

SUT A LLE I GAEL Y LLYFR CYWIR

Mae yna lyfrau ar gyfer pob math o sefyllfaoedd, ac yn aml, gellir cyflwyno problem neu bwnc anodd i blant ifanc trwy gyfrwng llyfr. Dim ond esiamplau a roddir isod o'r math o lyfrau sydd ar gael gan **Llyfrgelloedd Gwynedd**.

Gallwch ddod yn aelod o'r llyfrgell a benthycy llyfrau yn rhad ac am ddim. Nid oes dirwyon o gwbl ar lyfrau hwyr.

I fenthycy unrhyw un o'r teitlau hyn, neu i wneud cais am lyfr ar bwnc arbennig ar gyfer oedran penodol, gallwch:

- Ymuno â'r Llyfrgell
www.gwynedd.llyw.cymru/aelodaethllyfrgell
- Cysylltu â'ch llyfrgell
www.gwynedd.llyw.cymru/llyfrgell
- Os ydych yn aelod, archebu trwy'r catalog
www.gwynedd.llyw.cymru/catalogllyfrgell

HOW TO GET THE RIGHT BOOK

There are books for all types of situations, and often, a difficult problem or subject can be introduced to young children through the medium of a book. Below are just a few examples of the types of books offered by **Gwynedd Libraries**.

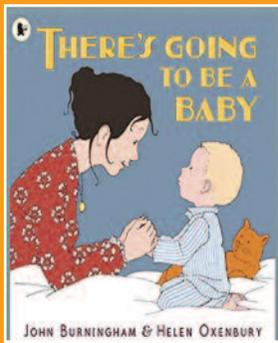
You can become a member of the library and borrow books completely free of charge. There are no fines at all on overdue books.

To borrow any of these books or to request a book on a specific subject for a particular age group, you can:

- Join the Library
www.gwynedd.llyw.cymru/librarymembership
- Contact your library
www.gwynedd.llyw.cymru/library
- If you are a member, order via the catalogue
www.gwynedd.llyw.cymru/librarycatalogue

Cynnwys Contents

- 3 **Babi Newydd** • New Baby
- 4 **Profiadau Plentyndod** • Childhood Experiences
- 5 **Bwlio** • Bullying
- 6 **Bod yn Glên** • Being Kind
- 7 **Iechyd a Lles** • Health and Wellbeing
- 8 **Fi Yw Fi!** • Being Me!
- 10 **Teuluoedd** • Families
- 11 **Mabwysiadu a maethu** • Adoption and fostering
- 12 **Gwahanu ac ysgaru** • Parental separation and divorce
- 13 **Cyflyrau** • Conditions
- 14 **Ofnau, Teimladau a Chadw'n Ddiogel** • Worries, Feelings and Staying Safe
- 16 **Salwch** • Illness
- 17 **Galar, Profedigaeth a Cholled** • Grief, Bereavement and Loss

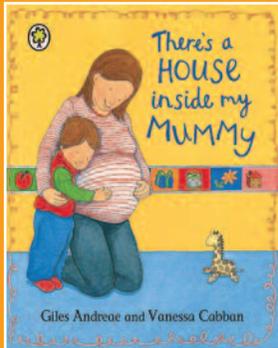


Babi Newydd • New Baby

There's going to be a baby! – John Burningham
As the arrival of a new sibling draws nearer, the questions that stream through a young child's mind are followed with sensitivity and humour in this guide to welcoming a little brother or sister.

There's A House Inside My Mummy - Giles Andreae

A funny and tender story about waiting for a new brother or sister to arrive.

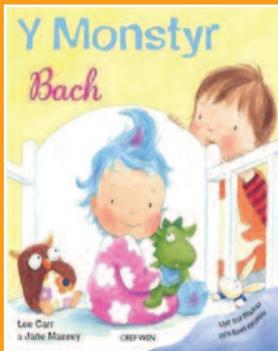


Y Monstyr Bach – Lee Carr

Mae Rhys eisiau chwarae efo mam ond yn gyntaf, rhaid i'w chwael fach, Meg, fynd i gysgu. Ond dyw Meg ddim eisiau cysgu. Mae hi'n tynnu gwallt Rhys, yn taflu ei theganau ac yna mae blew yn tyfu drosti! Y monstyr bach!

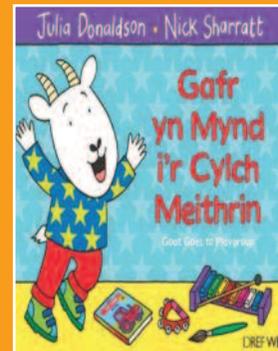
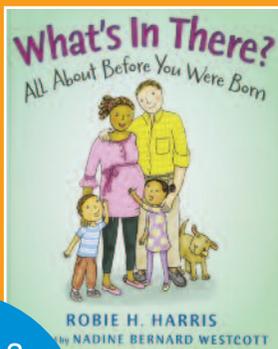
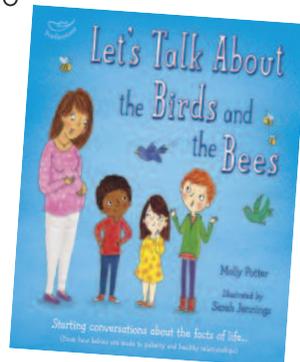
What's in There?: All About Before You Were Born - Robie Harris

Gus and Nellie have had some exciting news: there's going to be a new baby in their family! With charming informative words and pictures, here is the ideal book to help young children understand the way a baby develops inside a woman's body, and how it is born.



Let's Talk About the Birds and the Bees: Starting conversations about the facts of life - Molly Potter

This book uses clear, easy to understand language to answer complex questions about sex and relationships, and covers all manner of tricky subjects from puberty to consent with accuracy and honesty.



