

VOL / GESTUDE BORSTE

Vanaf die derde dag na baba se geboorte, begin die kolostrum verander na volmelk. Wanneer die melk in groter hoeveelhede inkom, mag die borste swaar en ongemaklik voel, die ongerief sal verlig word wanneer die baba dikwels aan die bors drink. Dit is normaal en 'n aanduiding dat jou melk "in" is.

Jou borste is gestu as dit baie hard en pynlik is en die melk vloei verminder.

Onthou, dikwelse voedings help om borste te ledig en om pynlike gestude borste te voorkom.

Hier volg nuttige voorstelle;

- Dit is belangrik om dikwels, sowat 10 keer in 24uur te voed. Maak jou baba wakker indien nodig.
- As jou borste pynlik en gestu is, plaas hitte op voor 'n voeding om die melk vloei te bevorder; 'n warm stort of warm kompresse.
- As die borste te gestu is vir die baba om te drink, wend hitte aan en probeer per hand uitmelk. Dit help om die areola sag te maak sodat jou baba die bors makliker kan neem.
- Wend koue kompresse bv. koolblare vir 2 – 3 ure tussen voedings aan. Dit sal help vir die stuwng en is baie strelend.
- Masseer die knoppe in die bors liggies in die rigting van die tepel, terwyl die baba drink. Dit sal die melkvloei aanmoedig
- Hou voorraad, waar jy dit moontlik mag benodig, soos by 'n vriend/in se huis.
- Woon 'n ondersteuningsgroep by- deur jou ervaring te deel, sal jy ander help.
- Openhartigheid maak dit maklik!

Kontak:

Wes-Kaapse Regering

Departement van Gesondheid, Fasiliteitsgebaseerde Programme

Sub – direktoraat: Geïntegreerde Voedingsprogram

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ALGEMENE INLIGTING

Verandering van voedings posisies sal verseker dat al die areas in die bors geledig word. Gedurende die eerste paar dae tuis, mag jy moeg voel. Kry soveel rus as wat moontlik is. Hulp met die huis werk en 'n rustige, ontspanne atmosfeer sal help dat jy en jou baba mekaar beter leer ken.

Dikwelse voedings en uitmelk na voedings help om jou melkproduksie te verbeter. 'n Gebrek aan stimulasie of lang periodes tussen voedings verminder produksie. Jou baba het nie water, vrugtesap of tee ens. nodig nie, al is dit baie warm. Borsmelk alleen voorsien in al jou baba se behoeftes tot op 6 maande.

Om 'n goeie melkproduksie te vestig, moet jou baba ten minste 10 keer in 24 uur drink. 'n Rustige baba wie gereeld wakker word vir voedings, ten minste 6 – 10 nat lap doeke of 4 – 6 weggooi doeke elke 24 uur, is 'n indikasie dat jou baba genoeg melk kry.

Dit word aanbeveel dat jou baba gedurende die dag nie langer as 2 – 3 ure op 'n keer slaap nie. Maak jou baba bedags eerder wakker vir voedings. Nagvoedings is noodsaaklik in die eerste paar maande. As jy en jou metgesel saam stem, kan die nagvoedings makliker wees as die baba by julle in die bed slaap.

Om die baba se winde uit te vryf, behoort nie langer as 5 minute te neem nie.

Jou baba se eerste stoelgange bevat mekonium, wat dik, donker en teeragtig is. Dit word vervang deur groen, dan geel stoelgange wat wissel in hoeveelheid en frekwensie. In die begin kan jou baba met elke voeding 'n stoelgang passeer. Dit verminder later tot een of minder per week.

Terwyl jou baba uitsluitlik borsmelk drink word die risiko's dat hy allergieë, diaree en ander algemene infeksies sal ontwikkel, aansienlik verminder. Gedurende die eerste paar dae kan die melk tussen voedings begin lek. Drukking op die tepel kan dit onderdruk. Voeding doekies in die bra kan help om die melk te absorbeer. Ruil hulle gereeld om.

