

# UKONDLIWA KWABANTWANA

## UGWALO 2: Ukupha abantwana ukudla



Loluhelelo lusekelwa yi:



Ugwalo lokufundisa ezigabeni

# Amazwi okubonga

Ugwalo lolu luyingxenye yezingwalo ze*Amalima*, ezokufundisa ezigabeni zethu. Lezi ngwalo zenzelwa ama*Care Group Volunteers* lama*Lead Mother* bona abafundisayo. Izifundo eziphiwayo zihlose ukuthuthukisa izigaba ngokukhuthaza ukondliwa kuhle kwabantwana, lokukhuthaza omama ngezempilakahle.

Ukuze kusungulwe lolugwalo kusetshenziswe ulwazi oluvela engwalweni ezilandelayo:

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

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

## Abaphathise ekusungulweni kogwalo:



**USAID**  
FROM THE AMERICAN PEOPLE



**CNFA**  
Cultivating New Frontiers  
in Agriculture



**International  
Medical Corps**



THE MANOFF GROUP



Loluhlelo lwe*Amalima* luvela ku*United States Agency for International Development (USAID)*, *Office of Food for Peace*. Okumunyethwe lugwalo yimibono yase*CNFA*, akutshengisi imibono ye*USAID* kumbe uHulumende wase*America*.

# Okumunyethweyo

## Isifundo 1:

Ukondliwa kwabantwana abalenyanga ezingu 6 kusiya kwezingu 8

## Isifundo 2:

Ukondliwa kwabantwana abalenyanga ezingu 9 kusiya kwezingu 11

## Isifundo 3:

Ukondliwa kwabantwana abalenyanga ezingu 12 kusiya kwezingu 23

## Isifundo 4:

Ukunika abantwana abagulayo ukudla

## Isifundo 5:

Umlandu wabesilisa ekondleni kwabantwana

## Isifundo 6:

Indlela yokulahla amaphumelo ukwenzela ukwenqabela isihudo

## Isifundo 1: Ukondliwa kwabantwana abalenyanga ezingu-6 kusiya kwezingu-8

### Injongo zesifundo

- ❑ Nxa abantwana sebelenyanga eziyisithupha, omama bayaqala ukunika abantwababo ilambazi elijiyileyo ngemva kokubamunyisa.
- ❑ Omama kumele bamunyise abantwana ngesikhathi sonke nxa sebefuna ukumunya emini lebusuku iloba kunini nxa umntwana angatshengisa ukuthi uselambile.
- ❑ Omama bayangezelela imihlobo yokudla nxa umntwana elokhu ekhula.
- ❑ Omama bayakholwa ukuthi balesikhathi, ubuciko lolwazi lokulungisa ilambazi elijiyileyo besenzela abantwababo abalenyanga ezingu 6-8 kathathu ngelanga.

### Okudingakalayo

- ① Iregister
- ② Iflipchart
- ③ Amankomitsho amabili amanzi\*
- ④ Inkomitsho yensimbi kumbe umganu osetshenziwa ekunikeneni umntwana ukudla



# Uhlelo lwesifundo 1

## 1. Yamukela iqembu

- Abantu bonke bayazana ngamabizo? Nxa kungenjalo qalani ngokwazisana.
- Tshela omama isihloko somhlangano lokuthi lizakwenzani lindawonye.



### Dlalani umdlalo: Ingoma yeAmalima yokumunyisa - imizuzu engu 10

- Tshela omama ukuthi libumbe ingoma ngokumunyisa. Kumele basebenzise imicijo eqakathekileyo bayihlanganise ibe yingoma, kumbe inkondlo.
- Imicijo eqakathekileyo engasetshenziswa ekubumbeni ingoma igoqela:
  - Nika insane uchago lwebele kuhola lakuqala lwempilo zazo.
  - Kuzinyanga eziyisithupha zakuqala nika insane uchago lwebele kuphela.
  - Ukunika okunye ukudla lokunathwayo kubangela imikhuhlane.
  - Munyisa umntwana ibele ngaso sonke isikhathi nxa eselifuna.
  - Hlabeleni ingoma yenu lize liyazi ngamakhanda.
  - Nika omunye lomunye umama ithuba lokuhlabelela abanye ingoma.

## Njengoba sesihlabelile ingoma yethu, asiqaliseni isifundo sethu.

- Bhala phansi bonke abakhona. Sebenzisa *iregister*
- Buza ukuthi angabe ekhona obelohlupho ngesikhathi behlangana labomama. Xoxani ngazo inkinga omama abahlangane lazo lithole izinqumo zokuzenqabela.



## UThabo uyala ukudla kwakhe kwakuqala (Umfanekiso 1.1) Imizuzu engu 10

### Tshengisa umfanekiso 1.1 ubalele iqembu indatshana

UMaNyathi walandela konke ayekucetshiswe nguMaSiziba njalo ubemunyisa uThabo ibele lodwa. Namuhla uThabo uselenyanga ezingu6. UMaNyathi wafunda kumongikazi wekilinika ukuthi sekuyisikhathi sokuthi uThabo aqalise ukudla okunye ukwenzela ukuthi akhule elempilakahle njalo eqinile. Isisu sakhe sesilungele ukudla okubuthakathaka ngakho ke uMaNyathi umlungisela ilambazi elijiyileyo ukuthi adle. Ilambazi lenziwe ngempuphu yomumbu lengxenye yeqanda elibucuziweyo. UMaNyathi uyamangala nxa uThabo ekhwehlela abeseckhangela eceleni. Uyazama njalo ukumfunza kodwa uThabo uyala ukudla. UMaNyathi kasakwazi ukuthi enze njani. Ngelanga elilandelayo uMaNyathi ubona kungcono ukuthi angazami ukunika uThabo ilambazi ngoba ucabanga ukuthi uzakwala ukulidla.



### BUZA

- Libona angani kuyini okwenza uThabo angadli?
- Kuyini okunye okungazanywa nguMaNyathi ukwenzela ukuthi uThabo adle?
- Umama kumele anike umntanakhe ukudla esenganani?
- Owakho umntwana oyisicino wamnika nini ilambazi lakhe lakuqala?
- Yikuphi ukudla owakunika umntanakho wakuqala?

- Khuthaza ukuthi kube lengxoxo. Ungaqondisi impendulo ezingaqondanga.
- Yekela wonke umuntu anike umbono wakhe. Ipheji leli ngelengxoxo hatshi ukufundisa.

Yethula imicijo eqakathekileyo

Kwesinye isikhathi abantwana bayala ukudla. Izizatho zalokho yilokhu:

- UThabo kakujwayelanga ukudla ilambazi.
- UMaNyathi kumele anike uThabo ilambazi elilutshwana kanye kumbe kabili ngelanga uThabo aze alivume ilambazi.
- Umzimba womntwana usukulungele ukudla, kodwa umama kumele amkhuthaze ukuthi adle.
- Isikhathi okuthiwa silungele ukunika umntwana ukudla zinyanga eziyisithupha.
- Omama abanengi banika abantwana ukudla lamanzi lesisikhathi singakafiki, kubangele isihudo lokungakhuli kuhle.



# Ukudla kwakuqala nxa umntwana elenyanga eziyisithupha

UMFANEKISO 1.2



## Ukudla kwakuqala nxa umntwana elenyanga eziyisithupha

(Umfanekiso 1.2) – Imizuzu engu 5



### Tshengisa umfanekiso 1.2

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekufli~~ip~~chart ibatshengisani

## Yethula imicijo elandelayo

- Nxa umntwana eselenyanga eziyisithupha, mnike ilambazi ngemva kokumunyisa
- Uchago lukamama lulokhe luqakatheke kakhulu ekubeni lokudla
- Munyisa ngaso sonke isikhathi lapho umntwana atshengisa ukuthi uselambile
- Lungisa ilambazi ngempuphu yomumbu, unyawuthi kumbe amabele
- Ilambazi kumele lijiye okokuthi liyasalela ekhezweni
- Faka idobi kumbe amaqanda
- Ungafaki itshukela kumbe isawudo
- Faka isipunu esincane samafutha nxa upheka ilambazi



### Buza oMama

- Nxa usane lusala ukudla okutsha unina kumele enzeni?

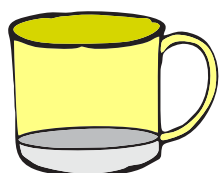
### Impendulo ezingaba khona

- Zama njalo ngemva kwesikhathi
- Faka uchago lwebele elambazini
- Khuluma lomntwana umkhuthaza ukuthi adle
- Nika umntwana ilambazi elifakwe okunye ukudla okutshiyeneyo.
- Zama ukunika umntwana ukudla nxa echumile endaweni ethuleyo



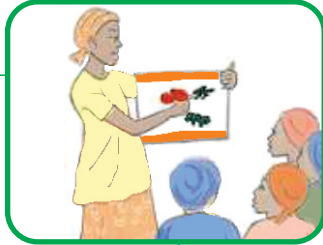
# Isilinganiso sokudla lezikhathi zokunika umntwana ukudla

UMFANEKISO 1.3



## Isilinganiso sokudla lezikhathi zokunika umntwana ukudla

(Umfanekiso 1.3) Imizuzu engu 5



### Tshengisa umfanekiso 1.3

- Cela omama bachasise ukuthi babonani emfanekisweni.
- Yethula imicijo eqakathekileyo elandelayo

- Nxa umntwana eselenyanga ezingu6 mnike izipunu ezinkulu (ezingu 2-3) kabili ngelanga.
- Uchago lukamama lulokhe luqakatheke kakhulu ekubeni lokudla.
- Munyisa ngaso sonke isikhathi lapho umntwana atshengisa ukuthi uselambile



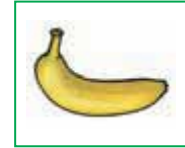
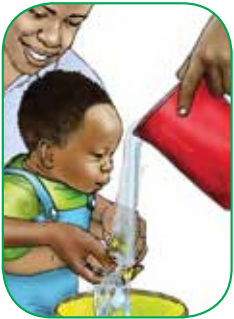
### Yengeza ukudla omupha khona umnike izipunu ezinkulu ezingu 5-6 kathathu ngelanga.

- Kumbe  $\frac{1}{4}$  yenkomitsho yensimbi ngaso sonke isikhathi sakhe sokudla.
- Kungedlula insuku ezintathu faka okunye ukudla okutsha.
- (Omunye lomunye umama kumele abuye lenkomitsho evela ekhitshini lakhe ezasetshenziswa ngu *Lead Mother* ukutshengisa ukuthi isilinganiso lesi singanani.)
- Umntwana angala ukudla okuthile zama ukumnika khona njalo ngelanga elilandelayo.



# Nika umntwana imihlobo etshiyeneyo yokudla

UMFANEKISO 1.4



## Nika umntwana imihlobo etshiyeneyo yokudla

(Umfanekiso 1.4) - imizuzu engu 5



### Tshengisa umfanekiso 1.4

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekuflipchart ibatshengisani

## Yethula imicijo elandelayo

- Yengezelela ukudla okutsha kancane kancane elambazini lomntwana njengedobi lamaqanda.
- Kancane kancane faka inyama ekudleni komntanakho: inyama yembuzi ebuthakathaka, inyama yenkukhu, inyama yenkomo kumbe inhlanzi kungacholwa kufakwe elambazini lomntanakho.
- Izithelo zeganga ezinjengombumbu lomviyo lazo zingabucuzwa kumbe zigigwe zifakwe kulambazi.
- Bucuza izinhlwa ezikhanzingiweyo, amacimbi, amahlabusi lentethe ezidliwayo ufake elambazini lomntanakho.
- Kuzathatha insuku ezilutshwana ukuthi umntwana ajayele ukudla okutsha ngakho ke zama kanengi.
- Qalisa ukufaka isitshwala esivutshiweyo lomsobho, imibhida ebucuziweyo kumbe inyama ephuma embizeni yemuli.
- Ukuhlanzeka:
  - Ukuhlanzeka okuhle kuqakathekile ukwenqabela isihudo leminyemikhuhlane.
  - Geza izandla ngesepa kumbe ngomlotha lamanzi ungakalungisi ukudla lokunika umntwana ukudla.
  - Gezisa izandla zomntwana ngesepa kumbe ngomlotha usebenzisa amanzi agelezayo ungakamuphi ukudla.
  - Geza izandla ngesepa kumbe ngomlotha lamanzi ngemva kokusebenzisa isambuzi kumbe ukwesula amaphumelo omntwana
  - Sebenzisa isipunu kumbe inkomitsho ehlanzekileyo ukunika umntanakho ukudla kumbe okunathwayo.
  - Gcina ukudla okuzaphiwa umntanakho endaweni evikelekileyo njalo ehlanzekileyo.



