



Malamulele Onward

Carer-2-Carer Training Programme

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...Equipping parents
of children with Cerebral Palsy to become facilitators of change.

Facilitator Manual

Acknowledgements and Copyright

This manual was compiled by staff members of Malamulele Onward NPC to be used either by parents of children with CP who have attended the Carer-2-Carer Training Facilitator Course or therapists wanting to run workshops themselves. Twenty one trained parent facilitators were involved in helping to develop the material in this manual. Ten rural hospitals allowed these parents to pilot the workshops at their sites.

The development and piloting of this manual as part of the Carer-2-Carer Training Programme was partly supported by the Canadian Auto Worker's Union (CAW) and the DG Murray Trust.



The information in this manual may be shared with colleagues, families of children with CP and anyone interested in learning more about the condition.

However, please note that this manual is copyright protected and that none of this material may be reproduced, adapted or sold without prior permission from the authors.

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Malamulele Onward NPC

Malamulele Onward NPC is a non-governmental organization providing specialized therapy (physiotherapy, occupational therapy and speech therapy), equipment, assistive devices and caregiver training to poorly-resourced rural areas of South Africa where children severely disabled by cerebral palsy have little or no access to rehabilitation therapy and equipment. This group of children and their caregivers are amongst the most marginalized members of our society.



In addition to the outreach projects to deeply rural areas, we now also have the capacity and facilities to invite children from our outreach sites to come to Johannesburg for additional ten day blocks of intensive therapy.



One of the main ways of delivering services to children living in these areas is through five day outreach projects where a group of highly skilled therapists volunteer their time to give the children an intensive block of therapy and to train their caregivers in how to continue the therapy programme at home. The children are also fitted and provided with all the equipment and assistive devices they need at home. Over the past five years, this model of delivering therapy services has been shown to be very effective in making a real difference to the lives of the children and their caregivers. After a two year cycle of delivering a five day block of intensive therapy at a particular site (usually a hospital in a deep rural area), we keep contact with the children and their caregivers through an annual review visit to the site.



Malamulele Onward NPC is registered with the Department of Social Development as Nonprofit Organization and with SARS as a Public Benefit Organization governed by a Section 21 Company (company not for gain). A Board of Directors meets at least four times annually. The Board appoints the Executive Director, carries final fiscal responsibility and ensures that Malamulele Onward operates within its articles of association. Malamulele Onward is able to provide Section 18A tax certificates for any donations.

Our vision

Our vision is to enable each child with cerebral palsy living in poorly-resourced rural areas to reach their full potential within a supportive environment.



In a mothers words...

“When we first encountered Malamulele Onward we knew nothing about our children and Cerebral Palsy. We were unable to accept our children even as mothers but because of Malamulele Onward we learnt to accept our children. We have learnt a lot about our children, our children are they way they are now because of Malamulele Onward. Even if people say hurtful things about our children we understand that they are just ignorant. We have accepted our children the way they are. Malamulele Onward has really supported us and we are determined to go forward with Malamulele Onward. “

Doris, mother of Jones

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About us

Malamulele Onward NPC exists to enable each child with Cerebral Palsy living in remote rural areas to reach their best potential within a supportive environment. We are a non-profit organization providing specialized therapy (physiotherapy, occupational therapy and speech therapy) equipment and carer-to-carer training to underserved rural areas of South Africa and Lesotho where children severely disabled by Cerebral Palsy (CP) have little or no access to rehabilitation therapy and equipment.



What we do

We run outreach projects to cerebral palsy clinics at public service hospitals in deep rural areas identified as having the greatest need within South Africa and Lesotho.

These projects happen over a five day period and include a comprehensive service of intensive individual treatment of the child, providing and maintaining essential equipment, conducting home visits, caregiver education as well as support of local rehabilitation staff. We rely on therapists who have specialised in working with children with Cerebral Palsy to volunteer five days of their time to assist us on these outreach projects and we have enjoyed fantastic support from both local and international therapists.



Short residential intensive blocks of therapy at the Malamulele Onward therapy centre:

Children with particularly complex needs are invited to come to Johannesburg with their carers for a two week block of intensive goal-directed therapy.

During this block, the children and their caregivers participate in whole day programme, focused on functional activities, fun and caregiver training. Goals for the block are set and detailed before and after assessments are completed on each child so that we can document changes.



Training:

The Malamulele Onward Carer-2-Carer Training Programme is an innovative new project where mothers were trained to conduct a series for five workshops on various aspects of Cerebral Palsy for parents in their own communities. Through this programme, knowledge about Cerebral Palsy is transformed into understanding, support networks are established and mothers become agents of change within their own communities.



The Midlevel Worker Training Programme equips therapy assistants and community rehabilitation workers working in rural areas clinics with skills and knowledge on how to work with children with Cerebral Palsy.

Carer-2-Carer Training Programme

The Malamulele Carer-2-Carer Training Programme (C2CTP) is an exciting initiative that Malamulele Onward (MO) began developing in 2012. Its main goal is for every parent of a child with CP to have an accurate understanding of their child's condition that is demonstrated through positive changes in both their and their child's quality of life and relationships with those around them. This programme forms an integral part of the MO mandate for all children with CP to reach their full potential within a supportive environment. In order for parents to create a supportive environment for their children, they need to understand their children, feel competent as parents and feel supported within their community.

The C2CTP trains parents of children with CP to run workshops on CP for other parents, caregivers and lay people. This training programme does **not** replace the need for therapy or therapists, but is rather meant to support and complement existing services for children in public service hospitals. It acknowledges that current services in most public service hospitals are under large amounts of pressure due to insufficient numbers of therapists and consequently the basic needs of parents for information and support are not being met. The programme recognises parents of children with CP as an important resource to be mobilised and influential in helping other parents to not only understand CP, but to also accept and care for their child in a way that is sustainable. It also realises that the difference between "access to information" and "access to understanding" can create a significant barrier to creating a supportive environment for a child with CP. In order to combat this barrier the C2CTP provides parents with the opportunity to access information on CP that is presented in their own language, in a way that they can understand and by a person who is facing the same challenges with their own child.





Over the past two years the programme has developed this training material which has been piloted and reworked with 21 parents from 10 rural sites in South Africa and Lesotho. The parents have played a significant and active role in developing and evaluating the training material with us and this has resulted in a 3 week training package offered by Malamulele Onward that equips parents to become facilitators of the five workshop series on CP. To date 41 parents in total have been trained and over 700 parents and caregivers reached with the full series of workshops.

The manuals currently exist in English, isiXhosa, isiZulu, Sepedi and Xitsonga, with more languages to be available in the near future. These workshops are designed to be run with between 6 and 10 people at a time, in order to ensure that effective participatory learning takes place. All resources can be downloaded at no cost from the Malamulele Onward website: www.cpchildren.org.

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How to use this manual

This manual has been designed to be used by a team comprised of one main facilitator (who is literate in their own language) and one co-facilitator (who does not need to be literate).

All text that is on a coloured/shaded background is text that is not said out aloud – it only exists to assist the facilitator. All text that is on white is to be said aloud to the group. Answers to questions (which all appear on white) must only be said after the group has finished answering and discussing the question. These answers are only there to make sure that all of the important points are covered and thus the facilitator must mention any that the group did not discuss. They do not exist for the facilitator to read out to the group in isolation.

There are 3 icons used in the manual:



Explain: This indicates that there is something that the facilitator needs to explain to the group.



Activity: This indicates that an activity needs to take place before continuing.



Question: This indicates a direct question that must be asked to the group.

These icons make it easier for facilitators to follow the manual. They can tell when there is an activity coming up, a concept to explain or a question to be asked. The icons also serve as a quick reference for the main facilitator.

The odd numbered pages (i.e. the pages on the right hand side) are the workshop guidelines for the facilitators to follow when running the workshops. The even numbered pages (i.e. the pages on the left hand side) have the activity instructions and the explanations that correlated with the workshop guidelines.

Ideally the facilitators should only use the guidelines when running a workshop, as the activities and explanations should be memorised and consolidated after the training and some practice. For example: They should be able to look at the picture of the activity on the odd numbered page and know exactly what instructions to give and how to run the activity. Likewise they should be able to see the explanation icon with text next to it such as “explain what aspiration is” and they should be able to explain it without having to look at the explanation itself.

The explanations and activity instructions exist in the manual for two reasons: firstly if the facilitator is preparing for a group and needs to practise their explanations, they can revise them. If they cannot read this more complicated text, then they can go to someone who can and that person can read it to them. This then puts the responsibility of revision and preparation on the facilitators. Secondly if a therapist wants to use the manual, they have access to all the explanations and activity instructions to run the workshops.

Instead of numbering the display material, each picture that needs to be put up for the group is shown in the manual. This way the facilitator can easily see which picture needs to go up at that time and when it comes to putting the pictures in the right order before the workshop, the facilitator can just page through the manual to see the correct order that the pictures will be needed in. All the pictures in the manual that represent display material are smaller than the pictures that are there to represent an activity.

Each section finishes with a main message so that there is repetition of all the points that are important for the parents to understand.

Preparing the workshop materials

Workshop materials the make up the fixed workshop kit:



2 Plastic cling sheets (if these are being used instead of large sheets of paper)



A marker (permanent or white-board depending on the surface used).



Pens (1 per pair of participants in the group)



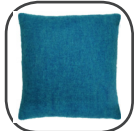
Cut-out cups (1 per participant in the group) - Plastic or polystyrene cups can be cut-out as in the picture and used for the activities.



Teaspoons (1 per participant in the group) - Can be bought or parents can bring their own.



Large spoons (1 per pair of participants in the group) - Can be bought or parents can bring their own.



1 Pillow / folded blanket - This can usually be sourced from one's place of work or from home.



1 Ball (any size and colour) - Can be bought or can be made by taping up plastic packets into a ball.



1 Water bottle (500ml) - filled with water.



Blind folds (1 per pair of participants in the group) - Can use cut up dustbin bags, material, old stockings, etc.



Jackets / jerseys (1 per pair of participants in the group) - Usually there are enough between the participants without having to have them as part of the kit.



Cloths (1 per pair of participants in the group) - These can be cloths or pieces of scrap material.



Ziplock sheets (1 per participant in the group) - Take a clear ziplock/plastic bag and smear it thinly with some vaseline, then fold it in half - when looking through it, objects should appear blurry.



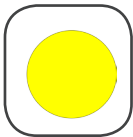
3 Pieces of material (red, yellow and black in A3 size) - can also use towels or sheets of paper.



1 Shiny board - this can be made by covering a piece of cardboard with holographic paper, tin foil or the shiny sides of potato chips packets.



1 Cell phone or torch - this can be brought from home, or a torch can be bought as part of the kit.



1 Set of blue and yellow discs - these must be printed from the 'visual materials' document in A4 colour and cut out.

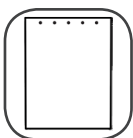


1 Set of background pictures printed in A3 colour.



Picture packs - these must be printed from the 'visual materials' document in A4 colour (1 copy per pair of participants in the group). Each picture pack must be divided into 2 A4 envelopes (the pictures with a 1 are put into a envelope labelled 1 and the same is done for the pictures with a 2). The pictures should ideally be laminated in order for them to last.

Consumables that must be replenished for each workshop:



5 Large sheets of paper (A1 size) - if plastic cling sheets or white boards are used that can be wiped clean, only 2 writing surfaces are required.



Some sheets of scrap paper.



Custard or any soft food with a similar texture such as: yoghurt, porridge, etc.

1

Ukukwazisa nge CP

*Yintoni kwaye
imchaphazela njani umntwana?*

Izixhobo

Kule wekshophu kuza kufuneka:



Iphepha elikhulu



Imakha



Ikomityi esikiweyo x 1



Amaphetshana (Ibenye kumntu ngamnye)



ISIQALO:

Bhala phantsi igama lomntu ngamnye kumaphetshana awahlukeneyo kuquka elakho. Onke wafake ekomityini. Xelela iqela ukuba mntu ngamnye uza kukhupha igama ekomityini engakhange ajonge ngaphakathi ekomityini. Dlulisa ikomityi kumntu wonke yaye xa wonke umntu ephethe igama, liqalele iqela ngokubuza umbuzo wakho. uze unike mntu ngamnye ithuba lakhe. Ukuba umntu ukhuphe igama lakhe, umele atshintshane nomntu osecaleni kwakhe.

1

Namkelekile

Yamkela bonke abantu eqeleni uze uqiniseke ukuba bakhululekile ngaphambi kokuqalisa.



Chaza isiqalo uze usenze neqela.



Chaza iziphumo uze uzincokole nabo baseqeleni.

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.

Malamulele Onward C2CTP ©

Workshop 1 - Introduction to CP

Kule wekshophu siza kwazana size sakhe ubudlelwane bokuthembana njengeqela. Silapha ukuza ufundisana yaye sonke sinento esinokuyifundisa lonke eliqela ngenxa yokuba sonke sinabantwana abaneCP.

Nantsi into esiza kuthetha ngayo namhlanje:

- 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.

3

Okoko sikwaziyo ngeCP

Kuya kufuneka:



Namhlanje sithetha ngeCP, kodwa ndifuna ukuqala ndive kuye ngamnye wenu into eniyaziyo ngeCP.



Yintoni oyaziyo ngeCP?

Bhala phantsi amacebiso omntu ngamnye.





UKUBALISA IBALI LAKHO:

Xa ubalisa ibali lakho, phendula le mibuzo ilandelayo:

- *Wabona nini ukuba izinto azihambi kakuhle?*
- *Yakwenza waziva njani le nto?*
- *Wafumanisa njani ukuba umntwana wakho uneCP?*
- *Abanye abantu bakuphatha njani bakubona ukuba umntwana wakho uneCP?*
- *Wabaxelela ntoni?*
- *Wancedwa yintoni ukuze umelane naloo meko?*

4

Ukubalisa amabali ethu

Ngamnye kuthi unebali lakhe ngokuba ngumzali womntwana oneCP kwakunye noko sele sidibene nako kolu hambo. Ukuba akungomzali womntwana oneCP, ulapha kuba kukho umntwana oneCP ebomini yaye unofifi nje lwendlela yokonga umntwana oneCP.

Ngoku siza kukhe sisebenzise eli thuba sibalisele eli qela amabali ethu.

Khangela ukuba wonke umntu ukhululekile ukubalisela iqela ibali lakhe.

Ndiza kuqala.



Balisela eli qela ngawe nomntwana wakho.



Ngubani olandelayo ongathanda ukubalisa ibali lakhe?

Sicela umntu ngamnye abalisele eli qela ibali lakhe.



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. Bonke abantwana abaneCP banomonakalo osebuchotsheni yaye abanye abantwana banomonakalo ongaphezu kowabanye. Lo monakalo ubangela ingxaki kwindlela umntwana ashukuma, ahamba, atya, asela nathetha ngayo.

Umntwana oneCP unengxaki yokulawula nokushukumisa izihlunu zomzimba. Ngokuqhelekileyo, ingqondo idla ngokuxelela wonke umzimba loo nto kanye umele uyenze nexesha lokuyenza. Kodwa iCP ichaphazela ingqondo yomntwana yaye into umntwana anokuyenza nanokungayenzi ixhomekeke ekubeni yiyiphi inxalenye yobuchopho eyonakeleyo. Kuxhomekeka kwinxalenye yobuchopho eyonakeleyo, umntwana usenokungakwazi ukuhamba, ukuthetha, ukutya okanye ukudlala ngendlela abenza ngayo abantwana abaninzi.

Zahlukile iinxalenye zobuchopho ezinokonakala yaye seso sizathu abantwana abaneCP benokungafani.

5

Yintoni iCP?

Makhe sizame ukuqonda intsingiselo yeCP.



Xhoma umfanekiso uze uchaze oko kuthethwa yiCP.

CP
Cerebral Palsy

Malamulele Onward C2CTP ©

Workshop 1 - Introduction to CP

Khangela ukuba ayikho na imibuzo.



IBALI LESITISHI SOMBANE:

Ukuba unombane ekhayeni lakho, iiplagi neeswitshi zineengcingo ezihamba ziye kutsho kwisitishi sombane. Siwufumana ngolo hlobo umbane. Isitishi sombane sithumela umbane ekhayeni lakho ngeengcingo neepali. Lo mbane wenza izixhobo ezisekxhayeni lakho ezinjengeketile, isitovu, izibane, ithivi, itshaja yeselfowuni nefriji zisebenze.

Zonke ezi zixhobo zifana namalungu awahlukeneyo omzimba womntwana njengamehlo, umlomo, iindlebe, imilenze, iingalo, nezandla. Isitishi sombane sifana nengqondo yomntwana. Kanye njengoba umbane uvela kwisitishi sombane uze wenze izixhobo zakho zisebenze, ngoko umyalezo osuka kwingqondo yomntwana wakho uhamba emzimbeni uze wenze amalungu omzimba asebenze.

Xa kukho ingxaki kwisitishi sombane, akuzukubakho mbane wokwenza izixhobo zisebenze. Ukuba akukho mbane uvela kwisitishi sombane, iipali neengcingo azinakukwazi ukudlulisela umbane ekhaya. Le nto ayibangelwa kuba ziqhawukile. Kwanokuba izixhobo zitsha azisayi kusebenza ngaphandle kombane ovela kwisitishi sombane. Izixhobo ziyasebenza, iipali ziyasebenza neengcingo ziyasebenza, kodwa azinakusebenza ukuba kukho ingxaki kwisitishi sombane.

Abantwana abaneCP banengxaki ebuchotsheni yaye oku kuchaphazela amalungu athile emizimba yabo. Oku akuthethi ukuba kukho ingxaki kumalungu emizimba yabo okanye emathanjeni okanye ezihlunwini. Onke asebenza kakuhle kodwa kukho ingxaki ebuchotsheni ngenxa yaloo nto la malungu omzimba ahlukeneyo awayiqondi imiyalezo evela engqondweni. Ukuba ngawaphi amalungu achaphazelekayo kuxhomekeka ukuba yiyiphi inxalenye yobuuchopho eyonakeleyo.

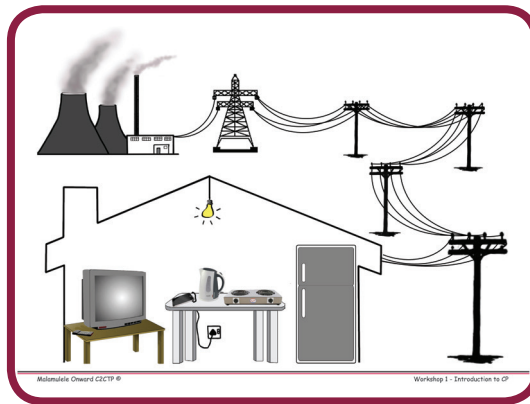
6

Indlela iCP ewuchaphazela ngayo

Ndiza kusebenzisa ibali ukuze ndikuncede uqonde indlela iCP ewuchaphazela ngayo umzimba womntwana.



Xhoma umfanekiso uze uwuchazele iqela.



Khangela ukuba ayikho na imibuzo.



BONKE ABANTWANA ABAFANI:

Bonke abantwana abaneCP banengxaki yokushukuma, kodwa asingabo bonke abanengxaki nezinto ezifana nokubona, ukuva, ukuthetha, okanye ukufunda. Mntwana ngamnye unezinto akwazi ukuzenza nezinto ekunzima ukuzenza.

Abanye bayakwazi ukuhamba, abanye kulula ukutya nokusela, ibe abanye bayakwazi ukuzihlalela. Abanye abantwana abakwazi ukuphakamisa iintloko zabo, abanye abakwazi kuguquka yaye abanye ababoni kakuhle. Kodwa mntwana ngamnye oneCP unako ukutshintsha aze azenze bhetele izinto ezithile. Indlela abanokuphucula ngayo ixhomekeke kumkhomo womonakalo osezinqondweni zabo.

7

Sazi njani ukuba umntwana



Sazi njani ukuba umntwana uneCP?

