



CYRSIAU CYN GENI

Mae'r cyrsiau hyn ar gyfer y rhai a hoffai ddysgu mwy am feichiogrwydd, eich babi sy'n datblygu, datblygiad yr ymennydd, perthnasoedd, rhoi genedigaeth a beth i'w ddisgwyl pan fydd eich babi'n cyrraedd. Argymhellir y dylai'r fam fod 20+ wythnos yn feichiog i fynychu. Mae croeso i'ch partner, perthynas neu ffrind ddod gyda chi.

ANTENATAL COURSES

These courses are for those who would like to learn more about pregnancy, your developing baby, brain development, relationships, giving birth and what to expect when your baby arrives. It's recommended that the mother should be 20+ weeks pregnant to attend. Your partner, relative or friend are more than welcome to attend with you.

Ffon / Tel: 01633 431 685

www.bit.ly/gwentantenatal

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