### **Buza oMama**

- Yikuphi ukudla okungezelelwa ukuthi ilambazi libe lokudla okwakha umzimba

### **Impendulo ezingaba khona**

- Ungaphakulula ilambazi faka amafutha okupheka kumbe idhobi uhlanganise lelambazi emganwini.
- Faka amaqatha amancane enyama egayiweyo, amacimbi, amaqanda abucuziweyo lendumba.
- Faka uchago lukamama, olwembuzi kumbe olwenkomo.
- Faka amathanga, amapopo lamamengo.
- Faka izithelo ezibucuziweyo lemibhida enjengembambayila, amathanga, imiqwente lamatamatisi.
- Zama ngaso sonke isikhathi ukufaka okunye ukudla elambazini

## Nika umntwana imihlobo etshiyeneyo yokudla



Umsebenzi: Pheka ilambazi elijiyileyo

### Qoqa okulandelayo ungakaqalisi:

- Isepa kumbe umlotha wokugeza izandla.
- Inkomitsho ezimbili ezilinganayo zigwaliswe ngaamanzi. Nxa kusenzakala sebenzisa amaglaso kumbe inkomitsho zeplastiki ezikhanyayo emuntwini wonke.
- Imiganu engu 2 elengxenywe yenkomitsho yempuphu komunye lomunye umganu.
- Izipunu ezinkulu ezimbili



### Chasisa:

Ukuze kuisize ukuzwisa ukudingakala kwelambazi elijiyileyo (Hatshi elijiye kakhulu kumbe elilula kakhulu), sizakwenza izibonelo ezilutshwana.

- Okwakuqala chasisa ukuthi isilinganiso samanzi esemankomitshini siyafanana, langokunjalo isilinganiso sempuphu esemiganwini iyalingana.
- Khetha amavolontiya amabili.
- Uvolontiya wakuqala kumele ahlanganise impuphu emganwini owodwa ube yinhlama engamanzi esebenzisa amanzi akweyinye yamankomitsho.
- Inhlama le kumele ijuluke esipunwini nxa sitshekisiwe.
- Uvolontiya wesibili uhlanganisa impuphu ekomunye umganu ibe yinhlama elijiyileyo esalela esipunwini nxa sitshekisiwe.
- Ngemva kokutshengisa ukuthi kwenziwa njani qathanisa amanzi asetshenziswe ukwenza elinye lelinye ilambazi.



### Buza oMama

- Yiwuphi umahluko phakathi kwemiganu engu2 yelambazi.

### Impendulo ezingaba khona

- Ilambazi elilula lilamanzi amanengi.
- Abakho abantwana ujoyele ukubenzela ilambazi elinjani njalo ukwenzelani?
- Libona angani kuyini okwenzakalayo nxa imihlobo yelambazi engu 2 inikwa umntwana?
- Khuthaza ukuthi kube lengxoxo
- Abantwana/insane zilezisu ezincane. Ilambazi elilula lilamanzi amanengi njalo alimniki amandla umntwana njengelambazi elijiyileyo.
- Nxa umntwana eselenyanga ezingu 6 isisu sakhe sesilungele ukudla okuqinileyo.



## Buzisisa- Imizuzu engu 5

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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.



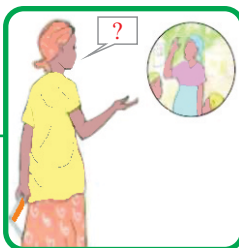
## Yazisa- Imizuzu engu 5

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 ngazo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



## Hlola- imizuzu engu 15

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



## Isifundo 2: Ukondliwa kwabantwana abalenyanga ezingu-9 kusiya kwezingu-11

### Injongo zesifundo

- Nxa abantwana sebelenyanga ezingu 9-11 kumele omama babamunyise ngaso sonke isikhathi lapho umntwana atshengisa khona ukuthi uselambile.
- Ngemva kokumunyisa ibele, omama kumele banike umntwana ingxenye yenkomitsho yensimbi yokudla kathathu ngelanga.
- Omama kumele banike abantwana ukudla okusikwe kwaba yiziqephu ezincinyane, okubucuziweyo, lokugayiweyo umntwana angakudla ngeminwe yakhe.
- Omama kumele balungisele abantwana ukudla okwakha umzimba okudliwa isikhathi sokudla singakafiki.

### Okudingakalayo

- ① IRegister
- ② Inkomitsho ezimbili ezamanzi
- ③ Inkomitsho yensimbi kumbe umganu osetshenziwa ekunikeneni umntwana ukudla





## UThabo uhlezi elambile: Uhlelo lwesifundo 2

### Yamukela iqembu

- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



- Bhala phansi bonke abakhona
- Sebenzisa *iregister*
- Asiqaliseni isifundo

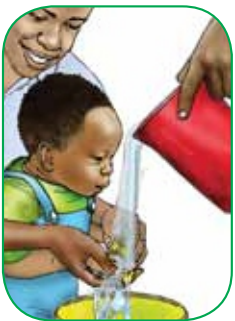
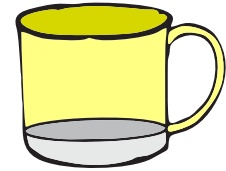
- Tshengisa umfanekiso 2.1 ubalele iqembu indatshana
- UThabo usekhulile, uselenyanga ezingu 9. UMaNyathi umupha ilambazi kathathu ngelanga, kodwa uThabo uyalamba phakathi laphakathi kwezikhathi zokuphiwa ukudla. UMaNyathi ulemisebenzi eminengi, kunzima kuye ukuthi aphekele uThabo kahlanu ngelanga. Umkakhe uNdlovu uthi kuMaNyathi " Yingani ungaphi uThabo ukudla. Ulambisa umntanami."

### Buza oMama

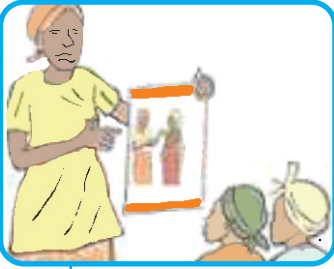
- Khuthaza ukuthi kube lengxoxo. Yekela wonke umuntu anike umbono wakhe.
- Omama bangaphendula umbuzo wokucina, dlulela phambili *kuflipchart* elandelayo ngokuthi, "Asiqathaniseni imibono yenu lemibiko esemaphejini alandelayo."

# Ukondliwa kwabantwana abalenyanga ezingu-9 kusiya kwezingu-11

UMFANEKISO 2.2



## Ukondliwa kwabantwana abalenyanga ezingu 9 kusiya kwezingu 11 (Umfanekiso 2.2) – Imizuzu engu 5



### Tshengisa umfanekiso 2.2

?

Libonani kule imifanekiso?

Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekuflipchart ibatshengisani.

- Nxa umntwana eselenyanga eziyisithupha, uchago lukamama lulokhe luqakatheke kakhulu ekubeni lokudla.
- Nxa umntwana eselenyanga ezingu9 umnike ukudla okuhlafunekayo. Nika umntwana ukudla angakudla ngezandla zakhe njengeziqephu zemiqwente ephekiweyo, amagwili, imbambayila, amakhomane, amathanga leziqephu zezithelo ezinjengemengo, amabhanana lamaorenji.
- Iziqephu kumele zibe zincane ukwenzela ukuthi zingakhami umntwana.
- Nika umntwana umsobho owesitshebo semuli lemibhida ebucuziweyo, inyama, indumba, indlumbu kumbe amazambane konke kubucuziwe.
- Nika umntwana ukudla okudliwa isikhathi sokudla singakafiki kanye kumbe kabili ngelanga njengamatamatisi, umkhemeswane, umviyo lombumbulu kumbe ukudla okuxhwathisiweyo okunjengamaqanda, amagwili, imiqwente lamathanga.
- Zama ukunika umntwana imihlobo yokudla etshiyeneyo ekudleni kwakhe.
- Uganiki umntwana iziwiji, amabhisikiti kumbe amatshiphusi.
- Uganiki umntwana ukudla okuletshukela, okunathwayo okusezimbodloleni kumbe itiye.
- Nika umntwana ukudla emganwini wakhe yedwa ukuze ube leqiniso lokuthi uyaqeda ukudla akuphiweyo.



### Buza oMama

- UMaNyathi unika uThabo ukudla kanengi ngelanga. Ukwenzelani lokhu?

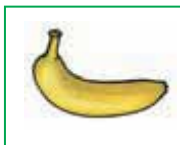
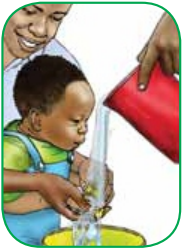
### Impendulo ezingaba khona

- Kafuni ukuthi uThabo aswele ukudla okwakha umzimba.
- Kumele amnike ukudla kanengi ngelanga ukuze akhule elempilakahle njalo eqinile.

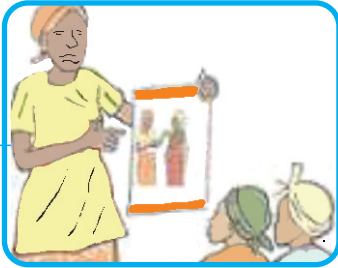


# Ukudla okungezelela okutholakalayo ebeleni

UMFANEKISO 2.3



## Isifundo 2.3: Ukudla okungenzelela okutholakala ebeleni



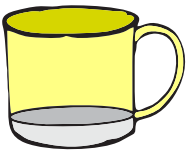
### Tshengisa umfanekiso 2.3

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Cela omama bachasise ukuthi babonani emfanekisweni.

Yethula imicijo eqakathekileyo elandelayo

- Abantwana abalenyanga ezingu 9 kusiya kwezingu 11, banike ukudla okudliwa yimuli kathathu ngelanga ubanike lokudla okuncane okudliwa isikhathi sokudla singakafiki.



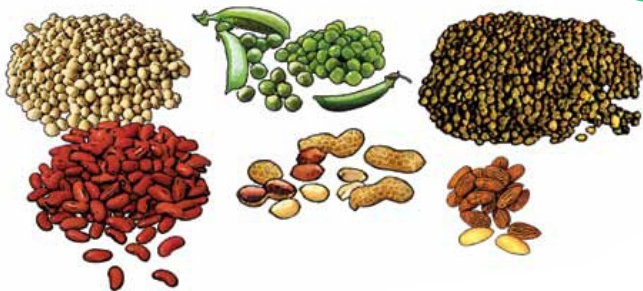
### Qhubeka umunyisa ibele.

- Nika izipunu ezingu 8 zokudla ngaso sonke isikhathi sokudla.
- Lokhu kuyisilinganiso esiyingxenywe yenkomitsho yensimbi.
- Uzakwenelisa ukubona ukuthi umntwana udla okunganani.
- Nxa umntwana elokhu elambile, mnike okunye ukudla.
- Bana lesineke ukhuthaze umntwana ukuthi adle konke ukudla akuphiweyo.
- Sebenzisa umnganu otshiyeneyo ukunika umntwana ukuze ube leqiniso lokuthi umntwana udla konke ukudla akunikiweyo.