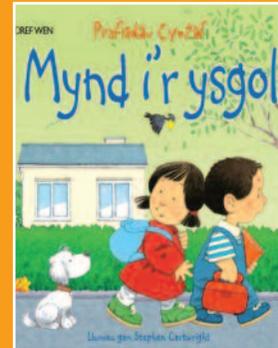
Profiadau Plentyndod • Childhood Experiences

Gafr Yn Mynd i'r Cylch Meithrin / Goat Goes to Playgroup - Julia Donaldson (dwyieithog/bilingual)

Daw'r ffrindiau i'r Cylch Meithrin ac mae hi'n amser hwyl a chwerthin. *There's a commotion as Goat and the other animals go to playgroup.*

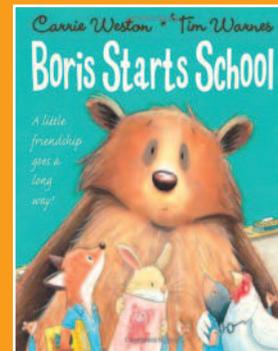
Mynd i'r Ysgol – Anne Civardi (also available in English as *Going to School*)

Mae'r gyfres hon yn cyflwyno plant i sefyllfaoedd newydd mewn ffordd ddiddorol a chyfeillgar. *A series which presents new situations to young children in a friendly way.*



Boris Starts School – Carrie Weston

Although Boris the Bear initially struggles to make friends on his first day at school, his story ends with a positive message about acceptance and friendship.

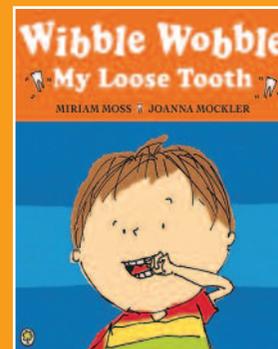


Llew a'r Dant Coll – Anni Llŷn

Mae Llew wedi colli dant ac mae e a Cyw, Jangl, Bolgi, Plwmp a Deryn i gyd yn aros yn eiddgar am y dylwythen deg drwy'r nos.

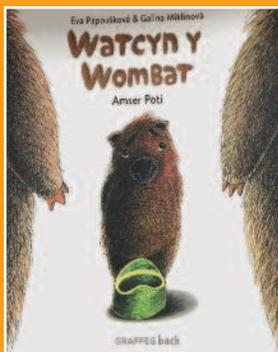
Wibble Wobble, My Loose Tooth – Miriam Moss

All William wants in the whole wide world is a wobbly tooth. When he gets one, he just can't stop jiggling and wiggling it! But then William's tooth falls out at school. How will he keep it safe until bedtime?



My Wobbly Tooth Must Not Ever NEVER Fall Out – Lauren Child

It's Lola's first ever wobbly tooth and she's determined to hang on to it – until she finds out about the tooth fairy!



I Want My Dummy – Tony Ross

Wherever the King, Queen and palace staff hide the princess' dummy, she always finds it, even in the strangest of places. Will she ever give it up?

Wacyn y Wombat: Amser Poti – Eva Papoušková (also available in English as George the Wombat)

Llyfr doniol â lluniau tyner, sy'n helpu i gyflwyno hyfforddiant poti i blant ifanc trwy gymeriad Wacyn the Wombat. A tender, humorous picture book helping to introduce potty training to young children through the character of George the Wombat.

Gwydion A'r Sioe Gwrthod Mynd i'r Gwely – Mark Sperring (also available in English as Max and the Won't Go to Bed Show)

Stori am fachgen bach sy'n gwneud popeth posib i osgoi mynd i'w gwely.

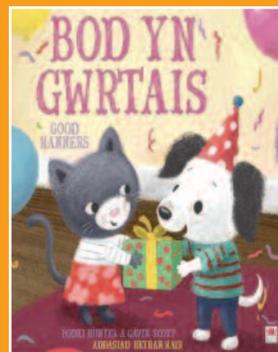
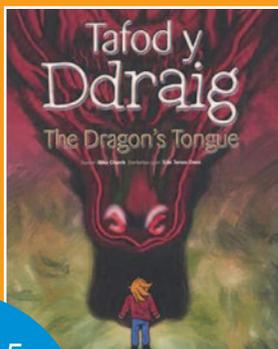
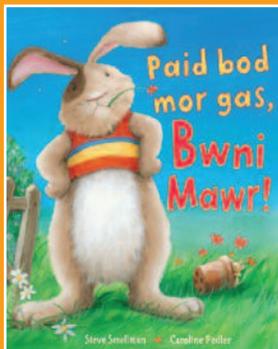
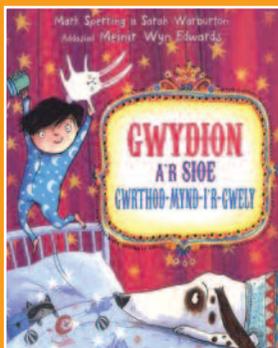
Bwlio • Bullying

Paid bod mor Gas, Bwni Mawr! – Steve Smallman (also available in English as Who's afraid of the Big Bad Bunny?)

Mae un gwningen fawr greulon yn creu helynt i weddill anifeiliaid bach y goedwig, ond mae un gwningen fach yn penderfynu sefyll yn gadarn erbyn y bwlio. One large cruel rabbit causes trouble for the small animals of the forest. But one little rabbit decides to take a firm stance to end the bullying.

Tafod y Ddraig / The Dragon's Tongue – Mike Church (dwyieithog/bilingual)

Mae'n rhaid i'r bachgen yn y stori hon sefyll yn gadarn yn erbyn bwlio a darganfod ei lais a'i iaith ei hun. A boy shakes off the shackles of bullying by finding his own voice.



