

## BUMBA IZIBAMBO

- ⦿ Bumba izibambo ezimbili.
- ⦿ Gubha lapho ofaka izibambo khona.
- ⦿ Faka izibambo. Fithizela kancane zihlangane lomzimba kahle. Lolonga kube kuhle.



## SIKA UBHALU LWENKUNI

- ⦿ Dweba umnyango wobhalu lwesisitofu (lapho okuzangena inkuni).
- ⦿ Hlaba kahle ngengqamu usike umnyango. Sika katshana lezibambo lalapho okulamaseko khona.



- ⦿ Ungaqeda, womisa isitofu sakho endlini okwamalanga amathathu. Nanzelela ukuba ungayiwomisi elangeni kumbe lapho okulomoya khona.
- ⦿ Isiwomile gebha umgodi usiwomise ngokusitshisa. Ukutshisa kanye kwanele.



Njengoba usukwazi ukubumba isitofu usungafundisa abanye njalo. Uma ufundisa sebenzisa ugwalu lolu ulandelisa ingcazelo zakho ngemifanekiso. Nanzelela njaloukubaulandele imifanekiso

oyibonisayo



# Isitofu Somdaka

UGWALO LOKUBUMBA EMAKHAYA



## IZIZATHO ZOKUBA LESITOFU SOMDAKA

- ⊙ Inkuni azisatholakali lula njengakudala. Kuthi kunjalo ukugamula izihlahla kokuphela lakho kulengozi.
- ⊙ Isitofu somdaka sisebenzisa inkuni ezinlutshwana kodwa siphe umlilo olamandla okwedlula umlilo nje obaswe kusetshenziswa mhlawumbe amaseko.
- ⊙ Ungabalesitofu somdaka, uzathola ukuba omama akusadingakali ukuba batheze inkuni ezinengi. Lokhu kwehlisa umlandu ophethwe ngabomama.

### 1.) UKULUNGISA IBUMBA

- ⊙ Dinga lapho okulesidaka ugebhe.
- ⊙ Yendlala isidaka osigebhileyo phezulu kwesaka.
- ⊙ Chola isidaka leso okuzwayo usefe ukhiphe itshetshebetshebe, amatshe, lenswazi kumbe utshani kulesosidaka.
- ⊙ Thambisa ngamanzi uthole ibumba lakho, kodwa unanzelele ukungatheli amanzi

## 2. UKUBUNJWA KWESITOFU SOMDAKA

### BUMBA INGAPHANSI YESITOFU

- ⊙ Dobha umdaka olingeneyo uwubumbe ubelibhola.
- ⊙ Faka ngaphezu kwesakana ubumbe lelo bhola ngokufithiza lokulolonga libe yingaphansi yesitofu.

### BUMBA UMZIMBA WESITOFU

- ⊙ Dobha njalo umdaka olingeneyo ubumbe kubengumphongolo.
- ⊙ Namathisela lowo mphongolo phezu kwengaphansi yesitofu oyibumbileyo.
- ⊙ Bumba njalo omunye umphongolo uhlanganise lalowo osuwunamathisele kusigcegedu sangaphansi sesitofu.
- ⊙ Phinda njalo usakha ngaphezulu kwalokho osukwenzile njalonjalo kuze kufike ubude obulingeneyo (20cm).



### LOLONGA IMBIZA YESITOFU

- ⊙ Lolonga imbiza yesitofu ibenhle njalo imekahle.



### BUMBA AMASEKO

- ⊙ Dobha umdaka ubumbe amaseko amathathu, uwahlalise phezu kwembiza unanzelela ukuba akhatshana okulingeneyo.



- ⊙ Nanzelela ukuba iseko lakho lilobude obulinagana lomunwe wakho (1.5 cm)