Ngemva kwengxoxo yana kufli<sup>ip</sup>chart elandelayo

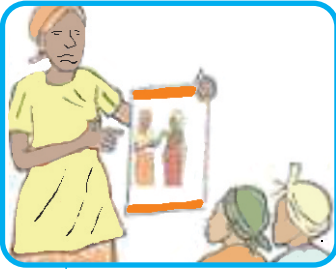
**Ukudla okwakha umzimba okudliwa ngabantwana abalenyanga ezingu 9 kusiya kwezingu 11 isikhathi sokudla singakafiki**

**UMFANEKISO 2.4**





## Ukudla okwakha umzimba okudliwa ngabantwana abalenyanga ezingu 9 kusiya kwezingu 11 isikhathi sokudla singakafiki- imizuzu engu 5



### Tshengisa umfanekiso 2.4

?

Cela omama bachasise ukuthi babonani emfanekisweni.

Yethula imicijo eqakathekileyo elandelayo.

- Nika umntwana ukudla okungaphekanga njengombumbu, amatamatisi, amamengo, amagwava, amaorenji lamabhanana
- Lokhu kudla kulula kubomama ukulungisa.
- Nika umntwana ukudla okuxwathisiweyo njengamaqanda, lamathanga. Nika isinkwa esiphekwa ekhaya.



#### Buza oMama

- Yikuphi ukudla elingakunika abantwana ngaphakathi kwezikhathi zokudla

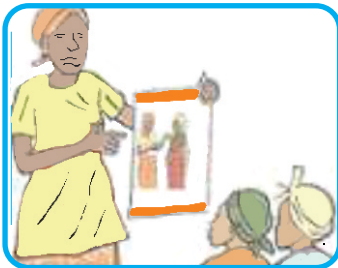
Ngemva kwengxoxo yana kufilipchart elandelayo





### **Umsebenzi: Ingoma ngokupha abantwana ukudla - imizuzu engu 15**

1. Cela abaseqenjini ukuba benze ingoma ngalokho abakufundileyo.
2. Fundani lihlabele ingoma yokupha abantwana ukudla umuntu wonke aze abeyazi.
3. Chasisa: Asifuni ukulibala ngalokho esikufundileyo ngokupha abantwana ukudla. Abantu bonke emakhaya ethu kumele bayifunde ingoma yokupha abantwana ukudla ukuze labo baphathise.



### **Buzisisa- Imizuzu engu 5**

?

Licabangani ngale imiqondo? Kukhona okungalivimbela ukuthi lizame indlela zempilakahle lezi ezintsha? Cella omama bakhulumisane lalowo oseduze labo. Bazaxoxa banikane amaqhinga ukuze benelise ukwenza abakukhuthaziweyo emakhaya.



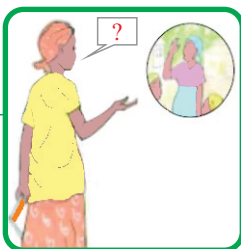
### **Yazisa- Imizuzu engu 5**

Ncedisa ekudingeni amaqhinga okulwisana lenhlu pho 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.



### **Hlola- 15 imizuzu**

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

## Isifundo 3: Ukondliwa kwabantwana: inyanga ezingu 12-23

### Injongo zesifundo



- Nxa umntwana eselenyanga ezilitshumi lambili, omama kumele banike umntwana i  $\frac{1}{2}$  kusiya ku  $\frac{3}{4}$  yenkomitsho yensimbi kahlanu ngelanga.
- Qhubeka umunyisa ngaso sonke isikhathi nxa umntwana esefuna ibele okweminyaka emibili kumbe edlula lapho. Omama kumele babucuze ukudla ukwenzela ukuthi kube lula ukuthi umntwana akuginye.
- Inyama iyabe isikwe yaba yiziqha ezincane.
- Omama kumele banike ukudla okuvela enyamazaneni (amaqanda, uchago olwenkomo loba olwembuzi, inyama), izithelo lemibhida ukwenzela ukuncedisa abantwana ukuthi bakhule belempilakahle njalo beqinile.

### Okudingakalayo

- ① IRegister
- ② Inkomitsho yensimbi
- ③ Ibhakede elincane kumbe imbiza yokupheka
- ④ Inqumbi yenhlabathi (inkomitsho ezine zenhlabathi)

## Uhlelo lwesifundo 3

### Yamukela iqembu

- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



#### Dlalani umdlalo: Ukupheka ilambazi -imizuzu engu-10

- Lo ngumdlalo wokukhumbula. Omama kumele balalele bakhumbule konke okuyabe kutshiwe ngumama ophambi kwabo.
- Cela omama bahlale kumbe bame benze isigombolozini kanye lalo obakhokhelayo.
- Okhokhelayo uqala ngokuthi, "Ngipheka ilambazi njalo ngizafaka..." (ufaka ukudla okugcwele isipunu okungadliwa ngumntwana).
- Akulampendulo ezingaqondanga kulo umdlalo. Omama bangafaka iloba yikuphi ukudla. Isibonelo, " Ngipheka ilambazi njalo ngizafaka idobi."
- Lowomama omi esandleni sokudla salo okhokhelayo uyaphinda atsho amazwi atshiwoyo abesengezelela okunye ukudla. Isibonelo " Ngipheka ilambazi njalo ngizafaka idobi lemibhida elamahlamvu aluhlaza abucuziweyo."
- Qhubekela phambili omunye lomunye umama osesigombolozini esengezelela ukudla okutsha elambazini.
- Qhubeka kanengi ubhoda lesigombolozini umuntu wonke aze acine eshleka.



#### Buza iqembu

- Yikuphi ukudla okwakha umzimba?
- Yikuphi ukudla okumele ungakuniki abantwabakho?
- Abantwabakho uyabanika yini okunye kwalokhu ukudla? Kungani ubapha kumbe ungabaphi?
- Khuthaza ukuthi kube lengxoxo

### Okwakhathesi asiqaliseni isifundo.

- Bhala phansi bonke abakhona labangekho
- Sebenzisa iregister
- Qalisa isifundo



## Uchago lwebele alusuthisi - Imizuzu engu-10 (Umfanekiso 3.1)



### Tshengisa umfanekiso 3.1

**i**

Tshengisa umfanekiso 3.1 beselibala indatshana

UMaNyathi ukhuluma lomngane wakhe labantwana. UThabo uthi angakhala, uyamunyisa amnike lesiqephu seqanda elibilisiweyo. Umntakamakhelwane uthi angakhala, unina umnika ibele lodwa. "Uchago lwami lwebele alusamsuthisi umntanami", uyakhonona umakhelwane. "Thatha lapha", kutsho uMaNyathi. "Ufuna okunye angakudla isikhathi sokudla singakafiki. Umntanakho usedlulise umnyaka. Okwakhathesi usefuna ukudla angakudla isikhathi sokudla singakafiki phezu kokumunya ibele ukuze uqede indlala alayo."



### Buza oMama

- Omunye lomunye umama kuyini akunika umntanakhe?
  - Nguwuphi umama owenza into eqondileyo?
  - Umntanakho olomnyaka owodwa angakhala kuyini omnika khona?
  - Umnika njani?
- 
- Nxa umntwana esedlulise umnyaka owodwa, kumele anikwe ukudla kanengi. Uchago lwebele lodwa alusamsuthisi umntwana kulesisigaba.
  - Ukunika umntwana ukudla okwakha umzimba okudliwa isikhathi sokudla singakafiki kuyindlela enhle yokuqeda indlala.
  - Khuthaza ukuthi kube lengxoxo. Ungaqondisi impendulo ezingaqondanga. Yekela wonke umuntu anike umbono wakhe. Ipheji leli ngelengxoxo ayisilo lokufundisa.

Yana kufliptchart elandelayo



# Ukuqhubeka ngokumunyisa iminyaka 1-2

UMFANEKISO 3.2





## Ukuqhubeka ngokumunyisa: iminyaka 1-2 - imizuzu engu-5 (Umfanekiso 3.2)



### Tshengisa umfanekiso 3.2

?

Cela omama bachasise ukuthi babonani emifanekisweni.

Yethula imicijo elandelayo eqakathekileyo

- Munyisa nxa umntwana esefuna ukumunya.
- Uchago lwebele luyanceda ukwenqabela ukugula.
- Uchago lwebele lungcono kakhulu emntwaneni kulochago lwenkomo kumbe amanzi.
- Abantwana abaqhubeka bemunya bakhula belempilakahle njalo beqinile.



#### Buza oMama

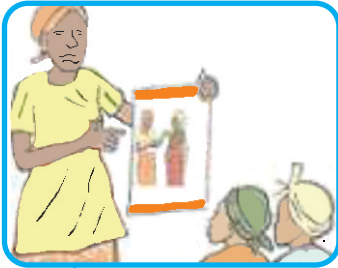
- Kuyini okwenza omama bame ukumunyisa umntwana engakakwanisi iminyaka emibili.
- Singabancedisa njani ukuthi bazwisisise ukuqakatheka kokuqhubeka bemunyisa?

# Isilinganiso lezikhathi zokumunyisa : iminyaka 1-2

UMFANEKISO 3.3



## Isilinganiso lezikhathi zokumunyisa: iminyaka 1-2 - imizuzu engu-5 (Umfanekiso 3.3)



### Tshengisa umfanekiso 3.3

?

Cela omama bachasise ukuthi babonani emifanekisweni.

Yethula imicijo elandelayo eqakathekileyo

- Nika umntwana ukudla okudliwa yimuli kathathu ngelanga umnike lokudla okuncane okudliwa isikhathi sokudla singakafiki kabili.
- Nika umntwana umsobho owesitshebo semuli olemibhida ebucuziweyo, kumbe inyama, indumba lamaqanda.
  - Nika umntwana ukudla okuyi  $\frac{1}{2}$  kusiya ku  $\frac{3}{4}$  yenkomitsho yensimbi ngaso sonke isikhathi sakhe sokudla.
  - Nika umntwana ukudla emganwini wakhe yedwa ukuze ubone ukuthi udla okunganani.
  - Yengezelela ukudla ngokukhula komntwana.
  - Nxa umntwana elokhu elambile, mnike okunye ukudla.
- Qoba kumbe ubucuze ukudla okunzima ukuhlafuna lokuginya.
- Sika inyama kumbe inhlanzi ezomileyo zibe yiziqha ezincane.
- Qoba kumbe ubucuze ukudla okungakhama umntwana.
- Khuthaza umntwana ukuthi azidlele ngokwakhe.



#### Buza abaphatheke ehlelweni

- Kungani uMaNyathi enika umntanakhe ukudla emganwini wakhe yedwa?

#### Impendulo ezingaba khona

Uyenelisa ukuba leqiniso lokuthi umntanakhe udla okwaneleyo malanga wonke

Yana kufli<sup>ip</sup>chart elandelayo

# Ukudla kwabantwana abasakhulayo okwakha umzimba : iminyaka 1-2

UMFANEKISO 3.4





**Ukudla kwabantwana abasakhulayo okwakha umzimba:**  
**iminyaka 1-2 - imizuzu engu-5** (Umfanekiso 3.4)



**Tshengisa umfanekiso 3.4**

?

Cela omama bachasise ukuthi babonani emifanekisweni.

Yethula imicijo elandelayo eqakathekileyo

- Nika umntanakho amaqanda. Amaqanda ayancedisa abantwana ukuthi bakhule kuhle.
- Bilisa amaqanda uhlanganise lendumba lemibhida.
- Bilisa amaqanda uwanike njengokudla okuncinyane okudliwa isikhathi sokudla singakafiki.
- Nika umntwana inyama, amacimbi lenhlanzi ukwakha, imisipha lamathambo aqinileyo. Nanzelela amathambo enhlanzini.



**Buza abaphatheke ehlelweni**

- Yikuphi okunye ukudla okumele kudliwe ngabantwana ukuze bakhule?

