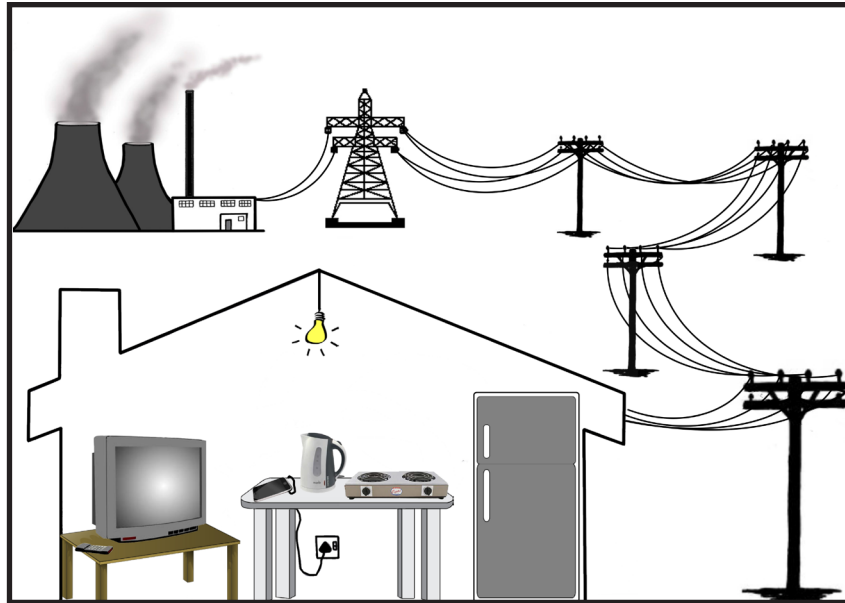


Parent Handout

CP = Cerebral Palsy

UCP usisishunqulelo segama elithi cerebral palsy. Igama elithi 'cerebral' libhekisela kwinto ephathelele ubuchopho. Igama elithi 'palsy' libhekisela kubuthathaka okanye ingxaki kwindlela umntu ashukuma ngayo okanye awumisa ngayo umzimba wakhe.

Ibali lesitishi sombane



Amaqela awahlukeneyo eCP:

Spastic

Choreoathetoid

Dystonic

Mixed

Imigangatho eyahlukeneyo yeCP:

1

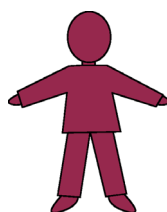
2

3

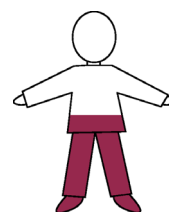
4

5

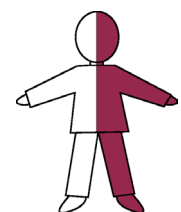
Amalungu omzimba:



Quad



Di



Hemi

Parent Handout

Ixesha elininzi idla ngokungaziwa iCP yomntwana, ngenxa yokuba kunzima ukuchaza elona xesha owenzeka ngalo umonakalo engqondweni.

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

1. ICP uya kuba nayo logama usaphila. Umntwana uya kuhlala eneCP yaye ayizi kusuka.
2. Bonke abantwana abaneCP banengxaki nokushukuma.
3. Nangona singenakuyinyanga iCP, bonke abantwana banako ukutshintsha.

Khumbula:
ICP ayilotyala lomzali.
Yinto ekungekho mzali unokuyilawula.

Parent Handout

Ukunyamekela umntwana oneCP kuyindlela yokuphila

Abantwana abaneCP baba ngabantu abadala abaneCP yaye njengoko bekhula baya kutshintsha. Banokutshintsha ngendlela elungileyo okanye ngendlela engentle, kuxhomekeka kwindlela abaluchitha ngayo usuku.

Sichitha inxalenye yosuku sishukuma, sibambile okanye sithwele abantwana bethu, kodwa ubukhulu becala usuku baluchitha bebekwe ngendlela ezahlukeneyo. Indlela abantwana abaneCP abahlaliswa ngayo ibalulekile, ingakumbi kubantwana abakumgangatho 4 no-5, ngenxa yokuba abakwazi kuzishukumela.

Abantwana banokutshintsha ngendlela elungileyo ngokuhamba kwexesha.

Olu tshintsho luncinci kubantwana abakumgangatho 4 okanye 5, kodwa sinokubathintela ekubuyeleni umva.

