoedd, Tŷ Trevithick, Abercynon, Aberpennar,
Rhondda Cynon Taf, CF42 4UQ

0800 180 4151

Childinfoserv@rhondda-cynon-taf.gov.uk

www.rclearlyyears.org.uk

Abertawe

Gwasanaeth Gwybodaeth Plant Abertawe, Unit B3, Parc
Technoleg Lakeside, Ffordd Ffenics,
Llansamlet, Abertawe, SA7 9FL

0179 251 7222

cis@swansea.gov.uk

www.cyfeirlyfrcymunedolabertawe.org.uk

Tor-faen

Gwasanaeth Gwybodaeth Plant Tor-faen,
Cyngor Bwrdeistref Sirol Tor-faen,
Adran Addysg,
Neuadd y Sir,
Cwmbrân, Tor-faen, NP44 2WN

0800 0196 330

cis@torfaen.gov.uk

www.torfaencis.org.uk

Bro Morgannwg

Gwasanaeth Gwybodaeth am faterion Plant a Phobl Ifanc
Bro Morgannwg (CYPIS), Cyngor Bro Morgannwg,
Gwasanaethau Cymunedol, Swyddfeydd y Dociau,
Subway Road, Y Barri, Bro Morgannwg, CF63 4RT

01446 704 704

cypis@valeofglamorgan.gov.uk

www.valeofglamorgan.gov.uk/cypis

Wrecsam

Canolfan Wybodaeth am Blant
Llyfrgell a Chanolfan Gelf Wrecsam, Ffordd Rhosddu,
Wrecsam, LL11 1AU

01978 292 094

cib@wrexham.gov.uk

www.wrexham.gov.uk/cwb

