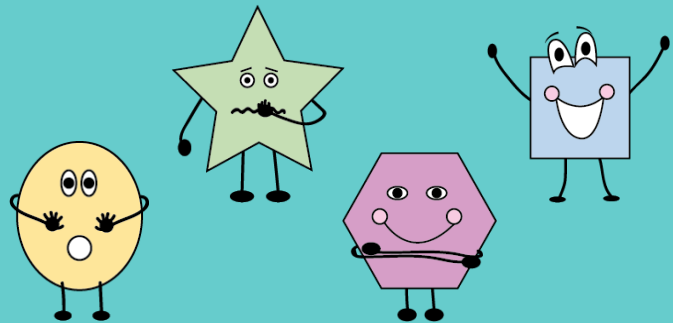


ABUHB Paediatric Psychology Service Gwasanaeth Seicoleg Pediateg BIPAB



Information for families Gwybodaeth i deuluoedd



The service

The Paediatric Psychology service supports children and young people with physical health problems and their families. The service is run by Clinical Psychologists working alongside lots of other health professionals. We aim to help children and their families to cope with the emotional and psychological aspects of health and illness.

Molly's story - Molly was diagnosed with diabetes when she was 2 years old. She is now 12 and has been feeling really worried and angry about managing her condition in high school. Molly feels different from her friends and is fed up of managing her blood sugars. Molly and her parents met with the psychologist to talk about her worries. Through talking and drawing, Molly learnt how to deal with her worries, and made a plan with the psychologist for managing her injections when at school.

FAQs

What is a Clinical Psychologist?

We are trained to understand how people think, feel and behave. We can talk with you about what might help things feel better.

What things will we talk about?

Parents and children come to see the team for all sorts of reasons, some include:

- Preparing for operations in hospital
- Worries about being in hospital
- Worries about being ill or having treatment
- Understanding your medical condition
- Having to have injections, needles, scans etc.
- Talking with your friends about your health (it can be hard to know what to say!)
- Being worried about missing school and your friends or feeling 'different'

Your thoughts and feelings may be different to the worries Molly had, but someone from the Paediatric Psychology team would be happy to talk with you to try and help.



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WALES

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Y gwasanaeth

Mae'r gwasanaeth Seicoleg Pediatreg yn rhoi cymorth i blant a phobl ifanc sydd â phroblemau iechyd corfforol a'u teuluoedd. Mae'r gwasanaeth yn cael ei redeg gan Seicolegwyr Clinigol sy'n gweithio gyda llawer o weithwyr iechyd proffesiynol eraill. Rydym yn anelu at helpu plant a'u teuluoedd i ymdopi â'r agweddau emosiynol a seicolegol o iechyd a salwch.

Stori Molly - Cafodd Molly ddiagnosis o ddiabetes pan oedd yn 2 oed. Mae hi nawr yn 12 ac wedi bod yn teimlo'n bryderus ac yn ddig iawn ynglŷn â rheoli ei chyflwr yn ysgol uwchradd. Mae Molly yn teimlo'n wahanol i'w ffrindiau ac wedi cael llond bol o reoli ei siwgrau gwaed. Cwrddodd Molly a'i rhieni â'r seicolegydd i siarad am ei phryderon. Trwy siarad a darlunio, dysgodd Molly sut i ddelio â'i phryderon, a gwnaeth gynllun gyda'r seicolegydd ar gyfer rheoli ei phigiadau pan yn yr ysgol.

Cwestiynau cyffredin

Beth yw Seicolegydd Clinigol?

Rydym wedi ein hyfforddi i ddeall sut mae pobl yn meddwl, yn teimlo ac yn ymddwyn. Gallwn siarad â chi am beth allai helpu pethau i deimlo'n well.

Beth y byddwn yn siarad amdano?

Mae rhieni a phlant yn dod i weld y tîm am bob math o reswm, gall hyn cynnwys:

- Paratoi ar gyfer llawdriniaethau yn yr ysbyty
- Os ydych yn poeni am fod yn yr ysbyty
- Os ydych yn poeni am fod yn sâl neu am driniaeth
- Deall eich cyflwr meddygol
- Gorfod cael pigiadau, nodwyddau, sganiau ac ati
- Siarad â'ch ffrindiau am eich iechyd (gall fod yn anodd gwybod beth i'w ddweud!)
- Os ydych yn poeni am golli ysgol a'ch ffrindiau neu deimlo'n 'wahanol'

Efallai bydd eich meddyliau a'ch teimladau yn wahanol i'r pryderon a gafodd Molly, ond bydd rhywun o'r tîm Seicoleg Pediatreg yn hapus i siarad â chi i geisio helpu.