

# UKONDLIWA KWABANTWANA

UGWALO 3: *Ukudla okwakha umzimba lempilakahle yomuntu nxa ezithwele*



Loluhlelo lusekelwa yi:



# 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:

Ukunakekelwa komuntu ozithweleyo

## Isifundo 2:

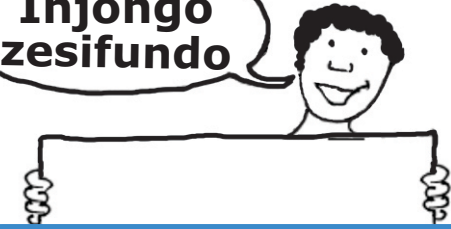
Ukudla kwabomama okwakha umzimba

## Isifundo 3:

Ukugeza izandla ngesepa (kumbe ngomlotha)

## Isifundo 1: Ukunakekelwa kwabomama abazithweleyo

### Injongo zesifundo



- Abesifazana abazithweleyo bazakuya esibhedlela okwamahlandla angaba mane bezithwele kusukela ngesikhathi lapho abananzelela khona ukuthi sebezithwele.
- Abesifazana bazakuya esibhedlela nxa becabangela ukuthi bangabe bezithwele, lanxa bengelahlupho.
- Obaba bazakhuthaza omkabo ukuthi baye esibhedlela ku-ANC nxa bezithwele. Obaba bazaphelekezela omkabo ekilnika ngesikhathi sabo se-ANC.
- Ama-Caregiver azakwanelisa ukuchasisa usizo oluphiwa omama abazithweleyo nxa bevakatshele esibhedlela.

### Okudingakalayo

- 1 Iregister
- 2 Iflipchart

### Olunye ulwazi kulowo ofundisayo

- Isifundo lesi senzelve omama abakucaregroup; kodwa-ke kuqakathekile ukuthi imibono le yabelwe labobaba abasesigabeni. Omama abakuCare Group kumele bakhuthaze omkabo ukuthi babekhona ezifundweni. Ukuze bakhuthazeke ukuza nxusa lenkokheli zesigaba ukuthi lazo zibekhona ezifundweni.



# Ukunakekelwa kwabomama abazithweleyo

## 1. Yamukela iqembu

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



### Dlalani umdlalo: Abantu ebantwini - imizuzu engu-10

- Cela omunye lomunye umfundi athole umngane ame duze laye.
- Chasisa ukuthi ofundisayo uzamemeza okumele kwenziwe besekusithi ngobubili babo babambe lezozitho zomzimba ndawonye.

Isibonelo yikuthi ofundisayo angathi "Umhlane lomhlane" umuntu lomngane wakhe kumele bame amaqolo abo ethintana. Okhokhelayo angathi "Amadolo ngamadolo" omunye lomunye kumele abambe amadolo omngane wakhe. Umkhokheli angathi, "Abantu ebantwini", wonke umuntu kumele adinge umngane omutsha.

- Nika imilayo eminengi usebenzisa izitho zomzimba ezitshiyeneyo.
- Qhubeka unika imilayo etshiyeneyo usebenzisa izitho zomzimba ezitshiyeneyo abafundi bacine behleka njalo bekhulisa.

## Njengoba sesidlalile umdlalo, 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.

## Ukuvakatshela ekilnika (Umfanekiso 1.1) Imizuzu engu-10

### Bala indatshana elandelayo ubuze imibuzo

UMaNyathi ubona uMaSiziba lomkakhe uDube behamba endleleni. "Liyangaphi kanti?" kubuza uMaNyathi. "Ngiya ekilnika. Ngizithwele ngakho ngifuna umntanami lami sibe lempilakahle" kutsho uMaSiziba. UMaNyathi athi "Libe lempilakahle? Utsho ukuthi awuguli? Bengicabanga ukuthi abantu abagulayo yibo kuphela abaya ekilnika".



#### BUZA

- UMaSiziba uyangaphi? Ngenxa yani?
- Nxa umama engaguli uyabe esiyadingani esibhedlela?
- Ngesikhathi uzithwele wahamba yini ekilnika? Ngenxa yani kumbe kungani ungayanga?
- UmkaMaSiziba uDube uphelekezela umkakhe ekilnika ukuyahlolwa engakabelethi. Esigabeni sakini obaba bayakwenza lokhu yini? Ngenxa yani kumbe kungani bengakwenzi?

