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Amalima



CNFA
Cultivating New Frontiers
in Agriculture



UGWALO LWAMA-LEAD MOTHER LOKUCEBISA OMAMA ABAZITHWELEYO

Luluhlelo lusekelwa yi:



AMAZWI OKUBONGA

Amakhadi okucebisa la ayingxenywe 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 ngesikhathi 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 beyingxenywe yeUniversity Research Co., LLC (URC/CHS). Izifundo ezigoqela imifanekiso zacupha kakhulu kuzifundo zeIYCF ezenzelwa ukuguqula ukuziphatha kwabantu mayelana ngezempilakahle.
- *Care Groups: A Training Manual for Program Design and Implementation* olwasungulwa yiFood for the Hungry lwasetshenziswa ngemva kokuguqulwa kancinyane ngamalunga eFood Security and Nutrition Network Care Groups Forward Interest Group leSocial and Behavioural Change Task Force kanye leWorld Relief.
- Kusetshenziswe 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 yingxenywe yokuhlolwa kwakuqala kwezifundo ezinengi ezigoqelwe ndawonye ngoNhlolanja 2015.

Abaphathise ekusungulweni kogwalo:



OKUMUNYETHWEYO

IKHADI I: Ngingenzanjeni ukuze ngibe yingcitshi emsebenzini wami?

IKHADI II: Ngiwasebenzisa njani amakhadi okucebisa la?

1 - 3	4 - 6	7 - 9	9 +	Amakhadi Okucebisa
				IKHADI 1: Inyanga 1 kusiya kwezingu-3
				IKHADI 2: Yenza amalungiselelo ngokuzithwala
				IKHADI 3: Inyanga ezingu-4 kusiya kwezingu-6
				IKHADI 4: Yenza amalungiselelo ngokuzithwala
				IKHADI 5: Inyanga ezingu-7 kusiya kwezingu-9
				IKHADI 6: Yenza amalungiselelo awokubeletha
				IKHADI 7: Ngemva kokubeletha
				IKHADI 8: Amalungiselelo ngemva kokubeletha
				IKHADI 9: Indlela zokuhlela imuli
				IKHADI 10: Izikhathi zokudla nxa uzithwele
				IKHADI 11: Ukudinga ukudla okulomsoco
				IKHADI 12: Ukomisa ukudla ngesikhathi kusekunengi
				IKHADI 13: Okunye ongakupheka
				IKHADI 14: Okunye ongakupheka

Qaphela ukulandela imibala emakhadini:



Isifundo esifanele umama olenyanga 1 - 3 ezithwele



Isifundo esifanele umama olenyanga 4 - 6 ezithwele



Isifundo esifanele umama olenyanga 7 - 9 ezithwele



Ngesikhathi sokubeletha kusiya kunyanga yakuqala umntwana ezelwe

INDLELA YOKUCEBISA

1

Dinga indawo ongahlala khona. Bingelela umama umenzele amhlophe ngokuba yingxenye yeCare Group.

2

Khetha ikhadi lokusebenzisa.

3

Sebenzisa ikhadi lokuhlolisisa umumo njalo ubuze imibuzo esekhadini.

6

Valelisa livumelane ukuthi lizabonana nini.



Bonisana lomama umxwayise lize livumelane ngalokho angakwenza.

4

Nika umama izeluleko umcebise ngokungenziwa. Xoxa umkhuthaze.

5

INDLELA YOKUSEBENZISA AMAKHADI EKUCEBISENI

1

- Bingelela umama.
- Dingani indawo elingahlala kuhle khona.
- Menzele amhlophe ngokuba yingxenye ye*Care Group*.

2

- Buza umama ukuthi ulenyanga ezingaki ezithwele. (Ncedisa labo abangela qiniso ngokuzithwala).
- (1 - 3 yellow) (4 - 6 orange) (7 - 9 green) (9 + red)

3

- Sebenzisa ikhadi lokuhlola ukuze ucubungule umumo ubuza ngalokho okwenziwayo.
- Buza imibuzo esekhadini.

4

- Khetha ikhadi ulandela inyanga zokuzithwala zikamama.
- Xoxisana lomama ngalokho okukhuthazwa kukhadi. elilandelayo.
- Buza ngemicabango yakhe umama, lixoxisane.

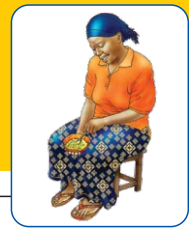
5

- Kuyini okuzazanywa ngumama kulokho elixoxisane ngakho? Vumelana laye.
- Bonisa umama ngokuqakatheka kwezinqumo azenzileyo, umkhuthaze njalo.
- Gcizelela livumelane ukuthi kuyini okumele akuzame.

6

- Buza elakuvumelanayo emhlanganweni olandelelayo.
- Wakwenza yini umama lokho ayethe uzakuzama?
- Kuyini akuthandayo? Kuyini angakuthandanga?

