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**UGWALO LWAMALEAD MOTHER LOKUCEBISA
NGESIKHATHI SOKUVAKATSHELA IMIZI**

Amazwi okubonga

Amakhadi okucebisa la ayingxenye yeAmalima Care Group Counselling Package, eyalungiselwa ukusetshenziswa kumaCare Group aseAmalima ukuze kukhuthazwe ukondliwa kuhle kwabantwana abancane, lokukhuthaza omama ngezempilakahle. IAmalima Care Group Counselling Package igoqela amaflipchart kanye lamakhadi awokucebisa oLead Mother ngesikathi sokuvakatshela imizi. IAmalima Care Group Counselling Package, yalungiswa kulandela umkhankaso wokuchwayisisa ngokondliwa kwabantwana lezempilakahle okwaba yisisekelo sohlelo okwenziwa ezigabeni zeGwanda leTsholotsho eZimbabwe ngo2014.

Ezinye ingwalo ezasetshenziswayo ekulungiseni iAmalima Care Group Counselling Package zigoqela lezi ezilandelayo:

- IUNICEF IYCF counselling package, njalo sibonga abeUnited Nations Children's Fund (UNICEF) New York leCenter for Human Services, abenza inhlelo ezingela nzuzo beyingxenye yeUniversity Research Co., LLC (URC/CHS). Izifundo ezigoqela imifanekiso zacupha kakhulu kuzifundo zeIYCF ezenzelwa ukugququla ukuziphatha kwabantu mayelana ngezempilakahle.
- Ugwalo Care Groups: A Training Manual for Program Design and Implementation olwasungulwa yiFood for the Hungry lwasetshenziswa ngemva kokugququlwa kancinyane ngamalunga eFood Security and Nutrition Network Care Groups Forward Interest Group leSocial and Behavioural Change Task Force kanye leWorld Relief.
- Kusethenziswe lolwazi oluvela kuwebsite yeCare Group ethi <http://www.caregroupinfo.org> olwasungulwa yiCore Group kanye leFood for the Hungry leWorld Relief.

Sizathanda ukubonga usizo esiluthole kugatsha lukaHulumende olukhangelane ngezempilakahle lokunakekelwa kwabantwana (Ministry of Health and Child Care), lezisebenzi zezabelweni ezaba yingxenye yokuhlolwa kwakuqala kwezifundo ezinengi ezigoqelwe ndawonye ngoNhlolanja 2015.

Abaphathise ekusungulweni kogwalo:



Loluhlelo lweAmalima luvela kuUnited States Agency for International Development (USAID), Office of Food for Peace. Okumunyethwe lugwalo yimibono yaseCNFA, akutshengisi imibono yeUSAID kumbe uHulumende waseAmerica.

			Okumunyethweyo
			Ngingenzani ukuze ngibe ngumcebisi owaziyo umsebenzi wakhe kakhulu?
			Ngiwasebenzisa njani la amakhadi ekucebiseni?
0 - 6	6 - 12	12 - 24	Amakhadi okucebisa
UKUMUNYISA IBELE			
			Ikhadi 1: Ukuqakatheka kokumunyisa abantwana
			Ikhadi 2: Zinike isikhathi sokumunyisa
			Ikhadi 3: Ukumunyisa ibele kuphela
			Ikhadi 4: Indlela eqondileyo yokumunyisa
			Ikhadi 5: Ukuxhuma umntwana ebeleni
			Ikhadi 6: Indlela zokuphatha umntwana nxa umunyisa
			Ikhadi 7: Amathuba okumunyisa ngelanga
			Ikhadi 8: Amathuba okumunyisa ngelanga
			Ikhadi 9: Ukumunyisa umntwana ogulayo
			Ikhadi 10: Umama oleHIV laye angamunyisa

Qaphela ukulandela imibala emakhadini:



Okubomvu

Isifundo esifanele omama abalabantwana abasanda kuzalwa kusiya konyanga ezingu-6.



Okuluhlaza

Isifundo esifanele omama abalabantwana abalenyanga ezingu-6 kusiya kwezingu-12.



Okulithanga

Isifundo esifanele omama abalabantwana abalenyanga ezingu-12 kusiya kwezingu-24.

Indlela zokucebisa

1

Bingelela umdeni ucele ukukhuluma lomama. Nxusa abanye. Bingelela umama umenzele amhlophe ngokuba ngomunye weqembu labomama eleCare Group.

2

Buza ukuthi umntwana uleminyaka emingaki. Khetha ikhadi elifaneleyo.

3

Sebenzisa ikhadi "ukuhlolisisa" ukhangele ukondleka komntwana njalo ubuze imibuzo esekhadini.

6

Valelisa, livumelane ukuthi lizabonana nini.



5

Bonisa umama, umxwayise lize lithole isivumelwano ngalokho angakwenza.

4

Xoxani. Lalela okubaliswa ngumama. Cebisa ngokungenziwa ukhuthaze.