Bod yn Glên • Being Kind

Bod Yn Gwrtais / Good Manners – Bodhi Hunter (dwyieithog/bilingual)

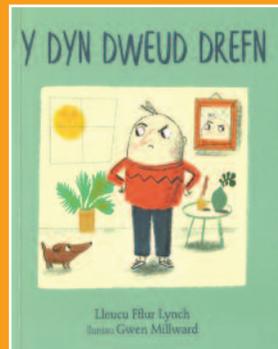
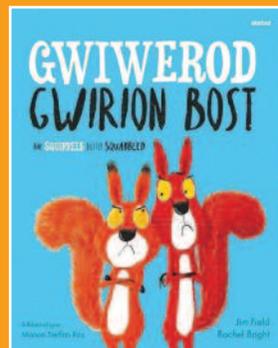
Ymunwch gydag anifeiliaid hoffus y stori hon er mwyn dysgu pryd i ddweud, 'Diolch', 'Os gwelwch yn dda', 'Mae'n ddrwg gen i', a dod i wybod sut mae bod yn glên a chwrtais. Join the animals of this story to learn how, when and why to say 'Thanks', 'Please' and 'I'm sorry', and to find out how to be polite.

Gwiwerod Gwirion Bost / The Squirrels who Squabbled – Rachel Bright (dwyieithog/bilingual)

Stori ddoniol ar fydr ac odl am ddwy wiwer farus sy'n gorfod dysgu rhannu. An amusing rhyming story about two greedy squirrels who have to learn to share.

Y Dyn Dweud Drefn – Lleucu Lynch

Mae'r Dyn Dweud Drefn yn hoffi cwyno am bawb a phopeth nes i gi bach annwyl ddod i'w fywyd a'i orfodi i feddwl am bethau eraill.

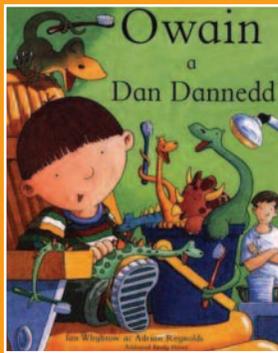


Mae gan Lyfrgelloedd Gwynedd lawer mwy o lyfrau i blant ar thema gwahanol. I weld y rhestr lawn ewch i:

www.gwynedd.llyw.cymru/llyfrgell > Gwasanaeth i blant a phobl ifanc

Gwynedd Libraries have many more books on specific themes for children. To see the full list go to:

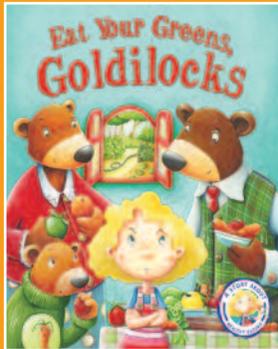
www.gwynedd.llyw.cymru/library > Children and Young People's Services



lechyd a Lles • Health and Wellbeing

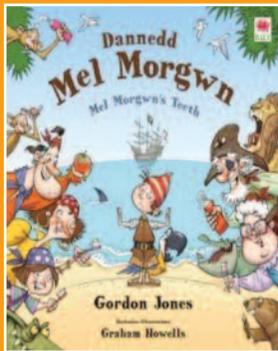
Owain a Dan Dannedd – Ian Whybrow (also available in English as Harry and the Dinosaurs Say Raahh!)

Mae'n rhaid i Owain ymweld â'r deintydd a rhaid i'w ddeionosoriaid ddod gydag ef, ond a fyddan nhw'n ymddwyn yn iawn? *Harry's dinosaurs are acting strangely. They're hiding all over the house and refusing to come out. Could it be because today's the day of Harry's dentist appointment?*



Eat Your Greens, Goldilocks: : A Story About Healthy Eating – Steve Smallman

The three bears play host to a very fussy eater. Goldilocks only likes things 'just so', and she hates eating vegetables! But the bears are determined to give her a healthy meal.

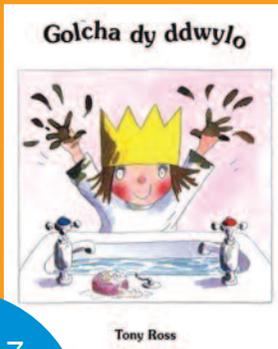


Dannedd Mel Morgwn/ Mel Morgwn's Teeth – Gordon Jones (dwyieithog/bilingual)

Mae'r môr-leidr ifanc, Mel Morgwn, yn gwrthod brwsio'i ddannedd yn ddyddiol a bwyta'n iach. *Young pirate Mel Morgwn refuses to eat healthily or brush his teeth daily.*

Golcha dy Ddwyllo – Tony Ross (also available in English as I Don't Want to Wash my Hands!)

Mae'r Dywysoges Fach yn mwynhau baeddu ei dwyllo, ond sgwn i beth fydd yn ei pherswadio i'w golchi nhw? *The Little Princess loves getting her hands dirty, but the trouble is, she hates washing them until she learns about germs.*



Whiffy Wilson: The Wolf who wouldn't Wash – Caryl Hart

Make sure you hold your nose! This wolf would rather live in next door's shed than take a bath! A humorous book to help teach children about the importance of personal hygiene and staying clean.



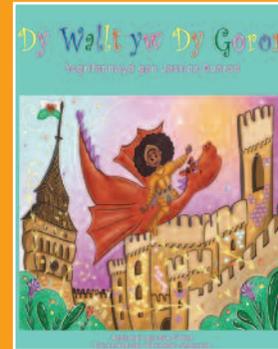
Fi Yw Fi! • Being Me!

