



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)



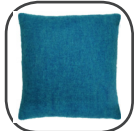
Cut-out cups (1 per participant in the group) - Plastic or polystyrene cups can be cut-out as in the picture and used for the activities.



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 hvaing 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.



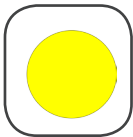
3 Pieces of material (red, yellow and black in A3 size) - can also use towels or sheets of paper.



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.

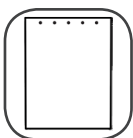


1 Set of background pictures printed in A3 colour.



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 an 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

Isingeniso ku-CP

*Yini i-CP futhi?
Imthinta kanjani umtanami?*

Okokusebenza

Kule workshop uzodinga:



Iphepha elikhulu



Imakha yokubhala



Inkomishi esikiwe x 1



Izingcezu zamaphepha amancane (Umntu ngamunye)



ICE-BREAKER:

Kupheshana ngalinye elincane, bhala phansi igama lomuntu ngamunye kanye nelakho. Afake enkomishini. Chazela iqembu lakho ukuthi kuzofanele bakhiphe ipheshana elinegama enkomishini kodwa bangabheki ngaphakathi kuyo. Umuntu okutholakale igama lakhe, kuzofanele bambuze umbuzo ngaye okufanele awuphendule. Dlulisela inkomishi kuwo wonke umuntu kuze kube bonke abantu baphethe igama abalikhethile. Qala wena ngokuthi ubuze lo muntu ophethe igama lakhe umbuzo. Emva kwalokho nikeza wonke umuntu ithuba. Uma kukhona okhethe igama lakhe enkomishini, angalishintshanisa nelalowo oseduze naye.

1

Ukwamukela

Yamukela wonke umuntu okhona uqinisekise ukuthi bazizwa benethezekile ngaphambi kokuthi uqale.



Chaza le ice-breaker bese uyenza kanye nabo.



Namathisela phezulu okulindelekile bese nikucubungula neqembu lakho.

Workshop 1 - Okulindelekile

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

Malamulele Onward C2CTP ©

Workshop 1 - Introduction to CP

Kule workshop sizokwazana bese sibanobudlelwano bokuthembana njengeqembu. Sonke silapha ukuzofundisana njengoba omunye nomunye enento ethile angayifundisa iqembu ngolwazi analo ekusebenzeni nezingane ezine-CP.

Namuhla sizokhuluma ngalokhu:

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

3

Esikwaziyo nge-CP

Uzodinga:



Namuhla sikhuluma nge-CP, kodwa ngaphambi kokuqala ngifisa ukuthola ukuthi nazini nge-CP.



Nazini nge-CP?

Bhala phansi konke abakushoyo.





UKUXOXA NGENDABA YAKHO:

Uma usuxoxa indaba yakho, phendula le mibuzo elandelayo:

- *Wazi nini ukuthi kukhona okungalungile?*
- *Lokhu kwenza uzizwe kanjani?*
- *Wathola kanjani ukuthi umtanakho une-CP?*
- *Bakuphatha kanjani abanye abantu nxa bebona ukuthi umtanakho une-CP?*
- *Wabatshelani?*
- *Yini eyakusiza ukuthi ubheke phambili?*

4

Ukuxoxa ngezindaba zethu

Omunye nomunye wethu unendaba angayixoxa ngokuba ngumzali wengane ene-CP nangezinto esezimehlele kuze kube manje. Uma ungeyena umzali wengane ene-CP, ulapha ngoba kukhona ingane ene-CP esempilweni yakho ngakho-ke awuqondisisi kahle ukuthi yini okumele uyenze ukunakekela ingane ene-CP.

Sizothatha leli thuba manje ukuxoxelana izindaba zethu.

Qinisekisa ukuthi wonke umuntu akanankinga yokuxoxela iqembu indaba yakhe.

Ngizoqala.



Xoxela iqembu indaba yakho neyengane yakho.



Ubani ongafisa ukulandela asixoxele indaba yakhe?

Nikeza ithuba lokuthi wonke umuntu axoxele iqembu indaba yakhe.



CEREBRAL PALSY:

Amagama athi-CP amele ukuthi 'Cerebral Palsy'. Igama elithi 'cerebral' lisho into exhumene nobuchopho. Elithi 'palsy' lisho ubuthakathaka noma inkinga ekhona lapho umuntu eshintsha ukuhlala komzimba noma enyakaza. Zonke izingane ezine-CP zinokulimala okukhona enggondweni yazo kanti-ke ezinye izingane zilimele kakhulu kunezinye. Lokhu kulimala kubanga izingane endleleni ingane enyakaza ngayo, ehamba ngayo, edla ngayo, ephuza ngayo futhi ekhuluma ngayo.

Ingane ene-CP inenkinga yokulawula nokunyakazisa imisipha yomzimba. Ngokujwayelekile ingqondo itshela umzimba ukuthi kumele wenzeni futhi nini. Kodwa i-CP ithikameza ingqondo yengane futhi ukuthi ingane ingakwazi okanye ingakwazi ukwenza ini kungcike ekutheni iyiphi ingxenye yengqondo ethintekile. Kungenzeka ingane ingakwazi ukuhamba, ukukhuluma, ukudla okanye ukudlala ngendlela zonke izingane ezidlala ngayo.

Izingxenye ezahlukene zengqondo zingalimala yingakho izingane ezine-CP zingeke zafana nezinye ezine-CP.

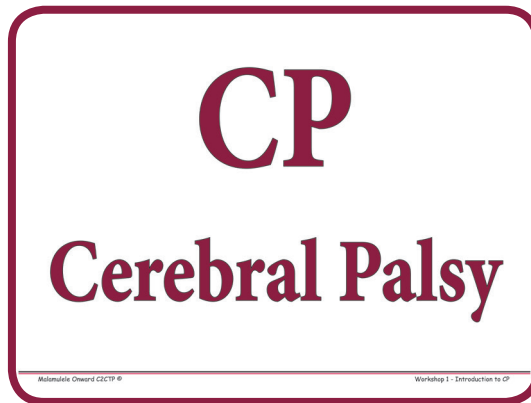
5

Yini i-CP?

Asizame ukuqonda ukuthi i-CP isho ukuthini.



Namathisela isithombe phezulu ukuchaza ukuthi i-CP isho ukuthini.



Qiniseka ukuthi akekho onemibuzo.



THE POWER STATION STORY:

Uma kungukuthi unogesi kwakho, amaplaki namaswishi anezintambo ezikuxhumanisa nesiteshi lapho kuphehlwa khona ugesi. Ugesi siwuthola ngaleyo ndlela. Isiteshi sikagesi sithumela ugesi endlini yakho ngezintambo namapali. Lo gesi wenza ukuthi izinto ezisebenza ngogesi endlini yakho, ezinjengeketela, isitofu, okokukhanyisa, umabonakude, ishaja yeselula nefriji, zisebenze.

Zonke lezi zinto zikagesi ezahlukene zifana namalunga ahlukene omzimba wengane ezifana namehlo, umlomo, izindlebe, imilenze, izingalo kanye nezandla. Isiteshi sikagesi sifana nengqondo yengane. Njengoba ugesi uvela esiteshini sikagesi futhi wenza izinto ezisebenza ngogesi zisebenze, kanjalo nemiyalezo evela engqondweni yengane ihamba emzimbeni ukwenza ukuthi amalunga omzimba asebenze.

Uma kunenkinga esiteshini sikagesi, angeke kubekhona ugesi ozokwenza ukuthi izinto ezisebenza ngogesi zisebenze. Uma kungenagesi esiteshini sikagesi, amapali namakhebula angeke akwazi ukuphakela ugesi endlini. Akungakho ngoba anqamukile yini. Noma ngabe izinto ezisebenza ngogesi zizintsha sha, angeke zisebenze ungekho ugesi esiteshini. Izinto zikagesi zisebenza kahle, amapali namakhebula asebenza kahle kodwa angeke kukhone ukusebenza sanhlobo uma kunenkinga esiteshini sikagesi.

Izingane ezine-CP zinekinga engqondweni futhi lokhu kuthikameza ukusebenza kwamalunga athile emizimba yazo. Lokhu akusho ukuthi kunenkinga ngezitho zemizimba yazo, amathambo okanye imisipha. Konke kusebenza kahle kodwa nje kunenkinga ngengqondo ngakho-ke izingxenye ezithile zomzimba aziyiqondi imiyalezo evela engqondweni. Ukuthi yiziphi izingxenye zomzimba ezithintekile kuya ngokuthi iyiphi ingxenye yengqondo elimele.

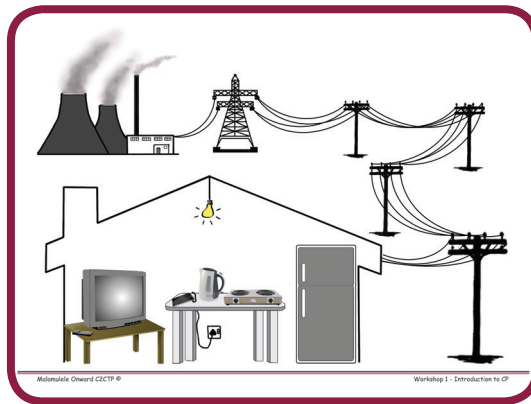
6

I-CP iwuthikameza kanjani umzimba

Ngizosebenzisa indaba ukunisiza niqonde ukuthi i-CP iwuthikameza kanjani umzimba wengane.



Namathisela isithombe phezulu ukuchazela iqembu.



Qiniseka ukuthi akekho onemibuzo.



IZINGANE EZINE-CP ZAHLUKANE:

Zonke izingane ezine-CP zinezinkinga zokuhamba okanye ukunyakaza, kodwa akuzona zonke ezinezinkinga ezifana nokubona, ukuzwa, ukukhuluma okanye ukufunda. Yonke ingane inawayo amakhono nezingqinamba.

Ezinye ziyakwazi ukuhamba, ezinye zikwazi ukudla nokuphuza kalula, futhi ezinye ziyakwazi ukuzihlalela. Ezinye izingane azikwazi ukuphakamisa amakhanda, ezinye azikwazi ukuzijikela kanti ezinye azikwazi ukubona kahle. Yize kunjalo noma ngabe iyiphi ingane ene-CP ingakwazi ukushintsha ikwazi ukwenza izinto ezithile kangcono. Ukuthi ushintsho lungaba ngakanini kungcike ekutheni ingakanani ingxenye yobuchopho elimele nanokuthi ingane isheshe kangakanani ukuqala i-therapy.

7

Sazi kanjani ukuthi ingane ine-CP



Sazi kanjani ukuthi ingane ine-CP?

Ingane inezinkinga nalokhu:

- ukunyakaza
- ukubona
- ukudla nokuphuza
- ukukhuluma
- ukucabanga nokufunda
- ukuhlala, ukuma nokuhamba

Yonke ingane ene-CP yahlukile – akwenzeki zifane. Ngakho-ke akufanele siqhathanisa izingane zethu. Yonke ingane idalwe ngendlela yayo eyenza ukuthi ihluke kwezinye.



Chaza ukuthi zahluke kanjani izingane ezine-CP

Sikholwa ukuthi yonke ingane ene-CP ingakwazi ukushintsha ngandlelana thizeni yize singeke sakwazi ukuyelapha.

Sebenzisa lezi zithombe ukubonisa ukuthi izingane ezine-CP zingahluka kanjani kwezinye ezinayo.



UMYALEZO OSEMQOKA

Zonke izingane ezine-CP zinenkinga yokunyakaza noma yokuhamba.

Izingane eziningi ezine-CP zinezinye futhi izinkinga.

Yonke ingane ene-CP ingakwazi ukushintsha ibe ngcono.

Yize singeke sakwazi ukulapha i-CP, singakwazi ukusiza ingane ukuthi ibe umuntu ongcono.



KUSHO UKUTHINI UKUBA 'SPASTIC':

Ezinye izingane ezine-CP zizizwa ziboshekelwe imisipha sonke isikhathi. Kubanzima kakhulu enganeni ukunyakazisa izingalo nemilenze ngenxa yokuthi imisipha ibophene kakhulu. Igama esilisebenzisa ukuchaza izingane ezizizwa ziboshekelwe imisipha i-spastic. Leli gama lisho ukuthi imisipha esezingalweni nasemilenzeni ihlala ibophekile sonke isikhathi.

8

Izinhlobo ezahlukene ze-CP

Siqeda kuthi zonke izingane ezine-CP zinenkinga yokunyakaza okanye yokuhamba nokuthi zonke zehlukile kwezinye ezine-CP. Singachaza izingane ezine-CP ngezindlela ezingu-3 ezahlukene: (1) iliphi iqembu le-CP ezingena kulo, (2) yini ezingayinyakazisa ngaphandle kosizo, nokuthi (3) imaphi amalunga omzimba athintekayo ekunyakaziseni izinto.

Asiqale ngengxenye yokuqala. Izingane ezine-CP zingahlelwa ngokwamaqembu angu-3 e-CP.

Igama esilisebenzisa ukuchaza izingane ezingena eqenjini lokuqala yi-spastic.



Sebenzisa lezi zithombe ukusiza iqembu lakho liqonde kahle ukuthi igama elithi spastic lisho ukuthini.





UKUBONA INGANE E-SPASTIC:

Singakwazi ukubona ukuthi ingane i-spastic ngokuthi siyibuke simi emasayidini ahlukenene. Akukhathaleki noma ngabe ingane ibekwe ngakuliphi isayidi, ibukeka iyinto eyodwa. Uma ihleli, izingalo zayo nemilenze yayo kuhlala endaweni eyodwa. Uma ilele ngesisu, izingalo nemilenze kuhlala endaweni eyodwa. Uma ilele ngomhlane, izingalo nemilenze kuhlala endaweni eyodwa.



Sebenzisa lezi zithombe ukubonisa iqembu lakho ukuthi lingayibona kanjani ingane e-spastic.





KUSO UKUTHINI UKUTHI CHOREOATHETOID:

Ezinye izingane ezine-CP zihlala zinyakaza futhi kunzima ukuthi zihlale zithule. Kubukeka sengathi izingalo nemilenze kwazo kudedelwe ngokukhululeka emasayidini azo. Uma zizama kanzima ukwenza into ethile noma uma kukhona okuzijabulisayo lokhu kunyakaza kuyadlulela. Zinobunzima obukhulu ukulawula indlela ezinyakaza ngayo futhi zibukeka zingahlelekile. Igama esilisebenzisa ukuchaza izingane ezihlala zinyakaza okanye ezinyakaza ngokweqile lithi choreoatheid.



UKUBONA IZINGANE EZI-CHOREOATHETOID:

Singakwazi ukubona ukuthi ingane iyi-choreoathetoid ngokuthi sibheke ukuthi kwenzakalani uma izama ukunyakaza. Ngesinye isikhathi lokhu kunyakaza kuba kuncane ngakho-ke kunzima ukukubona esithombeni ngoba angeke wakwazi ukubona ingane inyakaza esithombeni. Ngesinye isikhathi lezi zingane zingazama ukugcina izingalo nemilenze kusondelene nomzimba ukuvimbela ukunyakaza. Uma zizama ukuthatha into ethile, ukunyakaza kungabukeka kwethusa kakhulu ngoba akulawuleki. Empeleni le ngane ingakushaya ngengalo yayo lapho izama ukuthatha leyo nto ethile. Isuke ingaqondile ukukushaya, inking nje ayikwazi ukulawula ukunyakaza kwezingalo zayo.

Igama esilisebenzisa ukuchaza izingane ezisegabeni esilandelayo se-CP yi-choreoathetoid.



Chaza ukuthi igama elithi choreoathetoid lisho ukuthini futhi bonisa iqembu lakho ukuthi ingane e-choreoathetoid ibukeka kanjani.



Sebenzisa lezi zithombe ukubonisa iqembu ukuthi ibonakala kanjani e-choreoathetoid.





KUSHO UKUTHINI UKUTHI DYSTONIC:

Ezinye izingane ezine-CP zifushela emuva kakhulu. Imizimba yazo izizwa idedeleke kakhulu kodwa uma nje zizama ukunyakaza iyabopha. Kunzima ukuthi ingane ikhululeke uma umzimba ubopha. Uma uzama ukuyiyekisa ukufusha, yilapho ifusha khona kakhulu. Kuba sengathi ingane isinamandla amakhulu ngakho-ke ifusha kakhulu. Lezi zingane kungaba nzima ukuziphatha ngoba ngesinye isikhathi zizizwa zikhululekile kwesinye isikhathi zizizwe zibophekele. Igama esilisebenzisa ukuchaza lezi zingane elithi dystonic.

Igama esilisebenzisa ukuchaza izingane ezisesigabeni sesithathu se-CP lithi dystonic.



Sebenzisa lezi zithombe ukusiza iqembu ukuthi liqonde ukuthi igama elithi dystonic lisho ukuthini.





UKUBONA IZINGANE EZI-DYSTONIC:

Singabona ukuthi ingane i-dystonic ngokuthi silinde ukuthi ibukeke ikhululekile bese siyicela ukuthi yenze into ethile. Kuzothi lapho iqala nje ithi iyanyakaza umzimba wayo ubophe. Lezi zingane zikuthola kunzima ngempela ukugcina amakhanda azo ephakathi nendawo. Lingawela phambili okanye zingalifugela emuva kaningi. Kunzima kuzo ukuthi zihlanganise izingalo phakathi nendawo phambili. Ngokujwayelekile zigcina izingalo zazo zibophene emasayidini buqamama nemizimba. Okuvamile ngalezi zingane ezi-dystonic ukuthi imizimba yazo ibukeka isongene okanye imilenze isongelene noma isontekile.



Sebenzisa lezi zithombe ukubonisa iqembu lakho ukuthi ibonakala kanjani ingane e-dystonic.



Akulula ngaso sonke isikhathi ukubona ukuthi ingane i-spastic noma i-dystonic. Ezinye izingane zingaba-spastic futhi dystonic ngesikhathi esisodwa. Uma izingane zizithola zingena ezigabeni ezimbili noma ezintathu ze-CP sizibiza ngokuthi zixubile.



