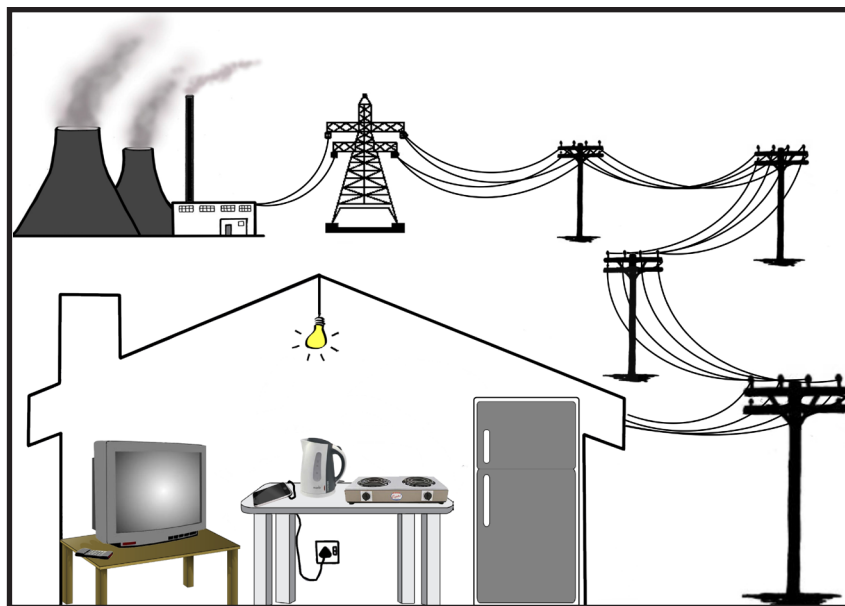


# Parent Handout

## CP = Cerebral Palsy

Amagama athi-CP amele ukuthi 'Cerebral Palsy'. Igama elithi 'cerebral' lisho into exhumene nobuchopho. Elithi 'palsy' lisho ubuthakathaka noma inkinga ekhona lapho umuntu eshintsha ukuhlala komzimba noma enyakaza.

## The power station



### Izinhlobo ezahlukene ze-CP:

Spastic

Choreoathetoid

Dystonic

Mixed

### Amazinga ahlukene e-CP:

1

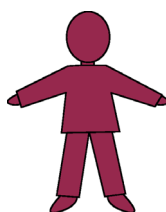
2

3

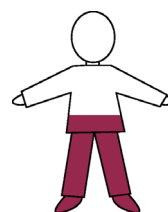
4

5

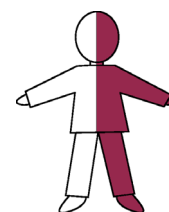
### Amalunga omzimba abandakanyekayo:



Quad



Di



Hemi

# Parent Handout

Isikhathi esiningi imbangela ye-CP enganeni ayaziwa, ngoba kunzima ukusho ukuthi umonakalo wenzeka nini engqondweni.

## 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.

1. I-CP uphila nayo impilo yakho yonke. Ingane ene-CP iyohlale inayo, angeke iye ndawo.
2. Zonke izingane ezine-CP zinenkinga yokunyakazisa umzimba.
3. Yize singeke sakwazi uyilapha siyiqede i-CP, zonke izingane zingakwazi ukushintsha.

Khumbula:  
i-CP akusilona iphutha lomzali.  
Kuyinto angekho namunye umzali ongayilawula.

# Parent Handout

## Ukunakekela ingane ene-CP kuyindlela yokuphila

Izingane ezine-CP ziyokhula zibe abantu abadala abane-CP futhi njengoba zikhula ziyoshintsha. Kungenzeka zishintshe ngendlela enhle okanye embi, kuye ngokuthi ziluchitha kanjani usuku.