- Khuthaza ukuthi kube lengxoxo. Ungaqondisi impendulo ezingaqondanga.
- Yekela wonke umuntu anike umbono wakhe. Ipheji leli ngelengxoxo hatshi ukufundisa.
- Dlulela kuflipchart elandelayo ngokuthi, "Asiqathaniseni imicijo yenu lembiko elandelayo."

# Ukuvakatshela ekilnika

UMFANEKISO 1.1



"Uyangaphi?" kubuza UMaNyathi.



"Ngiya ekilnika. Ngizithwele ngakho ngifuna umntanami lami sibe lempilakahle."



## Ukunakekelwa kwabomama abazithweleyo

(Umfanekiso 1.2) – Imizuzu engu-5



### Tshengisa umfanekiso 1.2

- Libonani kumfanekiso lo?
- Yekela omama baphendule bachasise ukuthi babona angani umfanekiso okuflipchart ubutshengisani.

## Yethula imicijo elandelayo

- Nxa umama ecabangela ukuthi uzithwele, kumele aye ekilnika.
- Nxa engangenanga enyangeni, kumele aye ekilnika lanxa engaguli.
- Izisebenzi zezempilakahle ziyahlaba amajekiseni zinike omama leminye imithi eyenza umama lomntwana babe lempilakahle ngesikhathi umama ezithwele.
- Omama abazithweleyo kumele baye ekilnika okwamahlandla angaba mane ngesikhathi bezithwele.
- Nxa isisebenzi sezempilakahle singazisa umama ukuthi kuliqiniso ukuthi uzithwele, sizamazisa njalo ukuthi kumele aphinde abuye nini ekilnika.
- Nxa wezempilakahle angabona uhlupho uyabe ezatshela umama abuye ekilnika kanengi.
- Abezempilakahle bazamhlola umama besebemcebisa ukuthi enzeni ukuze abelethe Bobaba, khuthazani omkenu ukuthi baye ekilnika masinyane nxa becabangela ukuthi bangabe bezithwele.



