

## Ukudinga ukudla okukhulisa kuhle abantwana

1.



### Indaba - Xoxani

Abantwana abalenyanga ezingu-6 kusiya emnyakeni emibili basakhula, ngakho ke, badinga ukudla okuthile okutshiyeneyo ukuze bakhule kuhle beqinile njalo belokukhalipha. Umntwana sengaqala ukuphiwa okunye ukudla (okunjengelambazi) ngaphandle kochago lwebele nxa eselenyanga ezingu-6, kuthi nxa eselomnyaka sengaqala ukudla kwemuli yonke nje.

Abantwana kumele baphiwe ukudla okutshiyeneyo, bangondliwa ngelambazi lodwa kumbe ngesitshwala kuphela. Kufanele badle ukudla okunengi okutshiyeneyo okugoqela imibhida, indumba, izithelo, inyama lamaqanda. Kuyakhuthazwa ukuba baphiwe izithelo kanye ngelanga njalo baphiwe inyama kanye ngeviki kumbe kanengi nxa usenelisa.



2.



### Indoda emadodeni incedisa ngani?

- Indoda emadodeni iyabuza kumama ngokufunakalayo endlini.
- Iyenza ingadi ekhaya ilime imibhida lokunye okudliwayo okuqakathekileyo.
- Indoda emadodeni iyadinga imisebenzi ithole imali yokuthenga ukudla okulomsoco okugoqela imibhida, amagwili, uchago kanye lenyama.
- Indoda emadodeni njalo iyafuya ihlabele abantwana kutholakale inyama ekhaya.
- Iyathakazelela izifundo ngendlela zokupheka ezivela kwabase-Amalima njalo ibuze umkayo ngalokho abakufundayo kuma-Care Groups.

# 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 ngoba ngiyadinga konke ukudla okufunakalayo ukuze bondleke. Ngiyindoda emadodeni.**

- Ngiyabuza kumama ngokufunakalayo endlini.
- Ngiyenza ingadi ekhaya ngilime imibhida lokunye okudliwayo okuqakathekileyo.
- Ngiyadinga imisebenzi ngithole imali yokuthenga ukudla okulomsoco okugoqela imibhida, amagwili, uchago kanye lenyama.
- Kuthi kunjalo ngiyafuya, lapha lalapha ngibambe ngihlabele abantwana kutholakale inyama ekhaya.
- Ngiyazithakazelela izifundo zendlela zokupheka ezivela kwabe-Amalima njalo ngiyabuza umkami ngalokho akufundayo kuma-Care Groups.

# 4.

## Ngiyindoda Emadodeni



**Uphawu**

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