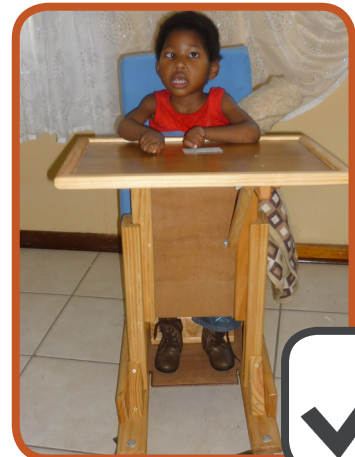
Sichitha isikhathi esithile sosuku sisusa, sibambe okanye siphethe izingane zethu, kodwa isikhathi esiningi sosuku lwazo sichitheka kuma-position amaningi. Indlela izingane ezine-CP esibekwa ngayo ibalulekile ikakhulukazi ezinganeni zika-level 4 no-5 goba azikwazi ukuzinyakazela.

*Izingane zingashintsha ngendlela enhle ngokuhamba kwesikhathi.*

*Lolu shintsho luncane ezinganeni zika-level 4 no-5, kodwa singazivikela ukuthi zingonakali kakhulu.*

*Lolu shintsho kulula ukulubona ezinganeni zika-level 1 kuya ku-3, kodwa lolu shintsho angeke lwenzekela uma singazinakekeli izaingane ngendlela elusizo emini.*

## Ama-position alusizo enganeni ene-CP



*Uma sibeka ingane ku-position ethile, siding ukuqinisekisa ukuthi amadolo abheke lapho kubheke khona umzimba.*

*Uma singayibeki kahle, izinqulu zayo zizobhonxuka ngokuhamba kwesikhathi.*

*Uma ilele ngohlangothi, sidinga ukusekela umlenze ongaphezulu.*

*Lokhu kubalulekile kuwo wonke ama-position, hayi kuphela uma ingane ilele phansi.*

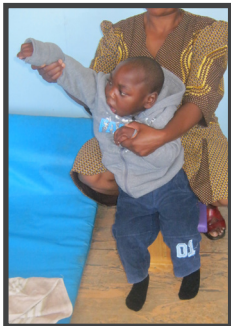
# Parent Handout

## Ukunakekela ingane ene-CP:

Nakhu okubalulekile okumele sikukhumbule uma sinakekela ingane ene-CP:

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

Uma ingane ibophekile, sidinga ukuthambisa umzimba wayo.



Ukunyakaza Nokuzisonta



Ukumasaja Nokuzelula

Uma ingane iphushela emuva noma inyakaza kakhulu, sidinga ukuzothisa umzimba wayo siyisize ukuthi ithambe. Kunezindlela ezilusizo zokwenza lokhu.

1. Ungayilwisi ingane.



2. Sidinga ukusekela imizimba yazo ukuze zizizwe ziphephile.

## Ukugqokisa nokukhumula



# Parent Handout

## Ukudla nokuphuza:



### I-position enhle:

- Ingane kufanele ihlale iqonde.
- Isilevu sayo kumele sisondele esifubeni sayo.
- Izingalo zayo namahlombe kumele kube ngaphambili.
- Izingulu kumele zigobe.
- Izinyawo kumele zisekelwe.
- Kumele izizwe inethezekile.
- Vha fanela u pfa vhozulisea.

*I-position enhle ibalulekile ukuthi ingane ene-CP ikhona ukudla futhi iphuze ngokuphepha nangokunethezeka.*

*Ingane ayikwazi ukudla nokuphuza ngokuphepha uma ikhanda ligenqukele ngemuva.*

*Kubalulekile ukuthi nawe unethezeke uma ufida ingane yakho.*

*Ukudla makuqhamuke ngaphansi kwamehlo engane futhi phambi kwayo ukuze ikhanda lingagenqukeli emuva.*

*Qiniseka ukuthi ingane ihlala iqonde okungenani imizuzu engu-30 emva kokudla.*

*Izingane ezine-CP zidinga ukufunzwa ngesineke.*

*Sebenzisa isipuni esanelayo emlonyeni wengane.*

*Funza ingane isikali esincane ngesikhathi.*

## Ukufunza ngesipuni:

Ngaphambi kokuqala, ingane kufanele ihlale kahle ilungele ukufunzwa. Sekela umhlathi wengane ngendlela ethambile. Ngesineke, cindezela ulimi ngesipuni ulindele ukuthi ingane izame ukusebenzisa

izindebe zayo ukususa ukudla esipunini.



Uma ingane ingakwenzi lokho, ungayisiza ngokuthi wehlise udebe lwangaphezulu kancane kancane.