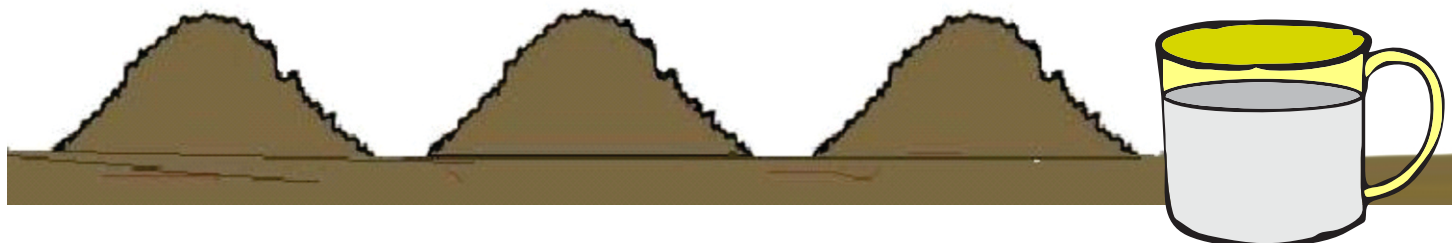
Yana kufli<sup>ip</sup>chart elandelayo



### Umsebenzi:

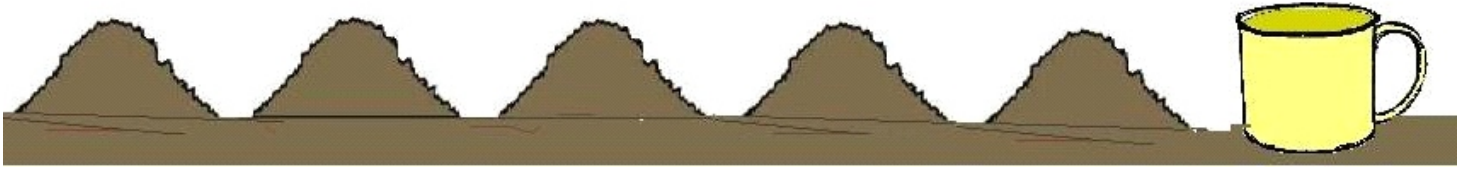
Isisu somntwana  
-imizuzu engu-30

- Umsebenzi ungakaqalisi, qoqa okulandelayo:
  - Inkomitsho yensimbi eyodwa
  - Imbiza
  - Inkomitsho zensimbi ezintathu ezenhlabathi
- Faka inhlabathi embizeni usebenzisa inkomitsho.
- Tshengisa imbiza egcwele inhlabathi
- Chasisa ukuthi inhlabathi le imele isilinganiso sokudla okumele kudliwe ngumntwana olomnyaka owodwa olempilakahle, ngelanga ukuze angafubi njalo aqine.
- Thela inhlabathi phansi ibe zinqumbi ezintathu. Chasisa ukuthi eyinye leyinye inqumbi ingabankulu kancane kule  $\frac{3}{4}$  kokudla okusenkomitshini yensimbi.



- Umntwana olomnyaka (inyanga ezilitshumi lambili) angadla ukudla okunengi kulokuyi  $\frac{3}{4}$  ngesinye lesinye isikhathi sakhe sokudla?
- Chasisa: Mhlawumbe akunjalo. Inkomitsho eyodwa egcweleyo okwe  $\frac{3}{4}$  kunengi kakhulu emntwaneni olomnyaka owodwa (inyanga ezingu 12)
- Cela omama behlukanise inhlabathi ibe zinqumbi ezincinyane- isilinganiso esingadliwa ngumntwana olomnyaka owodwa ngesikhathi esisodwa sokudla.
- Ngemva kokukhetha isilinganiso sokudla okungadliwa ngumntwana olomnyaka owodwa, bacele ukuthi baphinde inqumbi elinganayo baze baqede yonke inhlabathi esebhakedeni. Eyinye leyinye inqumbi imele ukudla okunikwa umntwana.
- Vumela omama baxoxe njalo behlukanise inhlabathi ibe zinqumbi ezilinganayo okwemizuzu ethile baze bahlaliseke ngempendulo yabo.

## Likhethe inqumbi ezingaki?



- Inye kuphela indlela umntwana olomnyaka owodwa angadla ngayo isilinganiso lesi sokudla, nxa angadla izilinganiso ezincane (okungaba yingxenye yenkomitsho yokudla) kahlanu ngelanga. Ngale indlela umntwana uyanelisa ukugcwalisa isisu, kodwa abuye adle okwanele ilanga ngalinye ukuze akhule afike esilinganisweni seminyaka yakhe njalo aqine.
- Kuzakwenzakalani umama angakhetha ukuthi anike umntanakhe ukudla kabili kumbe kathathu ngelanga?

### Chasisa

- Abantwana abalomnyaka owodwa kusiya kwemibili bayasidinga lesisilinganiso sokudla malanga wonke. Nxa umama anganika umntanakhe ukudla kabili kumbe kathathu, umntwana kasoze athole ukudla okwaneleyo. Kasoze akhule kuhle. Kungenzeka angakhuli kuhle abe lomzimba ongelampilakahle.
- Nika umntwana ukudla okuyi  $\frac{1}{2}$  kusiya ku  $\frac{3}{4}$  yenkomitsho yensimbi ngaso sonke isikhathi sakhe sokudla.

## Isifundo 4: Ukunika abantwana abagulayo ukudla



**Injongo  
zesifundo**

- Omama kumele bakhuthaze abantwana abagulayo ukuthi badle, lanxa umntwana esizwa kungatsho.
- Omama kumele bayengeze izikhathi zokudla lokumunyisa nxa umntwana egula ukumncedisa ukuthi asile. Kumele baqhubeke besenza njalo kuzekwedlule amaviki amabili umntwana esilile.
- Omama kumele bakholwe ukuthi ukungancedisi umntwana ogulayo ukuthi adle, lokungamniki okunathwayo kanengi nengi ngelanga, kungenza umntwana engakhuli kuhle, kumfake engozini yokufuba lokucikizeka.

### **Okudingakalayo**

① Iregister





## 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.



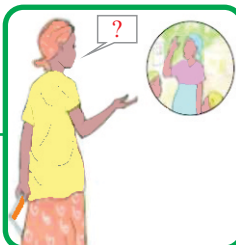
## Yazisa- Imizuzu engu 5

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 ngazo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



## Hlola- 15 imizuzu

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

## 1. Yamukela iqembu

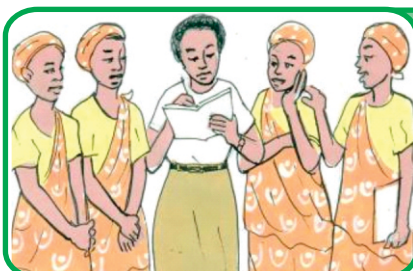
- Abantu bonke bayazana ngamagama na? Nxa kungenjalo qala ngokuzethula kwabantu.
- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



### Umdlalo:

Ukugada umtshova-  
imizuzu engu 10

- Yehlukanisa omama babe ngamaqembu amancane. Nanzelela ukuthi amaqembu alenani labantu elilingeneyo. Kumele kube lamaqembu amathathu kusiya phezulu.
- Elinye lelinye iqembu kumele likhethe umtshayeli womtshova "ohlala phambili". Abanye benze angani bayagada emuva ngemva komtshayeli. "Umtshayeli" uyatshayela engena ephuma phakathi kwamanye amaqembu. Abanye abasemoteni kumele bamlandele.
- Umkhokheli wesifundo uyabiza inombolo entsha. Omama kumele baphangise babumbe umtshova olenani labantu eliqanjweyo. Kungadingakala ukuthi abanye omama badinge omunye umtshova. Nxa imitshova ingagcwala ngenani labantu abaqanjwe ngumkhokheli wesifundo, umtshayeli kumele asuse imota ihambe masinyane. Abaswele imitshova labo mama abasemtshoveni elenani engaqanjwanga ngumkhokheli kumele baphume emdlalweni.
- Umkhokheli wezifundo uyaqhubeka ebiza inombolo ezintsha. Omama kumele baphangise babumbe umtshova ngaleyonombolo. Labo abangenelisiyo ukungena emtshoveni (kumbe nxa umtshova ungelanani eliqanjweyo) kumele bame eceleni "komgwaqo" kuze kubizwe inombolo entsha.
- Qhubeka usebenzisa inombolo ezintsha abantu bonke baze bacine sebehleka.



### Njengoba sesidlalile umdlalo, asiqaliseni isifundo salamuhla.

- Bhala phansi amabizo abantu bonke abakhona.
- Sebenzisa iregister.

# UThabo uyagula, kafuni kudla.

UMFANEKISO 4.1



## Fundisa ngokuqakatheka kokuba losizo kwabanye – imizuzu engu 10 (Umfanekiso 4.1)



### Tshengisa umfanekiso 4.1 ubale lendatshana

UThabo uyagula njalo uyala ukudla. Ngesikhathi uMaNyathi esenza imisebenzi yendlini uninazala uMaMoyo ufunza uThabo. UMaMoyo uchasisela uMaNyathi "Sengike ngabona abantwana becikizeka imizimba ngenxa yemikhuhlane emncinyane bacine begula kakhulu. Ukuze sincedise uThabo ukuthi asile abe lempilakahle, kumele simkhuthaze ukuthi adle". Ubeka uThabo enyaweni zakhe abesemhlabelela ngapha emncedisa ukudla. UThabo uyadla aqede konke ukudla okusemnganwini wakhe.



### Buza

- Kuyini okwenziwa nguMaMoyo ukuncedisa uThabo ukuthi asile?
  - Kungaba ngumqondo omuhle yini lokhu? Ngenxa yani?
  - Ungenzani nxa umntanako esizwa kusithi engadli?
- 
- Khuthaza ukuthi kube lengxoxo. Yekela wonke umuntu anike umbono wakhe.
  - Omama bangaphendula umbuzo wokucina, dlulela phambili kuflipchart elandelayo ngokuthi, "Asiqathaniseni imibono yenu lemibiko esemaphejini alandelayo."

Yana kuflipchart elandelayo



# Umntwana ogulayo angabasengozini yokucikizeka umzimba

UMFANEKISO 4.2



## Umntwana ogulayo angabasengozini yokucikizeka umzimba- imizuzu engu-5 (Umfanekiso 4.2)



### Tshengisa umfanekiso 4.2

- Ngokubona kwenu imifanekiso le itshengisani?
- Yethula imicijo elandelayo eqakathekileyo
- Sebenzisa okubhalwe kuflipchart ukukukhumbuza ukuthi yiwuphi umfanekiso ohamba lawuphi umcijo

### Yabelanani imicijo elandelayo eqakathekileyo

- Nxa abantwana begula ngezinye izikhathi abakukhwabithi ukudla.
  - Kungenzeka ukuthi abantwana bangatshengiseli ukuthi balambile.
  - Abantwana bangabe bengelamandla okuzidlela bodwa.
- Khuthaza abantwana ukuthi badle lanxa bekhanya bengalambanga.
  - Sebenzisa izingoma lemidlalo ukubakhuthaza ukuthi badle.
  - Nika umntwana ukudla akuthandayo ukumkhuthaza ukuthi adle.
  - Nika umntwana imsobho lelambazi lokunye okulula ukuthi akudle.
- Abantwana abangakhuthazwayo ukuthi badle bangacina besengozini yokufuba lokucikizeka.
- Umntwana odla kancinyane uswela amandla. Kakukhwabithi ukudla.
  - Abantwana abangakhuthazwayo ukuthi badle badla ukudla okulutshwana.
  - Abantwana abathethiswayo batshaywe ngenxa yokuthi abadli kabakhuli kuhle.
  - Abantwana abangancediswayo ukuthi badle bangacikizeka umzimba.



### Buza oMama



Kungani abanye abazali bethethisa abantwana nxa bengadli?  
Ukuthethisa lokutshaya umntwana kuphazamisa njani ukukhula kwakhe?

#### Impendulo

- Umntwana ucina esesaba angakhuli kuhle.
- Umzimba womntwana awuphatheki kuhle njalo angagula.
- Umntwana udla okuncinyane abesecikizeka umzimba.

