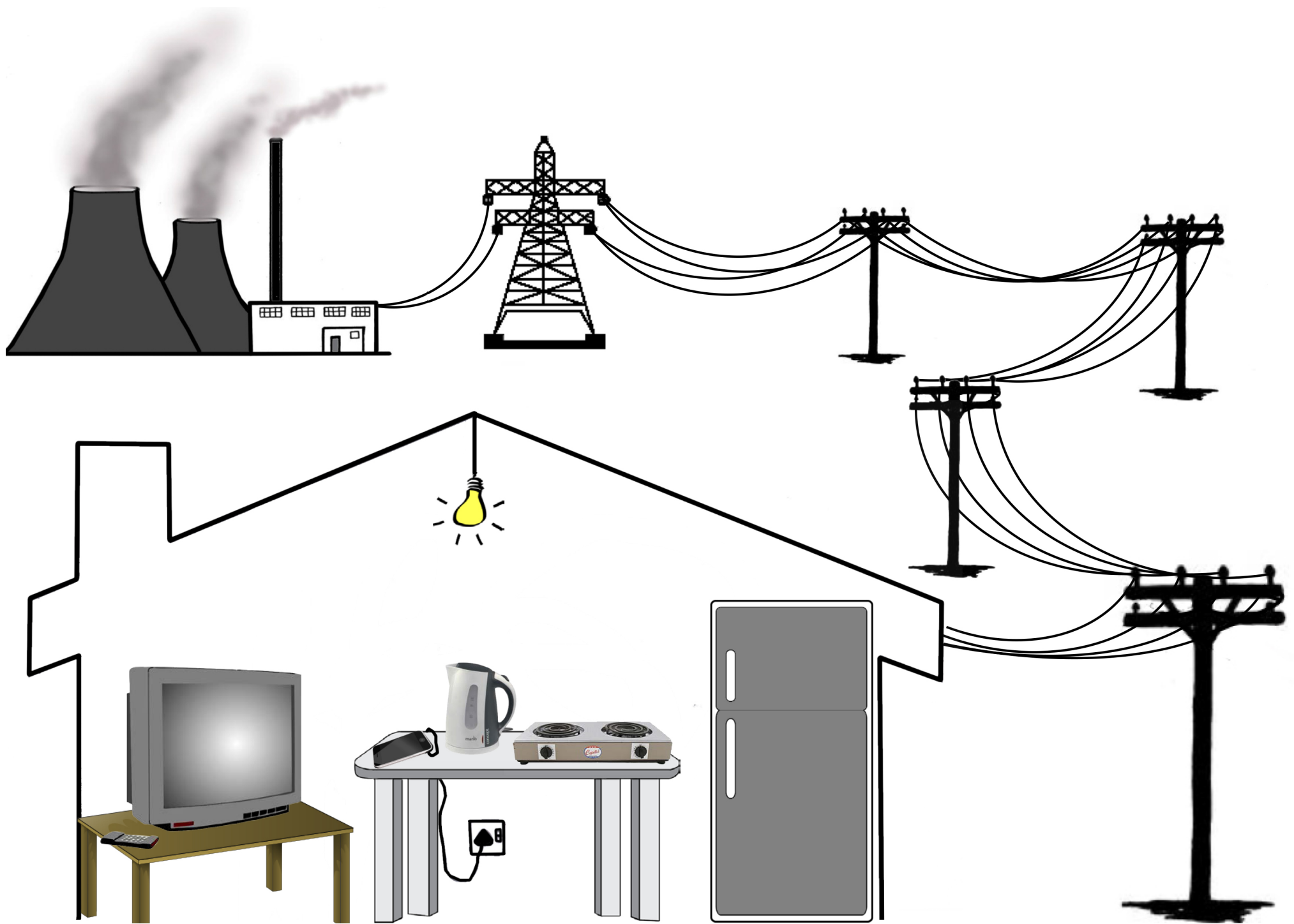


Workshop 1 - Okulindelekile

- Yini i-CP futhi iwuthinta kanjani umzimba wengane.
- Izinhlobo ezahlukene nama-level ahlukenene nezimo ezahlukene esizisebenzisayo ukuchaza izingane ezine-CP.
- Yini engabanga i-CP.
- Sekuyisikhathi esingakanani ingane ine-CP.
- Ukungena esikoleni kwezingane ezine-CP.

