

Ucoceko nokukhuseleka kokutya:

Iintsana nabantwana abancinane bangagula ngokulula ziintsholongwane ezisekutyeni. Ukubakhusela kukutya okungakhuselekanga makulandelwe isikhokelo:

Ucoceko ngalo lonke ixesha

- Hlamba izandla zakho phambi kokuba uphathe ukutya nangethuba ulungisa ukutya. Hlamba izandla zakho emva kokuba uye kwindlu yangasese, xa utshintsha umntwana okanye uthe wadibana nezilwanyana.
- Hlamba izandla zomntwana phambi kokuba aqalise ukutya.
- Hlamba zonke izinto okanye izixhobo zokwenza ukutya okanye zokuhambisa ukutya.
- Sebenzisa izinto okanye izixhobo ezicocekileyo.
- Sebenzisa iikomityi ezicocekileyo, izinto zokwenza isuphu kunye namacephe okutyisa abantwana.

Yohlula ukutya okukrwada kokuphekiweyo

- Ukutya okukrwada nokuphekiweyo kugcine kwizinto ezivalwayo ezohlukeneyo.

Pheka kuvuthwe

- Pheka ukutya kuvuthwe ngakumbi inyama kunye nenkuku.
- Kufudumeze kakuhle ukutya ngomphunga okanye ngokukubilisa phambi kokuba kutyiwe.

Ukutya kweemveku nokwabantwana abancinane kufanele kubefreshi kwaye kungagcinwa ixesha elide emva kokuba kuphekiwe.

Sebenzisa amanzi acocekileyo, akhuselekileyo kwakunye nezinto ezicocekileyo

- Sebenzisa amanzi acocekileyo okanye acocwe ukuze abe ngakhuselekileyo (itisipuni yejiki kwiilitha zamanzi ezingama-20 - uwagcine iiyure ezi-4)
- Hlamba iziqhamo kunye nemifuno ngamanzi acocekileyo, ngakumbi ukuba zikrwada.
- Sukusebenzisa ukutya ekusele kuphelelwe lixesha.

Mtyise ngendlela ebonisa ukuba uyahlutha okanye uyakhula

Mtyise ngokwakho umntwana

- Mtyise ngokwakho umntwana uncedise nabantwana abadala xa bezityisa.
- Hlala nomntwana de agqibe ukutya kwaye ingqondo yakho ibe kuye.
- Xa abantwana betyiswa batya kakhulu bakhule ngcono.

Mtyise kancinci ungangxami

- Tyisa umntu uthe chu kwaye ube nomonde. Mtyise umntwana kancinane ungangxami ube nomonde.
- Khuthaza umntwana wakho ukuba atye kodwa ungamnyanzeli. Yiba nomonde.
- Linda umntwana agqibe ukutya kube kukhona umnika okunye.

Ukucutha izinto eziphazamisayo

- Musa ukutyisa umntwana wakho phambi kweTV okanye xa uncokola nabanye abantu.

Xa uncancisa thetha naye

- Xa umtyisa yiba noncumo ukhululeke, umjonge uthethe amazwi akhuthazayo.

Ukutya okwahlukeneyo

- Umntwana mnike ukutya okuziindidi ezahlukeneyo, ngokwencasa, ukuqina okanye uburholofu ukukhuthaza ukuba atye.
- Mnike ukutya okwahlukeneyo kwaye ukhuthaza abantwana ukuba batye xa bengakucacelanga ukutya.

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UKUQALISA NGOKUTYISA UMNTWANA UKUTYA OKUQINILEYO

Kubalulekile ukuba umntwana afumane ukutya okwaneleyo xa eyimveku nasebuncinaneni bakhe khon'ukuze akhule ngokupheleleyo.

Ukusuka ku-0 ukuya kwiinyanga ezi-6: Kukhuthazwa ubisi kuphela kwiinyanga zokuqala zomntwana ezi-6

Abantwana badinga ubisi kuphela kwiinyanga zokuqala ezintandathu.