Ondersteuning en aanmoediging van jou metgesel en familie, kan 'n groot bydra lewer tot 'n positiewe borsvoeding ervaring. Dit is ook baie gerusstelend om ervarings met ander borsvoedende moeders te deel. Die Wêreld Gesondheid Organisasie (WGO) beveel uitsluitlike borsvoeding vir die eerste 6 maande aan, voordat vaste kos gegee word, daarna aanhou borsvoed vir ten minste 2 jaar.



DIE EERSTE PAAR DAE

Hierdie pamflet bied inligting aan oor hoe jy en jou nuwe baba die perfekte begin kan hê. Wanneer jy jou baba se geboorte beplan, nooi iemand spesiaal om die geboorte en die baba se eerste borsvoeding met jou te deel. Bespreek ook jou siening omtrent Kangaroo Moeder Sorg met jou dokter of vroedvrou. Daar is geen twyfel dat hoe meer tyd jy en jou baba vel-teen-vel spandeer, hoe streker sal jou baba se instink wees om te borsvoed.

DIE EERSTE PAAR UUR

Al hoe meer doktors en vroed-vroue erken nou die belangrike voordele van borsvoeding wanner dit so gou as moontlik na kraam begin.

- Dit is wetenskaplik bewys dat onmiddellike vel-teen-vel kontak, direk na geboorte vir `n paar uur, baie voordelig vir jou en jou baba kan wees. Dit hou jou baba gemaklik en warm.. Dit versterk jul unieke verhouding en vermeerder jou borsmelk produksie.
- Kolostrum (die eerste melk) verteer maklik, dit voorsien jou baba van al sy kalorieë, beskerming teen infeksies en allergiëe.
- Indien geen pyn medikasie tydens kraam toegedien word nie, is `n baba se suig refleks gewoonlik die sterkste na geboorte.Soms wil die babas nie onmiddellik suig nie. Moenie bekommerd wees nie, hou jou baba vel-teen-vel en probeer later weer.
- Borsvoed so vroeg en dikwels as moontlik om 'n goeie melk produksie te vestig , en te verseker dat jou baba kry wat hy nodig het.
- Babas het geen ander melk, vrugtesappe of water nodig nie, jou borsmelk is perfek vir jou baba en sal in al sy behoeftes voorsien.
- Uitsluitlike en dikwelse borsvoeding sal verseker dat jou baba minder van sy geboorte gewig verloor en sodoende ook die moontlikheid van geelsig verminder.

HOE OM TE BEGIN

- Maak seker dat jy en jou baba lekker warm en gemaklik is.
- Hou jou baba op sy sy, sodat hy na die bors kyk, tewyl jy sy liggaam ondersteun.
- Raak aan die baba se lippe met jou tepel. Hy sal leer om sy kop na die bors te draai en sy mond wyd oop te maak, om die bors te neem.
- Jou baba neem die bors reg as die tepel sowel as `n groot deel van die areola (donker area rondom die tepel) in sy mond is. Pyn is `n teken dat die baba nie reg aan die bors drink nie.
- Wanneer baba se lippe na buite krul, daar `n sterk kakebeen beweging is, met beweging van die spiere bokant die oor, is dit `n goeie indikasie dat die baba reg aan die bors drink.

- Jou baba sal die bors los of aan die slaap raak as hy versadig is. Indien dit nodig is om die voeding vroeër te stop, is dit noodsaaklik om eers die suiging te breek voordat baba van die bors gehaal word. Plaas `n skoon vinger in die hoek van sy mond, tussen die kake en hou dit daar terwyl jy die bors uit baba se mond neem.

VOEDING OP AANVRAAG

Om gereeld te voed soos baba aanvra, bevorder goeie melkproduksie en verseker `n meer tevrede baba. Dit is makliker om jou baba se tekens van honger te herken wanneer baba in jou bed of in dieselfde kamer slaap. Ons noem dit Moeder-Kind sorg. Dit is belangrik om die baba reg aan die bors te sit. Die gereelde stimulasie van die bors veroorsaak dat hormone in die bloedstroom vrygestel word. Dit veroorsaak dat die spiersel rondom die melkkliere saamtrek sodat die melk in die melkbuise kan afsak. Dië sakrefleks word soms as `n prikkelende sensasie ervaar. Daartydens drink baba met min moeite.

