


# Mae'n Amser Newid Clytiau! It's Nappy Changing Time!

Mae bywyd Nerys Davies yn brysur iawn. Fel arfer mae hi'n gweithio 3 diwrnod yr wythnos, ond ar hyn o bryd mae hi'n hynod o brysur yn edrych ar ôl Efa sy'n 20 mis oed a Nel Grug sydd newydd ei geni. Mae Nerys a'i gŵr hefyd yn ffermio cartre'r teulu, fferm gymysg 300 erw. Penderfynodd Nerys ddefnyddio clytiau cotwm sy'n cael eu golchi. Dyma pam:

Compared to many people, Nerys Davies has a very busy lifestyle. She has her hands full with 20 month old Efa and newborn Nel and, with her husband, attends to the 300 acre farm where they live. Nerys chose reusable cloth nappies. Here she explains why:



Fi ydy Swyddog Bioamrywiaeth Cyngor Gwynedd. Roedd hi'n amlwg imi fod raid inni newid ein harferion, felly dyma fi'n dewis clytiau cotwm ar gyfer y plant.

I am the Biodiversity Officer for Gwynedd Council and I decided to use cloth nappies because I know it's important to change what we do.



Roedd yna ddigon o bobl yn barod i ddweud "Fyddwch chi byth yn gallu dygymod." Ond does 'na ddim problem. Fe allwch chi ddibynnu arnyn nhw bron dwy'r amser - 99.9%. Rydw i'n gorfod golchi tua tri llwyth a hanner yn fwy bob wythnos.

Some people said "You'll never be able to cope". But it's not a big deal. I would say cloth nappies are 99.9% reliable. I do about 3 and a half extra washes a week.

Mae 8 miliwn yn cael eu taflu bob dydd yn y DU -

- fe allen nhw gymryd tua 500 mlynedd i bydru
- maen nhw'n bygwth iechyd dros dymor hir
- mae'n costio £3 miliwn y flwyddyn i awdurdodau lleol Cymru gael gwared ohonyn nhw

8 million disposable nappies are thrown away every day in the UK. They -

- can take up to 500 years to break down
- pose a long term threat to health
- cost Welsh local authorities £3 million a year in disposal

## Clytiau cotwm heddiw:

- maen nhw wedi eu torri i siâp, a does dim angen pinnau
- mae 'na leinin papur ynddyn nhw fel ei bod hi'n hawdd cael gwared o'r gwastraff
- dim ond traean o'r ynni sydd ei angen ar glytiau taflu maen nhw'n defnyddio, ac maen nhw'n hollol addas i'w compostio

## Modern cloth nappies:

- are shaped to fit and need no pins
- come with paper liners for easy disposal of waste
- use less than a third of the energy of disposables and break down in landfill

60°C

Gallwch eu golchi ar 60°C mewn peiriant golchi gyda dillad eraill

Machine wash at 60°C along with other clothes

