

UKONDLIWA KWABANTWANA

UGWALO 1: Ukumunyisa



Loluhele lusekelwa yi:



Ugwalo lokumunyisa (inyanga ezingu 0-5)

Ukumunyisa uchago lwebele lodwa



Amazwi okubonga

Ugwalo lolu luyingxenye yezingwalo zeAmalima, ezokufundisa ezigabeni zethu. Lezi ngwalo zenzelwa amaCare Group Volunteers lamaLead Mother bona abafundisayo. Izifundo eziphiwayo zihlose ukuthuthukisa izigaba ngokukhuthaza ukondliwa kuhle kwabantwana, lokukhuthaza omama ngezempilakahle.

Ukuze zilobe lolugwalo kusetshenziswe ulwazi oluvela engwalweni ezilandelayo:

- *IUNICEF IYCF counselling package*, kubongwa iUnited Nations Children's Fund (UNICEF) New York leCenter for Human Services, ugatsha lweUniversity Research Co., LLC (URC/CHS) olungenzi inzuzo. Ingwalo zemifanekiso zathapha kakhulu ezingwalweni zeIYCF.

Sizathanda ukubonga usizo esiluthole kugatsha lukaHulumende olukhangelane lezempilakahle lokunakekelwa kwabantwana (Ministry of Health and Child Care), lezisebenzi zezabelweni ezaba yingxenye yokuhlolwa kwengwalo lezi.

Okumunyethweyo

Isifundo 1:

Ukumunyisa usanda kubeletha, ukuhlala kuhle nxa umunyisa lokuxhuma ebeleni

Isifundo 2:

Ubuhle bokumunyisa ibele kuphela

Isifundo 3:

Ukuqeda uchago olusebeleni, izikhathi zokumunyisa lokumunyisa nxa umntwana egula

Isifundo 1: Ukumunyisa usanda kubeletha, ukuhlala kuhle lokusondelelana

Injongo



Omama kumele baqalise ukumunyisa besanda kubeletha umntwana elaliswe esifubeni sikanina.

Omama kumele bazi ukuthi uchago lwakuqala kuthiwa ngumthubi.

Omama kumele bazi ukuthi ukumunya komntwana ebeleni ngemva kokubeletha kwenza ibele likamama likhuphe uchago olunengi.

Omama abamunyisayo bangaphungula ubuhlungu bamabele ngokubamba kuhle umntwana.

Okudingakalayo

- 1 *iRegister*
- 2 Okokuvala amehlo (kumbe iziqephu zamalembu)
- 3 Uhlelo lwezifundo
- 4 *Amaflipchart*

Uhlelo lwesifundo 1

1. Yamukela iqembu

- Abantu bonke bayazana ngamagama na? Nxa kungenjalo qala ngokuzethula kwabantu.
- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



2. Dlalani umdlalo: Ingqobe yokuvala amehlo imizuzu engu 10

- 1. Faka imigoqo endleleni phansi esamendeni ukuze kubonwe nguye wonke umuntu (beka izitulo kumbe amacansi, kumbe abanye abantu endleleni eya ngale kwakhona). Khetha indawo udwebe umzila libonisane lapho oqala khona lalapho ocina khona.*
- 2. Tshela abafundi behlukane babe ngambili. Oyedwa afake iqhiye emehlweni, kumbe avale amehlo ukuze angaboni.*
- 3. Omunye oseleyo walaba ababili eluleke omunye wakhe ukuze amsize ayefika ekucineni komzila.*

2. Buza iqembu

- Kuyini okukuncedileyo ukuthi uyefika kwelinye icele?
- Kambe ubungayafika ngale kwelinye icele lendlu ungelasizo?

3. Khuthaza ukuthi kube lengxoxo

- Bekunjani ukuvalwa amehlo?
- Bekunjani ukukhokhela umuntu ongaboniyo?
- Kuyini esingakufunda kulo umdlalo?

