

## 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.

## Ukukhula

- Cabanga ngokuqalisa ingane yakho enkulisa – lokhu kusiza ekufundeni nasekuthuthukisweni komphakathi
- Yiqaphe ingane yakho lapho idla futhi igqoka kodwa vumela ingane yakho ukuba ifunde ukuzenzela lezi zinto ngokwayo
- Fundela ingane yakho nsuku zonke. Khomba izinhlamvu nezithombe



## Ukuvakasha Kwasmtholampilo Okulandelayo

Kuzodingeka ukuthi ubuyele emtholampilo njalo nenyanga yesithathu ukuyohlola ukukhula kwengane. Ukuvakasha okulandelayo kwasemtholampilo kuzobalapho ingane ineminyaka emine no hafu 4½ ukuvakasha emtholampilo konyaka wesihlanu 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:

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# Ukunakekela ingane yakho

## Iminyaka engu-4



## Uvithamini A kanye Nokukhipha izikelemu

Ekuvakasheni konyaka ongu-4 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. Ukukhipha izikelemu kubalulekile ngenxa yokuthi izikelemu zingavimba ingane yakho ukuba ingakhuli futhi ziyenze igule.

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

## Isimo Se-HIV Sengane

### Uma ingane ine-HIV:

- Ingane yakho idinga ukwelashwa ngemishanguzo (i-ART) ukuze kungandwe 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 ezikulobu budala zidinga ukudla izikhathi ezingu-3 ngosuku kanye nokudla okulula phakathi naleso sikhathi. Kufanele:

- Qiniseka ukuthi ingane yakho iphuza ubisi lwenkomo olugcwele nsuku zonke
- 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.



Kungani kufanele ngilinganisele inani loswidi engililika ingane yami?

Nakuba oswidi bengase banambitheke kamnandi, abaqukethe noma yimaphi amavithamini noma umsoco obalulekile odingwa ingane ukuze ikhule futhi ibe nempilo. Oswidi bagcwele ushukela, ongalimaza amazinyo engane yakho. Kubalulekile ukunikeza ingane yakho amanani amancane oswidi ngezikhathi ezikhethekile kodwa hhayi zonke izinsuku.

Izibonelo zoswidi:

- Amakhekhe
- Uphudingi
- Ushokoledi

## Ukuphepha Emgwaqeni

Manje njengoba ingane yakho ikhula futhi yenza izinto eziningi, kubalulekile ukufundisa ingane yakho mayelana nokuphepha emgwaqeni. Cishe ingxenye yabantu abafa emgwaqeni eNingizimu Afrika ingabantu abahamba eduze nomgwaqo – hhayi abantu abahamba ngezimoto. Kubalulekile ukuba ufundise ingane yakho izinto ezimbalwa eziyinhloko lapho zihamba eduze nomgwaqo.

- Ungawuweli umgwaqo uma ubona imoto, iloli, ibhayisikili noma isithuthuthu
- Ingane yakho kufanele iqalaze izimoto noma amabhayisikili nhlangothi zombili (kwesokudla, bese kwesokunxele, phinde futhi kwesokudla) bese ilalela ukuthi azikho yini izimoto ngaphambi kokuwela umgwaqo
- Fundisa ingane yakho ukuba ingazilandeli izilwane ezifuywayo noma amabhola lapho engena emgwaqeni
- Lapho ihamba emgwaqeni, kufanele ihambe ibheke izimoto ezizayo

Kubalulekile ngawe ukuba ufundise ingane yakho ngesibonelo. Sebenzisa njalo indawo yokuwela kwabantu.