Ubisi luhlala lusesona sondlo sibalulekileyo kubantwana emva kweenyanga ezi-6.

Akukho mfuneko yokumbalela amaxesha okuncancisa umntwana. Mvumele umntwana ancance kangangoko efuna.

Akukhuthazwa ukusetyenziswa kweedami, iibhotile, kunye neetifi njengoko kunzima ukuzicoca ziba neentsholongwane ezinokuthi zigulise umntwana.

Imiyalezo engundoqo kwana-macebo okuqalisa umntwana ngokutya okuqinileyo:

- Kutheni umntwana singaqalisi ukutya okuqinileyo ngaphambi kweenyanga ezi-6:
Ukutya okungokunye xa kuqaliswa ngaphambi kweenyanga ezi-6 kuthatha indawo yobisi kwaye kungalibazisa ukukhula kwakhe.
Amathumbu umntwana awakakulungeli ukutya okuqinileyo.
Imihlathi nomlomo womntwana awukakulungeli ukuhlafuna.
- Emva kweenyanga ezintandathu kuba nzima ukwanelisa iimfuno zomntwana ngobisi kuphela kwaye ukutya okuqinileyo kufanele umntwana aqalise ukunikwa azokwazi ukukhula kakuhle.
- Kufuneka umntwana atyiswe iphyurithi kwanokutya okuthambileyo ekuqaleni de umntwana akwazi ukuhlafuna (ukushukumisa imihlathi) okanye ukuhlafuna (ukusebenzisa amazinyo).
- Xa umntwana eqhele ukutya okuthambileyo ze utshintshe akazukwazi ukutya ngokwaneleyo okanye uya kuthatha ixesha elide ukutya.
- Sukumnika ukutya okungondliyo:
- Abantwana bayakhula kwaye kufuneka ukutya okunesondlo ukuze akhule kakuhle.
- Sukumnika iilekese, iitshipsi kunye neziselo endaweni yokutya.
- Iti, ikofu kunye nejusi akukho mfuneko yazo ekukhuleni komntwana. Zingonakalisa amazinyo abo kwaye zithathe indawo yokutya okufanelekileyo ekukhuleni.
- Akukho mfuneko yokuthenga ukutya kwabantwana okukodwa, sebenzisa ukutya okukhoyo.

Ukuqalisa ngokutya umntwana ukutya okuqinileyo

Iinyanga ezi-6 ukuya kwezi-8

Ungaqalisa nini ukunika umntwana ukutya okuqinileyo?

- Ungaqalisa ukunika umntwana wakho ukutya okuqinileyo emva kokuba eenyanga zi-6.
- Qhubeka uncancisa umntwana wakho. Mnike ubisi phambi kokutya.
- Ukuba umntwana akafuni kutya sukumnyanzela, mlinde umphe ngelinye ixesha okanye ngemini elandelayo.

Kutya kuni ekufanele uqalise ngako emntwaneni wakho?

- Kukutya kwakhe kokuqala ithi chatha ubisi lwebele kuba incasa yalo seyiqhelile.
Qalisa ngokunika umntwana wakho iphyurithi (umzekelo, iphyurithi yeminqathe) okanye isidudu.
- Nyusa kancinci- kancinci ukutya, ukuqala kwiphyurithi ukuya ekutyeni okuxhoxhiweyo kwaye kwiinyanga ezisibhozo umntwana unako ukunikwa ukutya okunezigaqa.
- Ngaphandle kokuba ucetyiswe ngumsebenzi wezempilo, sukongeza ityuwa, iswekile, ibhotolo okanye imajarini ekutyeni komntwana wakho.
- Mselise intwana yamanzi umntwana emva kokutya.
- Uqaphele unganiki umntwana iti, isiselo, ijusi okanye ezinye izinto eziselwayo.

Umntwana angaphiwa kangaphi ukutya?