Inyanga 1 kusiya kwezingu-3



BUZA	IMPENDULO	CEBISA
Ulenyanga ezingaki uzithwele?	Inyanga ezingaphansi kwezintathu.	Amhlophe!
Uhambile ekilnika na?	Yebo. <i>Uhambe ulenyanga ezingaki?</i>	Kuhle! Ukuya ekilnika phakathi kwenyanga ezintathu zakuqala zokuzithwala kuhle, kwenza uhlale uphilile njalo kwenza umntwana akhule kuhle.
	Hatshi.	Hamba ekilnika ungavela unanzelele ukuba usuzithwele. Lokhu kuzakuncedisa ukuba uhlale uphilile uze uyebiletha njalo lokuba umntwana akhule kuhle.
Ongahlangana lakho nxa uvakatshele ekilnika.	<i>Landisela umama okubhalwe eceleni.</i>	Abazempilakahle bazakuhlola: <ul style="list-style-type: none"> • I-BP • I-HIV lengulamakhwa • Igazi (<i>Anemia / Iron level test</i>) • Ungaphiwa imithi yokuvikela uqhuqho • Ungaphiwa umuthi wokubulala amawemusi
Usumazisile umkakho na (kumbe omunye wakho), ukuthi usuzithwele? Abanye ngekhaya ke?	Yebo	Zinike isikhathi sokuphumula. Cela abanye bakuncedise ngemisebenzi yakho.
	Hatshi	<i>Ngokuhlonipha okukhulu buza ngezizatho zalokhu.</i> <i>Buza ukuba ucabangela ukuthi angabazisa nini.</i> <i>Chasisa ngokuqakatheka kokuphathiswa ngabanye.</i> <i>Cela ayexoxisana labomongikazi.</i>
Ukudla okulomsoco kubomama abazithweleyo.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Yengeza inani lezikhathi zokudla udle ukudla okulemibhida lendumba. Zama ukudla inyama ezitshiyeneyo lamaqanda, unathe lochago kanye ngeviki kusiya phezulu. Natha amanzi amanengi nsuku zonke.
Zinakekele.	<i>Landisela umama okubhalwe eceleni.</i>	Lala embhedeni ofakwe inethi. Natha amaphilisi akho awokwengezelela igazi nsuku zonke.
Hlala uhlanzekile.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Ziphathe ngokuhlanzeka: <ul style="list-style-type: none"> • Natha amanzi ahlanzekileyo avikelekileyo • Bilisa kumbe usebenzise amaphilisi amanzi • Geza izandla ngesepa kumbe ngomlotha usebenzisa amanzi agelezayo • Geza izandla ngezikhathi zonke eziqakathekileyo. • Gezisa izithelo lemibhida ungakadli • Sebenzisa inkezo lenkomitsho ezibekelwe ukunatha • Gezisa izitsha ungakazisebenzisi • Woba lengalane yezitsha losigubhugiya

Yenza amalungiselelo ngokuzithwala

INYANGA

1

INYANGA

2

INYANGA

3

IZIFUNDO



i *Khangela phansi kusihloko sezitshengiselo zokuzithwala nxa umama engelaqiniso ngokuba uzithwele.*

Dingisisa wazi usuku ozabeletha ngalo.

Funda ngokumele ukukhangelele nxa uzithwele.

Qala ukudinga ulwazi ngokunakekelwa kwabantwana.

USIZO



Xoxa lomkakho (kumbe omunye wakho) labanye abangekhaya ngezinto osuzihlelile ngomthwalo wakho.

Cela usizo kwabanye ngekhaya ngemisebenzi yakho yangekhaya.

LUNGISELELA



Qala ukuqogelela imali.

Imali le uzayisebenzisa ezibhedlela kumbe emaklinika njalo ungayisebenzisa ukuthenga ezinye izinto eziqakethekileyo ezifunakalayo nxa uzithwele.

Ubona ngani ukuthi kulenkinga?

Sebenzisa isigaba lesi ukwazisa omama ngalokho okumele bakuqaphele.

NGESIKHATHI UZITHWELE

- Ukopha lokuthontisa
- Ukutshaywa likhanda kakhulu
- Ukutshisa komzimba kumbe ukuzwa ugodola
- Ukuvuvuka kwezandla lenyawo
- Ukuhlanza kakhulu ngezikhathi zonke
- Ukuzwa ubuhlungu nxa ulahla amanzi
- Ubuhlungu eqolo

UNGANANZELELA KUMBE YIKUPHI KWALOKHU, HAMBA EKILINIKA MASINYA.

i ***Ku-Lead Mother:** Qonqosela ngokuqakatheka kokwenza amalungiselelo okubeletha. Khuthaza ugcizelele njalo livumelane ngalokho azakwenza umama.*