Mae'n lawn Bod yn Wahanol / It's Okay to Be Different – Todd Parr (dwyieithog/bilingual)

Dyma lyfr sy'n dathlu gwahaniaethau rhwng un plentyn a'r llall. Mae'n ein dysgu i dderbyn pawb fel y maen nhw a meithrin hunan-hyder. *It's Okay to Be Different cleverly delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format.*

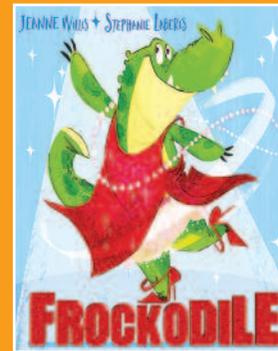
Arbennig – Jessica Dunrod (also available in English as Outstanding)

Gelli di wneud unrhyw beth rwyf ti'n rhoi dy fryd arno – rwyf ti'n glyfar, yn ddewr ac yn gryf! Llyfr i rymuso'r genhedlaeth nesaf o arweinwyr benywaidd y byd. Why can't your daughter aspire to be an engineer or a judge? A range of dual language versions to support language learning and multilingualism from a younger age.



Dy Wallt yw Dy Goron – Jessica Dunrod (also available in English as Your Hair is Your Crown)

Mae Hope yn dysgu bod pethau hudol yn digwydd pan fydd ei gwallt Affro hyfryd yn mynd yn wlyb ac yn gollwng ei gyrlau. *Hope discovers that magical things happen when her beautiful Afro hair gets wet and her curls are unleashed.*



Frockodile – Jeanne Willis

Cliff the croc wants to wear a dress - but will his father approve? A funny story about inclusion.

Rhestr ddefnyddiol arall yw Darllen yn Well i Blant

Eich helpu i ddeall eich teimladau ac ymdopi gydag amseroedd anodd. Dewiswyd y llyfrau gan blant, gofaluwr, arbenigwyr iechyd a llyfrgellwyr. Gallwch ddod o hyd i'r llyfrau yn eich llyfrgell.

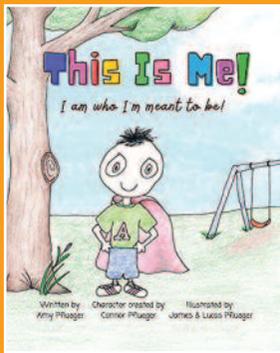
www.gwynedd.llyw.cymru/llyfrgell > Iechyd a Lles

Another useful booklist is **Reading Well for Children**

To help you understand your feelings and cope with tough times. These books have been chosen by children, carers, health experts and librarians. You can find the books in your library.

www.gwynedd.llyw.cymru/library > Health and Wellbeing





Drwy fy Llygaid I – Jon Roberts (also available in English as Through the Eyes of Me)

Croeso i fyd Kya. Bydd y disgrifiad tyner hwn o fyd Kya yn bedair oed yn helpu pawb i ddeall awtistiaeth yn well. *An insight to the world of a child with autism. Readers will meet 4-year-old Kya who loves to run, read, look at and rip up stickers.*

This Is Me! I am who I'm meant to be! – Amy Pflueger

A book about a boy called Abel who is autistic. A great introduction to children and the wider family to understand ASD and why autistic children do some of the things they do.

Different- A Great Thing to Be! – Heather Avis

Macy is a girl who's a lot like you and me, but she's also quite different, which is a great thing to be. Macy, who has Down's, finds her place in the world, bringing beauty and laughter wherever she goes.

Gyda'n Gilydd / Together We Can – Caryl Hart (dwyieithog/bilingual)

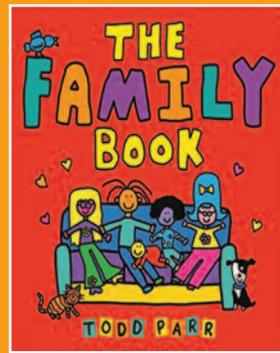
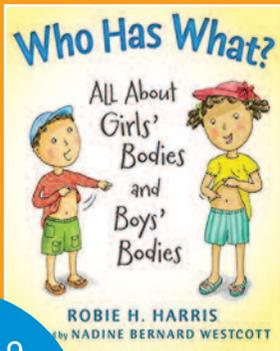
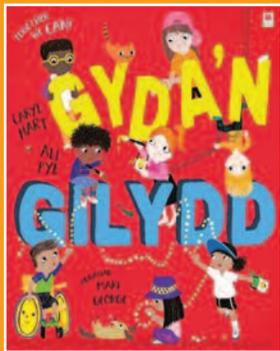
Mae'r stori hon yn dathlu amrywiaeth a chynhwysedd, tra'n tanlinellu pa mor bwysig yw undod yn y byd. *This book celebrates diversity and inclusivity throughout, and highlights how important togetherness is in our world.*

Who Has What? All About Girls' Bodies and Boys' Bodies – Robie Harris

Join siblings Nellie and Gus on a day out at the beach as they ask questions and figure out the similarities and differences between boys and girls in a humorous and honest way.

It's My Body: A Book about Body Privacy for Young Children – Louise Spilsbury

This brightly coloured, illustrated title explains to children about body privacy and why private parts should be kept private. Children will learn that their body belongs to them and they can say 'no' if they don't want anyone to touch their body. It also covers the topic of secrets and when you shouldn't keep a secret.



Teuluoedd • Families

The Family Book – Todd Parr

The Family Book celebrates the love we feel for our families and all the different varieties they come in.

Who's in My Family? All About Our Families – Robie Harris

Join Nellie and Gus and their family for a day at the zoo in this humorous, engaging story that makes it clear that whoever is in your family, it is perfectly normal — and totally wonderful.

The Great Big Book of Families – Mary Hoffman

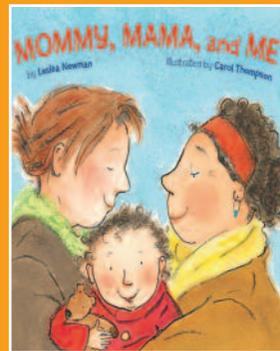
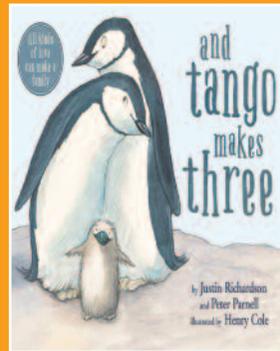
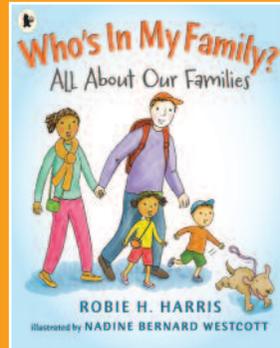
Explores and celebrates different aspects of modern family life.