4. Okuqakathekileyo

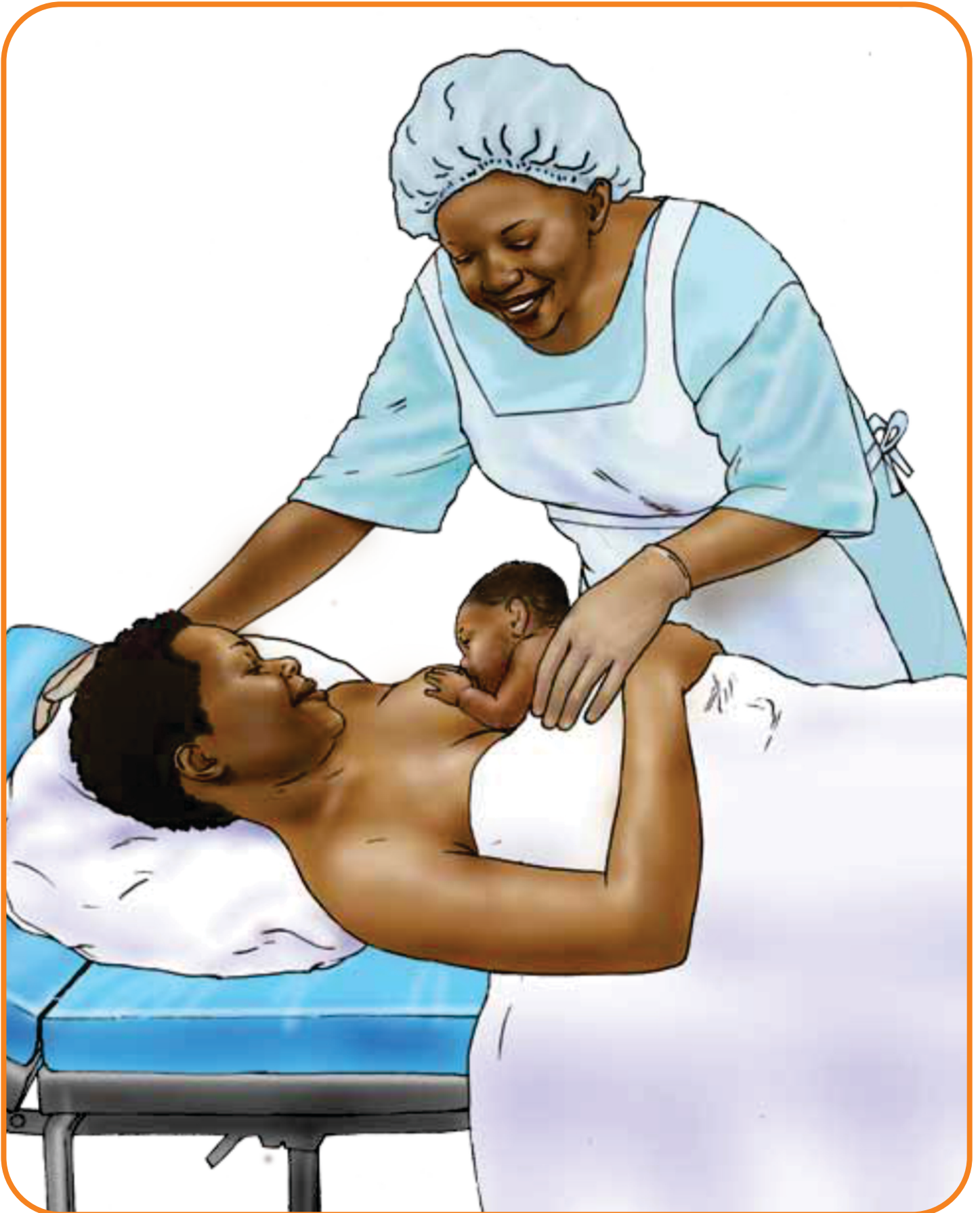
- Nxa sikhokhela amaqembu singabahambeli phambili, singabakhuzi, singabingababalisi. Sixoxisana ngalokho esingakwenza ukuze sondle abantwabethu kuhle.
- Kumele sikhuthazane sisekelane ukuze abantwabethu bakhule kuhle.



Bhala phansi bonke abakhona
Sebenzisa iregister

1. *Buza ukuthi angabe ekhona obelohlupho ngesikhathi behlangana labomama. Xoxani ngazo inkinga omama abahlangane lazo lithole izinqumo zokuzengqabela.*
2. *Bonga bonke omama ngomsebenzi omuhle abawenzayo ubakhuthaze ukuthi baqhubekele phambili.*

**Nxa usuthethe amabizo abo bonke abakhona,
qhubeka uye endatshaneni.**



UMaNyathi ulomntwana (Umfanekiso 1.1)

Tshengisa umfanekiso 1.1 ube usubalela omama indaba

Asengamhlophe! UMaNyathi loNdlovu sebelomntwana! UMaNyathi ubelethele esibhedlela wakhululeka kuhle. Umntwana ngumfana, ibizo lakhe nguThabo. Ngemva kokuquma inkaba lokugezisa umntwana, bamthandela ngengubo bamfaka komunye umbheda besagezisa uMaNyathi. Kwathatha isikhathi ukuthi abelethe uMaNyathi okwenza waswela amandla okumunyisa. Kwathi umntwana esebekwe esifubeni sakhe ukuze amunye, wamunya okwesikhatshanyana kodwa akuphumanga chago.

Umama lomntwana bahanjiswa ewadini ukuze bayephumula. Wazama njalo ukumunyisa umntwana uMaNyathi kodwa akulachago olwaphumayo. UMaNyathi wayesekhathazekile ukuthi umntanakhe kumele anathe okuthile ngakho wabuza umongikazi ukuthi angamnika amanzi yini uThabo. "Hatshi ", watsho umongikazi, "into yakuqala edingwa ngumntwana luchago lukamama". Umongikazi waxwayisa uMaNyathi ukuthi ananzelele abe leqiniso lokuthi umlomo womntwana uvulekile kakhulu isilevu sakhe sisebeleni hatshi ukuthi sibe ngaphandle ekucineni komizo webele. Umongikazi watshela uMaNyathi ukuthi uchago oluphuma kuqala luthiwa ngumthubi njalo luchago oluligugu ngoba luyavikela umntwana emikhuhlaneni.



BUZA

- Owakho umntwana wam'munyisa ngemva kwesikhathi esinganani esanda kuzalwa?
- Uchago lwathatha isikhathi esinganani ukuze luphume?
- Kungani kukhuthazwa omama ukuthi bamunyise abantwana masinyane besanda kuzalwa?
- Uchago lwakuqala luqakatheke ngani?

Xoxani ngemicijo eqakathekileyo elandelayo:

- Umntwana kumele masinyane ngemva kokubeletha. Umntwana alilise esifubeni sikanina ihola lakuqala lokuzalwa lingakedluli.
 - Ukulalisa umntwana esifubeni sikanina kuyanceda ekuqiniseni ubudlelwano phakathi kukamama lomntwana.
 - Umntwana uhlala ekhudumala nxa elalise esifubeni sikanina.
 - Nxa umntwana engamunyi, hlola ukuthi ubanjwe kuhle lokuthi umlomo wakhe uvuleke wakhamsa kakhulu ingono yonke iphakathi komlomo.
 - Umntwana akawadingi amanzi aze abelenyanga eziyisithupha.
 - Uchago oluphuma kuqala kuthiwa ngumthubi
 - Umthubi uvikela umntwana ukuthi angaguli.
 - Umthubi uyancedisa ekukhupheni amaphumelo akuqala.
- Ukumunya ibele komntwana ngemva kokubeletha kuyakhwezela ibele likanina ukuthi likhuphe uchago olunengi.