Inyanga 4 kusiya kwezingu-6



BUZA	IMPENDULO	CEBISA
Ulenyanga ezingaki uzithwele?	Inyanga ezingaphansi kweziyisithupha.	Amhlophe!
Uhambile ekilnika na?	Yebo. <i>Uhambe ulenyanga ezingaki?</i>	Qhubeka ngokuya ekilnika ukuyahlolwa ngokuzithwala kwakho. Hamba lanxa usizwa ugula.
	Hatshi.	Hamba ekilnika ungavela unanzelele ukuba usuzithwele. Lokhu kuzakuncedisa ukuba uhlale uphilile uze uyebeletha njalo lokuba umntwana akhule kuhle.
Ongahlangana lakho nxa uvakatshela ekilnika. (Ukuya ekilnika okwesibili)	<i>Landisela umama okubhalwe eceleni.</i>	Abezempilakahle bazakuhlola: <ul style="list-style-type: none"> • Ukusinda kwakho • I-BP • Inani letshukela egazini • Ungaphiwa imithi yokuvikela umkhuhlane woqhuqho
Usumazisile umkakho na (kumbe omunye wakho), ukuthi usuzithwele? Abanye ngekhaya ke?	Yebo	Zinike isikhathi sokuphumula. Cela abanye bakuncedise ngemisebenzi yakho.
	Hatshi	<i>Ngokuhlonipha okukhulu buza ngezizatho zalokhu.</i> <i>Buza ukuba ucabangela ukuthi angabazisa nini.</i> <i>Chasisa ngokuqakatheka kokuphathiswa ngabanye.</i> <i>Cela ayexoxisana labomongikazi.</i>
Ukudla okulomsoco kubomama abazithweleyo.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Yengeza inani lezikhathi zokudla udle ukudla okulemibhida lendumba. Zama ukudla inyama ezitshiyeneyo lamaqanda, unathe lochago kanye ngeviki kusiya phezulu.
Zinakekele.	<i>Landisela umama okubhalwe eceleni.</i>	Lala embhedeni ofakwe inethi. Natha amaphilisi akho awokwengezelela igazi nsuku zonke.
Hlala uhlanzekile.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Ziphathe ngokuhlanzeka: <ul style="list-style-type: none"> • Natha amanzi ahlanzekileyo avikelekileyo • Bilisa kumbe usebenzise amaphilisi amanzi • Geza izandla ngesepa kumbe ngomlotha usebenzisa amanzi agelezayo • Geza izandla ngezikhathi zonke eziqakathekileyo. • Gezisa izithelo lemibhida ungakadli • Sebenzisa inkezo lenkomitsho ezibekelwe ukunatha • Gezisa izitsha ungakazisebenzisi • Woba lengalane yezitsha losigubhugiya

Yenza amalungiselelo ngokuzithwala

INYANGA

4

INYANGA

5

INYANGA

6

IZIFUNDO



Funda ngezitshengiselo ezibika ingozi.
(*Khangela isigaba esiphansi*)

Qala ukufunda ngokumunyisa abantwana.



Ku-Lead Mother: *Sebenzisa amakhadi okucebisa omama ngokumunyisa.*

USIZO



Khangela njalo amalungiselelo osuwenzile lomkakho
(kumbe omunye wakho) labangekhaya.

Cela umkakho (kumbe omunye wakho) labanye ngekhaya
ukuba bakusize ngemisebenzi yakho yangekhaya.

LUNGISELELA



Qhubeka ngokugcina imali.

Qala ukuthenga izinto eziqakathekileyo uzigcine zihlale
zikhona usenzela ukuthi ubelakho konke okufunakalayo
ngesikhathi ususiyabeletha.

Ubona ngani ukuthi kulenkinga?

Sebenzisa isigaba lesi ukwazisa omama ngalokho okumele bakuqaphele.

NGESIKHATHI UZITHWELE

- Ukopha lokuthontisa
- Ukutshaywa likhanda kakhulu
- Ukutshisa komzimba kumbe ukuzwa ugodola
- Ukuvuvuka kwezandla lenyawo
- Ukunganyakazi komntwana kumbe ukungakhabi okujwayelekileyo
- Ukuzwa ubuhlungu nxa ulahla amanzi
- Ubuhlungu eqolo

UNGANANZELELA KUMBE YIKUPHI KWALOKHU, HAMBA EKILINIKA MASINYA.



Ku-Lead Mother: *Qonqosela ngokuqakatheka kokwenza amalungiselelo okubeletha. Khuthaza ugcizelele njalo livumelane ngalokho azakwenza umama.*

Inyanga 7 kusiya kwezingu-9



BUZA	IMPENDULO	CEBISA
Ulenyanga ezingaki uzithwele?	Inyanga ezingaphansi kwezingu-9.	Amhlophe!
Uhambile ekilnika na?	Yebo. <i>Uhambe ulenyanga ezingaki?</i>	Qhubeka ngokuya ekilnika ukuyahlolwa ngokuzithwala kwakho. Hamba lanxa usizwa ugula.
	Hatshi.	Hamba ekilnika ungavela unanzelele ukuba usuzithwele. Lokhu kuzakuncedisa ukuba uhlale uphilile uze uyebiletha njalo lokuba umntwana akhule kuhle.
Ongahlangana lakho nxa uvakatshele ekilnika.	<i>Landisela umama okubhalwe eceleni.</i>	Abezempilakahle bazakuhlola: <ul style="list-style-type: none"> • ukusinda kwakho • I-BP • Ungaphiwa imithi yokuvikele umkhuhlane woqhuqho
Usumazisile umkakho na (kumbe omunye wakho), ukuthi usuzithwele? Abanye ngekhaya ke? (Ukuya ekilnika okwesithathu lokwesine)	Yebo	Zinike isikhathi sokuphumula. Cela abanye bakuncedise ngemisebenzi yakho.
	Hatshi	<i>Ngokuhlonipha okukhulu buza ngezizatho zalokhu.</i> <i>Buza ukuba ucabangela ukuthi angabazisa nini.</i> <i>Chasisa ngokuqatheka kokuphathiswa ngabanye.</i> <i>Cela ayexoxisana labomongikazi.</i>
Ukudla okulomsoco kubomama abazithweleyo.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Yengeza inani lezikhathi zokudla udle ukudla okulemibhida lendumba. Zama ukudla inyama ezitshiyeneyo lamaqanda, unathe lochago kanye ngeviki kusiya phezulu. Natha amanzi amanengi nsuku zonke.
Zinakekele.	<i>Landisela umama okubhalwe eceleni.</i>	Lala embhedeni ofakwe inethi. Natha amaphilisi akho awokwengezelela igazi nsuku zonke.
Hlala uhlanzekile.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Ziphathe ngokuhlanzeka: <ul style="list-style-type: none"> • Natha amanzi ahlanzekileyo avikelekileyo • Bilisa kumbe usebenzise amaphilisi amanzi • Geza izandla ngesepa kumbe ngomlotha usebenzisa amanzi agelezayo • Geza izandla ngezikhathi zonke eziqathekileyo. • Gezisa izithelo lemibhida ungakadli • Sebenzisa inkezo lenkomitsho ezibekelwe ukunatha • Gezisa izitsha ungakazisebenzisi • Woba lengalane yezitsha losigubhugiya