Olu tshintsho kulula ukulubona kubantwana abakumgangatho 1-3, kodwa olu tshintsho alunakwenzeka ukuba umntwana asimnyamekeli ngendlela emncedayo emini.

Iindlela zokubeka eziluncedo kumntwana oneCP:



Xa sibeka umntwana, simele siqiniseke ukuba amadolo ajonge kwicala elifanayo nomzimba.

Ukuba asibabeki kakuhle, izinqe zabo ziya kuphuma ngokuhamba kwexesha.

Ukuba balele ngecala, kufuneka sixhase umlenze ophezulu.

Oku kubalulekile ngazo zonke iindlela, kungekuphela nje xa umntwana elele.

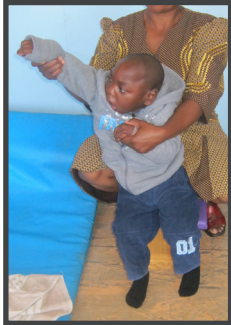
Parent Handout

Ukunyamekela umntwana OneCP:

Nazi iingongoma eziluncedo omele uzikhumbule xa unyamekela umntwana oneCP:

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

Ukuba umntwana uqinile, kufuneka sikhulule umzimba wakhe.



Ukumshukumisa Nokumjija



Ukumasaja Nokolula

Ukuba umntwana utyhalela emva okanye ushukuma kakhulu, kufuneka simenze azole size simncede simenze athambe yaye zikho iindlela eziluncedo zokwenza oku.

1. Musa ukulwa nomntwana.



2. Kufuneka sixhase imizimba yabo ukubanceda bazive bekhuselekile.

Ukunxiba nokukhulula



Parent Handout



Ukutya Nokusela:

Indlela eyiyo:

- Umntwana umele ahlale nkqo.
- Isilevu sakhe simele sibe kufutshane nesifuba sakhe.
- Iingalo zakhe namagxa zimele ziye phambili.
- Isinqe sakhe simele sigobe.
- Iinyawo zakhe zimele zixhaswe.
- Umele azive ehleli kamnandi.

Kubalulekile ukuba ahlale kakuhle umntwana oneCP ukuze akwazi ukutya nokusela ngokukhuselekileyo nakamnandi.

Umntwana akanakutya aze asele ngokukhuselekileyo ukuba intloko yakhe iqethukele emva.

Kubalulekile ukuba nawe uhlale kamnandi xa utyisa umntwana.

Zisa ukutya ngezantsi kwamehlo omntwana nangaphambi komntwana ukuze intloko yakhe ingaqethukeli ngasemva.

Qiniseka ukuba umntwana wakho uhleli nkqo ubuncinane kangangemizuzu engama-30 emva kokutya.

Abantwana abaneCP kufuneka batyiswe kancinane.

Sebenzisa icephe elingekho nzulu elilingana umlomo womntwana.

Mtyise kancinane ngexesha.

Ukumtyisa ngecephe:

Ngaphambi kokuqalisa, umntwana umele ahlale kakuhle alungele ukutyiswa. Wuxhase n gokuthambileyo umhlathi womntwana. Emva koko kancinci licinezele icephe elulwimini ulindele



umntwana ukuba azame aze asebenzise imilebe yakhe ukuze athathe ukutya okusecepheni.

Ukuba umntwana akasabeli, unokumncedisa uhlise umlebe kancinci.

Parent Handout

Ukunceda umntwana ahlafune:



- Kubalulekile ukuba umntwana afunde ukuhlafuna.
- Xa ufundisa umntwana ukuhlafuna, ngalo lonke ixesha
- sebenzisa ukutya okuthambileyo okunokunyibilika lula, ukuba kunokuqephuka iceba, ukuze umntwana angatsharhwa.
- Sixhasa umhlathi ukunqanda umlomo ungavuleki kakhulu, asivuli size sivale umlomo womntwana.
- Yiba nomonde uze unike umntwana ixesha lokuhlafuna.
- Nika umntwana into aza kuzama ukuyihlafuna sihlandlo ngasinye sokutya.
- Cela ingcali yakho ukuba ikuncedise ekuqheliseni.

Ukusela ngekomityi:



- Ukusebenzisa iziselo ezinqumbululu kunokwenza kube lula kuze kukhuseleke ukuba umntwana azisele.
- Ikomityi esikiweyo inceda umntwana asele ngaphandle kokuqethulela intloko emva.
- Kubalulekile ukumlinda umntwana ukuba asebenzise imilebe yakhe.
- Vumela umntwana ukuba asele intwana ngexesha.