Indlela eqondileyo yokuphatha lokuxhuma umntwana ebeleni nxa umunyisa

Umfanekiso 1.2a

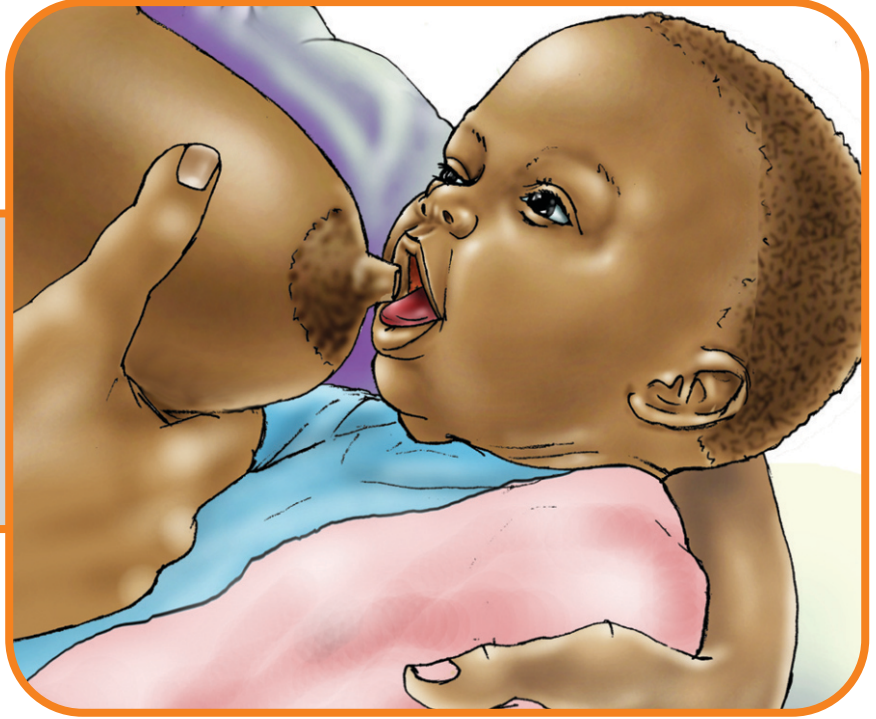


**Ukuvikela ubuhlungu sondeza umntwana eduze.
Sekela ikhanda lomzimba wakhe ngengalo yakho.**

Ukuxhuma umntwana ebeleni nxa umunyisa

Umfanekiso 1.2b

**Umlomo womntwana
uvuleke wakhamisa
kakhulu.**



**Indebe yakhe yangaphansi
igoqekelekele phakathi.
Isikhumba esinengi
sengono esimnyama
sivalwe ngumlomo.**



Indlela eqondileyo yokuphatha lokuxhuma umntwana ebeleni nxa umunyisa

Tshengisa imifanekiso 1.2 kuflipchart



BUZA

Libonani emfanekisweni le?
Yekela omama baphendule bachasise ababona angani baktshelwa yimifanekiso

Xoxani ngemicijo eqakathekileyo elandelayo

- Ukumunyisa ungahlalanga kuhle kwenza ibele libebuhlungu lengono zidabuke
- Ukuvikela ubuhlungu, hlala ngendlela ekwenza uhlaliseke ubambe umntwana eduze. Ikhandla lomzimba komntwana kumele kukhangele ibele besekusekelwa yingalo kamama.
- Bana leqiniso lokuthi intamo yomntwana ayitshilekelanga eceleni.
 - Lokhu kwenza kube lula ukuthi umntwana amunye.
 - Ukuhlala kanje kwenza kungabi lobuhlungu nxa umunyisa.
 - Umntwana uyasutha nxa emunya ngalindlela.
- Umlomo womntwana uvuleke wakhamisa kakhulu. Indebe yakhe yangaphansi igokelekele ngaphandle kwengono yebele. Isikhumba esinengi sengono esimnyama kumele sibonakale kakhulu ngaphezulu komlomo kula phansi komlomo womntwana.
- Isilevu sakhe kumele sithinte ibele.



Buza omama

- Ubona ngani ukuthi umntwana umunya kuhle?



Okwenziwayo: Umdlalo otshengisa indlela eqondileyo yokuxhuma umntwana ebeleni

1. *Cela omunye weqembu olomntwana olenyanga ezingaphansi kwe 6 atshengise abanye ukuthi umunyisa njani.*
2. *Cela abanye omama abaseqenjini ukuthi bakhangele ukuxhunywela lokuphathwa komntwana.*
 - *Umzimba womntwana ukhangele okanina na?*
 - *Umama usekele ikhanda lomzimba womntwana ngengalo yakhe na?*
 - *Umlomo womntwana utshiye isikhumba sengono esimnyama esinengi ngaphezulu kulaphansi na?*
 - *Indebe yomntwana eyangaphansi igoqelekele phandle na?*
3. *Cela abanye labo batshengise ukuthi bona bamunyisa njani. Hlolisisa isimo ngasinye ngasinye ukuze uqiniseke ukuthi umntwana usekelwe njalo uxhumeke kuhle.*
4. *Khuthaza omama bonke ukuthi baqhubeke bemunyisa insane ibele kuphela zize zibe lenyanga eziyisithupha.*



Buzisisa- Imizuzu engu 5

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Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha? Cela omama bakhulumisane lalowo oseeduze labo. Bazakwabelana imibono lokubakhuthazayo ababona bezahlangana lakho ngokusebenzisa lezindlela.



