



Vaping

Vapes are battery powered devices that heat up a liquid to create a vapour, this liquid can contain several chemicals usually nicotine (though some can be nicotine free). Nicotine is an addictive substance. Regular use can lead to nicotine dependence, causing cravings and withdrawal symptoms if trying to quit.

It's usually easy to tell if your child's been smoking, as the smell is a real giveaway. However, it can be harder to tell if they're vaping. There are no definitive signs your child is vaping,

Some things to look out for include:

- Many vapes have sweet flavours like vanilla or bubble gum, so be aware of smells like that.
- If your child seems more moody, jittery, or irritable than usual, it could be a sign of nicotine addiction. This may also disrupt their sleep and cause headaches.
- Vaping can dry out your mouth, so if your child seems thirsty all the time, this could be another sign.
- Vaping can also make you cough more than usual. Make sure you know what vapes look like. Some can look like pens or flash drives, making them easy to hide in plain view.

Sometimes the best way to find out whether your child has any experience of vaping may be to ask them about it.

Young People and Vaping- Information for parents and carers guidance

phw.nhs.wales/topics/vaping/young-people-and-vaping-information-for-parents-and-carers

This guidance includes up to date information on the health impacts of vaping, as well as practical advice on how to spot the potential signs of vaping and how to approach a conversation about it.

Vaping myths and the facts - Better Health - NHS

If you're concerned about your child vaping, you don't have to cope with the situation on your own. You can talk to your School Nurse for further advice and support. Help Me Quit supports smokers aged 12 years and over who would like to quit, including free stop smoking medication. Help Me Quit can also support young vapers. However, we cannot provide them with Nicotine Replacement Therapy (NRT) at this time.

Call Help Me Quit on 0800 085 2219 or go to www.helpmequit.wales to get in contact with one of our team in confidence.

Sleeping

Why is sleep important?



Sleep is important for both our physical and mental wellbeing. It helps our brains and bodies work at their best, helping us function day-to-day. Sleep helps our bodies grow and heal. In some cases, it can help protect us from health problems in the future. It also allows us to cope with our emotions and store and sort our memories.

When you've not slept well, you might feel less energised or able to cope with everyday life.

Teenagers need 8-10 hours of sleep per night for optimal health but often get less due to biological shifts (making them "night owls"), early school times, homework, and screens, leading to sleep deprivation that harms mood and academics; establishing consistent sleep schedules, limiting screen time before bed, and creating relaxing routines are key to getting enough rest.

[Sleep and mental health - for 11-18 year olds | Mind](#) - A Guide for young people on sleep and mental health, what causes poor sleep and how it might affect you.

[Parents & Carers - Teen Sleep Hub](#)- Helpful information for parent and carers



Anxiety

Anxiety is a feeling of worry, fear or unease. A child or young person may be anxious for different reasons, feeling a bit more worried sometimes is normal and there is not always a clear reason for this. Anxiety may be often experienced as a combination of thoughts, feelings and physical sensations in our body. Support anxious teenagers by listening without judgement, validating their feelings, and maintaining a calm, consistent presence.

Anxiety often affects our body, thoughts, feelings and behaviour. A child or young person who is struggling with anxiety may also behave differently or start using coping mechanisms to try to manage or avoid the anxiety. Whilst coping mechanisms can work well if your child is feeling unmanageable amounts of anxiety, they may need further support to work out what the problem is.

Use anxiety techniques

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

[Anxiety and Anxiety Disorders | Signs and symptoms | YoungMinds](#) - Support for young people

[Supporting A Child With Anxiety | Tips and Advice | YoungMinds](#) - Support for parents and carers

parent line

If you're a parent or carer of a 5-16 Year Old
Text your school nurse on
07312 263178
For confidential advice and support



If your child is being electively home educated, please remember you can still access the school nursing service for support and advice on the contact numbers below.