Indlela yokusebenzisa amakhadi ekucebiseni

1

- Bingelela umdeni.
- Bingelela umama, unxuse abanye engxoxweni.
- Umenzele amhlophe umama ngokuba yingxenye yeCare Group.

2

- Buza ibizo lomntwana leminyaka yakhe.
- Khetha ikhadi elifaneleyo:
(0 - 6 ngumbala obomvu) (6 - 12 ngumbala oluhlaza)
(12 - 24 ngumbala olithanga)

3

- Buza umama ngendlela amunyisa ngayo usebenzisa umhlubulo wekhadi "lokuhlolisisa".
- Buza imibuzo ekulelokhadi.

4

- Xoxisana lomama ngamaqhinga angawenza ukunqoba ubunzima alabo usebenzisa umhlubulo wekhadi obhalwe "ukucebisa".
- Cebisa okucacileyo ngokungenziwa. Khuthaza.
- Xoxani ngokulula okungenziwa..

5

- Umama yena ucabanga ukuthi angenzani?
- Kuyini azakuzama umama?
- Zama ukubonisa umama ukuthi kumele enze isithembiso sokuthi uzalandela indlela le entsha.
- Gcizelela lokho okuvunywe ngumama.

6

- Valelisa, livumelane ngokuba lizabonana nini.
- Lapho elizabonana khona, buza umama ukuthi ukwenzile lokho avume ukukwenza na?
- Yikuphi akuthandileyo? Yikuphi angakuthandanga?

Ngingenzani ukuze ngenze kuhle umsebenzi wami wobucebisi?

1



Khuthaza, umama azimisele. Menze ahlaliseke umama akhululeke.

2



Lalela okudlula ukukhuluma.

3



Ungabi ngumbalisi. Hlonipha umama utshengisele ukuthi uyakuthakazelela lokho akutshoyo.

4



Bana lesifuba. Ungakhulumi ngabanye omama.

5



Kwesinye isikhathi amanye amalunga emuli angafisa ukulalela. Lokho kulungile labo bangenza izinqumo.

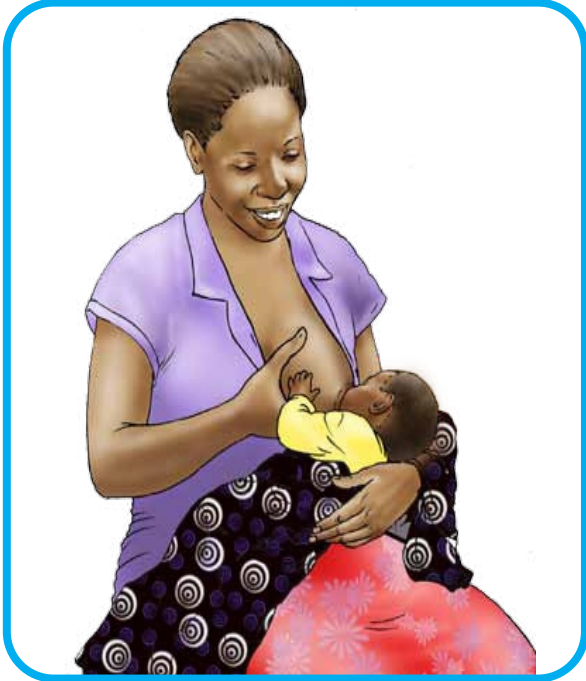
6



Hlala uzilungiselele. Bana lakho konke okumele ukusebenzise. Bana lomusa njalo uzithobe.

UKUQAKATHEKA KOKUMUNYISA ABANTWANA

Ukuhlolisisa



Abantwana abalenyanga ezingaphansi kwezingu 6



Abantwana abalenyanga ezingu 6 kusiya kwezingu 24

- Ukumunyisa kuqakathekile kuwe na?
- Uma ukhululekile, ungangitshengisa ukuba umunyisa njani umntanakho?



Nxa umntwana egula sebenzisa ikhadi 9

IKHADI 1



○ Hlaliseka ubeke isikhathi sokumunyisa.



- Ungama kancane umunyise nxa usemasimini.



- Abanye labo bangakuncedisa.



- Ungamunyisa loba ungumama osebenzayo



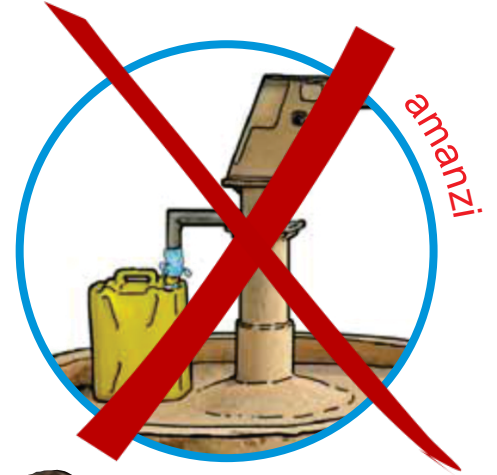
- Uyamunyisa lasebusuku.



