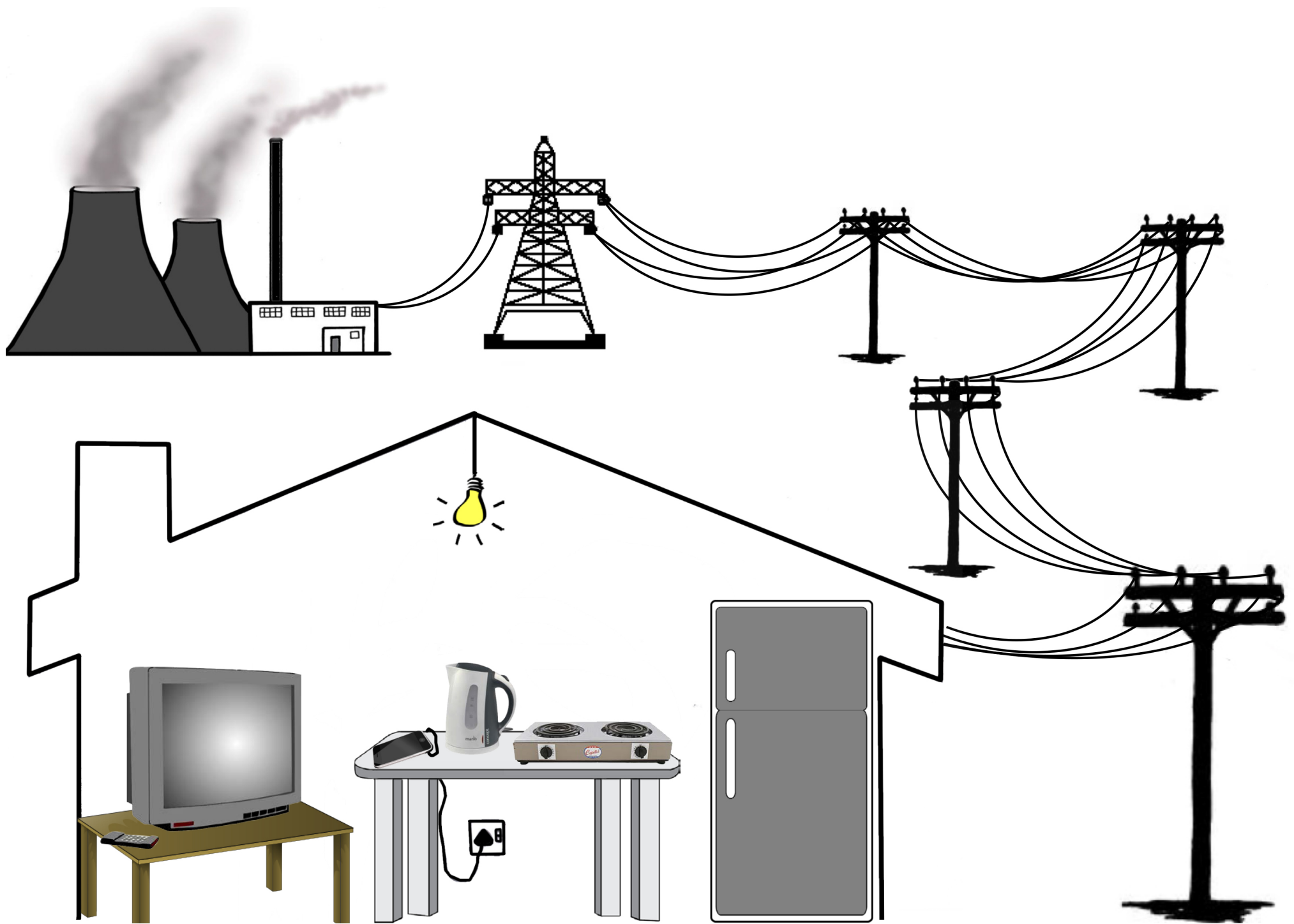


Workshop 1 - Dipoelo

- CP ke eng le ka fao bo amago mmele wa ngwana.
- Mehuta ye e fapanego, maemo le mekgwa ye re e šomišago go hlaloša bana bao ba nago le CP.
- Ke eng se se ka bakago CP.
- Ngwana o tšea lebaka le lekaakang a na le CP.
- Go tsena sekolo ga bana bao ba nago le CP.