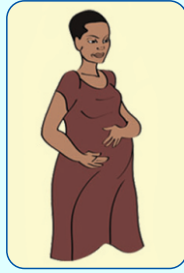
Yenza amalungiselelo ngokuzithwala

INYANGA 7

INYANGA 8

INYANGA 9

IZIFUNDO



Funda ngezitshengiselo zokuhelelwa (amanzi atshelelayo ahangene legazi aphuma ngaphansi, ubuhlungu esiswini, ukuphuma kwamanzi).
Lungiselela ukumunyisa.

USIZO



Khetha ozakuphelekezela ekilnika ukuyabeletha.
Dinga umuntu ozasala ekhangele abanye abantwana ushambe ekilnika.

LUNGISELELA



Qhubeka ngokugcina imali.
Hlela amaqhinga okuthi uzahamba ngani usiya ekilnika.

i *Isiqondiso sikaLead Mother: Ungaqeda usungaqala ukweluleka umama ngokumunyisa usebenzisa amakhadi awokweluleka ngokumunyisa.*

Ubona ngani ukuthi kulenkinga?

Sebenzisa isigaba lesi ukwazisa omama ngalokho okumele bakuqaphele.

NGESIKHATHI UZITHWELE

- Ukopha lokuthontisa
- Ukutshaywa likhanda kakhulu
- Ukutshisa komzimba kumbe ukuzwa ugodola
- Ukuvuvuka kwezandla lenyawo
- Ukunganyakazi komntwana kumbe ukungakhabi okujwayelekileyo
- Ukuzwa ubuhlungu nxa ulahla amanzi
- Ubuhlungu eqolo

NGESIKHATHI UBELETHA

- Ukopha kakhulu
- Ukutshaywa likhanda kakhulu
- Ukutshisa komzimba kumbe ukuzwa ugodola
- Ukuhelelwa okwedlula amahola alitshumi lambili
- Izathuthwane
- Ukungaphumi kwembeleko ngemva kokwedlula imizuzu engamatshumi amathathu

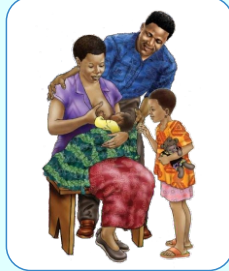
Ngemva kokubeletha



BUZA	IMPENDULO	CEBISA
Ubelethe nini?		Amhlophe!
Uhambile ekilnika na?	Yebo. <i>Uhambe ulenyanga ezingaki?</i>	Kuhle. kuqakathekile ukuhamba ekilnika ulandela ukucetshiswa ngabezempilakahle.
	Hatshi.	Hamba ekilnika ungavela unanzelele ukuba usuzithwele. Lokhu kuzakuncedisa ukuba uhlale uphilile uze uyebiletha njalo lokuba umntwana akhule kuhle.
Ongahlangana lakho nxa uvakatshele ekilnika.	<i>Landisela umama okubhalwe eceleni.</i>	Hamba uyehlolwa ngemva kokubeletha: <ul style="list-style-type: none"> • Phakathi kwamalanga amabili ubelethile • Ngemva kwamalanga amathathu • Ngemva kwamaviki ayisithupha • Hambisa umntwana ekilnika nyanga zonke aye esikalini
Usumazisile umkakho na (kumbe omunye wakho), ukuthi usuzithwele? Abanye ngekhaya ke?	Yebo	Zinike isikhathi sokuphumula. Cela abanye bakuncedise ngemisebenzi yakho.
	Hatshi	<i>Ngokuhlonipha okukhulu buza ngezizatho zalokhu.</i> <i>Buza ukuba ucabangela ukuthi angabazisa nini.</i> <i>Chasisa ngokuqakatheka kokuphathiswa ngabanye.</i> <i>Cela ayexoxisana labomongikazi.</i>
Ukudla okulomsoco kubomama abazithweleyo.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Yengeza inani lezikhathi zokudla udle ukudla okulemibhida lendumba. Zama ukudla inyama ezitshiyeneyo lamaqanda, unathe lochago kanye ngeviki kusiya phezulu. Natha amanzi amanengi nsuku zonke.
Zinakekele.	<i>Landisela umama okubhalwe eceleni.</i>	Lala embhedeni ofakwe inethi. Natha amaphilisi akho awokwengezelela igazi nsuku zonke.
Hlala uhlanzekile.	<i>Landisela umama okubhalwe eceleni.</i> <i>Mtshela okuhambelana lenyanga zakhe zokuzithwala.</i>	Ziphathe ngokuhlanzeka: <ul style="list-style-type: none"> • Natha amanzi ahlanzekileyo avikelekileyo • Bilisa kumbe usebenzise amaphilisi amanzi • Geza izandla ngesepa kumbe ngomlotha usebenzisa amanzi agelezayo • Geza izandla ngezikhathi zonke eziqakathekileyo. • Gezisa izithelo lemibhida ungakadli • Sebenzisa inkezo lenkomitsho ezibekelwe ukunatha • Gezisa izitsha ungakazisebenzisi • Woba lengalane yezitsha losigubhugiya