**Ucabanga ukuthi ingane yakho ingena kuliphi iqembu?
Kungani?**

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Sikhulume ngezinhlobo ezintathu ze-CP.

Ezinye izingane zi-spastic futhi zibophekele sonke sonke isikhathi.

Ezinye izingane zi-choreoathetoids futhi zinyakaza ngokwedlulele.

Ezinye izingane zi-dystonic bese zibopheka uma zizama ukwenza into ethile noma zijabula kakhulu.

Ezinye izingane zixubile ngoba zingena emaqenjini angaphezu kwelilodwa le-CP.



IZINGANE ZIKA-LEVEL 1:

Izingane zika-level 1 zingakwazi ukuzihambela ngaphandle nangaphakathi zodwa futhi zingehla zenyuke izitebhisi ngaphandle kokubambelela. Zingagijima zigxume kodwa kungenzeka zingabi nesivinini sezinye izingane futhi ukuzimelela kwazo akufani nokwezingane ezingena-CP.



IZINGANE ZIKA-LEVEL 2:

Izingane zika-level 2 zingazihambela ngaphandle nangaphakathi zizodwa kodwa ngaphandle kungaba nzima. Zingenyuka zehle izitebhisi uma kukhona okokubambelela. Iphansi elingaqondile nabantu abaningi kwenza kubenzima ukuthi zizihambele. Azikwazi ukugijima noma ukugxuma.

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Amazinga ahlukenene e-CP

Njengoba sishilo ngaphambilini, kunezindlela ezingu-3 esingachaza ngazo izingane ezine-CP. Indlela yesibili eyokuchaza izingane ngokuthi yini ezikwazi ukuyisunduzwa zingasizwa muntu. Angu-5 ama-level futhi zonke izingane ezine-CP zingachazwa ngelilodwa lala ma-level.



Namathisela isithombe phezulu ukuchaza ukuthi ingane ka-level 1 ikwazi ukwenzani.



Namathisela isithombe phezulu ukuchaza ukuthi ingane ka-level 2 ikwazi ukwenzani.





IZINGANE ZIKA-LEVEL 3:

Izingane zika-level 3 zikwazi ukuzihambela zodwa uma kukhona okokuzisiza njengesihlalo samasondo noma izinduku zemilenze emine futhi uma iphansi liqondile. Zingakwazi ukusebenzisa isihlalo samasondo zizodwa kodwa zidinga usizo uma ibanga likude. Ziyakwazi ukuzihlalela.



IZINGANE ZIKA-LEVEL 4:

Izingane zika-level 4 zisebenzisa izihlalo zamasondo isikhathi esiningi futhi zidinga umuntu ozoziphusha. Zingakwazi ukuziginqikela zodwa futhi zingakwazi ukuzihambela phansi zizodwa – isibonelo, ngokuhamba ngemihlane okanye ziginqike ngezisu. Azikwazi ukuzihlalela kodwa zingahlala uma uzisekela.



Namathisela isithombe phezulu ukuchaza ukuthi ingane ka-level 3 ikwazi ukwenzani.



Namathisela isithombe phezulu ukuchaza ukuthi ingane ka-level 4 lesine ikwazi ukwenzani.





IZINGANE ZIKA-LEVEL 5:

Izingane zika-level 5 azikwazi kuya ndawo zizodwa. Azikwazi ukuzihlalela futhi azikwazi ukuziqingikela zisuka emhlane zibuyela esiswini okanye zisuka esiswini zibuyela emhlane. Zingakwazi ukugingika kancane ukusuka esayidini ziya kwelinye.

Uma ubeka ingane ngesisu ingakwazi ukuphakamisa ikhanda kancane, kodwa akuzona zonke izingane eziku-level ezingakwazi ukuphakamisa ikhanda okanye ziqingike zisuka esayidini ziye kwelinye. Indlela ecacile yokubona ingane ka-level 5 ukuthi leyo ngane ayikwazi ukusuka lapho uyishiye khona, ilokhu ihleli lapho.



Namathisela isithombe phezulu ukuchaza ukuthi ingane ka-level 5 ikwazi ukwenzani.



Izingane zika-level 4 no-5 zinyakaza kancane kabi uma zizodwa, ngakho-ke kubalulekile ukufunda ukuthi zibekwa kanjani emini ngoba azikwazi ukukwenza lokhu zizodwa.



Ucabanga ukuthi ingane yakho ikuyiphi i-level?

Kungani?

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Izingane ezine-CP singachazwa njengezingena kweyodwa yama-level kula angu-5

La ma-level asitshela ukuthi ingane ingakwazi ukwenza okungakanani.

Ama-level 1 – 3 ayakwazi ukuzihambela.

Izingane eziku-level 4 no-5 zidinga usizo ukuhamba noma ukuguquka ngoba azikwazi ukwenza lokhu zizodwa.



IZINDLELA EZINGU-3 ZOKUBANDAKANYA AMALUNGA OMZIMBA:

Izingane eziningi ezine-CP zithinteka umzimba umzimba wonke. Lokhu kusho ukuthi izingalo nemilenze zikuthola kunzima ukunyakaza. Ingane enjengale siyibiza ngokuthi 'i-quadruplegic'. Ukunqamulela, sithi 'quad'.

Ezinye izingane zinezingalo ezingenakinga kodwa imilenze yazo ithintekile. Ngokujwayelekile lezi zingane ziyakwazi ukuhlala zisebenzise izandla zazo, kodwa zikuthola kunzima ukuhamba. Kwesinye isikhathi izingalo zithintekile kancane, kodwa imilenze yiyo ethinteka ukwedlula izingalo. Ingane enjengale siyibiza 'diplegic'. Ukunqamulela sithi 'di'.

Ezinye izingane zithinteka ohlangothini olulodwa lomzimba. Lokhu kusho ukuthi zinenkinga yokunyakazisa ingalo nomlenze ohlangothini olulodwa lomzimba. Ingane enjengale siyibiza 'hemiplegic'. Ukunqamulela sithi 'hemi'.

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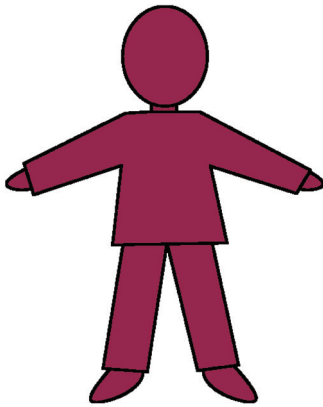
Amalunga omzimba abandakanyekayo

Indlela yesithathu yokuchaza izingane ezine-CP ukuthi imaphi amalunga omzimba abandakanyekayo. Zingu-3 izindlela ezinkulu ezibandakanya amalunga omzimba engane



Namathisela phezulu lezi zithombe ezingu-3 bese uchaza izindlela ezingu-3 ezibandakanya amalunga omzimba.

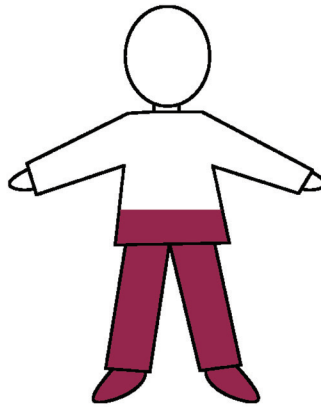
Quad



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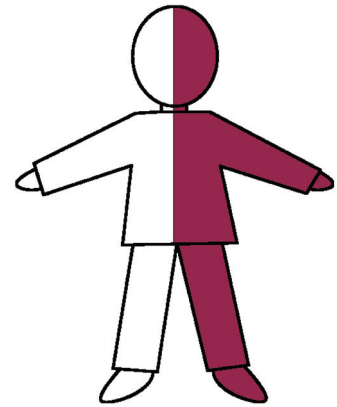
Di



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Hemi



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Sebenzisa lezi zithombe ukukhombisa ukuthi lezi zingane zibukeka kanjani.



**Imaphi amalunga omzimba engane yakho abandakanyekayo?
Ungasebenzisa liphi igama ukuwachaza?**

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Izingane ezine-CP zingachazwa ngokubheka ukuthi imaphi amalunga omzimba abandekanyekayo.

Sisebenzisa la magama ukuzichaza: 'quad', 'di' nelithi 'hemi'.

Ndawonye njengeqembu sizozama ukuqonda ukuthi i-CP ingabangelwa yini.



Ucabanga ukuthi kwaba yini imbangela ye-CP yomtanakho?

Nikeza wonke umuntu ithuba lokuphendula.



Wazi kanjani ukuthi lokhu oqeda kukusho kwaba yimbangela yangempela?

Ukhona owakutshela lokhu okushoyo?

Ubani owakutshela ngembangela futhi bayazi kanjani imbangela?

Sebenzisa imibuzo ukuqonda ukuthi abazali bakuthathaphi lokhu abakushoyo ngezimbangela.

Isikhathi esiningi imbangela ye-CP enganeni ayaziwa, ngoba kunzima ukusho ukuthi umonakalo wenzeka nini engqondweni. Yize ngokujwayelekile singayazi imbangela, noma ukuthi kwenzekani noma kungani kwenzeka, sinesiqiniseko esisodwa: akulona iphutha likamama ukuthi ingane ine-CP.

Ngesinye isikhathi kunezinto ezingenzeka ezingenza ukuthi ingane izithole ine-CP okanye ibe sengcupheni yojuthola i-CP. Ezinye zalezi zinto zingenzeka lapho umama esakhulelwe, ezinye zazo zingenzeka lapho ebeletha kanti ezinye zingenzeka lapho ingane isizelwe.

Asiqale sikhulume ngokuthi kungenzeka ini kumama ngaphambi kokubeletha noma lapho ebeletha.



IZINTO EZINGENZEKA KUMAMA EZINGABANGELA I-CP:

- *Uma umama egula noma enesifo esithelelanayo – umama angadlulisela isifo enganeni esakhula esiswini sakhe.*
- *Uma umama ene-BP ephezulu kakhulu, ikakhulukazi ngenyanga yakhe yokugcina yokukhulelwa lokho kungalimaza ingane.*
- *Uma umama ethatha amaphilisi angalimaza ingane, ikakhulukazi amaphilisi angawanikwanga udokotela.*
- *Uma umama esheshe ehelelwa.*
- *Noma ngabe isiphi isimo esingenza ingane ingaphumi ngesikhathi ibelethwa. Isibonelo, uma umama enomlomo wesibeletho omncane kakhulu. Uma ingane ingakwazi ukuphuma, umhelo umude futhi unzima. Uma kuthatha isikhathi eside ukuthi ingane iphume, ingakhathala ebese ingena ebunzimeni ingatholi umoya ohlanzekile owanele, okanye ukushaya kwenhliziyo kwayo kungaba buthaka.*
- *Ngesinye isikhathi kungenzeka ukuthi kuke kwaba nenkinga ngesikhathi umama esanda kukhulelwa, ngenxa yalokhu ingane ayinyakazi kahle esiswini sikamama.*
- *Uma umama ebeletha amawele – kungathatha isikhathi eside ukuthi iwele lesibili lizalwe.*
- *Ukuba sengozini engadala ukulimala ekhanda lengane, njengengozi yemoto okanye uma umama ekade eshaywa.*



Namathisela isithombe phezulu bese uchaza into ngayinye engenzeka kumama engalimaza ingane.



Izinto ezingenzeka kumama ezingabangela i-CP:

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

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Qiniseka ukuthi akekho onemibuzo.

Konke lokhu yizinto ezingehlela umama ezingandisa amathuba okuthi ingane ibene-CP ngaphambi noma lapho izalwa.

Manje asikhulume ngezinto ezingehlela ingane ezingayibeka engcupheni yokubane-CP.



IZINTO EZINGEHLELA INGANE EZINGABANGA I-CP:

- *Uma ingane isheshe yazalwa (ngaphambi kwezinyanga ezingu-8).*
- *Uma ngabe emva kokuzalwa, kukhona ukopha enggondweni – lokhu kungenzeka ikakhulukazi ezinganeni ezisheshe kakhulu ukuzalwa ngaphambi kwesikhathi.*
- *Uma emva kokuzalwa, ingane ithola isifo esithelelanayo esifana ne-meningitis noma i-TB meningitis. Uma ingane izithola iqhashaza iqeda nje ukuzalwa. Ukuqhashaza ezinsukwini zokuqala ingane izelwe kuyinkomba yokuthi kungenzeka ukuthi ubuchopho balimala abangathola umoya ohlanzekile ngesikhathi ingane izalwa.*



IZINTO EZINGAYIBANGI I-CP:

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



Namathisela isithombe phezulu ukuchaza into ngayinye engehlela ingane iqeda nje ukuzalwa.



Izinto ezenzeka enganeni ezingabangela i-CP:

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

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Qiniseka ukuthi akekho onemibuzo.

Lezi yizo zonke izinto ezingandisa amathuba okuthi ingane iphathwe yi-CP. Kodwa kubalulekile ukukhumbula lokhu, ukuthi lezi zinto zingakhuphula amathuba okuphathwa i-CP, lokhu akusho ukuthi nakanjani zingayibangela i-CP.

Njengoba sesikhulumile ngezinto ezingabanga i-CP, asikhulumeni ngezinto ezingeke zabanga i-CP.



Namathisela isithombe phezulu bese nidingida iphuzu ngalinye. Yekela iqembu lixoxe ngemizwa yalo ngalokho oqeda kubaxoxela khona.



Izinto ezingayibangi i-CP:

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

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Abazali abaningi bakubona sengathi yiphutha labo ukuthi ingane ine-CP futhi baphila impilo yokuzisola. Lokhu kujwayeleke ngoba abantu abasondelene nabo basola bona, ngoba bacabanga ukuthi lezi zinto zingabanga i-CP, kodwa bashaye phansi.

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

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Sazi kuphela ngezinto eziyingcuphe ezinganyusa amathuba okuba ingane ithole i-CP.

Ezinye zalezi zinto zenzeka kumama kanti ezinye zenzeka enganeni.

Akusilona iphutha lomzali ukuthi ingane ine-CP – into angeke bakwazi ukuyilawula.



KUNGANI IZINGANE ZINGEKE ZABULAWA YI-CP:

I-CP ayizibulali izingane kodwa izingane ezine-CP zingabulawa yizinto ezifanayo nalezi ezibulala thina. Uma ingane ene-CP ishona, ngokujwayelekile kungenxa yokuthi ibinokugula okuyiqinise kakhulu njenge-TB, isifo esithathelanayo esihlasele isifuba noma amanzi emaphashini (i-pneumonia). Uma ingane inesifo sokuwa, futhi ingathathi mithi, ukuqhashaza kungenzeka ngamandla amakhulu kuholele ekutheni ingane iquleke. Uma ingane ingafinyeleli esibhedlela ngokushesha, kungenzeka ukuthi ishone

Izingane ezine-CP zikhula zibe intsha emva kwalokho zibe abantu abadala abane-CP. Asijwayele ukubona abantu abaningi abadala abane-CP ezindaweni zasemakhaya ngoba ngesikhathi bekhula bayasinda ngokomzimba bese kuba nzima ukubahambisa esibhedlela.

12 I-CP uphila nayo impilo yakho yonke



Ucabanga ukuthi izingane zingafa zibulawa i-CP?
Kungani?



Emva kokuba wonke umuntu esephendule lo mbuzo ongenhla, chaza ukuthi kungani izingane zingeke zabalawa yi-CP.

Sebenzisa lezi zithombe ukubonisa iqembu lakho ukuthi izingane ezine-CP zingakhula zibe yintsha nabadala abane-CP.





KUNGANI I-CP INGEKE ILAPHEKE:

Alikho ikhambi lokulapha i-CP. Uma sekunomonakalo, awube usalungiseka. Nodokotela abangcono kakhulu emhlabeni angeke bakwazi ukulapha i-CP. Angeke yalapheka ngokuhlinzwa kanti nemithi yodokotela noma yezinyanga angeke yasiza. Noma ngabe unemali eningi kakhulu, akwenzi mehluko. I-CP isifo ophila naso impilo yakho yonke. Ingane ene-CP iyohlala inayo.

Ama-therapists nodokotela bangenza konke okungenzeka ukusiza ingane ene-CP ibe umuntu ongcono kakhulu kodwa angeke bakwazi ukuyilapha.



Ucabanga ukuthi i-CP ingelapheka?



Emva kokuba wonke umuntu esephendulile, chaza ukuthi kungani i-CP ingeke yelapheke.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Izingane ezine-CP ziyohlala zinayo.

Ziyokwazi ukukhula zibe yintsha bese ziba ndala uma ziphila impilo enhle.

Akunadokotela, namuthi, nakuhlinzwa namshini ongalungisa ingqondo elimele.



UKUNGENA ISIKOLE:

Sishilo ngaphambilini ukuthi ingane ngayinye ene-CP yahlukile nokuthi ingakwazi ukuzenzela izinto ezithile kuye ngokuthi iziphi izingxenywe zobuchopho ezilimele. Kuyafana uma kuziwa ekufundeni. Ezinye izingane ezine-CP zingafunda zifane nanoma yiziphi ezinye ezingenayo i-CP kanti ezinye zingakwazi ukufunda izinto ezilula kakhulu.

Uma ingane ene-CP ingafunda ngokufana nanoma iyiphi enye, ingangena isikole esingakwazi ukuyisiza ifunde yize inezinkinga zokuhamba. Ngebhadi, zimbalwa kakhulu izikole ezinjalo kanti futhi kungaba nzima ukuthi ingane ithathwe kuzo.

Ezinye izingane ezine-CP zingafunda nanoma kusiphi isikole kodwa zidinga umuntu othile ngaso sonke isikhathi ongazisiza eklasini.



Ucabanga ukuthi izingane ezine-CP zingangena isikole?
Kungani?



Emva kokuba wonke umuntu esephendule umbuzo, chaza ukuthi kungani ezinye izingane zingangena isikole ezinye zingekke zikwazi.

