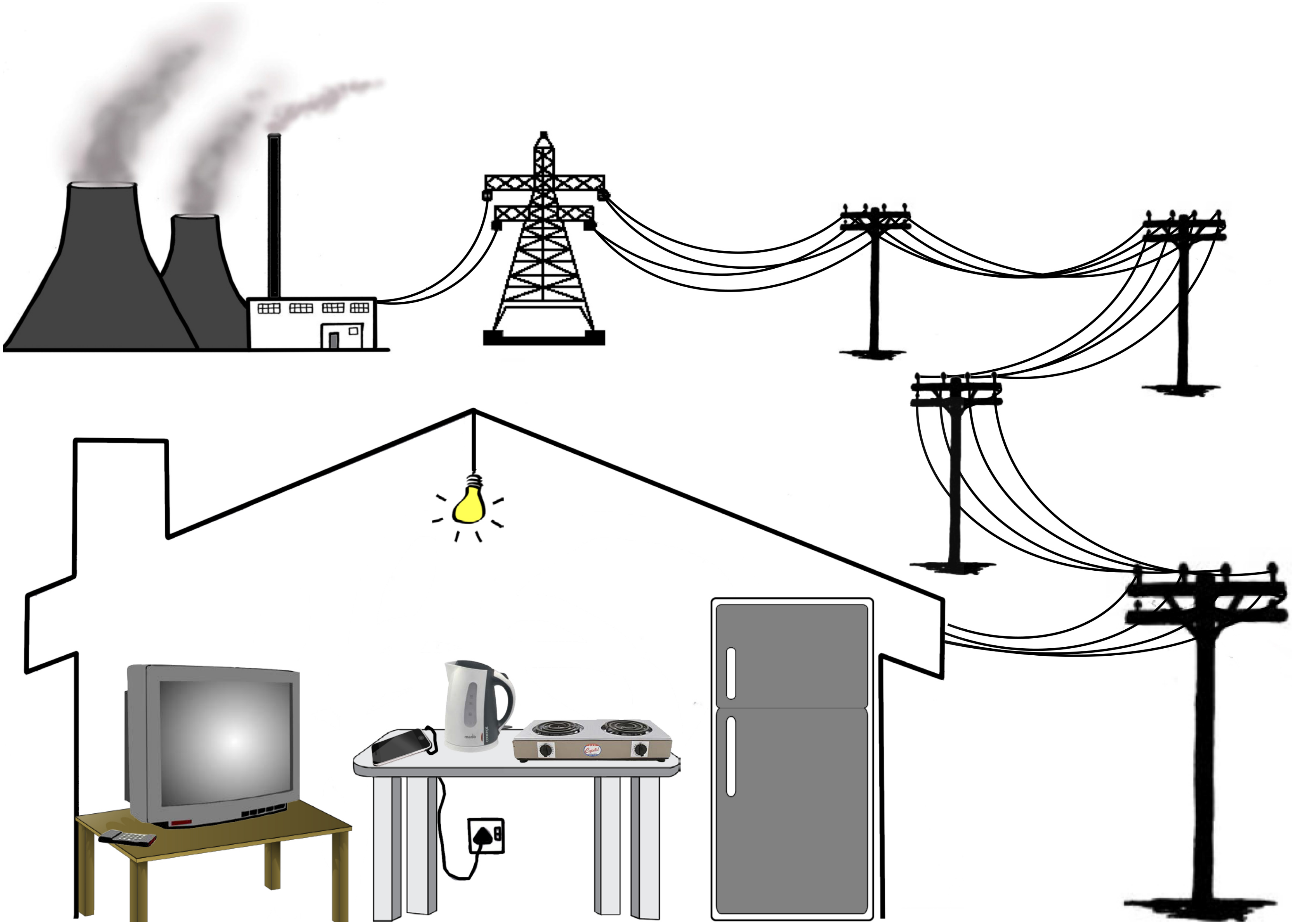
Workshop 1 - Iziphumo

- Eyona nto iyiyo iCP nendlela ewuchaphazela ngayo umzimba womntwana.
- Iindidi ezahlukeneyo, umkhamo neendlela esizisebenzisayo ukuchaza abantwana abaneCP.
- Into enokubangela iCP.
- Ixesha elinokuthathwa ngumntwana eneCP.
- Isikolo sabantwana abaneCP.