Ngemva kokubeletha

IZIFUNDO



Munyisa sikhathi sonke afuna khona umntwana.

Thola isikhathi sokuphumula.

Geza izandla ngendlela eqondileyo ezikhathini zonke eziqakathekileyo.

Funda ngokuqakatheka kokuya kwakho losana lwakho ekilnika ngemva kokubeletha.

USIZO



Cela usizo kwabanye ngekhaya ngemisebenzi yakho yangekhaya.

Zinike amathuba okumunyisa

Xoxa lomkakho kumbe omunye wakho ngendlela zokuhlela imuli.

i *Sebenzisa isigaba sokuhlela imuli kukhasi 9.*

LUNGISELELA



Khetha ukuthi uzahamba ngani usiya ekilnika wenze amalungiselelo.

Yenza amalungiselelo njalo okuthi uzahamba ngani usubuyela ekhaya ngemva kokubeletha.

i *Isiqondiso sikaLead Mother: Ungaqeda usungeluleka umama ngokumunyisa usebenzisa amakhadi awokweluleka ngokumunyisa.*

Ubona ngani ukuthi kulenkinga?

Kungaba lenkinga nxa ungazwa kumbe unanzelele lokhu ngemva kokubeletha:

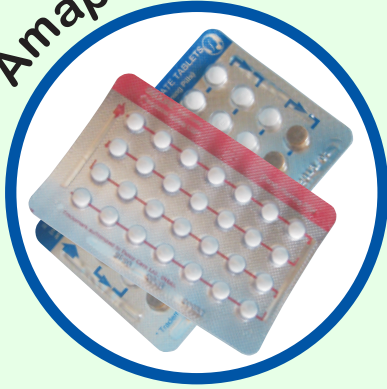
- Ukopha kakhulu
- Ukutshaywa likhanda kakhulu
- Ukutshisa komzimba kumbe ukuzwa ugodola
- Ubuhlungu obukhulu esisiswini kumbe ubuhlungu kusitho sangasese
- Okulephunga elingajayelekanga okuphuma esithweni sangasese
- Izilonda kumbe ubuhlungu emabeleni

UNGANANZELELA KUMBE YIKUPHI KWALOKHU, HAMBA EKILINIKI MASINYA.

Indlela zokuhlela imuli

Ezisebenza okwesikhathi esifitshane

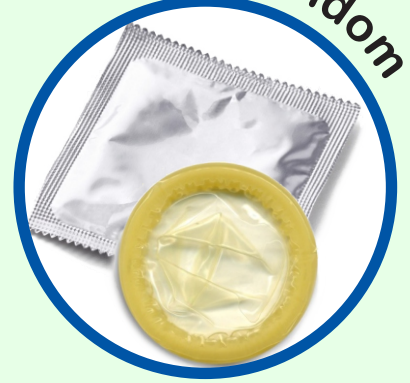
Amaphilisi



I-depo



Ama-condom



Ezisebenza isikhathi eside

I-luphu



I-Jadelle

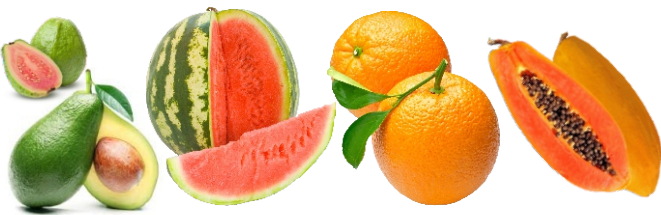
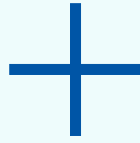


Zivikele Okuphindwe Kabili

Omama bakhuthazwa ukuba basebenzise ama-condom lendlela yokuhlela imuli yalezinsuku sikhathi sinye.

Ungakhetha indlela ehambelana lawe phakathi kwalezi.

Izikhathi zokudla nxa uzithwele



- Thola okunye okokudla phakathi kwezikhathi zokudla.
- Izithelelo zeganga lazo ziqakathekile.