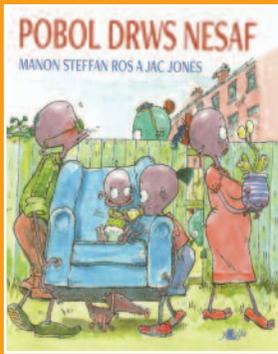
And Tango makes three – Justin Richardson

Based on the true story of two male penguins living at the Central Park Zoo who became a family. Roy and Silo were two male penguins who were inseparable and wanted a family. The zookeepers gave the penguins an egg, and the two hatched baby Tango. A beautiful, poignant story to show that a family is a family, no matter what it looks like.

Mommy, Mama, and Me – Leslea Newman

From hide-and-seek to dress-up, then bath time and a kiss goodnight, there's no limit to what a loving family can do together. A story about a two mum family.





Sut Alla i Greu Enfys?/How Do You Make a Rainbow?– Caroline Crowe (dwyieithog/bilingual)

Mae'r llyfr hwn yn dathlu'r cariad, y positifrwydd a'r berthynas werthfawr rhwng taid a'i wyres. *Stuck inside on a cloudy day, a little girl asks her grandad to help her paint a rainbow on the sky. But as Grandad tells her, rainbows aren't painted on the sky, they grow out of kindness, hope, and helping other people.*

Pobol Drws Nesaf – Manon Steffan Ros

Stori annwyl a doniol sy'n ein dysgu i beidio â beirniadu rhywun sy'n edrych ac yn ymddwyn braidd yn wahanol i ni, a bod rhaid parchu pawb.

Aeth Mam-gu i'r Farchnad | My Granny Went to Market – Stella Blackstone

Dewch i hedfan i bedwar ban byd gyda Mam-gu, a helpwch hi i gyfrif o un i ddeg ar ei thaitth siopa fythgofiadwy. *Taith hudol sy'n ein dysgu i werthfawrogi amrywiaeth. Come and fly to all corners of the world with granny, and help her count from one to ten on her amazing shopping spree. A magical journey which teaches us to value diversity.*

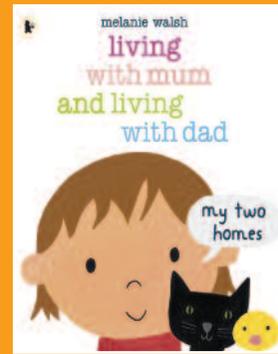
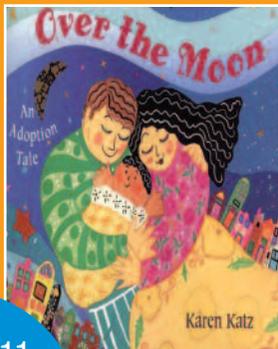
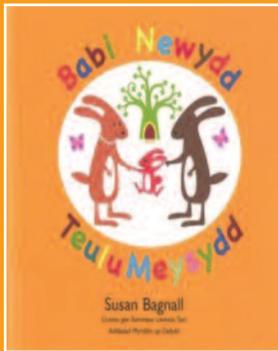
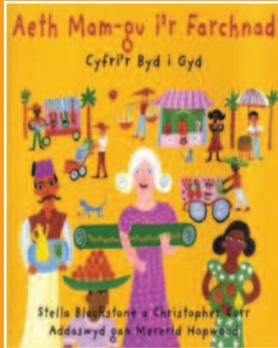
Mabwysiadu a maethu • Adoption and fostering

Babi Newydd Teulu Meysydd – Susan Bagnall (also available in English as The Teazles' Baby Bunny)

Stori am fabwysiadu lle mae Siôn a Siân Meysydd yn mabwysiadu cwningen fach. Mae'n cynnwys adran i helpu rhieni a phlant i drin a thrafod. *This children's book for adopters tells the story of the Teazle rabbits and their adoption of a baby bunny.*

Over the Moon – Karen Katz

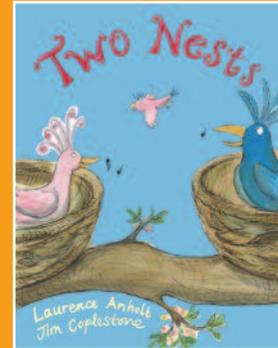
This is a reassuring story of one adoptive family's beginnings, told with pictures and words that are perfect for young children. Intercountry adoption.



Gwahanu ac ysgaru • Parental separation and divorce

Living with Mum and Living with Dad - Melanie Walsh

Mum and Dad don't live together any more, so sometimes this little girl lives with her mum and her cat, and sometimes she lives with her dad. She has two bedrooms and two sets of toys, but she takes her favourite toys with her wherever she goes.



Two Nests – Laurence Anholt

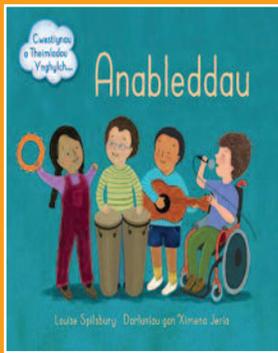
This story helps to explain the difficult subject of family break-up to younger children, using the image of two separate nests on opposite branches of the same tree.

Siaradwch gyda'ch plentyn am broblemau'r cymeriadau yn y stori. Gall hyn fod yn ffordd llai uniongyrchol a llai bygythiol o drafod pryderon.