Redes om dikwels en op aanvraag te voed:

Borsmelk word maklik en vinnig verteer. Aanvanklik is baba se maag volume klein 5ml – 10ml en teen dag drie 20ml. Dikwelse voeding voorkom dat jou borse hard en ongemaklik word.

Laat jou baba toe om die een bors klaar te drink voordat die ander bors aangebied word. Soms weier babas die tweede bors. Bied dan die ander bors eerste aan met die volgende voeding.

INDIEN JOU BABA IN DIE REGTE POSISIE IS EN REG SUIG, kan- hy so lank en so dikwels drink as wat hy wil. Gedurende die eerste paar dae sal hy omtrent 10 voedings in 24 uur benodig. Om jou baba aan te moedig om langer ure gedurende die nag te slaap, probeer gerus om hom meer dikwels gedurende die dag te voed. Metertyd, wanneer jou melkproduksie meer gestabiliseer is, sal jy en jou baba julle eie voedings patroon vind. Die meeste babas sal oor die volgende paar weke al hoe minder voed.

BORSVOEDING POSISIES

Vind die borsvoedings posisie wat vir jou die gemaklikste is.Lê byvoorbeeld op die bed indien steke ongemak veroorsaak. Die verandering van posisie, verseker ook dat die borste volledig dreineer. Alle posisies vereis dat die baba teenaan jou liggaam gehou word met die skouers, en heupe in `n reguit lyn en die maag en gesig na jou gedraai.

1. Moeder op haar sy, ondersteun baba se nek en rug.



2. 'n Goeie posisie om baba se aanheg te vergemaklik.



3. Baba se koppie rus op moeder se voorarm.



4. Babas onder arms, met voete na ma se rug, idiaal vir vroeggebore babas en keisersnëe



FULL BREASTS/ ENGORGEMENT

From about the third day after your baby's birth, the colostrum begins to change to mature milk. As the milk "comes in" in greater quantities, your breasts may feel uncomfortably full and heavy but the discomfort is relieved when your baby suckles. This is normal and a signal that your milk is "in". However, if your breasts become very hard, painful, unyielding and the milk is NOT flowing freely, your breasts are engorged. It is important for mothers to know that frequent feeding, because it empties the breasts, helps to prevent and alleviate engorgement. The following are some suggestions which may prove helpful:

- Most importantly – feed frequently at least 10 feeds in 24 hours. Wake your baby if necessary.
- If your breasts are painful and unyielding, apply warmth before feeding to encourage the milk-flow – i.e. hot shower, bath or warm compresses.
- If your breasts are too hard for the baby to latch, apply warmth then gently hand express some milk. This will help to soften the breasts so that your baby can latch properly.
- Apply cold compresses i.e. cabbage leaves or wrapped ice packs, to your breasts between feeds, this can be very soothing. Do not use the leaves or ice packs for longer than 2 hours at a stretch.
- During the feed you could gently massage any lumps in the breast towards the nipple to encourage the milk flow.
- Changing feeding positions will ensure that all areas of your breast are drained.

Contact:

Western Cape Government

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GENERAL INFORMATION

During the first few days at home you may be tired and will need as much rest as possible. Your families support, a relaxed environment and assistance at home, will contribute considerably towards a positive breastfeeding experience for you and the rest of the family. Arrange to meet with other mothers, sharing experiences and ideas can be most reassuring, even therapeutic.

Your milk supply can be increased by feeding your baby more frequently or expressing after feeds. Long intervals between feeds, without expressing could diminish your supply. Use a cup to feed expressed milk to your baby. Avoid using teats and dummies.

In the First Few Days around 10 feeds in 24 hours is recommended to establish and maintain a good milk supply. Another indication that your baby is having enough is when she has at least 6–10 wet cloth nappies or 4–6 wet disposable nappies and at least 2 to 5 dirty nappies in 24 hours.