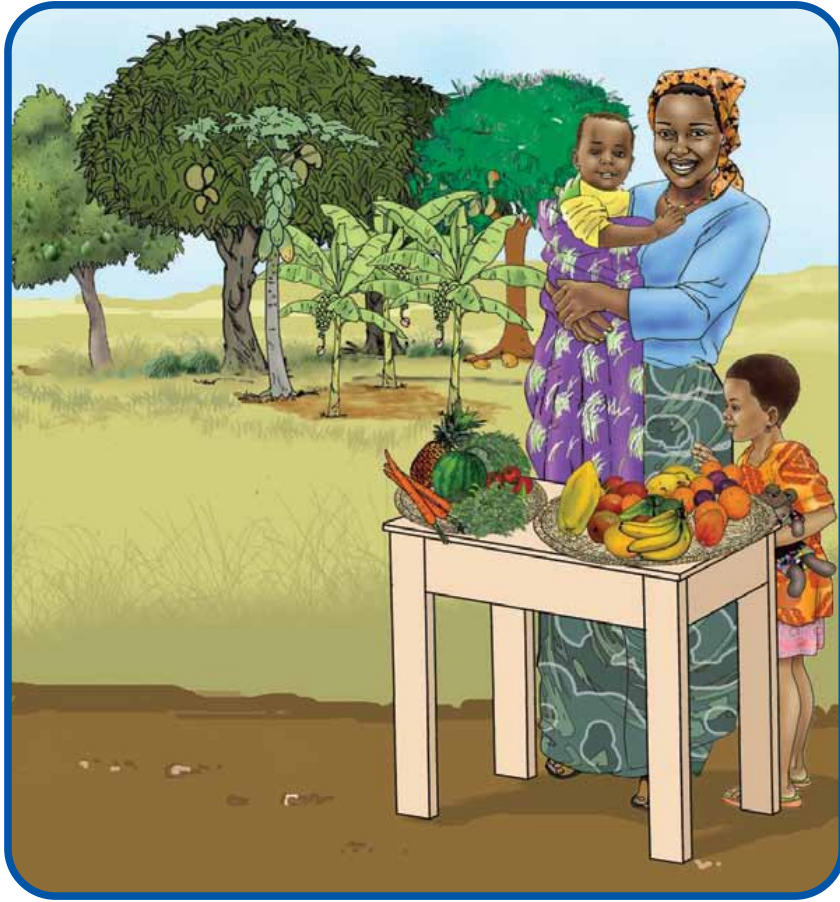
- Nanzelela ukuba uthola imihlobo yokudla eminengi nengi etshiyeneyo.



- Natha amanzi kanengi nengi nsuku zonke.
- Zama ukudla okwedlula lokho obukujwayele.



Ukudinga ukudla okulomsoco

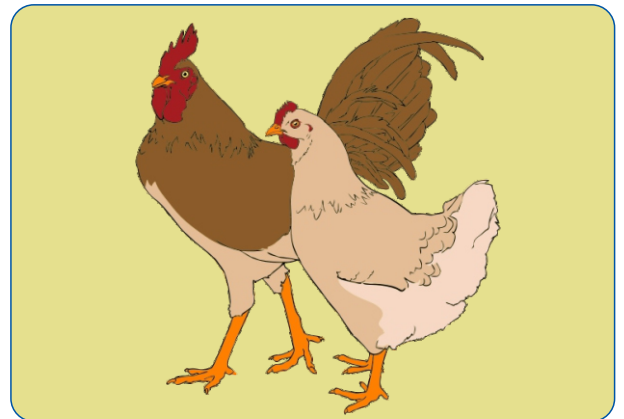
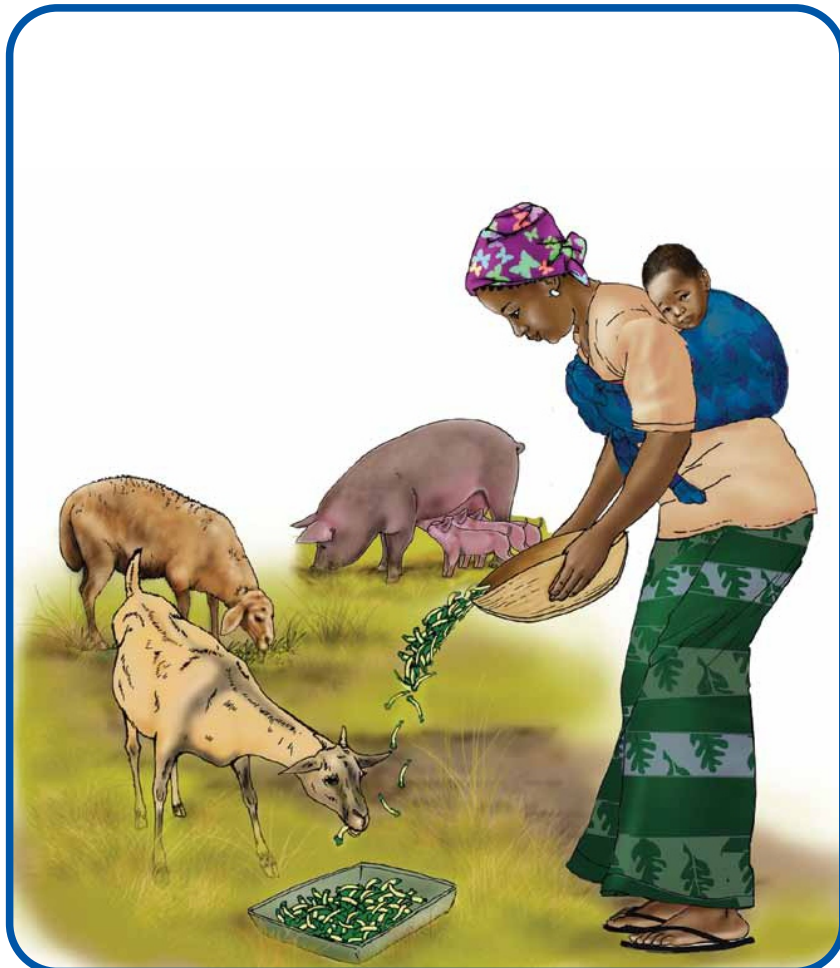