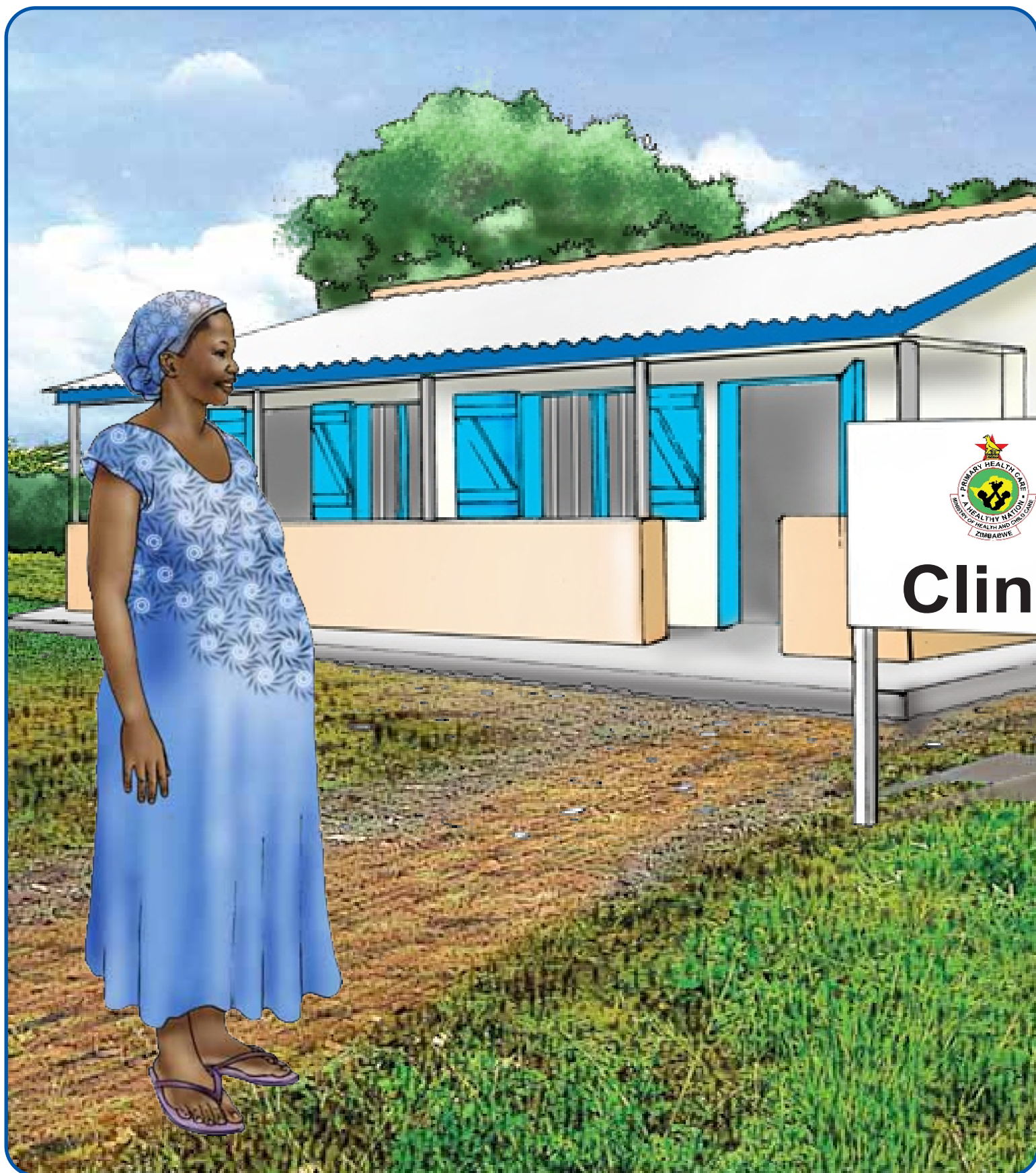
### Buza oMama

- Omama abazithweleyo bajayele ukuya esibhedlela nini? Ngenxa yani?
- Obaba bangenzani ukuze baphathise omkabo ukuthi baqiniseke ukuthi baya ekilnika okwamahlandla angaba mane ngesikhathi bezithwele?

**Dlulela kuflipchart elandelayo**

# Ukunakekelwa kwabomama abazithweleyo

UMFANEKISO 1.2



**Nxa ungangenanga enyangeni yana ekilnika.**



## Usizo olutholakala ekilnika

(Umfanekiso 1.3) – Imizuzu engu-5



### Tshengisa umfanekiso 1.3

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasise ukuthi babona angani imifanekiso ekufli<sup>ip</sup>chart ibatshengisani

