



BRIEFING PAPER PLAY, LEARN AND GROW HEALTHY

Led by **Clybiau Plant Cymru Kids' Clubs**, working in partnership with **Mudiad Ysgolion Meithrin**, the second year of this three-year, BIG Lottery funded research project has now been completed. There have now been four rounds of data collected with over 2,500 questionnaires (both hard copies and on-line versions) being completed to date.



The aim of the project is to find out what intervention method is most successful to change children's **attitude, awareness and behaviour** in relation to making healthy lifestyle choices regarding food choices and levels of physical activity.

The BIG Lottery has funded 14 projects across Wales and this research focussed on **'buddying'** 10-11 year olds with 7-8 year olds, who then carry out fun activities together with the older child peer mentoring the young children. Research suggests that peer pressure is very influential at this age, far greater than any other pressures, this is the optimum age gap and the younger children are at their most susceptible to changing habits.

The children are targeted by attending either an out of school childcare club or childminder setting in **Carmarthenshire**. Data is collected termly from all the children in the setting, the staff and, where possible parents/carers. This captures both the direct beneficiaries and any potential adult learning on the periphery of the project.



Further questionnaires are also completed from pre-school settings, to ascertain which of the 'fun' activities can be differentiated for the younger age range. It is hoped that with the strong branding of the project and that some children will move from playgroup into childcare during the life of the project, there will be a continuum of learning. Further information and the results of the research can be found at www.plgh.org or contact the Project Manager, Karen Pereira, on 07977 200318 or karenp@clybiauplantcymru.org.



PAPUR CRYNHOI CHWARAE, DYSGU A THYFU'N IACH

Mae'r ail flwyddyn o'r prosiect ymchwil tair-blynedd hwn, a ariennir gan y Loteri Fawr, dan arweinyddiaeth **Clybiau Plant Cymru Kids' Clubs**, mewn partneriaeth â **Mudiad Ysgolion Meithrin**, bellach ar ben. Hyd yma casglwyd pedair rownd o ddata (copïau caled a rhai ar-lein) a llenwyd dros 2,5000 o holiaduron.



Nod y prosiect yw canfod pa ddull o wbyrryd sy'n llwyddo fwyaf i newid **agwedd, ymwybyddiaeth ac ymddygiad** plant parthed dewis dulliau iach o fyw, yn benodol, eu dewis o fwyd a lefelau ymarfer corfforol.

Mae'r Loteri Fawr wedi ariannu 14 o brosiectau ar hyd a lled Cymru, a chylch gorchwyl yr ymchwil hwn oedd partneru plant oed 10-11 â'r rheiny oed 7-8, fel eu '**bod yn bydis**' sydd yna'n ymgymryd â gweithgareddau hwyliog gyda'i gilydd, y plentyn hyn yn mentora'r iau. Awgrymir inni gan ymchwil fod pwysau gan gyfoedion yn ddylanwadol iawn i blant yr oedran hwn, yn fwy felly na phwysau o fathau eraill. Dyma'r bwch oed gorau i'w gael, a'r oed yma y mae'r plant iau yn fwy agored i newid eu harferion.

Targedir y plant drwy fynychu naill ai clwb gofal plant all-ysgol neu fan gofal plant yn **Sir Gaerfyrddin**. Cesglir data unwaith y tymor gan holl blant y lleoliad, y staff a, lle bo'n bosibl, rhieni/gofalwyr. Yn y modd yma y bachir unrhyw fuddiolwyr posibl, ac unrhyw ddysgu dichonol ar ran rhieni ar gyrion y prosiect.



Llenwir holiaduron pellach yn ogystal o leoliadau cyn-ysgol, er mwyn gweld sut y gellir addasu'r gweithgareddau 'hwyl' ar gyfer yr ystod oed iau. Gobeithir, o ganlyniad i'r brandio amlwg o'r prosiect a symudiad rhai plant o gylch chwarae i ofal plant yn ystod oed y prosiect, y gwelir adnabyddiaeth o gynnyrch y prosiect, a pharhad yn y dysgu.

Gwelir gwybodaeth bellach, a chanlyniadau'r ymchwil ar www.plgh.org, neu gallwch gysylltu â'r Rheolydd Prosiect, Karen Pereira, on 07977 200318 neu karenp@clybiauplantcymru.org.