Cela iseluleko se-therapist yakho ukwazi ukuthi ingane yakho ingakwazi ukufunda into engakanani nanokuthi ingakwazi yini ukuya esikoleni. I-therapist kumele ikwazi ukukunika iseluleko ngezikole ezikhona nanokuthi kufakwa kanjani isicelo sokufunda.

Khumbula ukuthi zonke izingane ezine-CP zingakwazi ukushintsha ngakho-ke zonke izingane ezine-CP zingafunda into ethile noma ngabe incane kanjani. Akufanele sizame ukuzama ukubafundisa izinto ezintsha.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Izingane ezine-CP zingaya esikoleni uma zingakwazi ukufunda.

Ukuthi zikwazi ukufunda okungakanani kungcike ekutheni iyiphi ingxenye yobuchopho elimele.

Cela iseluleko se-therapist yakho ukuthi ingafunda kuphi ingane yakho.

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Ukuphela kwe-workshop

Hlukanisa iqembu ukuze abantu bezosebenza ngababili.

Ngifuna ukuthi nixoxe ngababili ngenikufundile namuhla njengoba lube luningi ulwazi olusha.

Banikeze imizuzwana yokuxoxa.

Ngifuna niphendule imibuzo engu-2 njengoba nisasebenza ngababili.



**Nizoyitshela ini imindeni yenu emva kwale-workshop?
Kuzoba nzima kangakanani?**

Banikeza imizuzu eyengeziwe ukuxoxa ngezimpendulo zabo.



Njengoba i-workshop isifike emaphethelweni, ingabe ukhona onombuzo ngaphambi kokuthi sivale?

Ukanye neqembu, fundani i-handout yomzali bese uphendula imibuzo engavela.

Vala i-workshop uqinisekise ukuthi wonke umuntu unelisekile ukuthi imibuzo yabo iphenduliwe.

2

I-CP njengendlela yokuphila

*Ukubheka umtanami
usuku lonke.*

Kule workshop uzodinga:



Iphepha elikhulu



Imakha yokubhala



Umqamelo noma ingubo egoqiwe

1

Ukwamukela

Yamukela wonke umuntu okhona uqinisekise ukuthi bazizwa benethezekile ngaphambi kokuthi uqale.



Ngaphambi kokuqala le workshop, iyiphi into eyodwa oyixoxele umndeni wakho nge-CP futhi batheni uma bezwa okushoyo?

Namathisela phezulu okulindelekile bese nikucubungula neqembu lakho.

Workshop 2 - Okulindelekile

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

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Workshop 2 - CP as a Way of Life

Ku-worshop edlule sifunde ukuthi:

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

Ukunakekela ingane ene-CP kuyindlela yokuphila futhi ukuthi izingane ezine-CP zingashintsha kanjani, kungcike ekutheni zisichitha kanjani isikhathi sazo usuku ngalunye.

Namumhla sizokhuluma ngalezi zinto:

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



UKUNAKEKELA INGANE ENE-CP KUYINDLELA YOKUPHILA:

Kule workshop sizokhuluma ngamasu alusizo okunakekela izingane ezine-CP, kodwa lamasu awasikho ukuzivocavoca. Awayona into yesikhathi esithile sosuku okanye awokuthi enziwe izikhathi ezithile zosuku. La masu awokuthi asetshenziswe sonke isikhathi lapho senza nanoma yini sinengane ene-CP. Lokhu kungenxa yokuthi ingane ene-CP inezinkinga zokunyakazisa umzimba futhi lobu bunzima abenzeki nje kuphela ngezikhathi ezithile zosuku, buhlala buyithikameza ingane. Ngakho-ke kumele sihlale sisebenza nengane ngendlela elusizo ukuze umzimba wengane ungonakali udlule lokhu oyikho.

Yingakho nje sisho kugcwale umlomo ukuthi kunakekela ingane ene-CP kuyindlela yokuphila ngoba amasu esiwafundayo ayizinto esidinga ukuzenza usuku lonke zonke izinsuku – hhayi nje kuphela ngezikhathi ezithile zosuku okanye ngezinsuku ezithile zeviki. Awasikho ukuzivocavoca, ayindlela yokuphila nengane yethu. Ukuzivocavoca nsuku zonke kungasiza kodwa akwanele ukuvimbela ukuthi umzimba wengane wonakale kakhulu.

3

I-CP njengendlela yokuphila

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

Kule workshop sizofunda ngokuthi singazisiza kanjani izingane ukuthi zishintshe ngendlela eyamukelekayo zingonakali. Ukuze sifunde lokhu, okokuqala sidinga ukuqonda i-CP njengendlela yokuphila.



Chaza ukuthi siqonde ukuthini uma sithi "ukunakekela ingane ene-CP kuyindlela yempilo".



INDABA YENDLU YOTSHANI:

Asisebenzise izibonelo zendlu yotshani ukuze siqonde. Uma unendlu yotshani enhle, efulelwe kahle, enezindonga eziqinile, iyoba yindawo enethezekile ukuhlala kuyo. Uma uhlala nje endlini yotshani ungenzi lutho ukuyigcina ibukeka iyinhle futhi iqinile, emva kwesikhathi iyoqala ibukeke kabi kakhulu. Uma uyiyekelela isikhathi eside iyogcina ifana nendlu yotshani esesithombeni sesibili.

Uma uhlala endlini yotshani ufuna ibe yikhaya elintofontofo isikhathi eside, kumele uyinakekele ngokuthi upheshe uphahla, ulungise izindonga futhi uzipende. Ngendlela efanayo, ingane ene-CP eshiywe kuma-position angelona usizo okanye inganakekelwe ngendlela elusizo, iyokonakala kakhulu ngokuhamba kwesikhathi. Izingane ezine-CP (ikakhulukazi ezika-level 4 no-5) azikwazi ukuzenzela olutheni ngakho-ke sidinga ukuzisiza ukuze zingonakali kakhulu.

Sishilo ngaphambilini ukuthi izingane ezine-CP zingashintsha kanti futhi ezinye izingane zingashintsha zedlule ezinye kuye ngokuthi ingqondo ilimele kangakanani. Nendlu yotshani nayo ingashintsha, kunokuthi siyinakekele nje kunezinto eziningi esingazenza ukuyithuthukisa. Lokhu kuliqiniso uma sikubhekisa enganeni ene-CP. Zingakwazi ukushintsha ngendlela eyamukelekayo, kodwa angeke zikwazi ukushintsha uma singazisizi ukuthi zishintshe.

4

Ushintsho lungaba luhle noma lube lubi

Izingane ezine-CP ziyashintsha ngokuqhubeka kwesikhathi futhi lolushintsho lungaba luhle noma lube lubi. Uma ingane ingakwazi ukuzinyakazela yodwa, ilapho sidinga khona kakhulu ukuyisiza inyakaze. Lokhu kungenxa yokuthi uma ingane ingakwazi ukuzinyakazela yodwa, umzimba wayo uyabopheka futhi ibophekela kuleyo position eshiywe kuyo.



Sebenzisa lezi zithombe ukuchaza indaba yendlu yotshani.



Ezinganeni zika-level 4 no-5, kungaba nzima ukubona ushintsho oluhle ngokuhamba kwesikhathi, ikakhulukazi lapho ingane ikhula – kodwa ingane ingonakala kakhulu uma singenzi okuthile ukuvikela lokhu.

Ezinganeni eziku-level 1, 2 no-3, kululanyana ukubona ushintsho oluhle ngokuhamba kwesikhathi, kodwa kusenamalunga omzimba athile angonakala kakhulu uma singazisizi.

5

Yini engonakala ngokuhamba kwesikhathi

Ake sibheke isibonelo sokuthi yini engonakala enganeni ene-CP ngokuqhubeka kwesikhathi.

Namathisela izithombe phezulu.



Uma ubheka lezi zithombe, uyabona ukuthi le ngane iyakwazi ukuma nokulala ku-position elungile. Izandla zayo ziyakwazi ukuvuleka futhi ibukeka ihleli ngokunethezeka.



What do you think this child will look like in 10 years? How will his body change?

Ucabanga ukuthi le ngane iyobukeka kanjani eminyakeni engu-10 ezayo? Umzimba wayo uyoshintsha kanjani?

Yekela iqembu lakho liphendule futhi lixoxe ngelikucabangayo.



INDLELA INGANE EBUKEKA NGAYO MANJE:

Manje le ngane ebesiyibuka isiyi-teenager. Kulezi zithombe uyabona ukuthi umzimba wayo awusaqondile futhi izinqulu zayo zisontekela esayidini elilodwa. Uma izinqulu sezisontekile, nomgogodla uyasonteka futhi angeke usaphinde uqondiseke. Yize isengahlaliseka esihlalweni esinamasondo, kodwa uyabona ukuthi ayisakwazi ukuhlala iqonde ngoba izinqulu nomgogodla kwayo kusontekile. Uma ubuka amadolo nezinyawo kwayo, uyabona ukuthi angeke isakwazi ukuzimela.



Namathisela lezi zithombe phezulu bese nikhuluma ngokubukeka kwale ngane esiya-teenager manje.



Ngokuhamba kwesikhathi lolushintsho lwenzeka ngokushesha ezinganeni zika-level 5 no-6 ngenxa yokuthi azikwazi ukuzinyakazela. Into ebaluleke kakhulu ukuvimbela ukuthi ingafani nale esesithombeni ukuqinisekisa ukuthi izingane zibekwe ku-position ekahle, aziyekiwe nje ukuthi zilale embhedeni. Khumbula ukuthi ingane izobophekela ohlangothini echitha isikhathi esiningi ilele ngalo. Uma zichitha isikhathi esiningi zilele embhedeni imilenze yazo isesayidini, zizobophekela kulolo hlangothi futhi izinqulu nomgogodla wazo kuyosontekela ngalapho.

UMYALEZO OSEMQOKA

Izingane ezine-CP zingashintsha kahle noma kabi kuye ngokuthi zinakekelwe kanjani.

Izingane ezine-CP ziyobophekela ku-position ezichitha ngakuyo isikhathi esiningi.

Singakuvikela ukuthi izingane ezine-CP zingonakali kakhulu ngokuqhubeka kwesikhathi.



INGANE KA-LEVEL 4 NOMA KA-5:

Lena ingane ka-level 5 ebophekile ngakho-ke edinga usizo olukhulu ukuthi ingonakali kakhulu. Njengoba nibona, umama wayo usebenze kanzima ukuqinisekisa ukuthi ayonakali ngakho-ke isaphila kahle, ayikabopheki ngokwedlulele. Isakwazi ukuzimela ngezinyawo zayo eziqondile futhi unina usakwazi ukunyakazisa umzimba wayo ubheke kuyo yonke indawo kufane nalapho yayisencane khona. Yize kungekho ushintsho olukhulu, iphila impilo enenjabulo engenabuhlungu. Uma nibheka isithombe sokuqala, nizobona ukuthi imilenze yayo ilele esayidini elilodwa. Le teenager esiqeda kuyibona ibiyobukeka kanje ngaphambi kokuthi yonakale kakhulu futhi le ngane nayo ibizobopheka ukube unina ubengasebenzanga kanzima ukuvikela lokhu.

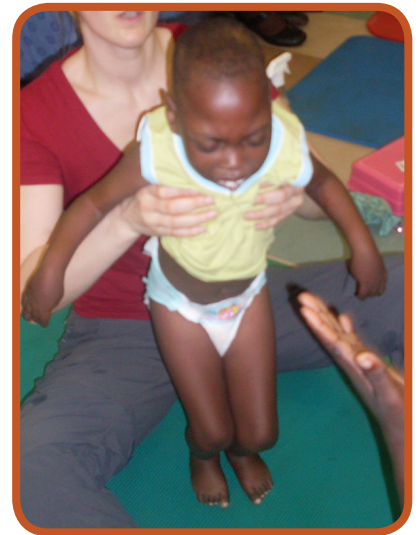
6

Yini engalunga ngokuhamba kwesikhathi

Manje ake sibheke izibonelo zezinto ezingalunga izinganeni ezine-CP ngokuhamba kwesikhathi.



Namathisela lezi zithombe phezulu ukukhuluma ngengane ka-level 4 no-5.





INGANE KA-LEVEL 1 KUYA KU-3:

Le ingane ka-level 3 ene-CP exubile. Uma ubheka umzimba wayo nezinyawo ngesikhathi isencane, ayibukeki njengengane ebingakwazi ukuma futhi ihambe ngenqola yabantwana, i-walker. Kodwa manje uyabona ukuthi isifunde ukuhlala futhi iyakwazi ukuhamba nge-walker. Futhi isijike yangumntwana ojabule esimbona ezithombeni lapho esemncane.



Namathisela izithombe phezulu ukukhuluma ngengane ka-level 1 kuya ku-3.



UMYALEZO OSEMQOKA

Izingane zingashintsha ngendlela enhle ngokuhamba kwesikhathi.

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

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

7

Kungani i-position enhle ibaluleke kakhulu

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

Uma ingane iyekelwa ku-position eyodwa isikhathi eside, iyonakala njengendlu yotshani ngokuhamba kwesikhathi. Asikhulume ngokuthi singazibeka kanjani izingane ngendlela elusizo futhi ezivikela ukuthi zingonakali.

Namathisela izithombe phezulu.





KUNGANI LA MA-POSITION ENGABA YINKINGA ENGANENI ENE-CP:

Uma sibeka phansi ingane ene-CP ukuthi iphumule, sizogaphela ukuthi imilenze ingcika esayidini elilodwa. Kwezinye izingane, imilenze ingcika esayidini elilodwa kuthi kwezinye umlenze owodwa ubheka ngaphaki kancane. Kodwa kuzo zonke izithombe, amadolo ezingane abheke kwenye indawo la imizimba yazo ingabhekile khona.

Ukulala kanje kwenza ukuthi izinqulu ziphumele ngaphandle ezinganeni ezine-CP futhi uma kwenzeka lokho sithi inqulu ibhonxukile. Noma ngabe kungumlenze owodwa obheke ngaphakathi kancane, inqulu izobhonxuka uma sishiya ingane ilele kule-position.

Uma amadolo engabhekile lapho kubheke khona umzimba, izinqulu ziyasonteka nomgogodla futhi uyasonteka bese izinqulu ziyabhonxuka. Uma lokhu kwenzeka, ingane ibasezinhlungwini ezinkulu futhi asibe sisakwazi ukushintsha osekwezile.

Izingane eziningi ezine-CP zibukeka njengezingane ezikulezi zithombe uma sizibeka phansi ukuthi ziphumule.



**Uthandani ngendlela izingane ezilele ngayo?
Ucabanga ukuthi yini inkinga ngendlela izingane ezilele ngayo?**



Chaza ukuthi yini eyinkinga ngale ndlela izingane ezilele ngayo.



UKWAKHEKA KWEJOYINTI LENQULU:

Lesi isithombe esithombe esikhombisa ukuthi libukeka kanjani ijoyinti lenqulu yengane engenayo i-CP. Siyabona ukuthi ithambo lenqulu linembobo ejulile lapho ithambo lomlenze lifike lingene khona kahle. Ukuma kwethambo lenqulu kusiza ukugcina ithambo lomlenze endaweni efanele. Izingane azizalwa nejoyinti lenqulu elinjengaleli. Emva kokuzalwa kwengane, ijoyinti lenqulu lakheka ngokuthi ingane ikhase, ime futhi ihambe. Ukukhasa nokuhamba kubaluleke kabi ukuthi ibombo esenqulwini yakheke ijule njengale esiyibona esithombeni.



IJOYINTI LENQULU ENGANENI ENE-CP:

Lesi isithombe esibonisa ukuthi ijoyinti lenqulu lengane ene-CP libukeka kanjani. Izingane eziku-level 4 no-5 azikwazi sanhlobo ukukhasa noma ukuhamba ngakho-ke amajoyinti enqulu yazo awajulile nhlobo. Lokhu kwenza kubelula ukuthi ithambo lomlenze liphume noma libhonxuke ngoba alingenile haxa enqulwini.

Izingane ezine-CP ezikwazi ukuhamba, noma ngabe zidinga usizo, ziyoba nejoyinti eliphakathi kwenqulu nomlenze elakheke kangcono ngakho-ke angeke lakwazi ukuphuma kakula ithambo lomlenze. KODWA kubalulekile ukuthi lezi zingane zizilongele ukuhamba. Uma zingakwazi ukuzihambela, sifanele ukuzisiza.

8

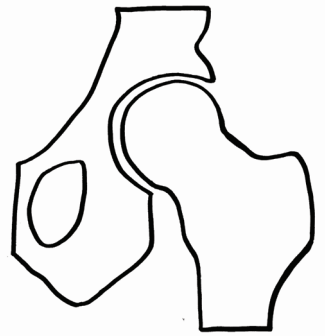
Kungani futhi kwenzeka kanjani ukuthi izinqulu zizibhonxukele

Asikhulume ngokuthi kungani izinqulu zengane zingabhonxuka ngokuhamba kwesikhathi.



Namathisela isithombe phezulu bese uyachaza ukuthi ijoyinti lenqulu lakheka kanjani ngokujwayelekile.

Ithambo lenqulu



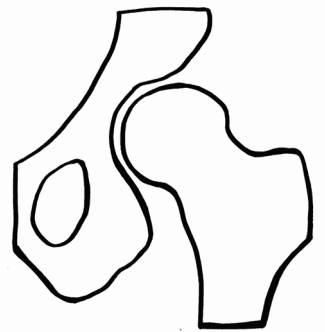
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Workshop 2 - CP as a Way of Life



Namathisela isithombe phezulu bese uyachaza kuthi ijoyinti lenqulu lingakhula kanjani enganeni ene-CP

Ithambo lenqulu yengane ne-CP



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Workshop 2 - CP as a Way of Life

Izingane zika-level 4 no-5 zisengcupheni enkulu zokubhonxukelwa izinqulu.