Umntwana unengxaki:

- yokushukuma
- ukubona
- ukutya nokusela
- ukuthetha
- ukucinga nokufunda
- ukuhlala, ukuma nokuhamba

Mntwana ngamnye oneCP wahlukile - abakho abantwana ababini abafanayo. Ngoko asinakubathelekisa abantwana bethu. Mntwana ngamnye wahlukile yaye ukhethekile.



Chaza indlela abantwana abaneCP abahluke ngayo.

Sicinga ukuba mntwana ngamnye oneCP unako ukutshintsha ngandlel' ithile, nangona singenakumnyanga.

Sebenzisa imifanekiso ukuze ubonise indlela abanokwahluka ngayo abantwana abaneCP.



UMYALEZO OYINTLOKO

Bonke abantwana abaneCP banengxaki yokushukuma.

Abantwana abaninzi abaneCP banazo nezinye iingxaki.

Mntwana ngamnye oneCP unako ukutshintsha aze aphucule.

Nakuba singenakuyinyanga iCP, sinokumnceda umntwana ngamnye ukuba aphucule kangangoko enako.



UTHETHA NTONI USPASTIC:

Abanye abantwana abaneCP baziva beqinile ngalo lonke ixesha. Kunzima gqitha emntwaneni ukushukumisa iingalo nemilenze, ngenxa yokuba izihlunu ziqine gqitha. Igama esilisebenzisayo ukuchaza abantwana abaqinileyo nguspastic. Igama uspastic uthetha ukuba iingalo nemilenze ziqine ngalo lonke ixesha.

8

Amaqela awahlukeneyo eCP

Sisandul' ukuthi bonke abantwana abaneCP baneengxaki zokushukuma nokuba bonke bahlukile. Sinokuchaza abantwana abaneCP ngeendlela ezi-3 ezahlukeneyo: (1) iqela leCP abangena kulo, (2) umkhamo abanokuzishukumela ngawo ngokwabo, kwakunye (3) nokuba ngawaphi amalungu omzimba anengxaki.

Makhe siqale ngenxalenye yokuqala. Abantwana abaneCP banokungena kumaqela ayi-3 ayintloko eCP.

Igama esilisebenzisayo ukuchaza abantwana abakwiqela lokuqala leCP 'nguspastic'.



Sebenzisa imifanekiso ukuze uncede iqela liqonde into ethethwa ligama uspastic.





UKUBONA ABANTWANA ABANESPASTIC:

Sinokubona ukuba umntwana unespastic ngokumjonga kumacala awahlukeneyo. Enoba ubekwe ngaliphi icala umntwana, uyinto enye. Xa ehleli, iingalo nemilenze ikwindawo enye. Xa elele ngesisu, iingalo nemilenze ikwindawo enye. Xa elele ngomqolo, iingalo nemilenze ikwindawo enye.



Sebenzisa imifanekiso ukuze ubonise iqela indlela yokubona ukuba umntwana unespastic.





UTHETHA NTONI UCHOREOATHETOID:

Abanye abantwana abaneCP bashukuma ngalo lonke ixesha yaye kunzima ukuba bazinze. Kuba ngathi iingalo nemilenze yabo izele yonke indawo. Xa bezama ngamandla ukwenza okuthile, okanye xa kukho into ebonwabisayo, bashukuma nangakumbi. Kunzima kakhulu ukuba balawule iintshukumo zabo yaye babonakala bengalungelelananga kakhulu. Igama esilisebenzisayo ukuchaza abantwana abashukuma ngalo lonke ixesha, okanye abashukuma kakhulu nguchoathetoid.



UKUBONA ABANTWANA ABANECHOREOATHETOID:

Sinokubona ukuba umntwana unechoreoathetoid ngokujonga into eyenzekayo xa ezama ukushukuma. Maxa wambi ezi ntshukumo zinokuba ncinci kakhulu yaye kunganzima ukubona emfanekisweni, ngenxa yokuba akunakuyibona intshukumo yomntwana emfanekisweni. Aba bantwana maxa wambi bazama ukugcina iingalo nemilenze yabo isondele emizimbeni yabo ukuze banqande ezi ntshukumo. Xa bezama ukubamba into, intshukumo yabo isenokubonakala "imandla" ngenxa yokuba ayilawulwa. Lo mntwana unokude akubethe ngengalo yakhe xa ezama ukubamba into ethile. Sube bengazimisela kukubetha, ntonje abakwazi kuzilawula kakuhle iintshukumo zeengalo zabo.

Igama esilisebenzisayo ukuchaza abantwana abakwiqela lesibini leCP ngu 'choreoathetoid'.



Chaza igama okuthethwa ligama elithi choreoathetoid uze ubonise eli qela ukuba unjani umntwana onechoreoathetoid.



Sebenzisa imifanekiso ukuze ubonise iqela indlela yokubona ukuba umntwana unechoreoathetoid.





UTHETHA NTONI UDYSTONIC:

Abanye abantwana abaneCP bathanda ukuzityhalela emva kakhulu. Imizimba yabo inokukhululeka, kodwa nanini na bezama ukushukuma bakhawuleza baqine. Kunzima kakhulu ukuba umntwana akhululeke xa umzimba uqinile. Okukhona uzama ukunqanda oku kutyhala, baya betyhala ngamandla. Kuba ngathi lo mntwana unamandla kakhulu, yaye utyhala ngamandla. Kunokuba nzima ukubalawula aba bantwana ngenxa yokuba maxa wambi baziva bekhululekile baze maxa wambi bazive beqinile. Igama esilisebenzisayo ukuchaza aba bantwana ngudystonic.

Igama esilisebenzisayo ukuchaza abantwana abakwiqela lesithathu leCP 'ngudystonic'.



Sebenzisa imifanekiso ukuze uncede iqela liqonde into ethethwa ligama udystonic.





UKUBONA ABANTWANA ABANEDYSTONIC:

Sinokubona umntwana onedystonic ngokumlinda abonakale ekhululekile size simcele ukuba enze into ethile. Xa nje ezama ukushukuma, umzimba wakhe uya kuqina. Loo mntwana ukufumanisa kunzima kakhulu ukugcina iintloko yakhe iphakathi. Ingawela phambili okanye ayityhalele emva kakhulu intloko yakhe. Kunzima kakhulu ukuba adibanise izandla zakhe phakathi. Badla ngokugcina iingalo zabo ziqinile yaye zisemacaleni, kude nemizimba yabo. Into eqhelekileyo ngabantwana abanedystonic kukuba imizimba yabo inokukhangeleka ijijekile okanye imilenze yabo ijijekile ize ibopheke.



Sebenzisa imifanekiso ukuze ubonise iqela indlela yokubona ukuba umntwana unedystonic.



Akusoloko kulula ukubona enoba umntwana uspastic okanye udystonic. Abanye abantwana bayakwazi ukuba spastic baphinde babe dystonic kwangaxeshanye. Xa abantwana bengena kumaqela angaphezu kweli-1 leCP sithi ba-"mixed".



**Ucinga ukuba umntwana wakho ukweliphi iqela?
Ngoba?**

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Sithethe ngamaqela ama-3 ayintloko eCP. Abanye abantwana baspastic yaye bahlala beqinile ngalo lonke ixesha.

Abanye abantwana bachoreoathetoids yaye bashukuma gqitha.

Abanye abantwana badystonic yaye baqina ngeqbuliso xa bezama ukwenza into okanye xa bevuya.

Abanye abantwana bamixed kuba bangena kumaqela angaphezu kweli-1.



ABANTWANA ABAKUMGANGATHO 1:

Abantwana abakumgangatho 1 bangazihambela ngaphakathi nangaphandle yaye banokunyuka baze behle ezitepsini ngaphandle kokubambelela kodwa basenokungakhawulezi njengabanye yaye abakwazi kuxhathisa njengabantwana abangenayo iCP.



ABANTWANA ABAKUMGANGATHO 2:

Abantwana abakumgangatho 2 banokuzihambela ngaphakathi nangaphandle, kodwa kunokuba nzima ukuhamba ngaphandle. Banokuzinyukela bazehele ezitepsini, ukuba banento ababambelele kuyo. Umhlaba ongalungelelananga neendawo ezixineneyo zenza kube nzima ukuba bahambe. Abakwazi kubaleka okanye baxhume.

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Imigangatho eyahlukeneyo yeCP

Njengoko sitshilo ngaphambili, zi-3 iindlela esinokubachaza ngazo abantwana abaneCP. Indlela yesibini kukuchaza abantwana ngokwendlela abanokuzishukumela ngayo. Kukho imigangatho e-5 yaye bonke abantwana abaneCP banokuchazwa ngomgangatho o-1 kuloo migangatho.



Xhoma umfanekiso uze uchaze oko kunokwenziwa ngumntwana okumgangatho 1.



Xhoma umfanekiso uze uchaze oko kunokwenziwa ngumntwana okumgangatho 2.





ABANTWANA ABAKUMGANGATHO 3:

Abantwana abakumgangatho 3 banokuzihambela ukuba banezixhobo zokwenjenjalo, njengewheelchair okanye iwalker, naxa umhlaba ulingana. Banokuziqhuba ngewheel chair, kodwa badinga ukuncediswa kwimigama emide. Bayakwazi ukuzihlalela.



ABANTWANA ABAKUMGANGATHO 4:

Abantwana abakumgangatho 4 basebenzisa iiwheelchairs ixesha elininzi yaye kufuneka kubekho umntu obaqhubayo. Banokuguquka ngokwabo yaye banokuzihambela phantsi - ngokomzekelo banokuhamba ngemiqolo okanye ngezisu okanye baguquke. Abakwazi kuzihlalela kodwa bangahlala xa ubaxhasa.



Xhoma umfanekiso uze uchaze oko kunokwenziwa ngumntwana okumgangatho 3.



Xhoma umfanekiso uze uchaze oko kunokwenziwa ngumntwana okumgangatho 4.





ABANTWANA ABAKUMGANGATHO 5:

Abantwana abakumgangatho 5 abanakuya ndawo ngokwabo. Abakwazi kuzihlalela yaye abakwazi kuguquka xa bebelele ngomqolo balale ngezisu. Banokukwazi ukuguquka kancinci besuka kwelinye icala besiya kwelinye. Xa ubeka lo mntwana ngezisu unokukwazi ukuphakamisa intloko, kodwa asingabo bonke abantwana abakumgangatho 5 abanokuphakamisa iintloko okanye baguquke besuka kwelinye icala baye kwelinye. Eyona ndlela yokubona umntwana okumgangatho 5 kukuba akakwazi kutshintsha indawo akuyo, uhlala kuloo ndawo ubumbeke kuyo.



Xhoma umfanekiso uze uchaze oko kunokwenziwa ngumntwana okumgangatho 5.



Abantwana abakumgangatho 4 no-5 bazishukumela kancinci, ngenxa yoko kubalulekile ukufunda indlela yokubabeka emini ngenxa yokuba abakwazi kuzishukumela.



Nguwuphi umgangatho ocinga ukuba umchaza kakuhle umntwana wakho? Ngoba?

Khangelana ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Abantwana abaneCP banokuchazwa njengabakomnye wemigangatho emi-5.

Le migangatho isichazela oko kunokwenziwa ngumntwana.

Umgangatho 1 ukuya ku-3 uyakwazi ukuzishukumela.

Abantwana abakumgangatho 4 no-5 baya kufuna ukuncediswa ukuze bashukume okanye batshintshe indawo abakuyo kuba abakwazi kuzenzela.



IINDLELA EZI-3 ANOKUTHI AMALUNGU OMZIMBA ABANDAKANYEKE NGAYO:

Abantwana abaninzi abaneCP bachaphazeleke umzimba wonke. Oku kuthetha ukuba iingalo nemilenze zishukuma nzima. Umntwana onjalo sithi yi-'quadraplegic'. Sishunqulela ngokuthi yi-'quad'.

Iingalo zabanye abantwana azichaphazeleki kodwa kuchaphazeleke imilenze. Aba bantwana badla ngokuzihlalela baze basebenzise izandla zabo, kodwa kube nzima kakhulu ukuba bahambe. Maxa wambi iingalo zidla ngokuchaphazeleka kancinci, kodwa imilenze ichaphazeleka kakhulu kuneengalo. Umntwana onjalo sithi yi-'diplegic'. Sishunqulela ngokuthi yi-'di'.

Abanye abantwana bachaphazeleka kuphela kwicala elinye lomzimba. Loo nto ithetha ukuba kunzima kubo ukushukumisa ingalo nomlenze kwicala elinye lomzimba. Umntwana onjalo sithi yi-'hemiplegic'. Sishunqulela ngokuthi yi-'hemi'.

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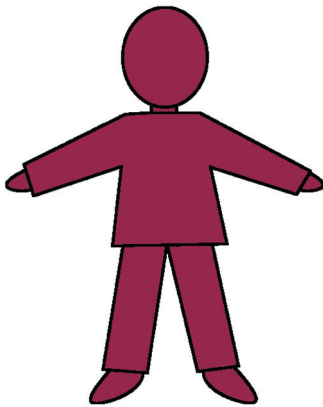
Amalungu omzimba

Indlela yesithathu esinokubachaza ngayo abantwana abaneCP inento yokwenza namalungu omzimba abandakanyekileyo. Kukho iindlela ezi-3 eziyintloko amalungu omzimba womntwana anokuchaphazeleka ngayo.



Xhoma imifanekiso emi-3 uze uchaze iindlela ezi-3 amalungu omzimba anokuchaphazeleka ngayo.

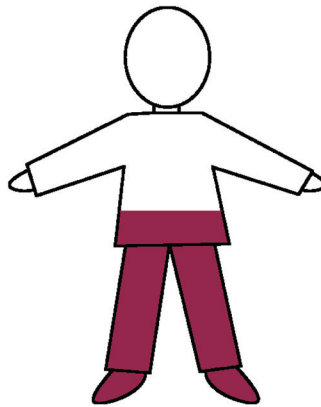
Quad



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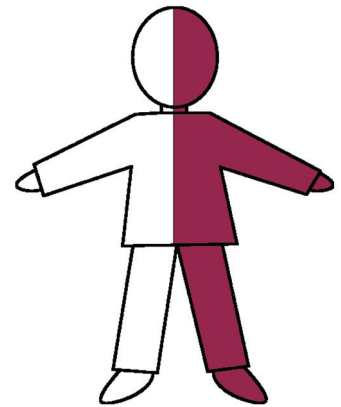
Di



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Hemi



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Sebenzisa imifanekiso ukubonisa indlela abayiyo aba bantwana.



**Ngawaphi amalungu omzimba womntwana achaphazelekileyo?
Liliphi igama onokulisebenzisa xa uwachaza?**

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Abantwana abaneCP banokuchazwa ngokwamalungu emizimba yabo achaphazelekileyo.

Sisebenzisa amagama athi 'quad', 'di' nelithi 'hemi' ukubachaza.

Njengeqela ngoku siza kuzama ukuqonda into enokubangela iCP.



Ucinga ukuba yintoni eyaba ngunobangela weCP yomntwana wakho?

Nika wonke umntu ithuba lokuphendula.



Wazi njani ukuba le mpendulo usandul' ukuyinikela yayingoyena nobangela? Ngaba ukho umntu owakuxelela le nto? Ngubani owakuxelela unobangela yaye umazi njani unobangela?

Sebenzisa imibuzo ukuze uqonde ukuba zivela phi iimbono zabazali ngoonobangela.

Ixesha elininzi idla ngokungaziwa iCP yomntwana, ngenxa yokuba kunzima ukuchaza elona xesha owenzeka ngalo umonakalo engqondweni. Kwanokuba singasoloko singamazi unobangela, okanye into eyenzekayo okanye isizathu sokwenzeka kwayo, inye into esiyaziyo: Asilotyala ikamama ukuba neCP komntwana.

Maxa wambi zibakho izinto ezinokwenza ukuba umntwana abe sesichengeni sokuba neCP okanye abe sengozini yokuba neCP. Ezinye izinto zinokwenzeka kumama ngoxa ekhulelwe, ezinye zinokwenzeka xa ebeleka yaye ezinye zinokwenzeka emva kokuba ezelwe umntwana.

Masiqale sithethe ngoko kunokwenzeka kumama ngaphambi okanye ngoxa ezala.



IZINTO EZENZEKA KUMAMA EZINOKUBANGELA ICP:

- *Ukuba umama unesigulo okanye ukosuleleka – umama unokudlulisela oko kosuleleka elusaneni ngoxa lukhula ngaphakathi kuye.*
- *Ukuba umama unoxinzelelo lwegazi oluphezulu kakhulu, ingakumbi kwinyanga yokugqibela yokukhulelwa loo nto inokuluchaphazela usana.*
- *Ukuba umama usebenzisa iipilisi ezinokwenzakalisa usana, ingakumbi iipilisi ezinganconyelwanga ngugqirha.*
- *Ukuba umama uqalwa yinimba ngaphambi kwexesha.*
- *Nayiphi na imeko enokubangela ukuba usana lungaphumi. Ngokomzekelo ukuba indawo oluphuma kuyo usana incinci kakhulu. Ukuba usana alukwazi kuphuma, inimba ithatha ixesha elide yaye inzima. Ukuba kuthatha ixesha elide ukuphuma kosana, usana lunokudinwa gqitha yaye lunokuba senkathazweni luze lungafumani oksijini yaneleyo, okanye intliziyo inokubetha kancinci kakhulu.*
- *Maxa wambi kusenokwenzeka ukuba bekukho ingxaki xa ebeqala ukukhulelwa nangenxa yokuba olu sana alushukumi kakuhle ngaphakathi kumama. Kuthi ke xa kufika ixesha lokuzalwa, usana lutsale nzima luze luthathe ixesha elide kakhulu ukuzalwa.*
- *Ukuba umama unamawele – kunokuthatha ixesha elide kakhulu ukuzalwa kwewele lesibini.*
- *Ukuba kwingozi ebangela ukwenzakala kwintloko yosana, njengengozi yemoto okanye ukuba umama uyabethwa.*



Xhoma umfanekiso uze uchaze into nganye kwizinto ezinokwenzeka kumama nenokuchaphazela usana.



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

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Khangela ukuba ayikho na imibuzo.

Zonke ezi zinto zinokwenzeka kumama yaye zinokwandisa ithuba lokuba usana lube neCP ngaphambi okanye ebudeni bokuzalwa.

Ngoku makhe sithethe ngezinto ezinokwenzeka kusana nezinokulubeka engozini yokuba neCP.



IZINTO EZENZEKA KUSANA EZINOKUBANGELA ICP:

- *Ukuba usana luzelwe ngaphambi kwexesha kakhulu (ngaphambi kweenyanga ezi-8).*
- *Ukuba emva kokuzalwa, kukho ukopha ebuchotsheni – oku kunokwenzeka ngokukhethekileyo kwiintsana ezizelwe ngaphambi kakhulu kwexesha ebezimele ukuzalwa ngalo.*
- *Ukuba emva kokuzalwa, usana losuleleka engqondweni ngokomzekelo yimeningitis okanye iTB meningitis.*
- *Ukuba usana luxhuzula ngokukhawuleza emva kokuba luzelwe. Ukuxhuzula kosana kwiintsuku ezimbalwa emva kokuba luzelwe kudla ngokuba luphawu lokuba ingqondo yalo yonakele yaye ayikhange ifumane ioksijini eyaneleyo ngethuba beluzalwa.*



IZINTO EZINGABANGELI ICP:

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



Xhoma umfanekiso uze uchaze into nganye kwizinto ezinokwenzeka kusana emva kokuba luzelwe.



Izinto ezenzeka kusana ezinokubangela iCP:

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

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Khangela ukuba ayikho na imibuzo.

Zonke ezi zizinto ezinokwandisa ithuba lokuba usana lube neCP. Kodwa kubalulekile ukukhumbula ukuba ukwandisa kwezi zinto ithuba lokuba neCP, akuthethi kuthi zisoloko zibangela iCP.