CP

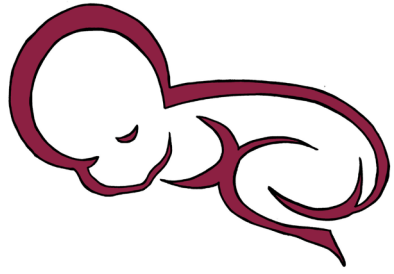
Cerebral Palsy





Dilo tše di hlagelago mma tše di ka bakago CP:

- **Bolwetsi goba phetetšo**
- **Kgatelelo ya madi ya godimo kudu**
- **Go nwa diphilisi tše di ka kwešago lesea bohloko**
- **Go belega pele ga nako**
- **Seemo sefe goba sefe seo lesea le ka palelwago ke go tšwa**
- **Go ba le masea a mafahla**
- **Tiragalo ye e ka gobatšago hlogo ya lesea**



Dilo tše di hlagelago lesea tše di ka bakago CP:

- Go belegwa pele ga nako kudu (*pele ga dikgwedi tše 8*)
- Go tšwa madi ka bjokong
- Go fetelwa ke bolwetši ka bjokong (*meningitis goba TB meningitis*)
- Go ba le bolwetši bja go wa ka pela ka morago ga pelego



Dilo tše di sa bakego CP:

- Thobalano nakong ya boimana
- Kgatelelo ya maikutlo
- Badimo bao ba befetšwego
- Go se botegelane ka lenyalong
- Boloji
- Meboya e mebe
- Kotlo go tšwa go Modimo
- Leabela go tšwa go wa ka lapeng

Workshop 2 - Dipolelo

- Se re se bolelago ge re re “Go hlokomela yo a nago le CP ke mokgwa wa bophelo”.
- Ka fao bana bao ba nago le CP ba fetogago ka gona ge nako e dutše e sepela.
- Mekgwa ye e thušago go bea bana bao ba nago le CP ka maemo ao a fapanego.
- Mekgwa ye e thušago go hlokomela bana bao ba nago le CP.
- Ka fao re ka dirago dilo tša letšatši le lengwe le le lengwe ka mokgwa wo o thušago bana bao ba nago le CP.

Go hlokomela ngwana yo a nago le CP:

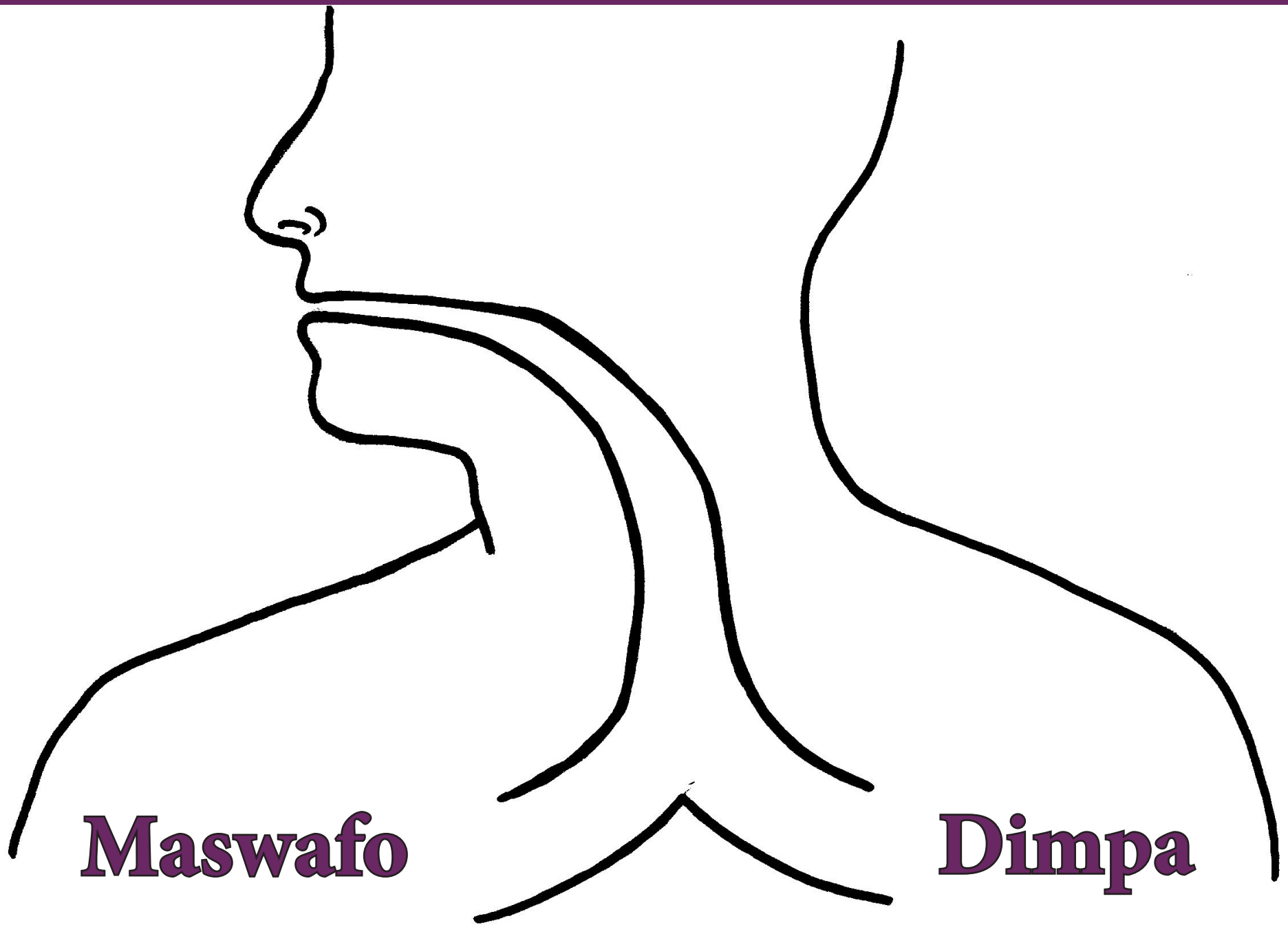
- **Sepetša ngwana ka go nanya gomme o mo fe nako.**
- **O se ke wa gapeletša mmele wa ngwana go sepela.**
- **Botša ngwana se o se dirago.**