Inkinga enkulu ngokubhonxuka kwenqulu ukuthi kubuhlungu kakhulu kanti uma inqulu isiphumile ayibuyiseleki. Lokhu kusho ukuthi ingane enenqulu ebhonxukile isiyohlala isezinhlungwini lokho okuyokwenza ukuthi ithathe iziqedazinhlungu impilo yayo yonke. Sifundisa abazali lokhu ukuze sivikele izingane ebuhlungwini. Kwezinye izingane angeke sakwazi ukukuvimbela ukuthi kwenzeka ngokuhamba kwesikhathi, kodwa singakuvimbela lapho zisakhula. Indlela esinakekela ngayo izingane zethu emini, singazisiza ziphile iminyaka eminingi enganabuhlungu.



UKUZIVOCAVOCA:

- *Thola ozoba ivolontiya.*
- *Sebenzisa ivolontiya lakho ukukhombisa ukuthi siwusekela kanjani umlenze wengane wangaphezulu lapho ilele ngesayidi.*
- *Batshengise ukuthi ngokufaka umqamelo noma ingubo egoqiwe phakathi kwemilenze sisiza ukugcina izinqulu namadolo kuqondile.*
- *Uma singasekeli umlenze wangaphezulu, udonsa inqulu okungadala ukuthi iphume.*

9

Ama-position alusizo enganeni ene-CP

Noma ngabe inini lapho silalisa ingane ene-CP, sidinga ukuqinisekisa ukuthi amadolo nomzimba kubheke esayidini elilodwa. Lokhu akubalulekile kuphela uma ilele ngomhlane, kodwa nanoma ngabe iliphi isayidi elele ngalo. Uma ingane ilele ngohlangothi kumele, kufanele sikhumbule ukusekela umlenze ongaphezulu ukuze ungasazi inqulu.

Uzodinga:



Njengoba sisebenzise umqamelo/ingubo ukusekela umlenze wengane ongaphezulu, kumele sisebenzise esinakho ekhaya ukugcina ingane iku-position enhle. Singasebenzisa imiqamelo, amathawula agoqiwe, izingubo noma yini enye ekhona endlini engasiza. Kodwa esikwenzela ingane enye akukhona esingakwenzela ezinye izingane. Ingane ngayinye ihlukile ngakho-ke sidinga ukuthola indlela eyifanele ukuyisiza ihlale ku-position enhle.

Ake sibheke amaqhinga okusiza izingane ezine-CP ukuthi zihlale ku-position enhle.

Namathisela izithombe phezulu ukuxoxa ngenikubone kusetshenzisiwe enganeni ngayinye.



Zonke lezi zingane zilele kuma-position ahlukene futhi imiqamelo nezingubo kusetshenziswe ngezindlela ezahlukene ukusekela izingane.



**Siyibeka nini ingane ku-position yokulala?
Iyalala usuku lonke? Ilaliswa phansi kuphela uma ilele okwangempela?**

- Uma ilele.
- Uma iphumule.
- Uma izokwazi ukudlala kuleyo position.

Izingane ezine-CP kumele zilale phansi uma ziphumule, zilele noma zidlala. Akusizi ukuthi ingane ilale usuku lonke noma ihlale usuku lonke. Khumbula ukuthi sithe izingane ezine-CP zizobopheka kuleyo position ezishiywe kuyo isikhathi eside. Ngakho-ke uma ingane ihlala ilele, umzimba wayo uzobopheka bese uhlala kuleyo position. Izingane ezine-CP zidinga ukusebenzisa ama-position ahlukenengelangana njengezinye izingane.

Lezi zinto ezintsha esizifunde ngokubeka kahle ingane azibalulekile kuphela uma ungane ilele phansi, kodwa futhi zibalulekile uma ingane ihleli noma imile. Uma amadolo ebheke kwenye indawo la umzimba ungabhekile khona uma ingane ihleli noma imile, kungabangela ukuthi izinqulu ziphume.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

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

Uma singayibeki kahle, izinqulu zayo zizobhonxuka ngokuhamba kwesikhathi.

Uma ilele ngohlangothi, sidinga ukusekela umlenze ongaphezulu.

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

Ake sizame ukuqonda kancane ngokuma.



Singayizisa kanjani ingane ene-CP ukuthi ime?

- Ngokusekela ingane phakathi nemilenze yethu
- Ngokubamba isandla sengane
- Ngokweyamisa ingane obondeni noma emzimbeni wakho
- Ngokumisa ingane ohlakeni lokuma
- Ngokusekela ingane ngetafula noma ngesitulo

Namathisela isithombe ngasinye lapho iqembu liveza umqondo oqondene naso bese unamathisela ezisele ukwenzela ukuthi bakhumbule asebekukhohliwe.





UKUMA NGENDLELA ELUSIZO:

- *Qiniseka ukuthi izinyawo zombili zihleli mba phansi nokuthi ziqondile. Imilenze akufanele idonsele phezulu lokho okungenza ukuthi izinyawo zingahlali mba.*
- *Qiniseka ukuthi umzimba wengane uqondile nokuthi awuweli esayidini elilodwa.*
- *Qiniseka ukuthi izinqulu zengane zibheke phambili nokuthi amadolo nezinyawo kuqondile futhi kubheke esayidini elifanayo nomzimba.*



Kungani ucabanga ukuthi ingane ene-CP kufanele ime?

- Ukulula imilenze
- Ukuze imilenze ifunde ukuthwala isisindo somzimba
- Ukuqinisa izinqulu
- Ukukhuphula ukuhamba kwegazi nokuthi inhliziyo iqine
- Ukusiza ukuvikela ukuqumbelana
- Ukusiza ukuvimbela ukuphalaza

Njengakwamanye ama-position, uma sisiza ingane ene-CP ukuthi ime, sidinga ukuqiniseka ukuthi ime ngendlela elusizo nangendlela engezukuyilimaza ngokuhamba kwesikhathi.

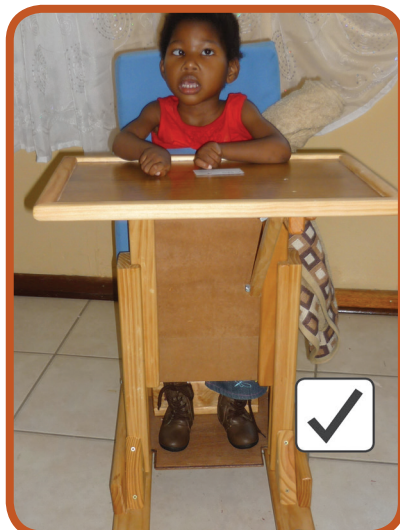


Ucabanga ukuthi singaqinisekisa kanjani ukuthi ingane imi ngendlela elusizo?

Yekela iqembu lakho liphendule futhi lixoxe ngelikucabangayo.



Namathisela phezulu lezi zithombe lapho uchaza ukuthi singaqiniseka kanjani ukuthi ingane imi ngendlela elusizo.





Ucabanga ukuthi yinini lapho ingane yakho ingalinyazwa wukuma ngezinyawo khona?

- Uma ingane yakho inentamo entengantengayo noma ikhanda eliyisindayo ngeke ikwazi ukuma ngezinyawo.
- Uma izinyawo zengane yakho zingakwazi ukuzimelela phansi.
- Uma ingane yakho ikhala noma kubukeka sengathi izwa ubuhlungu uma ime ngezinyawo.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Kunezindlela eziningi ezihlukahlukene esingasiza ngazo izingane ezine-CP ukuba zikwazi ukuma ngezinyawo.

Kubalulekile ukuthi lezo zingane ezine-CP zime ngezinyawo, kuphela uma nje zima ngendlela ezozisiza.

Akumele ukuba uyimise ngezinyawo ingane uma lokho kuyenza ukuba izwe ubuhlungu.



UKUNAKEKELA INGANE ENE-CP:

Nakhu okubalulekile okumele sikukhumbule uma sinakekela ingane ene-CP:

1. Nyakazisa/hambisa ingane kancane uyinikeze isikhathi

Izingane ezine-CP zidinga ukunyakaziswa/ukuhanjiswa kancane. Uma sizijaha zizobopheka zikuthole kunzima ukunyakaza. Uma ingane izothile, sidinga ukuyinyakazisa kancane kakhulu ukuze izohlala iwuthambisile umzimba. Uma zibopha emzimbeni, kumele siyeke ukuzinyakazisa sizinike isikhathi sokukhululeka futhi.

2. Ungawuphoqi umzimba wengane ukuthi unyakaze

Ukunyakazisa izingalo zengane, imilenze nomzimba kufanele kube lula, akufanele siphoke umzimba wengane ukuthi unyakaze ngendlela ongakwazi ukuyilandela. Noma ngabe yinini uma siphoka umzimba ukuthi unyakaze, kuzoba buhlungu enganeni futhi asifuni ukubanga ubuhlungu.

3. Itshele ingane ukuthi wenzani

Uma sivele sinyakazisa ingane singayitshelanga ukuthi senzani, ayazi ukuthi senzani lokho kungadala ukukhathazeka ngokwenzekalayo. Lokho kungayenza ibopheke emzimbeni bese kuba nzima ukuyinyakazisa.

Njengoba sesazi ukuthi inakekelwa kanjani ingane ene-CP, asifunde ngezindlela ezilusizo zokuyinakekela.

Zonke izinsuku kunezikhathi lapho sihambisa, sibamba okanye siphatha khona ingane. Uma senza lezi zinto, kunzindlela esingenza ngazo ezingabangela ukuthi ingane yonakale futhi kukhona izindlela esingenza ngazo ezingaba lusizo enganeni.



Namathisela izithombe phezulu bese uchaza.

Ukunakekela ingane ene-CP:

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

Malamulele Onward C2CTP ©

Workshop 2 - CP as a Way of Life

Ukunakekela ingane ene-CP kungaba nzima ngoba ingabopheka noma ifphushele emuva ngezitho zayo ngakho-ke sidinga ukufunda ukunakekela ingane ene-CP ngendlela yokuthi ivikeleke ukuthi ingonakali kakhulu.

Ezinye izingane zibophekele sonke isikhathi njengezingane ezi-spastic futhi ezinye ziphushela emuva ngezitho zazo okanye zinyakaze kakhulu njengezingane ezi-dystonic noma ezi-choreoathetoid. Indlela esinakekela ngayo ingane ebophekele ihlukile kuleyo esinakekela ngayo ingane ephushayo ngamalunga omzimba wayo noma enyakaza kakhulu.



UKUNYAKAZA NOKUZISONTA:

Enye yezindlela ezilusizo yokuthambisa umzimba wengane ebophekile ukuyinyakazisa uyisonte. Izingane ezibophekile zithola ubunzima uma kufanele zinyakaze ngakho-ke sidinga ukuzisiza ngendlela ezingeke zakhona ukuzisiza ngayo. Izingane ezikhubazeke kakhulu azikwazi ukunyakazisa imizimba yazo ngendlela ezinye izingane ezenza ngayo, ngoba azikwazi. Uma ingane inokukhubazeka okukhulu sidinga ukuyinyakazisela umzimba. Izingane ezikhubazeke kancane azinyakazisi imizimba yazo ngendlela ezinye izingane ezikwazi ukuyinyakazisa ngakhona, ngoba kunzima kuzo. Uma ingane ikhubazeke kancane singayigqugqumezela ukuthi inyakazise umzimba yize kunzima.

Ukusonta umzimba wengane usuka ohlangothini uya kolunye nakho kuyasiza njengoba lena kungenye yezindlela izingane ezinyakaza ngayo. Yithi siphinde futhi ukuthi uma ingane ikhubazeke kakhulu kufane siyisonte thina kodwa uma ikhubazeke kancane singayikhuthaza ukuthi izinyakazele yona.

12

Ukunakekela ingane ebophekile

Uma ingane ibophekile, sidinga ukuthambisa umzimba wayo.



Ucabanga ukuthi singenzani ukuthambisa ingane ebophekile?

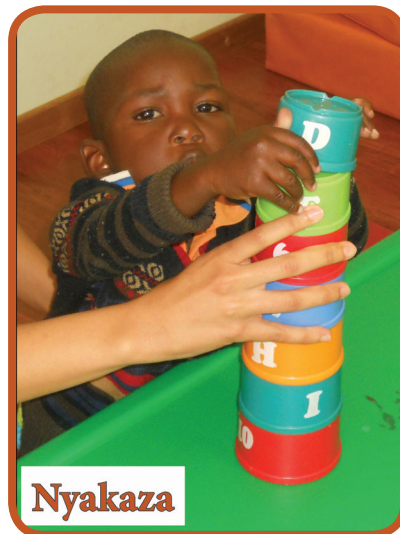
Yekela iqembu lakho liphendule bese lixoxa ngelikucabangayo.



Namathisela izithombe phezulu bese uchaza ukuthi ukunyakaza nokuzisonta kungawuthambisa kanjani umzimba wengane ebophekile.



Nyakaza



Nyakaza



Zisonta



Zisonta



UKUMASAJA NOKUZELULA:

Enye indlela elusizo ukuthambisa umzimba wengane ebophekile ukuwumasaja nokuwelula. Uma izingane ezibophekile zinganyakazi ngokwanele, imisipha ingaqina kakhulu bese iba mifushane. Singasiza ukuthambisa imisipha ngokuyimasaja nokuyelula.



Namathisela izithombe phezulu bese uchaza ukuthi ukumasaja nokuzelula kungayithambisa kanjani ingane ebophekile.



Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Uma ingane ibophekile sidinga ukuwuthambisa umzimba wayo.

Ukunyakaza, ukuzisonta, ukumasaja nokuzelula kuyizindlela zokuthambisa umzimba wengane.

Uma kukhona ezinye izindlela zokuthi ingane inyakazise umzimba wayo iyodwa, kufanele siyikhuthaze ikwenze lokhu.



UKUZIVOCAVOCA:

- Zivocavoceni ngababili.
- Omunye umuntu umnakekeli omunye ingane.
- Ingane ihlala esitulweni iphushele ngemuva. Umnakekeli kufanele afake sakhe ngemuva kwengane ayivimbe ukuthi ingaphusheli emuva ngokuthi naye aphashele emuva. Emva kwalokho tshela umnakekeli ayeke ukuphusha.

13

Ukunakekela ingane ephushela emuva noma enyakaza kakhulu

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



Kwenzakalani uma uphusha umuntu naye okuphushayo?

- Naye ulokhu ekuphusha.
- Umzimba wakhe uyabopha.



Kwenzakalani uma uyeka ukuphusha umuntu naye ophushayo?

- Uyayeka ukuphusha bese eyakhululeka.

Kwenzeka into efanayo nezingane eziphushayo. Uma siziphusha zizolokhu ziphusha kodwa uma siyeka ukuphusha nazo ziyaphusha zidedele imizimba.



UNGAYILWISI INGANE:

Izingane eziphushela emuva azilawuleki kalula. Uma ziphushela emuva, kumele siziyeke zishone emuva kodwa singazidedeli ziwe. Kodwa uma zima singazibuyisela emuva lapho zivela khona. Akusizi ukuphusha ingane ephushayo ngoba izovele ibopheke kakhulu. Uma siziyeke ziphushe, maduze zizothamba bese kuba lula ukuzibuyisela lapho bezikhona.

Ngakho-ke indlela yokuqala esingasiza ngayo ingane ukuthi ithambe ukuthi singayilwisi.



Namathisela izithombe phezulu zilandelane bese uchaza ukuthi sisho ukuthini uma sithi "ungayilwisi ingane".





SEKELA UMZIMBA:

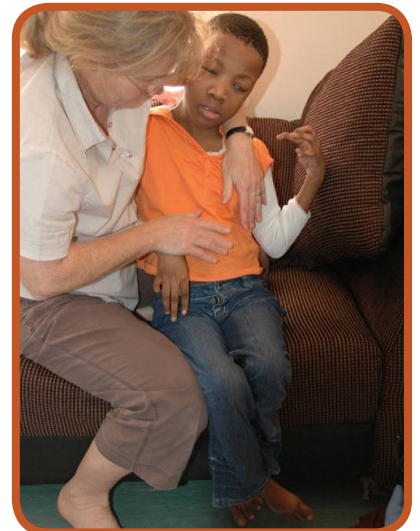
Uma sibamba ingane ephushela emuva futhi enyakaza kakhulu sijwayele ukufuna ukubamba izandla ngoba yizona zitho ezinyakaza kakhulu. Kodwa lokhu akwenzi ukuthi ingane izizwe iphephile ngoba umzimba wayo usuke usanyakaza futhi isuke isengawa. Uma ingazizwa iphephile angeke izothe futhi ithambe.

Uma sisekela ingane ngomzimba, umzimba uma endaweni eyodwa lokho okusho ukuthi angeke iwe futhi izozizwa iphephile. Uma izizwa iphephile kuzoba lula ukuthi yehlise umoya nanokuthi umzimba wayo uthambe.

Izingane eziphushela emuva futhi ezinyakaza kakhulu ngokujwayelekile azizizwa ziphephile ngoba akuzona ezizizwa zilawula imizimba yazo. Lokhu kwenza kube nzima ukuthi zikhululeke. Sidinga ukusekela imizimba yazo ukuze zizizwe ziphephile.



Namathisela izithombe phezulu bese uchaza ukuthi singawusekela kanjani umzimba wengane uma iphushela emuva noma inyakaza kakhulu.





UKUNAKEKELA INGANE EPHUSHELA EMUVA NOMA ENYAKAZA KAKHULU:

Nawa amaphuzu alusizo okufanele siwakhumbule lapho sinakekela ingane ephushela emuva okanye enyakaza kakhulu:

1. Hlala endaweni eyodwa

Ukuze ingane izizwe iphephile futhi ilawula umzimba wayo, sidinga ukuqiniseka ukuthi sihlala endaweni eyodwa. Uma silokhu sigcogcoma sishintsha izindawo ingane angeke izizwe iphephile futhi ngeke ithambe.

2. Nyakaza ngendlela eqoqekile

Uma sinyakazisa ingane ephushela kakhulu izobopheka kakhulu. Kufanele sinyakazise ingane ngendlela eqoqekile ukuze izozizwa iphephile.