Njengokuba ngoku sithethe ngezinto ezinokubangela iCP, masithethe ngezinto ezinganakubangela iCP.



Xhoma umfanekiso uze uye kwingongoma nganye. Vumela iqela lithethe ngendlela eliziva ngayo ngezinto olichazele zona.



Izinto ezingabangeli iCP:

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

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Abazali abaninzi bavakalelwa kukuba lityala labo ukuba neCP komntwana wbo yaye baqhubeka nobomi bezibeka ityala. Le nto idla ngokubangelwa kukuba abantu abakufutshane nabo bababeka ityala, kuba becinga ukuba ezi zinto zinokubangela iCP, kodwa bayaphazama.

Khumbula:
ICP ayilotyala lomzali.
Yinto ekungekho mzali unokuyilawula.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Ubukhulu becala unobangela weCP yomntwana awaziwa.

Ekuphela kwento esiyaziyo ziinkalo eziyingozi ezinokwandisa ithuba lokuba usana lube neCP.

Ezinye kwezi zinto zenzeka kumama yaye ezinye zenzeka kusana.

Asilotyala lomzali ukuba neCP komntwana - akakwazi kuyilawula.



ISIZATHU SOKUBA ABANTWANA BENGENAKUBULAWA YICP:

ICP ayibabulali abantwana, kodwa abantwana abaneCP banokubulawa zizinto ezinokusibulala nathi. Ukuba umntwana oneCP uyafa, kudla ngokuba ngenxa yokuba bebegula kakhulu ngokomzekelo beneTB, isifuba, okanye inyumoniya. Ukuba umntwana uyaxhuzula, yaye akasebenzisi mayeza, ukuxhuzula kunokuba mandla kangangokude umntwana angabikho zingqondweni. Ukuba umntwana akayi esibhedlele ngokukhawuleza, kunokwenzeka ukuba afe.

Abantwana abaneCP bakhula bafikise de babe ngabantu abadala abaneCP. Banqabile abantu abadala abaneCP emaphandleni, ngenxa yokuba njengoko bekhula baze babe nzima, kuba nzima kakhulu ukubasa esibhedlele.



Ucinga ukuba abantwana banokubulawa yiCP?
Ngoba?



Emva kokuba wonke umntu ethethile, chaza isizathu sokuba abantwana bengenakubulawa yiCP.

Sebenzisa imifanekiso ukubonisa iqela ukuba abantwana abaneCP banokufikisa de babe ngabantu abadala abaneCP.





ISIZATHU SOKUBA ICP INGANYANGEKI:

ICP ayinyangeki. Umonakalo osebuchotsheni, awunakulungiswa. Kwanabona gqirha baphum' izandla ehlabathini abanakuyinyanga iCP. Ayinakunyangwa luqhaqho ingenakunyangwa nangamayeza enoba avela kugqirha okanye egqirheni. Akukhathaliseki nokuba unemali engakanani. Akukho mlinganiselo wemali unokunyangwa umntwana oneCP. ICP uya kuba nayo logama usaphila. Umntwana oneCP uya kuhlala eneCP.

Abezonyango noogqirha banokwenza nje konke abanokukwenza, kodwa abanakuyisusa iCP.



Ucinga ukuba iCP inokunyangwa?



Emva kokuba wonke umntu ethethile, chaza isizathu sokuba iCP ingenakunyangwa.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Abantwana abaneCP baya kuba neCP ubomi babo bonke.

Baya kude bafikise baze babe ngabantu abadala ukuba bazigcina besempilweni.

Akukho gqirha, nayeza, luqhaqho okanye umatshini onokulungisa umonakalo owenzeke ebuchotsheni.



UKUYA ESIKOLWENI:

Ngaphambili sithe umntwana oneCP wahlukile saza sathi oko bakwaziyo ukukwenza kuxhomekeke kwiinxalenye zobuchopho ezonakeleyo. Kuyafana ke nokufunda. Abanye abantwana abaneCP banokufunda njengaye nawuphi na umntwana yaye abanye abantwana banokufunda izinto ezilula kakhulu.

Ukuba umntwana oneCP unokufunda njengabanye abantwana, kufuneka aye kwisikolo esinokumnceda afunde nangona enengxaki nokushukuma. Ngelishwa zimbaleka kakhulu izikolo ezinjalo ngenxa yoko kuba nzima ukuba abanye abantwana bamkelwe kuzo.

Abanye abantwana abaneCP banokufunda nakwesiphi na isikolo, kodwa ke kuye kufuneka kubekho umntu oza kubanceda ngalo lonke ixesha beseklasini.



Ucinga ukuba abantwana abaneCP banokuya esikolweni?
Ngoba?



Emva kokuba wonke umntu ethethile, chaza isizathu sokuba abanye abantwana benokuya esikolweni nesizathu sokuba abanye bengenakuya.

Cela icebiso lengcali yezonyango ngomkhamo anokunda ngawo umntwana wakho nokuba nokuba unokuya na esikolweni. Inokukucebisa ngezikolo ezikhoyo nendlela yokufaka izicelo kuzo.

Khumbula ukuba bonke abantwana abaneCP banako ukutshintsha ngoko bonke abantwana abaneCP banako ukufunda okuthile enoba kuncinci kakhulu. Asimele siyeke ukuzama ukubafundisa izinto ezintsha.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Abantwana abaneCP banokuya esikolweni ukuba bayakwazi ukufunda.

Umkhamo abanokufunda ngawo uxhomekeke kwiinxalenye zengqondo ezonakeleyo kubo.

Cela icebiso lengcali yonyango ngokuya esikolweni komntwana wakho.

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Isiphelo sewekshophu

Lahlulahlule eli qela.

Ngokwamaqela enu ndifuna nithethe ngezinto enizifundileyo namhlanje kuba bekukho inkcazelo eninzi entsha kule wekshophu.

Nika wonke umntu imizuzu embalwa yokuthetha.

Ndifuna niphendule imibuzo emi-2 nisengaloo maqela.



Uza kuyixelela ntoni intsapho yakho emva kwale wekshophu? Iya kuba nzima kangakanani loo nto?

Nika wonke umntu imizuzu embalwa yokuthetha ngempendulo yakhe.



Njengoko le wekshophu ifikelele esiphelweni, ngaba ukhona umntu onombuzo ngaphambi kokuba sivale?

Thetha neli qela ngephepha lomzali uze ukhangele ukuba akukho mibuzo na kulo.

Yivale iwekshophu uze uqinisekise ukuba wonke umntu uphendulwe ngendlela eyanelisayo na kwimibuzo yakhe.

2

I-CP

Njengendlela Yokuphila

*Ukunyamekela umntwana wam
imini yonke.*

Kule wekshophu kuza kufuneka:



Iphepha elikhulu



Imakha



Umqamelo okanye ingubo esongiweyo

1

Namkelekile

Yamkela bonke abantu eqeleni uze uqiniseke ukuba bakhululekile ngaphambi kokuqalisa.



Ngaphambi kokuqalisa le wekshophu, yintoni into enye oye wabelana ngayo nentsapho yakho ngeCP yaye iye yazamkela njani ezo ndaba?

Chaza iziphumo uze uzincokole nabo baseqeleni.

Workshop 2 - Iziphumo

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

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Workshop 2 - CP as a Way of Life

Kwiwekshophu edluleyo sifunde ukuba:

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.

Ukunyamekela umntwana oneCP kuyindlela yokuphila nendlela abantwana abaneCP abatshintsha ngayo, ixhomekeke kwindlela abalichitha ngayo ixesha labo suku ngalunye.

Nazi izinto esiza kuthetha ngazo namhlanje:

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



UKUNYAMEKELA UMNTWANA ONECP KUYINDLELA YOKUPHILA:

Kule wekshophu ngezinye iindlela eziluncedo zokunyamekela abantwana abaneCP, kodwa ezi ndlela azikokwenza umthambo. Azenziwa kuphela ngexesha elithile losuku okanye zenziwe ngezihlandlo ezithile zosuku. Ezi ndlela zenzelwe isihlandlo ngasinye sisenza into nomntwana oneCP. Oku kungenxa yokuba umntwana oneCP unobunzima nokushukuma yaye obu bunzima abenzeki ngexesha elithile losuku, isoloko imchaphazela umntwana. Ngoko simele sisoloko sisebenza nomntwana ngendlela eluncedo ukuze umntwana angabuyeli umva kunemeko akuyo ngoku.

Kungeso sizathu sisithi ukunyamekela umntwana oneCP kuyindlela yokuphila, kungenxa yokuba iindlela esizifundayo zizinto esimele sizenze imini yonke, mihla le - kungekhona ngamaxesha athile osuku okanye ngeentsuku ezithile zeveki. Azikokwenza umthambo, ziyindlela esibuphila ngayo ubomi bethu nomntwana wethu. Ukwenza umthambo mihla le kunokuba luncedo, kodwa akwanelanga ukuze kuthintelwe ukubuyela umva komntwana.

3

ICP njengendlela yokuphila

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

Kule wekshophu, siza kufunda ngendlela esinokubanceda ngayo abantwana batshintshe ngendlela elungileyo baze bangabuyeli umva. Ukuze sifunde oku, kufuneka siqale siqonde ukuba iCP yindlela yokuphila.



Chaza oko sikuthethayo xa sisithi "ukunyamekela umntwana oneCP kuyindlela yokuphila".



IBALI LENDLU:

Makhe sisebenzise umzekelo wendlu ukusinceda siqonde. Ukuba unendlu entle, enophahla oluhle neendonga ezilungile, iya kuba yindawo etofotofo yokuhlala. Ukuba uyahlala nje kule ndlu ungaze wenze nto ukuze uyigcine ikhangeleka ntle yaye yomelele, ekuhambeni kwexesha iya kuba kwimeko embi. Ukuba uyishiya kangangexesha elide, iya kufana nendlu ekumfanekiso wesibini.

Ukuba uhlala kule ndlu yaye ufuna ukuba ibe likhaya elitofotofo kangangexesha elide, kuza kufuneka uyilungise uphahla, ulungise iindonga uze uphinde uyipeyinte. Ngokufanayo, umntwana oneCP oshiywe kwimeko enzima okanye ongahoywango, imeko yakhe iya kuba mandundu ngokuhamba kwexesha. Abantwana abaneCP (ingakumbi abakumgangatho 4 no-5) abanakuzenzela nto kangako yaye ngenxa yoko kufuneka sibancede bangabuyeli umva ngokuhamba kwexesha.

Ngaphambili sikhe sathi abantwana abaneCP banako ukutshintsha yaye abanye abantwana banokutshintsha ngaphezu kwabanye kuxhomekeke kumonakalo owenzeke engqondweni. Nendlu inako ukutshintsha yaye kunokusuka nje siyilungise indlu, zininzi izinto esinokuzenza ukuze siyiphucule. Kunjalo nakubantwana abaneCP. Banako ukutshintsha ngendlela elungileyo, kodwa abanakutshintsha ukuba asibancedi batshintshe.

4

Utshintsho lunokuba lolulungileyo okanye olungeluhle

Abantwana abaneCP bayatshintsha ngokuhamba kwexesha yaye olu tshintsho lunokuba lolulungileyo okanye olungeluhle. Okukhona umntwana engakwazi ukuzishukumela, kokukhona kufuneka simncede ashukume. Oku kubangelwa kukuba xa umntwana engashukumi kakhulu, baya kuqina ngakumbi yaye baya kuqina kwindawo abashiywe kuyo.



Sebenzisa imifanekiso ukuze uchaze ibali lendlu.



Kubantwana abakumgangatho 4 no-5, kunokuba nzima ukubona utshintsho oluninzi lolulungileyo ngokuhamba kwexesha, ingakumbi njengoko umntwana ekhula - yaye umntwana uya kubuyela umva kakhulu ukuba asenzi nto ukuze sithintele oko.

Kubantwana abakumgangatho 1, 2 no-3, kulula ukubona utshintsho lolulungileyo ngokuhamba kwexesha, kodwa kusekho amanye amalungu emizimba yabo anokuya ebuyela umva ukuba asibancedi.

5

Okokunokonakala ngokuhamba kwexesha

Makhe sijonge umzekelo woko kunokonakala kubantwana abaneCP ngokuhamba kwexesha.

Xhoma imifanekiso.



Ukuba ujonge le mifanekiso, unokubona ukuba lo mntwana uyakwazi ukuma nokulala kakuhle. Izandla zakhe ziyakwazi ukuvuleka yaye ubonakala ekhululekile.



Ucinga ukuba lo mntwana uya kuba ekhangeleka njani kwiminyaka eli-10 ezayo?
Uya kutshintsha njani umzimba wakhe?

Vumela iqela liphendule nize nincokole ngamagqabaza alo.



INDLELA AKHANGELEKA NGAYO LO MNTWANA NGOKU:

Uyafkisa ngoku lo mntwana besimjongile. Kule mifanekiso, uyabona ukuba umzimba wakhe awusalungelelananga yaye nesinqe sakhe sijjekele kwicala elinye. Xa isinqe sijjekile, nethambo lomnqonqo liyajijeka yaye alinakuphinda lenziwe lilungelelane. Nakuba esenokubekwa kwibuggy, uyabona ukuba akakwazi kuhlala kakuhle ngenxa yokuba isinqe nethambo lakhe lomnqonqo lijjekile. Ukuba ujonga amadolo neenyawo zakhe, uyabona ukuba akanakukwazi ukuma.



Xhoma imifanekiso uze uthethe ngendlela lo mntwana akhangeleka ngayo njengoko efikisa.



Olu tshintsho lwenzeka ngokuhamba kwexesha luyakhawuleza kakhulu kubantwana abakumgangatho 4 no-5, ngenxa yokuba abakwazi ukuzishukumela. Eyona ndlela ibalulekileyo yokukhusela umntwana ekubuyeleni umva njengakule mifanekiso, kukuqiniseka ukuba uhleli kakuhle abalaliswa nje ebhedini. Khumbula ukuba umntwana uya kuqina kwindawo achitha ixesha elininzi ehleli ngayo. Ukuba uchitha ixesha elininzi elele ebhedini imilenze yakhe isecaleni, uya kuqina kulo ndawo yaye isinqe nethambo lomnqonqo liya kujijeka.

UMYALEZO OYINTLOKO

Abantwana abaneCP banokutshintsha ngendlela elungileyo okanye engentle, kuxhomekeka kwindlela abanyanyekelwa ngayo.

Abantwana abaneCP baya kuqina kwindawo abachitha ixesha elininzi kuyo.

Sinokuthintela ukuba abantwana abaneCP babuyele umva ngokuhamba kwexesha.



UMNTWANA OKUMGANGATHO 4 OKANYE 5:

Lo ngumntwana okumgangatho 5 oqinileyo nofuna uncedo ukuze angabuyeli umva. Njengoko ubona unina usebenza nzima nyhani ukuqinisekisa ukuba ukuba akabuyeli mva yaye ungumntwana osempilweni ongaqini ngakumbi. Usakwazi ukuma imilenze yakhe ilungelelene yaye umama wakhe uyakwazi ukushukumisa umzimba wakhe ngazo zonke indlela umzimba wakhe obushukuma ngazo esengaphantsi kunoku. Nakuba kungekho lutshintsho lungako, uphila ngokonwaba yaye akeva zintlungu. Ukuba ujonge umfanekiso wokuqala, uyabona ukuba imilenze yakhe ilele kwicala elinye. Le yindlela umntwana ofikisayo ebesisandul' ukumbona ngaphambili ebekhangeleka ngayo ngaphambi kokuba abuyele umva yaye naye lo mntwana ngeqine ngendlela efanayo ukuba unina ebengakhange asebenze nzima ukuthintela loo nto.

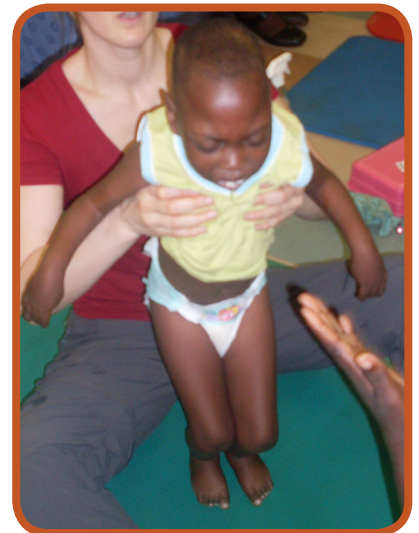
6

Okokuhamba ngokukhulungwa kwexesha

Makhe sijonge imizekelo yoko kunokhulungwa kubantwana abaneCP ngokukhamba kwexesha.



Xhoma imifanekiso uze uthethe ngomntwana okumgangatho 4 okanye 5.





UMNTWANA OKUMGANGATHO 1-3:

Lo ngumntwana okumgangatho 3 oneCP exubileyo. Ukuba ujonga umzimba wakhe neenyawo zakhe xa wayesemncinci, akabonakali ngathi angakwazi ukuma aze ahambe ngewalker. Kodwa uyabona ukuba ufunde ukuhlala yaye uyakwazi ukuhamba ngewalker. Ungumntwana owanwabileyo njengoko simbona emifanekisweni yakhe esemncinci.



Xhoma imifanekiso uze uthethe ngomntwana okumgangatho 1-3.



UMYALEZO OYINTLOKO

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.

7

Isizathu sokuba kubaluleke gqitha ukubekwa kakuhle

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

Ukuba umntwana ushiywa ekwindawo enye kangangexesha elide, uya kubuyela umva kanye njengendlu ekuhambeni kwexesha. Makhe sithethe ngendlela esinokubabeka ngayo abantwana abaneCP ngendlela eluncedo nethintela ukuba bangabuyeli umva ngokuhamba kwexesha.

Xhoma imifanekiso.





IZIZATHU ZOKUBA IINDLELA ABABEKWA NGAZO INOKUBA YINGXAKI KUMNTWA NA ONECP:

Xa sibeka umntwana oneCP ukuze aphumle, siya kusoloko sibona ukuba imilenze iye ngakwicala elinye. Kwabanye abantwana, imilenze iya ngakwicala elinye yaye kwabanye abantwana omnye umlenze ungena ngaphakathi kancinci. Kodwa kuyo yonke le mifanekiso, amadolo abantwana ajonge kwicala elahlukileyo kumzimba.

Ukulala ngolu hlobo kwenza isinqe siphume sodwa kubantwana abaneCP yaye xa oku kusenzeka sithi isinqe 'siphumile'. Kwanokuba umlenze omnye ungena phakathi kancinci, isinqe siya kuphuma ukuba sishiya umntwana elele ngale ndlela.

Ukuba amadolo akajonganga kwicala elinye nomzimba, isinqe siyajijeka, nethambo lomnqonqo liyajijeka, size siphume nesinqe. Xa oku kusenzeka, umntwana uba sentlungwini engathethekiyo yaye asinakukutshintsha oko kwenzekileyo.

Abantwana abaninzi abaneCP bakhangeleka njengabantwana abakule mifanekiso xa sibabeka ukuba baphumle.



**Yintoni oyithandayo ngendlela abalele ngayo aba bantwana?
Yaye yintoni ocinga ukuba yingxaki ngale ndlela balele ngayo aba bantwana?**



Chaza ingxaki ngale ndlela balele ngayo aba bantwana.



UKUKHULA KUKASIKROTYANA:

Lo ngumfanekiso wendlela akhangeleka ngayo usikrotyana kumntwana ongenayo iCP. Ungabona ukuba ithambo lesinqe linomngxuma onzulu elithi ithambo lomlenze lingene kuwo lithi khatha. Indlela amile ngayo usikrotyana inceda ekugcineni ithambo lomlenze likwindawo efanelekileyo. Abantwana abazalwa benoosikrotyana abamile ngolu hlobo. Emva kokuba umntwana ezelwe usikrotyana uyakhula njengoko usana lukhasa, lume luze luhambe. Ukukhasa nokuhamba kubaluleke kakhulu ukuze umngxuma okusikrotyana ukhule njengalo ukulo mfanekiso.