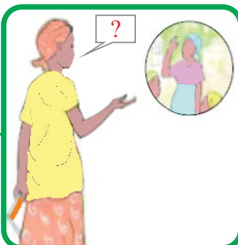
Yazisa- Imizuzu engu 5

Ncedisa ekudingeni amaqhinga okulwisana lenhlupho zabo. Bakhuthaze ukuthi bazizame lezindlela zokwenza izinto ezintsha.



Cela: imizuzu engu 2

- Uzimisele yini ukwenza isinqumo sokuthi uzazama indlela entsha yokwenza izinto esixoxe ngazo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



13.Hlola- 15 imizuzu

- Buza omunye lomunye umama ngezithembiso zabo abazenzayo.
- Wawuthembise ukwenzani kusifundo esidluleyo?
- Usigcinile yini leso sithembiso?

Isifundo 2: Ubuhle bokumunyisa ibele kuphela.



Injongo

- ❑ Omama bazakwanelisa ukuqamba okungaba kuthathu okuhle ngokumunyisa umntwana ibele kuphela aze abe lenyanga eziyisithupha.
- ❑ Omama bazamunyisa ibele kuphela, benganiki insane amanzi, ilambazi kumbe okunye ukudla nxa lezonsane zingakabi lenyanga eziyisithupha.
- ❑ Omama abamunyisa ibele kuphela bazaba leqiniso lokuthi insane zabo zithola ukudla okwaneleyo nsuku zonke ngokubala ukuthi insane zabo zithambisa okwamahlandla amangaki.

Okudingakalayo

- 1 Iregister
- 2 Amalungiselelo esifundo
- 3 Amaflipchart

Uhlelo lwesifundo 2 Yamukela iqembu

- Abantu bonke bayazana ngamagama na? Nxa kungenjalo qala ngokuzethula kwabantu.
- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



Umdlalo: Ngubani umkhokheli-imizuzu engu 10

- Cela omama bahlale benze isigombolozu.
- Cela oyedwa ozinikelayo aphume atshiye isigombolozu aye khatshana labanye okomzuzu owodwa.
- Angaphuma, khetha ozakuba ngumkhokheli.
- Umkhokheli uzakwenza okunengi, njengokuqakeza, ukutshaya unyawo phansi, kumbe ukudlalisa iminwe yakhe esenza umsinjwana.
- Lowo obephumile uyaphenduka ame phakathi kwesigombolozu.
- Umkhokheli weqembu uzaqala ukwenza okuthile, njengokuqakeza abanye balandele. Tshintshani lokho elikwenzayo. Nxa abanye sebebonye okwenziwa ngumkhokheli kumele balandele benze njalo labo.
- Lowo obephandle kumele aqambe ukuthi ubona angani umkhokheli ngubani.
- Nxa angamqamba umkhokheli uyahlala phansi abe yingxenye yesigombolozu, lowo obekhokhela aphume kwabanye.
- Phindani njalo njalo.



Buza omama:

Kuyini esingakufunda kulo umdlalo?

Khuthaza ukuthi kube lengxoxo:

Bakhona abanye esigabeni lasemakhaya abasifakela izinqumo ngendlela esondla ngayo abantwana. Singaqamba elibacabangayo?

Imicijo eqakathekileyo

- Kwesinye isikhathi umuntu owenza izinqumo kakhanyi obala.
- Esikhathini esinengi nxa sihlangani labomama, bakhona abanye empilweni zabo ababenzela izinqumo.
- Kumele sidinge abantu abenza izinqumo emizini sidinge indlela ezikhaliphileyo zokubancenga lokubeluleka ukuthi balandele indlela zempilakahle ezinhle.

Malukazana! Nika
umntwana
ilambazi.





Bhala phansi bonke abakhona



Asiqaleni isifundo ngokukhangela esakwenza kumaviki amane adluleyo

Ukufuqela okuvela emulini

Tshengisa omama umfanekiso 2.1 okufliptchart ube usubala indaba.

Uthabo sekhulile selenyanga eyodwa. Ulomzimba omncinyane kodwa uyakhula. UMaNyathi umnika uchago lwebele lelambazi elilula njengokufundiswa kwakhe nguninazala uMaMoyo. UThabo uyakhala kakhulu, uMaMoyo wamtshela wathi ukhaliswa yikuthi kasuthi ngoba uchago lwebele lodwa alumaneli. UMaNyathi unika uThabo amanzi amalutshwana ngoba ecabangela ukuthi uwomile njengoba kutshisa. Kodwa ke, aze aye ekilnika uMaNyathi wacetshiswa ukuthi umntanakhe kumele amnike uchago lwebele kuphela angamniki okunye ukuze akhule abe lempilakahle lamandla. Uyafisa ukukwenza lokhu kodwa uyesaba ukuthi uMaMoyo uzakuthini, njengoba kunguye omcebiso. UMaNyathi laye ukhathazekile ukuthi uchago lwebele kuphela alusoze luqede ukoma kosane lwakhe. UMaNyathi ucabanga ukuyaxoxa lomngane wakhe uMaSiziba. UMaSiziba unguLead Mother njalo uhlala elusizo. Wethemba ukuthi uMaSiziba angenelisa ukumxwayisa.



