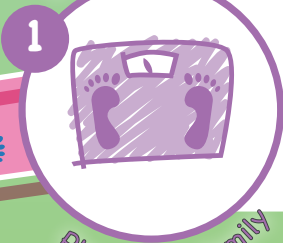




Cynllunio teulu



Planning a family

Os ydych yn bwriadu dechrau teulu, ceisiwch gynnal pwysau iach.

If you are planning to start a family, aim to be a healthy weight.



Weight during pregnancy

Dylech osgoi magu gormod bwysau yn ystod beichiogrwydd.

Avoid gaining too much weight during pregnancy.

Bwydo ar y fron



Breastfeeding

Bwydwch eich baban ar y fron.

Breastfeed your baby.

Bwydydd solet



Solid food

Arhoswch hyd nes y bydd eich babi tua chwe mis oed cyn rhoi bwydydd solet.

Wait until your baby is around six months old before giving solid foods.

Tyfu'n raddol



Growing steadily

Helpwch eich babi i dyfu'n raddol.

Help your baby to grow steadily.

Amser sgrîn



Limit screen time

Cyfyngu ar amser o flaen sgrîn.

Limit screen time.



Playing outdoors

Rhowch gyfle i blant a phlant bach chwarae yn yr awyr agored bob dydd.

Give children and toddlers opportunities to play outdoors every day.

Ffrwythau a llysiau



Fruit and veg

Rhowch ffrwythau a llysiau i'ch plant bob dydd.

Give children fruit and vegetables every day.

Diodydd iach



Healthy drinks

Dwr a llaeth yw'r unig ddiodydd sydd eu hangen ar eich plentyn.

Water and milk are the only drinks your child needs.

Cwsg



Sleep

Helpwch eich plant i gael digon o gwsg.

Help your children have enough sleep.