USIKROTYANA WOMNTWANA ONECP:

Lo ngumfanekiso wendlela akhangeleka ngayo usikrotyana kumntwana oneCP. Abantwana abakumgangatho 4 no-5 abaze bakhase okanye bahambe yaye ngenxa yoko oosikrotyana babo awubi nzulu ngenxa yoko kuba lula ukuba ithambo lomlenze liphume ngenxa yokuba alingenanga lathi khatha.

Abantwana abaneCP abakwaziyo ukuhamba, kwanokuba bafuna uncedo, oosikrotyana babo baya kungena kakuhle kwithambo lomlenze yaye akufane kwenzeke ukuba ithambo labo lomlenze liphume. KODWA kubalulekile ukuba aba bantwana baqhelisele ukuhamba yaye ukuba abakwazi kwenjengalo, kufuneka sibancede.

8

Isizathu nendlela esinokuphuma ngayo isinqe

Makhe sithethe ngesizathu sokuba isinqe somntwana siphume ngokuhamba kwexesha.



Xhoma umfanekiso uze uchaze indlela usikrotyana akhula ngayo emntwaneni ngokuqhelekileyo.



Xhoma umfanekiso uze uchaze indlela usikrotyana anokukhula ngayo kumntwana one-CP.

Abantwana abakumgangatho 4 no-5 basengozini enkulu yokuphunyelwa sinqe.

Ingxaki ephambili ngokuphuma kwesinqe kukuba kubuhlungu kakhulu yaye ukuba siphumile isinqe, asinakubuyela. Oko kuthetha ukuba umntwana onesinqe esiphumileyo uya kusoloko esentlungwini yaye kuya kufuneka asebenzise amayeza ale ntlungu ubomi bakhe bonke. Sifundisa abazali ngale nkcazelo ngenxa yokuba sifuna ukukhusela abantwana ezintlungwini. Kwabanye abantwana asinakuyinqanda ingenzeki ngasihlandlo sithile, kodwa singayinqanda ingenzeki xa beselula. Ngendlela esibanyamekela ngayo abantwana bethu ebudeni bemini, sinokubakhusela kwiintlungu kangangeminyaka emininzi ezayo.

Ijoyini yenyonga



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Workshop 2 - CP as a Way of Life

Ijoyini yenyonga yomntwana one-CP



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Workshop 2 - CP as a Way of Life



UMSEBENZI:

- *Cela umntu ukuba abe litsha-ntliziyo.*
- *Sebenzisa ivolontiya lakho ukuba libonise indlela esiwuxhasa ngayo umlenze womntwana ongaphezulu xa elele ngecala.*
- *Babonise ukuba ngokubeka umqamelo okanye ingubo esongiweyo phakathi kwemilenze, sinceda ekugcineni isinqe namadolo zimi nkqo.*
- *Ukuba asiwuxhasi umlenze ophezulu, kutsaleka isinqe nto leyo enokubangela ukuba isinqe siphume.*

9

Iindlela zokubeka eziluncedo kumntwana oneCP

Nanini na sibeka umntwana oneCP ukuba aye kuphumla, kufuneka siqiniseke ukuba amadolo ajonge kwicala elinye nomzimba. Oku akubalulekanga nje kuphela xa belele ngomqolo, kodwa enoba balele njani na. Xa umntwana elele ngecala, kufuneka sikhumbule ukuxhasa umlenze wabo ophezulu ukuze kungatsaleki isinqe.

Kuya kufuneka:



Kanye njengoko sisebenzise umqamelo/ingubo ukuxhasa umlenze womntwana ophezulu, kufuneka sisebenzise loo nto sinayo ekhaya size siwagcine kwindawo eyiyo. Sinokusebenzisa imiqamelo, iitawuli ezisongiweyo, iingubo nayo nantoni na enokunceda ekhaya. Kodwa indlela esimenzela ngayo umntwana omnye, ayifani naleyo sinokuyenzela abanye abantwana. Mntwana ngamnye wahlukile ngoko thina simele sikhangele ukuba singabanceda njani bahlale ngendlela eyiyo.

Makhe sijonge ezinye iindlela zokunceda abantwana abaneCP bahlale kakuhle.

Xhoma imifanekiso uze uthethe ngoko kuye kwasetyenziswa kumntwana ngamnye.



Bonke aba bantwana balele ngeendlela ezahlukeneyo yaye nemiqamelo neengubo zisetyenziswe ngeendlela ezahlukeneyo ukuxhasa abantwana.

?

**Simbeka nini umntwana ukuba aphumle?
Ngaba balala imini yonke? Ngaba balala phantsi xa belele?**

- Xa belele.
- Xa bephumle.
- Xa beza kuhlala belele ngelo cala.

Abantwana abaneCP bafanele balale phantsi xa bephumle, belele okanye bedlala. Akumncedi nganto umntwana ukulala phantsi imini yonke, yaye akumncedi nganto umntwana ukuhlala imini yonke. Khumbula ukuba sithe abantwana abaneCP baya kuqina kwindlela abahlaliswe ngayo kangangexesha elide. Ngoko ukuba umntwana ulele phantsi lonke ixesha, umzimba wakhe uya kuqina aze ahlale ngaloo ndlela. Ngoko ukuba umntwana uhleli ngalo lonke ixesha, umzimba wakhe uya kuqina aze ahlale ngaloo ndlela. Abantwana abaneCP kufuneka bahlale ngeendlela ezahlukeneyo ebudeni bemini njengabanye abantwana.

Ezi zinto zintsha siye sazifunda ngokubeka umntwana azibalulekanga nje kuphela xa umntwana elele phantsi, kodwa zikwabalulekile xa umntwana ehleli yaye emile. Ukuba amadolo ajonge kwindawo eyahlukileyo kunomzimba xa umntwana ehleli okanye emile, loo nto iya kubangela ukuba isinqe siphume.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

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

Ukuba asibabeki kakuhle, izingqe zabo ziya kuphuma ngokuhamba kwexesha.

Ukuba balele ngecala, kufuneka sixhase umlenze ophezulu.

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

Makhe siqonde okuthile ngokuma.



Singamnceda njani umntwana oneCP ukuba eme?

- Singaxhasa umntwana phakathi kwemilenze yethu
- Sibambe izandla zomntwana
- Sayamise umntwana edongeni okanye kumzimba wakho
- Sibeke umntwana kwifreyimu yokuma
- Sayamise umntwana etafileni okanye esitulweni

Xhoma imifanekiso njengoko iqela lichaze into nganye uze usebenzise imifanekiso ukuze ucebise nantoni na elingakhange liyicinge iqela.





UKUMA NGENDLELA ELUNCEDO:

- *Qiniseka ukuba zombini iinyawo zinyathele phantsi nokuba zime nkqo. Imilenze ayimele iphakame ukuze iinyawo zingabi phantsi.*
- *Qiniseka ukuba umzimba womntwana ume nkqo nokuba akaweli calanye.*
- *Qiniseka ukuba isinqe somntwana sijonge phambili namadolo neenyawo ime nkqo ijonge kwindawo efanayo nomzimba.*



Kutheni ucinga ukuba kubalulekile ngomntwana oneCP ukuma?

- Ukolula imilenze
- Ukuba imilenze yakhe iqhele ukuthwala ubunzima
- Ukwenza isinqe somelele
- Ukwandisa ukuhamba kwegazi nokwenza intliziyo ibe namandla ngakumbi
- Ukumnceda xa eqhine isisu
- Ukumnceda xa egabha

Njengezinye iindlela zokuhlala, xa sinceda umntwana one-CP ukuba eme, kufuneka siqiniseke ukuba bema ngendlela eluncedo nengayi kubangela umonakalo kubo ngokuhamba kwexesha.



Ucinga ukuba sinokuqinisekisa njani ukuba umntwana umi ngendlela eluncedo?

Vumela iqela liphendule nize nincokole ngamagqabaza alo.



Xhoma imifanekiso njengoko uchaza indlela esinokuqinisekisa ngayo ukuba umntwana umi ngendlela eluncedo.





Ucinga ukuba kunini apho ukuma kunokuba yingozi emntwaneni?

- Ukuba unentambo ebhetyebhetye okanye intloko enzima angenakuyiphakamisa.
- Ukuba iinyawo zomntwana azinakunyathela phantsi paca.
- Ukuba umntwana uyalila okanye ukhangeleka ngathi usezintlungwini xa emile.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Zininzi iindlela ezahlukeneyo esinokunceda ngazo abantwana abaneCP ukuba beme.

Kubalulekile ukuba abantwana abaneCP ukuba beme, logama nje besima ngendlela eza kubanceda.

Musa ukumisa umntwana ukuba loo nto imvisa ubuhlungu.



UKUNYAMEKELA UMNTWANA ONECP:

Nazi iingongoma eziluncedo omele uzikhumbule xa unyamekela umntwana oneCP:

1. Msuse kancinci umntwana uze umnike ithuba

Abantwana abaneCP kufuneka basuswe kancinane. Ukuba sibasusa ngokukhawuleza kakhulu, baya kuqina ngakumbi yaye kunokuba nzima kakhulu ukushukuma. Ukuba umntwana uzolo, kufuneka simsuse kancinci kakhulu ukuze ahlale ethambile. Ukuba uyaqina kufuneka siyeke ukumshukumisa size simnike ixesha lokuphumla kwakhona.

2. Musa ukuwunyanzela umzimba womntwana ukuba ushukume

Ukushukumisa iingalo, imilenze nomzimba womntwana kumele kube lula, asimele siwunyanzele umzimba womntwana ukuba ushukume ngeendlela ongenakushukuma ngazo. Nanini na sinyanzela umzimba ukuba ushukume, kuya buhlungu emntwaneni yaye asifuni kumvisa iintlungu.

3. Mxelele umntwana into oyenzayo

Ukuba siyamshukumisa nje umntwana singathethanga naye, akayazi into oyenzayo yaye unokuba nexhala ngoko ukwenzayo. Loo nto inokuwenza uqine umzimba wakhe kuze kube nzima ukushukuma.

Ngoku njengoko siyazi eyona ndlela ibhetele yokubeka umntwana oneCP, makhe sifunde ngeendlela eziluncedo zokunyamekela umntwana oneCP. Suku ngalunye kukho amaxesha okushukumisa, ukubamba okanye ukuphatha umntwana wethu.

Xa sisenza ezi zinto, kukho iindlela esinokuzenza ngayo zize zibangele ukuba umntwana abuyele umva yaye kukho iindlela esinokuzenza ngayo zize zibe luncedo emntwaneni.



Xhoma umfanekiso uze uchaze iingongoma.

Ukunyamekela umntwana oneCP:

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

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Workshop 2 - CP as a Way of Life

Ukunyamekela umntwana onceCP kunokuba nzima ngenxa yokuba uyaqina okanye atyhalele emva yaye kufuneka sifunde indlela esinokumnyamekela ngayo umntwana ngendlela ekhusela umntwana ekubeni abuyele umva.

Abanye abantwana bayaqina ngalo lonke ixesha njengabantwana abaspastic yaye abanye abantwana batyhalele emva okanye bashukume kakhulu njengabantwana abadystonic okanye abanechoreoathetoid. Indlela esibanyamekela ngayo abantwana abaqinileyo yahlukile kuleyo sinyamekela ngayo abantwana abatyhalele emva okanye abashukuma kakhulu.



UKUMSHUKUMISA NOKUMJIIA:

Enye yeendlela eziluncedo zokukhulula umntwana oqinileyo kukumshukumisa nokumjija. Abantwana abaqinileyo banobunzima bokushukuma yaye kufuneka sibancede ukuba bashukume ngendlela abangenakukwazi ngazo. Abantwana abachaphazeleke kakhulu abayishukumisi imizimba yabo ngazo zonke iindlela abenza ngazo abanye abantwana, ngenxa yokuba abakwazi. Ukuba umntwana uchaphazeleke kakhulu kufuneka simncede ashukumise umzimba wakhe. Abantwana abangachaphazelekanga kangako abashukumisi imizimba yabo ngendlela abenza ngayo abanye abantwana, ngenxa yokuba kunzima kubo. Ukuba umntwana akachaphazelekanga kangako sinokumkhuthaza ukuba ashukumise umzimba wakhe kwanokuba unzima.

Ukujija umzimba womntwana uwuse macala onke kukwaluncedo njengoko le iyenye yeendlela abashukuma ngazo abanye abantwana. Kwakhona ukuba umntwana uchaphazeleke kakhulu, kufuneka simenzele, kodwa ukuba umntwana akachaphazelekanga kangako, sinokumkhuthaza ukuba azenzele.

12

Ukunyamekela umntwana oqinileyo

Ukuba umntwana uqinile, kufuneka sikhulule umzimba wakhe.



Ucinga ukuba yintoni esinokuyenza ukuze sikhulule umntwana oqinileyo?

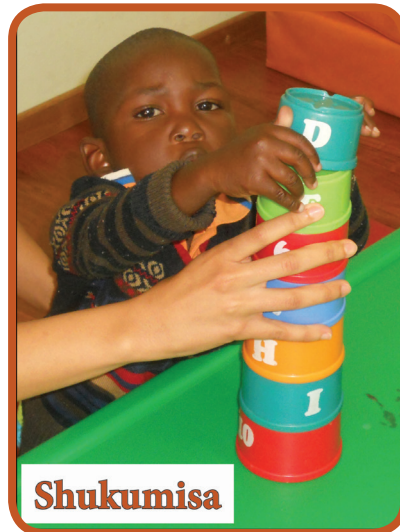
Vumela iqela liphendule nize nincokole ngamagqabaza alo.



Xhoma imifanekiso uze uchaze indlela ukumshukumisa nokumjija okunokumkhulula ngayo umntwana oqinileyo.



Shukumisa



Shukumisa



Jija



Jija



UKUMASAJA NOKOLULA:

Enye yeendlela eziluncedo zokukhulula umntwana oqinileyo kukumasaja nokumolula. Ukuba abantwana abaqinileyo abashukumi ngokwaneleyo, izihlunu zabo zinokuqina gqitha yaye banokuba bafutshane. Sinokubanceda senze izihlunu zabo zithambe ngokubamasaja size sibolule.



Xhoma imifanekiso uze uchaze indlela ukumasaja nokolula okunokumkhulula ngayo umntwana oqinileyo.



Masaja



Masaja



Lula



Lula

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Ukuba umntwana uqinile, kufuneka sikhulule umzimba wakhe.

Ukushukumisa, ukujija, ukumasaja nokolula zizo zonke iindlela esinokukhulula ngazo umzimba womntwana.

Ukuba zikho ezinye iindlela umntwana anokuzishukumela ngayo, kufuneka simkhuthaze ukuba enjenjalo.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu ngumnyamekeli aze omnye abe ngumntwana.*
- *Umntwana uhlala esitulweni aze atyhalele emva. umnyamekeli umele abeke izandla zakhe emva komntwana aze amnqande angatyhaleli emva ngokuthi atyhale naye.*
- *Emva koko cela umnyamekeli ayeke ukutyhala.*

13

Ukunyamekela umntwana otyhalela emva okanye oshukuma kakhulu

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



Kwenzeka ntoni xa utyhala umntu okutyhalayo?

- Uyaqhubeka ekutyhala.
- Umzimba wakhe uyaqina.



Kwenzeka ntoni xa uyeka ukutyhala umntu okutyhalayo?

- Uyayeka ukutyhala aze azole.

Kwenzeka loo nto nakubantwana abatyhalayo. Ukuba siyabatyhala, baya kuqhubeka besityhala, kodwa ukuba siyayeka ukubatyhala bayayeka ukutyhala baze bazole.



MUSA UKULWA NOMNTWANA:

Kunzima ukulawula abantwana abatyhalayo. Ukuba bayatyhala, kufuneka sibabuyisele emva ngaphandle kokubawisa, yaye xa beyeka ukutyhala sinokubabuyisela kwindawo abebekuyo. Akuncedi ukutyhala umntwana ngomqolo kuba uya kusuka aqine ngakumbi. Ukuba sibayeka babuyele apho bebekho, baya kuzola kuze kube lula ukubabuyisela kwindawo abebekuyo.

Ngoko indlela yokuqala yokunceda umntwana athambe kukungalwi naye.



Xhoma yonke imifanekiso ngomgca uze uchaze oko sikuthethayo xa sisithi: "musa ukulwa nomntwana".





WUXHASE UMZIMBA:

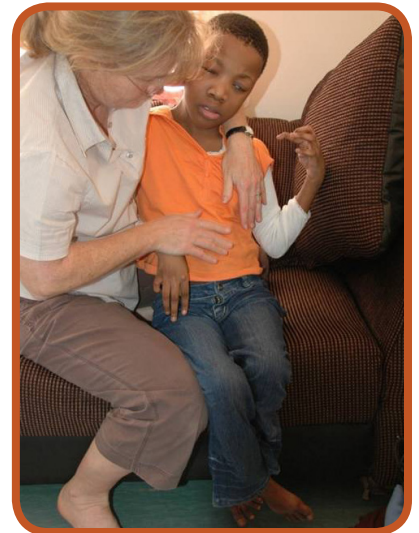
Xa sibambe umntwana otyhalela emva noshukuma kakhulu sidla ngokufuna ukubamba iingalo zakhe ngenxa yokuba eli lelona lungu lishukuma kakhulu. Oku akubangeli ukuba lo mntwana azive ekhuselekile ngenxa yokuba umzimba wakhe usashukuma yaye usenokuwa. Ukuba uziva engakhuselekanga, akasayi kuzola aze athambe.

Ukuba siyawuxhasa umzimba womntwana, umzimba wakhe uya kuhlala ndawonye, nto leyo ethetha ukuba uya kuziva ekhuselekile. Ukuba uziva ekhuselekile, kuya kuba lula ukuba azole zize iingalo nomzimba wakhe zithambe.

Abantwana abatyhalela emva nabashukuma kakhulu badla ngokuziva bengakhuselekanga ngenxa yokuba abakwazi kuyilawula imizimba yabo yaye oku kwenza kube nzima ukuba bazole. Kufuneka sixhase imizimba yabo ukubanceda bazive bekhuselekile.



Xhoma imifanekiso uze uchaze indlela esinokuwuxhasa ngayo umzimba womntwana ukuba utyhalela emva okanye ushukuma kakhulu.





UKUNYAMEKELA UMNTWANA OTYHALELA EMVA OKANYE OSHUKUMA KAKHULU:

Nazi iingongoma eziluncedo omele uzikhumbule xa unyamekela umntwana otyhalela emva okanye oshukuma kakhulu:

1. Hlala ndawonye

Ukuze umntwana azive ekhuselekile yaye ekwazi ukulawula umzimba wakhe, kufuneka siqinisekise ukuba sihlala ndawonye. Ukuba siyahambahamba yaye sitshintshatshintsha iindawo, umntwana akasayi kuziva ekhuselekile yaye akayi kuthamba.

2. Mshukumise kancinci

Ukuba simshukumisa kakhulu umntwana otyhalela emva, uya kuqina. Kufuneka simshukumise kancinci umntwana, ukuze azive ekhuselekile.

3. Thetha ngelizwi elizolileyo

Ukuba sithetha ngelizwi elidlamkileyo, nomntwana uya kudlamka aze angakwazi ukuwulawula umzimba wakhe. Kufuneka sithethe ngelizwi elizolileyo ukuze asive ngokucacileyo, kodwa angadlamki ngenxa yalo.



Xhoma umfanekiso uze uchaze iingongoma.

**Ukunyamekela umntwana
otyhalela emva okanye
oshukuma kakhulu:**

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

Malamulele Onward C2CTP ©

Workshop 2 - CP as a Way of Life

Sithethile ngeendlela esinokubamba okanye sishukumise abantwana abaneCP eziluncedo kubo, kodwa ezi asingomthambo esiwenza ngexesha elithile suku ngalunye. Ziyindlela yokuphila nento esinokuyisebenzisa nanini na sishukumisa, sibamba okanye sithwala abantwana bethu.