Buza

- Libona angani kungani uThabo elomzimba omncane engelamandla?
- Ilambazi elilula lilokudla okwakha umzimba njengochago lwebele na?
- Libona angani uThabo uyoma njalo uyawadinga amanzi phezu kochago lwebele na?
- Yiyiphi eminye imizamo uMaNyathi angayenza ukuze athole ukusekelwa nguMaMoyo ekumunyiseni uchago lwebele lodwa?

Ezinye impendulo zombuzo wesine yilezi ezilandelayo:

- UMaNyathi angacela uninazala uMaMoyo ukuthi angene umhlangano weCare Group.
- UMaNyathi angacela uLead Mother ukuthi ethekele imuli yakhe akhulume labo ngokumunyisa uchago lwebele lodwa.
- Nxa abasemhlanganweni sebenikile impendulo zabo zombuzo wokucina, dlulela kukhasi elilandelayo leflipchart ngokuthi "Asiqathaniseni imicabango yenu lalokhu okwenziwa nguMaSiziba".

Ubuhle bokumunysa ibele kuphela. (Umfanekiso 2.2)

Asiqhubekeleni phambili ngendaba yethu. UMaNyathi uya endlini kaMaSiziba. Uyazi ukuthi uMaSiziba lilunga le*Care Group* ekhonapho njalo ukhuthaza abantu ukuthi bamunyise ibele kuphela okwenyanga eziyisithupha zakuqala. Ucela usizo lwakhe.



Tshengisa omama umfanekiso 2.2 okuflipchart.



Cela omama ukuthi bachasise ukuba babonani emfanekisweni.

Yekela omama baphendule bachaze ukuthi babona angani imifanekiso ekuflipchart ibatshelani.



Yabelana labo imicijo le eqakathekileyo elandelayo

- UMaSiziba sebonise uMaNyathi ukuthi nxa efuna uThabo ukuthi akhule elempilakahle, eqinile kumele amunyise ibele kuphela aze abe lenyanga eziyisithupha.
- Umntwana wonke osanda kuzalwa kusiya kolenyanga eziyisithupha kumele athole uchago lwebele kuphela. Ungamniki amanzi, ilambazi kumbe okunye okudliwayo lokunathwayo ngaphandle kwemithi ayiphiweyo esibhedlela kumbe eklinika.
 - Uchago lwebele lulakho konke ukudla lamanzi afunwa ngumntwana.
 - Lanxa kutshisa kakhulu, uchago lwebele luyaqeda ukoma komntwana.
 - Uchago lwebele aludingi kuhlanganiswa lokunye kumbe ukulungiswa.
 - Uchago lwebele aluthengwa.
 - Ukumunyisa uchago lwebele lodwa okwenyanga eziyisithupha ngeyinye indlela yokuhlela imuli. Ukumunyisa uchago lwebele kungavikela ukuzithwala.
 - Munyisa umntwana sikhathi sonke lapho afuna khona ekuseni, emini lasebusuku.
 - Umama laye uyakhuthazwa ukuthi amunyise umntwana nxa esebona engani umntwana usethethe isikhathi eside engamunyanga
 - Ukunika umntwana okunye ukudla lokunathwayo engakabi lenyanga eziyisithupha kungabangela isihudo. Banengi abantwana ababulawa yisihudo.
 - Abantwana abamunyswa ibele kuphela baba lesihudo kalutshwana kulalabo abaphiwa okunye okudliwayo lokunathwayo.
- Ukunika umntwana ukudla izinyanga eziyisithupha zingakadluli kwenza umama angehlisi uchago.
- Ukunika umntwana okunye ukudla lokunathwayo kuyengeza ingozi yokuthola igcikwane le *HIV* emntwaneni nxa kuyikuthi umama uphila lalo.





Tshengisa omama umfanekiso 2.3 okuflipchart.



Libona angani imifanekiso le itshoni?



Yabelana labo imicijo le eqakathekileyo elandelayo

Sebenzisa okubhalwe kuflipchart ukuze kukukhumbuze ukuthi yiyiphi imifanekiso emele umcijo ngamunye.

- Abantwana abanathiswa uchago lwamagabha bangaba lesihudo.
- Ukunika umntwana olenyanga ezingaphansi kwezingu-6 okunye ukudla ngaphandle kochago likamama kwenza kube lula ukuthi umntwana athole igcikwane le*HIV*.
- Uma umntwana eselenyanga ezingu 6 kusiya phezulu kumele athole ibele likamama kunye lokunye ukudla lokunathwayo. Cina ukumunyisa umntwana esele minyaka emibili kusiya phambili.
- Kuqakathekile ukuthi omama bahlolwe bazi isimo sabo ukuze bavikele abantwababo bangatholi igcikwane le*HIV*.

Ukumunyisa uchago lwebele lodwa lokuvikela-igcikwane le HIV emntwaneni

Umfanekiso 2.3





Okwenziwayo: Uchago lwebele olwaneleyo- imizuzu engu 15

i

Xoxani ngemibuzo elandelayo. Nceda ukuqinisa abesifazana ukuthi balochago olwaneleyo emabeleni lokuthi lunika konke ukudla lokwakha umzimba okufunwa ngumntwana okwenyanga zakuqala eziyisithupha.

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Umama angaqiniseka njani ukuthi umntanakhe uthola uchago lwebele olwaneleyo?

Yengezelela iloba yisiphi sezizatho lezi esingaqanjwanga:

- Emihlanganweni yokuhambisa abantwana esikalini, umntwana uhlala esemgwaqeni obanzi kumfanekiso otshengisa ukukhula kwakhe.
- Umntwana ukhanya esuthi ngemva kokudla.
- Umntwana katshengiseli ukuthi angabe elambile.

Yengezelela: Ikhona eyinye indlela engenza umama AQINISEKE ukuthi umntanakhe uthola uchago lwebele olwaneleyo.