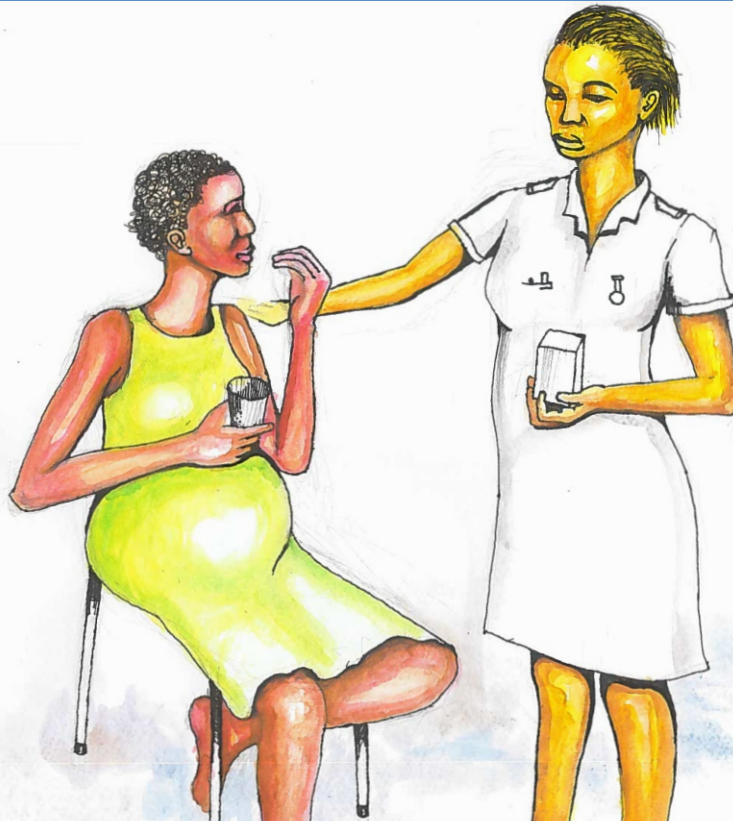
## Yethula imicijo elandelayo

- Owezempilakahle uyakhangela isisu sikamama ukuthi singanani ukuze abone ukuthi umntwana angabe enganani.
- Nxa umntwana emncinyane kakhulu bayamcebisa umama ngokungenziwa ukuze umntwana akhule.
- Owezempilakahle unika umama amaphilisi e-iron lamajekiseni ukwenzela ukuthi umama lomntwana baqine babe lempilakahle.
- Obaba bangakhumbuzisa omkabo ukuthi banathe amaphilisi e iron nsukuzonke, ukuze bancedakale bona ngokwabo kanye lempilakahle yomntanabo.
- Owezempilakahle welapha imikhuhlane engalimaza umama lomntanakhe.
- Bayakhangela ngaphansi kwamehlo babone kumbe igazi lenele kumbe hatshi. (anemia)
- Bathatha igazi ukuze bahlole ingulamakhwa kanye le-HIV.
- Owezempilakahle udinga inhlopho ezingenza kubenzima ukubeletha.
- Nxa umntwana engahlalanga kuhle kungaba yingozi engabangela ukufa kukamama ngesikhathi ebeletha.
- Bobaba, banini leqiniso lokuthi omkenu labantwana balempilakahle njalo baqinile, baphelekezeleni omkenu ekilnika bayehlolwa ngesikhathi bezithwele.

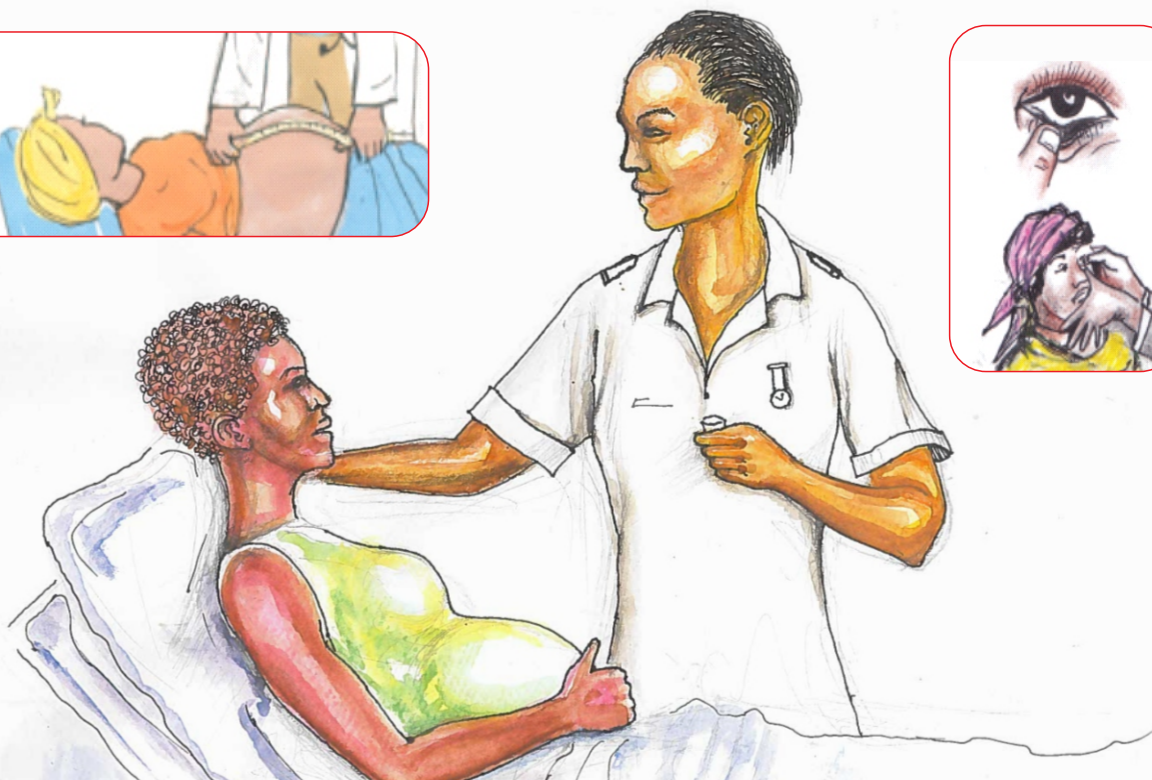
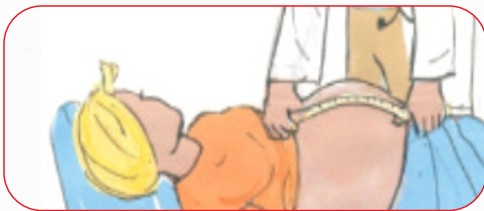


### Buza

- Kungani kukhuthazwa ukuthi obaba baphelekezele omkabo ekilnika ngesikhathi bezithwele?
- Kungaba lula yini kuwe ukuphelekezela umkakho ukuyahlolwa nxa ezithwele? Ngenxa yani kumbe kungani kungenjalo?



