



Ukunonophela ukulungiswa konyawo olusisilima

Isikhokelo senyathelo ngenyathelo lokunxitywa kwezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana

We will walk with you

UKUNONOPHELA UKULUNGISWA KONYAWO OLUSISILIMA

- Emva kwenqanaba lokufakwa kwesamente, iinyawo zosana lwakho ziza koluleka.
- Kubalulekile ukuqaphela ukuba unyango alukafikeleli esiphelweni ngeli xesha.
- Unyawo olusisilima lunamathuba okuphinda lujijike ade umntwana wakho abe neminyaka emine.
- Inqanaba lokugcina unyango kukulugcina lolulekile unyawo.
- Xa kususwe isamente yokugqibela, usana lwakho luza kunxityiswa izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana.
- Kubalulekile ukulandela imiyalelo yokunxiba izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana okanye unyawo lungajijeka kuze kufuneka ukuba usana lwakho luqale unyango ekuqaleni kwakhona.

ISICWANGCISO ESIQHELEKILEYO SOKUNXITYWA KWEZIHLAGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE NGEPLANGANA

INYANGA YOKU-1/INYANGA YE-2/INYANGA YE-3 – iiyure ezingama-23 ngosuku

Iyure e-1 ngosuku zinganxitywanga izihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana, onokuthi ngayo ulufake ebhafini usana lwakho



EMVA KWEENYANGA EZI-3 – iiyure ezili-14 – 16 ngosuku

Usana lwakho kufuneka luzinxibe izihlangu ezidityaniswe ngentsinjana okanye ngeplangana ebusuku nangexesha l usithi ngqwa



UKUNXITYWA KWEZIHLAGU ZEZILIMA EZIDITYANISWE NGENTSINJANA OKANYE NGEPLANGANA IMINYAKA EMI-4 YOKUQALA

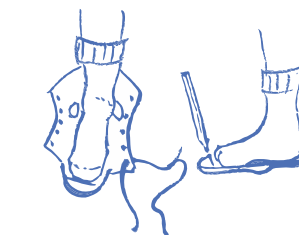


IINGCEBISO NGEZIHLAGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



- Usana lwakho luza kuqhelana nezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana emva kweentsukwana ezimbalwa
- Musa ukuzikhulula izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ukuba usana lwakho luyalila
- Yenza izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zibe yinxalenye yezinto zemihla ngemihla kwasekuqaleni
- Qinisekisa ukuba ulunxibise kakuhle izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana usana lwakho
- Izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana kufuneka zinxitywe yonke imihla kangangexesha elifanelekileyo
- Izihlangu mazinxitywe kunye nentsimbi yazo ezidibanisayo /iplanga lazo elizidibanisayo
- Dlala ngale ntsimbi/planga lo gama lunxibe izihlangu ezinyayo, umane uyihlisa uphinde uyinyuse, ubonise usana lwakho ukuba lungayishukumisa njani imilenze yomibini ngaxeshanye luze lugobe namadolo lo gama luzinxibile.
- Kwenze oku rhoqo lude usana lwakho luyiqhele le ntsimbi/luliqhele eli planga.
- Buyela ekliniki ukuba ufuna uncdo.
- Musa ukuyeka ukusebenzisa izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana ukuba kukho ingxaki!

UKUNXIBA IZIHLAGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



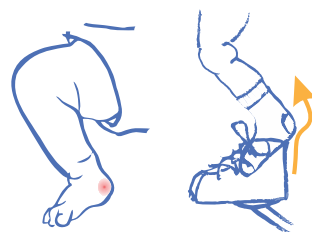
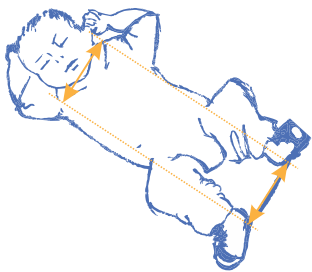
- Ulusu lwemilenze kufuneka lucoceke kwaye lome.
- Musa ukuthambisa ucwambu ezinyaweni
- Sebenzisa iikawusi zomqhaphu ezingahonjiswa
- Qala unxibise kunyawo olujijike kakhulu kuqala
- Sivule ngokupheleleyo isihlangu
- Goba idolo uze uthale ubhekise ezantsi njengokuba ulunxibisa isihlangu ukuze isithende sibe sezantsi.
- Ukusinxibisa okokuqala: Zoba uphawu ngepeni phambi kweenzwane njengesikhokelo
- Qinisekisa ukuba isithende sisemva kanye. Lucinezele ngobhontsi wakho unyawo ukuqinisekisa ukuba lungene lo gama uqinisa amabhanti okanye imitya
- Qinisekisa ukuba amabhanti okanye imitya ayikho nyengelele kakhulu okanye iqine kakhulu.