CP

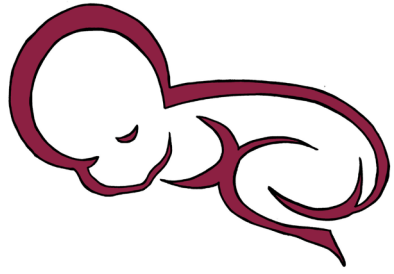
Cerebral Palsy





Izinto ezingenzeka kumama ezingabangela i-CP:

- **Ukugula noma isifo esithelelanayo.**
- **I-BP ephezulu kakhulu.**
- **Ukuthatha amaphilisi angalimaza umntwana.**
- **Ukuhelelwa okufika ngaphambi kwesikhathi.**
- **Noma ngabe isiphi esinye isimo esingavimbela ukuthi ingane iphume kahle ngesikhathi izalwa.**
- **Ukubeletha amawele**
- **Ingozi engalimaza ikhanda lengane.**



Izinto ezenzeka enganeni ezingabangela i-CP:

- Ukuzalwa isikhathi singakafiki (*ngaphambi kwezinyanga ezingu-8*).
- Ukopha engqondweni.
- Isifo esihlasela ingqondo (i-meningitis noma imeningitis ebangelwa yigciwane lesifo sofuba).
- Ukuqhashaza eqeda nje ukuzalwa.



Izinto ezingayibangi i-CP:

- **Ukwenza ucansi ngesikhathi umama ekhulelwe.**
- **Ingcindezi ebangwa ukungaphatheki kahle emoyeni.**
- **Amadlozi athukuthele.**
- **Ukungathembeki emshadweni.**
- **Ukuthakathwa.**
- **Imimoya emibi.**
- **Isijeziso esivela kuNkulunkulu.**
- **Ufuzo lwasemndenini.**

Workshop 2 - Okulindelekile

- Esikuyondile uma sithi “Ukunakekela ingane ene-CP kuyindlela yokuphila”.
- Izingane ezine-CP zishintsha kanjani ngokuhamba kwesikhathi.
- Izindlela ezilusizo zokubeka izingane ezine-CP kuma-position ahlukenene.
- Izindlela ezilusizo zokunakekela izingane ezine-CP.
- Singenza kanjani izinto zansuku zonke ngendlela elusizo ezinganeni ezine-CP.

Ukunakekela ingane ene-CP:

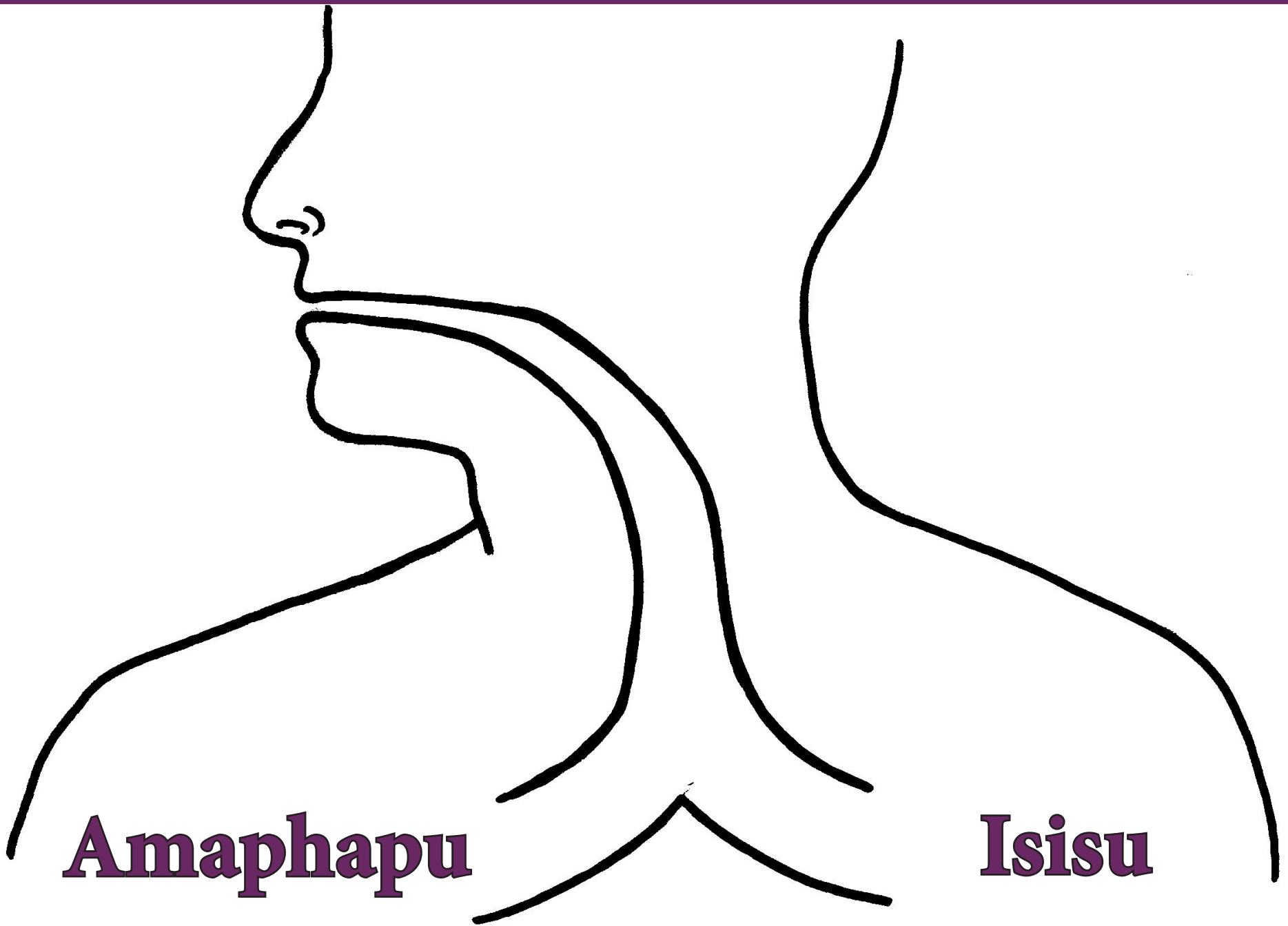
- Nyakazisa/hambisa ingane kancane uyinikeze isikhathi.
- Ungawuphoqi umzimba wengane ukuthi unyakaze.
- Itshele ingane ukuthi wenzani.