- Bala ukuthi umntanakho uthambisa kangaki ngelanga.
- Nxa ethambisa okuyisithupha kumbe okudlula lapho, umunya okwaneleyo njalo uyasutha.

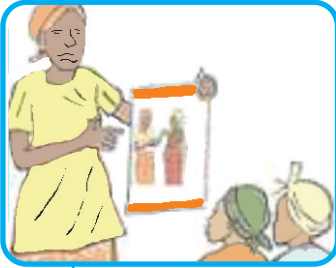
?

Kuyini okumele umama akwenze nxa umntanakhe engathambisi okwamahlndla ayisithupha kumbe okudlula lapho?

- Kamunyise kanengi.
- Kumele amunyise ngaso sonke isikhathi lapho umntwana atshengisa khona ukuthi uselambile (ekhupha ulimi lwakhe phandle alubuyisele, enze imisinjwana angani uyamunya, emunya iminwe, etshekisela ikhanda lakhe ngapha langale kumbe akhale).

Khuluma langale imicijo elandelayo

- Abanye omama bacabanga ukuthi umntwana okhala kakhulu uyabe elambile. Kungenzeka ukuthi kungabi liqiniso lokho. Zinengi izizatho ezenza abantwana bakhale. Ukulamba kungesinye nje sezizatho.
- Umntwana uyakhala nxa egodola, nxa etshiselwa kakhulu, nxa emanzi, nxa esizwa ubuhlungu kumbe nxa efuna unina amnanze.
- Abantwana ngaso sonke isikhathi bayatshengisela ukuthi sebelambile bengakakhaliswa yindlela. Qala ukhangele izitshengiselo zokulamba. Nxa umntanakho ekhala kodwa engazange atshengisele ukuthi angabe elambile, angabe ekhaliswa ngokunye.
- Abanye omama bacabanga ukuthi abantwana abangabafana badinga ukudla okudlula lokho okutholakala echagweni lwebele. Ukunika insane ezilenyanga ezingaphansi kweziyisithupha ukudla kumbe okunathwayo okungayisilochago lwebele uzazifaka engozini enkulu yokungaphili kuhle kumbe ukungakhuli kuhle



Buzisisa- Imizuzu engu 5

?

Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha??
Cela omama bakhulumisane lalowo oseduze labo. Bazakwabelana imibono lokubakhuthazayo ababona bazahlangana lakho ngokusebenzisa lezindlela.



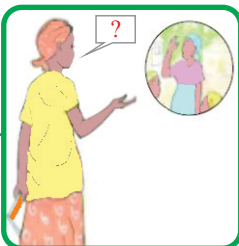
Yazisa- Imizuzu engu-5

Ncedisa ekudingeni amaqhinga okulwisana lenhlupho zabo. Bakhuthaze ukuthi bazizame lezindlela zokwenza izinto ezintsha.



Cela: imizuzu engu-2

- Uzimisele yini ukwenza isinqumo sokuthi uzazama indlela entsha yokwenza izinto esixoxe ngayo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



13.Hlola- imizuzu engu-15

- Buza omunye lomunye umama ngezithembiso zabo abazenzayo.
- Wawuthembise ukwenzani kusifundo esidluleyo?
- Usigcinile yini leso sithembiso?

Uhlelo lwezifundo 3: Ukuqeda uchago olusebeleni, izikhathi zokumunyisa lokumunyisa nxa umntwana egula

Injongo



- Omama kumele bekhangele ukumunyisa njengomunye wemisebenzi yabo njalo bazabeka isikhathi sokumunyisa.

- Omama kumele beqale baqede uchago olusebeleni elilodwa, bemelele umntwana aze anyomuke ebeleni kumbe engasafuni ukumunya, besebemunyise elinye ibele nxa umntwana elokhu elambile.

- Omama kumele bamunyise ngaso sonke isikhathi nxa umntwana eselambile emini kumbe ebusuku okungaba ngamahlandla angu8 ngelanga (kahlanu emini lakathathu ebusuku).

Okudingakalayo

① *iRegister*

② Uhlelo lwezifundo

Yamukela iqembu

- Abantu bonke bayazana ngamagama na? Nxa kungenjalo qala ngokuzethula kwabantu.
- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



Umdlalo: Ngubani umkhokheli-imizuzu engu 10

- Cela omama bame benze isigombolozzi, bathintane ngamahlombe.
- Omunye lomunye umama kumele abambe isandla somunye umama.
- Akumelanga babambe isandla somuntu osezuze labo kumbe ongale kwabo.
- Kumele basebenzise izandla zombili, kodwa ABANGEKE babambe zombili izandla zomuntu MUNYE. Omunye lomunye umama kumele abe abambene izandla labantu ababili abatshiyeneyo.
- Tshela omama bathukule "ifindo".
- Abangeke bayekele izandla. Bangaphakamisa ingalo phezu kwamahlombe, besebeka phezu kwezandla ezithandeleneyo. Bakhuthaze ukuthi basebenze ndawonye ukuthukulula.
- Kumele bacine sebelesigombolozzi esisodwa (abanye bangabe bekhangele phandle kulaphakathi).



Buza omama:
Kuyini esingakufunda kulo umdlalo?
Khuthaza ukuthi kube lengxoxo

Imicijo eqakathekileyo

- Siyadingana ukuze silungise inhlupho.
- Siyakudinga ukuthi bonke abantu bavumelane basizane.



**Bhala phansi bonke abakhona.
Sebenzisa iregister**

Njengoba sesilamadlabuzane asiqaliseni isifundo sethu.

