

# Parent Talk Wales



## **Down-to-earth parenting advice you can trust**

Parent Talk offers free online support for parents and carers in Wales. Find answers to parenting questions, or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Our parenting coaches have seen and solved it all – from weaning to teenage worries. They're support workers, childminders, play practitioners and teachers. They're parents and carers, just like you.

Visit [parent-talk.org.uk/wales](https://parent-talk.org.uk/wales). Or scan the QR code below - just open your camera, point it at the code, and you should get a pop-up to be taken to our home page.



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# Parent Talk Cymru



## Cyngor magu plant y gallwch ymddiried ynddo

Mae Parent Talk Wales yn cynnig cefnogaeth ar-lein am ddim i rieni a gofalwyr sy'n byw yng Nghymru. Dewch o hyd i atebion i gwestiynau magu plant neu siaradwch â hyfforddwr rhianta am unrhyw beth sy'n eich poeni. Mae'r cyfan am ddim, ac nid oes unrhyw bwnc yn rhy fawr, bach na chwithig.

Mae ein hyfforddwyr rhianta wedi gweld a chlywed y cyfan - o ddiddyfnu i bryderon yn eu harddegau. Maen nhw'n weithwyr cymorth, gwarchodwyr plant, ymarferwyr chwarae ac athrawon. Rhieni a gofalwyr ydyn nhw, yn union fel chi.

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