CP

Cerebral Palsy



Izinto ezenzeka kumama ezinokubangela iCP:

- Ukugula okanye ukosuleleka
- Uxinezeleko lwegazi oluphezulu kakhulu
- Ukusebenzisa iipilisi ezinokwenzakalisa usana
- Ukufumana inimba ngaphambi kwexesha
- Nayiphi na imeko enokubangela ukuba usana lungaphumi
- Ukufumana amawele
- Ingozi eyenzakalisa intloko yosana

Izinto ezenzeka kusana ezinokubangela iCP:

- **Ukuzalwa ngaphambi kwexesha** *(ngaphambi kweenyanga ezi-8)*
- **Ukopha ebuchotsheni**
- **Ukosuleleka ebuchotsheni** *(imeningitis okanye iTB meningitis)*
- **Ukuxhuzula ngokukhawuleza emva kokuzalwa**

Izinto ezingabangeli iCP:

- Ukwabelana ngesondo ebudeni bokukhulelwa
- Ukuba noxinzelelo
- Ukuqunjelwa zizinyanya
- Ukunganyaniseki emtshatweni
- Ubugqwirha
- Imimoya emdaka
- Isohlwayo esivela kuThixo
- Ufuzo lwelungu lentsapho

Workshop 2 - Iziphumo

- Oko sikuthethayo xa sisithi “Ukunyamekela umntwana oneCP kuyindlela yokuphila”.
- Indlela abantwana abaneCP abatshintsha ngayo ngokuhamba kwexesha.
- Iindlela eziluncedo zokubeka abantwana abaneCP ngeendlela ezahlukeneyo.
- Iindlela eziluncedo zokunyamekela abantwana abaneCP.
- Sinokuzenza njani zinto zamihla le ngendlela eluncedo kubantwana abaneCP.

Ukunyamekela umntwana oneCP:

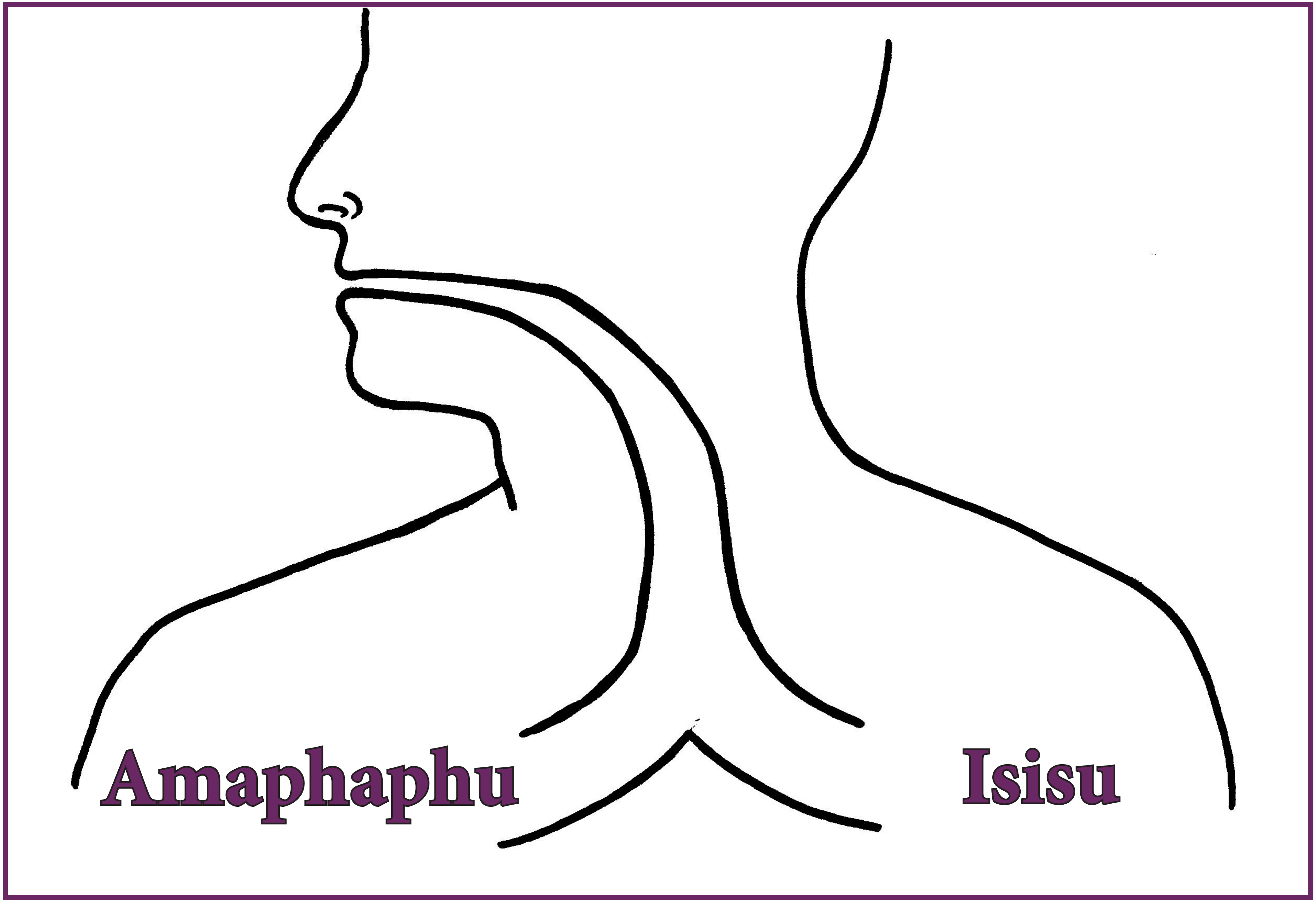
- Msuse kancinci umntwana uze umnike ithuba.
- Musa ukuwunyanzela umzimba womntwana ukuba ushukume.
- Mxelele umntwana into oyenzayo.

