



Gofal mewn Galar  
**Cruse**  
Bereavement Care

# Gofal Mewn Galar

Ar Gyfer Plant Wedi  
i Rywun Farw



# Ydy rhywun agos atoch chi wedi marw?

Weithiau, gall gymryd amser hir iawn  
i gredu fydd rhywun sydd yn bwysig  
iawn i chi ddim yn dod nôl.



# Pam ydyn nhw wedi marw?

- mae'n rhaid i bawb farw rywbyrd.
- mae'r mwyafrif o bobl yn marw am eu bod yn hen ac mae eu cyrff yn stopio gweithio.

## Weithiau, mae pobl yn marw...

- am eu bod mor dost dydy'r meddyg ddim yn gallu eu gwella.
- o ganlyniad i ddamwain fel damwain car neu dân.
- gan law rhywun arall; mae hyn yn cael ei alw'n llofruddiaeth.
- weithiau, am nifer o resymau, mae pobl yn lladd eu hunain; mae hyn yn cael ei alw'n hunanladdiad.
- mae rhai pobl yn marw am fod eu gwlad yn rhan o ryfel neu am fod newyn a does dim digon o fwyd i bawb.
- gall digwyddiad natur annisgwyl fel daeargryn neu llif achosi marwolaeth.



# Teimladau

Gall colli rhywun rydych chi'n ei garu wneud i chi:-

## Gall wneud i chi:

- grio a theimlo'n drist iawn;
- teimlo'n grac iawn;
- teimlo'n ofnus iawn;
- teimlo'n unig;
- teimlo'n euog am y pethau y gwnaethoch chi / roeddech chi heb eu gwneud i'r person sydd wedi marw ond cofiwch dydy person ddim yn gallu marw o ganlyniad i rywbeth rydych chi wedi'i ddweud neu ei feddwl;
- teimlo'n dost ac efallai fyddech chi ddim yn teimlo fel bwyta neu'n gallu bwyta;
- teimlo'n ddryslyd;
- efallai y byddwch chi'n anghofio am deimlo'n drist am ychydig ond, yn sydyn, gofio;
- efallai y byddwch chi'n ei chael hi'n anodd cysgu neu efallai y byddwch chi'n deffro sawl gwaith yn ystod y nos;

Mae'n iawn i chi chwerthin a bod yn hapus, does dim yn rhaid i chi fod yn drist;

Dros amser bydd pethau'n gwella.

# Beth sy'n gallu bod o gymorth?

Gellwch chi ofyn cwestiynau am y pethau rydych chi am eu gwybod.

*Mae llawer o bobl yn hoffi...*

- dweud hwyl fawr wrth y person sydd wedi marw. Maen nhw'n gwneud hyn yn yr angladd sydd yn gyfnod arbennig ar gyfer cofio a dweud hwyl fawr;
- mynd i le arbennig i gofio;
- creu bocs neu fag llawn pethau arbennig sydd yn eu hatgoffa o'r person sydd wedi marw;
- tynnu lluniau neu ysgrifennu cerdd, stori neu lythyr i'w rhoi yn y bocs atgofion;
- edrych ar luniau o'r person;
- meddwl am y cyfnodau hapus y cawsoch chi gyda'r person;
- siarad am sut rydych chi'n teimlo;
- fydd rhai pobl ddim am wneud y pethau hyn, mae hynny'n iawn, mae'n bwysig eich bod chi'n gwneud beth bynnag sydd yn teimlo'n iawn i chi.



# Pwy sy'n gallu helpu?

- eich teulu helpu trwy wrando ar sut rydych chi'n teimlo a thrwy hel atgofion am y person sydd wedi marw;
- eich ffrindiau;
- eich athro/athrawes, pennaeth ac oedolion eraill yn yr ysgol;
- mae pobl Cruse wedi derbyn hyfforddiant arbennig er mwyn eich helpu chi ar ôl i rywun farw. Gallen ni eich helpu chi trwy wrando arnoch chi a siarad â chi.



Â chydabyddiaeth ddiolchgar i:-  
Cruse Morgannwg a phawb sy'n rhan  
o ddatblygu'r taflen yma.

# Who can help?

- your family, by listening to how you are feeling and by sharing memories of the person who has died;
- your friends;
- your teacher, head teacher and other adults in school;
- people at Cruse have special training to help you after someone has died. We can help by listening to you and talking with you.



With grateful acknowledgement to:-  
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# What things can help?

You can ask questions about things you want to know.

## Some people like to...

- say good-bye to the person who has died. They do this at the funeral which is a special time for remembering and saying good-bye together;
- go to a special place to remember;
- make a box or bag of special things that remind them of the person who has died;
- draw pictures and or write a poem, story or letters to put in their box of memories;
- look at photographs of the person;
- think about happy times you had with the person;
- talk about how you are feeling;
- some people don't want to do these things, this is Okay, you need to do whatever is right for you.





# Feelings

Here are some of the things that people might feel when they have lost someone they love:-

**It may make you:**

- cry and feel very sad;
- feel very angry;
- feel very afraid;
- feel lonely;
- feel guilty about things you did or did not do for the person who has died, but remember that a person can't die because of anything thought or said;
- feel unwell and you may not feel like eating or be able to eat;
- feel confused and all mixed up;
- you may forget about feeling sad for a while and then suddenly remember;
- you may find it difficult to get to sleep or you may wake up often in the night;

It's Okay to laugh and be happy, you do not have to be sad all the time;

Over time things get easier.

# Why did they die?

- everyone has to die at some time.
- most people die because they are old and important parts of their bodies wear out and then stop working.

## Sometimes people die because...

- they are so ill that their doctors aren't able to cure them.
- an accident has happened, like a car crash or a fire.
- someone else has made them die; the word for this is murder.
- sometimes, for many different reasons, people take their own lives. This is called suicide.
- some people die because their country is at war or there is a famine and there is not enough food for everyone.
- a sudden unexpected event in nature such as an earthquake or flood can also cause death.



# Has someone you cared about died?

Sometimes it can take a very long time  
to believe that someone who matters  
very much to you is not coming back.





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# Bereavement Care

For Children  
After Someone Dies