Yana kuflipchart elandelayo

**Ukwengezelela isikhathi sokudla nxa umntwana egula  
lokungezelela izikhathi zokumunyisa**

UMFANEKISO 4.3



# Ukwengezelela isikhathi sokudla nxa umntwana egula lokungezelela izikhathi zokumunyisa – imizuzu engu-5

(Umfanekiso 4.3)



## Tshengisa umfanekiso 4.3

- Ngokubona kwenu imfanekiso le itshengisani?
- Yethula imicijo elandelayo eqakathekileyo
- Sebenzisa okubhalwe kuflipchart ukukukhumbuza ukuthi yiwuphi umfanekiso ohamba lawuphi umcijo.

## Yabelanani imicijo elandelayo eqakathekileyo

- Munyisa umntwana kanengi okwedlula okujwayekileyo nxa egula, qhubeka umunyisa ngale indlela okwamaviki amabili esilile.
- Abantwana abagulayo badla mbijana njalo banatha kancane nxa begula.
- Bakhuthaze ukuthi bamunye kanengi.
- Uchago lukamama luyanceda ukuthi umntwana athole amandla.
- Umaumntwana egula yengezelela izikhathi zokudla ngelanga linye ngalinye.
- Ukwengezelela ukudla lokunathwayo kuyavikela umntwana engozini yokufuba lokucikizela.
- Ukwenza lokhu kuyanceda ngoba umntwana ukhula eqinile elomzimba omuhle.
- Khuthaza umntwana ukuthi adle, ungambambi ngamandla. Woba lesineke.



Yikudla okunjani okumele kuphiwe abantwana ukubancedisa ukuthi basile?

- Nika umntwana ukudla okutshiyeneyo. Ungamnika inyama, amaqanda, uchago, amajodo, indumba ezitshiyeneyo, izithelo, imibhida lokunye ukudla.
- Unganiki umntwana iziwiji, amabhisikithi kumbe amatshipisi.
- Ungamniki okunathwayo okuletshukela okunjengama"frozen", inamunede lembodlela kumbe itiyi.





### **Umsebenzi:**

Okwenziwayo okuhle lokubi-  
imizuzu engu 30

- Xoxani ngalokho elikufundileyo ngokukhuthaza abantwana abagulayo ukuthi badle.
- Cela omunye lomunye umama akhulume lalowo ohlezi eduze laye ngokubili abakufundileyo ngokukhuthaza abantwana abagulayo ukuthi badle
- Xoxani ngemiqondo eqanjwe ngomama seliliqembu lonke.
- Tshono ngamafitshane okuhle okuqanjwe ngomama.
- Cela omunye lomunye umama akhulume lalowo ohlezi eduze laye. Kumele batsho okungamelanga kwenziwe emntwaneni ogulayo.
- Xoxani ngemiqondo eqanjwe ngomama seliliqembu lonke.
- Gcizelela ukuthi ukwenza okungakhuthazwayo yingozi njalo kungenza umntwana angadli acine engasakhuli kuhle.
- Buza omama ukuthi ngobani abanye abancedisa ekunikeneni abantwana ukudla. Bakhuthaze ukuthi babelane labanye ekhaya abagcina abantwana.
- Phendula imibuzo



## 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.



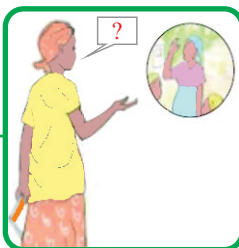
## Yazisa- Imizuzu engu 5

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.



## Hlola- 15 imizuzu

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

## Isifundo 5: Umlandu wabesilisa ekondlweni kwabantwana

### Injongo zesifundo

- Isifundo lesi senzelwe omama abakucare *group* labobaba labanye abesilisa abasesigabeni;
- Nxusa amaqembu abobaba asesigabeni kusifundo lesi unxuse lenkokheli zesigaba.

### Okudingakalayo

① Iregister

② Iflipchart

### Yamukela iqembu

- Tshela omama labobaba okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



### Dlalani umdlalo: Ukunyenzeza- imizuzu engu 10

- Abafundi bahlala benze isigombolozzi, omama bodwa labobaba bodwa.
- Okhokhela izifundo ucabanga umutsho omude onjengokuthi " E Amalima sithi nxa umunyisa kakhulu uba lochago olunengi emabeleni".
- Unyenyezela umuntu oseeduze laye esandleni sakhe sokudla. Lowo othole umbiko uwudlulisela phambili komunye olandelayo esigombolozini.
- Qhubekani linyenyezelana umbiko uze uyefika emuntwini osekucineni kwesigombolozzi.
- Qathanisani umutsho wokucina lowokuqala. Okuvamileyo yikuthi umutsho uyaguquka ngesikhathi abantu benyenyezelana.
- Phindani umdlalo lisebenzisa umutsho omutsha.

#### Sifundani kulo umdlalo?

- Kwesinye isikhathi umutsho uyaguquka ngesikhathi abantu bewuqhubelana.
- Nxa singezwa kumbe singazwisisi kumele sibuze imibuzo sidinge ukuchasiselwa.
- Ngenxa yokuthi ulwazi lwabiwa ngokusuka komunye lusiya kwabanye abanengi, kumele siqaphele ukuthi siyezwa kuhle okuyikho okutshiwoyo, sikuphinde njengoba sikuzwile.

- Njengoba sesidlalile umdlalo, asiqaliseni isifundo.
- Bhala phansi amabizo abantu abakhona
- Sebenzisa *iregister*- imizuzu engu 5

# Umlandu wabesilisa ekondlweni kwabantwana

UMFANEKISO 5.1



## Isifundo 5.1: UMaSiziba unika umntwana ukudla - imizuzu engu 10

### Balani indatshana elandelayo

UMaSiziba uhlezi phandle kwendlu umunyisa umntwana uSipho oselenyanga ezingu8 umkakhe uDube yena ufaka inkalakatha yezigubhu ebhareneni. Usendleleni yokuyakukhela imuli yakhe amanzi esikotsho. Uhlanguana loNdlovu umkaMaNyathi laye esiya esikotsho. UNdlovu uyakhuluma ngaphakathi kwakhe, "Kungani uDube esikha amanzi umkakhe ezihlalele ngekhaya emunyisa". Ngemva kwesikhathi uDube usevela esikotsho usehlezi phansi enika uSipho ilambazi eliphekwe nguMaSiziba. UMaSiziba yena uphathekile uwatsha impahla. UNdlovu uyadlula eduze. Uyama anyikinye ikhanda lakhe, "Kutsho ukuthi uDube udlisiwe? Unika umntwana ukudla! Ngumsebenzi wabantu besifazana lo!"



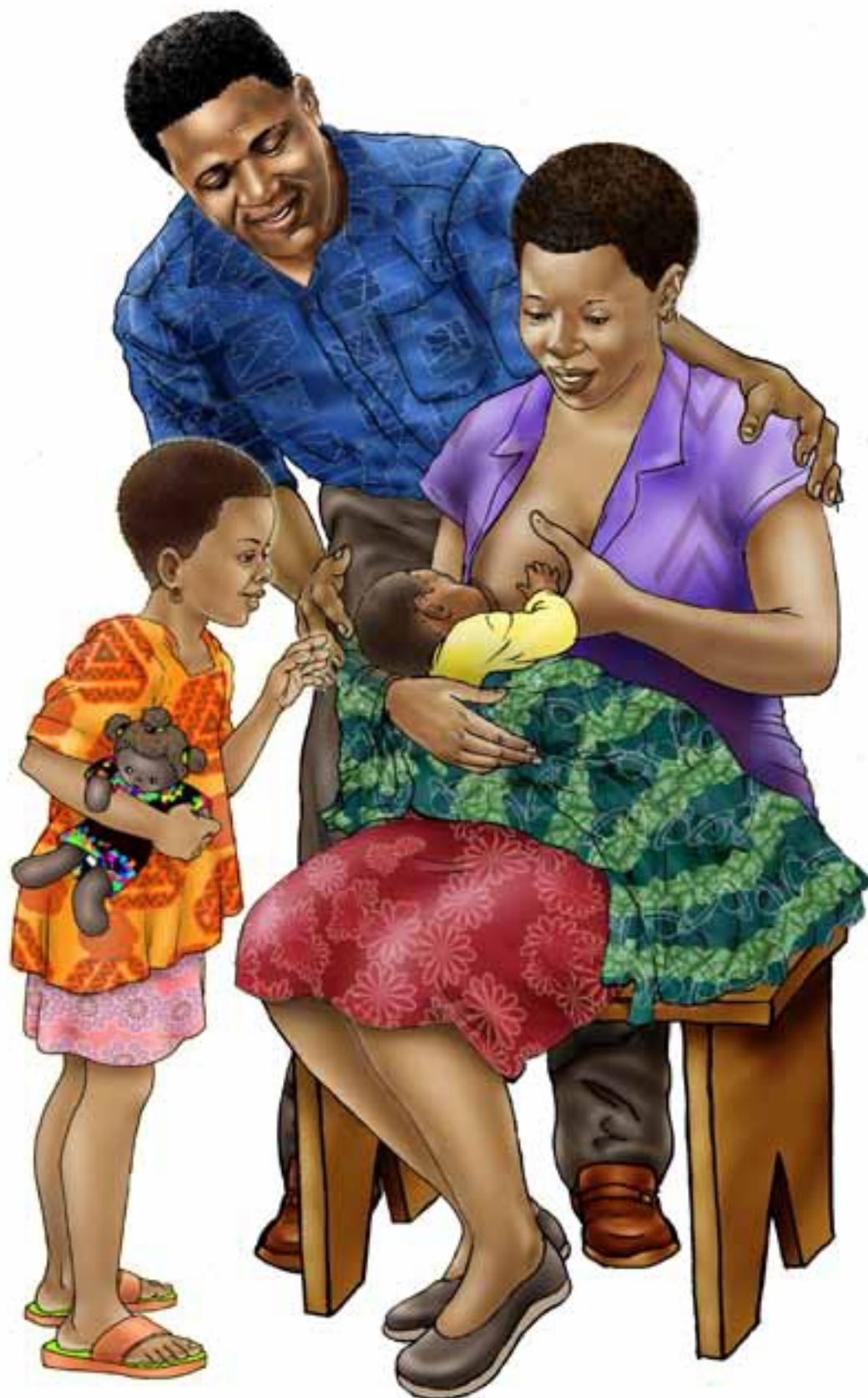
### BUZA

- Kungani uDube emangaliswa yilokhu akubonayo?
- Kuyinto ejayelekileyo yini ukuthi abesilisa bancedise ngemisebenzi yangekhaya?
- Kuyinto ejayelekileyo yini ukuthi abesilisa bancedise ukukhangela abantwana?
- Kuyini okuhle okwenziwa ngumkakho ukukuncedisa wena labantwana?

- Khuthaza ukuthi kube lengxoxo. Yekela wonke umuntu anike umbono wakhe.
- Abafundi bangaphendula umbuzo wokucina, dlulela phambili ku*flipchart* elandelayo ngokuthi, "Asiqathaniseni imibono yenu lemibiko esemaphejini alandelayo."

Yana ku*flipchart* elandelayo





## Ukuphathisa ekumunyiseni - imizuzu engu 5 (Umfanekiso 5.2)



### Tshengisa umfanekiso 5.2



Cela omama labobaba bachasisa ukuthi babonani emifanekisweni.

### Yethula imicijo elandelayo eqakathekileyo

- Obaba balakho ukukhuthaza ukumunyisa ibele lodwa okwenyanga ezingu 6 umntwana esanda kuzalwa.
- uSipho engakafikisi inyanga ezingu 6 uDube wayengavumi ukuthi anikwe ukudla kumbe okunathwayo.
- Wavumelana loMaSiziba ukuthi uchago lukamama yilo olulunge kakhulu.
- Khuthaza omama ukuthi bamunyise lanxa begula.
- Uchago lukamama yilo olulunge kakhulu ekudleni lokunathwayo ebantwaneni abancane.