It is recommended that you do not leave your baby to sleep more than 3 hours at a stretch during the day, and remember that night feeds are essential in the first few months. If you and your partner agree, night feeds may be easier if your baby sleeps in bed with you.

Breastfed babies do not need water or juice even in hot conditions. Winding your baby after feeds need take no longer than 5 minutes.

Your baby's first stools will contain meconium, a thick dark tar-like substance. This will be replaced by green then soft yellow stools that vary considerably in quantity and frequency. Initially your baby may pass a stool at every feed or at least 2 a day, decreasing to one or less per week.

During the first few weeks milk may leak from the breasts between feeds. Pressure against the nipple will suppress leaking. When using breast pads change them frequently should they become wet.

Feeding your baby on breastmilk only for up to 6 months, as is recommended by the World Health Organization, significantly reduces the risk of illness, infections and allergies. Breastfeeding for two years and beyond is also recommended.



Western Cape
Government

Health



THE FIRST FEW DAYS

This pamphlet offers guidelines on how you and your newborn baby can enjoy "the perfect start". To begin with, consider inviting someone special to share the experience of your baby's birth and his first breastfeed with you. Also be certain that your hospital or clinic, doctor or midwife routinely practice Kangaroo Mother Care (KMC) for premature as well as full term babies.

Spending the first few hours and days together (rooming or bedding-in) is very important for both and your baby. You will get to know each other and establish a good breastfeeding relationship. Clinical trials have proven that the more time you and your baby spend in the KMC position (skin-to-skin) the stronger your baby's instinct to breastfeed. That is to mention only one of a multitude of advantages when practicing KMC i.e. skin to skin.

THE FIRST FEW HOURS

Most doctors and midwives now recognize the significant benefits of breastfeeding soon after birth;

- Leaving you and baby together skin to skin for a few hours immediately after birth has been scientifically proven to be highly beneficial for both of you. It keeps your baby comforted and warm, enhances your mutual relationship and an increased milk production.
- Colostrum (the first milk) produced in small quantities, is easily digested, provides your baby with all the necessary calories and offers protection against infection and allergies.
- Your baby's suckling instinct is usually strongest in the first hours after birth, especially when no pain relief drugs have been administered during labour. However some babies will not suckle immediately. Do not be concerned, keep your baby skin to skin and try again later.
- Should your baby not suckle within the first few hours after birth, a little colostrum could be expressed and offered to him on a teaspoon.
- A good "latch" and early frequent suckling ensures that your baby gets as much colostrum as he needs and facilitates the establishment of a good milk supply.
- Babies need no other milk, juices or water – your breastmilk is perfect for your baby and will meet all his needs.
- Exclusive, frequent and early breastfeeding will minimize your baby's weight loss and the possibility of newborn jaundice.

HOW TO BEGIN

- Make yourself comfortable, avoid wrapping your baby in a blanket, you could even undress him.
- Your baby needs to be held on his side facing your breast while you support his neck.
- Touching your baby's lips with the nipple will encourage him to open his mouth wide to take the breast i.e. latch.
- For correct latching, the nipple, together with a good part of the areola (dark skin around the nipple), should be drawn into your baby's mouth. Pain is an indication of an incorrect latch.

- Lips turned outwards, a strong jaw action and movement of the muscles above his ear, would indicate that your baby is latched & suckling well.
- When baby has had enough, he will fall asleep or release the nipple. However if you need to stop the feed sooner it is very important that the suction should be broken first; Insert a clean finger into the corner of his mouth between the gums and hold it there while releasing the nipple.

FREQUENT FEEDING

Frequent feeding encourages a better production of milk and ensures a more contented baby. A good latch with the nipple and areola in your baby's mouth is always important. The subsequent stimulation of the breast results in the release of hormones into the blood stream. One of the hormones oxytocin causes the muscle cells around the milk producing glands to contract, squeezing milk into the milk ducts. It may be felt as a tingling sensation (the let-down reflex).

