

Ukukhula

Ezinyangeni ezingu-9, ingane yakho kufanele ikwazi:

- Ukuhlala futhi idlale ngaphandle kokuthi uyibambe ingane
- Ukuvayiza nokushaya izandla
- Ukugxilisa amehlo ayo ezintweni ezikude
- Ukuqala ukwenza imisindo efana nokuthi “ma-ma”

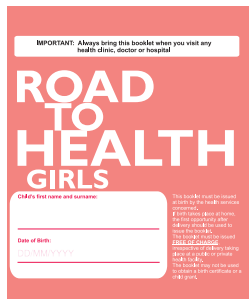
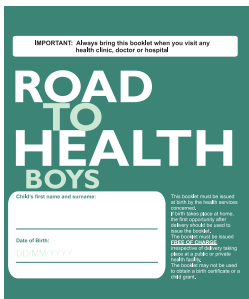
Lapho ukhuluma nengane yakho, yitshela amagama abantu nezinto.



Amazinyo engane angaqala ukuvela noma yinini phakathi kwezinyanga ezingu-6 no-12. Gcina amazinyo ehlanzekile ngokuwasula ngedwangu yokuqezisa ubuso eswakeme.

Ukuvakasha Kwasemtholampilo Okulandelayo

Kuzodingeka ukuba ubuyele emtholampilo njalo ngenyanga ukuze uhlole ukukhula kwengane yakho. Onyakeni wokuqala wokuvakashela emtholampilo ingane yakho izothola isilinganiselo sayo sesibili sika vitamin A, okuwumuthi wokukhipha izikelelu nanye nokuhlolwa kwamazinyo okuqala.



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



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Ukunakekela ingane yakho Izinyanga ezingu-9



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Ukugoma

Namuhla, ingane yakho izothola ukugoma okungu-2 ngemijovo. Le migomo izosiza ekuvikeleni ingane yakho ekutholeni isimungumungwana, isifo sezindlebe kanye nokusha kolwelwesi lobuchopho.

Ingane yakho ingase ibe nemfiva noma ubuhlungu lapho ejove khona – kuvamile lokhu.



Buyela emtholampilo wakho ngokushesha uma:

- Imfiva ingabi ngcono
- Ingane ikhala ingathuli amahora angaphezu kwangu-3
- Indawo lapho okuvovwe khona ivuvukala, noma
- Ingane iba nanoma yikuphi ukudlikizeka/ukuwa

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 uncelisa ibele, qiniseka ukuthi usebenzisa i-ART yakho ukuze uvimbele ingane yakho ekutholeni i-HIV ngobisi lwakho lwebele
- Lapho uyeka ukuncelisa ibele, ingane yakho kumelwe yenze ukuhlolwa kwe-HIV emavikini angu-6 kamuva
- Uma ingane yakho igula nganoma yisiphi isikhathi, buyela emtholampilo ukuze uzokwenza okunye ukuhlola kwe-HIV clinic for another HIV test



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

Kulobu budala, ingane yakho idinga ukudla ukudla okungu-3 – 4 ngosuku kanye nobisi lwebele noma ifomula.

- Ungafunza ingane yakho ukudla okufana nemifino, izithelo, iqanda, inyama egayiwe noma inkukhu
- Nikeza ingane yakho amanzi ahlanzekile njalo
- Khuthaza ingane yakho ukuba iphuze isebenzisa inkomishi futhi uyivumele ukuba izame ukuzifunza ngezinye izikhathi

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.

Amanzi Aphephile Engane Yakho

Lapho unikeza ingane yakho amanzi, kubalulekile ukuba amanzi aphephe futhi ahlanzeke njengoba amanzi angcolile engase abangele ukuba ingane yakho ithole isifo sohudo. Ukuze wenze amanzi aphephe ukuze ingane yakho iphuze, kufanele:

- Ubilise amanzi umzuzu ongu-1 ogcwele, bese uvumele amanzi ukuba aphole ngaphambi kokuwaphuza
- Gcina amanzi ahlanzekile esitsheni esinesivalo esivaleka thaqa esiwashwe ngensipho
- Washa inkomishi yengane ngensipho ngaphambi kokusebenzisa

