Ar ôl dechrau, ro'n i'n gweld fod yna fanteision eraill heblaw rhai amgylcheddol. Rydw i'n newid clytiau'r plant yn amlach na fyddwn i efallai wedi gwneud fel arall. Rydw i'n eu gadael heb glwt am ychydig i gael awyr iach, a gallaf ddweud â'm llaw ar fy nghalon na ches i erioed broblem gyda brech glytiau/ llosg pen ôl.

Once I started I found there were many benefits other than environmental ones. I change their nappies more often. I leave them without a nappy for a few minutes to allow plenty of fresh air and I can honestly say I've never had a problem with nappy rash.

Prif achos brech glytiau/llosg pen ôl ydy gwisgo clwt budr am ormod o amser:

- Mae clytiau taflu yn gallu gwneud i rieni gymryd yn rhy ganiataol fod y baban yn 'sych'
- Gall powdr, hufen a hylif o wahanol fathau wneud niwed i'r croen os yw'n cael ei selio i mewn am oriau ar y tro
- Does 'na ddim byd yn cael ei roi mewn clytiau cotwm i wneud iddyn nhw amsugno hylif, fel mewn clytiau taflu

The main cause of nappy rash is prolonged contact with urine and faeces:

- disposables can give parents a false feeling that the baby is dry
- powders, creams and lotions can cause changes to the skin if sealed in for hours at a time
- cotton nappies do not contain absorbent gels

O safbwynt ariannol, mae'n llawer rhatach. Fe wariais i tua £100 ar glytiau a leinwyr i Efa a rwan rydw i'n gallu defnyddio'r un rhai ar gyfer Nel, felly rydw i'n arbed mwy fyth. Gan fod gen i ddau o blant mewn clytiau, mae'n fwy o waith imi, ond o leia' mae gen i'r dewis o ddefnyddio gwasanaeth golchi clytiau.

Financially it's much cheaper. I've spent about £100 in total on nappies, wraps and liners for Efa and now I'm using the same ones for Nel, so I'm saving even more. With two children in nappies, it is more work, but I've always got the alternative of using a nappy laundering service.

Mae defnyddio clytiau cotwm

- rhwng £500 - £1,250 yn rhatach na chlytiau taflu, hyd yn oed â chynnwys y gost o'u golchi eich hunain
- Maen nhw ar gael mewn llawer o siopau'r Stryd Fawr, ac ar sawl gwefan ardderchog ar y rhyngrwyd
- Am yr un pris â chlytiau taflu, gellwch gael eu golchi a'u cludo at garreg y drws

Cloth nappies

- are £500 - £1,250 cheaper than disposables, including the cost of washing
- are available at many High Street stores and on several excellent internet sites
- can be washed and delivered to your door for the same price as disposables

Y peth pwysig ydy gwneud eich gwaith ymchwil yn drwyadl. Drwy ddod o hyd i'r math o glwt sy'n addas ichi ar y dechrau gallwch wneud trefniadau sy'n gweithio o'r cychwyn.

The key thing is to really research it. Find the right nappies at the beginning and sort out a system that works for you.

Am ragor o wybodaeth cysylltwch:

- â'r Project Clytiau Cotwm (Real Nappy Project), Blwch Post 3704, Llundain SE26 4RX, www.realnappy.com (mae'n cynnwys rhestr ardderchog o werthwyr clytiau cotwm ar y we)
- neu Rhwydwaith Amgylcheddol y Merched, Blwch Post 30626, Llundain E1 1TZ, ffôn 020 7481 9004, www.wen.org.uk
- Sustainable Gwynedd Gynaladwy neu Adran Ailgylchu Cyngor Gwynedd am fanylion o wasanaethau golchi clytiau yng Ngwynedd

For more information contact:

- the Real Nappy Project, PO Box 3704, London SE26 4RX, www.realnappy.com (includes good list of cloth nappy internet retailers)
- the Women's Environmental Network, PO Box 30626, London E1 1TZ Tel: 020 7481 9004, www.wen.org.uk
- Sustainable Gwynedd Gynaladwy or Gwynedd Council's Recycling Department for details of nappy laundering services in the area

Cynhyrchwyd y daflen wybodaeth yma gan Sustainable Gwynedd Gynaladwy, mudiad gwirfoddol yn hyrwyddo egwyddorion cynaladwyedd yng Ngwynedd. Rhif ffôn 01766 512 300: post@gwyneddgynaladwy.org.uk. Ariannir y mudiad gan Cist Gwynedd, Cronfa Arbrofol Eryri a Galluogi Gwynedd.

This information sheet was produced by Sustainable Gwynedd Gynaladwy, a voluntary organisation promoting the principles of sustainability in Gwynedd. Telephone 01766 512 300: post@gwyneddgynaladwy.org.uk
This organisation is funded by Cist Gwynedd, Cronfa Arbrofol Eryri and Galluogi Gwynedd

www.gwyneddgynaladwy.org.uk