



# Babanod yn Cysgu'n Diogel - Lleihau'r Risg o Syndrom Marwolaeth Sydyn Babanod

Mae'r cwrs ar gyfer unrhyw un mewn lleoliad gwaith neu deulu mewn cysylltiad â babi, gan gynnwys y sector gwirfoddol, staff meithrinfa, cymorthyddion/gweithwyr proffesiynol gofal iechyd. Yn y DU mae o leiaf 300 o fabanod yn marw yn sydyn ac yn annisgwyl bob blwyddyn. Mae gallu lleihau'r risg o unrhyw farwolaeth sydyn, annisgwyl a heb esboniad o faban sydd yn ôl bob golwg yn iach yn gyfle gwych i bawb sy'n ymwneud â gofal babi

**Keeping Sleeping Babies Safe**

**Do not let babies get too hot (or too cold)**

Do not let babies get too hot (or too cold).  
Keep the head of the baby in your care uncovered when indoors.

- Until about 6 months old, babies can't control their own temperature and they lose excess heat from their heads. Make sure the baby's head cannot be covered by blankets and remove hats.
- When you check a baby, if they are sweating or their tummy feels hot to the touch, take off some of their clothing. Don't worry if their hands or feet feel cool as this is normal, but it is important to ensure babies don't get too cold.
- Babies do not need full (room) air conditioning in early infancy. Keep the room at a temperature between 16-20°C. 18°C (65°F) is just right. A thermometer might be useful.

**CAUTION:**

- Premature babies may need to wear a hat to maintain body heat, so follow neonatal unit advice before removing a hat in these cases.
- Never take your baby into bed with you if he/she has a temperature or is unwell.

**MORE**

Another important message is to not let babies get too hot (or too cold). When you are ready, click the image to reveal additional information and then follow prompts as they are provided.

**Key Messages**

Who can help to reduce SIDS risk?

Parents and family members  
Midwives and Health Visitors  
Volunteers  
Nurses  
Carers  
Everyone!  
Social work staff  
Mental health workers  
Children's home workers  
Public officials who deal with families  
You, when you have completed this training

How do you recognise the risks involved, who do you think might be able to influence the risks of SIDS? When you are ready, click on the baby for some suggestions.

**Keeping Sleeping Babies Safe**

**Dummies can reduce the risk of SIDS**

Swilling a baby to sleep (lay, and right) with a dummy can reduce the risk of SIDS, even if the dummy falls out while the baby is asleep.

- It's possible that using a dummy at the start of any sleep period reduces the risk of SIDS.
- Though, at the moment, The Department of Health does not recommend that all parents use a dummy to reduce the risk of SIDS.
- Stop giving a baby a dummy when between 6 and 12 months old.

Don't give a breastfeeding baby a dummy until breastfeeding is well-established.

Dummies can reduce the risk of SIDS. When you are ready, click the image to see a non-exhaustive review of the reasons.

## Ar gyfer pwy mae'r cwrs?

Mae'r cwrs wedi ei ddatblygu i hybu a chefnogi negeseuon babanod yn cysgu'n ddiogel allweddol i godi ymwybyddiaeth rhieni, aelod o'r teulu neu bobl eraill sy'n dod i gysylltiad â babanod.

## Beth fyddwch chi'n ei ddysgu?

Bydd y dysgwyr yn gwybod sut i gadw babanod sy'n cysgu yn ddiogel a sut i ddod o hyd i adnoddau ychwanegol a'u darparu

Er mwyn hunan-gofrestru ar gyfer y cyrsiau yma, cliciwch ar y linc:  
<https://northwaleslscb.virtual-college.co.uk>