Ukunakekela ingane ephushela emuva noma enyakaza kakhulu:

- Hlala endaweni eyodwa.
- Nyakaza ngendlela eqoqekile.
- Khuluma ngezwi elizothile.

Workshop 3 - Okulindelekile

- Singayibeka kuyiphi i-position ingane ene-CP ukuze siyifide.
- Kungani kubalulekile ukufida ingane ene-CP ngesineke.
- Singayisiza kanjani ingane ene-CP ukuthi idle kangcono ngesipuni.
- Singayisiza kanjani ingane ene-CP ukuthi ifunde ukuhlafuna.
- Singayisiza kanjani ingane ene-CP ukuthi ifunde ukuphuza ngenkomishi.
- Ikuphi ukudla okunempilo okungadliwa yingane ene-CP.



Amaphapu

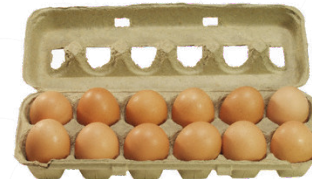
Iisuu

Izinhlobo ezintathu zokudla:

Ukudla kwamandla:



Ukudla okwakha umzimba:



Ukudla okuvikelayo:



Junk foods:



Workshop 4 - Okulindelekile

- **Siqonde ukuthini uma sikhuluma ngokuxhumana.**
- **Izindlela ezahlukene zokuxhumana.**
- **Ungayisiza kanjani ingane ene-CP ukuthi iqonde kangcono.**
- **Ungayisiza kanjani ingane ene-CP ukuthi ikhulume kangcono.**

Kungani ingane ene-CP ingazithola inezinkinga zokuxhumana nabantu:

- **Ayikwazi ukukhuluma.**
- **Ayikwazi ukusho ukuthi izizwa kanjani noma ukuthi ifunani.**
- **Kungaba nzima ukuzwa ukuthi ithini.**
- **Ezinye izingane aziqondi okuningi ngenxa yokuthi zibamba kancane ezifundweni.**
- **Ezinye izingane azikwazi ukukhuluma ngoba zinezinkinga yemisipha ekake umlomo.**

Imibuzo:

- 1. Amagama:
Le projethi ibizwa ngokuthi yini?**
- 2. Chaza:
Ibukeka ifana nani?
Izwakala kanjani uma uyithinta?
Inambitheka kanjani?
Inuka kanjani?**
- 3. Izenzo :
Iziphi izenzo esingazenza ngayo?**

Ukunikiza izingane ithuba lokukhuluma:

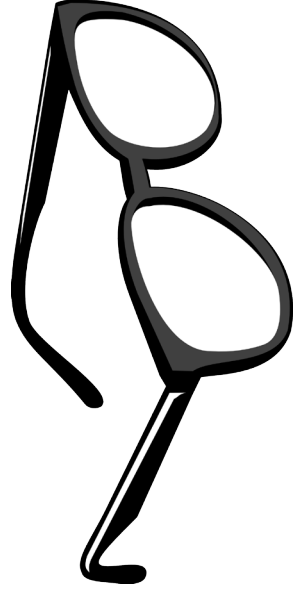
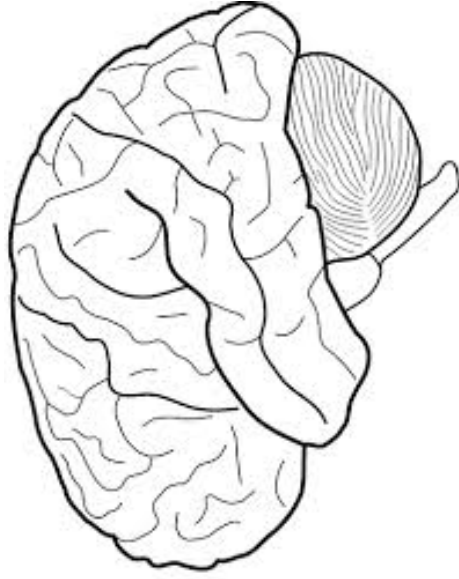
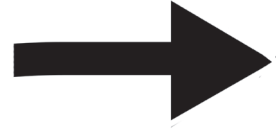
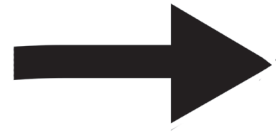
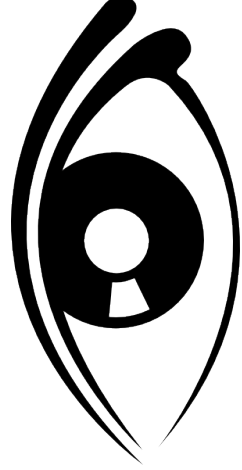
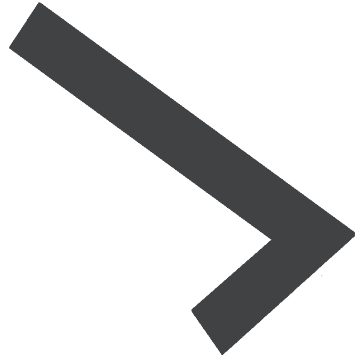
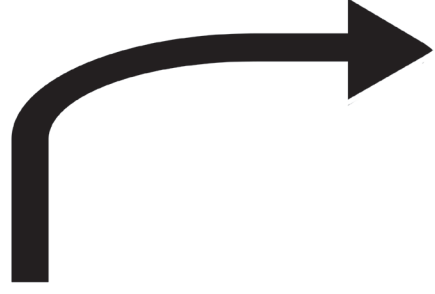
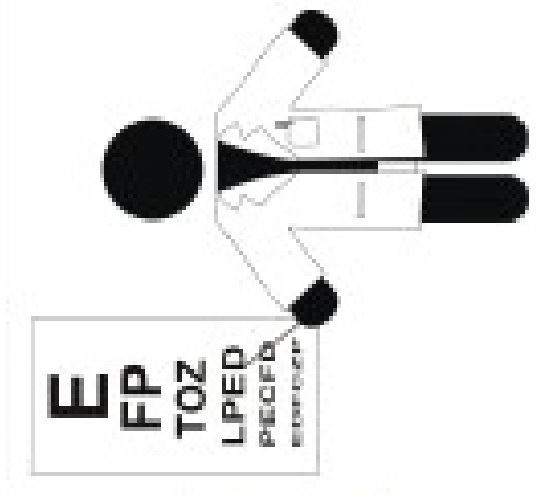
- **Yazi kahle ingane yakho futhi bheka ukuthi izama kanjani ukuxhumana nawe.**
- **Biza igama layo.**
- **Ibuze imibuzo.**
- **Ungayitsheli ukuthi yenzeni lapho idlala.**
- **Thinteka/phendula sonke isikhathi lapho ingane izama ukukutshela.**

Ukunikeza izingane amathuba okuzikhetela:

- **Uma zikwazi ukukhuluma – buza kanje “Ungathanda ukudlani?”**
- **Uma zingakwazi ukukhuluma – zenze zikhethe phakathi kokudla okubili. Zingakhomba okanye zisebenzise amehlo noma imizimba yazo ukukukhombisa ukuthi zifuna kuphi.**
- **Uma zikwazi ukuthi “yebo” noma “cha” – buza kanje “Ufuna inyama?”**

