

## Impilo Yomlomo

Izingane ngokuvamile zizothola izinyo lazo lokuqala lapho zinobudala bezinyanga ezingu-12. Gcina amazinyo ehlanzekile ngendwangu yokusula ubuso eswakeme noma ngesixubho esithambe kakhulu. Asikho isidingo somuthi wokuxubha njengamanje.

## Ukukhula

Ezinyangeni ezingu-12, ingane yakho izoqala:

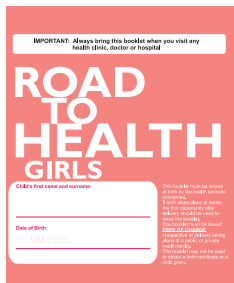
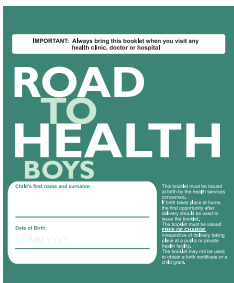
- Ukuma futhi ithathe amagxathu ibambelele kufenisha
- Ikhombe izinto ezifunayo
- Ithi "dada", "mama" noma "baba"

Kulobu budala kubalulekile ukuba ukhulume futhi ufundele ingane yakho. Dlala umdlalo othi "bhabhayi" nengane yakho, noma phinda imisindo eyenzayo bese ubheke ukusabela kwengane.



## Ukuvakasha Kwemtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo njalo ngenyanga ukuze uhlole ukukhula kwengane yakho. Ezinyangeni eziyishumi nesishagalombili zokuvakasha emtholampilo ingane yakho izothola ukugonywa, umuthi wezikelelu kanye nokuhlalelwa igciwane lesandulela ngculaza.



## Izinkomba Zengozi

Iya emtholampilo ngokushesha uma ingane yakho inanoma yiziphi zalezi zimpawu zengozi:

- Yenqaba ukudla
- Ayikwazi ukuphefumula kahle noma iphefumula ngokushesha
- Ihlanza yonke into eyidlayo
- Isifo sohudo esihambisana namehlo ashone phakathi
- Isifo sohudo esihambisana nokuphuma kwegazi
- Ukudlikizeka/ukuwa
- Ingane iyozela noma iqulekile
- Uma othile osondelene nengane yakho ephethwe i-TB



### Disclaimer:

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PROVINCE OF KWAZULU-NATAL

# Ukunakekela ingane yakho

## Izinyanga ezingu-12



## Uvithamini A Nokukhipha Izikelemu

Ekuvakasheni kwasemtholampilo kwenyanga 12, ingane yakho izothola umuthi oconsiswayo kavithamini A kanye nomuthi wezikelemu. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi uzoyivikela ezifweni ezifana nesimungumungwana nesifo sohudo.

Umuthi wokukhipha izikelemu unikezwa zonke izingane ngenxa yokuthi kuba nzima ukubona uma ingane inezikelemu. Izikelemu zingabangela ingane ukuba ingakhuli futhi zingabangela nezinkinga esiswini nasemathunjeni engane yakho.

Zonke izingane ziyawudinga uvithamini A kanye nomuthi wezikelemu njalo ngezinyanga ezingu-6



## Ubungako Bekhanda

Emtholampilo, umhlengikazi uzokala ubungako bekhanda lengane yakho ukuze abone ukuthi likhula kahle yini. Ubungako bekhanda lengane yakho bufanele bube phakathi kuka-43.5 no-48.5cm. Khuluma nomhlengikazi wakho uma ubungako bekhanda lengane yakho bungebona lobu bubanzi.



## Isimo Se-HIV sikaMama Nengane

### Uma ingane ine-HIV:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kunqandwe ukuba ingaguli
- Qiniseka ukuthi uhambisa ingane yakho emtholampilo nyanga zonke ukuze iyohlolwa futhi ilande imithi
- Kubalulekile ngengane yakho ukuba ithole inani elifanele lomuthi we-ART kabili ngosuku zonke izinsuku
- Qhubeka nokunikeza ingane yakho isibulali magciwane i-Cotrimoxazole/Bactrim nsuku zonke ukuze unqande ukuba ingangenwa ukugula okubucayi kwesifuba

### Uma umama wengane ene-HIV futhi ingane kwatholwa ukuthi ayinayo i-HIV ngesikhathi sokuhlolwa samaviki angu-6:

- Uma uphethwe i-HIV futhi uncelisa ingane yakho ibele, manje sekuyisikhathi sokuba uyiyekise kancane kancane ukuncela ibele futhi uqale unikeza ingane yakho ubusi lwenkomo ukuze iluphuze. Kufanele wenze lokhu kuyekisa kancane kancane emavikini ambalwa
- Uma usuyeke ngokuphelele ukuncelisa ibele, ingane yakho izodinga ukuhlola kwe-HIV emavikini angu-6 kamuva
- Udinga ukuxoxa nge-ART yempilo yakho nomhlengikazi kulokhu kuvakasha

### Uma umama wengane engenayo i-HIV:

- Uma ncelisa ibele, kufanele wenze ukuhlolwa kwe-HIV njalo ngezinyanga ezingu-3 ngisho noma kwatholakala ukuthi awunayo i-HIV ngaphambili

## Ukudla

Ezinyangeni zobudala ezingu-12, ingane manje ingaphuza ubusi lwenkomo olugcwele ukhilimu. Uma ungenayo i-HIV, ungaqhubeka nokuncelisa ibele. Izingane ezinalobu budala zidinga:

- Cishe ukudla okuncane okungu-5 nsuku zonke
- U-500 – 750ml (izinkomishi ezingu-2 – 3) wobisi nsuku zonke
- Imifino nezithelo eziningi, ikakhulukazi imifino eluhlaza enamahlamvu kanye nezithelo eziwolintshi/eziphuzi

Isisindo sengane yakho kufanele sikhule nyanga zonke. Cela umhlengikazi emtholampilo ukuba akubonise ukuthi ingane yakho ikhula kanjani kushadi lokukhula kuBhukwana Lendlela Eya Empilweni. Uma ingane isisindo sengane yakho singakhuli nyanga zonke, khuluma nomhlengikazi wakho.

## Ukuphepha

Izingane ezinalobu budala ziyathanda ukuhlola. Kubalulekile ukugcina izinto eziyingozi endlini zikude nokufinyelela kwazo.

- Gcina izinto zokuhlaza eziwuketshezi, uphalafini kanye nemithi emashalofini noma emakhabethini aphakeme
- Ungalinge ushiye ingane iyodwa emanzini okugeza noma eduze kwebhakede eligcwele amanzi
- Gcina amanzi abilayo noma amabhodwe asesitofini ekude nokufinyelela