Ukumunyisa ibele kuphela

Ukucebisa

- Uchago lwebele lulakho konke okufunwa ngumntwana aze abe lenyanga ezingu 6.



INDLELA EQONDILEYO YOKUMUNYISA

Ukuhlolisisa

- Uzwa ubuhlungu yini nxa umunyisa?
- Uyazi na, ukuthi ukuxhuma ebeleni okungaqondanga kuzwisa ubuhlungu?

Ukuxhuma okuqondileyo



Ukuxhuma okungaqondanga



- Umphatha ngayiphi indlela umntanakho?

Indlela yokuphatha umntwana eqondileyo



Indlela engaqondanga



IKHADI 4



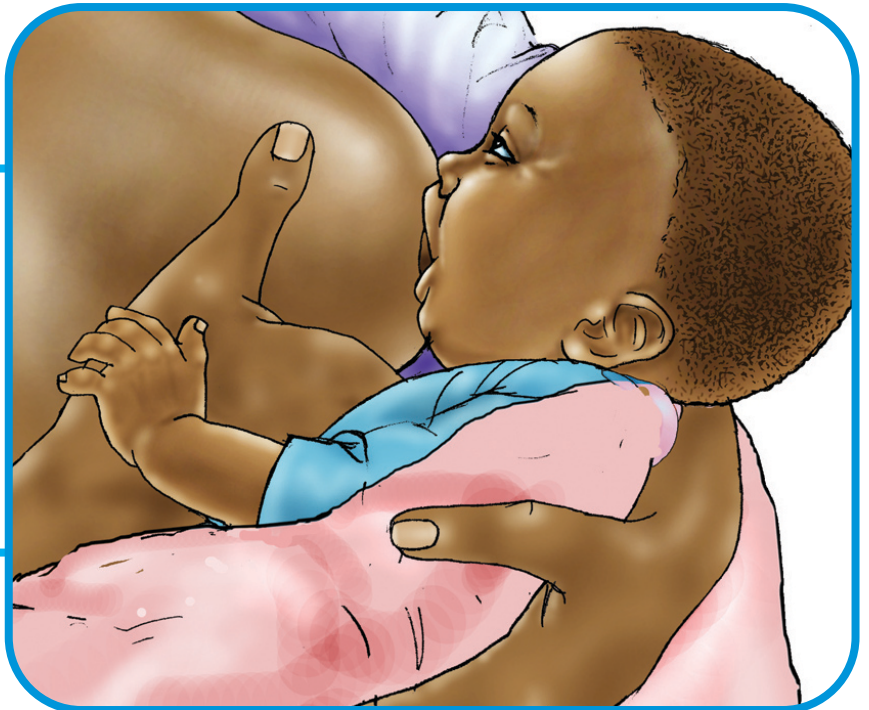
Ukuxhuma umntwana ebeleni okuqondileyo

Ukucebisa

Bana leqiniso lokuthi umlomo womntwana ukhamisile.



Umlomo womntwana kumele uvale ingono yakho.



IKHADI 5



Indlela zokuphatha umntwana nxa umunyisa

Ukucebisa

- Bambela umntanakho eduze izisu zenu zithintane.
- Umntwana kumele akhangele kunina.



Ukubamba angani umgonile



Ukumlalisa phezu kwengalo Ngokwensane ezincane



Ukumunyisa amaphahla



Ukumunyisa ulele



Amathuba okumunyisa ngelanga

Ukuhlolisisa

Wazi njani ukuthi sekuyisikhathi sokumunyisa?

Umunyisa kangaki umntanakho?

EKUSENI



EMINI



EBUSUKU



Umunyisa ngawo womabili amabele na?

Uqala uqede uchago olusebeleni elilodwa ungakamunyisi kwelinye yini?



IKHADI 7

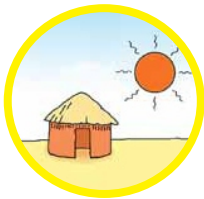


- Munyisa okungaba **ka 8** kusiya phezulu kusukela ekuseni kusiya ntambama.

EKUSENI



EMINI



- Munyisa okungaba **ka 4** ebusuku.

EBUSUKU



- Munyisa ngebele elilodwa uchago luze luphele ube usumunyisa ngelinye. Lokhu kwenzelwa ukuthi umntwana athole uchago oluhle olusekucineni oluphethe okwakha umzimba.



UKUMUNYISA UMNTWANA OGULAYO

Ukucebisa

Abantwana abalenyanga ezingaphansi kwezingu-6



○ Munyisa kancane kancane uncenga kokuphela.

Abantwana abalenyanga ezingaphezu kwezingu-6



○ Nika umntwana uchago lokudla okulutshwana umnike kanengi nengi.

IKHADI 9