- Qala ngokumnika ukutya umntwana kanye ngemini.
- Okuye umntwana wakho ekhula yandisa amaxesha okutya kabini ukuya kwisithathu ngemini.

Kufuneka umntwana atye ukutya okungakanani?

- Qalisa ngecephe eli lokutya ukuya kwamabini.
- Okuye umntwana ekhula yongeza amacephe okutya amabini ukuya kwamathathu ngexesha lokutya ngalinye.

Umntwana wakho mnike uhlobo lokutya olunye olutsha ngexesha. Linda iintsuku ezintathu ukuya kwezintlanu phambi kokuba umqalise ngokutya okutsha. Le nto ingakunceda uqaphele xa ukutya okuthile kungamlungeli.

Iinyanga ezisi-8 ukuya kwezisi-9:

Kokuphi ukutya ekufanele ukuba umntwana wakho uya kutya ngoku?

- Qhubeka uncancisa umntwana wakho. Qala ngokumnika ukutya phambi kokumpha ubisi.
- Umntwana wakho kufanele atye ukutya okunezigaqa (okucujweyo).

- Hlala unika umntwana wakho iziqhamo kwaye qala ngokwengeza iimbotyi ezicujweyo, inyama ecoliweyo, inkuku okanye izibindi.
- Ungaqalisa ngokumnika ukutya okungephi okumnandana.
Umntwana wakho mnike iindidi ezohlukileyo zokutya ngesidlo ngasinye.
- Sukumnika umntwana wakho ukutya okunokumoma (umzekelo, amandongomane, iidiliya, iminqathe engaphekwa) zinokuxaba kumbizo womntwana.
- Minike amanzi amancinane umntwana wakho.
- Unganiki umntwana iti, isiselo, ijusi okanye ezinye izinto eziselwayo endaweni yobisi.

Kufanele ukuba umntwana atye ukutya ukutya okungakanani ngoku?

- Yondla umntwana wakho ngokwendlela abalamba ngayo.
- Umntwana wakho unokutya amacephe okutya amane namathandathu ngexesha ngalinye.

Kufanele ukuba ukuba atye kangaphi ngoku?

- Umntwana wakho kufanele atye kathathu ngemini.

Iinyanga ezi-9 ukuya kwezisi-12: [Ukumtshintsha kwiintlobo zokutya nokumnika okubuqinatha]

Kufanele ukuba umntwana wakho utya ukutya kuni ngoku?

- Qhubeka uncancisa umntwana wakho. Mtyise phambi kokumnika ubisi.
- Qalisa ngokumnika ukutya okutyiwa ngumntu wonke endlini
- Ukutya anokuthi umntwana azithathele azityele kona.
- Ukuba usapho lunengxaki ye-aleji ekutyeni sukumnika amaqanda de abe minyaka mibini.
- Mphe amanzi acocekileyo umntwana apha emini.
- Uqaphele umntwana ungamniki iti, isiselo, ijusi okanye ezinye izinto eziselwayo
- Ungamniki umntwana ubisi lwenkomo phambi kokuba abeminyaka ili-12.

Kufanele ukuba umntwana wakho utya ukutya okungakanani ngoku?

- Umntwana mtyise ngokokulamba kwakhe
- Umntwana wakho angatya kangangeziqingatha ezithathu zekomityi ngexesha.

Umntwana wakho kufanele ukuba afumane ukutya kangaphi?

- Umntwana wakho kufanele ukuba atye kathathu ngemini nesineki sibe sinye apha emini.
- Izineki ezisempilweni zezifana neziqhamo (zisikwe zibe ngamaqhekezana amancinci) isonka okanye isonka esithosthiweyo okanye iphastha yentlanzi.

Umntwana wakho kufanele atye ukutya okutyiwa ngumntu wonke. Kufuneka umjonge ngalo lonke ixesha umntwana esitya ukuze uthintele ukomiwa.