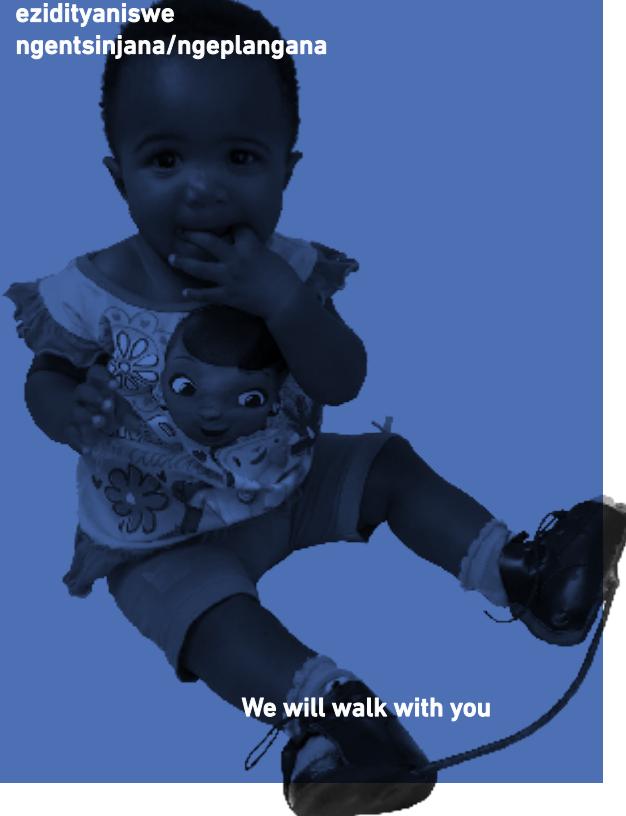




Ukunonophela ukulungiswa konyawo olusilima

**Isikhokelo senyathelo
ngenyathelo lokunxitywa
kwezihlangu zezilima
ezidityaniswe
ngentsinjana/ngeplangana**



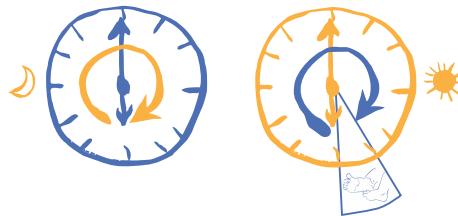
UKUNONOPHELA UKULUNGISWA KONYAWO OLUSISILIMA

- Emva kwenqanaba lokufakwa kwesamente, iinyawo zosana lwakho ziza koluleka.
- Kubalulekile ukuqaphela ukuba unyango alukafikeleli esiphelwени ngeli xesha.
- Unyawo olusilima lunamathuba okuphinda lujijeke ade umntwana wakho abe neminyaka emine.
- Inqanaba lokugcina unyango kukulugcina lolulekile unyawo.
- Xa kususise isamente yokuggibela, usana lwakho luza kunxitywa izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana.
- Kubalulekile ukulandale imiyalelo yokunxiba izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana okanye unyawo lungajijke kuze kufuneke ukuba usana lwakho luqale unyango ekuqaleni kwakhona.

ISICWANGCISO ESIQHELEKILEYO SOKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE NGEPLANGANA

INYANGA YOKU-1/INYANGA YE-2/INYANGA YE-3 – iiyure ezingama-23 ngosuku

iyure e-1 ngosuku
zinganxitywanga
izihlangu zezilima
ezidityaniswe
ngentsinjana okanye
ngeplangana, onokuthi
ngayo ulufake ebhafini
usana lwakho



EMVA KWEENYANGA EZI-3 – iiyure ezili-14 – 16 ngosuku

Usana lwakho kufuneka
luzinxibe izihlangu
ezidityaniswe
ngentsinjana
okanye ngeplangana
ebusuku nangexeshal
usithi ngqwa



UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA IMINYAKA EMI-4 YOKUQALA



IINGCEBISO NGEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

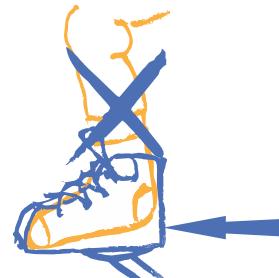


- Usana lwakho luza kughelana nezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana emva kweentsukwana ezimbalwa
- Musa ukuzikhulula izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ukuba usana lwakho luyalila
- Yenza izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zibe yinxalene yezipto zemihla ngemihla kwasekuqaleni
- Qinisekisa ukuba ulunxibise kakuhle izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana usana lwakho
- Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kufuneka zinxitywe yonke imihla kangangexesha elifanelekileyo
- Izihlangu mazinxitywe kunye nentsimbi yazo ezidibanisayo /iplanga lazo elizidibanisayo
- Dlala ngale ntsimbi/planga lo gama lunxibe izihlangu ezinayo, umane uyihlsa uphinde uyinuse, ubonise usana lwakho ukuba lungayishukumisa njani imilene yomibini ngaxeshanye luze lugobe namadolo lo gama luzinxibile.
- Kwenze oku rhoqo lude usana lwakho luyiqhele le ntsimbi/luliqhele eli planga.
- Buyela ekliniki ukuba ufuna uncedo.
- Musa ukuyeka ukusebenzisa izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ukuba kukho ingxaki!

UKUNXIBA IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



- Ulusu lwemilene kufuneka lucocke kwaye lome.
- Musa ukuthambisa ucwambu ezinyaweni
- Sebenzisa iikawusi zomqaphu ezingahonjswanga
- Qala unxibise kunyawo olujijeke kakhulu kuqala
- Sivule ngokupheleleyo isihlangu
- Goba idolo uze uthyle ubhekise ezantsi njengokuba ulunxibisa izihlangu ukuze isithende sibe sezantsi.
- Ukusinxibisa okokuqala: Zoba uphawu ngepeni phambi kweenzwane njengesikhokelo
- Qinisekisa ukuba isithende sisemva kanye.Lucinezele ngobhontsi wakho unyawo ukuqinisekisa ukuba lungene lo gama uqinisa amabhanti okanye imitya
- Qinisekisa ukuba amabhanti okanye imitya ayikho nyengelele kakhulu okanye iqine kakhulu.

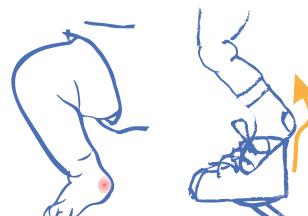
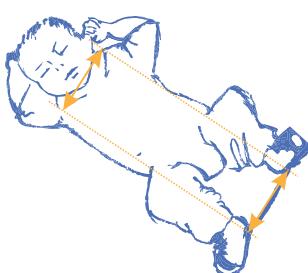


- Bamba isihlangu ngokujinileyo esandleni sakho lo gama utsala idolo eligibileyo liye phezulu ukuqinisekisa ukuba unyawo alushukumi ngaphakathi esihlangwini
- Yiqinise imity ukuba kukho imfuneko
- Khangela ukuba isithende sisesezantsi esihlangwini (kukho imingxuma kuninzi lwezihlangu ukuze usibone isithende)
- Kufanele ukwazi ukuwubona umga owuzobileyo phambi kweenzwane
- Ukuba isithende asikho endaweni yaso okanye akuwuboni umga, sikhulule isihlangu uez uqale ekuqaleni ukulunxibisa usana
- Musa ukoyika ukuqala ekuqaleni kwakhona ude ube ulunxibise kakuhle.
- Emva kwamaxhesha ambalwa kuza kuba lula ukulunxibisa izihlangu kwaye kuge yinxalenyeye zezintu ozenza imihla ngemihla.
- Emva kweentsuku ezimbala zokuqala zokulungelelanisa, usana lwakho kufuneka luzinxibe kakuhle izihlangu zelima ezidityaniswe ngentsinjana/ngeplangana

IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

AZISAYI KUMTHINTELUMNTWANA WAKHO UKUBA AKHASE, AQINGQE KWAYE AHAMBE.