3. Khuluma ngezwi elizothile

Uma sikhuluma ngezwi elisese, ingane ingasasa kakhulu bese ingabe isakwazi ukulawula umzimba wayo. Kufanele sikhulume ngezwi elizothile ukuze izosizwa ngokucacile kodwa ingesasiswa yilo.



Namathisela izithombe phezulu bese uchaza.

Ukunakekela ingane ephushela emuva noma enyakaza kakhulu:

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

Malamulele Onward C2CTP ©

Workshop 2 - CP as a Way of Life

Sikhulume ngezindlela ezilusizo zokubamba noma zokunyakazisa izingane ezine-CP kodwa lokhu akukhona ukuzivocavoca esikwenza ngesikhathi esithile usuku ngalunye. Ziyindlela yokuphila futhi ziyinto esingayenza nanoma yinini lapho sinyakazisa izingane, sizibambile nalapho siziphethe.

Isibonelo kungaba lula ukugqokisa ingane ebophekile uma siyisontasonta futhi siyelula ngaphambi kokuyigqokisa. Kungaba lula ukugqokisa ingane ephushela emuva uma siyisiza siyithambisa umzimba bese siyihambisa kancane.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Uma ingane iphushela emuva noma inyakaza kakhulu, kufanele siyithobise umzimba bese siyizisiza ukuthamba.

Akufanele siyilwise ingane uma iphushela emuva.

Sisekela umzimba ukwenza ingane izizwe iphephile.

14

Izinto esizenza zonke izinsuku

Uzodinga:



Ngifuna ucabange ngosuku olujwayelekile unengane yakho. Yiziphi zonke izinto ozenza nengane yakho?

Bhala phansi konke abakushoyo.





UKUGQOKISA INGANE EHLELI:

Ukugqoka kungayijabulisa ingane. Uma ingane ilele phansi ilindele ukugqokiswa, ayikwazi ukubona ukuthi kwenzekani futhi ayikwazi ukusiza. Ukuyisiza ukuthi ihlale ikwazi ukubona umzimba wayo, ikwazi ukunyakaza futhi ingasiza noma ngabe kuncane kangakanani.

- 1 - 3** *Ngaphambi kokuthi sikhumule ingane, singayilungiselela ngokuthi senze into engumnyakazo njengokuphakamisa izingalo ukuzisonta umzimba nokuwelela ngaphambili.*
- 4 - 6** *Emva kwalokho uma sesikhumula izimpahla, singayisiza ingane ukusebenzisa izandla zayo ekukhumuleni izimpahla.*

Singayikhuthaza ingane uma ikwazi ukusiza kancane, lokho kwenza ukuthi ingane ikuthokozele ukugqoka. Bheka nje ukuthi lo mama uyisekele kanjani le ngane futhi uyisiza ukuthi izizwe iphephile njengoba eyisiza ukukhumula.

15

Ukugqokisa nokukhumula

Asikhulume ngenye yezinto esiyezenza nsuku zonke nengane yethu.
Asikhulume ngokugqoka.



Uyigqokisa ikuyiphi i-position ingane yakho? Isuke ilele noma uyayisiza ihlale?



Namathisela lezi zithombe phezulu bese uyachaza ukuthi kubaluleke ngani ukuthi uvumele ingane ihlale lapho uyigqokisa.



7 Kubalulekile ukugqgqumezela ingane ukuthi isize lapho ikwazi ukusiza kancane. Lokhu kusiza ukwenza ukugqoka kujabulise ingane.

8 - 9 Noma ngabe ukhumula amasokisi okanye ibhulukwe, ingane ingasiza. Bheka nje ukuthi umama uyisekele kahle kanjani le ngane ukuze izizwe iphephile lapho eyisiza ukuthi ikhumule.



Ucabangani ngokugqokisa nokukhumula ingane efana nale ezithombeni?

Uyayithanda le ndlela yokugqoka?

Ucabanga ukuthi iyona ndlela ongenza ngayo uma unengane yakho ekhaya?

Yekela iqembu lakho liphendule futhi lixoxe ngelikucabangayo.

UMYALEZO OSEMQOKA

Ukulala phansi kusho ukuphumula, ukulala nokudlala – hayi ukugqoka.

Ukugqoka kungayijabulisa ingane uma siyigqokisa futhi siyikhumula lapho ihleli.

Kubalulekile ukukhumbula ukuthi sifunde okuningi ngokubamba sinyakazise uma senza imisebenzi yosuku lonke.

Thina njebazali singenza izinto esizenzayo nezingane ukuthi zijabulise futhi zimangaze ngendlela esizibamba sizinyakazise ngayo.



Njengoba i-workshop isifike emaphethelweni, ingabe ukhona onombuzo ngaphambi kokuthi sivale?



Emva kokufunda nge-CP njengedlela yokuphila, yini ozoyenza ngedlela ehlukile uma ufika ekhaya?

Ukanye neqembu, fundani i-handout yomzali bese uphendula imibuzo engavela.

Vala i-workshop uqinisekise ukuthi wonke umuntu unelisekile ukuthi imibuzo yabo iphenduliwe.

3

Ukudla nokuphuza

*Ukwenza isikhathi sokudla sibe ngesiphephile
nesinokunethezeka enganeni yami.*

Okokusebenza

Kule workshop uzodinga:



Inkomishi esikiwe (Umuntu ngamunye)



Ithisipuni (Umuntu ngamunye)



Isipuni sokudla (Abantu ababili)



Custard (Noma yikuphi ukudla okuthambile njengeyogathi noma iphalishi)



Amanzi

1

Ukwamukela

Yamukela wonke umuntu okhona uqinisekise ukuthi bazizwa benethezekile ngaphambi kokuthi uqale.



Ngaphambi kokuthi siqale le workshop, iyiphi into eyodwa oyifunde ku-workshop edlule ebikhuluma nge-“CP njengendlela yokuphila” futhi uyisebenzise kanjani le nto ekhaya?

Kule workshop sizokwenza izinto ezifaka phakathi ukudla. Sicela nidle kuphela lapho sekuyisikhathi sokuthi sense okushiwoyo okufaka phakathi ukudlza. Uma nidla singakashayi isikhathi, kuzophela ukudla.

Namathisela phezulu okulindelekile bese nikucubungula neqembu lakho.

Workshop 3 - Okulindelekile

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

Malamulele Onward C2CTP ©

Workshop 3 - Eating and Drinking

Izingane eziningi ezine-CP zikuthola kunzima ukudla nokuphuza kodwa thina njengabazali singazisiza ukuthi zidle futhi ziphuze ngokuphepha nangokunethezeka ngendlela esizipha ngayo ukudla.

Yilokhu esizokhuluma ngakho namuhla:

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

Hlukanisa abantu basebenze ngababili bese ubatshela ukuthi bazohlala nalabo baphathina babo kuze kuphele i-workshop. Bese unikeza ngababili izinkomishi ezimbili ezigcwele ukhastadi, isipuni esisodwa esikhulu namathisipuni amabili ukuze bakubekele ukwenza imisebenzi ezokwenziwa.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye makabe umnakekeli omunye makabe yingane.*
- *Ingane ayihlale ikhanda layo ligenqukele ngasemuva njengasesithombeni.*
- *Umnakekeli kufanele afunze ingane izipuni ezimbalwa zika-custard.*
- *Shintshanani khona nomunye ezothola ithuba lokuba ingane.*



I-ASPIRATION:

Emizimbeni yethu sinamapayipi amabili: elingena emaphashini ukufaka umoya lo esiwuphefumulayo. Elinye lingena esiswini ukufaka ukudla. La mapayipi asondelene kakhulu futhi phakathi kwawo kukhona ulwelwesi olusasivalo esinyakazayo. Uma sidla lolu lwelwesi luvala ipayipi lomoya ukuze ukudla kuzoya esiswini. Uma siphefumula, ulwelwesi luvala ipayipi lesisu ukuze umoya uzoya emaphashini.

Lokhu kwenzeka kuphela uma sihleli kahle siqondile. Uma amakhanda ethu egenqukele emuva, kunzima ukuthi ulwelwesi luvale kahle ngakho-ke izingcezwana zokudla ziyakhona ukudlula zingene epayipini lomoya ziye emaphashini. Uma lokhu kwenzeka enganeni ene-CP, ukuphefumula kwayo kungaba nzima, ingangenwa izifo zamaphaphu, ingagula kakhulu mhlawumbe igcine ishonile ngenxa yalokhu.

3 I-postion enhle

Uzodinga:



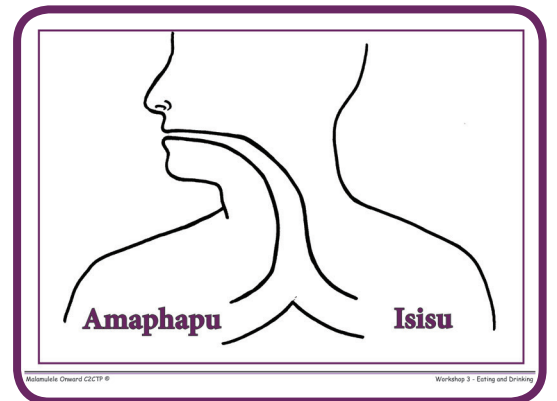
Ukuzwe kunjani ukufunzwa position?



Ucabanga ukuthi le i-position elungile ukudla ngayo?
Kungani?

Namathisela isithombe phezulu.

Kunanoma ubani akuphephile ukudla ekubeni ikhanda ligenqukele emuva, lokhu kungenxa yento esiyibiza i-aspiration.



Sebenzisa isithombe ukuchaza ukuthi yini i-aspiration bese uphendula yonke imibuzo engavela.



I-ACTIVITY:

- *Hlala esitulweni phakathi nendawo kweqembu, uhlale kabi.*
- *Buza iqembu ukuthi lingayishintsha kanjani i-position yakho ukuze uhlale kahle.*
- *Akuthi lapho umuntu ngamunye enza isiphakamiso umcele eze azokulungisa i-position.*



Namathisela phezulu izithombe ezingu-3 zezingane zihleli ku-position enhle zidla bese ukhombisa izibonelo njengoba iqembu likunika iziphakamiso.



Uma ubheka le-activity, ucabanga ukuthi singayibeka kanjani ingane ene-CP ukuthi ihlale kahle ilungele ukudla nokuphuza?

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



UKUFIDELA INGANE ESITULWENI:

Uma kwenzeka izingane ezine-CP kufanele zifidelwe esitulweni kunokuthi zihlale emathangeni omuntu, ngoba njengoba zikhula zizoba nkulu kakhulu futhi zisinde ngendlela yokuthi umuntu ozifunzayo angabe esakwazi ukuzifida. Kuba nzima futhi enganeni esindala ukuqala isebenzise isitulo uma isijwayele ukudla ihleli emathangeni oyifidayo.

Kodwa kwesinye isikhathi akukhonakali ukubeka ingane esihlalweni. Isibonelo, uma singekho isihlalo esiphephile endlini, noma uma ingane ingekho ekhaya. Lokho akunankinga inqobo nje uma ingane idlela esitulweni uma sikhona ukuze ikhule isijwayele.



Namathisela izithombe phezulu bese uchaza ukuthi kungani ukufida ingane esihlalweni kungaba usizo.



Ucabanga ukuthi wena njengomnakekeli kufanele uhlale kanjani uma ufida ingane esihlalweni?

- Kubalulekile ukuthi uhlale unethezeke.
- Kufanele uhlale phambi kwengane ukuze izokwazi ukukubona.

Uma ufida ingane yakho, kufanele ukudla kuqhamuke ngaphansi kwamehlo ayo ukuze ingezukuqethula ikhanda layo.

Sebenzisa lezi zithombe ukubonisa lokhu.





EMVA KOKUFIDA:

Emva kokufida ingane, kubalulekile ukuyihlalisa iqonde, hhayi ilale phansi. Ingahlala noma ime, inqobo nje uma kungekho into eyiqinisile esiswini. Izingane kumele zihlale okungenani imizuzu engu-30 ziqondile emva kokudla.

Kuyasiza ukubeka ingane iqonde ngoba ukudla kukwazi ukuhamba kahle kusheshe esiswini. Lokhu kungasiza kakhulu ezingane ezihlanzayo emva kokudla.



Uma usuqedile ukufida ingane yakho, uyibeka kuyiphi i-position?



Sebenzisa lezi zithombe ukuchaza ukuthi kungani ingane kufanele ihlale iqonde emva kokudla.



UMYALEZO OSEMQOKA

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

Ingane ayikwazi ukudla nokuphuza ngokuphepha uma ikhanda ligenqukele ngemuva.

Kubalulekile ukuthi nawe unethezeke uma ufida ingane yakho.

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

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



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye umuntu makabe umnakekeli omunye makabe yingane.*
- *Qhelisa abanakekeli eqenjini ukuze izingane zingezwa ukuthi uthini kubanakekeli.*
- *Tshela abanakekeli ukuthi kufanele bafunze izingane ngokushesha ngesipuni sokudla.*
- *Umnakekeli ufida ingane izipuni ezimbalwa zika-custard ngokushesha.*

4

Ukufida ngesineke futhi ukusebenzisa isipuni esilungile

Uzodinga:



?

Yini ongayithandanga ngokufunzwa?

?

Ungakushintsha kanjani?

- Funza ingane ngesineke.
- Nikeza ingane isikhathi esanele sokugwinya emva kwaso sonke isipuni sokudla.
- Ifunze isikali esincane sonke isikhathi.
- Sebenzisa isipuni esingenayo emlonyeni wengane.
- Sebenzisa isipuni esingajunga lapho kuhlala khona ukudla.

UMYALEZO OSEMQOKA

Izingane ezine-CP zidinga ukufunzwa ngesineke.
Sebenzisa isipuni esanelayo emlonyeni wengane.

Funza ingane isikali esincane ngesikhathi.



I-ACTIVITY:

Tshela iqembu lakho ukuthi ufuna umuntu ngamunye adle isipuni sika-custard bese ecabanga ukuthi wenzani ngolimi nangezindebe lapho bedla u-custard.

5 Ukudla ngesipuni

Asifunde ukuthi singayisiza kanjani ingane ene-CP ukudla ngesipuni kalula.

Uzodinga:



Uma wonke umuntu eseqedile, namathisela phezulu izithombe ezingu-3 bese ubuza umbuzo.





UKUSEKELA UMHLATHI:

- *Ukusekela kwenziwa ngesandla esisodwa njengasesithombeni.*
- *Ukusekela kuthambe kakhulu, asicindezeli kakhulu.*
- *Asenzi umhlathi wengane ukuthi wehle wenyuke.*
- *Sivimba nje umlomo ukuthi ungavuleki ngokwedlulele.*
- *Ukusekela umlomo kuthambile futhi kusetshenziselwa ukusiza ingane enomlomo ovuleka kakhulu.*



Wenzani ngolimi lwakho nezindebe uma ufaka isipuni sika-custard emlonyeni?

- 1. Sivula izindebe sibeke ukudla olimini.**
- 2. Sivala izindebe ukususa ukudla esipunwini.**
- 3. Sibe sesigwinya izindebe zethu zivaliwe.**



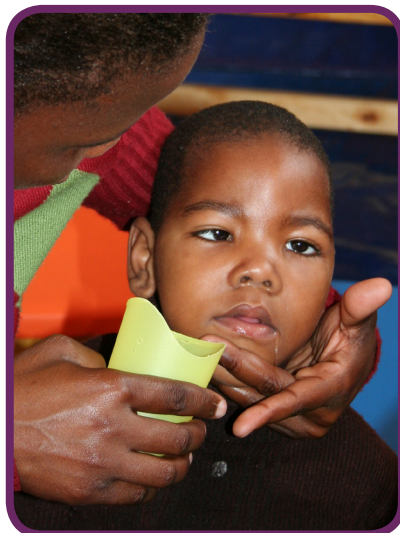
Kungani ucabanga ukuthi ingane ene-CP ingaba nezinkinga ukuthi ifunzwe ngesipuni?

- Ayikwazi ukuvala izindebe ukususa ukudla.**
- Ayikwazi ukuvala umlomo ukuthi igwinye.**
- Ulimi lwayo lufuqa ukudla lukukhiphe emlonyeni.**
- Umlomo wayo uvuleka ngokweqile.**

Ngakho-ke asifunde ukuthi singayisiza kanjani ingane evula umlomo ngokweqile.



Namathisela izithombe phezulu bese uchazela iqembu lakho ukuthi lingasiza kanjani ukusekela umhlathi wengane lapho liyifunza.





UKUFUNZA NGESIPUNI:

- 1** *Ngaphambi kokuqala, ingane kufanele ihlale kahle ilungele ukufunzwa. Sekela umhlathi wengane ngendlela ethambile.*
- 2** *Ngesineke, cindezela ulimi ngesipuni ulindele ukuthi ingane izame ukusebenzisa izindebe zayo ukususa ukudla esipunini.*
- 3** *Uma ingane ingakwenzi lokho, ungayisiza ngokuthi wehlise udebe lwangaphezulu kancane kancane.*

Yiya kumuntu ngamunye eqenjini ubazwise ukuthi kumele kuzwakale kanjani lokhu okushoyo.



Manje asibone ukuthi singayifunza kanjani ingane ene-CP ngesipuni.



Namathisela izithombe, ngasinye usichaze ngaphambi kokulandelisa ngezinye.





UKULINDELA UKUTHI INGANE ISEBENZISE IZINDEBE ZAYO:

Kubalulekile ukuthi sinike ingane ithuba lokusebenzisa izindebe ukususa ukudla esipunini. Uma sivele siyifunza nje singayiniki ithuba lokunyakazisa izindebe zayo, ngokuhamba kwesikhathi angeke ikwazi ukuzinyakazisa futhi ukuyifida kuyoba nzima kakhulu futhi kungaphephi.

Uma kunzima ukuthi ingane isebenzise izindebe zayo, asikho isidingo sokuthi uyisize ize iqede ukudla ngoba kungathatha isikhathi eside kakhulu. Ungamane uyifunze izipuni ezimbalwa ingane bese uyifunza ngesandla okanye uyiphuzise ngenkomishi, lokho sizokhuluma ngakho kule workshop.