Isixwayiso sika-Lead Mother: Tshela

- umama ukuthi kuyenzeka ukuba athole ukudla okuhle okulomsoco umnyaka uze uyephela.

Okudingakalayo yikuba umama alime ingadi encinyane ebiyelweyo ekhaya, njalo egumeni lakhe ananzelele ukuba kulezihlahla zezithelo.

- Kuthaza umama ukuba afuye izifuyo ezincinyane ezigoqela inkukhu, amathendele, imbuzi lokunye.



Izifuyo ezincinyane azidingi

- ukunakekelwa okukhulu, azidingi mali ukuze zondliwe kodwa ziyanda masinya nxa zondleke ngendlela eqondileyo.

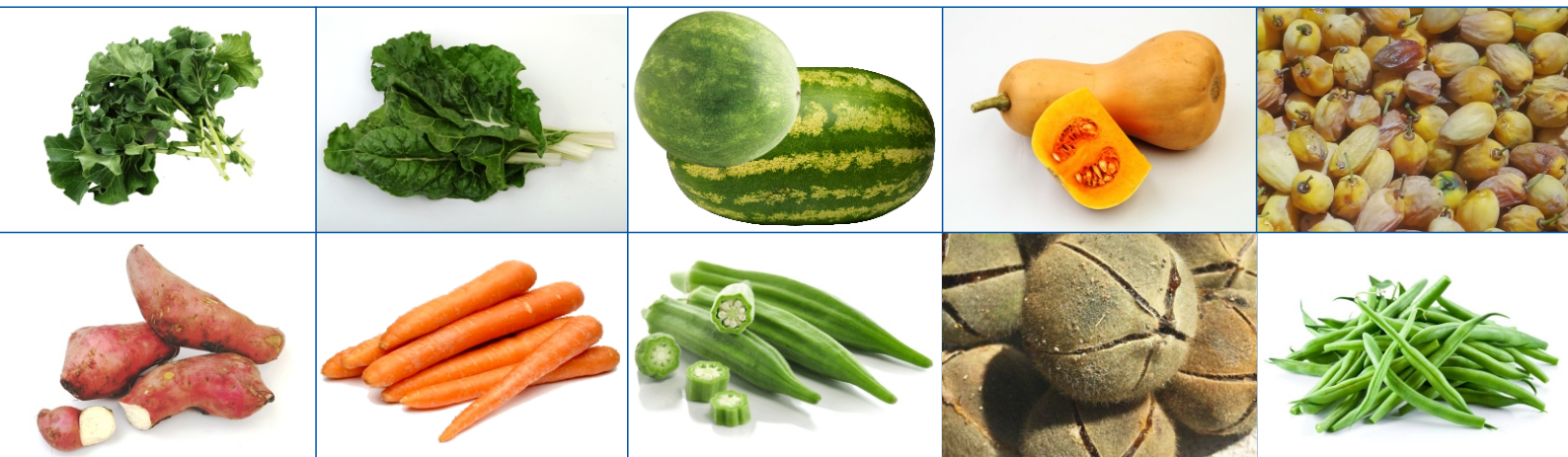
Okunye okudingakalayo ukuze ukudla

- kutholakale umnyaka uze uyephela yikuba umama agcine ukudla okuthile okwehlukeneyo ngesikhathi kusasekunengi ngokufusha lokomisa.



Ukomisa ukudla ngesikhathi kusekunengi






Ukudla ongakomisa:



Ungomisa noma yini nje. Kuqakathekile ukuthi ukudla sikukhe sikugcine sikomise ngesikhathi kusasekunengi. Kuqakathekile ukuvuna lasegangezi ngesikhathi sezulu, somise sigcine.

Indlela zokomisa ukudla:

Ukomisa ukudla ngelanga

-  ■ Geza izandla usebenzisa isepa kumbe umlotha lamanzi agelezayo ube lezandla ezihlanzekileyo ungakabambi ukudla okulungisayo ukuthi kuwonyiswe.
-  ■ Nanzelela ukuthi lapho ozasebenzela khona kuhlanzekile njalo sebenzisa izitsha lenkezo ezihlanzekileyo. Gezisa ukudla kuhlanzeke.
-  ■ Hluba uqobe ukudla. Yehlukanisa okuqobileyo ngokuvuthwa kwakho. Lokhu kwenzelwa ukuthi ukudla kome sikhathi sinye.
-  ■ Gxamuza ukudla emanzini abilayo alesawudo okomzuzo owodwa.
- Chaya ukudla endaweni ehlanzekileyo. Chaya emthunzini. Phendula ukudla nsuku zonke ukuze kome yonke indawo.
-  ■ Nanzelela ukuba uthuli lungahlali ekudleni. Nanzelela ukuba impukani zingasondeli ekudleni.