Other reasons why your baby needs frequent feeds:

Breastmilk is easily digested and moves rapidly from the stomach into the intestinal tract. Initially your baby's stomach capacity is small about 5 to 10 ml, gradually increasing to 20 ml by the third day. Frequent feeding will also prevent your breasts becoming hard and uncomfortable.

Allow your baby to finish feeding at the first breast before offering the second side. At times she may not want more from the second breast; offer that side first at the next feed.

PROVIDED YOUR BABY IS POSITIONED AND SUCKLING WELL, she may feed for as long and as often as she needs. During the first few days babies may need around 10 feeds in 24 hours. To encourage your baby to sleep for longer stretches at night, feed her more frequently during the day. Given time, you and your baby will adjust to your own pattern. Most babies will demand less frequent feeds as the weeks go by.

BREASTFEEDING POSITIONS

It is advisable to try different feeding positions to find the most comfortable. For example if stitches are causing any discomfort it may be more comfortable to feed while lying down. All positions require your baby to be held close to you with his knees, hips, tummy and nose facing you. The following are some suggested positions:

1. Mother lying on her side, supporting baby's neck & shoulders.



2. Cross-hold, useful for learning to latch.



3. Baby's head resting on mother's forearm.



4. Tucked under mother's arms, feet facing towards the back. Ideal for twins and premature babies



AMABELE AGCWELE UBISI/ UKUKRALA KWEBELE LUBISI

Malunga nosuku lwesithathu emva kokuba luzelwe usana, uyajika umthubi ube lubisi olugqibeleleyo. Njengokuba ubisi luba luninzi, amabele akho ungaweva esinda noko kodwa akuncanca umntwana abangcono. Oku kuqhelekile kwaye ikwaluphawu. Lokuba ibele "likralile lubisi". Kambe nakuba kunjalo, ukuba ngaba amabele akho ayakrala aqine, abe buhlungu, ANGALUKHUPHI kakuhle ubisi oku kuthetha ukuba amabele akho anobisi kakhulu. Kubalulekile ukuba oomama beentsana bayazi ukuncancisa rhoqo kulenza ubisi lungahlali lude lugcwele kakhulu ebeleni kwaye kuthintela nokukrala kwalo. Ezi ngcebiso zilandelalayo zingaluncedo:

- Okubalulekileyo kakhulu – kukuncancisa qho kangangezidlo ezili 10 kwisithuba seeyure ezingama- 24. Luvuse usana lwakho xa ikho imfuneko.
- Ukuba ngaba amabele akho abuhlungu kwaye aqinile, wafake into eza kuwenza afudumale ngaphambi kokuncancisa ukwenzela ubisi luphume – okokoko hlamba kwishawara, ibhafu eshushu okanye uwakhame ngezinto ezishushu zokukhama amabele.
- Ukuba ngaba amabele akho akrale ngokokude kube nzima ukuba usana lukwazi ukutsala, sebenzisa into eshushu ukukhama ubisi. Oku kuya kukunceda ekuwenzeni abe kwimo efanelekileyo amabele ukuze usana lwakho lukwazi ukuncanca kakuhle.
- Sebenzisa izinto ezibandakayo zokukhama ubisi, okokoko amagqabi ekhaphetshu okanye iipakethana zomkhenkce ezijijelweyo, uzibeke emabeleni akho qho xa ugqiba ukuncancisa, oku kungenza ungabi nangxaki yokuba amabele akho aqine. Ungawasebenzisi ngaphezulu kweeyure ezi- 2 amagqabi okanye iipakethe zomkhenkce, okanye ungazigcini ixesha elide uzifakile.
- Ngexesha lokuncancisa kufuneka uhlikhle naliphi na iqhuma elibonakalayo ebeleni ubhekise ngasengonweni ukulwenza ubisi luphume kakhulu.
- Ungamana ukuyitshintsha indlela olubamba ngayo usana xa uluncancisa ukuqinisekisa ukuba ubisi luphume lwaphela.