- Ozithweleyo uphiwa amaphilisi awokwengezelela igazi (*iron*) lamjekiseni.



- Uyahlowa isisu babone ukuba umntwana mkhulu okunganani.
- Uyahlowa kudingwa inhlupho kumbe imikhuhlane engabalengozi kumama lomntwana.



## Umsebenzi: Ubuhle bokubelethela ekilnika-imizuzu engu-15

### Tshela abafundi baqathanise ukubelethela ngekhaya lokubelethela ekilnika.

- Dweba amabhokisi amabili phansi. Phezu kwebhokisi lakuqala dweba indlu. Phezu kwebhokisi lesibili, dweba ikilnika (kumbe udwebe isiphambano esimele ikilnika).
- Sebenzisa amatshe, amahlamvu kumbe okunye nje kutshengise ubuhle bokubelethela ekhaya lobuhle bokubelethela ekilnika.
- Okunye okungaba kuhle ngokubelethela ekilnika kugoqela:
  - Kulezisebenzi zezempilakahle ezingangincedisa nxa sengilohlupho.
  - Yindawo ehlanzekileyo yokubelethela
  - Banganceda umntwana masinyane nxa ethe waba lohlupho.
  - Bayahlaba umntwana amajekiseni afaneleyo nxa esanda kuzalwa (BCG)
- Qathanisani ubuhle bokubelethela ngekhaya lokubethela ekilnika. Yikuphi okulungele umntwana? Yikuphi okulungele umama?
- Gcizelela ukuthi ukubelethela ekilnika yindawo evikelekileyo elungele umntwana Ionina. Nxa kungaba lenhlupho, abezempilakahle bangahle basize umama lomntwana masinyane basile. Ngekhaya umama lomntwana bangabalahlupho kulengozi yokuthi bangafa.
- Xoxani ngokubakhathazayo. Gcizelela ngobuhle bokubelethela ekilnika. Khuthaza labo abangakazimiseli ukubelethela ekilnika ukuthi bacabange njalo bakhulumisane lemuli zabo ngakho.



## 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.





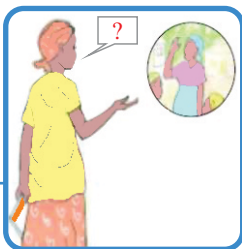
### Yazisa- Imizuzu engu-5

- 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 2: Ukudla kwabomama okwakha umzimba



**Injongo  
zesifundo**

- Omama labobaba bazakwanelisa ukuqamba ukudla okumele kudliwe ngomama abazithweleyo labamunyisayo ukuze bahlale belempilakahle.
- Omama labobaba bazaxoxa ngabazakwenza ukwenzela ukuthi babe leqiniso lokuthi lokhu kudla kuyatholakala.
- Obaba bazakhumbuza omkabo ukuthi banathe amaphilisi okwengezelela igazi nsukuzonke nxa bezithwele.

### Okudingakalayo

① IRegister

② Iflipchart

③ Amacansi okulala

## Ukudla kwabomama okwakha umzimba



### **Umdlalo: Dinga omunye** - imizuzu engu-10

- Cela abafundi basukume bahamba hambe kancane bebhoda.
- Chasisa ukuthi ofundisayo uzaqamba impahla yokugqoka ethile (kumbe okwenziwa ngabantu) abafundi kumele baphangise bayekuma eduze lomuntu ogqoke lokho okuqanjweyo.
- Isibonelo, ofundisayo angathi, "Dinga umuntu ogqoke okubomvu". Abafundi bazatshitsha bayekume eduzane lomuntu ogqoke okubomvu. Lowo ogqoke okubombu uzakuma anganyikinyeki elindele ukuthi abantu baze kuye bangombolozele.
- Ofundisayo utshela abantu ukuthi baqale njalo ukuhamba hamba. Abeseqamba okunye njalo, njengokithi "dingani umuntu ogqoke amacici". Lowo ogqoke amacici uzakuma anganyikinyeki elindele ukuthi abantu baze kuye bangombolozele.
- Qhubeka uqamba okuthile njalo ukhuthaza omama ukuthi bahamba hambe nxa kungakaqanjwa lutho.
- Zama lokuqamba okwenziweyo okuhambelana lesifundo esedluleyo, njengokuthi "dinga umuntu oseke waya ekilnika ezithwele".
- Nika abanye abaseqenjini ithuba lokukhokhela umdlalo.

