

Amser o flaen sgrin Cydbwysedd, mynegiant a therfynau

Taflen adnoddau ychwanegol

Parth Diogelwch Ar-lein ar Hwb

- Byd Ar-lein Eich Plentyn – Canllaw i Rieni
<https://hwb.gov.wales/onlinesafety/resources/resource/ba714016-119a-44dc-818c-6a0d95f6409f/cy>

GIG Cymru

- Fideo: cyfyngu ar amser o flaen sgrin.
<http://www.wales.nhs.uk/sitesplus/888/tudalen/85055>
- Rhowch gyfle i blant a phlant bach chwarae yn yr awyr agored bob dydd
<http://www.wales.nhs.uk/sitesplus/888/tudalen/85054>

Ymchwilwyr Prifysgol Caerdydd a Phrifysgol Rhydychen

- <http://www.ox.ac.uk/news/2017-01-16-moderate-amounts-screen-time-may-not-be-bad-teenagers%E2%80%99-well-being>

Y Gwasanaeth Iechyd Gwladol (amser o flaen sgrin ac iechyd)

- <http://www.nhs.uk/news/2015/02February/Pages/Over-two-hours-screen-time-a-day-may-raise-a-childs-blood-pressure.aspx>
- <https://www.theguardian.com/lifeandstyle/2017/feb/13/screen-time-teenager>

Vodafone: Digital Parenting Magazine

- Cyngor ac arweiniad arbenigol i rieni gan Vodafone.
<http://www.vodafone.com/content/digital-parenting.html>

Amser o flaen sgrin Common Sense Media:

- Canllaw gan Common Sense Media ynghylch sut mae rheoli technoleg ym mywydau eich plant.
<https://www.commonsensemedia.org/parent-concerns>
- Cyngor gan Common Sense Media am osod terfynau amser o flaen sgrin <https://www.commonsensemedia.org/screen-time>

Logiau Amser o flaen Sgrin

- Siart Amser o flaen Sgrin Sefydliadau Iechyd Cenedlaethol
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf>

Academi Paediatregwyr America

- <http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591>
- <http://kidshealth.org/en/parents/screentime-teens.html>

Internet Matters (Pum awgrym ar gyfer amser o flaen sgrin)

- <https://www.internetmatters.org/hub/research/6-10-parents-concerned-kids-will-spend-holidays-glued-devices/>

EU Kids Online: Blog Magu Plant yn yr Oes Ddigidol

- <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/08/04/the-content-and-context-of-screen-use-is-more-important-that-the-amount-of-screen-time/>
- <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/10/26/when-parents-choose-screen-time/>
- <http://eprints.lse.ac.uk/66927/1/Policy%20Brief%2017-%20Families%20%20Screen%20Time.pdf>