Go hlokomela ngwana yo a kgotoletšago morago goba yo a sepetšago ditho tša gagwe kudu:

- Ema lefelong le tee.
- Šomiša mesepele e mennyane.
- Bolela ka lentšu le le fodilego.

Workshop 3 - Dipoelo

- Ka fao re ka beago ngwana yo a nago le CP gabotse gore re mo fe dijo.
- Na ke ka lebaka la eng go le bohlokwa go fa ngwana yo a nago le CP dijo ka go nanya.
- Ka fao o ka thušago ngwana yo a nago le CP go ja bokaone ka lepola.
- Ka fao o ka thušago ngwana yo a nago le CP go ithuta go sohla.
- Ka fao o ka thušago ngwana yo a nago le CP go ithuta go nwa ka komiki.
- Naa ke dijo dife tša phepo go ngwana yo a nago le CP.



Maswafo

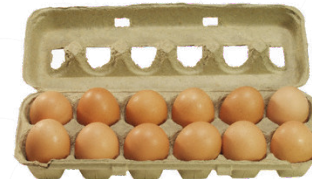
Dimpa

Dihlopha tše tharo tša dijo:

Dijo tša enetši:



Dijo tša go aga mmele:



Dijo tša tšhireletšo:



Junk foods:



Workshop 4 - Dipoelo

- Re ra eng ka poledišano.
- Mekgwa ye e fapanego ye re ka dirago poledišano ka yona.
- Ka fao o ka thušago ngwana yo a nago le CP go kwešiša bokaone.
- Ka fao o ka thušago ngwana yo a nago le CP go boledišana bokaone.

Naa ke ka lebaka la eng ngwana yo a nago le CP a ka :

- **Ga ba kgone go bolela.**
- **Ba swara bothata go bolela maikutlo a bona.**
- **Go ka ba boima go kwešiša se ba se bolelago.**
- **Bana ba bangwe ga ba kwešiše kudu ka lebaka la gore ba tšea nako go kwešiša.**
- **Ba bangwe ga ba kgone go bolela, ka gobane ba na le mathata ka mešifa ya ka ganong ga bona.**

Dipotšišo:

1. Maina:

Naa selo seo se bitšwa eng?

2. Hlaloša:

Naa se lebelelega bjang?

Naa se kwagala bjang?

Naa se na le tatso efe?

Naa se nkgga bjang?

3. Ditiro:

Naa ke ditiro dife tše re ka di dirago ka?