Ukunyamekela umntwana otyhalela emva okanye oshukuma kakhulu:

- **Hlala ndawonye.**
- **Mshukumise kancinci.**
- **Thetha ngelizwi elizolileyo.**

Workshop 3 - Iziphumo

- Indlela yokubeka kakuhle umntwana oneCP xa uza kumtyisa.
- Isizathu sokubaluleka kokumtyisa ngokucotha umntwana oneCP.
- Indlela yokunceda umntwana oneCP atye bhetele ngecephe.
- Indlela yokunceda umntwana oneCP afunde ukuhlafuna.
- Indlela yokunceda umntwana oneCP afunde ukusela ngekomityi.
- Oko kuthethwa kukutya okusempilweni kumntwana oneCP.


Amaphaphu
Isisu

Amaqela amathathu okutya:

Sinokutya okunika amandla:

Sinokutya okwakha umzimba:

Sinokutya okukhuselayo:

Junk foods:

POTATO
Chips
Classic Style

Coca-Cola

3 Musketeers
SNICKERS
TWIX

Workshop 4 - Iziphumo

- Oko sikuthethayo ngonxibelelwano.
- Iindlela ezahlukeneyo esinokunxibelelana nabo.
- Indlela yokunceda umntwana oneCP aqonde bhetele.
- Indlela yokunceda umntwana oneCP athethe bhetele.

Isizathu sokuba umntwana oneCP enokuba nengxaki yonxibelelwano:

- Abakwazi kuthetha.
- Banobunzima bokuchaza indlela abaziva ngayo.
- Kunokuba nzima ukuqonda into abayithethayo.
- Abanye abantwana abakwazi ukuqonda izinto ezininzi ngenxa yokuba bafunda kade.
- Abanye abakwazi kuthetha ngenxa yokuba banengxaki nezihlunu ezijikeleze imilomo yabo.

Imibuzo:

1. Amagama:
   Yintoni into ebizwa ngokuba?

2. Chaza:
   Ikhangeleka njani?
   Ivakala njani?
   Injani incasa yayo?
   Linjani ivumba layo?

3. Izinto esinokuzenza
   Ziintoni esinokuzenza ngayo?

Ukunika abantwana ithuba lokuthetha:

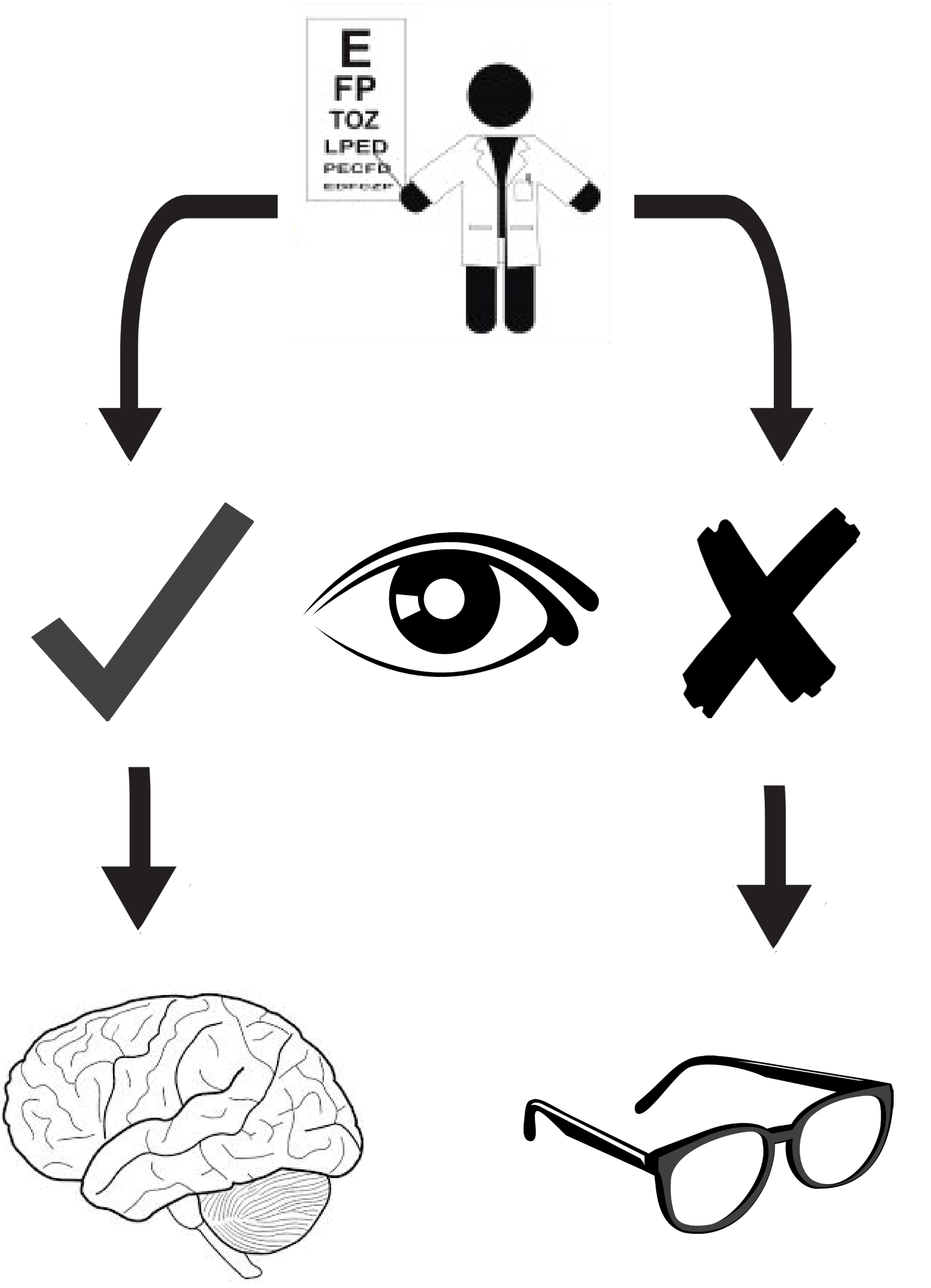
- Mazi kakuhle umntwana wakho uze ujonge indlela abazama ngayo ukunxibelelana.
- Mbize ngegama.
- Mbuze imibuzo.
- Musa ukumnika imiyalelo xa nidlala.
- Sabela sihlandlo ngasinye.

Ukunika abantwana amathuba okukhetha:

- Ukuba bayakwazi ukuthetha - "Yintoni ongathanda ukuyitya?"
- Ukuba abakwazi kuthetha - bakhethise phakathi kweendidi ezimbini zokutya. Banokwalatha okanye basebenzise amehlo abo okanye imizimba ukukubonisa oko bakufunayo.
- Ukuba banokubonisa u-ewe/hayi - "Ngaba uyayifuna inyama?"