Ukutya ngendlela esempilweni:

- Okokuqala, abantwana bafanele batyiswe kancinci kangangezihlandlo eziyi-5-6 ngosuku, bangatyiswa kakhulu ka-3 ngosuku.
- Ukuze abantwana abaneCP babe sempilweni kufuneka senze isidlo ngasinye sisebenze yaye sinokukwenza oku ngokuqinisekisa ukuba ubuncinane sibanika udidi olunye olusuka kwiqela ngalinye lokutya suku ngalunye.
- Nakambe i swa nkoka leswaku vana lava nga ni CP va nwa mati lama ringaneleke loko ri xile.
- Kwakhona kubalulekile ukuba abantwana abaneCP basele amanzi awaneleyo ebudeni bemini.
- Icebiso elilandelayo eliluncedo lelokuba ukutya okuyijanki ufanele akunikwe kuphela ngamaxesha athile njengento emnandi ngaloo maxesha ngenxa yokuba akubalulekanga empilweni yomntwana.

The three food groups:

Energy Foods:



Body-building Foods:



Protective Foods:



Malamulele Onward C2CTP ©

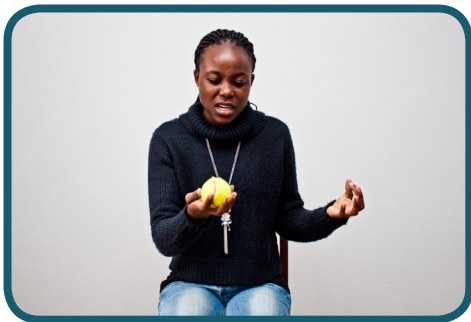
Workshop 3 - Eating and Drinking

Parent Handout

Unxibelelwano

Unxibelelwano yinto esiyisebenzisayo ukudlulisela imiyalezo kwabanye abantu yaye kukho amabini onxibelelwano: ukuthetha nokuqonda.

Khumbula ukuba nokuba umntwana wakho akakwazi kuthetha, uyakwazi kona ukuphulaphula nokuqonda. Bonke abantwana abaneCP banokunxibelelana yaye baya kusebenzisa iindlela ezahlukahlukeneyo zokwenjenjalo, kwanokuba abakwazi kuthetha.



Sinokubanceda njani abantwana abaneCP ukuba baqonde bhetele:

Xa sithetha nomntwana ebudeni bokwenza izinto ezahlukeneyo, sifuna bafunde amagama amaninzi amatsha. Asifuni baphelele ekuthetheni ngamagama ezinto. Sinokuwachaza size sithethe ngezinto esinokuzenza nabo.

- ***Sifuna umntwana aqale azi le nto ukuba yintoni. Ngoko ibizwa ngokuba yintoni?***
- ***Ngoku sifuna ukuyichaza. Makhe siqale ngokuba ifana nantoni?***
- ***Ivakala njani ibhola?***
- ***Ukuba sithetha ngokutya, singathetha nangokuba incasa yako injani nokuba ivumba lako linjani.***
- ***Emva kokuba siyichazile loo nto, sinokuthetha ngezinto esinokuzenza ngayo. Ziintoni esinokuzenza ngebhola?***

Abantwana bafunda ngalo lonke ixesha kumazwi abawevayo, ngoko kubalulekile ukuba sithethe nabo.

Abantwana bafunda ukuqonda amazwi ngaphambi kokuba bafunde ukuwathetha, ngoko kwanokuba abakwazi kuthetha, sinokubanceda bawaqonde amazwi.

Zininzi izinto esinokuthetha ngazo. Akuyomfuneko ukuba sithethe kuphela ngendlela ezibizwa ngayo izinto.

Ngoxa edlala ngebhola, umntwana unokufunda amagama amaninzi awahlukahlukeneyo.