Ngokomzekelo, kuya kuba lula ukunxibisa umntwana oqinileyo ukuba siyabajija size sibakhulule ngaphambi kokubanxibisa. Kuya kuba lula ukunxibisa umntwana otyhalela emva ukuba siyamnceda senze umzimba wakhe uzole aze ashukume kancinane.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Ukuba umntwana utyhalela emva okanye ushukuma kakhulu, kufuneka siwenze uzole umzimba wakhe size siwenze uthambe.

Asimele silwe nomntwana xa etyhalela emva.

Siyawuxhasa umzimba ukuze senze umntwana azive ekhuselekile.

14 Izinto esizenza mihla le

Kuya kufuneka:



Ndifuna ucinge ngosuku oluqhelekileyo nomntwana wakho. Ziziphi zonke izinto ozenza nomntwana wakho ngosuku oluqhelekileyo?

Bhala phantsi amacebiso omntu ngamnye.





UKUNXIBISA UMNTWANA OHLELI PHANTSI:

Ukunxiba kunokuba ngumsebenzi omvuyisayo umntwana. Ukuba umntwana ulele phantsi eza kunxiba, akakwazi kubona oko kwenzekayo yaye akanakuzinceda. Xa umnceda ahlale unokukwazi ukubona umzimba wakhe, unokushukuma unokunceda enoba kukancinci nje.

- 1 - 3** *Ngaphambi kokumkhulula iimpahla umntwana, sinokumlungisa ngokumshukumisa size siphakamise iingalo, sijije umzimba size size phambili.*
- 4 - 6** *Emva koko sikhulula iimpahla, sinokumnceda umntwana asebenzise izandla zakhe ekuncediseni xa kukhululwa iimpahla.*

Sinokumkhuthaza umntwana xa ekwazi ukuncedisa kancinane yaye oku kunceda ekwenzeni ukunxiba kube yinto emnandi kakhulu emntwaneni. Jonga indlela unina amxhasa ngayo lo mntwana aze amenze azive ekhuselekile ngoxa emnceda ukuba akhulule.

15

Ukunxiba nokukhulula

Makhe sithethe ngomnye wemisebenzi esiyeza mihla le nomntwana wethu. Makhe sithethe ngokunxiba.



A hi kambeni swikombiso swa leswi nga tshukaka swi famba kahle eka vana lava nga ni CP hi ku famba ka nkarhi.



Xhoma imifanekiso ngaminye uze uchaze isizathu sokuba kuluncedo ukumhlalisa umntwana xa umnxibisa.



7 Kubalulekile ukumkhuthaza umntwana xa ekwazi ukuncedisa kancinane yaye oku kunceda ekwenzeni ukunxiba kube yinto emnandi kakhulu emntwaneni.

8 - 9 Naxa umkhulula iikawusi nebhulukhwe, umntwana unokuncedisa. Jonga indlela unina amxhasa ngayo lo mntwana aze amenze azive ekhuselekile ngoxa emncedisa ukuba akhulule.



**Ucinga ntoni ngokunxiba nokukhulula umntwana ofana nalo ukule mifanekiso?
Ngaba uyayithanda le ndlela yokunxiba?
Ucinga ukuba le yindlela obuya kwenza ngayo kumntwana wakho ekhaya?**

Vumela iqela liphendule nize nincokole ngamagqabaza alo.

UMYALEZO OYINTLOKO

Ukulala phantsi kokwaxa ephumle, elele naxa edlala - asikuko okwaxa enxiba.

Ukunxiba kunokuba yinto emnandi kuze kubangele umdla kumntwana ukuba sibaxibisa size sibakhulule ngoxa behleli.

Kubalulekile ukukhumbula oko siye sakufunda ngendlela esibamba size sishukumise umntwana wethu xa sisenza imisebenzi yemihla ngemihla.

Thina bazali sinokwenza yonke imisebenzi esiyenza nabantwana bethu ibe mnandi ize ibangele umdla ngendlela esibabamba size sibashukumise ngayo.

16

Isiphelo sewekshophu



Njengoko le wekshophu ifikelele esiphelweni, ngaba ukhona umntu onombuzo ngaphambi kokuba sivale?



Emva kokufunda ngeCP njengendlela yokuphila, yintoni oza kuyenza ngendlela eyahlukileyo xa ufika ekhaya?

Thetha neli qela ngephepha lomzali uze ukhangele ukuba akukho mibuzo na kulo.

Yivale iwekshophu uze uqinisekise ukuba wonke umntu uphendulwe ngendlela eyanelisayo na kwimibuzo yakhe.

3

Ukutya Nokusela

*Ukwenza amaxesha okutya akhuseleke
aze abe ngakhululekileyo kumntwana wam.*

Izixhobo

Kule wekshophu kuza kufuneka:



Ikomityi esikiweyo (Ibenye kumntu ngamnye)



Itispuni (Ibenye kumntu ngamnye)



Icephe elikhulu (Ibenye ngesibini ngasinye)



Custard - Okanye nakuphi na ukutya okuthambileyo okunjengeyogathi okanye isidudu



Intwana yamanzi

1

Namkelekile

Yamkela bonke abantu eqeleni uze uqiniseke ukuba bakhululekile ngaphambi kokuqalisa.



Ngaphambi kokuqalisa le wekshophu, yintoni into enye oyifunde kwiwekshophu edluleyo ethi “ICP njengendlela yokuphila” yaye uye wayisebenzisa njani ekhaya?

Ebudeni bale wekshophu siza kwenza imisebenzi ethile equka ukutya. Sicela utye ukutya kuphela xa sisenza le misebenzi. Ukuba uyatya phakathi kwale misebenzi, siza kuphelelwa kukutya.

Chaza iziphumo uze uzincokole nabo baseqeleni.

Workshop 3 - Iziphumo

- Indlela yokubeka kakuhle umntwana oneCP xa uza kumtyisa.
- Isizathu sokubaluleka kokumtyisa ngokucutha 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.

Malamulele Onward C2CTP ©

Workshop 3 - Eating and Drinking

Abantwana abaninzi abaneCP baba nengxaki yokutya nokusela yaye thina bazali sinokubanceda batye baze basele ngendlela ekhuseleke ngakumbi nangokukhululekileyo ngendlela esibatyisa ngayo.

Nantsi into esiza kuthetha ngayo namhlanje:

- Indlela yokubeka kakuhle umntwana oneCP xa uza kumtyisa.
- Isizathu sokubaluleka kokumtyisa ngokucutha 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.

Bahlulahlule eqeleni babe ngababini uze ubaxelele ukuba baya kuqhubeka bengababini ngalo lonke ixesha besebenza kule wekshophu. Emva koko, nika iqela ngalinye iikopi ezi-2 ezizeleyo zekhastadi, icephe eli-1 elikhulu namatispuni ama-2 okuwagcinela le misebenzi.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu ngumnyamekeli aze omnye abe ngumntwana.*
- *Umntwana uyahlala intloko yakhe iye emva njengalapha emfanekisweni.*
- *Umnyamekeli utyisa umntwana amacephe ambalwa ekhastadi.*
- *Emva koko amaqela ayatshintshana ukuze mntu ngamnye afumane ithuba lokuba ngumntwana.*



I-ASPIRATION:

Emizimbeni yethu sinemibhobho emibini: omnye uya emiphungeni yethu yaye ngowomoya esiwuphefumlayo. Omnye uya eziswini zethu yaye ngowokutya esikutyayo. Le mibhobho isondelelene yaye yahlulwa yiflap. Xa sisitya iflap ivala umbhobho oya emiphungeni ukuze ukutya kuye esiswini. Xa siphefumla iflap ivala umbhobho oya emiphungeni ukuze umoya uye emiphungeni.

Oku kwenzeka kuphela xa sihleli nkqo. Ukuba intloko iqethukele ngasemva, kuba nzima ukuba le flap ivale kakuhle yaye iinkonzo zokutya zinokuhla ngommizo ziye kutsho emiphungeni. Ukuba oku kwenzeka kumntwana oneCP, kunokuba nzima ukuba aphefumle, banokuba nezigulo zesifuba, banokugula kakhulu yaye banokufa ngenxa yoko.

3 Indlela eyiyo

Kuya kufuneka:



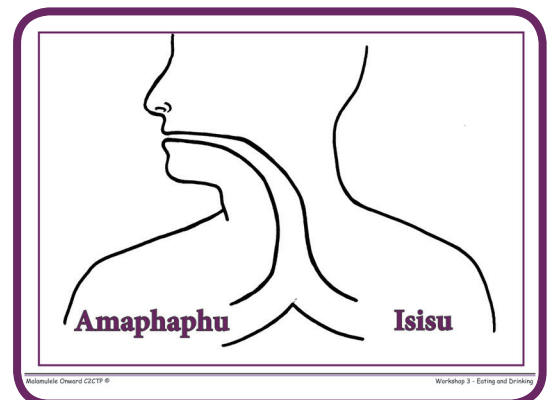
Kunjani ukutyiswa uhleli ngale ndlela?



Ucinga ukuba yindlela ekhuselekileyo onokuhlala ngayo xa usitya? Ngoba?

Xhoma umfanekiso.

Akukhuselekanga nakubani na ukutya intloko iqethukile yaye oko kubangelwa yinto ebizwa ngokuba yi-'aspiration'.



Sebenzisa umfanekiso ukuchaza i-aspiration uze ukhangele enoba ikho kusini na imibuzo.



UMSEBENZI:

- *Hlala esitulweni phakathi kwegela uhlale kabuhlungu.*
- *Buza iqela ngendlela abanokuyitshintsha ngayo indlela ohleli ngayo ukuze ibe bhetele.*
- *Njengoko mntu ngamnye echaza uluvo lwakhe, mcele ukuba eze kulungisa indlela ohleli ngayo.*



Xhoma imifanekiso emi-3 yabantwana abatyayo behleli ngendlela eyiyo uze walathe imizekelo njengoko iqela lichaza uluvo lwalo.



Ngoko ngokwalo msebenzi, ucinga ukuba sinokumhlalisa njani umntwana oneCP kakuhle ukuze atye aze asele?

- 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.



UKUTYA EHLELI ESITULWENI:

Naphi na kunokwenzeka umntwana oneCP ujfanele atye ehleli esitulweni kunokuhlala ethangeni lomntu, kuba njengoko ekhula uza kuba mkhulu kube nzima ukuba umntu angamfunqula aze amxhase kakuhle. Kanti kuya kuba nzima nangomntwana omdadlana ukuba aqalise ukuhlala esitulweni xa esitya ukuba uqhele kuphela ukutya ehleli ethangeni lomntu.

Noko ke, maxa wambi kudla ngokungabi nakwenzeka ukubeka umntwana esitulweni. Ngokomzekelo, ukuba asikho isitulo esikhuselekileyo endlini okanye ukuba umntwana akekho ekhaya. Kulungile oko, ukuba nje umntwana utya ehleli esitulweni nanini na sikho, ukuze bakhule besiqhelile.



Xhoma imifanekiso uze uchaze isizathu sokuba ukutyisa umntwana ehleli esitulweni kunokuba luncedo.



Wena njengomnyamekeli ucinga ukuba umele uhlale njani xa utyisa umntwana wakho ehleli esitulweni?

- Kubalulekile ukuba nawe uhlale kamnandi.
- Ufanele uhlale phambi komntwana ukuze ajonge kuwe.

Xa utyisa umntwana wakho, ufanele ukwazi ukuzisa ukutya ngaphantsi kwamehlo omntwana ukuze ingaqethuki intloko yakhe.

Sebenzisa imifanekiso ukuze ubonise oku.





EMVA KOKUMTYISA:

Emva kokondla umntwana, kuluncedo ukumhlalisa nkqo, angalali phantsi. Angema okanye alale, logama nje kungekho nto ibaqinisileyo esiswini. Abantwana bafanele bachithe ubuncinane imizuzu engama-30 behleli nkqo emva kokutya.

Kuluncedo ukumhlalisa nkqo umntwana ngenxa yokuba ukutya kunokuhamba ngokukhawuleza esiswini. Oku kunokuba luncedo ubantwana abagabhayo emva kokutya.



Xa ugqibile ukutyisa umntwana wakho, yiyiphi indlela odla ngokumhlalisa ngayo?



Sebenzisa imifanekiso ukuze uchaze isizathu sokuba umntwana efanele ahlale nkqo emva kokuba etyile.



UMYALEZO OYINTLOKO

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.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu ngumnyamekeli aze omnye abe ngumntwana.*
- *Abanyamekeli basuse kweli qela ukuze abantwana bangayiva into obaxelela yona.*
- *Xelela abanyamekeli ukuba bamele babatyise ngokukhawuleza abantwana ngecephe elikhulu.*
- *Umnyamekeli utyisa umntwana amacephe amakhulu ambalwa ekhastadi ngokukhawuleza.*

4

Ukumtyisa ngokucotha usebenzisa icephe elikhulu ngokwaneleyo

Kuya kufuneka:



?

Yintoni ongakhange uyithande ngoku kutyisa?

?

Ungayitshintsha njani?

- Tyisa umntwana ngokucotha.
- Nika umntwana ixesha elaneleyo lokuginya emva kwecephe ngalinye lokutya.
- Mtyise kancinane ngexesha.
- Sebenzisa icephe elilingana umlomo womntwana.
- Sebenzisa icephe elingekho nzulu.

UMYALEZO OYINTLOKO

Abantwana abaneCP kufuneka batyiswe kancinane.

Sebenzisa icephe elingekho nzulu elilingana umlomo womntwana.

Mtyise kancinane ngexesha.



UMSEBENZI:

Xelela iqela ukuba ufuna mntu ngamnye atye icephe lekhastadi yaye bamele bacinge ngoko bakwenzayo ngolwimi nemilebe yabo ngoxa besitya le khastadi.

5 Ukutya ngecephe

Makhe sifunde ngendlela esinokumnceda ngayo umntwana oneCP ukuba atye lula ngecephe.

Kuya kufuneka:



Xa wonke umntu egqibile, xhoma imifanekiso emi-3 uze ubuze lo mbuzo.





UKUXHASA UMHLATHI:

- *Kuxhaswa ngesandla esinye njengalapha emfanekisweni.*
- *Sbamba ngokuthambileyo xa sixhasa - asicinezeli.*
- *Asenzi umhlathi womntwana uye phantsi naphezulu.*
- *Sinqanda umlomo ungavuleki kakhulu.*
- *Sixhasa umhlathi ngokuthambileyo yaye loo nto siyenzela ukunceda umntwana onomlomo ovuleka kakhulu.*



Wenza ntoni ngolwimi nemilebe yakho xa usitya ikhastadi ngecephe?

- 1. Sivula imilebe yethu size sibeke ukutya elulwimini lwethu**
- 2. Siyayivala imilebe yethu ukuze sithathe ukutya okusecephe**
- 3. Siginya imilebe yethu ivaliwe**



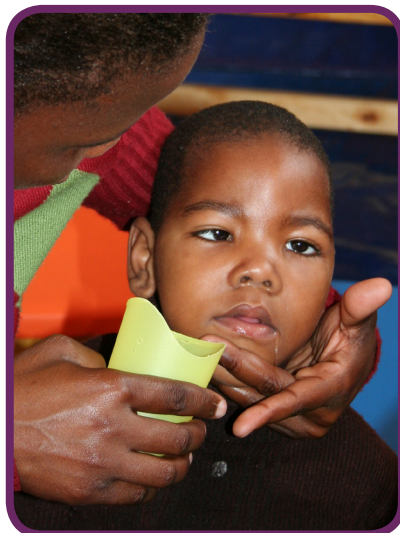
Kutheni ucinga ukuba umntwana oneCP unokuba nengxaki nokutyiswa ngecephe?

- Akakwazi ukuvala imilebe yakhe ukuze asuse ukutya.**
- Akakwazi ukuvala umlomo wakhe ukuze aginye.**
- Ulwimi lwakhe luyakutyhala kuphume ukutya emlonyeni.**
- Umlomo wakhe uvuleka kakhulu.**

Ngoko makhe sifunde indlela esinokubanceda ngayo abantwana abayivula kakhulu imilomo yabo.



Xhoma imifanekiso uze uchazele iqela ngendlela elinokuwuxhasa ngayo umhlathi womntwana xa etyiswa.





UKUMTYISA NGECEPHE:

- 1** *Ngaphambi kokuqalisa, umntwana umele ahlale kakuhle alungele ukutyiswa. Wuxhase ngokuthambileyo umhlathi womntwana.*
- 2** *Emva koko kancinci licinezele icephe elulwimini ulindele umntwana ukuba azame aze asebenzise imilebe yakhe ukuze athathe ukutya okusecepheni.*
- 3** *Ukuba umntwana akasabeli, unokumncedisa uhlise umlebe kancinci.*

Yiya kumntu ngamnye oseqeleni ukuze eve ukuba imele ivakale njani loo nto.



Ngoku makhe sibone ukuba sinokumtyisa njani umntwana oneCP ngecephe:



Xhoma imifanekiso ngamnye ngexesha uze uchaze ngamnye kuyo ngaphambi kokuba uqhubeke.





UKULINDELA UKUBA UMNTWANA ASEBENZISE IMILEBE YAKHE:

Kubaluleke kakhulu ukuba sinike umntwana ithuba lokusebenzisa imilebe yakhe ukuze athathe ukutya okusecepheni. Ukuba siyabatyisa nje size singabaniki ithuba lokushukumisa imilebe yabo, ngokuhamba kwexesha abasayi kuphinda bakwazi ukuyishukumisa yaye ukutya kuya kuba nzima kakhulu kuze kungakhuseleki kangako emntwaneni.

Ukuba kunzima ukuba umntwana asebenzise imilebe yakhe, akuyomfuneko ukuba wenze oku ngalo lonke ixesha lokutya kuba oku kuya kuthatha ixesha elide gqitha. Kunoko tyisa umntwana amacephe ambalwa uze ugqibezele oku kutya ngokumtyisa ngezandla okanye umseze ngekomityi, nto leyo esiza kuthetha ngayo kule wekshophu.



Chaza isizathu sokubaluleka kokumlinda umntwana ukuba asebenzise imilebe yakhe ukuze athathe ukutya okusecepheni.

Xhoma umfanekiso.

Xa simtyisa kubaluleke kakhulu ukuba singakrveli icephe emazinyweni omntwana ukuze ukutya kungene emlonyeni wakhe.



Ucinga ukuba kutheni singamele siyenze loo nto?

- **Ibangela ukuba amazinyo akhe neentsini zize phambili.**
- **Ibangela ukuba intloko iqethukele emva.**
- **Umntwana akayifundi indlela yokusebenzisa imilebe yakhe.**

Khangela ukuba ayikho na imibuzo.

Buza ingcali yakho ukuba ikuncede ngale nto njengoko inzima kakhulu ekuqaleni yaye ifuna umgudu omkhulu.

Njengoko sitshilo ngaphambilana, kuya kuba lula ngakumbi ukuba umntwana athathe ukutya okusecepheni ukuba usebenzisa icephe elingekho nzulu.

Sebenzisa umfanekiso ukuze ubonise iqela umzekelo wecephe elinzulu nelo lingekho nzulu.



UMYALEZO OYINTLOKO

Xa sixhasa umhlathi womntwana simele siwuxhase ngokuthambileyo.

Sixhasa umhlathi ukunqanda umlomo ungavuleki kakhulu, asivuli size sivale umlomo womntwana.

Nceda umntwana asebenzise imilebe yakhe xa esitya ngecephe uze umnike ixesha elaneleyo lokuzama.

Icephe elingekho nzulu lenza kube lula ukuba umntwana asuse ukutya okusemilebeni yakhe.

Musa ukukrwela ukutya ngamazinyo.

Cela ingcali yakho ukuba ikuncedise ekuqheliseni.