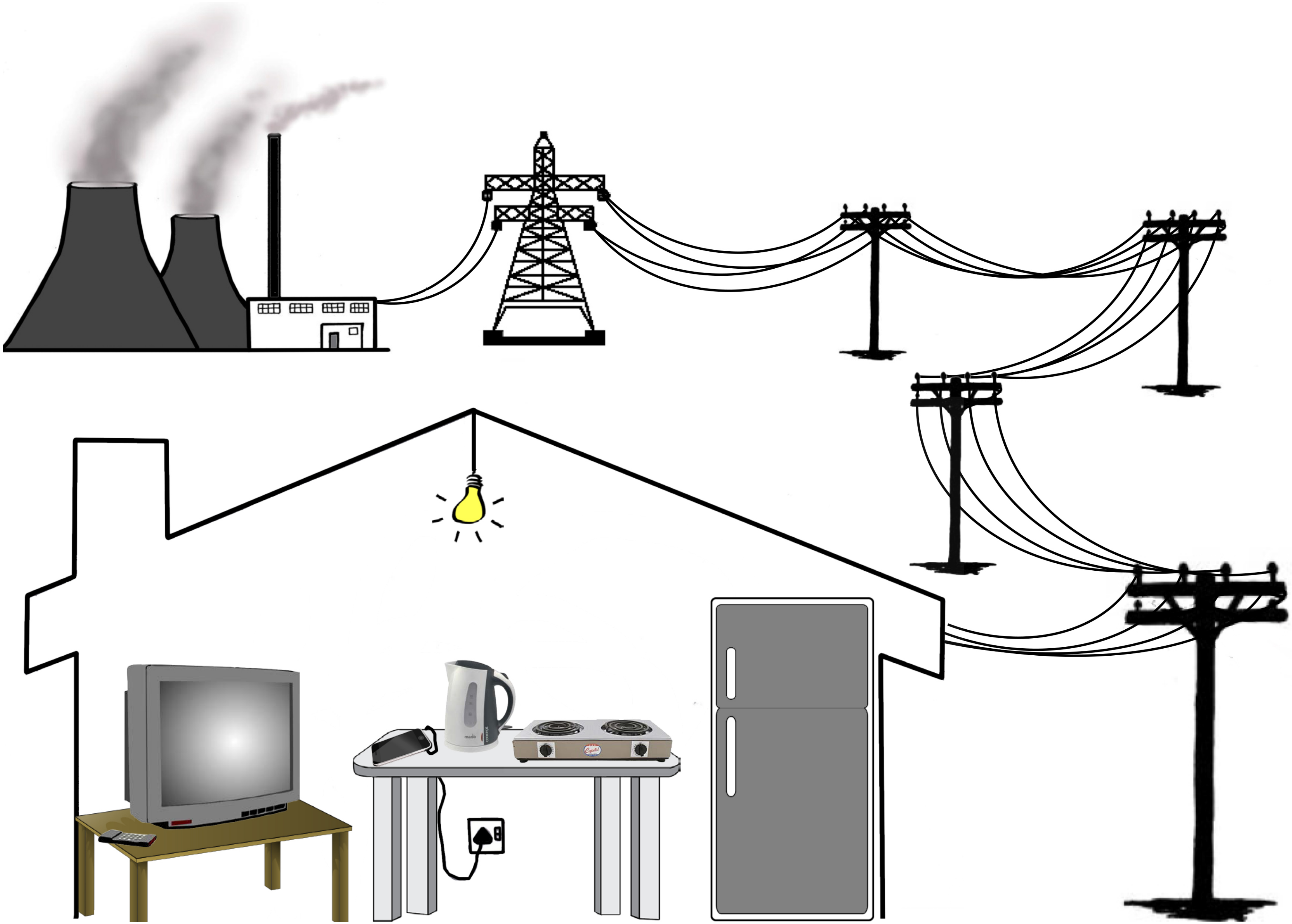
Workshop 5 - Iziphumo

- Umela ntoni uCVI yaye ithetha ukuthini?
- Indlela yokwazi ukuba umntwana uneCVI.
- Indlela yokunceda umntwana oneCVI.
- Indlela yokusebenzisa oko sikufundileyo namhlanje xa sifika emakhaya.


E
FP
TOZ
LPED
PECFD

CVI

Cerebral Visual Impairment



Ukusebenza nomntwana oneCVI:

1. Umntwana umele ahlale kakuhle.
2. Qiniseka ukuba kuthe cwaka.
3. Mphe amathuba okuphumla umntwana.
4. Yiba nomonde.
5. Sebenzisa izinto umntwana azazi kakuhle.

OUMA