Os yw eich plentyn yn anhapus neu yn poeni am rywbeth, gall darllen am rywun sy'n mynd drwy rywbeth tebyg fod yn gysur mawr iddo ef neu hi.

Chat with your child about the character's problems or difficulties. This can be a more indirect and non-threatening way of talking about problems.

If a child is worried or unhappy about something, reading about someone who's going through a similar experience can be a great comfort.



Cyflyrau • Conditions

Anableddau – Louise Spilsbury (also available in English as *Having a Disability*)

Mae'r llyfr hwn yn trafod anableddau mewn modd addas i blant. *This book explores what having a disability means in a child-friendly way.*

Edrychwch Beth Fedra i Wneud! – Jon Roberts (also available in English as *See What I Can Do!*)

Mae pob plentyn yn wahanol. Mae gan rai wahaniaethau y gallwch eu gweld, ac mae gan eraill wahaniaethau nad ydyn nhw mor amlwg efallai. *Every child is different. Some differences are visible while others are not as evident. A variety of conditions, including autism, dyslexia, dyspraxia, dyscalculia, ADHD, Down's Syndrome, cystic fibrosis, muscular dystrophy, cerebral palsy, spina bifida, epilepsy and asthma are introduced for young readers.*

Dachy's Deaf – Jack Hughes

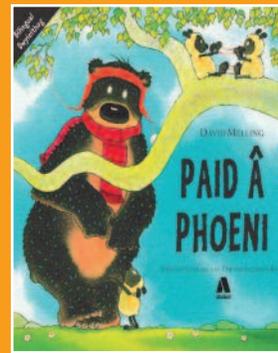
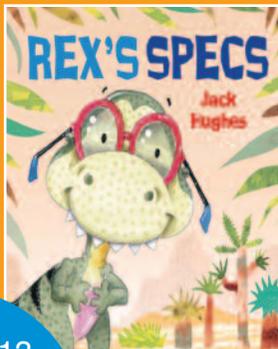
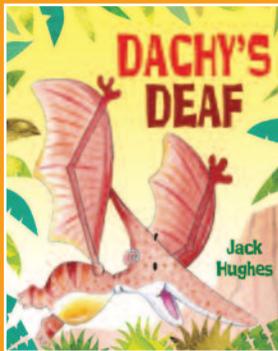
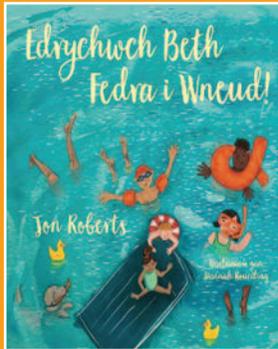
Dachy wears a hearing aid. But sometimes, when his friends get too noisy, he likes to turn it off. A gentle story about hearing difficulties.

The Itchy-saurus: The dino with an itch that can't be scratched – Rosie Wellesley

Something is stirring in the dinosaur jungle – it's Itchy-saurus. His itchy, scratchy skin is making him bad-tempered. Can Doc Bill (the Platypus) help Itchy to calm down – perhaps with some lovely soothing cream?

Rex's specs – Jack Hughes

Rex has to wear glasses, but sometimes he wishes he didn't have to. So one day, he decides to go out without them. But oh no! What's that ahead? Watch out, Rex!



Ofnau, Teimladau a Chadw'n Ddiogel • Worries, Feelings and Staying Safe

The Huge Bag of Worries – Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A reassuring book for dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

Paid à Phoeni/Don't Worry, Hugless Douglas – David Melling (dwyieithog/bilingual)

Mae gan Douglas broblem fawr, ond mae o'n gwybod ei fod yn gallu dibynnu ar Dad. Llyfr gwych sy'n annog plant i beidio â phoeni – mae damweiniau yn digwydd weithiau! *Where do you go with a BIG worry? A great story to encourage your children not to worry and to teach them that accidents do happen.*

I Can't Find You Mum – Ann de Bode

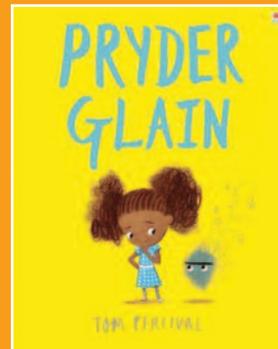
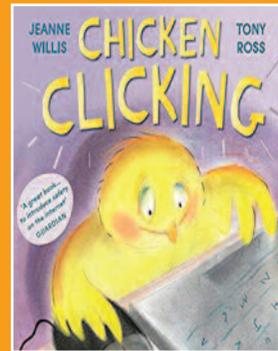
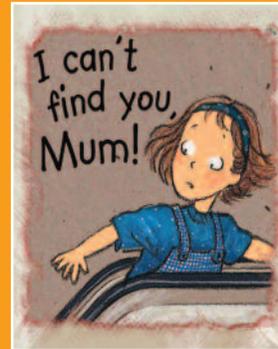
Whilst out shopping, Jessie decides to hide from her mum as she looks at yet more clothes. But when Jessie leaves her hiding space, there's no sign of Mum! What is the best thing to do in this situation?

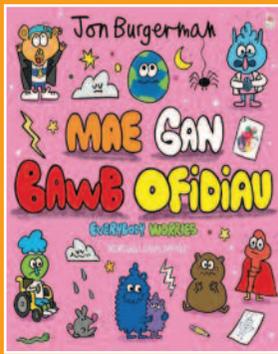
Chicken Clicking – Jeanne Willis

One night, Chick hopped into the farmer's house to browse the internet on his computer. She just can't stop clicking! And then she meets a 'friend' online and goes to meet him (without telling Mum or Dad) but this 'friend' turns out to be a fox with hungry intentions! A book with an important lesson about online safety for children.