- Obaba balakho ukuncedisa ngemisebenzi yendlini ukuze omama abamunyasayo bathole isikhathi esinengi sokumunyisa.
- UDube uhamba kabili esikotsho ngeviki ngoba uyanelisa ukuthwala amanzi amanengi ngebhara.
- Uyancedisa lekunikeni umntwana ukudla nxa esenelisa.
- UMaSiziba ulendawo encane yokusebenza emasimini ukwenzela ukuthi athole isikhathi esinengi sokumunyisa uSipho.

- Obaba balakho ukukhuthaza omama abamunyasayo ukuthi badle ukudla okudliwa isikhathi sokudla singakafiki kabili nsuku zonke.
- UDube ukha amamengo esihlahleni anike uMaSiziba amanye.
- Uyazi ukuthi omama abamunyasayo kumele badle ukudla okuncane okudliwa isikhathi sokudla singakafiki nsuku zonke.



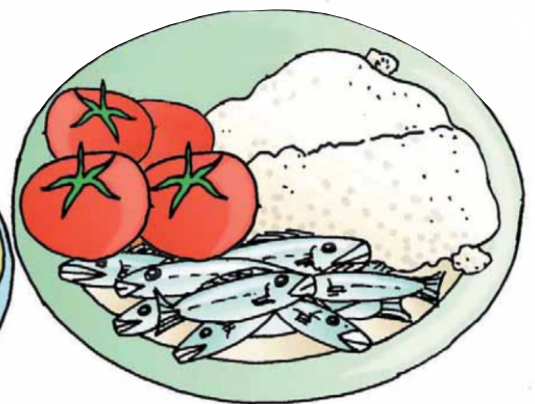
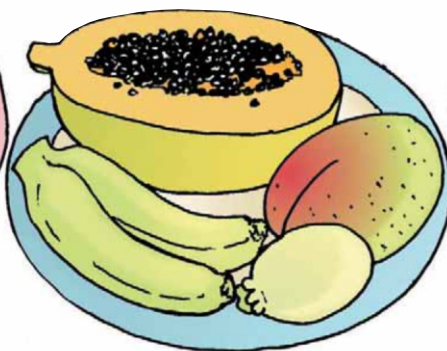
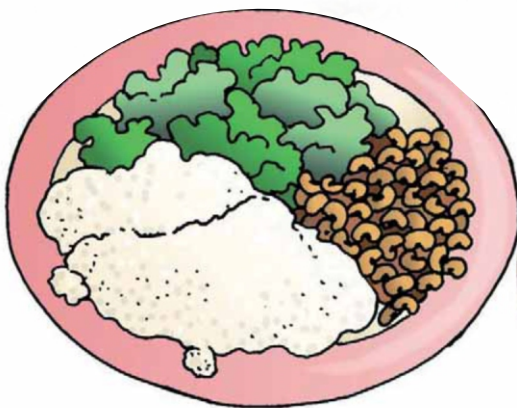
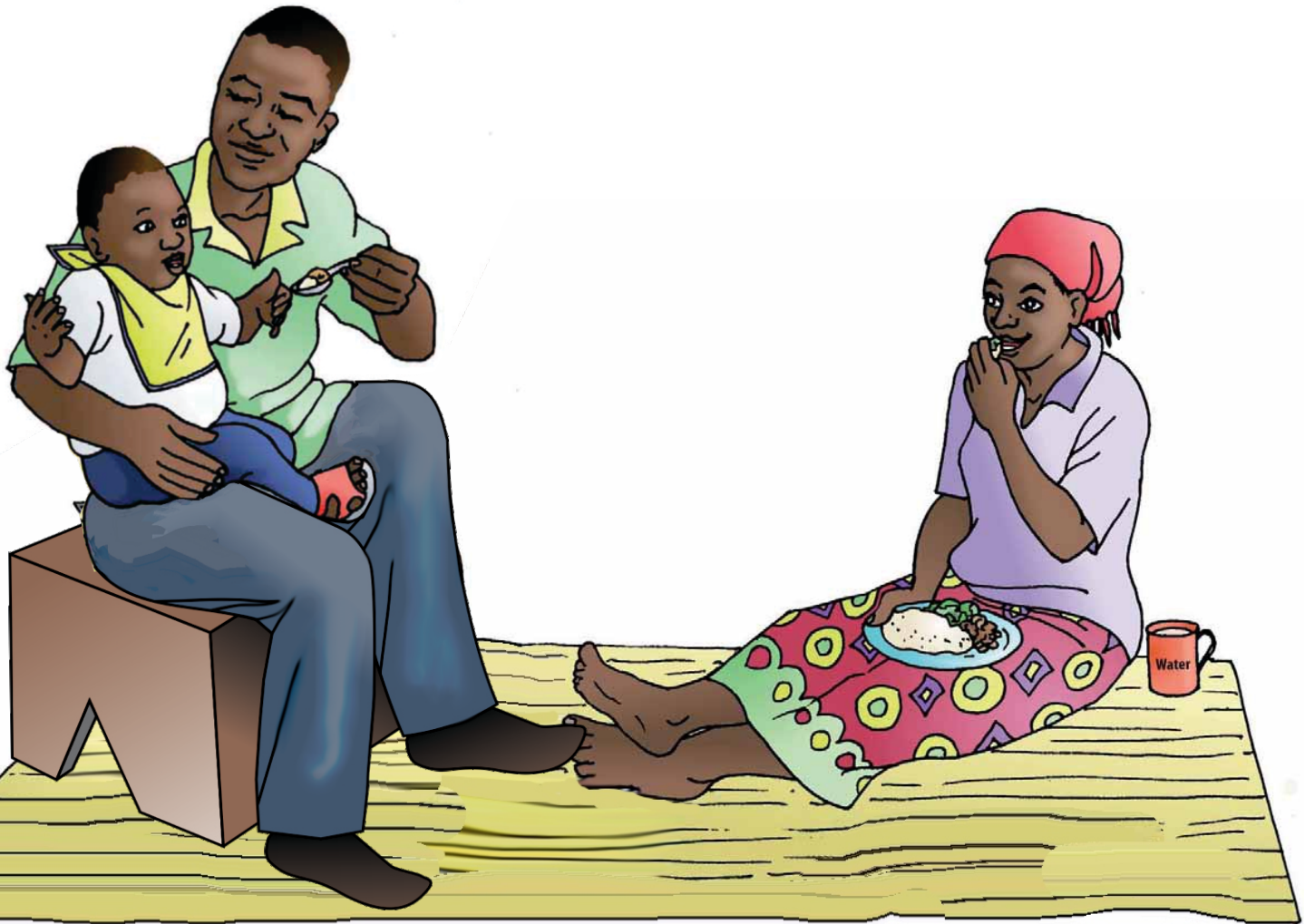
### Buza oBaba



Lizimisele ukuncedisa ngalezindlela na?  
Yikuphi okulula kini ukuthi likwenze?

# Ukuphathisa omama ekunikeni abantwana ukudla

UMFANEKISO 5.3





## Ukusekela omama ekunikeni abantwana ukudla – imizuzu engu-5 (Umfanekiso 5.3)



### Tshengisa umfanekiso 5.3

- Cela omama labobaba bachasise ukuthi babonani emifanekisweni
- Ngokubona kwenu imfanekiso le itshengisani?
- Yethula imicijo elandelayo eqakathekileyo

### Yethula imicijo elandelayo eqakathekileyo

- Obaba balakho ukukhuthaza omama ukuthi baphekele imuli ukudla okuyimihlobo etshiyeneyo ikakhulu nxa besenzela abantwana abaleminyaka engaphansi kwengu 2.
  - UDube wenze isivande esincane emzini wakhe lapho ancedisa uMaSiziba ukuhlanyela imibhida, imiqwente, amatamatisi, amathanga, indumba ledelele.
  - Uyazi ukuthi lokhu kuzancedisa abantwabakhe ukuthi bakhule belempilakahle njalo beqinile. Abantwabakhe abasoze bahlale begulagula njalo lokhu kuzakwehlisa indleko zokuya esibhedlela.
- Obaba balakho ukukhuthaza omama ukuthi baqhubeke bemunyisa kuze kube yiminyaka engu 2 lokudlula lapho.
- Obaba balakho ukukhuthaza omama ukuthi baphe abantwana abalenyanga ezingu 6 kusiya eminyakeni engu 2 lokudlula lapho inyama, uchago lamaqanda.
- UDube usetshela uMaSiziba ukuthi ngaso sonke isikhathi nxa inkukhu ibekela abeke eceleni iqanda elilodwa. Liyabe lingelokudla kukaSipho.
- Uyakhuthaza uMaSiziba ukuthi anike uSipho umsobho owesitshebo semuli lamaqatha amancinyane enyama lemibhida.
- Obaba balakho ukuphelekezela omama nxa behambisa abantwababo esibhedlela nxa begula.
- Nxa esenelisa uyahambisa abantwabakhe ekilnika ukuthi bayehlolwa ukuthi bakhula njani.
- Bafuna abantwababo babe lempilakahle.

**Yana kuflipchart elandelayo**



**Umsebenzi:  
Vuma kumbe wale**  
- imizuzu engu 15

**i**

- ❑ Tshela omama labobaba bame benze umzila.
- ❑ Chasisia ukuthi ukwenza lokhu kuzasanceda ukuthi sizwisise eminye imicabango yethu, esikuqakathekisayo lendlela esikhangela indaba zokulinganiswa kwamathuba kubobaba labomama.
- ❑ Bala imitsho elandelayo. Cela omama labobaba bathathe inyathelo elilodwa bebuyela emuva nxa bengavumelani lomutsho kumbe bathathe inyathelo elilodwa besiya phambili nxa bevumelana lomutsho.

Ngemva kokubiza munye ngamunye umutsho cela omama labobaba ababili bachasisa ukuthi kungani behambe baya phambili kumbe emuva.

- ❑ Impilakahle yomntwana ingumsebenzi kamama.
- ❑ Ukuba leqiniso lokuthi imuli idla kuhle kungumlandu kamama.
- ❑ Omama kumele ngaso sonke isikhathi bacele kubomkabo bengakayi ekilnika.
- ❑ Umuntu wesilisa angahambisa umntanakhe esibhedlela.
- ❑ Abesifazana akumelanga bakhulume labomkabo nxa sebephinde bazithwala.
- ❑ Owesifazana akudingeki ukuthi azi ukuthi umkakhe uholo malini.
- ❑ Kulungile ukuthi indoda itshaye umkayo nxa kufanele atshaywe.
- ❑ Abesilisa badla ukudla okungcono kulabanye. *Vumela ukuthi bonke omama labobaba bahlale phansi.*
- ❑ Inkolo lezi lendlela esibona ngazo izinto kubaphatha njani abantwabethu? Kungabe kukhona kunkolo lezi okulempumela embi ebantwaneni bethu? Yikuphi?
- ❑ Kulezibonelo ezilutshwana ezibhalwe kuluhlu olulandelayo



- Nxa impilakahle yomntwana ingumsebenzi kamama yedwa...
  - Umama angabe engelayo imali eyaneleyo yokuhambisa umntwana ekilnika.
  - Indoda ingabe inganiki imuli imali eyaneleyo yokuthenga ukudla ukuze abantwana bahlale belempilakahle.
- Nxa kumele omama ngaso sonke isikhathi bacele kubomkabo bengakayi ekilnika...
  - Nxa umntwana angagula kakhulu ubaba engekho umkhuhlane ungaqina kumbe afe.
- Nxa umuntu wesilisa engamelanga abonakale ehambisa umntanakhe esibhedlela...
  - Nxa unina womntwana egula, umntwana kungenzeka angelatshwa kumbe ukuhlatshwa amajekiseni okuvikela imikhuhlane yabantwana ngenxa yokugula kukanina.
- Abesifazana nxa kungamelanga bakhulume labomkabo nxa sebephinde bazithwala...
  - Kungenzeka umama angaphiwa imali eyaneleyo yokuthenga ukudla okudliwa isikhathi sokudla singakafiki. Yena lomntanabo bangacina bengaphathekanga kuhle.
  - Umama angehluleka ukuxoxisana lomkakhe ngendlela zokwelamisa impilo yakhe ingaba sengozini ngenxa yokuzithwala masinyane kakhulu.
- Nxa umama angatshaywa ngubaba...
  - Kungenzeka alimale acine engasenelesi ukugcina kuhle imuli yakhe.



