

# QWALASELA IINGXAKI ZEMPILO NGOKUBA LILISO QHO **KWINDLELA** **AKHULA NGAYO UMNTWANA** WAKHO KWAYE SINGAYIKHATHALELA IMPILO YABANTWANA BETHU **NGOBAMBISWANO.**

- UVitamin A unceda umntwana wakho ukulwa ukugula. Yisa umntwana wakho ekliniki afumane ithontsi lesongezelelo sesakhi-mzimba uVitamin A rhoqo ngeenyanga ezintandathu ukusuka kwiinyanga ezintandathu ukuya kwiminyaka emihlanu.
- Ukuncancisa kuphela: Abantwana kufuneka bafumane ubisi lwebele kuphela kwiinyanga ezintandathu zokuqala ebomini.
- Ncancisa umntwana wakho rhoqo xa efuna.
- Zifundise ukumazi umntwana wakho xa elambile. Nazi iimpawu:
  - Ukufunisa ngebele
  - Ukufaka izandla emlonyeni
  - Ukwenza ingxolo okanye izandi zokuncanca
- Mnike ukutya okuqinileyo kuphela emva kweenyanga ezintandathu. Qala ngokutya okucujiweyo ugqithele ke kukutya okutyiwa lusapho.

Ngokufunda nangokusebenzisa la macebiso uya kukhawuleza ukuzibona iingxaki ekukhuleni komntwana wakho.



URhulumente  
weNtshona Koloni

EzeMpilo

**UBAMBISWANO NGAMANDLA.**