# Parent Handout

## Ukusiza ingane ihlafune:



- Kubalulekile ukuthi ingane ifunde ukuhlahfuna.
- Lapho ufundisa ingane ukuhlahfuna, sebenzisa ukudla okuthambile okungancibilika kalula uma kwenzeka kuhlukana ukuze ingane ingahisheki.
- Sisekela umhlathi ukuze umlomo ungavuleki ngokweqile, asivuli sivale umlomo wengane.
- Yiba nesineke, nikeza ingane ithuba lokuhlahfuna.
- Nikeza ingane into engazama ukuyihlahfuna njalo uma idla.
- Cela i-therapist yakho ikusize ukuzilolonga kulokhu.

## Ukuphuza ngenkomishi:



- Ukusebenzisa okuphuzwayo okushubile kungenza kube lula futhi kuphephe ukuthi ingane iphuze.
- Inkomishi esikwe ngemuva isiza ingane ukuthi iphuze ngaphandle kokugenqakisa ikhanda.
- Kubalulekile ukulinda ingane ukuthi isebenzise izindebe zayo.
- Vumela ingane iphuze amathamo amancane ngesikhathi.

## Ukudla ngendlela enempilo

- Okokuqala, izingane kufanele zinikwe ukudla kawu-5 noma kawu-6 ngelanga, hhayi ukudla okungu-3 okuningi.
- Ukuze izingane ezine-CP zibe nempilo sidinga ukuqinisekisa ukuthi isidlo ngasinye sinakho konke. Lokhu singakwenza ngokuqinisekisa ukuthi sizinika okungenani ukudla okukodwa okuvela kunhlobo ngayinye.
- Futhi kubalulekile ukuthi izingane ezine-CP ziphuze amanzi amaningi ngelanga.
- Elinye isu elilusizo elokuthi ukudla okungenampilo kufanele ingane ikuthole kuphela ngezikhathi ezithile okanye njengento yokuzijabulisa ngaleso sikhathi ngoba akubalulekile empilweni yengane.

### The three food groups:

#### Energy Foods:



#### Body-building Foods:



#### Protective Foods:



Malamulele Onward C2CTP ©

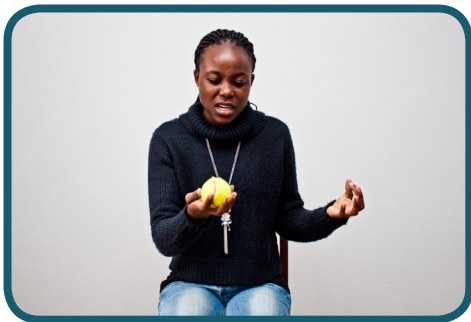
Workshop 3 - Eating and Drinking

# Parent Handout

## Ukuxhumana

Ukuxhumana yinto esiyisebenzisayo ukudlulisa imiyalezo kwabanye abantu futhi ukuxhumana kunezingxenye ezimbili: ukukhuluma nokuqonda.

Khumbula ukuthi noma ngabe ingane yakho ayikwazi ukukhuluma, isengalalela futhi iqonde.



## Singazisiza kanjani izingane ezine-CP ukuqonda kangcono:

*Uma sikhuluma nengane lapho senza izinto ezahlukene, sifuna zifunde amagama amaningi amasha. Asifuni ukuthi zikhulume kuphela ngamagama ezinto. Singachaza izinto futhi sikhulume ngezinto esikwazi ukuzenza ngazo.*

- *Sidinga ukuthi ingane yazi ukuthi le nto iyini. Ngakho-ke, ibizwa ngokuthi yini?*
- *Emva kwalokho sifuna ukuyichaza. Asiqale ngokuthi ibukeka njengani?*
- *Linjani ibhola uma ulithinta?*
- *Uma sikhuluma ngokudla, singakhuluma nangokuthi kunambitheka kanjani nokuthi kunuka kanjani.*
- *Emva kokuchaza into, singakhuluma ngezinto esingazenza ngayo. Singenzani ngebhola?*

Izingane zifunda sonke isikhathi ngamagama ezihlala ziwezwa, ngakho-ke kubalulekile ukuthi sizikhulumise.