Pryder Glain – Tom Perciva (also available in English as *Ruby's Worry*)

Roedd Glain yn ferch hapus erioed, nes iddi un diwrnod ddarganfod Pryder. I ddechrau, nid yw'r pryder yn un mawr, ond yna mae'n dechrau tyfu a gwneud i Glain deimlo'n drist. *Ruby had always been happy, until one day she came across Worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and makes Ruby sad.*





Mae gan Bawb Ofidiau / Everybody Worries – Jon Burgerman (dwyieithog/bilingual)

Llyfr sy'n sôn am ddelio gyda gofidiau, ond mae'n dda gallu rhannu y pethau sydd yn ein poeni. *Everybody worries - and that's okay! Sharing our worries helps us feel better and brings us together.*

Cefin y Coala Carcus / The Koala Who Could – Rachel Bright (dwyieithog/bilingual)

Mae Cefin y Coala yn hoffi pethau fel y maen nhw, heb ddim newid! Ond daw Cefin i ddysgu sut i fwynhau profiad newydd. Dyma stori ddoniol ar gyfer unrhyw un sy'n teimlo pryder. *Meet Kevin the Koala who likes things as they are, and dislikes change. But Kevin comes to learn how to enjoy new experiences. A funny story for anyone who is worried or anxious.*

Cled y Cwmwl Unig / Cyril the Lonely Cloud – Tim Hopgood (dwyieithog/bilingual)

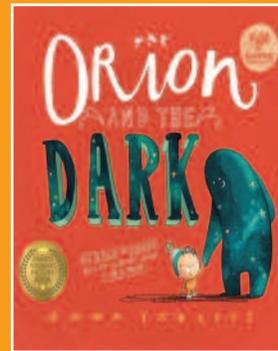
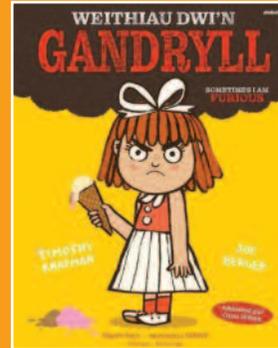
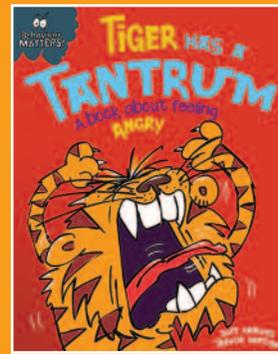
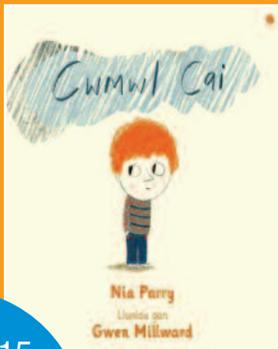
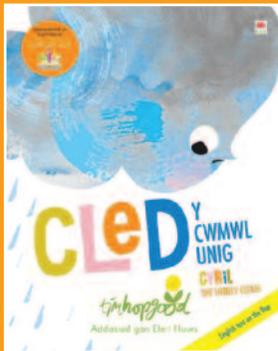
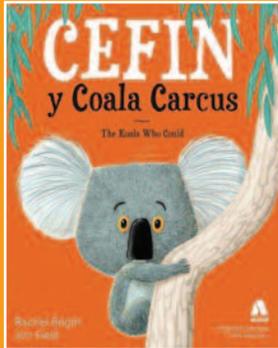
Does neb yn hapus i weld Cled y cwmwl. Caiff ei feio'n gyson am ddifetha diwrnod rhywun. Ymunwch â Cled wrth iddo deithio ymhell ac agos yn chwilio am wên gyfeillgar. Stori am empathi. *It is sad but true that no one is ever pleased to see Cyril the cloud. He's always being blamed for ruining everyone's fun. A book about empathy.*

Cwmwl Cai – Nia Parry

Weithiau mae Cai yn hapus ac yn llon a thro arall mae fel petai yna gwmwl mawr du yn ei ddilyn i bob man. Mae Cai yn fachgen bach sy'n cael ambell i bwl tywyll di-obaith lle mae o dan straen. Mae llawer o blant bach fel Cai yn y byd. Mae'r llyfr hwn yn normaleiddio'r teimladau dwys yma ac yn cynnig syniadau ymarferol i blant a'u gofalwyr am ffyrdd i godi'r cwmwl a chodi ysbryd.

Tiger Has a Tantrum - A book about feeling angry - Sue Graves

Tiger is in a terrible mood. He has been angry with everyone all day. The story offers a gentle way in to discuss this difficult emotion. At the end of the story there are notes with suggestions of ways to help children deal with anger.



Weithiau Dwi'n Gandryll / Sometimes I am Furious - Timothy Knapman (dwyieithog/bilingual)

Llyfr doniol sy'n hawdd uniaethu ag o ar gyfer plant ifanc (a'u teuluoedd) am deimladau cryfion a sut i ddelio â nhw. *A funny, friendly and relatable book for young children (and their families) about big emotions and how to handle them.*

Orion and the Dark – Emma Yarlett

Orion is scared of A LOT of things, but most of all he's scared of the dark. So one night Dark decides to take Orion on an adventure.

There's a Monster under my Bed! - Dean Cooper

The book is designed to be a very fun and enjoyable read while also helping young children understand not to fear the unknown. It also helps them understand others point of view, to talk about their fears and to overcome them. It also teaches children to make friends with those that are different from them.