Qhagamshelana:

URhulumente wePhondo leNtshona Koloni

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Inombolo yomnxeba: 021 – 483 2275



NGOKUBANZI

Ngeentsuku ezimbalwa zokuqala ungaziva udiniwe kwaye ufuna ukuphumla kangangoko. Iintsapho zenu ziya kuninika inkxaso, nibe kwiimeko ezenza ukwazi ukuphumla ekhaya neziya kuba luncedo kuwe nakusapho lwakho kwaye oku kuya kuba ligalelo elibonakalayo kumayela nokuncancisa ibele. Zama ukudibana nabanye oomama nobelane ngamava neengcamango zokuncancisa kwaye oku kuya kuqinisekisa nangonyango.

Ubisi lwakho luza kuya lusiba luninzi ngokumana uncancisa okanye ngokumana uwakhama amabele. Ukuhlala ixesha elide ungancancisi okanye ungawakhami amabele, oko kungenza lungabikho kakhulu ubisi. Sebenzisa imagi yokutyisa umphe ngayo umntwana. Lumkela ukumnika iibhotile needami umntwana.

Iintsuku ezimbalwa zokuqala kufuneka usana ulunike izidlo zibe lishumi kwisithuba seeyure ezingama-24 ukuze ubone ukuba luphuma kangakanani na ubisi kwakhona ukwazi nokuwagcina amabele enobisi olwaneleyo. Enye into ebonisa ukuba usana lwakho lufumana ubisi olwaneleyo kuba ulutshintshe amanaphukeni ama-6 ukuya kwali-10 ubuncinane amanziswe ngumchamo okanye xa utshintshe iikhimbi ezi-4 ukuya kwezi-6 kwakhona ube ulutshintshe amanaphukeni amabini ukuya kwama-5 anetwisa kwisithuba seeyure ezingama-24.

Akufuneki uluyeke usana lwakho lulale iyure ezi-3 okanye ixesha elide emini, ukhumbule ukuba kubalulekile nokumnika ukutya ebusuku kwiinyangana zokuqala. Ukuba ngaba wena nomlingane/qabane lakho niyavumelana, kungalula xa usana lwakho lulala kuwe. Amanzi nejusi akafuneki nganto kwiintsana ezincanca ibele nokuba kuyatshisa. Kufuneka ulubhodlise usana lwakho emva kokulutyisa kodwa ungedlulisi kwimizuzu emi-5.

Iindle lokuqala losana luba nenikhoniyam okanye ijengezi, ituwa engathi yitela. Kuye kulandele eluhlaza emva koko ube yebutyhelana kwaye yehluke ngokuphawulekayo ngokomyinge kwaye nangokuba lutwisa amaxesha amaninzi kangakanani usana. Okokuqala usana lwakho luya kutwisa emva kokuba uluncancisile okanye kube kabini ngosuku, oku kuye kunciphisa njengokuba ihamba neveki Ngeeveki ezimbalwa zokuqala amabele aye avuze xa uncancisa.

Ukutsalwa kwengono kwenza ukuba amabele avuze. Xa usebenzisa izikhuseli kuvuza zebele kufuneka uzitshintshe qho zakuba manzi. Ukuncancisa usana de iinyanga zibe -6 yinto ekhuthazwa kakhulu yi-World Health Organization, kuba kunciphisa izigulo, izifo ne-aleji. Ukuncancisa ibele isithuba seminyaka emibini ngaphezulu kusalungile.



uRhulumente
weNtshona Koloni



IINTSUKU EZIMBALWA ZOKUQALA

Eli phetshana liqulethe izikhokelo malunga nendlela wena nosana lwakho eningakonwabela ngayo 'ukuqalisa ukuba kunye ngendlela efanelekileyo'. Xa uza kuqalisa yonke into, cinga ngokubiza umntu othile obalulekileyo ngexesha lokubeleka naxa uqalisa ukuncancisa. Kwakhona qiniseka ukuba isibhedlele okanye iiklinikhi, ugqirha okanye umbelekisi bakubonise kakuhle indlela yokufukama – iKangaroo Mother Care kwiintsana ezizelwe ngaphambi kwexesha kwakunye nakwiintsana ezivele ngexesha ebellindelekile.

