

Wazi njani ukuba umntwana wakho uyonela lubisi?

- Umntwana uyakhula kakuhle ngokwetshati yokukhula komntwana.
- Umntwana uba namanapukeni amanzi ama-6 ukuya kwasi-8 ngemini.
- Ukwaneliseka kwanokonwaba komntwana.

Ukuba akukwazi kumncancisa umntwana wakho ebeleni

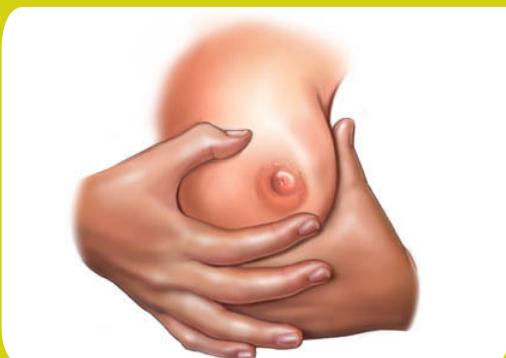
Ungalukhama ubisi emabeleni:

- Umntwana wakho usiwa kwiyunithi yeemveku.
- Ukhululwa phambi kokuba umntwana wakho aphume esibhedlele.
- Ubuyela emsebenzini okanye esikolweni.

Imiba engundoqo xa ukhama ubisi:

- Hlamba izandla
- Sebenzisa into yokugalela ecocekileyo
- Ubisi olukhanyiwego malugcinwe lubanda/lupholile
- Sebenzisa ikomityi ukutyisa umntwana wakho

Thetha nomnonopheli wezepilo malunga neenkcukacha ezithe vetshe malunga nokukhama ubisi emabeleni ngesandla.



Amahlakani ekuncisceni ngempumelelo: Umsebenzi wezepilo angamxhasa umama ngolu hlobo:

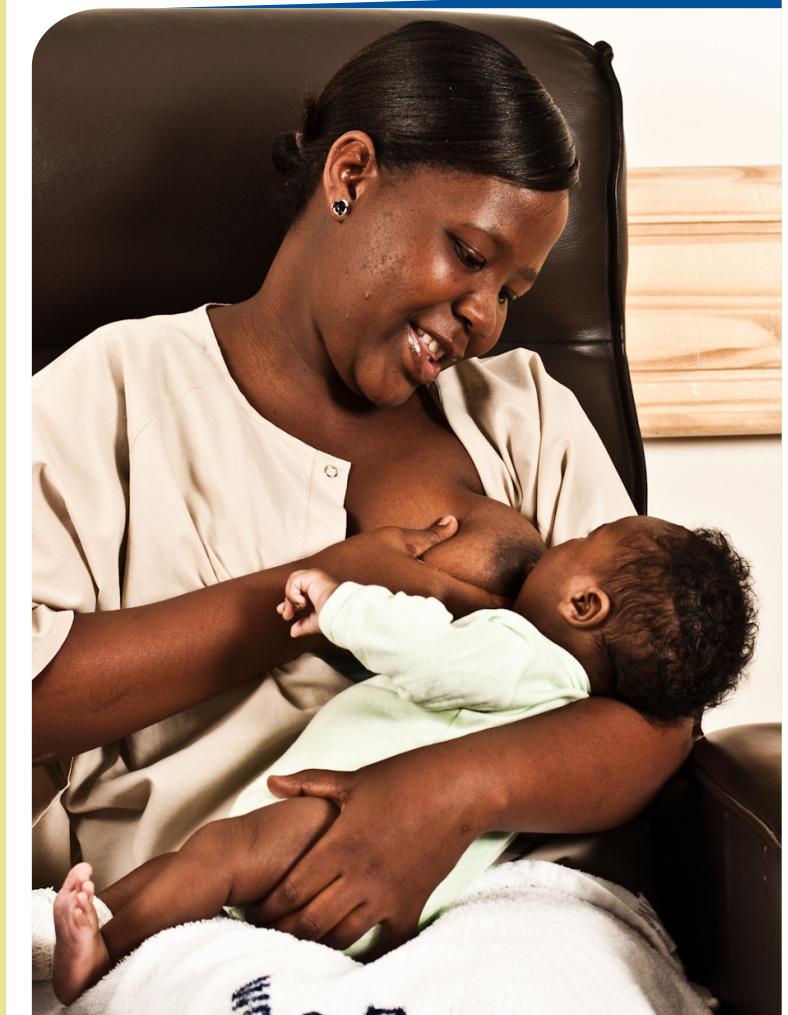
- Ngokubeka umntwana athi nca esikhumbeni sikamama kanye xa eggiba kuzalwa kangangeyure.
- Ukuncedisa umama ngokuqlisa ukuncancisa kwiyre nje yokuqala emva kokubeleka.
- Ukucina umama nomntwana bendawonye (kwigumbi elinye) lo gama besesibhellele.
- Umama makangahlulwa emntwaneni wakhe ngaphandle kokuba kukho isizathu esinxulumene nonyango.
- Ukuncedisa umama ngokubeka umntwana kakuhle amthi nca khon'ukuze amncancise kakuhle.

Usapho nezhlobo zingamxhasa umama ngoku:

- Ukuhlonipha kwanokuxhasa isigqibo sakhe sokuncancisa.
- Ukuhlonipha kwanokuxhasa isigqibo sakhe sokukhama ubisi ebeleni.
- Ukunganikezeli ngeengcebiso ezigqithelwe lixesha.
- Ukuncedisa ngemisebenzi yasekhaya kwa nokunakekela abanye abantwana.



