

Ndiza kuziva njani xa umntwana efika?

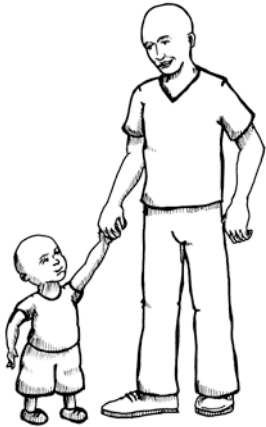
Xa umntwana ezelwe, usenokuba nemvakalelo ezixubileyo, ezifana nokonwaba, imivuyo, ukuxhalaba okanye ukunxunguphala: oku kuqhelekile. Ootata abaninzi baziva njalo:

“Ndandivuya ndisoyika ngexesha elinye. Ndandingazi ukuba ndithini okanye ndenze ntoni. Emva kwexesha elithile ndaqala ndaqonda ukuba kwenzeka ntoni, ngoku ndiyazidla ngokuba nomntwana oyintombazana.”

Ndingakwazi njani emandikwenze ukukhathalela umntwana wam?

- Ukuncedisa nokuxhasa umlingane wakho ngeli xesha akhulelweyo linyathelo lokuqala elibalulekileyo: uqinisekisa ukuba yena nomntwana wakho basempilweni.
- Ukukhathalela umntwana kungayinto enzima nedinisayo. Usenokuba nengxaki yokuzama ukuphila obu bomi butsha noxanduva ojongene nalo njengotata.

“Ndandisoyika ukuba ngutata ongalunganga, ndandingafuni nokumphatha kuqala. Ndazama emva kokuba endibonisile umfazi wam indlela yokumphatha. Ngoku ndifuna ukumphatha oko.”



- Zama ukufumana inkxaso yosapho nezihlobo bakuncede ngolu tshintsho noxanduva lokuba nomntwana.
- Wena nomlingane wakho nijamelene nomngeni wokuba ngumzali. Usenokuba neengxaki onazo nawe. Ngoko ke thetha naye ngendlela oziva ngayo,

uze ufumane izisombululo.

- ethileKulilungelo elilodwa ukukhulisa umntwana: njengotata unendima ethile ekunikeni umntwana wakho oko akufunayo nemfundo eyiyo. Ngumzamo omkhulu kodwa ngumngeni ofanelekileyo.



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UKUKHULELWA

ULWAZI OLULUNGISELELWE OOTATA BANGOMSO



Ukuba nomntwana yinkqubo emangalisayo. Kungaba ngumngeni ofanelekileyo noncomekayo ukunika umntwana ukhuseleko. Ukuthatha inxaxheba kuphuhliso lwakhe ngokwemvakalelo, uphuhliso ekuhlaleni nokukhula ngokwasemzimbeni, kunika ithuba lokuqinisekisa ukuba umkhathalele umntwana wakho osandul'ukuvela kunye nosapho lwakho. Ootata abaninzi bangomso babanemibuzo ngokukhulelwa, ukubeleka nokuba ngutata. Olu lwazi lungakunceda ukuze ukulungele ngendlela engcono okwenzekayo.

Kutheni ubuhlungu umzimba womlingane wam?

Umzimba womlingane wakho uyatshintsha. Ezinye iimpawu zingathatha ixesha elifutshane, ezinye zithathe ixesha elide. Ezinye zezi zibabuhlungu kakhulu:

- Amabele ayakhula abe makhulu kwaye eva ubuhlungu ngokuchukunyiswa nayinto encinci
- Ukugabha okanye ukuziva ngathi ufuna ukugabha ekuseni, ukuchama qho
- Ukuqaqamba kwamalungu omzimba nokuba nenkantsi kwezihlunu
- Amathe amaninzi
- Ukudumba kweenyawo nezandla
- Ukuqhina nokuba nentlungu zesisu
- Umqolo obuhlungu (ukuhamba, ukuphakama nokuthoba kuba nzima)

Akukho mntu waziyo ukuba kutheni, kodwa abanye ootata basenokuba nempawu ezifanayo ngeli xesha iqabane likhulelweyo. Ungakhathazeki ukuba unezimpawu: ziza kuphela ukubakho komntwana.

Kutheni esoloko ediniwe umlingane wam?

- Ngokuya abantwana bekhula, bathatha amandla omlingane wakho, yiyo loo nto edinwa msinya.
- Amaxesha amaninzi uba namandla ingakumbi kwinyanga yesine ukuya kweyesithandathu. Nangona kunjalo, usenokudinwa kakhulu kwiinyanga zokugqibela.



Kutheni umlingane wam ecaphuka lonke ixesha?

- Ukutshintsha kwembonakalo ngenxa yokukhulelwa kunxulunyaniswa nokutshintsha kwamadlala: oku kuchaphazela indlela aziva ngayo umntu.
- Namanye amaxesha umlingane wakho usenokuziva onwabe kakhulu, ngamanye amaxesha, abe nomsindo acatshukiswe nayinto encinci. Ungazifaki ngqondweni ezi zinto kuba azinanto yakwenza nawe: kukutshintsha kwendlela aziva ngayo ngoku akhulelweyo iza kutshintsha qho indlela aziva ngayo.
- Usenokuba nengxaki yokulala ngamanye amaxesha. Xa isenzeka le nto, udinwa ngaphezulu kunesiqhelo, usenokudinwa kakhulu aze acatshukiswe zizinto ezincinci okanye angabi namonde.
- Usenokuba nokucatshukiswa zizinto ezincinci umlingane kuba erhalela ukutya okuthile aze agule xa athe watya okunye, nokutya ebekuthanda ngaphambi kokuba akhulelwe.