Useful Contacts

EAST Cardiff School Nursing Team - 029 2183 3114
WEST Cardiff School Nursing Team - 029 218 32204
VALE School Nursing Team - 014 4670 4114



Nursio Ysgol | School Nursing
BIP Caerdydd a'r Fro i Cardiff & Vale UHB

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Fepio

Dyfeisiau sy'n cael eu pweru gan fatri yw fêps sy'n cynhesu hylif i greu anwedd, gall yr hylif hwn gynnwys sawl cemegyn gan gynnwys nicotin fel arfer (er y gall rhai ohonynt fod heb nicotin). Mae nicotin yn sylwedd sy'n gaethiwus. Gall defnydd rheolaidd arwain at ddibyniaeth ar nicotin, gan achosi blys a symptomau diddyfnu os ydych chi'n ceisio rhoi'r gorau iddi.

Fel arfer mae'n weddol hawdd dweud a yw'ch plentyn wedi bod yn smygu, gan fod yr arogl mor gryf. Fodd bynnag, gall fod yn anoddach dweud a ydynt yn fepio. Nid oes unrhyw arwyddion pendant bod eich plentyn yn fepio.

Pethau i gadw llygad amdanynt:

- Mae gan lawer o fêps flasau melys fel fanila neu gwm swigod, felly byddwch yn ymwybodol o arogleuon felly.
- Os yw'ch plentyn mewn hwyl wael, ar bigau'r drain neu'n fwy pigog nag arfer, gallai fod yn arwydd o gaethiwed i nicotin. Gall hyn hefyd amharu ar eu cwsg ac achosi cur pen.
- Gall fepio sychu'ch ceg, felly os yw'ch plentyn yn sychedig drwy'r amser, gallai hyn fod yn arwydd arall.
- Gall fepio hefyd wneud i chi beswch yn fwy nag arfer. Gwnewch yn siŵr eich bod chi'n gwybod sut olwg sydd ar fêps. Gall rhai edrych fel gyriannau fflach neu ysgrifbinnau, gan eu gwneud yn hawdd i'w cuddio

Weithiau, y ffordd orau o ddarganfod a oes gan eich plentyn unrhyw brofiad o fepio yw i ofyn iddyn nhw amdano.

Pobl Ifanc a Fepio – Gwybodaeth i rieni a gofalwyr

phw.nhs.wales/topics/vaping/young-people-and-vaping-information-for-parents-and-carers

Mae'r canllaw hwn yn cynnwys yr wybodaeth ddiweddaraf am effeithiau fepio ar iechyd, yn ogystal â chynghor ymarferol ar sut i adnabod arwyddion posibl fepio a sut i gael sgwrs amdano.

Mythau am fepio a'r ffeithiau - Better Health - GIG

Mae Helpa Fi i Stopio yn cefnogi smygwyr 12 oed ac yn hŷn a hoffai roi'r gorau iddi, gan gynnwys meddyginiaeth rhoi'r gorau i smygu am ddim. • Gall Helpa Fi i Stopio hefyd gefnogi fepwyr ifanc. Fodd bynnag, ni allwn ddarparu Therapi Disodli Nicotin (NRT) iddynt ar hyn o bryd

Ffoniwch Helpa Fi i Stopio ar 0800 085 2219 neu ewch i www.helpafiistopio.cymru i gysylltu ag aelod o'n tîm yn gyfrinachol.

Cysgu

Pam mae cwsg yn bwysig?



Mae cwsg yn bwysig ar gyfer ein lles corfforol a meddyliol. Mae'n helpu ein hymennydd a'n cyrff i weithio ar eu gorau, gan ein helpu i weithredu o ddydd i ddydd.

Mae cwsg yn helpu ein cyrff i dyfu a gwella. Mewn rhai achosion, gall helpu i'n hamddiffyn rhag problemau iechyd yn y dyfodol. Mae hefyd yn caniatáu i ni ymdopi â'n hemosiynau a storio a rhoi trefn ar ein hatgofion.

