



Cynllunio teulu

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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.

Pwysau yn ystod beichiogrwydd

2



Weight during pregnancy

Dylech osgoi magu gormod bwysau yn ystod beichiogrwydd.

Avoid gaining too much weight during pregnancy.

Bwydo ar y fron

3



Breastfeeding

Bwydwch eich baban ar y fron.

Breastfeed your baby.

Tyfu'n raddol

5



Growing steadily

Helpwch eich babi i dyfu'n raddol.

Help your baby to grow steadily.

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.

4



Solid food

Bwydydd solet

Bwydwch eich baban ar y fron.

Breastfeed your baby.

0-24 mis  
0-24 months

Chwarae yn yr awyr agored

6



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.

2-5 mlwydd oed  
2-5 years old

Amser sgrîn

7



Limit screen time

Cyfyngu ar amser o flaen sgrîn.

Limit screen time.

Ffrwythau a llysiau

8



Fruit and veg

Rhowch ffrwythau a llysiau i'ch plant bob dydd.

Give children fruit and vegetables every day.

Diodydd iach

10



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.

Helpwch eich plant i gael digon o gwsg.

Help your children have enough sleep.

Cwsg

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Sleep