Parent Handout

Sinokukuphucula njani ukuthetha komntwana:

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

Ukunika abantwana amathubaokukhetha:

- *Kumntwana okwaziyo ukuthetha, kulula. Sisuka nje sibuze: “Ufuna ukutya ntoni?”*
- *Kumntwana ongakwaziyo ukuthetha, sinokumkhethisa phakathi kweendidi ezimbini zokutya. Ukuba uyakwazi ukukhomba, kulula ukuba sibone ukuba kokuphi akuthandayo. Ukuba akakwazi kukhomba, ngoko sinokumjonga kakuhle ukuze sibone enoba usebenzisa amehlo akhe na ukuze akhombe okanye usa umzimba wakhe ngakoko kutya akufunayo.*
- *Kumntwana onokukwazi ukusibonisa uEWE/HAYI, sinokubuza sithi: “Uyayifuna iminqathe? Uyayifuna inyama? “Emva koko kufuneka simjongisise ukuze sibone ukuba uphendula athini. Unokunqwala/anikine intloko, ashukumise umzimba okanye ayibonise ebusweni bakhe.*

Kubalulekile ukunika umntwana ithuba lokuthetha, kwanokuba abakwazi kuthetha, kuba ukuba asibaniki ithuba lokuthetha, baya kuyeka ukuzama ukunxibelelana.

Abantwana basebenzisa iindlela ezahlukeneyo zokusixelela izinto abazifunayo, kodwa kufuneka sijongisise ukuze sibone oko bazama ukukutsho.

Ngalo lonke ixesha fumana ingqalelo yomntwana ngaphambi kokuba umbuze umbuzo.

Khumbula ukuba BONKE abantwana abaneCP banokunxibelelana, kufuneka nje sikhangele indlela abazama ngayo ukukwenza.

Kubalulekile ukunika abantwana ithuba lokwenzauketho.

Sinokunceda umntwan oneCP ukuba anxibelelane bhetele ngoko sikwenzayo kwimisebenzi yemihla ngemihla.

Parent Handout

CVI = Cerebral Visual Impairment

Xa ingqondo yonakele, njengakumntwana oneCP, ingxaki yokubona ibangelwa kukonakala kwengqondo, ingekuba amehlo onakele. ICVI yingxaki esebuchotsheni kungekhona emehlweni. Loo nto siyibiza ngokuba yiCerebral Visual Impairment yaye xa siyishunqulela sithi yiCVI.



Zininzi iimpawu ezinokusixelela ukuba umntwana uneCVI. Bonke abantwana abaneCVI bahlukile ngoko abanye babo banokubona ngaphezu kwabanye.

Ukunceda abantwana abaneCVI:

Xa sisebenza nomntwana oneCVI simele siqinisekise ukuba umntwana uhleli kakuhle yaye uxhasiwe kangangoko kunokwenzeka.

Kanti simele siqinisekise ukuba kuthe cwaka egumbini, nokuba siba nomonde size sinike umntwana ixesha lokusabela.

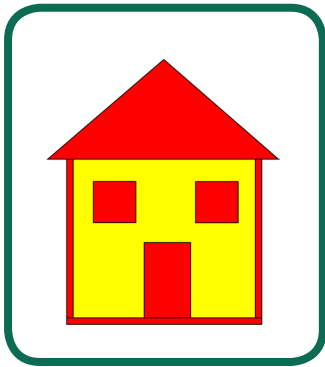
Simele sikhumbule ukuba kuyamdinisa umntwana ukwenza le misebenzi ukumkhuthaza ukuba ajonge ngoko simele simnike amathuba okuphumla umntwana.

Xa simbonisa into umntwana oneCVI, kubalulekile ukukhumbula ukuba kufuneka siyibambe kufutshane ngokwaneleyo ukuze umntwana ayibone, kodwa asifuni kuyibambela kufutshane kakhulu ebusweni bakhe. Kusoloko kulula ukuba umntwana azibone izinto ukuba zibanjelwe ecaleni kwamehlo akhe.

Parent Handout

Sifanele sizame ukumbonisa izinto ezifanayo ukuze umntwana azazi kakuhle aze azibone ngokulula ngakumbi.

Kulula kubantwana abaneCVI ukubona: imibala eqaqambileyo, imibala eyahlukileyo, ukukhanya nokukhanya okuboniswayo.



Sinokuyenza lula into yokuba umntwana oneCVI abone ngokuqinisekisa ukuba akukho nto emva kwento ayijongileyo.



Sinokuyenza lula into yokuba umntwana oneCVI abone into xa siyishukumisa.

Xa sisebenzisa ukukhanya ukunceda umntwana oneCVI ukuba abone, sifanele siqinisekise ukuba ukukhanya akukho yaye lo mntwana akajonganga emnyango okanye efestileni.