Ukubeka isikhathi sokumunyisa (Umfanekiso 3.1)



**Tshengisa omama umfanekiso 3.1
ubale lendaba.**

UMaNyathi lokhu ezama ukumunyisa uThabo ibele kuphela, njengokuxwayiswa kwakhe nguMaSiziba. Kodwa esikhathini esinengi uba lemisebenzi eminengi okumele ayenze endlini kalaso isikhathi sokuhlala phansi amunyise. Uvuka ekuseni kakhulu athanyele iguma abone lokuthi indlu ihlanzekile. Usuka abesesiya kukha amanzi esibholaneni esingumango njalo kumele alungise ukudla okwekuseni nxa evela khona ukwenzela ukuthi baye emasimini. Ukudla kusalunga esitofini uyabe egezisa imiganu yayizolo ntambama. UMaNyathi uqeda ilanga lonke esebenza emasimini labanye abemuli, lanxa nje kumele abuyele ekhaya kungakabimnyama ukwenzela ukuthi ayekukha amanzi alungise lokudla kwantambama. UThabo utshona loninazala kaMaNyathi uMaMoyo. UMaNyathi umunyisa uThabo nxa angakhala lanxa angahlala phansi esidla kumbe ephumula emsebenzini wakhe wemasimini.



Buza Omama

- Imisebenzi kaMaNyathi iyafanana lokwaziyo yini?
- Ubona angani uMaNyathi kumele amunyiso uThabo ngasiphi isikhathi?
- UMaNyathi angancediswa njani ukuze enelise ukumunyisa umntanakhe kanengi?

Khuthaza ukuthi kube lengxoxo, nxa abantu sebeqedile ukuphendula umbuzo wokucina ungalulela kuflipchart elandelayo uchasisa ukuthi "sesizakhangela ukuthi kungani kuqakathekile ukuthi uMaNyathi athole isikhathi sokumunyisa umntanakhe kanengi".

Ukubeka isikhathi sokumunyisa

Umfanekiso 3.1



Ukuqeda uchago ebeleni elilodwa ungakatshintsheli kwelinye (Umfanekiso 3.2)



Tshengisa omama umfanekiso 3.2 okuflipchart

- Cela omama bachasise ukuthi babonani emfanekisweni.
- Yekela omama baphendule njalo bachasise ukuthi bachanga ukuthi imifanekiso ekuflipchart ibatshelani.

Yabelanani imicijo elandelayo eqakathekileyo

- Nxa umntwana eqalisa ukumunya, uchago lulula njalo lumhlophe.
- Nxa equbeka, uchago luyajiya lubelombala olithanga.
- Uchago lulula njalo lumhlophe luyakuqeda ukoma komntwana.
- Uchago olujiyileyo olulithanga luqeda indlala yomntwana.
 - Yekela umntwana amunye aze asuthe ebeleni elilodwa abesenyomuka.
 - Angavuka, qhubeka umunyisa ngelinye ibele.
- Abanye abantwana basuthiswa libele elilodwa.
- Abanye bamunya mbijana ebeleni lesibili.



Buza omama

?

Yiliphi ibele umama okumele aqale ukumunyisa kulo?

Impendulo Lelobele lapho umntwana amunye okwesikhatshana khona.

?

Ukumunyisa kanje kungengeza njani uchago lwebele?

Impendulo Nxa umunyisa kanengi uba lochago olunengi oluphuma ebeleni.

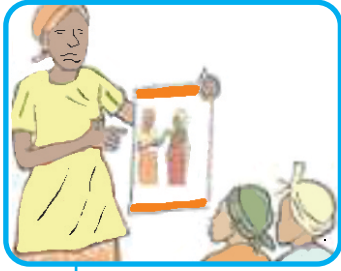
Yana kuflipchart elandelayo

**Yekela umntwana
amunye ebeleni
elilodwa lizeliphele**



**Qhubeka umunyisa
ngelinye ibele
aze asuthe**

Isikhathi esiqondileyo sokumunyisa (Umfanekiso 3.3)



Tshengisa iqembu umfanekiso 3.3 okuflipchart

?

Cela omama bachasise ukuthi babonani emfanekisweni.

Yekela omama baphendule njalo bachasise ukuthi bacabanga ukuthi imifanekiso ekuflipchart ibatshelani.

Yabelanani imicijo eqakathekileyo elandelayo

- Munyisa ngaso sonke isikhathi nxa umntwana elambile emini lebusuku.
- Munyisa okwamahlandla angaba ngu 5 kusiya phezulu ngelanga, langu 3 ebusuku
 - Abantwana balezisu ezincinyane ezifuna ukudla kanengi.
 - Munyisa ngaso sonke isikhathi lapho umntwana atshengisa khona ukuthi uselambile.
 - Ukumunyisa uchago lukamama lodwa ngaso sonke isikhathi lapho umntwana afuna ukumunya khona kungavala ukopha kukamama okwezinyanga njalo kungavimbela ukuzithwala kunyanga zakuqala eziyisithupha.
- Munyisa lanxa ugula
 - Omama abagulayo balochago lwabantwababo olwakha umzimba.
 - Labomama abazacileyo balochago lwabantwababo olwakha umzimba.



Buza omama

?

Yiziphi izitshengiselo zokuthi umntwana uselambile?

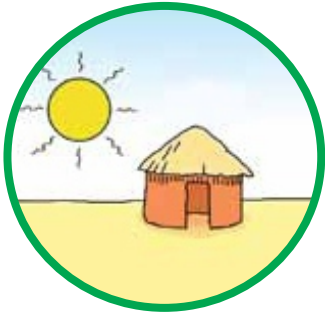
Impendulo

Umntwana ukhuphela ulimi phandle alubuyisele phakathi, wenza angani uyamunya, amunye iminwe yakhe, atshekisele ikhanda lakhe ngapha langale kumbe akhale.

