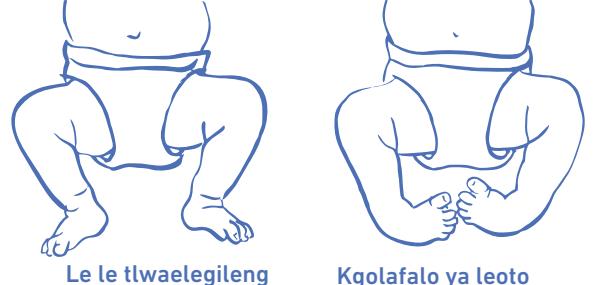




Kgolafalo ya leoto e ka alafiwa!

Kaedi ya kgato ka
kgato ya go alafa
kgolafalo ya leoto
mo balwetseng
ba bantsha

We will walk with you



KGOLAFALO YA LEOTO YA TLHOLEGO

Ga go na sebako se se itsegeng sa kgolafalo ya leoto – Ga se molato wa ga ope gore lesea la gago le na le kgolafalo ya leoto
Kgolafalo ya leoto e teng ka nako ya pelegi
Leoto le a gagamala mme ga le kgone go busediwa mo maemong a a tlwaelegileng
Leoto le kaile kwa tlase mme le retologetse mo teng fa lengenaneng ka jalo karolo e e fa godimonyana ga leoto e batla e nna mo karolong e e tshwanetseng go nna kwa tlase.
Leina la kalafi la kgolafalo ya leoto ke Talipes Equinovarus
Kgolafalo ya leoto e tlwaelegile tota – e direga mo matsalong a le 2 mo go mangwe le mangwe a le 1, 000
Kgolafalo ya leoto e tsamaya mo malapeng mangwe, mme mo go a mangwe ga go na hisetori ya kgolafalo ya leoto
Kgolafalo ya leoto e ka ama leoto le le lengwe kgotsa ka bobedi Basimane ba bantsi ba na le kgolafalo ya leoto go feta basetsana (tiragalo e ka nna bokana ka 2:1)
Lesea la gago le tlaa tlthatlhobiwa go tlhola malwetse a mangwe, mme mo mabakeng a mantsi kgolafalo ya leoto e itiragalela e le nosi

KALAFI E E ATLANEGISIWANG YA KGOLAFALO YA LEOTO KE MOKGWA WA PONSETI

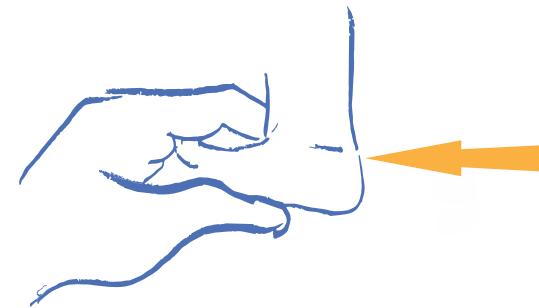
MOKGWA WA PONSETI

- Kalafi e bona katlego ya 95%, fa o latela kalafi ka tsela e e nepagetseeng, ngwana wa gago o tlaa nna le maoto a a lebegang a tlwaelegile le a a dirang sentle:
- . Go tshwaratshwara leoto le lengwejana ka bonolo
 - . Disamente tse di tsenngwang mo leotong lotlhe di fetolwa beke le beke mo dibekeng tse 4-6
 - . 80% ya bana ba dirwa karo e nnye go sega monape wa serethe (karo ya monape)
 - . Morago ga karo ya monape, go tsenngwa samente sa bofelo
 - . Setlhako sa tshiamiso ya kgolafalo ya leoto se rweiwa ka bonako morago ga samente sa bofelo se se na go ntshiwa
 - . Setlhako sa tshiamiso se rwala diura tse 23 ka letsatsi mo dikgweding tsa ntlha tse 3
 - . Morago ga dikgwedi tse 3, go rwala setlhako sa tshiamiso go a fokodiwa go nna bosigo le ka boroko jo bokhutshwane (diura tse 12-14 ka letsatsi)

