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CNFA
Cultivating New Frontiers
in Agriculture

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 aphantise ukuba lomzimba abuyele kusimo ayekuso engakaguli.



2.



Ubaba uncedisa ngani nxa umntwana egula?

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

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.

- Ngiyaphatheka ngokuba umntwana uzwanjani njalo ngiyamphatha umntwana ngimduduze ngimtshengise uthando.
- Ngiyakhumbuza umama ekhaya ukuba anike umntwana imithi yakhe.
- Ngiyazinikela ukwenza uhambo lukamama lomntwana ekilnika ukuba lubelula ngokubadingela indlela zokuhamba. Ngilungisa inqola, ibhasikili kumbe ngidinge imali yokuba bahambe ngezimota.
- Ngesikhathi umama ehambe ekilnika 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 ekilnika masinyane.

4.

Ngiyindoda Emadodeni



Uphawu

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