### **Njengoba sesidlalile umdlalo, 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.

## Ukuzithwala kukaMaNyathi (Umfanekiso 2.1)

### Imizuzu engu-10

#### Tshengisa umfanekiso 2.1 ubusubala indatshana elandelayo

UMaNyathi uleminyaka engu 27 njalo uzithwele. Ulabantwana ababili njalo uselungiselela umntanakhe wesithathu. Ubengezwa kuhle ngesikhathi ezithwele. Lamuhla utshaywa likhanda. Umzimba wakhe uyafutha. Isisu lesi sibenzima. usebenza isikhathi eside emasimini, njalo uhlala ediniwe. Kenelisi ukuqeda umsebenzi wakhe. Udla ukudla okufananayo nsukuzonke njalo kazimuki. Uyazi ukuthi umntanakhe kakhulu kuhle. Abanye abantwabakhe babebancane kakhulu njalo bahlala begula. Ekubeletheni abantwabakhe ababili wahelwa okwesikhathi eside kakhulu. Ufisa ukuthi ngabe uyazi ukuthi angenzani ukuze abantwabakhe babe lempilakahle.



#### BUZA

- Ungakuchasisa njani ukuzithwala kwalo umama?
- Kuhamba kuhle yini? Yiziphi ezinye inhlupho uMaNyathi ahlangana lazo?

Lamuhla sizaxoxa ngempilakahle yabomama ngesikhathi bemunyisa lanxa bezithwele. Sizaqathanisa elikwenzayo lalokhu okwenziwa nguMaNyathi.

- Kuyini okumele kudliwe ngomama abazithweleyo ukwenzela ukuthi babe lempilakahle nxa bezithwele lanxa bemunyisa?
- Kumele badle kakhulu kumbe kancinyane?

Khuthaza ukuthi kube lengxoxo. Ungaqondisi "impendulo ezingaqondanga". Yekela wonke umuntu anike umbono wakhe. Ipheji leli ngelengxoxo ayisilo lokufundisa.

Nxa abafundi bangaphendula umbuzo wokucina dlulelani phambili ku-*flipchart* elandelayo ngokuthi "Asiqathaniseni imibono yenu lemibiko esemaphejini elandelayo"



**UMaNyathi uzithwele. Isisu lesi besinzima. Usebenza isikhathi eside emasimini njalo uhlala ediniwe. Kenelisi ukuqeda umsebenzi wakhe. Udla ukudla okufananayo nsuku zonke njalo kazimuki. Uyazi ukuthi umntanakhe kakhuli kuhle.**

## Ukudla okwengezelelweyo njalo okuyimihlobo etshiyeneyo

(Umfanekiso 2.2) – Imizuzu engu-5



### Tshengisa umfanekiso 2.2

- Libonani kumfanekiso lo?
- Yekela omama baphendule bachasise ukuthi babona angani umfanekiso oku-*flipchart* ubatshengisani.
- Qambani ukudla elikubona kumfanekiso lo?

## Yethula imicijo elandelayo

- Omama abazithwelelyo kumele badle kathathu kumbe kane ngelanga njalo badle okunye ukudla ngemva kwezikhathi zokudla lapha lalapha.
  - Ukudla okwengezelelweyo kunika omama abazithwelelyo amandla.
  - Ukudla okwengezelelweyo kuyanceda umntwana ukuthi akule.
- Ungahle wazi ukuthi uzithwele yengezelela ukudla okudlayo.
- Omama abazithwelelyo labamunyisayo kufanele badle imihlobo etshiyeneyo yokudla okuvela emaqenjini atshiyeneyo maviki onke.
  - **Okudliwa nsuku zonke** (umumbu, amabele, unyawuthi, amagwili)
  - **Ukudla okuvela enyamazaneni lendumba** (inyama, amacimbi, amtemba, uchago, amaqanda, indumba, indlumbu, lendumba eziludlaza)
  - **Izithelo lemibhida** (Imibhida elamahlamvu aluhlaza, izithelo, lezithelo zeganga)
  - **Amafutha** (amafutha okupheka, amafutha enyamazana, amazambane lentanga)
- Amantombazana azithwelelyo wona adinga ukunakekelwa kakhulu ukudla okunengi kanye lokuphumula kanengi.
  - Badinga ukonga imizimba yabo esakhulayo, kanye leyomntwana okhulayo.