Go fa bana sebaka sa go bolela:

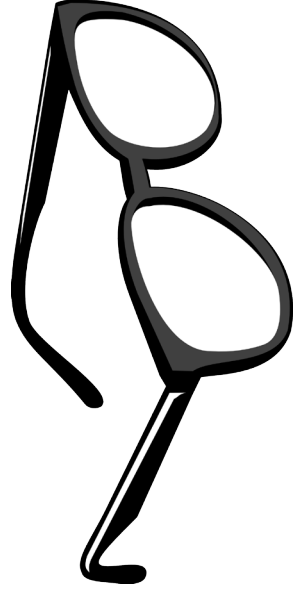
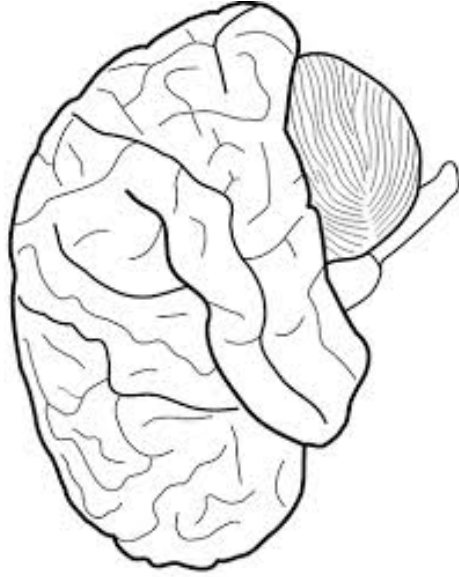
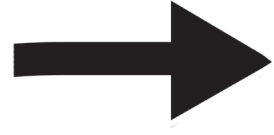
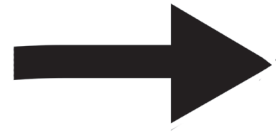
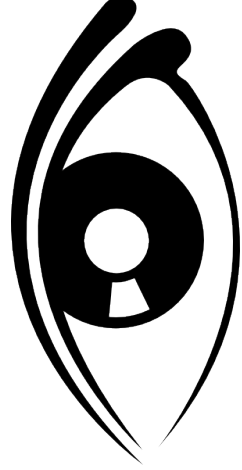
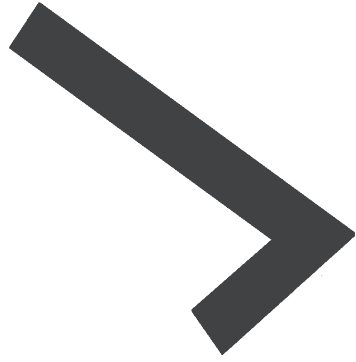
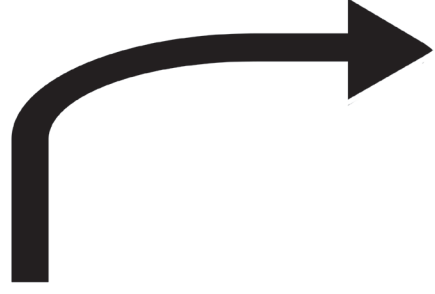
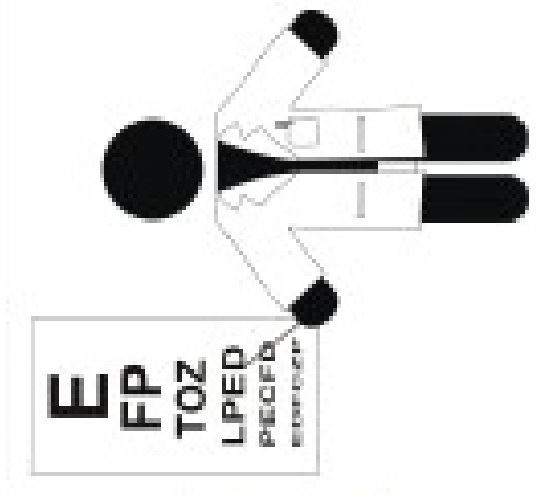
- Tseba ngwana wa gago gabotse gomme o lebelele ka fao a lekago go dira poledišano.
- Bitša leina la gagwe.
- Mmotšiše dipotšišo.
- O se ke wa ba fa ditaelo ge ba raloka.
- Fetola nako ye nngwe le ye nngwe.

Go fa bana dibaka tša go kgetha:

- Ge e le gore ba kgona go bolela - “Naa o nyaka go ja eng?”
- Ge e le gore ga ba kgone go bolela – mphe kgetho magareng ga dijo tše pedi. Ba ka šupa, goba ba ka kgona go šomiša mahlo a bona goba mmele wa bona go go bontšha gore ke efe ye ba e nyakago.
- Ge ba ka bontšha ee/aowa - “Naa o nyaka nama?”