Ukuchitha iintsuku ezimbalwa zokuqala kunye nosana lwakho (ukulubeka kokuba segumbini losana lwakho okanye indlela yokulalisa usana) kubaluleke kakhulu kuni nobabini. Niya kutsho nazane ngcono nilonwabele ixesha lokuncancisana. Umzila wezonyango ubonisa ukuba xa usoloko uba nexesha nosana lwakho ulubamba ngendlela yokufukama eluhlobo lwe-KMC (Ukweyamana ngemizimba) kokukona kulwenza usana lwakho lufunda ngakumbi ukuncanca ibele. Oku kukwenza nje umzekelo omnye kwizinto ezininzi eziluncedo xa ulufukama usana lwakho ngokwendlela ye-KMC okokoko ukweyamana ngemizimba.

IYYURE EZIMBALWA ZOKUQALA

Oogqirha abaninzi kunye nababelekisi ngoku baya kubona bekuqononondisa ukubaluleka kokuncancisa ibele emva nje kokubeleka.

- Kubalulekile ukukushiya wena nosana lwakho ninodwa noyamane ngemizimba iyyure ezimbalwa nje emva kokubeleka kuba ngokobungcali beenzululwazi kufumaniseke ukuba le nto ikulungele wena nosana lwakho. Ilugcina usana lwakho lukhululekile lufudumele kwaye ikhuthaza usondelelwano olushushu kuni nobabini ikwenze wehlise nokwehlisa.
- Umthubi (ubisi lokuqala) luye luze kancinane kube lula nokuwetyisa, oko kulwenze usana lwakho lufumane iikhlori ezifanelekileyo lukhuseleke nakwizifo nakwii-aleji.
- Usana ludla ngokuba nothuku lokuncanca ngeeyure zokuqala emva kokuzalwa, ingakumbi xa kungekho yeza uliselayo elisisithomalalisi – zintlungu eliye lifakwe ngexesha lokulunywa. Kambe nakuba kunjalo iintsana aziye zivele zisuke zincance ngoko nangoko. Mayingakuxhalabisi ke loo nto, hlalani nina nisondelelene ngemizimba, umana ukuzama uluncancisa.
- Ukuba ngaba usana lwakho luye lwancanca kwisithuba seeyure ezimbalwa emva kokuzalwa, ungawukhama umthubi omncinane luwunikwe nget-ispuni.
- Kuya kuba luncedo nakuwe ukusoloko uncancisa ukuze wehlise, ingakumbi xa usana lwakho luyibamba (nxonxothela) kakuhle kuba oko kuqinisekisa ukuba lufumana umthubi omninzi.
- Iintsana kufuneka zingankwa lubisi lumbi, okanye iijusi namanzi – ubisi lwebele lakho lululungele ngokupheleleyo usana lwakho kwaye luya kukhawulelana neemfuno zalo.
- Ukuluncancisa kwangoko ibele lodwa rhoqo usana lwakho kuyakwenza usana lwakho lungawulahlili umzimba / ubunzima balo lungabinayo nejondisi adla ngokuhlasela iintsana ezivelayo.

INDLELA YOKUQALISA

- Hlala kakuhle, ungalwembathisi usana lwakho ngeengubo, ungaze ulukhulule.
- Lubambe usana lwakho ubuso balo bujonge ebeleni lakho ngelo xesha uluxhase entanyeni.
- Zama ukuluvula umlomo ngengono yebele ukuze

lukwazi ukutsala ubisi, okokoko. lusondele ebeleni.

