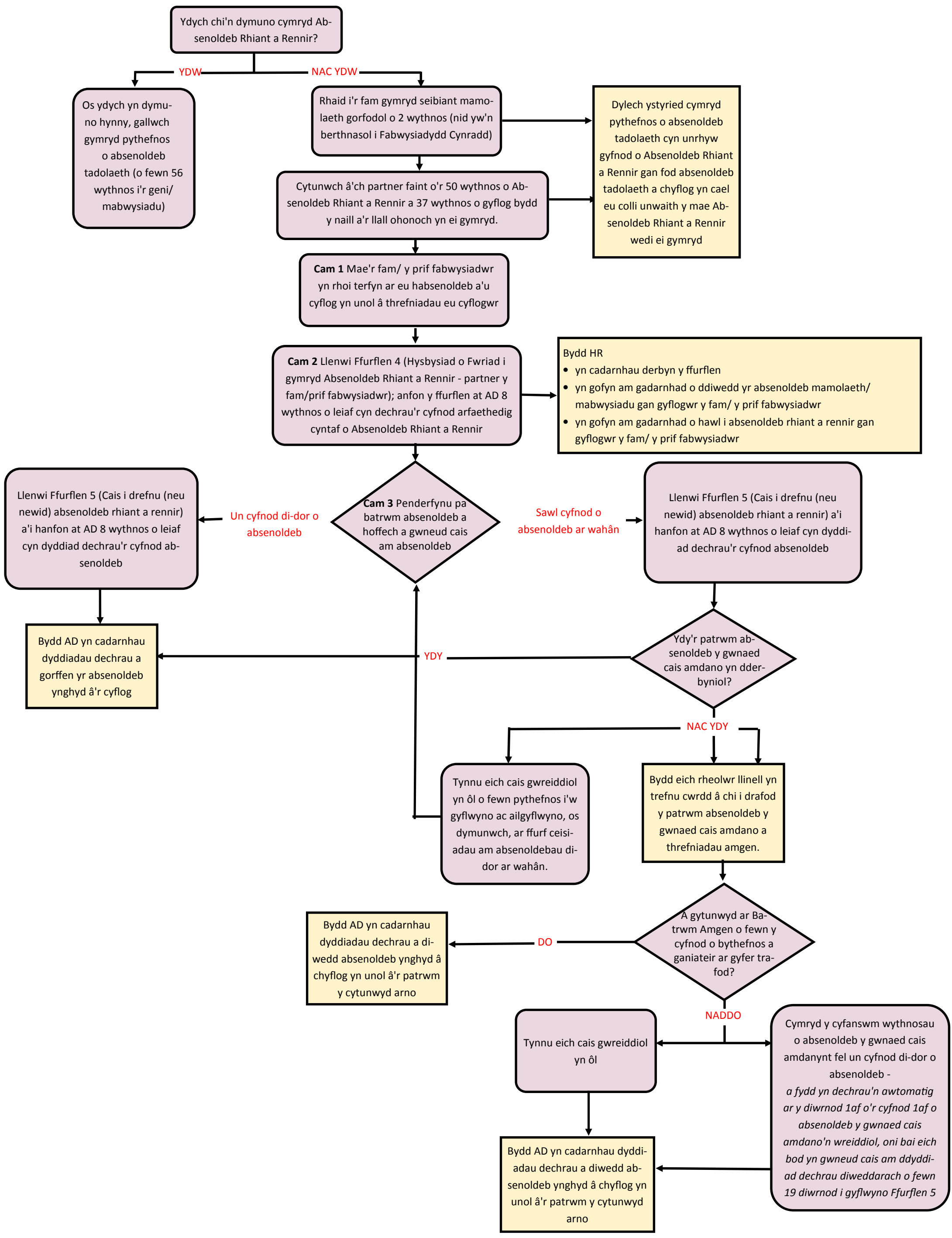Siart llif: Proses cymryd Absenoldeb Rhiant a Rennir os mai chi yw'r tad/ partner y fam neu'r prif fabwysiadwr