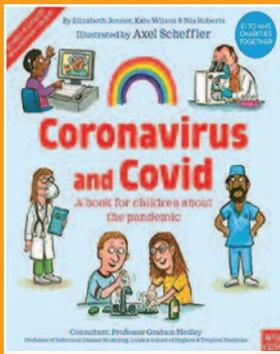
Salwch • Illness

Mam-Gu a Fi – Jessica Shepherd (also available in English as Grandma)

Mae Osian yn meddwl y byd o Mam-gu, ond pan mae Mam-gu'n dechrau cael trafferth i ofalu amdani ei hun oherwydd dementia, mae hi'n gorfod symud i fyw mewn cartref arbennig. *A lovely book about a grandma who has dementia, and how her grandson Oscar learns to understand the condition, her behaviour and her need to live in a care home.*

Mummy's Lump – Gillian Forest (ar gael hefyd yn Gymraeg fel Lwmp Mam)

Stori i gysuro teuluoedd efo plant ifanc sydd angen siarad am ganser y fron. Mae'n trafod y diagnosis, mynd i'r ysbyty, triniaethau a cholli gwallt. Cyhoeddwyd gan Gofal Canser y Fron. *A reassuring story for families of young children who need to talk about breast cancer. It covers diagnosis, going into hospital, treatments and hair loss. Published by Breast Cancer Care.*



The Perfect Shelter – Clare Welsh

When one sister gets ill, the other feels sad, angry, sometimes overwhelmed – but eventually they make another perfect shelter somewhere new in this hope-filled book.

Coronavirus and Covid : A book for children about the pandemic – Elizabeth Jenner

This book provides clear explanations about COVID-19 and its effects - both from a health perspective and the impact it has on a family's day-to-day life.

Galar, Profedigaeth a Cholled • Grief, Bereavement and Loss

Siwmpwr Mam – Jayde Perkin (also available in English as Mum’s Jumper)

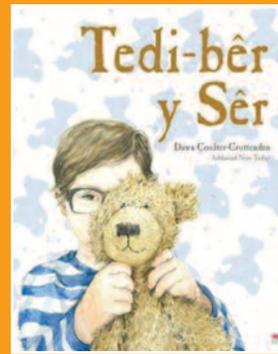
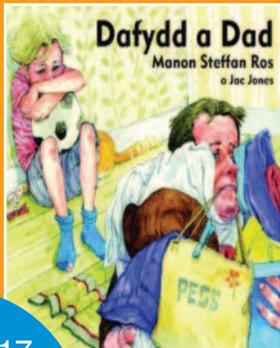
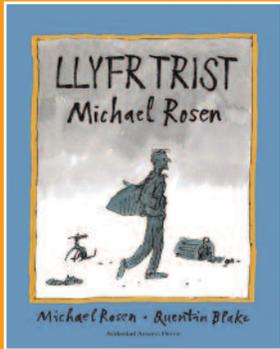
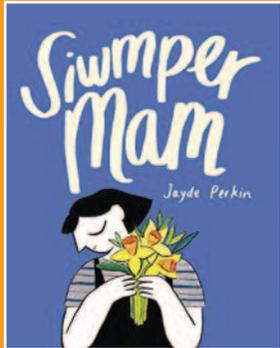
Efallai y bydd siwmpwr Mam yn ffordd i’w chadw’n agos. Dyma lyfr i helpu plant sy’n ymdopi â cholled. *Memories are like a jumper that you can cuddle and wear. And Mum’s jumper might be a way to keep her close. An uplifting book for a child coping with loss.*

Llyfr Trist - Michael Rosen (also available in English as Sad Book)

Mae pethau trist ym mywydau pawb – falle fod gennyti ti rai y funud hon wrth i ti ddarllen hwn. Meddwl am ei fab Eddie a fu farw sy’n gwneud Michael Rosen yn fwyaf trist. *Being sad is a part of living. You may have sad feelings now. Thinking about his son Eddie, who died, makes Michael Rosen feel sad.*

Dafydd a Dad – Manon Steffan Ros

Stori annwyl am berthynas plentyn gyda’i dad prysur ond mae yma dinc o dristwch hefyd, gan nad yw mam o gwmpas.



Lifetimes: The Beautiful Way to Explain Death to Children – Bryan Mellonie

A pet . . . a friend . . . or a relative dies, and it must be explained to a child. This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes.

Tedi-Bêr y Sêr – Dawn Coulter – Cruttenden (also available in English as Bear Shaped)

Un diwrnod mae tedi Jac yn diflannu. Dyma stori am gariad a cholled. *One day, Jack’s bear disappears. A story about love and loss.*

Goodbye Mousie – Robie Harris

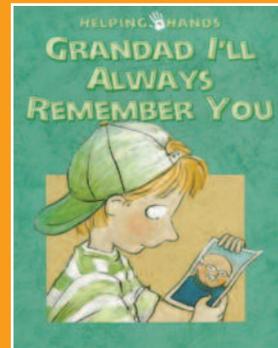
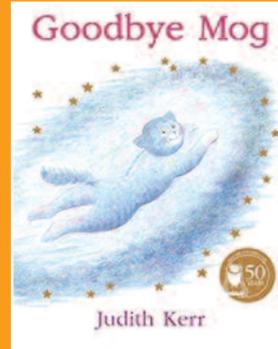
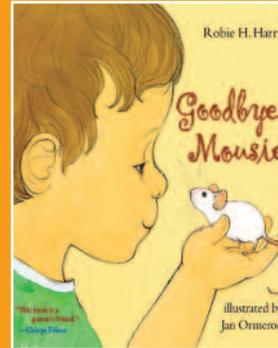
One morning a boy finds that his pet, Mousie, won't wake up. The truth is Mousie has died. But talking about Mousie, burying Mousie in a special box, and saying good-bye helps this boy begin to feel better about the loss of his beloved pet.

Goodbye Mog – Judith Kerr

This is a beautiful story about a cat called Mog dying peacefully at home, of old age and of fatigue. But the cat’s spirit lingers around to help the new family kitten adjust to the family.

Grandad, I'll Always Remember You - Ann De Bode

A book to help when a grandparent dies.





Gwasanaeth Llyfrgell Gwynedd
Gwynedd Library Service 2022

www.gwynedd.llyw.cymru/llyfrgell

www.gwynedd.llyw.cymru/library

 LlyfrgellGwyneddLibrary

 @llyfrgwyneddlib