6

Ukunceda umntwana ahlafune

Njengoko sifundile indlela yokondla umntwana oneCP ngecephe, makhe sifunde ngendlela esinokumnceda ngayo ahlafune.

Buza le mibuzo ilandelayo size sincokole ngempendulo.



Kutheni ucinga ukuba kubalulekile ngomntwana oneCP ukuhlafuna?

- Ukuze atye iindidi ezingakumbi zokutya aze abe sempilweni.
- Ukutya ukutya okuqinileyo kunceda amazinyo neentsini zihlale zikwimeko entle.
- Ukuba umntwana utya ukutya okuthambileyo, akakufundi ukuhlafuna.
- Xa sihlafuna sisebenzisa izihlunu ezifanayo naxa sithetha.



Yenza ngathi uyahlafuna. Wenza ntoni ngolwimi, imihlathi nemilebe yakho?

- Ulwimi luya macala onke.
- Umhlathi uya macala onke nandawo zonke.
- Imilebe ihlala ivalekile.



Kutheni abantwana abaneCP benengxaki yokuhlafuna?

- Kunzima ukuba bavale imilebe yabo, ngoko ukutya kunokuphuma emlonyeni yabo.
- Ulwimi nemihlathi ziya phambili nasemva zize zikutyhale kuphume ukutya emlonyeni.
- Umlomo wakhe uvuleka kakhulu.

Ekupheleni kwale ncoko, khangela enoba ikho na imibuzo.



UKUNCEDA UMNTWANA AHLAFUNE:

Qala ngokubeka ukutya phakathi kwamazinyo omntwana angasemva ngeminwe yakho. Lumka ungabeki iminwe yakho phakathi kwamazinyo, kuba angakuluma. Ukuba umlomo womntwana wakho uvuleka kakhulu, xhasa umhlathi ngokuthambileyo. Musa ukumshukumisela umhlathi wakhe, kufuneka umkhuthaze ukuba awushukumise ngokwakhe umhlathi wakhe.

Beka ukutya kwicala elinye uze ke ukubeke nakwelinye icala.

Xa sifundisa umntwana ukuhlafuna, iindidi zokutya kufuneka zithambe zize zinyibilike msinya ukuze ukuba kukho iqhekeza elihamba lodwa lingamtsarhi umntwana. Kamva xa umntwana ekwazi ukuhlafuna, sinokumnika iziqhamo nemifuno eqinileyo kwakunye nenyama.



Ziziphi iindidi zokutya okuthambileyo ocinga ukuba sinokuzisebenzisa ukunceda umntwana oneCP afunde ukuhlafuna?

- litapile eziphekiweyo, iminqathe okanye eminye imifuno, enqunqwe yazizinti.
- litshipi ezithambileyo okanye iibhiskithi.
- Amaceba athambileyo eziqhamo njengamapere, ama-apile aphekiweyo, okanye iibhanana.

Ngoku makhe sijonge indlela esinokumnceda ngayo umntwana ahlafune..



Xhoma imifanekiso uze uchaze indlela yokunceda umntwana ahlafune.





NIKA UMNTWANA ITHUBA LOKUQHELISELA UKUHLAFUNA:

Kubaluleke ggitha ukuba sinike umntwana ithuba lokuba aqhelisele ukuhlafuna. Kungenjalo, abanakuze bafunde indlela yokuhlafuna yaye abakwazi kutya ukutya okuyityiwa yintsapho yonke.

Kubalulekile ukuba umntwana oneCP aqhelisele ukuhlafuna, kodwa akuyomfuneko ukubatyisa ngolu hlobo de kuphele ukutya. Kunoko sinokukwenza kangangemizuzu embalwa rhoqo ngaphambi kokutya ukuze babe namathuba amaninzi okuhlafuna yaye banokufunda ukutya ukutya okungakumbi okuqinileyo.



Chaza isizathu sokubaluleka kokumlinda umntwana ukuba ahlafune.

Njengaxa umtyisa ngecephe, cela ingcali yakho ikuncede koku kuba kunzima kakhulu ekuqaleni yaye kufuna ukuqhelisela kakhulu.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

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.



IZISELO EZINQUMBULULU ZINOKUBA LUNCEDO:

Abantwana abanengxaki yokutya nokusela, badla ngokuthatha ixesha elide ukuginya. Ukusebenzisa isiselo esinqumbululu esithatha ixesha ukuthululeka kunokuba luncedo, njengoko loo nto inokunika umntwana ixesha elingakumbi lokuginya. Oku kuthetha ukuba umntwana akanakufane atsarhwe yaye uba nethuba lokufunda bhetele ukusela ngekomityi.

7

Ukusela ngekomityi

Njengoko sifundile indlela yokondla umntwana oneCP ngecephe, makhe sifunde ngendlela esinokumnceda ngayo asele ngekomityi ngokulula ngakumbi.



Ukuba ndigalela ikomityi yekhastadi nekomityi yamanzi, yiyiphi eya kuthululeka ngokukhawuleza?

- Ngamanzi



Ukuba umntwana uthatha ixesha elide ukuginya, ngaba kuya kuba lula ukuginya into ehla ngokukhawuleza okanye kancinci?

- Kancinci



Chaza isizathu sokuba iziselo ezinqumbululu ziluncedo ngakumbi kumntwana othatha ixesha ukuginya.



Ngaba ungacinga ngemizekelo yeziselo ezinqumbululu esinokuzisebenzisa?

- Iyogathi exutywe nobisi okanye amanzi.
- Ikhastadi exutywe nobisi okanye amanzi.
- Amarhewu.
- Isidudu esithambileyo.
- Isuphu enqumbululu engenamaqatha.
- Iziqhamo nemifuno ecujwe yacoleka.

Xa usenza isiselo esinqumbululu, qiniseka ukuba asikho nqumbululu kangangokude sime xa uqethula ikomityi Simele sibaleke xa uqethula ikomityi.



UKUSELA NGEKOMITYI:

- 1** *Ngaphambi kokuba uqale, umntwana umele ahlale kakuhle alungele ukusela intloko yakhe ingaqethukeli ngasemva.*
- 2** *Beka ikomityi kumlebe womntwana ongezantsi uze uyiqethule de kubekho isiselo sifike emilebeni. Musa ukusuka nje udidiyele ikomityi emlonyeni womntwana uze ulindele ukuba aginye.*

Kubalulekile ukuba ube nomonde uze ulinde umntwana ashukumise imilebe aze aqalise ukufunxa ekomityini. Xa umlebe usiva ukuba kukho into yokusela, uthumela umyalezo engqondweni, kodwa lo myalezo unokuthatha ixesha elide.

- 3** *Xa umntwana engaqalisi ukushukumisa imilebe yakhe, musa ukuphinda uyiqethule ikomityi. Kunoko vumela umntwana asele oko kukwimilebe yakhe uze uyisuse ikomityi de abe ukuginyile oko bekusele kusemlonyeni. Emva koko buyisela ikomityi emilebeni yakhe.*

Bonisa iqela ukuba ikhangeleka njani ikomityi esikiweyo.



Kutheni ucinga ukuba kuluncedo ukusebenzisa ikomityi esikiweyo?

- Kukho isithuba sempumlo yomntwana, ngoko ungayiqethula ikomityi umntwana engakhange aqethulele intloko emva.
- Uyabona ngaphakathi ekomityini, nto leyo ethetha ukuba ungalawula ukuba singakanani isiselo esingena emlonyeni womntwana.

Ngoku makhe sibone ukuba sinokumnceda njani umntwana oneCP asele ngekomityi:



Xhoma imifanekiso kodwa uxhome ngamnye ngexesha uze uchaze ngamnye kuyo ngaphambi kokuba uqhubeke.



Kutheni ucinga ukuba kubalulekile ukumlinda umntwana ukuba ashukumise imilebe yakhe, kunokusuka nje ugalele isiselo emlonyeni wakhe?

- Ukuba umntwana akalinikwa ithuba lokusebenzisa imilebe nomlomo wakhe, akayi kuphinda akwazi ukuyisebenzisa yaye ukusela kuya kuba nzima kakhulu kuze kungakhuseleki.



ACTIVITY:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu ngumnyamekeli aze omnye abe ngumntwana.*
- *Umnyamekeli makaxube intwana yamanzi nekhastadi eseleyo ekomityini aze umntwana ayisele.*
- *Xelela abantwana ukuba mabenze ngathi bangabantwana abanengxaki yokusela - Bamele balinde imizuzwana embalwa isiselo singasemilebeni baze bayishukumise kancinci ukuze bangenise esi siselo.*
- *Emva koko amaqela ayatshintshana ukuze mntu ngamnye afumane ithuba lokuba ngumntwana.*

Ngoku masiqhelisele oku ngokwamaqela ethu.

Kuya kufuneka:



Njengokutyisa, buza ingcali yakho ukuba ikuncede ngale nto njengoko inzima kakhulu ekuqaleni yaye ifuna umgudu omkhulu.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

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.

Cela ingcali yakho ukuba ikuncedise ekuqheliseni.



AMAQELA AMATHATHU OKUTYA:

Mathathu amaqela ayintloko okutya abalulekileyo kukutya okusempilweni:

Kwiqela 1 'sinokutya okunika amandla' ukuze abantwana badlale baze bafunde. Oku kukutya okufana: nesonka, umbona, irayisi, ioli, imajarini, iziqhamo ezikhula engcanjini, iibhanana. Mnike okunye koku kutya kwisidlo ngasinye.

Kwiqela 2 'sinokutya okwakha umzimba' ukuze umntwana akhule. Oku kukutya okufana: nobisi, ipeanut butter, intlanzi, inkukhu, iimbotyi, itshizi, iyogathi, amaqanda. Mnike okunye koku kutya kanye okanye kabini ngosuku..

Kwiqela 3 'sinokutya okukhuselayo' okulwa neentsholongwane. Oku kutya ziziqhamo nemifuno efreshi. Mnike ubuncinane isiqhamo esinye, umfuno omnye oluhlaza nomfuno o-orenji suku ngalunye.

8

Ukutya ngendlela esempilweni

Kubalulekile ukuba abantwana abaneCP babe sempilweni yaye ngoku siza kukhe sijonge amacebiso aluncedo aphanethelele ukutya ngendlela esempilweni.

Okokuqala, abantwana bafanele batyiswe kancinci kangangezihlandlo eziyi-5-6 ngosuku, bangatyiswa kakhulu ka-3 ngosuku.



Kutheni ucinga ukuba oku kuya kumnceda umntwana?

- Abantwana banezisizwe ezincinci yaye bayakhawuleza ukuhlutha baze bakhawuleze ukulamba.

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.



Xhoma umfanekiso uze uwusebenzi ukuchaza amaqela amathathu okutya.



Kwakhona kubalulekile ukuba abantwana abaneCP basele amanzi awaneleyo ebudeni bemini. Ngokunceda umntwana wakho ukuba ashukume suku ngalunye, umnike iziqhamo nemifuno, namanzi amaninzi, uya kuba neengxaki ezimbalwa zokuqhina kwesisu.



UKUTSHINTSHA UKUTYA KOMNTWANA:

Enye yezona mpazamo zinkulu ezenziwa ngabazali xa becetyiswa ngokutya komntwana wabo, kukuba bakhawuleza batshintshe loo nto bayityisa umntwana. Oku kuyamcaphukisa umntwana kodwa ngesiquphe akasatyi ukutya akuqhelileyo yaye ukuba umthamo wokutya ukhawuleza ube mncinci, umntwana uya kuziva elambile.

Simele sikutshintshe kancinci ukutya komntwana ukuze abe nexesha lokuqhela ukutya okutsha.

Icebiso elilandelayo eliluncedo lelokuba ukutya okuyijanki ufanele akunikwe kuphela ngamaxsha athile njengento emnandi ngaloo maxsha ngenxa yokuba akubalulekanga empilweni yomntwana.



Ngaba ungacinga ngeminye imizekelo yokutya okuyijanki?

Akuba wonke umntu enikele amacebiso, xhoma umfanekiso uze uchaze nawaphi na angakhange akhankanywe.

Junk foods:



Elinye icebiso eliluncedo lelokuba ukuba uza kutshintsha ukutya komntwana wakho, umele ulwenze kancinci olo tshintsho.



Chaza isizathu sokubaluleka kokukutshintsha kancinci ukutya komntwana wakho.



Ngoko ukuba lo mntwana uqhele ukugalelelwa amacephe ayi-4 eswekile kwisidudu sakhe, ungakutshintsha njani kancinci ukutya kwakhe ukuze angabi naswekile kwisidudu sakhe?

- Qala ngokumnika amacephe ama-3 eswekile, emva koko kwiveki e-1 kamva mnike amacephe ama-2 eswekile, emve kweveki e-1 mnike icephe eli-1 leswekile, kwiveki elandelayo mnike ihafu yecphe leswekile, uze ungamniki swekile.



OMNYE UMZEKELO:

Ukuba umntwana uqhele kuphela ukusela isiselo esibandayo yaye sifuna asele amanzi, asinakuthi ngesiquphe siqalise ukumnika amanzi odwa singamniki isiselo esibandayo. Kufuneka sitshintshe kancinci.

Sinokutshintsha ukutya kancinci ngokuqala sixube isiselo esibandayo nentwana yamanzi ukuze singabi switi kakhulu. Emva koko veki nganye sinokongenza amanzi angakumbi de sibe sincinci kakhulu isiselo esibandayo.



Chazela iqela ngomnye umzekelo.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Abantwana bafanele batye izihlandlo eziyi-5-6 ngosuku.

Kubalulekile ukuba abantwana abaneCP ukuba batye ukutya okulungeleleneyo ngokufumana onke amaqela amathathu okutya.

Bafanele basele amanzi amaninzi.

Bafanele batye ukutya okuyijanki kuphela ngamaxesha athile.

Kufuneka sikutshintshe kancinci ukutya komntwana.

9

Isiphelo sewekshophu



Njengoko le wekshophu ifikelele esiphelweni, ngaba ukhona umntu onombuzo ngaphambi kokuba sivale?



Emva kokufunda ngokutya nokusela yintoni oza kuyenza ngokwahlukileyo xa ufika ekhaya?

Thetha neli qela ngephepha lomzali uze ukhangele ukuba akukho mibuzo na kulo.

Yivale iwekshophu uze uqinisekise ukuba wonke umntu uphendulwe ngendlela eyanelisayo na kwimibuzo yakhe.



Unxibelelwano

*Mna nomntwana wam
siyaqondana.*



IPHEPHA LEEMPENDULO:

Names:	Describe:
Actions:	

Izixhobo

Kule wekshophu kuza kufuneka:



Iphepha elikhulu



Imakha



Ibhola



Ishiti enkulu yephepha enephepha leempendulo elibhalwe kulo x 2



Ishiti e-1 yephepha kwiqela ngalinye



Ipen e-1 kwiqela ngalinye

1

Namkelekile

Yamkela bonke abantu eqeleni uze uqiniseke ukuba bakhululekile ngaphambi kokuqalisa.



Ngaphambi kokuqalisa le wekshophu, yintoni into enye oyifunde kwiwekshophu edluleyo ethi “Ukutya nokusela” yaye uye wayisebenzisa njani ekhaya?

Chaza iziphumo uze uzincokole nabo baseqeleni.

Workshop 4 - Iziphumo

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

Malamulele Onward C2CTP ©

Workshop 4 - Communication

Abantwana abaninzi abaneCP abakwazi kuthetha, kodwa basakwazi ukunxibelelana yaye sinokufunda indlela yokubanika amathuba okunxibelelana ukuze sibaqonde bhetele.

Nazi izinto esiza kuthetha ngazo namhlanje:

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

Bahlulahlule eqeleni babe ngababini uze ubaxelele ukuba baya kuqhubeka bengababini ngalo lonke ixesha besebenza kule wekshophu. Emva koko nika iqela ngalinye: ipen nephepha.

3

Yintoni unxibelelwano

Xhoma umfanekiso.



Mntu ngamnye okulo mfanekiso wenza ntoni?

- Omnye umntu uyathetha.
- Omnye umntu uphulaphule yaye uyaqonda.

Xhoma umfanekiso.



Kwenzeka ntoni kulo mfanekiso?

- Utitshala uyathetha yaye unikela inkcazelo.
- Iqela liphulaphule, liyaqonda yaye liyafunda.

UMYALEZO OYINTLOKO

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

Khumbula ukuba nokuba umntwana wakho akakwazi kuthetha, uyakwazi kona ukuphulaphula nokuqonda.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu uza kudlulisela umyalezo aze omnye umntu awufumane loo myalezo.*
- *Xelela amaqela ukuba umntu odlulisela umyalezo kufuneka axelele iqabane lakhe ahlala nalo ekhaya, KODWA akavumelekanga ukuba athethe okanye abhale.*
- *Omnye umntu unokuthetha ukuze azame ukuqonda oko kuthethwa liqabane lakhe.*

4

Iindlela ezahlukeneyo esinokunxibelelana ngazo

Kuya kufuneka:



Ziziphi iindlela ezahlukeneyo obudla ngokunxibelelana ngazo?

- Ukudibana ngamehlo
- Ilizwi okanye izandi
- Iimpawu okanye imiqondiso yesandla
- Imbonakalo yobuso
- Ukwalatha ngezandla
- Ukunqwala okanye ukushukumisa intloko
- Izimbo zomzimba

Bhala phantsi amacebiso omntu ngamnye.



Ucinga ngomntwana wakho. Unokuqonda kangakanani umntwana wakho yaye unxibelelana njani nawe?

Nika umntu ngamnye ixesha lokuthetha uze ubhale amacebiso abo kwishiti yephepha.





ISIZATHU SOKUBA UMNTWANA ONECP ENOKUBA NENGXAKIYONXIBELELWANO:

- *Unokungakwazi ukuthetha kwaphela.*
- *Unokungakwazi ukuchaza indlela aziva ngayo kwanaxa esebenzisa izandla okanye amehlo akhe.*
- *Umntwana unokukwazi ukuthetha, kodwa kunokuba nzima ukuqonda oko akuthethayo.*
- *Abanye abantwana abaqondi zinto zininzi ngenxa yokuba bafunda kade yaye basenokungakwazi ukuthetha.*
- *Abanye abantwana bayakwazi ukuqonda kakuhle, kodwa abakwazi kuthetha ngenxa yokuba baneengxaki nezihlunu ezingqonge imilomo yabo.*

5

Isizathu sokuba umntwana oneCP enokuba nengxaki yonxibelelwano



Kutheni ucinga ukuba umntwana oneCP unokuba nengxaki xa ezama ukunxibelelana? - Khumbula ukuba unxibelelwano luquka ukuthetha nokuqonda.



Linda wonke umntu athethe. Emva koko xhoma umfanekiso uze ucacise iimpendulo.

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.

UMYALEZO OYINTLOKO

Bonke abantwana abaneCP banokunxibelelana yaye baya kusebenzisa

iindlela ezahlukahlukeneyo zokwenjenjalo, kwanokuba abakwazi kuthetha.



UMSEBENZI:

- *Phakamisa ibhola uze ubuze umbuzo.*

6

Sinokubanceda njani abantwana abaneCP ukuba baqonde bhetele

Ngoku siza kufunda ngokunceda abantwana abaneCP ukuba banxibelelane. Siza kuqala sifunde ngokubanceda baqonde bhetele size ke sifunde ngokubanceda bathethe bhetele.

Masiqale sithethe ngendlela abantwana abafunda ngayo ukuqonda amazwi.

Kuya kufuneka:



Ndifuna ucinge ngomntwana ongenayo iCP nendlela afunda ngayo indlela ezibizwa ngayo izinto ezahlukeneyo. Ngokomzekelo, ufunda njani ukuba yibhola le?

- Xa thina sithetha naye size simxelele ukuba yibhola le.
- Xa thina sisebenzisa eli gama kwisivakalisi njengokuthi “Thatha ibhola” okanye “Betha ibhola”.