Kutheni umlingane wam engenamdlala wokuya kwezesondo?

Kuxhaphakile ukuba abafazi abakhulelweyo bangafuni ukuya kwezesondo ngamanye amaxesha, kodwa loo nto ayithethi ukuba akakuthandi. Kukho izizathu ezininzi zale nto:



- Ukukhulelwa kunganefuthe kwiimfuno zesondo zomlingano wakho, kwaye oku kungatshintsha ngeli xesha lokukhulelwa kwakhe.
- Ukumitha kunganefuthe ngendlela aziva ngayo umlingane wakho ngezeso.
- Ukukhula komntwana kungabeka uxinezelelo lwamandla omlingane wakho.
- Umlingane wakho usenokuba nemvakalelo ezimbi, azive egula okanye exhalabile.

→ Umlingane wakho usenokuziva ehlazekile kukumila komzimba wakhe.

Ndingaya kwezesondo ngeli xesha ekhulelwe umlingane wam?

- Ukuba uyavuma umlingane wakho, ningaya kwezesondo ngoku akhulelweyo: oku akunangxaki emntwaneni. Nangona kunjalo, lumka ungamsindi esiswini.
- Ukuba umlingane wakho ubonakalisa iimpawu zonyango, usenokucetyiswa ukuba ungayi kwezesondo kunye naye ade abeleke. Ungafumana ezinye iindlela zokusondelelana (umz. Ukuphulula umzimba).
- Ukuba wena nomlingane wakho niqaphela iimpawu ezingaqhelekanga ngexesha nisiya kwezesondo okanye emva kwesondo (umz, isiluma, idistshaji okanye ukopha kwelungu lobufazi), yazisa umongikazi obelekisayo. Ungoyiki ukubuza imibuzo okanye uthethe naye ngezinto ezikuxhalisayo.

Ndinganceda njani ngeli xesha lokukhulelwa komlingane wam?

Oomama bathi kuba lula ukumelelana nokukhulelwa xa befumana inkxaso. Unganceda ngeendlela ezahlukeneyo:

- Zola xa indlela aziva ngayo itshintsha okanye enomsindo.
- Zama ukuxambulani naye uphendule nje kwiimfuno zakhe.
- Hlala ngokurabha okanye ukuphulula iinyawo zakhe.
- Yiya naye ekliniki xa esiya khona ngaphambi kokuba abeleke ukumbonisa ukuba nawe uyinxalenye yoko.
- Ncedisa ngemisebenzi yasekhaya nokukhathalela umntwana kangangoko unako.

Ndinganceda njani ngexesha lokulunywa okanye elokubeleka?

Ukulunywa kusenokuba lixesha elinzima kumlingane wakho, kwaye zikhona iindlela ezinokwenza kube lula:

- Xa iintlungu ziqala, ungaqinisekisa ukuba umlingane wakho uyaphumla kwaye usela incindi yeziqhamo (ijusi) okanye iroyibhosi kunye nobusi ukuze akulungele oko kuzayo. Ungayirabha imilenze yakhe umphulule amazantsi omqolo.
- Xa iintlungu zokulunywa zisondelela, umlingane wakho usenokuba sezintlungwini kakhulu: kuyanceda ukuhlala ucinga kakuhle kwaye umnike inkxaso ngeli xesha.
- Ukubeleka kungathatha phakathi kwemizuzu eli-15 neyure: ukuba unomnqweno wokuba khona xa ebeleka umlingane

wakho, ungacela umongikazi ukuba ubekhona kwigumbi lokubeleka ngelixa ebeleka. Ngolu hlobo, ungamkhuthaza umncome ngendlela entle aqhuba ngayo. Uyakuba nethuba elikhethekileyo lokuba nomntwana wakho xa esiza kweli hlabathi.



Kuthatha ixesha elingakanani ukubuyela kwamadlala kwisimo sangaphambili?

- Kungathatha iinyanga ezili-9 ukuya kwezi-12 ngaphambi kokuba umzimba womlingane wakho ubuyele kwimeko yawo. Linda iiveki ezintandathu ngaphambi kokuya kwezesondo. Kusenokuthatha ithuba ngaphambi kokuba umlingane wakho abenomdla kwezesondo.
- Kusenokwenzeka ukuba umlingane wakho uziva edakumbile emva kokubeleka: usenokuziva ebhidekile, esoyika okanye enesazela. Ixhaphakile ke le nto koomama abatsha nendlela abaziva ngayo iye iphele emva kweentsuku ezimbalwa.
- Kwezinye iimeko, ezi mvakalelo zihlala ixesha elide kwaye imeko yazo ibenzima kakhulu. Kuye kubonakale iimpawu ezininzi, ezifana nokutshintsha kwendlela yokulala, ukucacela ukutya nokutshintsha kwendlela aziva ngayo umntu: oku kusenokuba luxinzelelo lwengqondo okanye unxunguphalo olwenzeka emva kokubeleka umntwana. Ukuba ucinga umlingane wakho unengxaki yalo mba, thetha nosebenza ngezempilo.

Kwenzeka ntoni emva kokuba ezelwe umntwana?

- Zama ukufumanisa ukuba lingakanani ixesha aza kulihlala ekliniki emva kokubeleka, ukuze bakwazi ukumbeka esikalini umntwana wakho, bathathe nemilinganiselo, njalo njalo. Emva koko, yiya kwikliniki yabantwana ekufutshane nawe ngokukhawuleza.
- Kubalulekile ukubuza ngokuthintela inzala/nocwangciso-ntsapho ekliniki – ungakhetha kwiindlela ezininzi ezikhoyo.