Pan nad ydych chi wedi cysgu'n dda, efallai y byddwch chi'n teimlo'n llai egniol neu'n llai abl i ymdopi â bywyd bob dydd.

Mae angen 8-10 awr o gwsg y nos ar bobl ifanc er mwyn sicrhau'r iechyd gorau posibl, ond maen nhw'n aml yn cael llai o ganlyniad i newidiadau biolegol (gan eu gwneud yn "dylluanod y nos"), dechrau ysgol yn gynnar, gwaith cartref a sgriniau, gan arwain at amddifadedd cwsg sy'n amharu'n negyddol ar eu hwyliau a'u hastudiaethau; mae sefydlu patrymau cysgu cyson, cyfyngu ar amser sgrin cyn mynd i'r gwely, a chreu arferion ymlaciol yn allweddol i sicrhau digon o orffwys.

Cwsg ac iechyd meddwl - i bobl ifanc 11-18 oed | Mind - Canllaw i bobl ifanc ar gwsg ac iechyd meddwl, beth sy'n achosi cwsg gwael a sut y gallai effeithio arnoch chi.

Rhieni a Gofalwyr - Teen Sleep Hub - Gwybodaeth ddefnyddiol i rieni a gofalwyr

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Gorbryder

Mae gorbryder yn deimlad o bryder, ofn neu anesmwythyd. Gall plentyn neu berson ifanc fod yn bryderus am wahanol resymau, mae teimlo ychydig yn fwy pryderus weithiau yn normal ac nid oes rheswm clir dros hyn bob amser. Fe brofir gorbryder yn aml fel cyfuniad o feddyliau, teimladau a synhwyrau yn ein corff. Cefnogwch bobl ifanc pryderus trwy wrando heb farnu, dilysu eu teimladau, a bod yn bresenoldeb tawel a chyson.

Gall plentyn neu berson ifanc sy'n cael trafferth gyda gorbryder hefyd ymddwyn yn wahanol neu ddechrau defnyddio strategaethau ymdopi i geisio rheoli neu osgoi'r teimladau o orbryder. Er y gall strategaethau ymdopi weithio'n dda os yw'ch plentyn yn teimlo gorbryder amhosibl ei reoli, efallai y bydd angen rhagor o gymorth arno i ddarganfod beth yw'r broblem.

Dyma dechneg rheoli gorbryder syml i'w rhannu gyda'ch plentyn:

- 5 peth y gallwch eu gweld
- 4 peth y gallwch chi gyffwrdd â nhw
- 3 pheth y gallwch chi eu clywed
- 2 beth y gallwch chi eu harogli
- 1 peth y gallwch chi ei flasu

[Gorbryder ac Anhwylderau Gorbryder](#) | [Arwyddion a symptomau](#) | [YoungMinds](#) - Cymorth i bobl ifanc

[Cefnogi Plentyn â Gorbryder](#) | [Awgrymiadau a Chyngor](#) | [YoungMinds](#) - Cymorth i rieni a gofalwyr

Ilinell rhieni

Os ydych yn rhiant neu'n ofalwr i blentyn 5-16 oed

Tecstiwch eich nyrs ysgol ar

07312 263178

Am gyngor a chymorth cyfrinachol



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Os yw eich plentyn yn cael ei addysgu gartref yn ddewisol, cofiwch y gallwch barhau i gael mynediad at wasanaeth nyrsio'r ysgol i gael cefnogaeth a chyngor ar y rhifau cyswllt isod.

Manylion Cyswllt Defnyddiol

Tîm Nyrsio Ysgol Dwyrain Caerdydd: - 029 2183 3114
Tîm Nyrsio Ysgol Gorllewin Caerdydd: - 029 218 32204
Tîm Nyrsio Ysgol y Fro: - 014 4670 4114



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Cymdeithasol



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