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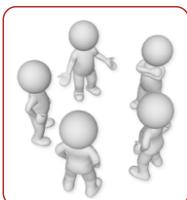


CNFA
Cultivating New Frontiers
in Agriculture

Amalima

Obaba labo balomlandu ekunakekeleni umntwana ogulayo

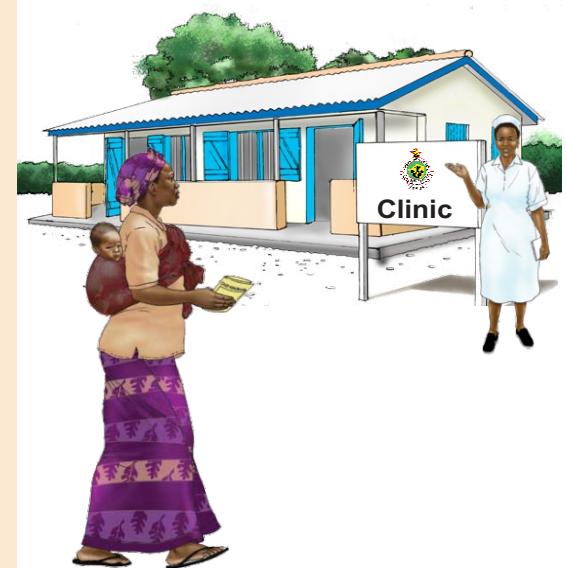
1.



Indaba - Xoxani

Nxa umntwana egula kumbe nxa esesibangcono (kungedlula amaviki amabili eqale ukuzwa ngcono) kuyabe kudingakala ukuba umntwana athole ukudla okulomsoco njalo anakekelwe. Omama abalabantwana abancane bayakhuthazwa ukuba bamunyise kanengi nengi ngelanga.

Nxa umntwana egula, kumele aphiwe ukudla okuncinyane mbijana mbijana kanengi nengi ngelanga. Lapho nxa esesiba ngcono kumele engezelelelwe amathuba okudla nsuku zonke ukuze aphangise ukuba lomzimba abuyele kusimo ayekuso engakaguli.



2.



Ubaba uncedisa ngani nxa umntwana egula?

- Indoda emadoden, phezu kokubuza ngomntwana ngokuba uzwanjani, iyaphatha umntwana imduduze imtshengise uthando.
- Iyakhumbuza umama ekhaya ukuba anike umntwana imithi yakhe.
- Indoda emadoden yenza kubelula kumama lomntwana ukuba baye ekilinika ngokubadingela indlela zokuhamba. Kungaba yinqola, ibhasikili kumbe ngemali yokudinga izimota zokuhamba.
- Iyalungisela abanye abantwana ukudla ngesikhathi umama ehambe ekilinika lomntwana ogulayo.
- Indoda emadoden njalo iyancedisa umkayo lapho esabambekile ngokumunyisa.
- Iyabuza ngezfundo zomkayo kuma-Care Group.
- Nxa indoda emadoden isikwazi ukuba umkayo usezithwele, iyamkhuthaza ukuba ayebhalisa ekilinika masinyane.

3.



Izinqumo zendoda emadoden

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

Ngiyindoda emadoden ngoba ngiyanakekela imuli yami. Abantwana bami bazakhula kuhle. Ngiyindoda emadoden.

- Ngiyaphathea ngokuba umntwana uzwanjani njalo ngiyamphatha umntwana ngimduuze ngimtshengise uthando.
- Ngiyakhumbuza umama ekhaya ukuba anike umntwana imithi yakhe.
- Ngiyazinikela ukwenza uhambo lukamama lomntwana ekilinika ukuba lubelula ngokubadingela indlela zokuhamba. Ngilungisa inqola, ibhasikili kumbe ngidinge imali yokuba bahambe ngezimota.
- Ngesikhathi umama ehambe ekilinika lomntwana ogulayo, ngiyalungisela abantwana abaseleyo ukudla.
- Kuthi kunjalo ngiyamncedisa umkami nxa esabambekile ngokumunyisa.
- Ngiyambuza umkami ngezifundo zakhe kuma-Care Group.
- Nxa sengisazi ukuba umkami usezithwele, ngiyamkhuthaza ukuba ayebhalisa ekilinika masinyane.

4.

Ngiyindoda Emadoden



Uphawu

- Loba uphawu lwakho ukhombise ukuzimisela kwakho ekubeni yindoda emadoden.