Chaza ukuthi kubaluleke ngani ukulinda ukuthi ingane isebenzise izindebe zayo ukususa ukudla esipunini.

Namathisela isithombe phezulu.

Uma sifunza ingane kubalulekile ukuthi singahwayi isipuni emazinyweni engane ukungenisa ukudla emlonyeni.



Kungani ucabanga ukuthi akumele sikwenze lokhu?

- Kubangela ukuthi amazinyo nezinsini kudonsekele phambili.
- Kubangela ukuthi ukuthi ikhanda ligenqukele emuva.
- Ingane ayifundi ukuthi izindebe zisetshenziswa kanjani.

Qiniseka ukuthi akekho onemibuzo.

Cela i-therapist yakho ikusize ngalokhu ngoba kunzima ukukwenza uma usaqala futhi kuthatha isikhathi eside ukukwazi.

Njengoba sishilo ekuqaleni, kuzoba lula ukuthi ingane isuse ukudla esipunini uma singajulile.

Sebenzisa isithombe ukukhombisa iqembu isibonelo sesipuni esijulile naleso esingajulile.



UMYALEZO OSEMQOKA

Uma sisekela umhlathi wengane kufanele kube ukusela okuthambile.

Sisekela umhlathi ukuwuvimba ukuthi ungavuleki ngokwedlulele, asivali sivule umlomo wengane.

Siza ingane ukuthi isebenzise izindebe zayo lapho idla ngesipuni bese uyinika isikhathi esanele sokuzama.

Isipuni esingajulile senza kube lula ukuthi ingane isuse ukudla ngezindebe.

Ungahwayeli ukudla emazinyweni.

Cela i-therapist yakho ikusize uzilolonge.

6

Ukusiza ingane ihlafune

Njengoba sesifunde ngokufunza ingane ene-CP ngesipuni, asifunde ukuthi singayisiza kanjani ukuthi ihlafune.

Buza le mibuzo elandelayo bese nixoxa ngezimpendulo.



Kungani ucabanga ukuthi kubalulekile ukuthi izingane zifunde ukuhlafuna?

- Ukuze zizokwazi ukudla izinhlobo eziningi zokudla khona zizoba nempilo.
- Ukudla ukudla okuqinile kusiza ukugcina amazinyo nezinsini kusesimeni esihle.
- Uma ingane idla ukudla okuthambile kuphela, ayifundi ukuhlafuna.
- Uma sidla sisebenzisa imisipha efanayo nalapho sikhuluma.



Pretend to chew. What do you do with your tongue, jaw and lips?

- Yenza sengathi uyahlafuna. Wenzani ngolimi, ngomhlathi nangezindebe zakho?
- Ulimi lunyakaza lubheke ndawo zonke.
- Umhlathi uya ngapha nangapha bese uyajikeleza.
- Izindebe zihlala zivaliwe.



Kungani izingane ezine-CP zikuthola kunzima ukuhlafuna?

- Kunzima ukuthi zingavala izindebe ngakho-ke ukudla kungazithola kuqathaka emlonyeni.
- Ulimi nomhlathi kunyakaza kuye phambili nasemuva bese kuphushela ukudla ngaphandle komlomo.
- Imilomo yazo ivuleka ngokweqile.

Ekugcine kokuxoxisana, qiniseka ukuthi akekho onemibuzo.



UKUSIZA INGANE UKUTHI IHLAFUNE:

Okukuqala beka ukudla phakathi kwamazinyo engane asemuva usebenzise iminwe yakho. Qaphela ungazitholi ulumeka lapho usubeke iminwe yakho phakathi kwamazinyo. Uma umlomo wengane uvuleka ngokweqile, usekela kancane. Ungayinyakaziseli umlomo, kudingeka siyikhuthaze ukuthi izenzele lokhu.

Faka ukudla esayidini elilodwa kuqala bese ukufaka kwelinye.

Uma sifundisa ingane ukuhlafuna, izinhlobo zokudla kudingeka zithambe futhi zincibilike kalula ukuze uma kuhlukana ingane ingahishwa. Ngokuhamba kwesikhathi lapho ingane isikwazi ukuhlafuna, singayinika izithelo, amaveji kanye nenyama.



Iziphi izinhlobo zokudla ocabanga ukuthi singazisebenzisa ukusiza ingane ene-CP ifunde ukuhlafuna?

- Amazambane aphekiwe, ukherothi noma amanye amaveji asikwe aba yizinti.
- Ama-chips athambile noma amabhiskidi.
- Izingcezu ezithambile zezithelo ezifana namapheya okanye amaganandoda, ama-aphula aphekiwe okanye obhanana.

Manje ake sibheke ukuthi singayisiza kanjani ingane ukuthi ihlafune.



Namathisela izithombe phezulu bese uchaza ukuthi singayisiza kanjani ingane ukuhlafuna.





NIKEZA INGANE ITHUBA LOKUZIFUNDELA UKUHLAFUNA:

Kubalulekile ukuthi sinike ingane ithuba lokuzifundela ukuhlafuna. Uma singakwenzi lokhu, ayisoze yafunda ukuhlafuna ngaleyo ndlela angeke yadla ukudla okufanayo nalokho okudliwa ngumndeni wonke.

Kubalulekile ukuthi ingane ene-CP ifunde ukuhlafuna kodwa kodwa akudingekile ukuthi siyifunze ngale ndlela kuze kuphele ukudla. Okungcono ukuthi sikwenze imizuzu embalwa ngaphambi kokudla ukuze ingane izothola amathuba amaningi okuhlafuna ifunde nokudla ukudla okuqinile okuningi.



Chaza ukuthi kubaluleke ngani ukulinda ukuthi ingane ihlafune.

Njengokufunza ngesipuni, cela i-therapist yakho ikusize ngalokhu ngoba kunzima uma usaqala futhi kudinga ulokhu uzama njalo.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Kubalulekile ukuthi ingane ifunde ukuhlafuna.

Lapho ufundisa ingane ukuhlafuna, sebenzisa ukudla okuthambile okungancibilika kalula uma kwenzeka kuhlukana ukuze ingane ingahisheki.

Sisekela umhlathi ukuze umlomo ungavuleki ngokweqile, asivuli sivale umlomo wengane.

Yiba nesineke, nikeza ingane ithuba lokuhlafuna.

Nikeza ingane into engazama ukuyihlafuna njalo uma idla.

Cela i-therapist yakho ikusize ukuzilolonga kulokhu.



OKOKUPHUZA OKUSHUBILE KUNGASIZA:

Izingane ezikuthola kunzima ukudla nokuphuza zijwayele ukuthatha isikhathi eside ukugwinya. Ukusebenzisa okuphuzwayo okushube kakhulu kungasiza njengoba kunika ingane isikhathi esanele sokugwinya. Lokho kusho ukuthi ingane angeke yahishwa kalula futhi inethuba lokufunda ukuphuza ngenkomishi kangcono.

7

Ukuphuza ngenkomishi

Njengoba sesifundile ngokufunza ingane ene-CP, asifunde ukuthi singayisiza kanjani ukuthi iphuze kalula enkomishini.



Uma ngithela u-custard enkomishini futhi ngithela amanzi, ikuphi okutheleka kalula?

- Amanzi



Uma ingane ithatha isikhathi eside ukugwinya, kungaba lula ukugwinya into egeleza ngokushesha noma kancane?

- • Kancane



Chaza ukuthi kungani okokuphuza okushubile kulusizo olukhulu enganeni ethatha isikhathi eside ukugwinya.



Ungacabanga ngezinye izibonelo zokuphuzwayo okushubile esingakusebenzisa?

- Iyogathi exutshwe nobisi noma amanzi.
- U-custard oxutshwe nobisi noma amanzi.
- Amahewu.
- Idokwe.
- Isobho elishubile elingenazigaqa.
- Izithelo namaveji okucutshiwe kwaba yimeshi eshubile.

Uma wenza okuphuzwayo okushubile, ungakushubisi ngendlela yokuthi akusakwazi ukugeleza enkomishini uma uyitshekisa. Kufanele kugeleze uma utshekisa inkomishi.



UKUPHUZA NGENKOMISHI:

- 1** *Ngaphambi kokuthi uqale, ingane kufanele ihlale kahle ilungele ukuphuza ikhanda layo lingagenquki.*
- 2** *Beka inkomishi phezu kodebe lwangaphansi lwengane bese uyitshekisa ngesineke kuze kugelezele okuphuzwayo kuthinte izindebe. Ungaveli nje utshekisele inkomishi emlonyeni wengane bese ulindela ukuthi izovele igwinye.*

Kubalulekile ukuthi ube nesineke ulinde ingane ukuthi inyakazise izindebe noma ulinde ingane iqale imunce enkomishini. Uma izindebe zizwa ukuthi kukhona ezingakuphuza, lokho kuthumela umyalezo engqondweni, kodwa lo myalezo uthatha eside isikhathi.

- 3** *Ima ingane isiqala ukunyakazisa izindebe, ungabe usayitshekisa kakhulu inkomishi. Okungcono yekela ingane iphuze lokho obese kuthinte izindebe bese ususa inkomishi kuze kube isigwinye okusemlonyeni. Emva kwalokho buyisela inkomishi ezindebeni.*

Bonisa iqembu ukuthi inkomishi esikiwe ibukeka kanjani.



Kungani ucabanga ukuthi kulusizo ukusebenzisa inkomishi esikiwe?

- Kunesikhala sokuthi ikhala lengane lingathinteki lapho utshekisa inkomishi okwenza ukuthi ikhanda lengane lingagenquki.
- Uyakwazi ukubona enkomishini, okusho ukuthi uyakwazi ukulawula ukuthi kungena okuphuzwayo okungakanani emlonyeni wengane.

Manje asibheke ukuthi singayisiza kanjani ingane ene-CP ukuthi iphuze ngenkomishi



Namathisela izithombe phezulu ngasisodwa usichaze ngaphambi kokulandelisa ngezinye.



Kungani ucabanga ukuthi kubalulekile ukulinda ukuthi ingane inyakazise izindebe kunokuthi uvele uqulele okuphuzwayo emlonyeni?

- Uma izingane zinganikwa ithuba lokusebenzisa izindebe nomlomo, zingalahlekelwa ikhono lokuphuza bese kubanzima futhi kungaphephi ukuphuza.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye makabe umnakekeli omunye makabe yingane.*
- *Umnakekeli kufanele ahlanganise amanzi amancane no-custard osele enkomishini bese esiza ingane ukuthi iphuze.*
- *Tshela izingane zenze sengathi ziyizingane ezinezinkinga zokuphuza. Kumele zilinde imizuzwana zinokuphuzwayo ezindebeni bese zidedela okuphuzwayo kungene kancane emlonyeni.*
- *Shintshanani khona nomunye ezothola ithuba lokuba ingane.*

Manje asizame ukwenza lokhu ngababili.

Uzodinga:



Njengokufunza ingane, cela i-therapist ikusize ngalokhu njengoba ekuqaleni kungaba nzima ukwenza lokhu futhi kuthatha isikhathi ukukwazi.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Ukusebenzisa okuphuzwayo okushubile kungenza kube lula futhi kuphephe ukuthi ingane iphuze.

Inkomishi esikwe ngemuva isiza ingane ukuthi iphuze ngaphandle kokugenqukisa ikhanda.

Kubalulekile ukulinda ingane ukuthi isebenzise izindebe zayo.

Vumela ingane iphuze amathamo amancane ngesikhathi.

Cela i-therapist yakho ikusize uzilolonge.



IZINHLOBO EZINTATHU ZOKUDLA:

Kunezinhlobo ezintathu ezibalulekile zokudla okudingekayo ukuthi sidle ngendlela enempilo:

*Inhlobo yokuqala inokudla okubizwa ngokuthi **'ukudla kwamandla'** okusiza izingane zikwazi ukudlala zifunde. Lokhu ukudla okufana nesinkwa, ummbila, ilayisi, amafutha, imajarini, amaveji ayizimpande nobhanana. Nikeza ingane okukodwa kwalokhu kudla ngesikhathi sokudla.*

*Inhlobo yesibili inokudla okubizwa ngokuthi **'ukudla okwakha umzimba'** okusiza izingane zikhule. Lokhu ukudla okufana nobisi, i-peanut butter, inhlanzi, inkukhu, ubhontshisi, ushizi, iyogathi namaqanda. Nikeza ingane okumbalwa kwalokhu kudla kanye noma kabili ngelanga.*

*Inhlobo yesithathu ukudla okubizwa ngokuthi **'ukudla okuvikelayo'** ukulwa namagciwane. Lokhu yizithelo namaveji. Nikeza ingane okungenani isithelo esisodwa, iveji eliluhlaza neveji elisawolintshi zonke izins*

8

Ukudla ngendlela enempilo

Kubalulekile ukuthi izingane ezine-CP zihlale zinempilo futhi manje sizobheka amasu alusizo okudla ngendlela enempilo.

Okokuqala, izingane kufanele zinikwe ukudla kawu-5 noma kawu-6 ngelanga, hhayi ukudla okungu-3 okuningi.



Ucabanga ukuthi kungani kulusizo lokhu enganeni?

- Izingane zinesisu ezincane ngakho-ke zisheshe zigcwele kodwa futhi zisheshe zilambe.

Ukuze izingane ezine-CP zibe nempilo sidinga ukuqinisekisa ukuthi isidlo ngasinye sinakho konke. Lokhu singakwenza ngokuqinisekisa ukuthi sizinika okungenani ukudla okukodwa okuvela kunhlobo ngayinye.



Namathisela isithombe phezulu ukuchaza izinhlobo ezintathu zokudla.



Futhi kubalulekile ukuthi izingane ezine-CP ziphuze amanzi amaningi ngelanga. Ngokusiza ingane yakho inyakaze zonke izinsuku, ngokuyinikeza izithelo namaveji oku-fresh, namanzi amaningi, akufanele zibe nenkinga yokuqumbelana.



UKUSHINTSHA I-DIET YENGANE:

Elinye lamaphutha amakhulu enziwa abazali uma benikwe isaluleko nge-diet yabantwana babo ukuthi bavele bashintshe abakunika ingane ngokuphazima kweso. Lokhu kubangela ukuthi ingane iphatheke kabi ngoba ayisadli ukudla ekujwayele futhi uma ukudla sekukuncane ingane ingazizwa ilambile.

Kumele sethule ushintsho ku-diet kancane kancane ukuze ingane ithole isikhathi sokujwayela le-diet entsha.

Elinye isu elilusizo elokuthi ukudla okungenampilo kufanele ingane ikuthole kuphela ngezikhathi ezithile okanye njengento yokuzijabulisa ngaleso sikhathi ngoba akubalulekile empilweni yengane.



Ungacabanga ngezinye zezibonelo zokudla okungenampilo?

Uma wonke umuntu esenikezile izibonelo, namathisela isithombe phezulu bese unikeza lezo ezingabalwanga.

Junk foods:



Elinye isu elilusizo ukuthi uma uzokwenza ushintsho ku-diet yengane yakho, kumele ulwethule kancane kancane.



Chaza ukuthi kubaluleke ngani ukwethula ushintsho ku-diet yengane yakho kancane kancane.



Uma ingane ijwayele ukuthola izipuni ezingu-4 zikashukela edokweni layo, ungayishintsha kanjani i-diet kancane kancane ukuze ungaphinde uwufake ushukela edokweni.

- Qala ngokuyinika izipuni ezingu-3 zikashukela, ngeviki elilandelayo zehlise zibe ngu-2 kuthi ngelilandela lelo yinike isipuni esisodwa bese kuba nguhhafu emva kwalokho ugcine ungasafaki lutho.



ESINYE ISIBONELO:

Uma ingane ijwayele ukuphuza idrinki yodwa kodwa sesifuna ukuthi iphuze amanzi, asikwazi ukuvele siyinike amanzi kuphela. Kumele sishintshe kancane kancane. Singaqala ngokuhlanganisa idrinki namanzi ukuyenza ibe noshukela omncane. Emva kwalokho singathasisela ngamanzi njalo ngeviki kuze kube sekusekele idrinki encane kakhulu esiphuzweni.



Xoxela iqembu esinye isibonelo.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Izingane kufanele zidle kawu-5 kuya kawu-6 ngosuku.

Kubalulekile ukuthi izingane ezine-CP zidle ukudla okubhalansile okuvela kuzinhlobo zontathu zokudla.

Kufanele ziphuze amanzi amaningi.

Kufanele zidle ukudla okungenampilo ngezikhathi ezithile kuphela.

Kufanele sethule ushintsho kancane kancane ku-diet yengane.

9

Ukuphela kwe-workshop



Njengoba i-workshop isifike emaphethelweni, ingabe ukhona onombuzo ngaphambi kokuthi sivale?



Emva kokufunda ngokudla nokuphuza, yini ozoyenza ngedlela ehlukile uma ufika ekhaya?

Ukanye neqembu, fundani i-handout yomzali bese uphendula imibuzo engavela.

Vala i-workshop uqinisekise ukuthi wonke umuntu unelisekile ukuthi imibuzo yabo iphenduliwe.



Ukuxhumana

Mina nomtanami siyezwana.



IPHEPHA LOKUPHENDULA:

Names:	Describe:
Actions:	

Okokusebenza

Kule workshop uzodinga:



Iphepha elikhulu



Imakha yokubhala



Ibhola



Iphepha elikhulu elinomdwebo wephepha lokuphendula x 2



Iphepha elilodwa elizonikwa abantu ababili



Ipeni elilodwa elizo ikwa abantu ababili

1

Ukwamukela

Yamukela wonke umuntu okhona uqinisekise ukuthi bazizwa benethezekile ngaphambi kokuthi uqale.



Ngaphambi kokuthi siqale le workshop, iyiphi into eyodwa oyifunde ku-workshop edlule ebikhuluma “ngokudla nokuphuza” futhi uyisebenzise kanjani le nto ekhaya?