GO TSHWARATSHWARA LE DISAMENTE



KARO YA MENAPE



- Bana ba bantsi ba ba nang le kgolafalo ya leoto ba na le monape o mokhutshwane wa serethe o e bileng o gagametse
- Kwa ntle ga karo ya menape ngwana wa gago o tlaa tsamaya ka dintlha tsa menwana ya maoto
- Karo ya menape ke karo e nnye ya go kgaola monape wa serethe
- Gantsi e dirwa ka go bolaya karolo e e rileng bogatsu mme e ka tsaya bokana ka metsotsa e le 10
- Morago ga karo ya menape go tsenngwa samente ya bofelo sebaka sa dibike tse 3
- Dingaka tse dingwe di dirisa kidibatso mo balwetseng ba bagolwane
- O ka nna wa naya lesea la gago seokobatsa ditlhabi se se seng bogale thata fa go tlhokega morago ga karo ya menape

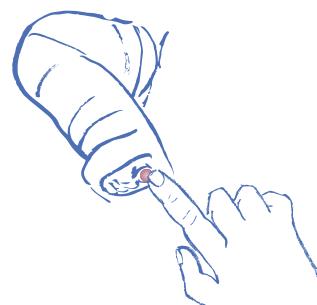
TLHOKOMELO YA SAMENTE KWA GAE



- Tshola samente se le phepa e bile se omile
- O se ka wa tlhapisa lesea la gago
- Dirisa letsela le le nang le sesepa go phepfatsa lesea la gago kwa ntle ga go kolobetsa samente



- Tlhola gore a samente se na le fa se thubegileng teng kgotsa fa se phanyegileng teng
- O se ka wa tsenya sepe mo teng ga samente



- O tshwanetse gore ka gale o kgone go bona menwana ya maoto
- Menwana ya maoto e tshwanetse go nna bothito mme e nne le mmala o o tlwaelegileng wa letlalo
- Tobetsa menwana diura dingwe le dingwe di le mmalwa go netefatsa tikologo ya madi
- O ka nna wa rwesa dikausu mo disamenteng fa maemo a bosa a le tsididi
- Bayu taulu e e mennweng ka fa tlase ga mangole go tshegetsa direthe fa lesea la gago le robetse



MATHATA KA DISAMENTE

Leletsa ngaka ya gago kgotsa boela kwa tleliniking fa o lemoga sepe sa dilo tse:



GO NTSHA SAMENTE



- Letshoroma le le kwa godimo
- Go ruruga fa godimo kgotsa fa tlase ga samente.
- Menwana e e rurugileng ya maoto.
- Fa samente se gagametsa thata mo karolong e e kwa godimo ya lenao.
- Monkgo o o seng monate mo teng ga samente.
- Fa menwana e le tsiditsana kgotsa e le tsididi.
- Fa menwana e se na mmala o o tlwaelegileng wa letlalo
- Fa leoto le boetse kwa morago mo teng ga samente
- Fa o sa kgone go bona menwana
- Fa samente se phanyegile kgotsa se le botobetobe
- Fa samente se wa

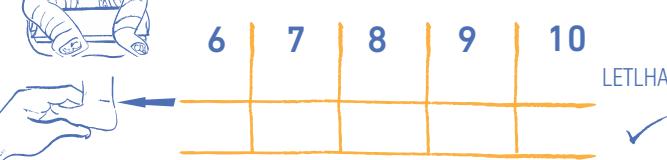
Jaaka motlhokomedi wa ngwana wa gago, o na le seabe se segolo mo katlegong ya kalafi. Fa o na le dipotso kgotsa matshwenyego, tsweetswee ikgolaganye le tleliniki ya gago kgotsa mogakolodi wa batsadi

Tshedimosetso ya Tleliniki

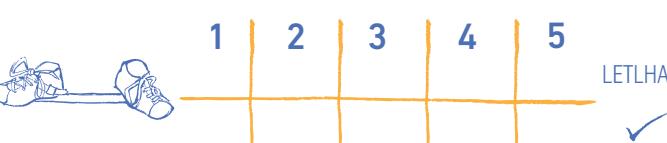
GO TSENYA SAMENTE



GO TSENYA SAMENTE



GO TSENYA SETLHAKO SA TSHIAMISO



GO TSENYA SETLHAKO SA TSHIAMISO