Ukugxamuza emanzini abilayo

- Lokhu kwenziwa kakhulu emibhideni.
- Kudingakala ukuba imibhida igeziswe. Ingageziswa isingaqotshwa.
- Bilisa amanzi. Nxa esebilile, gxamuza imibhida utshiye ihlale emanzini okomzuzo owodwa.
- Lokhu kwenza imibhida ihlala ilombala oluhlaza njalo ibe lobunandi obukhwabithekayo.
- Ngemva kwalokhu usungachaya ufushe.

Ukosa

- Ukudla ongakomisa ngokosa kugoqela intanga zamathanga, amazambane, indumba, lendlubu lokunye.
- Ungosa amazambane uthi ungaqeda uthi qwa amanzi amancinyane lesawudo.
- Hlanganisa kuze kome qha.
- Usungadla ke kumbe ugcine esitsheni esivaliweyo esihlanzekileyo.



Okunye ongakupheka

Isimoni



Okufunakalayo

- Inkomitsho elengxenywe yetshakada
- Idobi
- Isawudo
- Ingxenywe yenkomitsho yendlubu



Indlela Yokupheka

- 1.) Gezisa indlubu. Zifake embizeni uphinde ufake letshakada.
- 2.) Thela amanzi amanengi embizeni ufake eziko.
- 3.) Xhwathisa kuze kuvuthwe.
- 4.) Faka idobi lesawudo elilingeneyo. Goqoza.
- 5.) Tshisya kuhlale eziko okwesikhatshana.
- 6.) Phakulula udle.

Umfushwa wendumba olenkelo



Okufunakalayo

- Umfushwa wemibhida
- Umfushwa wamatamatisi
- Umfushwa wehanyanyisi
- Isawudo



Indlela Yokupheka

- 1.) Bucuza umfushwa. Faka embizeni uthole inkomitsho yamanzi uphinde uthole ihafu yenkomitsho yamanzi.
- 2.) Faka eziko uxhwathise okemizuzu emihlanu.
- 3.) Giga inkelo ibe yimpuphu. Thela impuphu yenkelo embizeni ugoqoze. Faka isawudo.
- 4.) Goqoza. Yekela kuxhwathe okwemizuzu emihlanu. Goqoza.
- 5.) Phakulula udle.



Okunye ongakupheka

Isobho ezitshiyeneyo

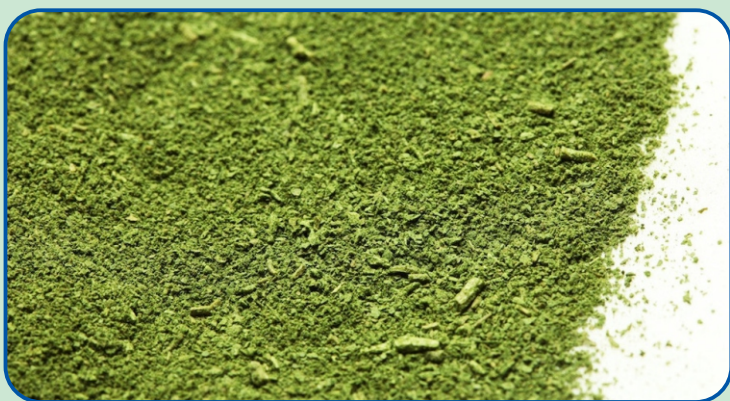


Okufunakalayo

- Imibhida (noma yiphi)
- Amatamatisi avuthiweyo
- Ihanyanyisi
- Isawudo



Indlela Yokupheka



Isobho yemibhida

- 1.) Bilisa inkomitsho ezimbili zamanzi. Thela ihafu yokhezo lwesawudo.
- 2.) Gezisa imibhida uyiqume.
- 3.) Faka imibhida esefeni uyigxamuze emanzini okomzuzo owodwa.
- 4.) Sefa amanzi uwomise imibhida ngelanga imibhida ize yome qha.
- 5.) Giga umfushwa uze ubeyimpuphu.

Sebenzisa impuphu le ukwenza isobho nxa upheka isitshebo.

Faka ukhezo olugcweleyo kuhafu yenkomitsho yamanzi ugoqozele kuxhathe okwemizuzu emihlanu.



Isobho yamatamatisi lesobho yehanyanyisi

- 1.) Bilisa inkomitsho ezimbili zamanzi.
- 2.) Thela ihafu yokhezo lwesawudo.
- 3.) Gezisa amatamatisi.
- 4.) Faka emanzini okomzuzo owodwa.
- 5.) Hluba amakhasi. Qoba amatamatisi.
- 6.) Womisa ngelanga amatamatisi aze ome qha.
- 7.) Giga kubeyimpuphu.
- 8.) Gcina esitsheni esihlanzekileyo njalo esivalekayo.

Sebenzisa impuphu le ukwenza isobho nxa upheka isitshebo njengalokho okwenziwe ngemibhida. Ihanyanyisi layo ungayenza ibe yisobho ngendlela le.