Namathisela phezulu okulindelekile bese nikucubungula neqembu lakho.

Workshop 4 - Okulindelekile

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

Malamulele Onward C2CTP ©

Workshop 4 - Communication

Izingane eziningi ezine-CP azikwazi ukukhuluma, kodwa ziyakwazi ukuxhumana nabantu futhi singafunda ukuzinikeza amathuba okuxhumana nabantu ukuze siziqonde kangcono.

Lezi yizinto esizokhuluma ngazo namuhla:

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

Hlukanisa abantu basebenze ngababili bese ubatshela ukuthi bazohlala nalabo baphathina babo kuze kuphele i-workshop. Emva kwalokho nikeza ophathina iphepha nepeni.

3

Kuyini ukuxhumana

Namathisela isithombe phezulu.



Benzani laba bantu abasesithombeni?

- Omunye uyakhuluma.
- Omunye ulalele futhi uyaqonda.

Namathisela isithombe phezulu.



Kwenzakalani kulesi sithombe?

- Uthisha uyakhuluma, unikeza ulwazi.
- Abafundi balalele, bayaqonda futhi bayafunda.

UMYALEZO OSEMQOKA

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

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



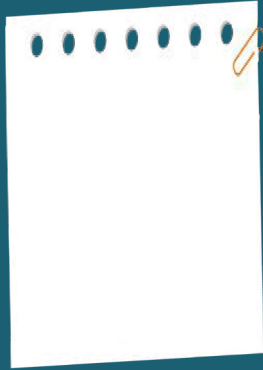
I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye umuntu uzodlulisa umyalezo, omunye uzowamukela.*
- *Tshela ophathina ukuthi umuntu odlulisa umyalezo kufanele atshele uphathina wakhe ukuthi uhlala nobani ekhaya, KODWA akavumelekile ukukhuluma noma ukubhala.*
- *Uphathina omunye angakhuluma ukuzama ukuqonda ukuthi uthini uphathina wakhe.*

4

Izindlela ezahlukene esingaxhumana ngazo

Uzodinga:



Iziphi izindlela ezahlukene ozisebenzisile ukuxhumana?

- Ukubheka umuntu okhuluma naye
- Izwi noma imisindo
- Ukwenza amasayini ngezandla
- Ukuveza imizwa ngobuso
- Ukukhomba ngezandla
- Ukunqekuzisa noma ukunyikinya ikhanda
- Ukusebenzisa umzimba ukukhuluma

Bhala phansi konke abakushoyo.



Cabanga ngengane yakho. Iqonda kangakanani futhi ixhumana kanjani nawe?

Banikeze isikhathi sokuxoxa bese bebhala iziphakamiso zabo ephapheni.





KUNGANI INGANE ENE-CP INGABA NEZINKINGA ZOKUXHUMANA:

- *Angeke yakwazi sanhlobo ukukhuluma.*
- *Ingakuthola kunzima ukuxhumana noma ngabe isebenzisa izandla okanye amehlo.*
- *Ingane ingakwazi ukukhuluma, kodwa kungaba nzima ukuqonda ukuthi ithini.*
- *Ezinye izingane azikwazi ukuqonda okuningi ngoba izingqondo zazo zibamba kancane futhi kungenzeka zingakwazi ukukhuluma.*
- *Ezinye izingane ziyakwazi ukuqonda kahle, kodwa azikwazi ukukhuluma ngoba zinezinkinga emisipheni ekake umlomo.*

5

Kungani ingane ene-CP ingaba nezinkinga zokuxhumana



Kungani ucabanga ukuthi ingane ene-CP ingaba nezinkinga uma izama ukuxhumana nabantu? – Khumbula ukuthi ukuxhumana kufaka phakathi ukukhuluma nokuqonda.



Linda ukuthi bonke abantu bakhulume. Emva kwalokho namathisela isithombe phezulu bese uchaza izimpendulo.

Kungani ingane ene-CP ingazithola inezinkinga zokuxhumana nabantu:

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

UMYALEZO OSEMQOKA

Zonke izingane ezine-CP ziyakwazi ukuxhumana nabantu futhi zonke zisebenzisa izindlela ezahlukene ukwenza lokhu, noma ngabe azikwazi ukukhuluma.

Isibonelo, ezinye izingane zikwazi ukusebenzisa amehlo azo kuphela ukukhombisa umuntu ukuthi zifunani.



I-ACTIVITY:

- *Phakamisa ibhola emoyeni bese ubuza umbuzo.*

6

Singazisiza kanjani izingane ezine-CP ukuqonda kangcono

Manje sizofunda ukuthi singazisiza kanjani izingane ezine-CP ukuthi zixhumane. Okokuqala sizofunda ngokuthi singazisiza kanjani ukuthi ziqonde kangcono bese sifunda ngokuthi singazisiza kanjani ukukhuluma kangcono.

Asiqale ngokukhuluma ngokuthi izingane zifunda kanjani ukuqonda amagama.

Uzodinga:



Ngifuna nicabange nengane engenayo i-CP ukuthi ifunda kanjani ukuthi izinto zibizwa kanjani. Isibonelo, zifunda kanjani ukuthi leli ibhola?

- Ngokulalela thina siyitshela ukuthi leli ibhola.
- Ngokuthi izwe thina masikhuluma sithi “Thatha ibhola” noma “Shaya ibhola”

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



I-ACTIVITY:

- *Namathisela odongeni iphepha lezimpendulo ukuze wonke umuntu alibone.*
- *Phonsela omunye wabantu eqenjini ibhola bese umbuza umbuzo wokuqala ubhale izimpendulo ephepheni.*
- *Cela lowo muntu aphonsele ibhola komunye umuntu bese ucela lowo muntu aphenule umbuzo wesibili.*
- *Bhala izimpendulo ephepheni bese uyawuphinda lo mdlalo kuze kube ubuze yonke imibuzo.*


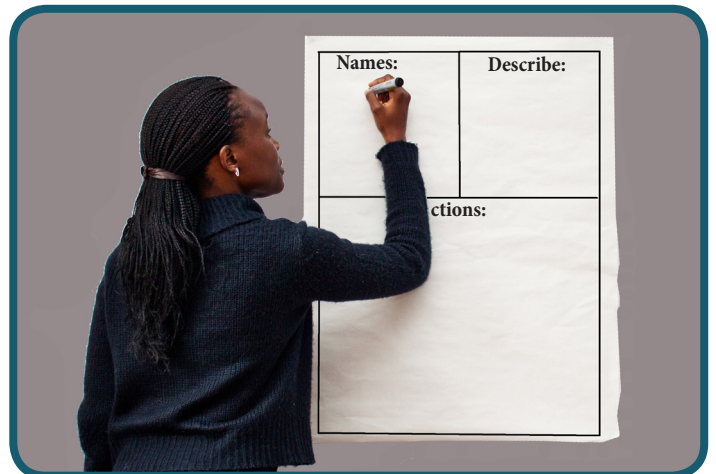
7

Singakhuluma ngani

Asibuke ibhola bese sizama ukuphendula imibuzo ngalo.

Uzodinga:

Names:	Describe:
Actions:	

Sidinga ukuthi ingane yazi ukuthi le nto iyini. Ngakho-ke, ibizwa ngokuthi yini?

- Ibhola



Emva kwalokho sifuna ukuyichaza. Asiqale ngokuthi ibukeka njengani?

- Iyindilinga, iphuzi, igqamile



Linjani ibhola uma ulithinta?

- Liqinile, linoboya, alisheleleli.

Uma sikhuluma ngokudla, singakhuluma nangokuthi kunambitheka kanjani nokuthi kunuka kanjani.



Emva kokuchaza into, singakhuluma ngezinto esingazenza ngayo. Singenzani ngebhola?

- Singaligqomisa, silibambe, siliphonse, siliginqikise, silishaye.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

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

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

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

Lapho sidlala ngebhola, ingane ingafunda amagama amaningi.



I-ACTIVITY:

- *Namathisela odongeni iphepha lokubhala izimpendulo ukuze wonke umuntu alibone.*
- *Tshela iqembu lakho ukuthi ufuna licabange ngezikhathi zokugeza nokuthi njengeqembu bazosebenzisa imibuzo ukusiza ukuthola inqwaba yamagama.*
- *Buza umbuzo owodwa ngesikhathi bese ubhala abakucabangayo ephepheni lezimpendulo.*
- *Bhala konke abakucabangayo ephepheni lezimpendulo ngaphambi kokudlulela phambili.*

8

Ukukhuluma ngezinto zemihla yonke

Njengoba ukunakekela ingane ene-CP kuyindlela yokuphila, nokukhuluma nayo kuyindlela yokuphila. Singakhuluma nengane yethu sibe senza izinto zangemihla yonke. Asenze isibonelo ukuthi singakhuluma ngani lapho siyigeza.

Namathisela phezulu imibuzo esiyibuze ku-activity esigcine ukuyenza.

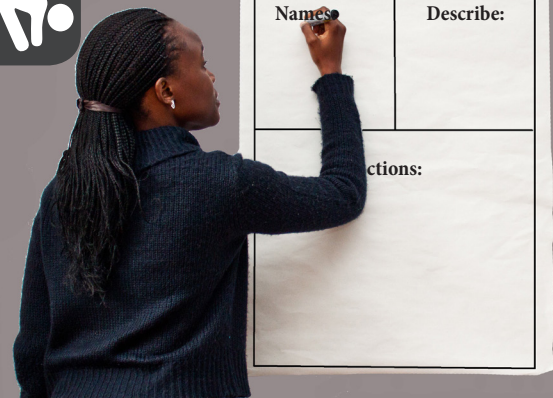
Imibuzo:

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

Uzodinga:



Names:	Describe:
Actions:	



Gcina imibuzo odongeni ukuze izosebenza ku-activity elandelayo.

Sifuna ingane ifunde okuningi lapho sibhizi ngezinto zangemihla yonke, hhayi nje kuphela lapho igeza. Ngakho-ke asicabange ngezinye zezinto esizenza osukwini.



I-ACTIVITY:

- Yenzani lokhu ngababili.
- Chaza ukuthi ophathina bazotshelwa okufanele bacabange ngakho.
- Emva kwalokho kufanele basebenzise imibuzo esodongeni ukubasiza bacabange ngazo zonke izinto abangakhuluma nezingane zabo ngazo lapho benza okuthile.
- Iqembu elinye kumele likhulume 'ngokufida', elesibili lingakhuluma 'ngokugqokisa' kanti elesithathu lingakhuluma 'ngokudlala ngonobhola'.
- Bangabhala phansi izimpendulo zabo ukubasiza bakhumbule.
- Banikeze imizuzu elishumi ukucabanga ngalokho abazokwenza.
- Emva kwalokho hlanganisa iqembu lakho bese ucela ophathina bakhulume ngabakucabangile.
- Njengoba ophathina besho abakucabangile, buza amanye amalungu eqembu ukuthi akukho yini afuna ukukuneezela.



IZINGANE EZINGAKWAZI UKUBONA NOMA UKUZWA KAHLE

Ukufunda ukuxhumana nabantu kunzima kakhulu enganeni ene-CP engakwazi ukubona okanye ukuzwa kahle. Uma ingane ingakwazi ukuzwa noma ukubona khale, kudingeka ukuthi siyivumele ithinte yonke into ngoba izandla zayo sezifana namehlo nezindlebe zayo. Uma ingane ingaboni kahle, singayisiza iqonde futhi ifunde ngokusebenzisa ezinye izindlela zokuzwa ezifana nokuzwa, ukuthinta, ukunambitha nokuhogela.

Isibonelo:

- Ngesikhathi sokugeza, vumela ingane ihogele futhi ithinte insipho futhi uyitshela ukuthi yini. Ivumele ukuthi izwe amanzi ngaphambi kokuthi uyifake kuwo.
- Ngesikhathi uyifida, ivumele ithinte isipuni futhi ihogele ukudla.

Uzodinga:



Ngaphambi kokuthi siqede, asicabange ngezingane ezingakwazi ukubona nokuzwa kahle nokuthi singazisiza kanjani ukuqonda kangcono.



Chaza ukuthi ingasizwa kanjani ingane engakwazi ukubona noma izwe kahle.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Ziningi izinto ezahlukene esingazikhuluma nezingane zethu lapho senza nazo izinto zemihla yonke.

Uma sikhuluma ngalezi zinto zonke izinsuku, ingane izofunda kancane kancane ukuwaqonda la magama.

Uma ingane ingaboni noma ingezwa kahle, sidinga ukusebenzisa ezinye izindlela zokuzwa ukuyisiza ifunde.



UKUNIKEZA IZINGANE ITHUBA LOKUKHULUMA:

1. Yazi kahle ingane yakho futhi bheka ukuthi izama kanjani ukuxhumana nawe

Isho amagama nje okanye isebenzisa izwi? Ingakwazi ukusebenzisa amehlo noma izandla ukukhomba? Ingakwazi ukukubonisa ukuthi "yebo" noma ukuthi "cha"?

2. Biza igama layo

Uma ukhuluma nengane yakho, qala ngokuyigqugqumezela ukuthi ikubuke ngokuthi ubize igama layo.

3. Ibuze imibuzo

Nikeza ingane yakho ithuba lokusho okuthile ngokuthi uyibuze imibuzo. Ingane ekhulumayo – ibuze imibuzo eyenza icabange. Ingane engakhulumi – yenze ikhethe uyibuze imibuzo edinga uyebo noma ucha.

4. Ungayitsheli ukuthi yenzeni lapho idlala

Kulula kakhulu ukuvele unike izingane imiyalelo uma sidlala nazo. Singanika izingane ithuba lokukhuluma ngokuzivumela zikhethe ukuthi kuzokwenzakalani kuleyo nto eziyidlalayo kunokuthi umuntu azitshela ukuthi akwenzekeni.

5. Thinteka/phendula sonke isikhathi lapho ingane izama ukukutshela into ethile ukubonisa ukuthi unesasa lale nto ezama ukukutshela yona.
Isibonelo: "Ô, ubuka ubhanana, uyawufuna?"

9

Singakuthukisa kanjani ukukhuluma kwengane?

Zonke izingane ezine-CP ziyafuna ukuxhumana nabantu ezihleli nabo. Kungumsebenzi wethu ukuzinikeza ithuba noma isizathu sokukhuluma nathi. Asikhulume ukuthi singakwenza kanjani lokhu.



Namathisela isithombe phezulu bese ucubungula iphoyinti ngalinye neqembu lakho.

Ukunikeza izingane ithuba lokukhuluma:

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

Malamulele Onward C2CTP ©

Workshop 4 - Communication



UKUNIKEZA IZINGANE AMATHUBA OKUKHETHA:

Enganeni ekwaziyo ukukhuluma, kulula. Singavele sibuze: "Ufuna ukudlani?"

Enganeni engakwazi ukukhuluma, singayenza ikhethe phakathi kokudla okubili. Uma ikwazi ukukhomba, kulula ukuthi sibone ukuthi ifuna kuphi. Uma ingakwazi ukukhomba, kufanele sibheke kahle ukubona ukuthi isebenzisa amehlo noma ikhomba ngomzimba ukubonisa ukudla ekufunayo.

Enganeni ekwazi ukukhombisa u-YEBO noma u-CHA, singabuza: "Ufuna okherothi? Ufuna inyama?" Emva kwalokho kufanele sibhekisise kahle ukubona impendulo. Inganqekuzisa ikhanda okanye ilinyukunye, inganyakazisa umzimba noma ikhombise ngobuso.

Lezi yizo zonke izindlela esinganikeza ngazo ingane ithuba lokukhuluma.

Manje sizofunda ukubuza imibuzo yokunika ingane ene-CP ithuba lokukhetha ukuthi ifuna ukudlani.



Namathisela izithombe phezulu bese uchaza ukuthi izingane zinikezwa kanjani amathuba okukhetha.

Ukunikeza izingane amathuba okuzikhethela:

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

UMYALEZO OSEMQOKA

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

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

Yenza ingane ikubheke sonke isikhathi ngaphambi kokuyibuza umbuzo.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Ophathina kufanele balingise basebenzise izindlela ezinhle zokuxhumana kuleyo-activity abayixoxile ekuqaleni kwale workshop.*
- *Khumbuza ophathina ukuthi baxoxe ngayiphi i-activity (ukufida, ukugqokisa nokudlala ngonobhola).*
- *Bangazinqumela ukuthi ubani ozoba ingane nozoba umnakekeli.*
- *Nikeza ophathina le miyalelo:*
 - 1. Ingane yakho iyakwazi ukukhuluma isebenzisa amagama.*
 - 2. Ingane yakho ayikwazi ukukhuluma kodwa iyakwazi ukuzikhethela ngokukhomba noma ngokusebenzisa amehlo.*
 - 3. Ingane yakho ayikwazi ukukhuluma kodwa iyakwazi ukukhombisa u-yebo noma u-cha.*
- *Nikeza ophathina imizuzu elishumi ukuzilungiselela ukulingisa.*
- *Akuthi lapho ophathina belingisa, gqugquzela iqembu lakho ukuthi libhekisise ukuze liphawule ekugcineni. Dlulela kophathina abalandelayo ukulingisa okwabo.*

10

Ukuzicija ekuxhumaneni kwethu

Manje asibuyise konke ndawonye bese sizicija kuzo zonke izindlela zokusiza ingane ngokuqonda nokukhuluma. Manje sesizozicijela ukuxhumana okuhle sinophathina bethu.



Manje asibuyise konke ndawonye bese sizicija kuzo zonke izindlela zokusiza ingane ngokuqonda nokukhuluma. Manje sesizozicijela ukuxhumana okuhle sinophathina bethu.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

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

Kubalulekile ukunikeza izingane ithuba lokuzikhethela.

Singasiza izingane ezine-CP ukuxhumana kangcono ngezinto zemihla yonke.



Njengoba i-workshop isifike emaphethelweni, ingabe ukhona onombuzo ngaphambi kokuthi sivale?



Emva kokufunda ngokuxhumana, yini ozoyenza ngendlela ehlukile uma ufika ekhaya?