IINGXAKI ZEIZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



- Kubaluleke kakhulu ukuqagamshelana nogirha wakho okanye ubuye ekliniki ukuba umntwana wakho unazo naziphi na iingxaki neizihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana

Ingxaki ngeizihlangu zezilima zingathetha:

- Ububanzi bentsimbi/beplanga bufutshane
- Izihlangu zincinane kakhulu
- Unyawo luyajijeka kwakhona okanye alulungiswanga kakuhle
- Ukuba isihlangu asilulingani kakuhle, kungabangela ingxaki.

Qhagamshelana nekliniki yakho kwakamsinyane ukuba:

- kukho iimpawu zokutyabuka ezibomvu, izilonda okanye ukugruzuka ezinyaweni
- Unyawo luyaphuma esihlangwini nokuba sele usiqinise kakuhle.

UKUPHAZAMISEKA XA ULELE



Ukuba, emva kokulungelelanisa izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana, usana lwakho luyaphazamiseka xa lulele kwaye aluziva mnandi okanye luza amazinyo, njalo njalo, kukho izinto ezimbalwa onokuzima:

- Khangela ukuba izihlangu zisalulingana kakuhle kusini na. Kusenokwenzeka ukuba kufuneka lufumane ezinkulwana kunezo.
- Intsinjana/plangana lingaba mxinwa njengokuba usana lwakho lukhula. Ukuba intsinjana/plangana iyakwazi ukulungelelanisa, mhlawumbi ukuyivula ibe banzi kunganceda kancinane.
- Ukuba iingubo ziyaphithana kune neizihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana, sebenzisa ingxowana yokulala okanye ingutuya elula.
- Faka amalaphu/iingutuya emacaleni ebhedi yosana lwakho ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zibethuka kuyo zize ziluvuse usana lwakho. Msuse umntwana wakho omdala aye kulala kwibhedana eseantsi eyi-camp cot okanye ebhedini ukuba kufuneka enendawo enku yeshihlangu sezi zezilima ezidityaniswe ngentsinjana okanye ngeplangana.

UKULANDELELA



Iklinski yakho iza kukulungiselela amaxesha okuza kuhangelwa kweenyawo zosana lwakho kune neizihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana.

- Musa ukuluphosa utelelo lwakho ekliniki, nokuba iinyawo zikhangeleka zilungle.
- Abantwana abambala banonyawo olusilima oliphinda lujiyeke njengokuba usana lukhula, kwaye kungafuneka lufakwe isamente kwakhona okanye ngamanye amaxesha kwensiwe uqahqho. Kungeso sizathu kubalulekile ukundwendwela ekliniki.

Inkxaso kune neengcviso?

- Iklinski ezininzi zinomtu oza kucacisa ngonyawo olusilima kune nonyango lwalo.
- Ngeentsuku zokuya ekliniki uza kuhalangana nabanye abazali abaneentsana nabantwana abakumanqanaba ohlukileyo onyango.
- Kukho amaqela abazali abanika inkxaso ngekhompyutha kune nemibutho enokukceda. Cela iinkukacha eztie vetshe kwikliniki yakho.

Njengempelesi yomntwana wakho, udlala indima ebaluleke kakhulu kwimpumelelo yonyango. Ukuba unemibuzo okanye uxhalabile, nceda uqhagamshelane nekliniki yakho okanye umcebisi wabazali.

IINKUKACHA ZASEKLINI

UKUFAKWA ISAMENTE



1	2	3	4	5
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UMHLA



UKUFAKWA ISAMENTE



6	7	8	9	10
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UMHLA



UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



1	2	3	4	5
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UMHLA



UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



6	7	8	9	10
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UMHLA