### Buza

- Esigabeni sakini omama abazithwelelyo bayengezelwa ukudla na?
- Bayehliselwa na, imisebenzi ekhaya?
- Obaba bangenzani ukuze bancedise ukuphungula imisebenzi eyenziwa ngomkabo abazithwelelyo?



### Tshengisa umfanekiso 2.3

- Libonani kule imifanekiso?
- Yekela omama baphendule bachasise ukuthi babona angani imifanekiso eku-*flipchart* ibatshengisani



### Buza

- Yikuphi ukudla elikudla nsuku zonke njengemuli?
- Kulakho yini ukudla okuvela kwelinye lelinye lamaqembu okudla?
- Kukhona yini ukudla elingakudliyo kulokhu okuqanjwenyo?
- Kungani lingakudli?



# Ukudla okwengezelelweyo njalo okuyimihlobo etshiyeneyo

UMFANEKISO 2.2



- Phumula kanengi nxa uzithwele. Phungula imisebenzi oyenzayo.
- Yengezelela amahlanda okudla ngelilodwa udle njalo udle okunye ukudla okudliwa izikhathi zokudla zingakafiki nsuku zonke.
- Ungahle wazi ukuthi uzithwele dlana ukudla okwedlula lokho ohlala ukudla.



# Imihlobo emine yokudla

UMFANEKISO 2.3



**Ukudla kwansuku zonke lamafutha**



**Indumba lendlulu ezitshiyeneyo**



**Imibhida lezithelo**



**Ukudla okuvela enyamazaneni**



## Yethula imicijo elandelayo

- Nxa uzithwele, zama ukusebenza uphumula kanenginengi.
- Phungula imisebenzi oyenzayo.
- Yabelana imisebenzi yakho labanye abasekhaya.
- Zinike amathuba okuphumula uhlezi nxa uzithwele.



### Buza

- Esigabeni senu obaba bancedisa ngani omama abazithweleyo?
- Bayenza lemisebenzi yangekhaya na?
- Obaba bangenzani ukuze baphungule imisebenzi yabomkabo abazithweleyo?

## I iron lokuzithwala (Umfanekiso 2.4)

Imizuzu engu-5



### Tshengisa umfanekiso 2.4

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

## Yethula imicijo elandelayo

- I iron itholakala phakathi kokunye ukudla
  - Omama abale iron enlutshwana abalamandla njalo kubanzima nxa bebeletha.
  - I iron elutshwana yenza kube nzima ukusebenza okwesikhathi eside.
- I iron inika amandla njalo iyanceda umama ukuthi asebenze nzima.
  - I iron yenza igazi likamama lelomntwana lihlale lenele.
- Dlana ukudla okuleiron enengi ukuze ungabi legazi elingenelanga njalo ungabi lenhlupho nxa usubeletha.
  - Dlana indumba, indlube lamazambane nsuku zonke.
  - Dlana imibhida elamahlamvu aluhlaza nsuku zonke.
  - Dlana ezangaphakathi ezinjengezinso, inhliziyi kumbe isibindi kanye ngeviki.
- Uganathi itiyi ndawonye lokudla.
  - Itiyi iyakhupha I iron ekudleni okudlayo.
  - Nxa kumele uyinathe, mana okwehola elilodwa ngemva kokudla.
- Natha amaphilizi e iron ngesikhathi uzithwele ukuze ungabi legazi elilutshwana njalo ungabi lohlupho ngesikhathi ubeletha.
  - Qala ngokudla uthi usunatha amaphilizi lamanzi amanengi ukuze ungezwa ububi bawo njalo angakubangeli okunye okungafanelanga.
  - Natha amaphilizi okwengezelela igazi uze uyebeletha ukuze igazi lakho lelomntanakho lanele.
- Bobaba khumbuzani omkenu ukuthi banathe amaphilizi okwengezelela igazi nsuku zonke nxa bezithwele. Lokhu kwenzelwa impilakahle kamama ozithweleyo leyomntwana.