Yiphi imitsho elingafisa ukuyiguqula? Ngenxa yani?

Ukukhangela izinto ngale indlela lokuziphatha kanje kungatshintshwa njani?

- Phetha ngokuthi singaguqula okuthile ezimulini zethu sisenzela ubuhle bempilakahle yabantwabethu.



## 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.



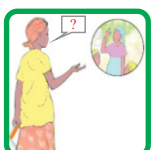
## Yazisa- Imizuzu engu-5

- 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 ngazo lamuhla? Kuyini ozakwenza?
- Cela omama bonke bamemeze beqamba okutsha abazinikela ukukwenza lamhlanje.



## Hlola- imizuzu engu-15

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

## Isifundo 6: Ukulahlwa kwengcekeza yangaphandle ukuze kwenqatshelwe isihudo



### Injongo zesifundo

- Omama kumele bakholwe ukuthi ukuya egangeni egcekeni kuyamemethekisa amajemusi abangela isihudo njalo kwenza abantwana bangakhuli kuhle kubafake engozini yokufuba lokucikizela.
- Omama kumele balahlele amaphumelo omntwana esambuzini kumbe bagqibele egodini.
- Omama kumele bananzelele izindawo esigabeni sakibo lapho abantu abayela ngaphandle egcekeni.
- Omama kumele benze amalungiselelo okuthi bazakhuthaza ukwakhiwa kwezinye izambuzi (kumbe ukugqibela ingcekeza yangaphandle) ukuze kwehliswe isihudo, ukungaphili kahle lokufa ebantwaneni.

### Okudingakalayo

- ① IRegister
- ② Iflipchart
- ③ Indawo ekhethiweyo lapho okuzakwenziwa khona uhambo lwengcekeza yangaphandle.

## Yamukela iqembu

- Tshela omama okuzakhulunywa ngakho emhlanganweni lelizakwenza lindawonye.



### 2. Dlalani umdlalo: Ijemusi esigombolozini imizuzu engu 10

- Cela abafundi bame benze isigombolozini. Khetha ozinikelayo ame phakathi laphakathi kwesigombolozini.
- Mvale amehlo ngelembu lo ozinikeleyo. Nxa amehlo kamavolontiya esevaliwe, tshela wonke umuntu asuke aye kuma kweyinye indawo.
- Chasisa: Isigombolozini ngumuzi. Umavolontiya lijemusi elibangela isihudo. Labo abaphakathi kwesigombolozini kumele bazame ukuhamba phakathi komuzi bangalithinti ijemusi.
- Umdlalo uqala nxa "ijemusi" lingabiza amabizo abantu ababili abayingxenye yesigombolozini.
- Laba ababili kumele batshintshane indawo masinyane ngokuthula, besenza njalo bengasondeli eduze le"jemusi". "Ijemusi liyazama ukubamba abadlali lilalela lizama ukubafinyelela. Bonke abanye abadlali kumele bathule.
- Nxa umuntu angathintwa, uba li'jemusi" umdlalo ubusuphindwa.
- Phindani umdlalo ukuze wonke umuntu abe lethuba lokudlala. Njengoba sesidlalile umdlalo, asiqaliseni isifundo sethu.

Yana kufli<sup>ip</sup>chart elandelayo

# Umuzi ongcolileyo ongahlanzekanga - imizuzu engu 5

## Umfanekiso 6.1



### Tshengisa umfanekiso 6.1

?

Libonani kule imifanekiso?

Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekuflipchart ibatshengisani



### Buza omama

- Abantu abanengi bayela ngaphi ngaphandle?
- Omama balahlela ngaphi amaphumelo abantwababo?
- Eyakho imuli iyela ngaphi ngaphandle njalo ilahlela ngaphi ingcekeza yangaphandle?

?

Khuthaza ukuthi kube lengxoxo. Yekela wonke umuntu anike umbono wakhe.

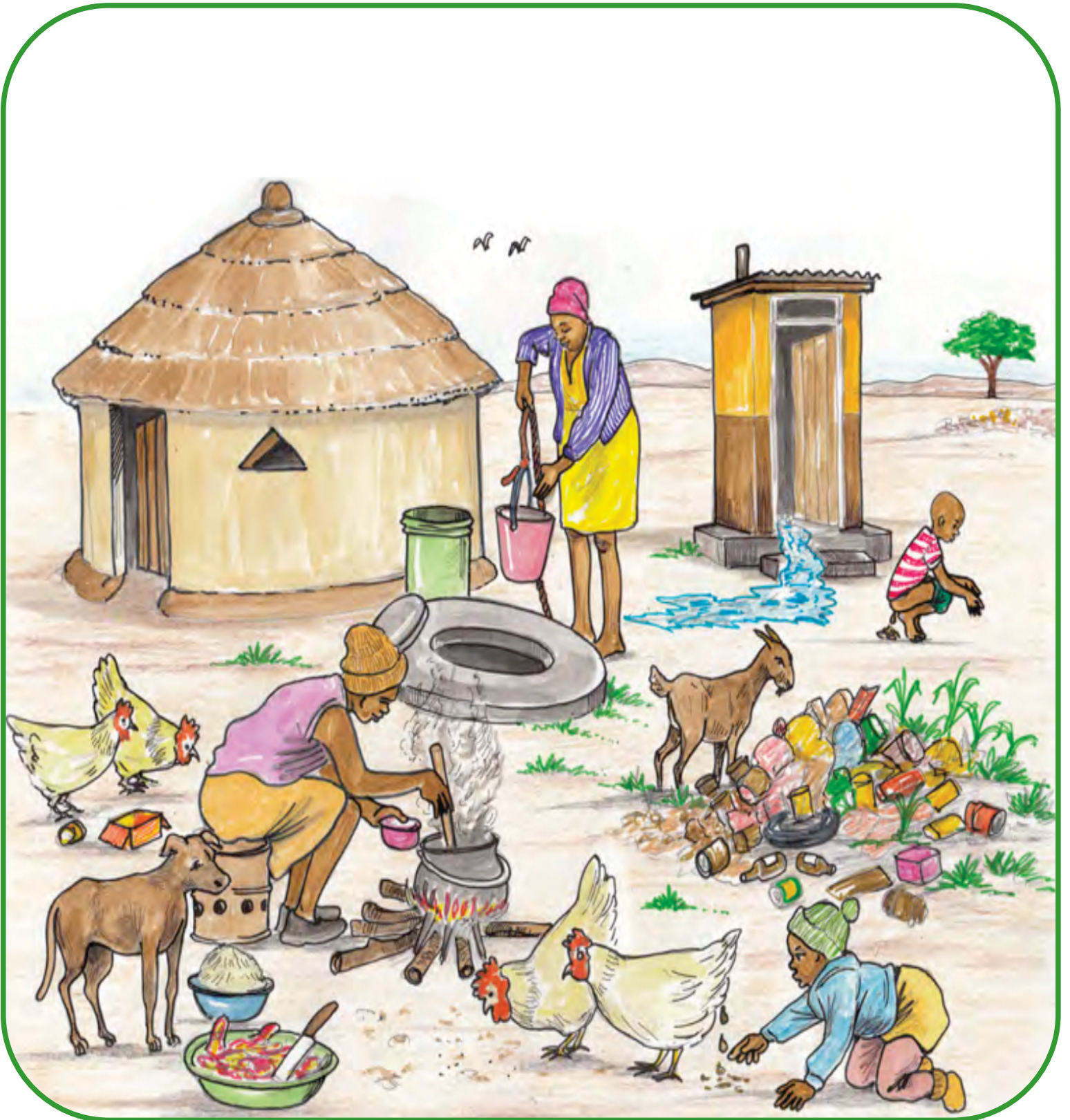
i

Abafundi bangaphendula umbuzo wokucina, yana kuflipchart elandelayo ngokuthi, "Asiqathaniseni imibono yenu lemibiko esemaphejini alandelayo."



# Umuzi ongcolileyo ongahlanzekanga

UMFANEKISO 6.1





## Ukuya ngaphandle egcekeni (Umfanekiso 6.2)- imizuzu engu 10



### Tshengisa umfanekiso 6.2

?

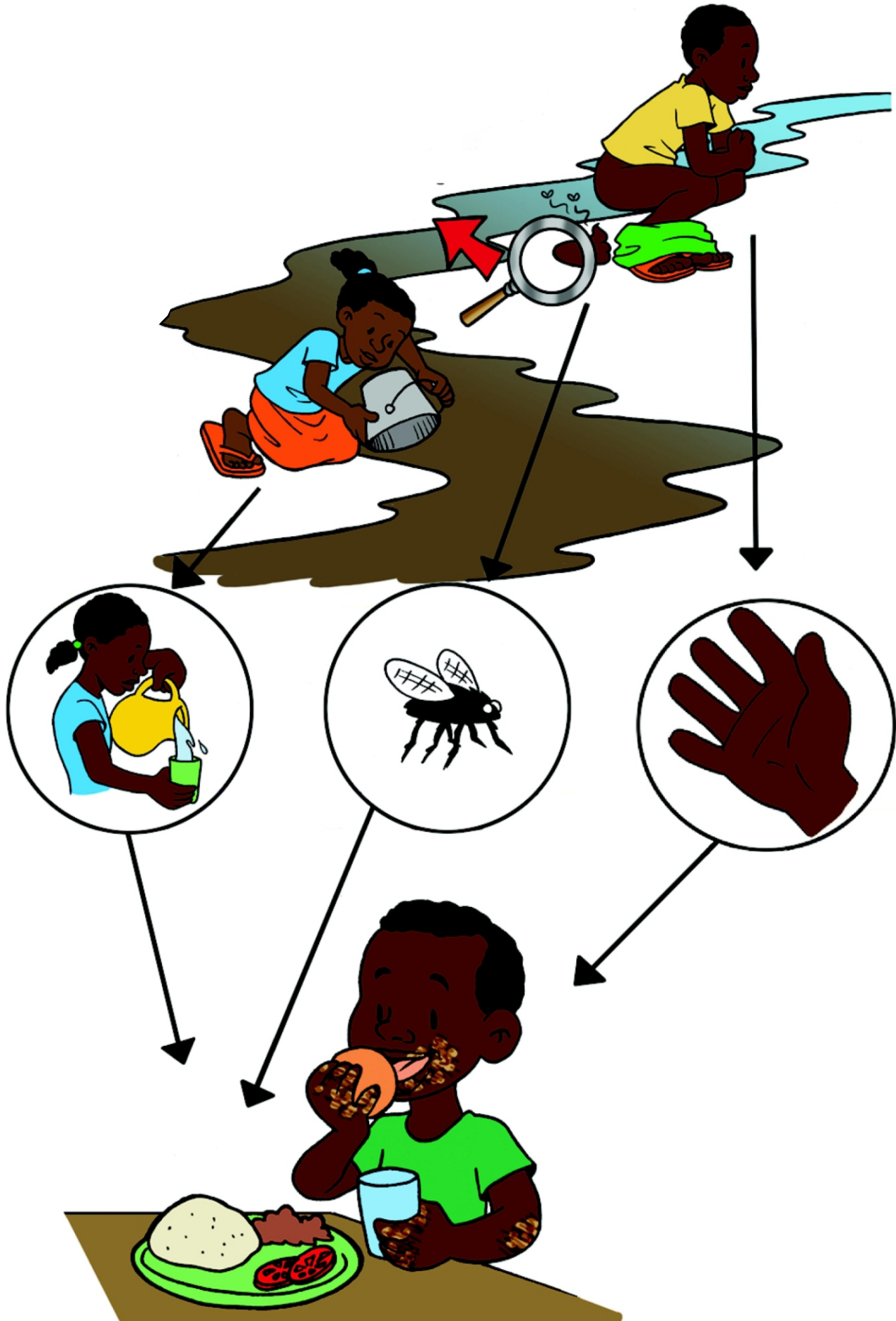
Cela omama bachasise ukuthi babonani emifanekisweni

- Ngokubona kwenu imfanekiso le itshengisani?
- Yethula imicijo elandelayo eqakathekileyo

- Amanzi, ukudla, lezandla kuyangcoliswa yikuya ngaphandle egcekeni
- Ukuya ngaphandle egcekeni kufaka ingcekeza emanzini ethu okunatha.
- Impukane zihlala phezu kwengcekeza ziyithwalele emizimbeni lekudleni kwethu.
- Ukuya ngaphandle egcekeni kubangela isihudo.