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



UMSEBENZI:

- *Xhoma iphepha leempendulo edongeni ukuze wonke umntu abone.*
- *Phosela umntu oseqeleni ibhola uze umbuze umbuzo wokuqala uze ubhale iimpendulo ephepheni.*
- *Emva koko cela umntu ukuba aphosele omnye aze acele loo mntu ukuba aphenule umbuzo wesibini.*
- *Bhala iimpendulo ephepheni uze uqhube ke ngolo hlobo de ube uyibuze yonke imibuzo.*

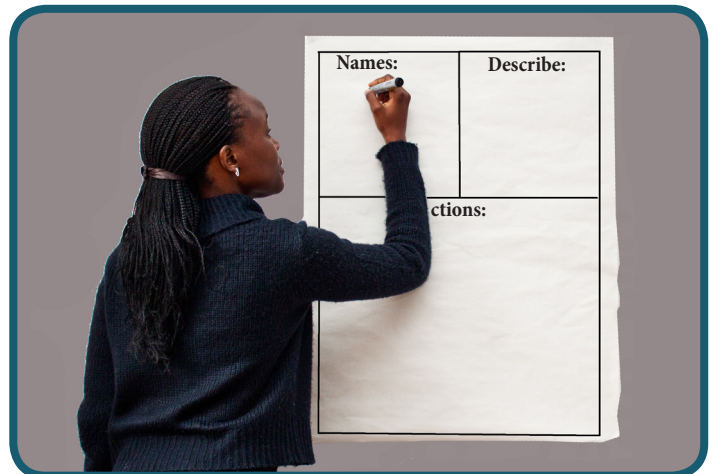
7

Yintoni esinokuthetha ngayo

Makhe sijonge ibhola size sizame ukuphendula imibuzo ngayo.

Kuya kufuneka:

Names:	Describe:
Actions:	



Sifuna umntwana aqale azi le nto ukuba yintoni. Ngoko ibizwa ngokuba yintoni?

- Yibhola



Ngoku sifuna ukuyichaza. Makhe siqale ngokuba ifana nantoni?

- Irawundi, iyellow, iqaqambile



Ivakala njani ibhola?

- Iqinile, ifukufuku, irhabaxa

Ukuba sithetha ngokutya, singathetha nangokuba incasa yako injani nokuba ivumba lako linjani.



Emva kokuba siyichazile loo nto, sinokuthetha ngezinto esinokuzenza ngayo. Ziintoni esinokuzenza ngebhola?

- Sinokuyigqampisa, siyibambe, siyiphose, siyiqengqe, siyibethe

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

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.



UMSEBENZI:

- *Xhoma iphepha leempendulo edongeni ukuze wonke umntu abone.*
- *Xelela iqela ukuba ufuna licinga ngexesha lokubhafa kwanokuba njengeqela baza kusebenzisa imibuzo ukubanceda bacinge ngawona magama maninzi kangangoko kunokwenzeka.*
- *Buza umbuzo ngamnye ngexesha uze ubhale iingcamango kwiphepha leempendulo.*
- *Bhala zonke iingcamango ephepheni ngaphambi kokuba udlulele kumbuzo olandelayo.*

8

Ukuthetha ngemisebenzi yemihla

Njengokuba ukunyamekela umntwana oneCP kuyindlela yobomi, kunjalo nokuthetha nabo. Sinokuthetha nabantwana bethu ebudeni bezinto esizenza nabo imihla ngemihla. Makhe senze umzekelo wento esinokuthetha ngayo ngexesha lokubhafa.

Xhoma imibuzo esiyibuzileyo kumsebenzi wokugqibela.

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?

Kuya kufuneka:



Names:	Describe:
Actions:	



Describe:

Names:	
Actions:	

Gcina imibuzo iseludongeni ukwenzela umsebenzi olandelayo.

Sifuna umntwana afunde izinto ezininzi ebudeni bemisebenzi yemihla ngemihla, kungekuphela nje ngexesha lokubhafa. Ngoko makhe sicinge ngeminye imisebenzi esiyenza ebudeni bemini.



UMSEBENZI:

- Wenzeni ngokwamaqela lo msebenzi.
- Chaza ukuba iqela ngalinye liya kunikwa umsebenzi eliza kucinga ngawo.
- Limele lisebenzise imibuzo esedongeni ukulinceda licinge ngazo zonke izinto abanokuzithetha kumntwana wabo, ebudeni baloo msebenzi.
- Elinye iqela limele lithethe 'ngokutyisa', elinye iqela limele lithethe 'ngokunxibisa' lize iqela lesithathu lithetha 'ngokudlala ngonobhola'.
- Banokubhala iimpendulo zabo ukubanceda bakhumbule.
- Banike imizuzu elishumi yokucinga ngomsebenzi wabo.
- Emva koko phinda ulidibanise iqela uze ucele iqela ngalinye ukuba lichaze izinto elizicingileyo.
- Njengoko iqela ngalinye lithetha, buza iqela lidibene ukuba linento elifuna ukuyongeza na.



ABANTWANA ABANGABONIYO OKANYE ABANGEVA KAKUHLE:

Ukufunda ukunxibelelana kunzima kakhulu kumntwana oneCP ongaboni okanye ongeva kakuhle. Ukuba umntwana akaboni okanye akeva kakuhle, kufuneka sibavumele babambe yonke into, ngenxa yokuba izandla zabo zimele zithathe indawo yeendlebe zabo. Ukuba umntwana akaboni kakuhle, sinokumnceda aqonde aze afunde ngokusebenzisa ezinye izivamva zakhe njengokuva, ukubamba, ukungcamla nokujoja.

Ngokomzekelo:

- Ngexesha lokubhafa, vumela umntwana ukuba ajoje aze abambe isepha uze umxelele ukuba yintoni. Mvumele abambe amanzi ngaphambi kokuba umfake ebhafini.
- Xa umtyisa, mvumele abambe icephe aze ajoje ukutya.

Kuya kufuneka:



Ngaphambi kokuba siligqibe eli candelo, makhe sicinge ngabantwana abangaboniyo okanye abangeva kakuhle nendlela esinokubanceda ngayo baqonde bhetele.



Chaza indlela yokunceda abantwana abangaboniyo okanye abangeva kakuhle baqonde.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Kukho izinto ezahlukeneyo esinokuthetha ngazo nabantwana bethu ebudeni bemisebenzi yemihla ngemihla esiyeza nabo.

Ukuba sithetha ngezi zinto imihla ngemihla, kancinci umntwana uya kufunda ukuwaqonda la mazwi.

Ukuba umntwana akaboni okanye akeva kakuhle, kufuneka sisebenzise ezinye izivamvo zabo ukuze sibancede bafunde.



UKUNIKA ABANTWANA ITHUBA LOKUTHETHA:

1. Mazi kakuhle umntwana wakho uze ujonge indlela abazama ngayo ukunxibelelana

Ngaba batsho nje amazwi okanye basebenzisa amazwi abo? Ngaba bayawasebenzisa amehlo okanye izandla xa besalatha? Ngaba banokukubonisa "uewe" okanye "uhayi"?

2. Mbize ngegama

Xa uthetha nomntwana wakho, qala ngokumkhuthaza ukuba akujonge ngokumbiza ngegama uze umbambe.

3. Mbuze imibuzo

Nika umntwana wakho ithuba lokuthetha ngokumbuza imibuzo. Kumntwana othethayo - mbuze umbuzo ukuze umncede acinge. Kumntwana ongathethiyo - mkhethise uze umbuze imibuzo efuna uewe/hayi.

4. Musa ukumnika imiyalelo xa nidlala

Kulula gqitha ukusuka sinike abantwana imiyalelo xa sidlala nabo. Sinokunika abantwana ithuba lokuthetha ngokubavumela bakhethe oko kwenzekayo kwimidlalo abayidlalayo kunokubaxelela oko kumele kwenzeke.

5. Sabela sihlandlo ngasinye

Sabela sihlandlo ngasinye umntwana ezama ukukuxelela into ukuze umbonise ukuba unomdla kwinto ayithethayo. Ngokomzekelo: "Oh ujonge ibhanana, ngaba uyayifuna."

9

Sinokukuphucula njani ukuthetha komntwana

Bonke abantwana abaneCP bafuna ukunxibelelana nabantu ababangqongileyo. Kuyimbopheleleko yethu ukubanika ithuba okanye isizathu sokuba bathethe nathi. Makhe sithethe ngendlela esinokukwenza ngayo oku.



Xhoma umfanekiso uze uye kwingongoma nganye kunye neqela.

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.

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Workshop 4 - Communication



UKUNIKA ABANTWANA AMATHUBA OKUKHETHA:

Kumntwana okwaziyo ukuthetha, kulula. Sisuka nje sibuze: "Ufuna ukutya ntoni?"

Kumntwana ongakwaziyo ukuthetha, sinokumkhetisa 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.

Ezi zizo zonke iindlela esinokumnika ngazo umntwana ithuba lokuthetha.

Ngoku siza kufunda indlela yokubuza imibuzo ukuze sinike umntwana oneCP ithuba lokukhetha into afuna ukuyitya.



Xhoma umfanekiso uze uchaze indlela yokunika umntwana ithuba lokukhetha.

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?”

UMYALEZO OYINTLOKO

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.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Qela ngalinye liza kudlala indima xa bebonisa unxibelelwano oluhle ebudeni bomsebenzi ofanayo abebewuxubusha ngaphambili kule wekshophu.*
- *Khumbuza iqela ngalinye ngomsebenzi elinye lawuxubushe (ukutyisa, ukunxibisa, ukudlala ngonobhola).*
- *Linokugqiba ngomntu oza kuba ngumntwana noza kuba ngumnyamekeli.*
- *Nika iqela ngalinye le miyalelo ilandelayo:*
 1. *Umntwana wakho uyakwazi ukuthetha esebenzisa amagama.*
 2. *Umntwana wakho akakwazi kuthetha, kodwa uyakwazi ukukhetha ngokwalatha okanye ngokusebenzisa amehlo.*
 3. *Umntwana wakho akakwazi kuthetha, kodwa angakubonisa u "ewe" no "hayi".*
- *Nika amaqela imizuzu elishumi yokulungiselela oko baza kukwenza ngendima yabo.*
- *Njengoko qela ngalinye lisenza indima yalo, khuthaza lonke iqela ukuba libukele lize lithethe. Emva koko dlulela kwiqela elilandelayo ukuba lichaze ezalo izintlo elizicingileyo.*

10

Ukuqhelisela unxibelelwano

Ngoku masidibanise yonke into size siqhelisele zonke iindlela zokunceda umntwana aqonde aze athethe. Ngoku siza kuqhelisela unxibelelwano oluhle ngokwamaqela.



Ngaba wonke umntu uziva ezithembile ngokunxibelelana nomntwana oneCP?

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

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

Kubalulekile ukunika abantwana ithuba lokwenza ukhetho.

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



Njengoko le wekshophu ifikelele esiphelweni, ngaba ukhona umntu onombuzo ngaphambi kokuba sivale?



Emva kokufunda ngonxibelelwano yintoni oza kuyenza ngokwahlukileyo xa ufika ekhaya?

Thetha neli qela ngephepha lomzali uze ukhangele ukuba akukho mibuzo na kulo.

Yivale iwekshophu uze uqinisekise ukuba wonke umntu uphendulwe ngendlela eyanelisayo na kwimibuzo yakhe.

5

CVI

Cerebral Visual Impairment

*Ukuqonda apho nento umntwana
wam anokuyibona.*

Izixhobo

Kule wekshophu kuza kufuneka:



Into yokugquma amehlo esikwe kwiplastiki emnyama yomgqomo (Ibenye ngesibini ngasinye)



Ibhatyi/ijezi - nayiphi na indawo yokunxiba enokuvuleka phambili (Ibenye ngesibini ngasinye)



Ilaphu (Ibenye ngesibini ngasinye)



Ibhegi ebonakalayo yeziplock eqatywe ivaseline yaza yagotywa phakathi (Ibenye kumntu ngamnye)



Iseti e-1 yemifanekiso emnyama namhlophe kwiqela ngalinye



Iseti e-1 yemifanekiso ebomvu natyheli kwiqela ngalinye



litawuli ezi-3 / Iziqwenga zelaphu/zemichako (ebomvu, eyellow nemnyama)



Iseti enye yeediski eblue neyellow



Iseti e-1 yemifanekiso engenanto ngasemva



Ibhodi egqunywe ngephepha elibengezelayo okanye ngefoyile (Ibenye ngesibini ngasinye)



Iselfowuni / Ithotshi



Ishiti e-1 yephepha kwiqela ngalinye



Ipen e-1 kwiqela ngalinye

1

Namkelekile

Yamkela bonke abantu eqeleni uze uqiniseke ukuba bakhululekile ngaphambi kokuqalisa.



Ngaphambi kokuqalisa le wekshophu, yintoni into enye oyifunde kwiwekshophu edluleyo ethi “Unxibelelwano” yaye uye wayisebenzisa njani ekhaya?

Chaza iziphumo uze uzincokole nabo baseqeleni.

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.

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Workshop 5 - Cerebral Visual Impairment

Abantwana abaninzi abaneCP bakwanengxaki nokubona. Zininzi izizathu zokuba umntwana oneCP eneengxaki nokubona. Namhlanje siza kuthetha ngayo nje ibe nye kwezi zizathu. Siza kuthethe ngengxaki ebizwa ngokuba yi'CVI'.

Nazi izinto esiza kuthetha ngazo namhlanje:

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

Bahlulahlule babe ngamaqela uze ubaxebele ukuba baza kuhlala kumaqela afanayo ebudeni bayo yonke imisebenzi eza kwenziwa kule wekshophu. Emva koko nika iqela ngalinye: ipen, iphepha, into yokugquma amehlo, ibhodi emenyazelayo nelaphu. Emva koko nika umntu ngamnye: ipakethi yemifanekiso neshiti yeplastiki. Baxebele ukuba amaqabane abo akamele abone oko kukwipakethi yemifanekiso yabo.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu ngumnyamekeli aze omnye abe ngumntwana.*
- *Umntwana umele anxibe into yokugquma amehlo eyenziwe ngeplastiki yomgqomo aze ahlale esitulweni.*
- *Abanyamekeli basuse kweli qela ukuze abantwana bangayiva into obaxelela yona.*
- *Xelela abanyamekeli ukuba bamele bakhawuleze bakhulule iibhatyi ebantwaneni baze babasule ubuso bengathethanga nto.*
- *Emva komsebenzi, umntwana unokuyisusa into yokugquma amehlo.*

3

Indlela ekuyiyo ukungaboni

Kuya kufuneka:



?

Bekunjani ukukhululwa ibhatyi uze usulwe ubuso ube ungaboni?

?

Umnyamekeli angayenza njani le nto ngendlela eyahlukileyo?

- Thetha nomntwana uze uchaze oko ukwenzayo.
- Ziphe ithuba uze ukwenze oku uthe chu.
- Vumela umntwana ukuba ayive ibhatyi.
- Yiba nobunono, ungamdakazalisi.

Khetha iqela elinye eliza kubonisa onke amaqela indlela yokwenza le nto ngokwahlukileyo.

Abanye abantwana babona nje kancinci, kodwa abazomfama yaye bayoyika xa omnye umntu ebezela izinto ngaphandle kokubanceda baqonde oko kwenzekayo. Ukuba unomntwana obonayo, kodwa ongaboni kakuhle, kusafuneka uchaze oko ukwenzayo uze umvumele ukuba abambe aze anukise izinto ezimngqongileyo.

UMYALEZO OYINTLOKO

Ukuba sinomntwana oyimfama okanye ongaboni kakuhle, simele sithi chu xa sisebenza size simchazele ngoko sikwenzayo.

Oku kuya kumnceda aqonde oko kwenzekayo yaye uya kuziva engoyiki kangako.



OKO SIKWENZAYO XA SICINGA UKUBA UMNTWANA AKABONI KAKUHLE:

Xa umntwana oneCP engaboni kakuhle, sidla ngokucinga ukuba ingxaki isemehlweni, kodwa zinokuba zininzi izizathu zokuba umntwana abe nengxaki yokubona. Ukuba umntwana akaboni kakuhle, siqala simse kugqirha ukuze amhlole amehlo. Ukuba ugqirha uthi ingxaki isemehlweni, uya kunika lo mntwana izipeksi eziza kumnceda abone bhetele.

Ukuba uthi akukho ngxaki isemehlweni, siyazi ukuba ingxaki isebuchotsheni. Amehlo ayabona kodwa ingqondo ayikwazi kukuqonda oko ikujongileyo.



UTHETHA NTONI UCVI:

Xa ingqondo yonakele, njengakumntwana oneCP, ingxaki yokubona ibangelwa kukonakala kwengqondo, ingekuba amehlo onakele.

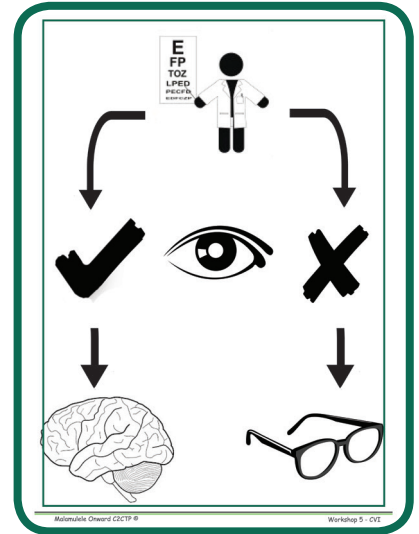
Loo nto siyibiza ngokuba yiCerebral Visual Impairment yaye xa siyishunqulela sithi yiCVI. Maxa wambi kuye kwathiwa yi“cortical blindness” nangona umntwana engeyomfama enyanisweni. Njengoko kuchaziwe ngaphambili, amehlo ayasebenza, kodwa ingqondo yonakele yaye ayinakukuqonda oko kubonwa ngamehlo.

4

Uthetha ntoni uCVI?



Xhoma imifanekiso uze uyisebenzisele ukuchaza oko sikwenzayo ukuba sicinga ukuba umntwana akaboni kakuhle.



Xhoma umfanekiso uze uchaze oko kuthethwa yiCVI.

CVI
Cerebral
Visual Impairment

Malamulele Onward C2CTP © Workshop 5 - CVI



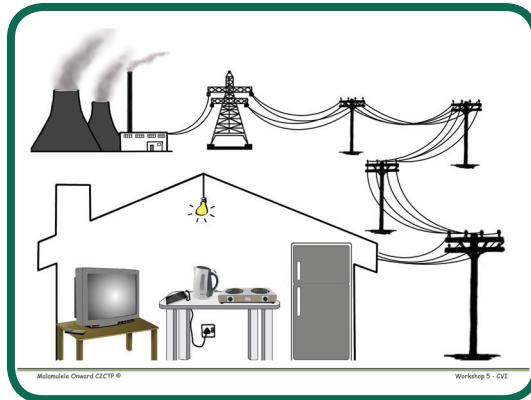
INDLELA UKONAKALA KOBUCHOPHO OKUWUCHAPHAZELA NGAYO UMZIMBA:

Khumbula ukuba kwiwekshophu yokuqala sithethe ngendlela isitishi sombane esiwuthumela ngayo umbane kwizixhobo ezisendlini. Kwanokuba akukho nto yonakeleyo ngezo zixhobo, azisayi kusebenza ukuba kukho ingxaki kwisitishi sombane.

Ngoko kanye njengezo zixhobo, amehlo omntwana asebenza kakuhle, kodwa ingxaki esebuchotsheni ithintela amehlo ekuboneni kakuhle.



Sebenzisa umfanekiso wesitishi sombane ukukhumbuza iqela ngendlela ukonakala kobuchopho okuwuchaphazela ngayo umzimba.



UMYALEZO OYINTLOKO

ICVI yingxaki esebuchotsheni kungekhona emehlweni.

Amehlo ayasebenza, kodwa ingqondo ayikuqondi oko kubonwa ngamehlo.