Izingane zifunda ukuqonda amagama zingakakwazi ukuwaphimisa, ngakho-ke noma ngabe azikwazi ukukhuluma, sisengazisiza ukuwaqonda.

Ziningi izinto esingakhuluma ngazo. Akufanele sikhulume kuphela ngokuthi izinto zibizwa ngani.

Lapho sidlala ngebhola, ingane ingafunda amagama amaningi.

# Parent Handout

## Singakuthukisa kanjani ukukhuluma kwengane?

- *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 amathubaokukhetha:

- *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?”*

*Kubalulekile ukunika ingane ithuba lokuveza imizwa yao, noma ngabe ayikwazi ukukhuluma, ngoba uma singayinikezi, izoyeka ukuzama ukuxhumana nathi.*

*Izingane zisebenzisa izindlela ezahlukene ukusitshela ukuthi zifunani, kodwa sidinga ukubhekisisa ukubona ukuthi izama ukuthini.*

*Yenza ingane ikubheke sonke isikhathi ngaphambi kokuyibuza umbuzo.*

*Khumbula ukuthi ZONKE izingane ezine-CP zingaxhumana nabantu, kumele nje sithole ukuthi zikwenza kanjani lokhu.*

*Kubalulekile ukunikeza izingane ithuba lokuzikhetshela.*

*Singasiza izingane ezine-CP ukuxhumana kangcono ngezinto zemihla yonke.*

# Parent Handout

## CVI = Cerebral Visual Impairment

Uma ubuchopho bulimele, njengasezinganeni ezine-CP, inkinga yokubona ibangelwa ukulimala ebuchosheni hhayi ngoba amehlo esuke elimele. Amehlo ayasebenza kodwa ingqondo ayiqondi ukuthi amehlo abonani. Lokhu sikubiza nge-Cerebral Visual Impairment esikunqamulela sithi CVI.



Ziningi izimpawu esingazibona ukusitshela ukuthi ingane ine-CVI. Izingane ezine-CVI azifani, ezinye zibona kangcono kunezinye.

### Ukusiza izingane ezine-CVI:

Uma sisebenza ngengane ene-CVI kufanele siqiniseke ukuthi ingane ibekeke kahle futhi isekelekile ngendlela.

Kumele siqiniseke futhi ukuthi indlu ithule nokuthi sinesineke sinikeza ingane isikhathi esanele sokugcina ibone lokho esiyitshengisa khona.

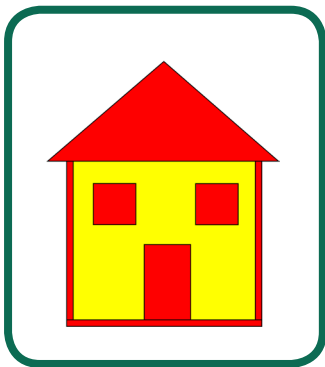
Kufanele sikhumbule ukuthi kuyakhathaza enganeni ukwenza lezi zinto ngakho-ke kumele sihlabe ikhefu kaningana.

Uma sitshengisa ingane ene-CVI into, kubalulekile ukukhumbula ukuthi kumele siyisondeze eduze ngendlela yokuthi ingane iyibone, kodwa singayimisi phambi kobuso ngqo. Ngokujwayelekile kulula ukuthi ingane ibone izinto uma ziseceleni kwamehlo ayo.

# Parent Handout

Kumele sizame ukusebenzisa izinto ezifanayo ukuze ingane izokwazi ukuzazi kangcono izibone kalula.

Kulula ukuthi ingane ene-CVI ibone: imibala egqamile, imibala ehluke kakhulu kweminye, ukukhanya nokukhanya okubanikiswa yinto ethile.



Singayenzela kube lula ukubona ingane ene-CVI ngokuthi siqinisekise ukuthi kukhona i-background emsulwa.



Singayenzela kube lula ukubona ingane ene-CVI ukubona into uma siyihambisa.

Uma sisebenzisa ukukhanya ukuthi ingane ene-CVI ibone, kumele siqiniseke ukuthi ugesi ucinyiwe nokuthi ingane ayibhekile umnyango noma ifasitela.