- Ukuze lube lusondele ngendlela efanelekileyo usana ebeleni, kufuneka ingono yebele kunye nale ndawo iyirhangqileyo ibumdaka bumnyama ngebala, kufuneka isondele emlonjeni wosana lwakho. Xa usiva kabuhlungu xa usana lutsala oko kubonisa ukuba kukho okuphosakalayo kwindlela omsondeze ngayo ebeleni.
- Imilebe iba ngathi iyapecuka iintlafuno nemihlati zibonakalise ukuba luyatshuxa, oko ke kuthetha ukuba usana lwakho lusondele ngendlela efanelekileyo kwaye luncanca kakuhle.
- Xa usana selwanele luya kusuka lulale okanye luyiphuncule ingono. Kambe nokuba kunjalo xa ufuna ukuluncancisa kwamsinyane kubalulekile uqale umyekise ukutsala kuqala ngokufaka umnwe ococekileyo ekoneni yomlomo walo phakathi.

UKUNCANCISA RHOQO

Ukuncancisa rhoqo kukwenza wena mama wehlise kwaye kuqinisekisa ngosana olwanelisekileyo. Ukusondela kosana kakuhle ebeleni lukanina kuya kusoloko kubalulekile. Ukuncanca komntwana ebeleni kukwenza wena nina wehlise ngokukhuthazeka kwe-hormone egazini. Enye yee-hormone ekuthiwa yi-oxytocin yenza iiseli zezihlunu kumadlala obisi zicudisane, zikhuphe ubisi kwiintunjana zobisi. Xa luhamba ngezi ntunjana ubisi kuvakala ngathi kuyantlontlozela (into ebizwa ngokuba yi-let down reflex).

Ezinye izizathu zokuba usana lufune ukuphiwa ukutya qho:

kungenxa yokuba ubisi lwebele lwetyiseka lula kwaye luphela msinya nasesiswini ukuya kwiintunjana zamathumbu. Okokuqala isisu sosana lwakho sincinane singange-5 ukuya kwi-10 ml, siye sikhula sibengange-20 ml ekupheleni kosuku lwesithathu. Ukumana ulupha ukutya rhoqo usana lwakho kuya kulenza ibele lakho lingaqini kwaye ungaphinde uve amanyumnyezi xa uncancisa.

Luyeke usana lwakho luqale luqabe ukuncanca kwibele lokuqala ngaphambi kokuba ulutshintshela kwelinye ibele. Ngamanye amaxesha usana lungangafuni ukuncanca kwelinye ibele; mnike kwa-ela bele beluncanca kulo xa uluncancisa kwakhona.

UKUBA NGABA ULUHLALISE KAKUHLE USANA LWAKHO LUZE LUNCANCE NGENDLELA EFANELEKILEYO, lungancanca kangangoko lufuna. Ngeentsuku zokuqala ezimbalwa iintsana kufuneka zityiswe kali-10 kwisithuba seeyure ezingama-24. Ukukhuthaza ukuba usana lwakho lulale kakhulu ebusuku, lutyise kaninzi emini. Ungazenzela wena nosana lwakho indlela yenu yokutyisana. Ziya kuthi ekuhambeni kweeveki zihle kumlinganiselo ebeziwutya iintsana.

IINDLELA ZOKUBAMBA USANA XA ULUNCANCISA

Kucetyiswa ukuba uzame iindlela ezahlukeneyo zokubamba usana xa uluncancisa de ube ufumana eyona ikwenza uzive uhleli kakuhle. Umzekelo ukuba ngaba umthungo wotyando ukwenza ungaziva kakuhle xa uncancisa uhleli phantsi mhlawumbi ungangcono xa ungangqeqe ngecala. Nokuba ungasebenzisa yiphi na indlela, kodwa zonke kufuneka ukwazi ukulusondeza kuwe usana lwakho ngamadolo, isisu namahleza kwaye kufuneka impumlo ijonge kuwe. Nazi iindlela iindlela ezinokusetyenziswa zilandela:

1. Umama ulele ngecala axhase umntwana entanyeni nasemagxeni.



2. Mbambe ube bumngqamlezisa, kuluncedo ekufundiseni usana lukwazi ukutsala/ukunxoxothela



3. Intloko yosana kufuneka ibe kweli lungu lingaphambili lengalo kamama.



4. Babambe ubaxhase ngeengalo iinyawo zabo zijonge ngasemva. Oku kuwalungele amawele kunye neentsana ezivele ngaphambi kwexesha.