- Bamba isihlangu ngokuqinileyo esandleni sakho lo gama utsala idolo eligobileyo liye phezulu ukuqinisekisa ukuba unyawo alushukumi ngaphakathi esihlangwini
- Yiqinise imitya ukuba kukho imfuneko
- Khangela ukuba isithende sisesezantsi esihlangwini (kukho imingxuma kuninzi lwezihlangu ukuze usibone isithende)
- Kufanele ukwazi ukuwubona umgca owuzobileyo phambi kweenzwane
- Ukuba isithende asikho endaweni yaso okanye akuwuboni umgca, sikhulule isihlangu uze uqale ekuqaleni ukulunxibisa usana
- Musa ukoyika ukuqala ekuqaleni kwakhona ude ube ulunxibise kakuhle.
- Emva kwamaxesha ambalwa kuza kuba lula ukulunxibisa izihlangu kwaye kube yinxalenye yezinto ozenza imihla ngemihla.
- Emva kweentsuku ezimbalwa zokuqala zokulungelelanisa, usana lwakho kufuneka luzinxibe kakuhle izihlangu zelimazidityaniswe ngentsinjana/ngeplangana

IZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA AZISAYI KUMTHINTELA UMNTWANA WAKHO UKUBA AKHASE, AQINGQE KWAYE AHAMBE.

IINGXAKI ZEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA



- Kubaluleke kakhulu ukuqhagamshelana nogqirha wakho okanye ubuyele ekliniki ukuba umntwana wakho unazo naziphi na iingxaki nezihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana
- Iingxaki ngezihlangu zezilima zingathetha:
 - Ububanzi bentsimbi/beplanga bufutshane
 - Izihlangu zicinane kakhulu
 - Unyawo luyajijeka kwakhona okanye alulungiswanga kakuhle
- Ukuba isihlangu asilulingani kakuhle, kungabangela ingxaki. Qhagamshelana nekliniki yakho kwakamsinyane ukuba:
 - kukho iimpawu zokutyabuka ezibomvu, izilonda okanye ukugruzuka ezinyaweni
 - Unyawo luyaphuma esihlangwini nokuba sele usiqinise kakuhle.

UKUPHAZAMISEKA XA ULELE



Ukuba, emva kokulungelelanisa izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana, usana lwakho luyaphazamiseka xa lulele kwaye aluziva mnandi okanye luza amazinyo, njalo njalo, kukho izinto ezimbalwa onokuzizama:

- Khangela ukuba izihlangu zisalulingana kakuhle kusini na. Kusenokwenzeka ukuba kufuneka lufumane ezinkulwana kunezo.
- Intsinjana/lplangana lingaba mxinwa njengokuba usana lwakho lukhula. Ukuba intsinjana/iplangana iyakwazi ukulungelelaniswa, mhlawumbi ukuyivula ibe banzi kunganceda kancinane.
- Ukuba iingubo ziyaphithana kunye nezihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana, sebenzisa ingxowana yokulala okanye ingutyana elula.
- Faka amalaphu/iingutyana emacaleni ebhedini yosana lwakho ukuba izihlangu zezilima ezidityaniswe ngentsinjana/ngeplangana zibetheka kuyo zize ziluvuse usana lwakho. Msuse umntwana wakho omdala aye kulala kwibhedana esezantsi eyi-camp cot okanye ebhedini ukuba kufuneka enendawo enkulu yesihlangu sezilima ezidityaniswe ngentsinjana okanye ngeplangana.

UKULANDELELA



- Iikliniki yakho iza kukulungiselela amaxesha okuza kukhangelwa kweenyawo zosana lwakho kunye nezihlangu zezilima ezidityaniswe ngentsinjana okanye ngeplangana.
- Musa ukuluphosa utyelelo lwakho ekliniki, nokuba iinyawo zikhangeleka zilungile.
- Abantwana abambalwa banonyawo olusisilima oluphinda lujijeka njengokuba usana lukhula, kwaye kungafuneka lufakwe isamente kwakhona okanye ngamanye amaxesha kwenziwe uqhahlo. Kungeso sizathu kubalulekile ukundwendwela ekliniki.

Inkxaso kunye neengcebiso?

- Iikliniki ezininzi zinomntu oza kucacisa ngonyawo olusisilima kunye nonyango lwalo.
- Ngeentsuku zokuya ekliniki uza kuhlalanga nabanye abazali abaneentsana nabantwana abakumanqanaba ohlukileyo onyango.
- Kukho amaqela abazali abanika inkxaso ngekhompyutha kunye nemibutho enokunceda. Cela iinkcukacha ezithe vetshe kwikliniki yakho.

Njengempelesi yomntwana wakho, udlala indima ebaluleke kakhulu kwimpumelelo yonyango. Ukuba unemibuzo okanye uxhalabile, nceda uqhagamshelane nekliniki yakho okanye umcebisi wabazali.

IINKCUKACHA ZASEKLINIKI



UKUFAKWA ISAMENTE

1	2	3	4	5	UMHLA
					✓



UKUFAKWA ISAMENTE

6	7	8	9	10	UMHLA
					✓

UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

1	2	3	4	5	UMHLA
					✓

UKUNXITYWA KWEZIHLANGU ZEZILIMA EZIDITYANISWE NGENTSINJANA/NGEPLANGANA

6	7	8	9	10	UMHLA
					✓