

## Ukukhula

Eminyakeni yobudala engu-2, ingane yakho kufanele ikwazi

- Ukugijima kahle futhi ikwazi ukugxuma phansi ngezinyawo zayo zombili
- Ukuhlanganisa amagama amabili ndawonye afana nokuthi "mina ngifuna" noma "hamba usale"
- Ukugeza nokusula izandla zayo
- Ukudlala nezinye izingane

Kubalulekile ukudlala nokukhuluma nengane yakho.

- Siza ingane yakho ukuba ikwazi ukubala nokusho amagama ezinto
- Fundela ingane yakho
- Fundisa ingane yakho amaculo akho ayintandokazi, izindaba kanye nemidlalo



### Impilo Yomlomo

Xubha amazinyo engane yakho ngesixubho esithambile kabili ngosuku. Sebenzisa inani elincane lomuthi wokuxubha bese ufundisa ingane yakho indlela yokuthimisela umuthi wokuxubha ngemva kokuxubha.

## Ukuvakasha Kwasemtholampilo Okulandelayo

Kuzodingeka ukuthi ubuyele emtholampilo njalo ngenyanga yesithathu ukuyohlola ukukhula kwengane. Ukuvakasha okulandelayo kwasemtholampilo kuzobalapho ingane isineminyaka emibili no hafu 2½ ukuvakasha emtholampilo konyaka wesithathu kubalulekile ngoba ingane yakho izonikezwa u vitamin A kanye nomuthi wokukhipha izikelemu ukuze isize ingane ikhule ibe namandla futhi ibe nempilo.

## 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:

The creation of this material was made possible by the support of the American People through the U.S. Agency for International Development (USAID) under the Cooperative Agreement No. AID-674-A-12-00016. The contents are the responsibility of BroadReach Healthcare and do not necessarily reflect the views of USAID or the United States Government. Visit [www.brhc.com](http://www.brhc.com) for more information.



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Ukunikela ingane yakho Iminyaka engu-2



## Uvithamini A kanye Nokukhipha Izikelemu

Ekuvakasheni konyaka ongu-2 ingane yakho izothola umuthi oconsiswayo kavithamini A kanye nomuthi wezikelemu. Zonke izingane ziyawudinga uvithamini A kanye nomuthi wezikelemu njalo ngezinyanga ezingu-6 zize zibe neminyaka yobudala engu-5. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi ihlale iphilile futhi uzoyivikela ezifweni ezifana nesimungumungwana nesifo sohudo.



### Mayelana Nokukhipha Izikelemu

Kunezinhlobo eziningi zezikelemu ezingase zilimaze ingane yakho uma ingawuphuzi njalo umuthi wokukhipha izikelemu. Izikelemu zingaqanda ingane yakho ukuba ingakhuli futhi ingakhuluphali. Uma zingelashiwe, izikelemu zizokhula emzimbeni wengane yakho futhi zingase zibangele ukugula okubucayi. Ziningi izindlela ingane yakho engathola ngazo izikelemu – kusuka ekudleni inyama engavuthiwe kahle, noma ekudlaleni enhlabathini.



## Isimo Se-HIV sikaMama Nengane

### Uma ingane ine-HIV:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kunqandwe ukuba ingaguli
- Qiniseka ukuthi ingane yakho iya emtholampilo ukuze ihlolwe futhi ilande imithi



Photo courtesy Siphwe Sibeko/Reuters

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

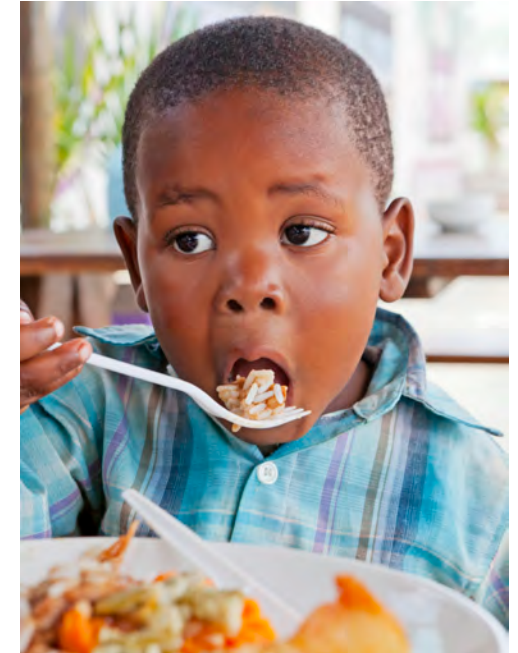
- Uma ingane yakho ingazange yenze ukuhlola kwe-HIV ngenkathi inezinyanga ezingu-18, kuzodingeka ukuba ihlolwe kulokhu kuvakasha
- Uma ukuhlola kwengane yakho kubonisa ukuthi ine-HIV, izodinga ukuqala ukusebenzisa i-ART ngokushesha ngokunokwenzeka (phakathi namaviki angu-2)
- Uma ukuhlola kwengane yakho kubonisa ukuthi ayinalutho futhi sekudlule amaviki angu-6 kusukela wagcina ukuncelisa ibele, ingane yakho ayinayo i-HIV. Akudingekile ukuba uphinde uhlolele ingane yakho i-HIV ngaphandle kwalapho igula



## Ukudla

Izingane ezikulobu budala zidinga ukudla izikhathi ezingu-3 ngosuku kanye nokudla okulula phakathi naleso sikhathi. Kufanele

- Uqiniseke ukuthi ingane yakho iphuza okungenani izinkomishi ezingu-2 zobisi lwenkomo olugcwele ukhilimu zonke izinsuku
- Ufunze ingane yakho imifino eminingi kanye nezithelo, kanye nokudla okunotho nge-iron (inyama, imifino eluhlaza enamahlamvu, isikhupha seqanda, ubhontshisi)
- Unikeze ingane yakho amanzi ahlanzekile amaningi
- Ulinganisele inani loswidi olinikeza ingane yakho
- Uma ungenayo i-HIV, ungaqhubeka nokuncelisa ibele



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.