# Ukuya ngaphandle egcekeni

UMFANEKISO 6.2



## Ukulahlwa kwengekeza yomuntu yangaphandle (Umfanekiso 6.3) – imizuzu engu 10



### Tshengisa umfanekiso 6.3

- Cela omama bachasise ukuthi babonani emifanekisweni



Ngokubona kwenu imfanekiso le itshengisani?

### Yethula imicijo elandelayo eqakathekileyo

- **Lahlani ingcekeza yomuntu yangaphandle esambuzini! Kususeleni khatshana labantwana, amanzi lalapho okuhlala khona ukudla**
  - Lahlela amaphumelo omntwana esambuzini.
  - Khuthaza bonke abantu emulini yakho ukuthi basebenzise isambuzi nxa besiya ngaphandle.
  - Ukusebenzisa isambuzi kwenza ingcekeza yomuntu ingasondeli emanzini agelezayo lezifudlaneni.
  - Ukusebenzisa isambuzi kwenza ingcekeza yomuntu ingasondeli emibhideni lokudla okukhula emhlabathini.
  - Ukusebenzisa isambuzi kuyenqabela isihudo lokuswela lokungakhuli kuhle komntwana!

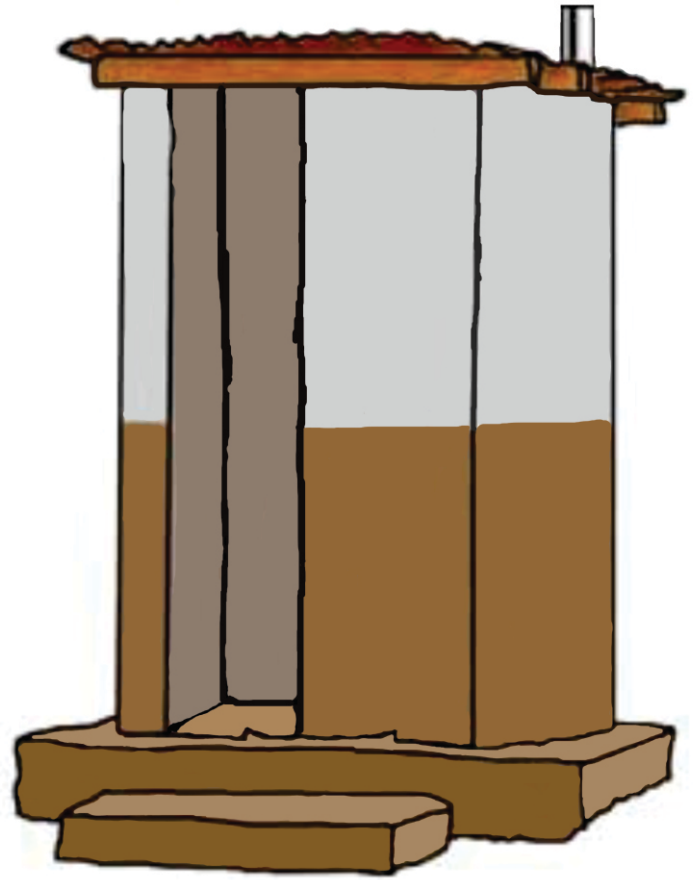


### Buza omama

- Lilesambuzi na? Ngenxa yani lilaso kumbe lingelaso?
- Isambuzi singanceda njani imuli yakho ukuthi ihlale ilempilakahle?
- Ngubani ongalincedisa ukwakha isambuzi?

# Ukulahlwa kwengcekeza yomuntu yangaphandle

UMFANEKISO 6.3



## Ukulahlwa kwengcekeza yangaphandle: Ukungcwaba (Umfanekiso 6.4)- imizuzu engu 10



### Tshengisa umfanekiso 6.4



Cela omama ukuthi bachasise ukuthi babonani emifanekisweni.

Ngokubona kwenu imfanekiso le itshengisani? Yethula imicijo elandelayo eqakathekileyo

- Nxa ukhatshana lesambuzi, gebha igodi emhlabathini usenzela amaphumelo omntwana.
- Nxa ukhatshana lesambuzi, qgibela amaphumelo omntwana.
- Nxa ungelasambuzi, gebha igodi uvale ingcekeza yomuntu yangaphandle.
- Ingcekeza yomuntu yangaphandle ibangela isihudo.
- Gqibela ingcekeza yomuntu yangaphandle ukuze uphungule isihudo esigabeni.



### Buza omama

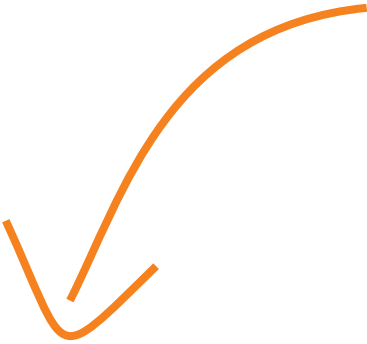
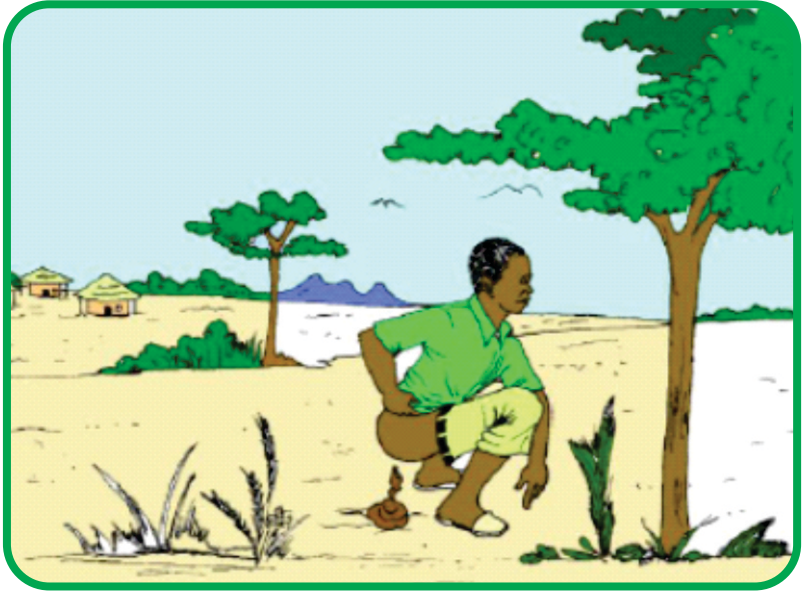
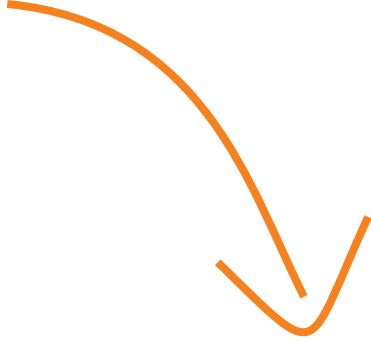
- Abantu bayayigqibela yini ingcekeza yomuntu yangaphandle esigabeni? Ngenxa yani? Kungani bengakwenzi?
- Ukugqibela ingcekeza yomuntu yangaphandle kungehlisa njani inani labantwana abafayo esigabeni?

Yana kufli<sup>ip</sup>chart elandelayo



# Ukulahlwa kwengcekeza yangaphandle : Ukungcwaba

UMFANEKISO 6.4





### Umsebenzi

### Uhambo lwengcekeza yomuntu yangaphandle

-imizuzu engu 30



Cela abantu bahambe bayekutshengisa lapho abayela khona ngaphandle.

Nxa umuzi usiya ngaphandle egcekeni, hamba uyefika kuleyondawo. Chitha iskhathi esinengi ukuleyondawo ubuza imibuzo. Abantu bacina bengasahlalisekanga ngokuma endaweni elengcekeza yabantu yangaphandle. Kungaba kuhle ukuthi lime kule indawo ubuza imibuzo okwesikhathi sibili kuzasiza. Lokhu kuzabakhuthaza ukuthi bathathe amanyathelo njalo bafuqe abanye ukuthi batshintshe labo.



### Buza omama

- Omama bayela ngaphi ngaphandle? Obaba? Abantwana? Abantu abagulayo?
- "Kulemithetho etshoyo ukuthi abantu kumele bayele ngaphi ngaphandle? Abantu bayayilandela yini le imithetho? Kwenzakalani nxa bengayilandelanga leyomithetho?"
- Ukhombela ingcekeza yomuntu yangaphandle buza, "Zikhona izibungwana eziphilayo phezu kwengcekeza (imiyane, impukane, amagenga, ubunyonyo, njalo njalo)? Yizo impukane zonalezo ezihlala phezu kokudla kwenu? Libona angani ziyathwala ingcekeza yabantu yangaphandle zingena layo ezindlini zenu?"
- "Ingcekeza yomuntu yangaphandle yonke iyafanana yini? Kungani kunjalo?" Khombela ingcekeza yomuntu yangaphandle engamanzi kuleyondawo.



## Umsebenzi

### Uhambo lwengcekeza yomuntu yangaphandle

-imizuzu engu 30

- Batshengise inkukhu kanye lezinye izinyamazana ezidla kumbe ezilele eduze lengcekeza yomuntu yangaphandle.
- Vakatshelani izambuzi ezitshiyeneyo endleleni yenu

?

Abantu bayasisebenzisa yini isambuzi? Kungani kungenjalo? Sihlanzekile? silendawo yokugezela izandla?

Cela abafundi baxoxe ngabakufundileyo kuhambo lwesigaba. Landela ingxoxo ngemibuzo elandelayo.

- Kuyini okulimangalisileyo ngohambo lokudinga ingcekeza yabantu yangaphandle?
- Kuyini esingakwenza ukuze simise ukuya ngaphandle egcekeni esigabeni?

?

Sikhangele izifundo zalamuhla, kuyini elithembisa ukuthi lizakwenza?

Cela omunye lomunye umama ukuthi akhulumele phezulu lokho athembisa ukuthi uzakwenza lamuhla. Omunye lomunye umuntu angakhetha isithembiso esiqakatheke kakhulu kuye.

## Isibonelo

- Ngizaqalisa ukugcina imali ukuze ngithenge okokwakha isambuzi.
- Ngizalahlela amaphumelo omntwana esambuzini.
- Ngizakuba leqiniso lokuthi wonke umuntu emulini yami usebenzisa isambuzi nxa esiya ngaphandle.
- Ngizagqibela amaphumelo omntwana nxa ngisebenza emasimini.
- Ngizakhuluma lenkokheli zesigaba sethu ngohlupho lokuya ngaphandle egcekeni.



## 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.



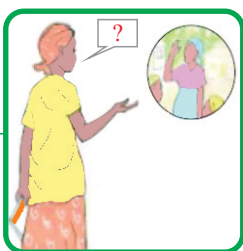
## Yazisa- Imizuzu engu 5

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.



## Hlola- 15 imizuzu

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