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Ukuncancisa kuphela / Ukuncancisa ngendlela eyiyo kwasekuqaleni

Umyalezo ongundoqo: Abantwana kufuneka bancanciswe banganikwa okunye ukuya okanye into eselwayo kwiinyanga zokuqala ezintandathu. Emva koko bangaqaliswa ukunkwa ukuya okunesondlo kwaye bahlale bencanca iminyaka embini nangaphezulu.

Kutheni kufuneka ndin-cancise kuphela?

Ukuncancisa kuya kunceda umntwana wakho ekukhuliseni ingqondo yakhe.

Ukuncancisa kwakunceda ukukhulisa amazinyo omntwana wakho kune nemihlathi.

Ukuncancisa kunceda ukuba umazi umntwana wakho.

Kulungile ukuncancisa kumama:

- Kunceda nokuba angophi kakhulu emva kokubeleka,
- Kwehlisa namathuba okuba nesifo somhlaza webele nowesiylelo maqanda,
- Kuyanceda ukuba ungaryebi kakhulu.

Kutheni umntwana wam kufuneka efumene ubisi lwebele?

Ubisi lokuqala oluphuma ebeleni luba ncangathi lubetyheli-bumhlophe kwaye kufuneka ibe kuktua kokuqala emntwaneni wakho. Yinto eqheleki-leyo ukuba lumphume kancinci kubadlezane ubisi lokuqala. Ubisi lunezikhuseli kwanezakhi mzimba kwaye zisebenza njengogonyo lokuqala emntwaneni wakho. Ezinye izinto eziyinzuso ngokondla umntwana wakho ngobisi lokuqala kuquka oku:

- Kunceda umntwana ngokuzithuma okokuqala
- Kwanokwehla kwamathuba okuba nejondisi.

Ubisi lwebele lunazo zonke izakhi mzimba eziyim-funeko (iivitamini kune neeminerali) ukukhulisa umntwana kakuhle.

Akukho mfuneko yokumnika into eselwayo (umzekelo amanzi, iti, ifomula, amayeza esintu, iirati) okanye ukutya okufunekayo kwiinyanga ezintandathu zokuqala ebomini bomntwana.

Ubisi lwebele kukutya kwendalo emntwaneni kwaye kuyanceda ukukhusela umntwana wakho ekungondlekini, izifo zesifuba kwanokuba nesisu esibuhlungu esihlaselayo (umzekelo, isisu sorhudo).

Ubisi lwebele luhlala lukho ngamaxhesha onke (emini nasebusuku) kwaye luhlala kakuhle esiswini somntwana.

Kuqalwa nini ukuncancisa?

Amaxesha alungileyo okuncancisa kukwiyre yokuqala umntwana ezelwe lo gama umntwana esathe nca kuwe nibetha ngogaga. Lixesa eli apho umntwana ancana ngamandla. Iimveku ezininzi ziba sezikulungele ukufumana ingono ukuba iphi kwaye zincance kwiyure nje yokuqala emva kokubeleka.

Uninzi lwabantwana luya kubekwa luthiwe nca kwizikhumba zoonina ukukhuthaza ukufuthelana kwanokuhelana nesiqalo esilungileyo sokuncancisa ngempumelelo.

Kuncanciswa njani?

Omama abaninzi bangancancisa ngempumelelo ngen-kxaso yabasebenzi bezempilo, usapho kune nezhlobo. Umntwana uya kuncanca kwibebe elinye de onele andule ukuncanca kwelinje ukuba umntwana usafuna ukuncanca.

Ukuhlaliswa komntwana xa encancisa:

Ukumbamba kakuhle umntwana kwenza ukuba kube lula

- Umama kufuneka ahlae ngokukhululeka / ngendlela elungele ukuncancisa
- Susa zonke izinto ezinokuba ziziphazamiso (iingubo ezongezelekileyo kune nempahla) phakathi kukamama nomntwana .
- Umntwana makabe kufutshane nomama amgone.
- Umama makamxhase umntwana ngesandla sakhe.
- Indlebe yomntwana, igxalaba kune nehleza mazingqamane.
- Lumkela ukuyifaka intloko yomntwana ebeleni.



Unokuthintela iingono ezibuhlungu ngokuthi umsondeze umntwana wakho ngendlela eyiyo

- Umlomo womntwana mawuvuleke kakhulu.
- Umlebe ongezantsi uphequkele ngaphandle.
- Le ndawo imnyama irhangqe ingono mayibonakale kakhulu ngaphezulu komlomo womntwana kunangasezantsi.
- Isilevu somntwana masifike ebeleni likamama.

Ukuncanca

Ukuncanca ngendlela eyiyo kwenza ukuba umntwana afumane ubisi olwaneleyo.

Umntwana wakho uncanca ngendlela eyiyo xa:

- Izidlele zomntwana zigcwele zingabothokanga,
- Ngelineye ixesha ziyavakala izandi zokuncanca kakhulu kwanokuginya.

Kutheni kubalulekile ukuncancisa nangaliphi na ixesha umntwana efuna ukuncanca?

Ukuncancisa umntwana kwenza ukuba ebe nobisisi olun-inzi kwaye loo nto iqinisekisa ngokwaneliseka kwanokon-waba komntwana.

- Tyisa umntwana wakho emini nasebusuku
- Tyisa umntwana wakho ngalo lonke ixesha efuna ukutya.
- Tyisa umntwana wakho rhoq efuna ukutya.
- Umntwana makakuggibe ukutya.

Izimbo ezibonisa ukuba ufuna ukutya

Impawu zokuba umntwana wakho ufuna ukutya:

- Ukufunana nebele likamama
- Ukwenza izandi xa umntwana encanca
- Ukujikajika intloko
- Ukufaka izandla okanye iminwe emlonyeni
- Ukgcumha okanye ukukhala