Workshop 5 - Okulindelekile

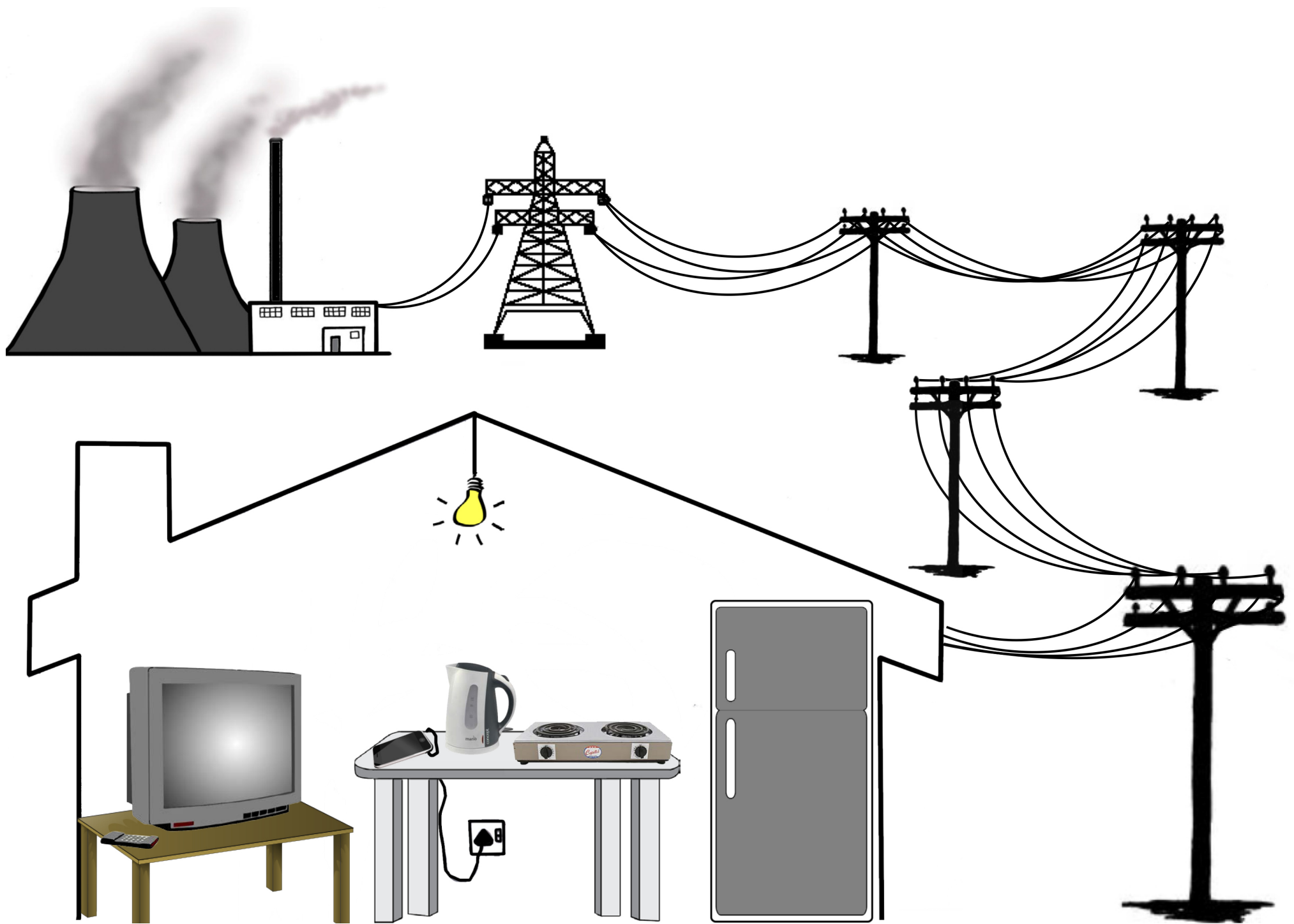
- Imeleni i-CVI futhi isho ukuthini?
- Sazi kanjani ukuthi ingane ine-CVI.
- Ingasizwa kanjani ingane ene-CVI.
- Singakusebenzisa kanjani esikufunde namuhla uma sifika ekhaya.



CVI

Cerebral

Visual Impairment



Ukusebenza ngengane ene-CVI:

- 1. Ingane kumele ibekwe kahle.**
- 2. Qinisekisa ukuthi kuthule.**
- 3. Vumela ingane ihlabe ikhefu.**
- 4. Bekezela.**
- 5. Sebenzisa izinto ingane ezazi kahle.**



