

Ukukhula

Eminyakeni yobudala engu-3, ingane yakho kufanele ikwazi:

- Ukunyuka nokwehla izitebhisi
- Ukuhliphiza nokudweba
- Ikwazi ukukhuluma imisho yamagama angu-3 afana nokuthi "ngicela okunye, mama", "ithoyizi lami lelo"
- Ukushintshana nokwabelana



Ukuqeqesha Kokusebenzisa Indlu Encane

Iningi lezingane liyakwazi ukungazichameli phakathi nosuku ngesikhathi sezineminyaka yobudala engu-3 kodwa ezinye zingase zidinge inabukeni ebusuku. Fundisa ingane yakho ukuqeqesha izandla ngemva kokusebenzisa izandla zazo.

Ukuvakasha KwaseMtholampilo Okulandelayo

Kuzodingeka ukuthi ubuyele emtholampilo njalo ngenyanga yesithathu ukuyohlola ukukhula kwengane. Ukuvakasha okulandelayo kwasemtholampilo kuzobalapho ingane ineminyaka emithathu no hafu 3½ ukuvakasha emtholampilo konyaka wesine 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



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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 for more information.



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Health

PROVINCE OF KWAZULU-NATAL

Ukunikela ingane yakho Iminyaka engu-3



Uvithamini A kanye Nokukhipha Izikelemu

Ekuvakasheni konyaka ongu-3 ingane yakho izothola umuthi oconsiswayo kavithamini A kanye nomuthi wezikelemu. Uvithamini A uzosiza ingane yakho ukuba ikhule futhi ihlale iphilile futhi uzoyivikela ezifweni ezifana nesimungumungwana nesifo sohudo.

Zonke izingane ziyawudinga uvithamini A kanye nomuthi wezikelemu njalo ngezinyanga ezingu-6 zize zibe neminyaka yobudala engu-5.

Photo courtesy UNICEF



Isimo Se-HIV Sengane

Uma ingane ine-HIV:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kunqandwe ukuba ingaguli
- Qiniseka ukuthi ingane yakho iya emtholampilo nyanga zonke ukuze ihlolwe futhi ilande imithi
- Ingane yakho idinga ukuthatha isilinganiso esifanele somuthi we-ART kabili ngosuku zonke izinsuku
- Qiniseka ukuthi unakekela impilo yakho

Ukudla

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

- Uqiniseke ukuthi ingane yakho iphuza izinkomishi ezizcwele ezingu-1 – 2 zobisi lwenkomo 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



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 Kokudla

Manje njengoba ingane yakho idla izinhlobo ezihlukahlukene zokudla, kubalulekile ukuba wenze ukudla kwayo ngendlela ehlanzekile nephephile. Lapho wenza ukudla kwengane yakho, kufanele njalo:

- Ugeze izandla zakho ngaphambi kokuthinta noma yikuphi ukudla
- Ugeze noma uhlube izithelo nemifino, ukuze kungabi khona amagciwane kuyo
- Fudumeza kahle ukudla ikakhulukazi uma ingane yakho idla ukudla okwenziwe ngezilwane (inyama, amaqanda, isibindi) noma ukudla okusalile. Ukufudumeza kahle kuzobulala noma yimaphi amagciwane asekdleni. Vumela ukudla ukuba kuphole ngaphambi kokuba ukunikeze ingane yakho



Impilo Yomlomo

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

