Gwybodaeth i ferched beichiog sydd angen cefnogaeth ychwanegol i gadw'n ddiogel

Pan fyddwn yn cwrdd â chi gyntaf i gynnig cefnogaeth, os oes unrhyw risgiau amddiffyn plant i'ch babi, rydym yn siarad â chi a'r Gwasanaethau i Blant i helpu i gynllunio i gadw'ch babi yn ddiogel.

Yn ystod eich beichiogrwydd byddwn yn cadw mewn cysylltiad â chi a'r Gwasanaethau i Blant i sicrhau bod gennym y cynllun mwyaf diogel posibl i gadw'ch babi yn ddiogel ar ôl yr enedigaeth.

Efallai y bydd y Gwasanaethau i Blant eisiau cwrdd â chi, deall eich sefyllfa a phenderfynu a oes angen iddyn nhw eich cefnogi chi i gadw'ch babi yn ddiogel. Weithiau gall hyn gynnwys defnyddio cyfarfodydd amddiffyn plant, i wneud cynllun o'r enw “cynllun geni”.

Pan fydd eich babi yn cael ei eni bydd bydwraig yn rhoi gwybod i'r Gwasanaethau i Blant. Nid oes unrhyw gyfnod penodol o amser y mae'n rhaid i chi aros yn yr ysbyty; mae'n dibynnu arnoch chi ac iechyd eich babi.

Os oes angen cymorth arnoch i ofalu am eich babi yn ddiogel, bydd staff mamolaeth a'r Gwasanaethau i Blant yn eich helpu i wneud hyn.

Bydd gweithiwr cymdeithasol eich babi yn ymweld â chi a'ch babi newydd yn y ward Mamolaeth.

Cyn mynd adref cynhelir cyfarfod ar y ward gyda chi, gweithiwr cymdeithasol, bydwraig yr ysbyty a'r ymwelydd iechyd. Mae hyn er mwyn trafod sut mae pethau wedi bod tra'ch bod chi wedi bod yn yr ysbyty a sicrhau eich bod chi a'ch babi yn ddiogel. Gelwir hyn yn gyfarfod rhyddhau.

Os ydych chi'n poeni neu os oes gennych unrhyw gwestiynau, gofynnwch i fydwraig.
I roi gwybod am bryderon am blentyn yn **Rhondda Cynon Taf**, ffoniwch **01443 425006**.
I roi gwybod am bryderon am blentyn ym **Merthyr Tudful**, ffoniwch **01685 725000**.
I roi gwybod am bryderon am blentyn ym **Mhen-y-bont ar Ogwr**, ffoniwch **01656 642320**.

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Information for pregnant women who need extra support to keep safe

When we first meet you to offer support, if there are any child protection risks to your baby, we speak to you and children's services to help plan to keep your baby safe.

During your pregnancy we will keep in touch with you and children's services to make sure we have the safest plan possible to keep your baby safe after the birth.

Children's services may want to meet you, understand your situation and decide if they need to support you in keeping your baby safe. Sometimes this may involve using child protection meetings, to make a plan called a "Birth Plan".

When your baby is born a midwife will let children's services know. There is no set length of time you have to stay in hospital it depends on you and your baby's health.

If you need support to care for your baby safely, maternity staff and children's services will help you do this.

Your baby's social worker will visit you and your new baby at the Maternity Ward.

Before going home a meeting will be held on the ward with you, a social worker, the hospital midwife and the health visitor. This is to discuss how things have been while you have been in hospital and to make sure you and your baby are safe. This is called a discharge meeting.

If you are worried or have any questions, please ask a midwife.
To report concerns about a child in **Rhondda Cynon Taf**, phone **01443 425006**.
To report concerns about a child in **Merthyr**, phone **01685 725000**.
To report concerns about children at risk in **Bridgend**, phone **01656 642320**.

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