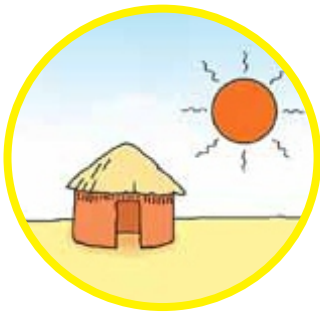
Yana kuflipchart elandelayo.

ISIKHATHI

AMAHLANDLA OKUMUNYISA



ekuseni



emini



ntambama



Munyisa ngaso sonke isikhathi nxa umntwana elambile emini lebusuku. (Okwamahlandla angaba ngu 5 kusiya phezulu ngelanga langu 3 ebusuku)



Munyisa lanxa ugula. Omama abagulayo balokhu belochago lwabantwababo olwakha umzimba

Ukumunyisa nxa umntwana egula (Umfanekiso 3.4)



Tshengisa omama umfanekiso 3.4 okuflipchart

?

Cela omama bachasise ukuthi babonani emfanekisweni.

Yekela omama baphendule njalo bachasise ukuthi bacabanga ukuthi imifanekiso ekuflipchart ibatshelani.

Yabelanani imicijo eqakathekileyo elandelayo

- Nxa umntwana egula umnike ibele lanxa kukhanya angani kalambanga. Ngezelela isikhathi sokumunyisa ilanga ngelanga.
 - Nika umntwana uchago lwebele lemithi ayiphiwe ngudokotela kumbe omunye wezempilakahle.
 - Abantwana abagulayo balahlekelwa ngamanzi ngenxa yokuginqa, ukutshisa komzimba lesihudo.
 - Ukumunyisa kwenza abantwana basile masinyane.
 - Ukumunyisa ibele kuyabaduduza abantwana abagulayo.
 - Abantwana abagulayo bangalahlekelwa yikukhwabitha ukudla.

?

- Omama bayabanika yini abantwana ibele lanxa umntwana ekhanya angani kalambanga?
- Ubona angani amazwi la azanceda abantwana ukuthi basile? Njani?

Gqiba ingxoxo ngokuthi “okwakhatesi asikhangeleni okumele kwenziwe”.





Okwenziwayo: Khokhela iqembu emsebenzini omayelana lokuncedisa omama - Imizuzu engu-15

- ❑ *Cela omama benze umdlalo labanye omama abaseqenjini.*
- ❑ *Omunye umama kumele enze angani unguMaNyathi omunyisa umntwana uThabo. Usemunyise okwemizuzu engu10 wahle watshintshela kwelinye ibele, kodwa uThabo uqhubeka emunya. UMaNyathi usekhathazekile ngokuthi uninazala uzacabanga ukuthi ulivila nxa angaqhubeka elokhu ehlezi emunyisa. Omunye umama uzakwenza angani unguNdlovu umkaMaNyathi, omunye abe nguMaMoyo uninazala kaMaNyathi.*
- ❑ *Indoda, loninazala kumele badlale bencedisa umama omunyisayo. Bangenza eminye imisebenzi yangekhaya umama womntwana esamunyisa, bennika isikhathi sokumunyisa.*
- ❑ *Kungedlula imizuzu emihlanu kusiya kwelitshumi, tshela omama batshintshane indawo zabo. Omunye umama nguye osekumele enze sengathi uyindoda kumbe umamazala.*
- ❑ *Khuthaza omama ukuthi badinge indlela ezintsha zokuncedisana.*
- ❑ *Bukela, khuthaza njalo uncedise omama abalendlupho zokwenza umdlalo.*
- ❑ *Nxa wonke umuntu eseqedile bacele babelane abakufundileyo.*

Khuthaza ukuthi kube lengxoxo:

?

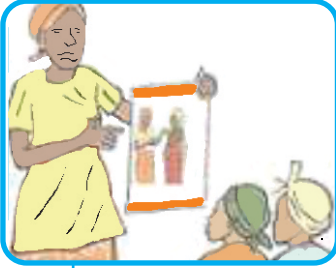
Yiziphi ezinye zezindlela ezingasetshenziswa ngamalunga emuli ukuncedisa omama ukuze bamunyise kanengi?

?

Omama bangalucela njani uncedo?

?

Kutshengisa ubuvila yini ukuthi UMaNyathi ahlale okwemizuzu engu15 ngasikhathi sinye emini ukuze amunyise umntanakhe uThabo.



Buzisisa- Imizuzu engu 5

?

Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha? Cela omama bakhulumisane lalowo oseeduze labo. Bazakwabelana imibono lokubakhuthazayo ababona bazahlangana lakho ngokusebenzisa lezindlela.



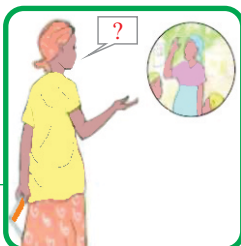
Yazisa- Imizuzu engu 5

Ncedisa ekudingeni amaqhinga okulwisana lenhlupho zabo. Bakhuthaze ukuthi bazizame lezindlela zokwenza izinto ezintsha.



Cela: imizuzu engu 2

- Uzimisele yini ukwenza isinqumo sokuthi uzazama indlela entsha yokwenza izinto esixoxe ngayo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



13.Hlola- 15 imizuzu

- Buza omunye lomunye umama ngezithembiso zabo abazenzayo.
- Wawuthembise ukwenzani kusifundo esidluleyo?
- Usigcinile yini lesi sithembiso?