Workshop 5 - Dipoelo

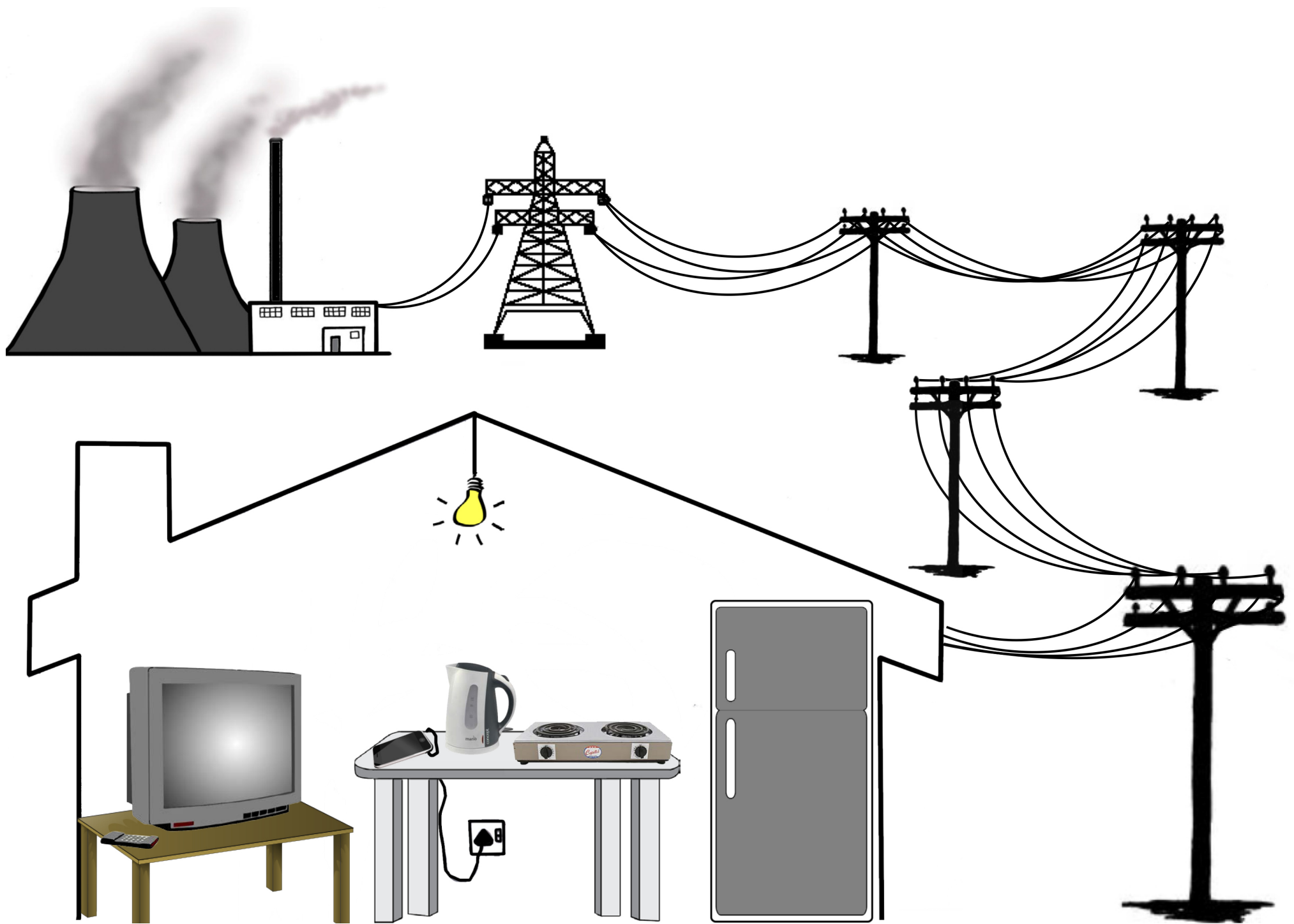
- **Naa CVI e emetše eng le gore e ra goreng?**
- **Naa re tseba bjang gore ngwana o na le CVI.**
- **Ka fao o ka thušago ngwana yo a nago le CVI.**
- **Ka fao re šomišago seo re ithutilego sona le-hono ge re fihla gae.**



CVI

Cerebral

Visual Impairment



Go šoma le ngwana yo a nago le CVI:

1. Ngwana o swanetše go bewa gabotse.
2. Netefatša gore ga go na lešata.
3. Efa ngwana dinako tša go khutša.
4. O se ke wa fela pelo.
5. Šomiša dilo tšeo ngwana a di tsebago gabotse.