IIMPAWU ZECVI:

- *Umntwana uthatha ixesha ukujonga into.*
- *Umntwana ujonga into, kodwa ajonge kwelinye icala xa eye kuyithatha.*
- *Umntwana ujonga kwindawo enye.*
- *Umntwana uya kujonga into kangangethuba elithile aze ajonge kwelinye icala, ngokungathi akakwazi kunikela ingqalelo kuyo.*
- *Umntwana ujonga ngasekukhanyeni, ngoko amehlo akhe ajonga phezulu nasecaleni.*
- *Umntwana akakwazi kulandela izinto ngamehlo akhe.*
- *Ngezinye iimini iba ngathi umntwana ujonga bhetele kunezinye.*
- *Umntwana unokuzibona bhetele izinto xa zisibambela ecaleni kunaxa sizibeka phambi kwakhe.*
- *Abanye abantwana bazibona bhetele izinto xa zishukuma.*

5

Sazi njani ukuba umntwana uneCVI?



Ngaba ukho apha umntu onomntwana ongaboni kakuhle? Okanye ngaba ukho umntwana omaziyo ongaboni kakuhle?



Yintoni eyenziwa ngulo mntwana ekwenza ucinge ukuba unengxaki yokubona?



Sebenzisa imifanekiso ukuze ubonise iimpawu ezahlukeneyo zeCVI uze uchaze leyo sele ikhankanyiwe.





Ngaba niphawule abantwana benu bebonisa naluphi na kwezi mpawu?

Ukuba umntwana uneCVI, akuthethi kuthi ubonisa zonke ezi mpawu. Khumbula ukuba bonke abantwana abaneCP bahlukile yaye njengeCP, iCVI inokuba mandla okanye ingabi ngako.

Ukuqonda iCVI kunokuba nzima kakhulu, ngoko kufuneka ucele ingcali ukuba ikuncede uqonde oko kunokubonwa ngumntwana wakho.

Khangela ukuba ayikho na imibuzo.

UMYALEZO OYINTLOKO

Zininzi iimpawu ezinokusixelela ukuba umntwana uneCVI.

Bonke abantwana abaneCVI bahlukile ngoko abanye babo banokubona ngaphezu kwabanye.

Cela ingcalil ikuncede uqonde oko kunokubonwa ngumntwana wakho.



UKUSEBENZA NOMNTWANA ONECVI:

Nazi iingongoma ezihlanu eziluncedo omele uzikhumbule xa usebenza nomntwana oneCVI:

1. Umntwana umele ahlale kakuhle

Xa umntwana eneCVI, kunzima kakhulu kuye ukusebenzisa amehlo ukuba akahlalanga kakuhle okanye ukuba ushukuma kakhulu. Ukuba sifuna ukunceda umntwana oneCVI ukuba ajonge izinto, kufuneka simxhase kangangoko kunokwenzeka ukuze kube lula ukuba asebenzise amehlo.

2. Qiniseka ukuba kuthe cwaka

Ukuba sifuna umntwana oneCVI asebenzise amehlo, kubalulekile ukuba kwelo gumbi kuthi cwaka yaye kungabikho ngxolo iza kumphazamisa. Kubantwana abaninzi abaneCVI, kulula ukusebenzisa iindlebe zabo baphulaphule kunokujonga ngamehlo abo. Ngoko ukuba kukho ingxolo, baya kuphulaphula ingxolo kunokuba bajonge oko ubabonisa kona, kuba oko kulula.

3. Mphe amathuba okuphumla umntwana

Kanye njengokufunda ukuhlala okanye ukuma ngetafile kumdinisa umntwana oneCP, kunjalo nokujonga kumntwana oneCVI. Xa sinceda umntwana oneCVI ukuba abone, kufuneka simnike amathuba okuphumla njengoko amehlo akhe edinwa.

4. Yiba nomonde

Kanti kufuneka sibe nomonde size simlinde umntwana ajonge. Abanye abantwana abaneCVI banokuthatha ixesha elide ukusabela.

5. Sebenzisa izinto umntwana azazi kakuhle

Kulula kumntwana oneCVI ukubona izinto aziqhelileyo. Okukhona simbonisa izinto ezifanayo, kuya kuba lula kumntwana oneCVI ukuzibona.

6

Ukunceda abantwana abaneCVI

Nangona abantwana abaneCVI bengaboni kakuhle, zininzi izinto esinokuzenza ukuze sibancede babone bhetele.

Nazi iingongoma ezintathu ezibalulekileyo omele uzikhumbule xa usebenza nomntwana oneCVI.



Xhoma umfanekiso uze uchaze iingongoma ezibalulekileyo ezimele zikhunjulwe.

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.

Malamulele Onward C2CTP ©

Workshop 5 - Cerebral Visual Impairment

Khangela ukuba ayikho na imibuzo.

Ngaphambi kokuba sancede umntwana oneCVI abone bhetele, kufuneka siqonde ukuba simele sizibambele phi izinto ukuze bazibone bhetele yaye ziziphi izinto ekulula ukuba bazibone.

Makhe senze imisebenzi ethile ukusanceda siqonde ukuba ziziphi izinto ekulula kumntwana oneCVI ukuzibona.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Umntu omnye makahlale esitulweni sakho aze abambe ishiti yeplastiki phambi kwakhe njengasemfanekisweni.*
- *Omnye umntu makame kangangamanyathelo amathathu amakhulu kude kunaloo mntu uhleli phantsi aze aphakamise umfanekiso omnyama namhlophe kwipakethe yawo.*
- *Umntu omileyo makaye esondela de omnye umntu achaze oko kukulo mfanekiso.*
- *Uya kuthi umntu omileyo asondeze umfanekiso ebusweni baloo mntu aze abuze enoba uwubona kakuhle na.*
- *Amaqela anokutshintshana ngeendawo akuzo aze umntu omileyo asebenzise umfanekiso okwipakethi yakhe owahlukileyo kulowo sele usetyenzisiwe.*

7

Indawo esimele sizibambele kuyo

Ngoku masiqale sifumanise indawo esimele sizibambele kuyo izinto ukuze umntwana abone.

Kuya kufuneka:



Ngaba wonke umntu ebefuna umfanekiso usondele ukuze abone ukuba uyintoni? Ngaba bekulula ukubona umfanekiso xa ubukufutshane?

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

Khangela ukuba ayikho na imibuzo.



UMSEBENZI:

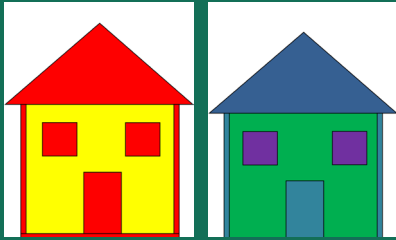
- *Wenzi ngokwamaqela lo msebenzi.*
- *Umntu omnye makahlale esitulweni sakho aze abambe ishiti yeplastiki phambi kwakhe njengasemfanekisweni.*
- *Omnye umntu makame kangangamanyathelo amathathu amakhulu kude kunaloo mntu uhleli phantsi aze aphakamise imifanekiso emibini eyimibalabala ekwipakethi yayo omnye ecaleni komnye.*
- *Umntu omileyo makaye esondela de omnye umntu achaze oko kukule mifanekiso.*
- *Bamele bachaze oko banokukubona naleyo kulula ukukubona.*
- *Esakuba umntu ohleliyo ewukhethile umfanekiso ekulula ukuwubona, amaqela anokutshintsha iindawo akuzo aze enze umsebenzi ofanayo.*
- *Umntu omileyo ngoku uya kusebenzisa imifanekiso ekwiipakethi zayo eyahlukileyo kuleyo sele isetyenzisiwe.*

8

Imifanekiso eqaqambileyo

Makhe senze eminye imisebenzi ukuze sibone izinto ekulula ukuba umntwana oneCVI azibone.

Kuya kufuneka:



Cela wonke umntu ukuba aphakamise imifanekiso emibini ebekulula ukuyibona aze ayibeke phakathi kweqela ukuze wonke umntu ayibone.



Ucinga ukuba kutheni bekulula ukuyibona le mifanekiso?

- Uyellow nobomvu yimibala eqaqambileyo, kunoblu noluhlaza.
- Imibala eqaqambileyo iyagqama kunaleyo imnyama.

Khangela ukuba ayikho na imibuzo.



UMSEBENZI:

- *Beka iitawuli enye ecaleni kwenye phantsi phambi kwakho njengasemfanekisweni.*
- *Qala ngediski eblue uze uyibeke kwitawuli emnyama uze uchaze ukuba ifana kakhulu netawuli emnyama yaye ngenxa yoko kunzima ukuyibona.*
- *Emva koko beka idiski kwitawuli eyellow uze uchaze ukuba kukho umahluko omkhulu phakathi kwediski netawuli yaye ngenxa yoko kulula ukuyibona.*
- *Emva koko beka idiski kwitawuli ebomvu uze uchaze kukuba kukho umahluko omkhulu phakathi kwediski netawuli ebomvu kunediski netawuli emnyama, ngoko kulula ukubona idiski kwitawuli ebomvu xa ithelekiswa nemnyama.*
- *KODWA: Nangona kulula ukubona kwitawuli ebomvu, kulula nangakumbi ukubona kwitawuli eyellow ngenxa yokuba kukho umahluko omkhudlwana phakathi kwale mibala mibini.*

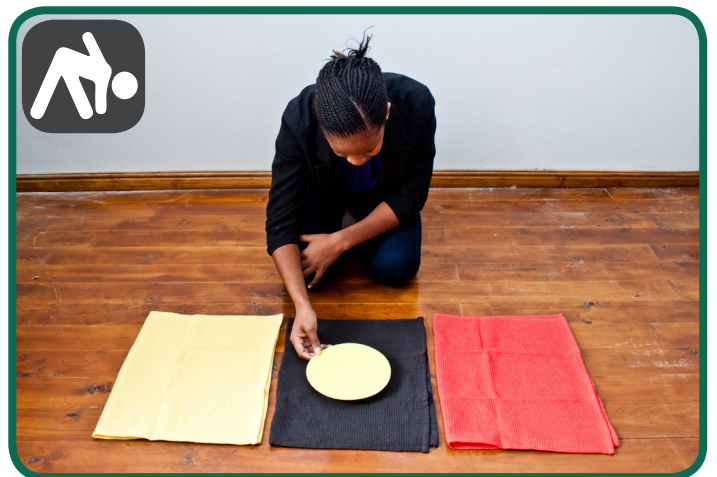
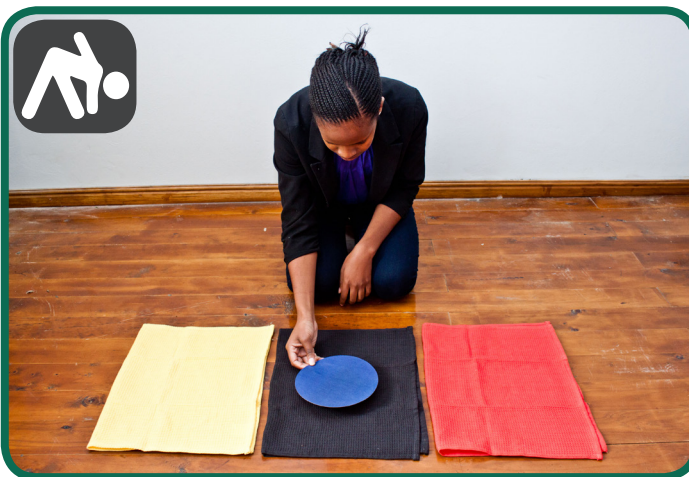
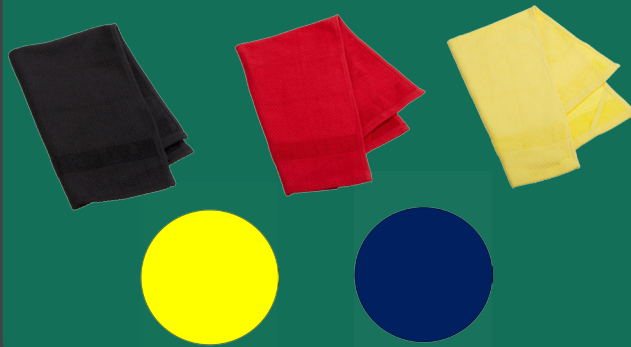
- *Emva koko yenza okufanayo ngediski eyellow.*
- *Qala uyibeke kwitawuli eyellow uze uchaze ukuba ifana kakhulu netawuli eyellow yaye ngenxa yoko kunzima ngakumbi ukuyibona.*
- *Emva koko beka idiski kwitawuli emnyama uze uchaze ukuba kukho umahluko omkhulu phakathi kwediski netawuli yaye ngenxa yoko kulula ukuyibona.*
- *Emva koko beka idiski kwitawuli ebomvu uze uchaze kukuba kukho umahluko omkhulu phakathi kwediski netawuli ebomvu kunediski netawuli eyellow, ngoko kulula ukubona idiski kwitawuli ebomvu xa ithelekiswa neyellow.*
- *KODWA: Nangona kulula ukubona kwitawuli ebomvu, kulula nangakumbi ukubona kwitawuli emnyama ngenxa yokuba kukho umahluko omkhudlwana phakathi kwale mibala mibini.*

- *Ngoko xa uba mkhulu umahluko phakathi kwemibala, kuba lula ngakumbi ukuba umntwana awubone.*

9

Imibala eyahluke kakhulu

Kuya kufuneka:



Ngaba wonke umntu uyavuma ukuba kulula ngakumbi ukubona imibala xa kukho umahluko omkhulu phakathi kwayo?

Khangela ukuba ayikho na imibuzo.



UMSEBENZI:

- *Xhoma imifanekiso emibini eludongeni kumlinganiselo wamehlo.*
- *Cela wonke umntu ukuba aze kujonga umfanekiso ngamnye ngeeshiti zabo zeplastiki.*
- *Emva koko banokubuyela kwizitulo zabo.*



KULULA UKUJONGA KWINDOWO EN GENANTO NGASEMVA:

Njengoko sitshilo ngaphambilana, kunzima ukuba umntwana oneCVI ajonge into enye xa kukho ezininzi. Ukuba sibonisa umntwana into kube kukho imibala emininzi nezinto ngasemva, kwakhona kufana nokukgela udadewenu phakathi kwesihlwele kwibala lebhola ekhatywayo.

Ukuba ubeka into phambi komntwana etafileni, qiniseka ukuba ayikho enye into etafileni ngelo xesha. Ukuba ubonisa umntwana wakho into, yibeke phambi kodonga olungenanto kungekho mifanekiso ixhonyiweyo. Ukuba akunalo udonga olungenanto, unokubeka ishiti engenanto ukuze kungabikho nto emva kwayo.

10

Udonga olungenanto

Kuya
kufuneka:



Ngaba wonke umntu uyavuma ukuba kulula ngakumbi ukubona imibala xa kungekho nto?

- Ewe.



Chaza isizathu sokuba kube lula kumntwana oneCVI ukubona xa kungekho nto.



UMSEBENZI:

- *Wenzi ngokwamaqela lo msebenzi.*
- *Omnye umntu uhlala esitulweni aze ajonge kude nefestile. Ukuba akukho festile, umele ajonge kude nokukhanya. Umele aphakamise ishiti yeplastiki phambi kwakhe njengasemfanekisweni.*
- *Omnye umntu umele eme phambi kwakhe kunye nebhodi emenyazelayo.*
- *Umele aqale abambe ibhodi ingashukumi ukuze ikwazi ukubonisa ukukhanya, emva koko umele ashukumise ibhodi ayise emva naphambili ukuze ukukhanya kubengezele.*
- *Emva koko vumela amaqela atshintshane ukuze mntu ngamnye afumane ithuba.*

Kuya kufuneka:



Ngaba wonke umntu uyavuma ukuba bekulula ngakumbi ukubona ibhodi xa kubonakala ukukhanya?

- Ewe



Ngaba ucinga ukuba bekuya kuba lula ukubona ibhodi xa ubujonge ngasefestileni? Ngoba?

- Hayi, ukukhanya akunakubonakala ebhodini.
- Ukukhanya okungena efestileni kukhanya kakhulu kunebhodi.



Ngaba bekulula ukubona ibhodi xa ibimile okanye ngoxa ibishukunyiswa?

- Xa ibishukunyiswa.

Ngaba wonke umntu ubonile ukuba singabonisa ukukhanya ukuze senze kube lula ukuba umntwana oneCVI abone? Ukuba akakajongi, singashukumisa into leyo ukuze senze kube lula nangakumbi ukuyibona.



Ngaba ungacinga ngemizekelo yezinye izinto ezibonisa ukukhanya?

- Izipili, imihombiso yeKrismesi, imbiza emenyezelayo, iCD
- Izinto zokusongela ezimenyezelayo eziswiti okanye phakathi kwipakethi yeetshipsi.



UMSEBENZI:

- Cela wonke umntu ukuba aphakamise iishiti zabo zeplastiki phambi kwamehlo abo.
- Layita iselfowuni uze uqinisekise ukuba uyijongisa kumntu ngamnye ukuze ngamnye afumane ithuba lokuyibona.
- Emva koko yenza igumbi libe mnyama ngokuvala iikhethini okanye ngokugguma iifestile uze ucime isibane.
- Yenza umsebenzi ofanayo ngokuphindaphindiweyo ngoxa igumbi limnyama.



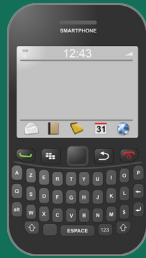
UKUSEBENZISA UKUKHANYA UKUZE UNCEDE UMNTWANA ONECVI ABONE BHETELE:

Sinokwenza ukuba kube lula ngomntwana ukuba abone izinto ngokuzilayita ngetotshi. Ukukhanya kwenza into leyo ikhanye ngakumbi kunoko ikuko ngoko kuba lula ukuba umntwana oneCVI ukuba abone.

KODWA:

Asimele sikhanyise itotshi ngqo emehlweni omntwana, njengoko inokuwonakalisa amehlo.

Kuya kufuneka:



Ngaba ukwazile ukubona ukukhanya kwisihlandlo sokuqala?

- Ewe



Ngaba bekulula ukubona ukukhanya xa igumbi belikhanya okanye xa belimnyama?

- Xa belimnyama.



Ngaba ungacinga ngemizekelo yezinye izinto esinokuzisebenzisa njengokukhanya?

- Itotshi, iselfowuni, nayiphi na enye into yokudlala elayitay.

Nibonile ukuba singasebenzisa ukukhanya noko kuboniswayo ukuze senze kube lula ukuba umntwana oneCVI abone? Oku kusebenza kakuhle kakhulu kubantwana ababona kuphela ukukhanya nobumnyama kodwa ikwanceda nabanye abantwana abaneCVI ukuba babone bhetele.



Chaza indlela yokusebenzisa ukukhanya ukwenza izinto kube lula ukuzibona.

Khangela ukuba ayikho na imibuzo.

Ukufumanisa ukuba umntwana oneCVI ubona kangakanani yaye ubona kufutshane okanye kude kangakanani kunzima. Kubalulekile ukuba ucele ingcali ikuncede wenze oku ngenxa yokuba abantwana abaneCVI bahluke gqitha.

UMYALEZO OYINTLOKO

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.

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

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

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.

12

Ukukusebenzisa emakhaya oko siye sakufunda

Kuya kufuneka:



13

Isiphelo sewekshophu



Njengoko le wekshophu ifikelele esiphelweni, ngaba ukhona umntu onombuzo ngaphambi kokuba sivale?



Emva kokufunda ngeCVI yintoni oza kuyenza ngokwahlukileyo xa ufika ekhaya? Ukuba akunaye umntwana oneCVI, ungamnceda njani umntu onaye?

Thetha neli qela ngephepha lomzali uze ukhangele ukuba akukho mibuzo na kulo.

Yivale iwekshophu uze uqinisekise ukuba wonke umntu uphendulwe ngendlela eyanelisayo na kwimibuzo yakhe.