



**USAID**  
FROM THE AMERICAN PEOPLE



**Amalima**



**CNFA**  
Cultivating New Frontiers  
in Agriculture

## Obaba balakho ukuncedisa omkabo ukuze bamunyise

1.



### Indaba - Xoxani

*Abantwana abasanda kuzalwa kusiya kulabo abalenyanga ezingu-6*

Ukumunyisa umntwana ibele kuphela kungela okunye akuphiwayo okunjengamanzi, ilambazi kumbe imisobho, kwenza umntwana akhule kuhle ehlakaniphile. Umntwana omunyayo kakhali kakhulu okunengayo, uyalala kuhle njalo uhlala ethabile. Umkakho uyalidinga ithuba lokumunyisa umntwana. Umntwana kumele amunye ngesikhathi efuna njalo amunye okwemizuzu engu-15 ngasikhathi sinye ngasinye. Lokhu kuyakhuthazwa ngoba ngalindlela umntwana uthola lonke uchago olufunakalayo ukuze akhule kuhle abelempilakahle. Uchago oluphuma ekucineni yilo oluqakatheke kakhulu oluphethe imisoco efunakalayo emzimbeni ukuze umntwana akhule kuhle.



2.



### Indoda emadodeni incedisa njani ekumunyiseni?

- Indoda emadodeni iyadinga inkuni, yenze ibonda njalo ibande.
- Iyadinga amanzi, amanzi abemanengi ekhaya.
- Indoda emadodeni iyakwejisa lomkayo nxa emunyisa.
- Iyancedisa umkakhe nxa epheka ngokumkhangelela imbiza esabambekile ngokumunyisa.
- Indoda emadodeni njalo ilakho ukudlala labantwana umkakhe nxa esamunyisa.
- Iyabuza ngezifundo zomkayo kuma-Care Group.

# 3.



## Izinqumo zendoda emadodeni

**Cela oxoxe labo babalele phezulu lokhu okungaphansi lawe ulalele. Bangaqeda cela babeke uphawu lwabo phansi ukugcizelela izinqumo zabo.**

**Ngiyindoda emadodeni ngoba ngiyanakekela imuli yami. Abantwana bami bazakhula kuhle. Ngiyindoda emadodeni.**

- Ngiyadinga inkuni, ngenze ibonda njalo ngibande.
- Ngiyadinga amanzi, amanzi abemanengi ekhaya.
- Nxa umkami emunyisa ngiyamxoxisa ngihleli laye.
- Ngiyamncedisa umkami nxa epheka ngokumkhangelela imbiza esabambekile ngokumunyisa.
- Kuthi kunjalo, ngilakho ukudlala labantwana nxa esamunyisa.
- Ngiyambuza ngezifundo zakhe kuma-Care Group.

# 4. Ngiyindoda Emadodeni



**Uphawu**

- **Loba uphawu lwakho ukhombise ukuzimela kwakho ekubeni yindoda emadodeni.**