Ukanye neqembu, fundani i-handout yomzali bese uphendula imibuzo engavela.

Vala i-workshop uqinisekise ukuthi wonke umuntu unelisekile ukuthi imibuzo yabo iphenduliwe.

5

CVI

Cerebral Visual Impairment

*Ukuqonda ukuthi ukuthi umtanami
ukwazi ukubona kuphi futhi ini.*

Okokusebenza

Kule workshop uzodinga:



Into yokuvala amehlo esikwe kuplastiki kadoti omnyama (Abantu ababili)



Ijakhethi/ijezi - noma yini ekwazi ukuvuleka ngaphambili (Abantu ababili)



Imfaduko/indwangu (Abantu ababili)



Uplastic wokufriza ukudla onoziphu ogcotshwe ngovaselina wase ugoqwa waba nguhhafu (Umuntu ngamunye)



Isethi yezithombe ezi-black and white ezizonikwa abantu ababili



Isethi yezithombe ezinemibala ebomvu nephuzi ezizonikwa abantu ababili



Amathawula angu-3 / Ucezu lwendwangu (elibomvu, eliphuzi nelimnyama)



Isethi yama-disc aluhlaza njengesibhakabhaka naphuzi



Isethi yezithombe ezijwayelekile



**Ibhodi elikhavwe ngephepha le-foil elicwebezelayo
(Abantu ababili)**



Iselula / Ithoshi



Iphepha elilodwa elizonikwa abantu ababili.



Ipeni elizonikwa abantu ababili.

1

Ukwamukela

Yamukela wonke umuntu okhona uqinisekise ukuthi bazizwa benethezekile ngaphambi kokuthi uqale.



Ngaphambi kokuthi siqale le workshop, iyiphi into eyodwa oyifunde ku-workshop edlule ebikhuluma “ngokuxhumana” futhi uyisebenzise kanjani le nto ekhaya?

Namathisela phezulu okulindelekile bese nikucubungula neqembu lakho.

Workshop 5 - Okulindelekile

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

Malamulele Onward C2CTP ©

Workshop 5 - Cerebral Visual Impairment

Izingane eziningi ezine-CP zinenkinga yamehlo futhi. Ziningi izizathu ezibangela lokhu. Namuhla sizokhuluma ngesisodwa kuphela salezi zizathu. Sizokhuluma ngenkinga ebizwa nge-‘CVI’.

Nazi izinto esizokhuluma ngazo namuhla:

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

Hlukanisa abantu basebenze ngababili bese ubatshela ukuthi bazohlala nalabo phathina babo kuze kuphele i-workshop. Bese unikeza ngababili: ipeni, iphepha, okokumboza amehlo, ibhodi elicwebezelayo kanye nendwangu. Bese unikeza umuntu ngamunye: iphakeshana elinesithombe kanye neshidi lepulastiki.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye makabe umnakekeli omunye makabe yingane.*
- *Ingane kufanele igqoke iplastiki yomgqomo kadoti ebusweni ukuzivala amehlo bese ihlala esitulweni.*
- *Susa abanakekeli eqenjini ukuze izingane zingezukuzwa ukuthi ubatshelani?*
- *Tshela abanakekeli ukuthi kufanele bakhumule izingane amajakhethi ngokushesha bese bezisula ubuso bengazitshelanga lutho.*
- *Emva kwalesi sigameko, ingane ingasusa lokhu ebizivale ngakho amehlo.*

3

Kunjani ukungaboni

Uzodinga:



?

Kubenjani ukukhunyulwa ijakhethi nokusulwa ubuso ungaboni?

?

Umnakekeli angayenza kanjani ngendlela eyahlukile?

- Angakhuluma nengane ayichazele ukuthi wenzani.
- Angathatha isikhathi sakhe enze ngesineke.
- Angavumela ingane iyithinte ijakhethi iyizwe.
- Angenze ngokucophelela hhayi ngendlakadla.

Khetha abantu ababili bezokhombisa iqembu ukuthi bangenza kanjani ngendlela ehlukile.

Ezinye izingane zikwazi ukubona kancane, hhayi ukuthi ziyizimpumpethe futhi nakuzo kuyesabisa njengakunoma ubani ongaboni uma kukhona umuntu owenza into kuye engamchazelile ukuthi kwenzakalani. Uma unengane ebonayo, kodwa hhayi kahle, usadinga ukuyichazela ukuthi wenzani kuyo futhi uyivumele ukuthi ithinte futhi ihogele izinto eyikakile.

UMYALEZO OSEMQOKA

Uma sinengane eyimpumpethe okanye engaboni kahle, kufanele sisebenze kancane futhi sikhulume nayo siyitshele ukuthi senzani.

Lokhu kuyoyisiza ukuthi iqonde ukuthi kwenzakalani futhi iyoziwa yethuke kancane.



SENZANI UMA SICABANGELA UKUTHI INGANE AYIKWAZI UKUBONA KAHLE:

Uma ingane ene-CP ingaboni kahle, sijwayele ukucabanga ukuthi inkinga isemehlweni, kodwa kungaba ngenxa yezizathu eziningi ukuthi yingani ingane inezinkinga zokubona. Uma ingane ingaboni kahle, okokuqala siyithumela kudokotela wamehlo ayoyihlola. Uma udokotela ethi kunenkinga ngamehlo, angayinika izibuko ukuyisiza ibone kangcono.

Uma ethi amehlo awanankinga, lapho sibe sesazi ukuthi inkinga ivela engqondweni. Amehlo ayabona kodwa ingqondo ayiqondi ukuthi amehlo abukani.



KUSHO UKUTHINI UKUTHI CVI:

Uma ubuchopho bulimele, njengasezinganeni ezine-CP, inkinga yokubona ibangelwa ukulimala ebuchosheni hhayi ngoba amehlo esuke elimele.

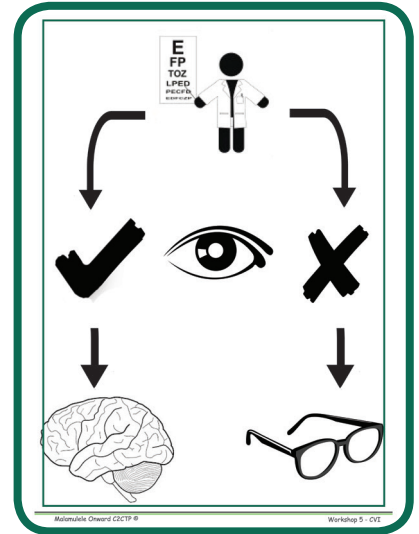
Lokhu sikubiza nge-Cerebral Visual Impairment esikunqamulela sithi CVI. Ngesinye isikhathi bakubiza nge-"cortical blindness" yize ingane ingeyona impumputhe. Njengoba sishilo ngaphambilini, amehlo ayasebenza kodwa ingqondo ilimele futhi ayiqondi ukuthi amehlo abonani.

4

Isho ukuthini i-CVI?



Namathisela isithombe phezulu bese uyasisebenzisa ukuchaza ukuthi senzani uma sicabanga ukuthi ingane ayiboni kahle.



Namathisela isithombe phezulu bese uyachaza ukuthi i-CVI isho ukuthini.

CVI
Cerebral
Visual Impairment



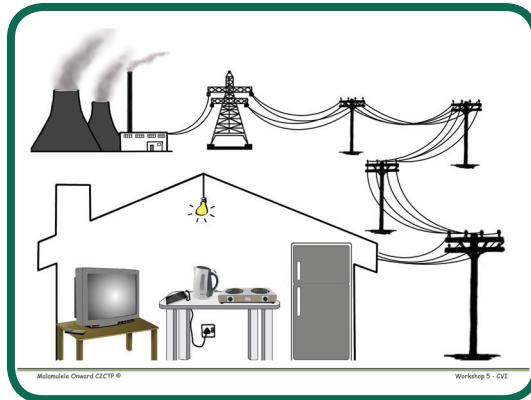
UKULIMALA EBUCHOSHENI BUWUTHIKAMEZA KANJANI UMZIMBA:

Khumbulani ukuthi ku workshop yokuqala sakhuluma ngokuthi isiteshi esiphehla ugesi siziphakela kanjani izinto ezisebenza ngogesi endlini. Yize kungenankinga ngezinto ezisebenza ngogesi, angeke zisebenze uma kunenkinga esiteshini.

Ngakho-ke njengezinto zikagesi, amehlo engane asebenza kahle kodwa inkinga esebuchosheni ivimba amehlo ukuthi angaboni kahle.



Sebenzisa isithombe sesiteshi sikagesi ukukhumbuza iqembu ukuthi ukulimala ebuchosheni kuwuthikameza kanjani umzimba.



UMYALEZO OSEMQOKA

**I-CVI inkinga yengqondo akusiyo eyamehlo.
Amehlo ayasebenza kodwa ingqondo ayiqondi ukuthi amehlo abonani.**



IZIMPAWU ZE-CVI:

- *Ingane ithatha isikhathi eside ukubheka into ethile.*
- *Ingane ibuka into bese futhi ibuka le uma isizofika kuyo.*
- *Ingane ivele igqolozele endaweni eyodwa.*
- *Ingane ibuka into ethile isikhashana bese ibuka le kude kube sengathi ayikwazi ukugxila kuyo.*
- *Ingane ibheka ukukhanya, amehlo abheke phezulu bese ebheka esayidini.*
- *Ingane ayikwazi ukulandela izinto ngamehlo.*
- *Ngezinye izinsuku kuba sengathi ingane ibona kangcono.*
- *Ingane ingabona izinto kangcono uma zivela ngecele kodwa zingavezwa phambi kwayo.*
- *Ezinye izingane zikwazi ukubona into uma inyakaza noma ihamba.*

5

Sazi ngani ukuthi ingane ine-CVI?



Ingabe ukhona la onengane engaboni kahle? Okanye ikhona ingane eniyaziyo engaboni kahle?



Yini le eyenziwa ingane enenza nicabange ukuthi inenkinga yokubona?



Sebenzisa lezi zithombe ukukhuluma ngezinkomba ezahlukene ze-CVI, uvume lezo asebezishilo.





Usuke wazibona izimpawu ezifana nalezi ezinganeni zakho?

Uma ingane ine-CVI akusho ukuthi izokhombisa zonke lezi zimpawu. Khumbula ukuthi zonke izingane ezine-CP zihlukile kwezinye ezinayo, futhi njenge-CP, i-CVI ingaba edlulele okanye ezothile.

Ukuqonda i-CVI kungaba nzima kakhulu, ngakho-ke kufuneka ucele i-therapist yakho ikusize uqonde ukuthi ingane yakho ikwazi ukubonani.

Qiniseka ukuthi akekho onemibuzo.

UMYALEZO OSEMQOKA

Ziningi izimpawu esingazibona ukusitshela ukuthi ingane ine-CVI.

Izingane ezine-CVI azifani, ezinye zibona kangcono kunezinye.

Cela i-therapist yakho ikusize uqonde ukuthi ingane yakho ingabonani.



UKUSEBENZA NGENGANE ENE-CVI:

Zintlanu izinto okumele uzikhumbule uma usebenza ngengane ene-CVI:

1. Ingane kumele ibekwe kahle

Uma ingane ine-CVI, kunzima kakhulu ukuthi isebenzise amehlo ayo uma ihleli kabi noma inyakaza kakhulu. Uma sifuna ukusiza ingane ene-CVI ukubheka izinto, kudingeka siyinike ukwesekelwa ekudingayo ukuze izokwazi ukusebenzisa amehlo.

2. Qinisekisa ukuthi kuthule

Uma sifuna ukuthi ingane ene-CVI isebenzise amehlo, kubalulekile ukuthi kuthule endlini futhi kungabi nemisindo ephazamisayo. Ezinganeni eziningi ezine-CVI, kulula ukusebenzisa izindlebe ukulalela kunokusebenzisa amehlo ukubona. Ngakho-ke uma kunomsindo, ingane ingalalela imisindo ikhohlwe ukubuka lokhu oyitshengisa khona.

3. Vumela ingane ihlabe ikhefu

Njengoba kuyikhathaza ukufunda ukuhlala nokuma ingane ene-CP, naleyo ene-CVI kuyayikhathaza ukubuka isikhathi isikhathi eside. Lapho sisiza ingane ene-CVI ukuthi ibone, siding ukuyinika isikhathi sekhefu ngoba amehlo ayo ayakhathala.

4. Bekezela

Futhi sidinga ukubekezela silinde ukuthi ingane ibheke. Ezinye izingane ezine-CVI zingathatha isikhathi ngaphambi kokuthi zibone ezikukhonjiswayo.

5. Sebenzisa izinto ingane ezazi kahle

Kulula ukuthi ingane ene-CVI ibone izinto ezijwayele. Uma silokhu siyibonisa lezi zinto ezifanayo, igcina isizibona kalula.

6

Ukusiza izingane ezine-CVI

Yize izingane ezine-CVI zingaboni kahle, kunezinto eziningi esingazenza ukuzisiza ukuthi zibone kangcono.

Mathathu amaphuzu abalulekile okumele siwakhumbule uma sisebenza ngengane ene-CVI.



Namathisela isithombe phezulu ukuchaza amaphuzu abalulekile okufanele siwakhumbule.

Ukusebenza ngengane ene-CVI:

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

Malamulele Onward C2CTP ©

Workshop 5 - Cerebral Visual Impairment

Qiniseka ukuthi akekho onemibuzo.

Ngaphambi kokuthi sise ingane ene-CVI ukubona kangcono, sidinga ukuqonda ukuthi sizibambele ngakuphi izinto khona izozibona nanokuthi iziphi izinto esikwazi ukuzibona kalula.

Ake senze izinto ezizosisiza siqonde ukuthi iziphi izinto ezibonakala kalula enganenei ene-CVI.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye umuntu akahlale esihlalweni sakhe bese ephakamisa iplastiki enoziphu phambi kobuso bakhe njengasesithombeni.*
- *Omunye umuntu akamele buqamama ukubala amagxathu amathathu amakhulu ukusuka kulo ohleli, aphakamise isithombe isithombe esingu-black and white.*
- *Lo omile kumele asondele eduze kancane kancane aze akwazi ukusho lo ohleli ukuthi yini esesithombeni.*
- *Lo omile ekugcineni kumele asondeze kakhulu isithombe ebusweni balo ohlezi ukuze asho ukuthi usibona kahle yini.*
- *Laba ababili bangashintshana manje kuthi lo obehleli asebenzise izithombe okungezakhe ezihlukile kulezi esezisetshenziwe.*

7

Singazibambela kuphi izinto

Manje asiqale ngokufunda ukuthi singazibambela kuphi izinto ukuze ingane izibone.

Uzodinga:



Ingabe wonke umuntu ube nesidingo sokuthi isithombe sisondele ukuze abone ukuthi siyini? Kubelula yini ukubona isithombe ngesikhathi sesisondele kakhulu?

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

Qiniseka ukuthi akekho onemibuzo.



I-ACTIVITY:

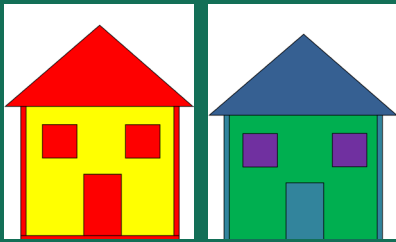
- *Yenzani lokhu ngababili.*
- *Omunye umuntu akahlale esihlalweni sakhe bese ephakamisa iplastiki enoziphu phambi kobuso bakhe njengasesithombeni.*
- *Omunye umuntu akamele buqamama ukubala amagxathu amathathu amakhulu ukusuka kulo ohleli, aphakamise izithombe zemibala emibili esinye eduze kwesinye.*
- *Lo omile kumele asondele eduze kancane kancane aze akwazi ukusho lo ohleli ukuthi yini esesithombeni.*
- *Kumele asho ukuthi yini akwazi ukuyibona lo ohleli nanokuthi isiphi okulula ukusibona.*
- *Uma lowo ohleli esekhethhe isithombe esibonakala kalula, laba ababili bangashintshana benze khona lokho.*
- *Lo manje osemile uzosebenzisa izithombe zakhe ezehlukile kulezi esezisetshenzisiwe.*

8

Imibala egqamile

Ake senze ama-activities okufunda ukuthi iziphi izinto ingane ene-CVI ekwazi ukuzibona kalula.

Uzodinga:



Cela wonke umuntu athathe izithombe azibone zilula ukuzihlonza azibeke phakathi neqembu ukuze wonke umuntu ezozibona.



Kungani ucabanga ukuthi kube lula ukuzibona lezi zithombe?

- Umbala ophuzi nobomvu yimibala egqame kangcono kunoluhlaza njengesibhakabhaka noluhlaza njengotshani.
- Imibala egqamile igqama ukudlula yonke le ngathi mnyama.

Qiniseka ukuthi akekho onemibuzo.



I-ACTIVITY:

- *Ndlala amathawula elinye eceleni kwelinye phambi kwakho njengasesithombeni.*
- *Qala nge-disc eluhlaza njengesibhakabhaka uyibeke phezu kwethawula elimnyama bese uyachaza ukuthi iyefana kakhulu nethawula elimnyala ngakho-ke kunzima ukuyibona.*
- *Emva kwalokho beka i-disc phezu kwethawula eliphuzi bese uyachaza ukuthi kunomehluko omkhulu phakathi kwe-disc nethawula, ngakho-ke kulula ukuyibona.*
- *Emva kwalokho beka i-disc ethawuleni elibomvu bese uyachaza ukuthi kunomehluko omkhulu phakathi kwe-disc nethawula elibomvu kunaphakathi kwe-disc nethawula elimnyama, ngakho-ke kulula ukubona i-disc phezu kwethawula elibomvu kunaphezu kwethawula elimnyama.*
- *KODWA: Yize kulula ukubona into ephezu kwethawula elibomvu, ngokujwayelekile kulula ukubona phezu kwethawula eliphuzi ngoba kunomehluko omkhulu phakathi kwale mibala emibili.*

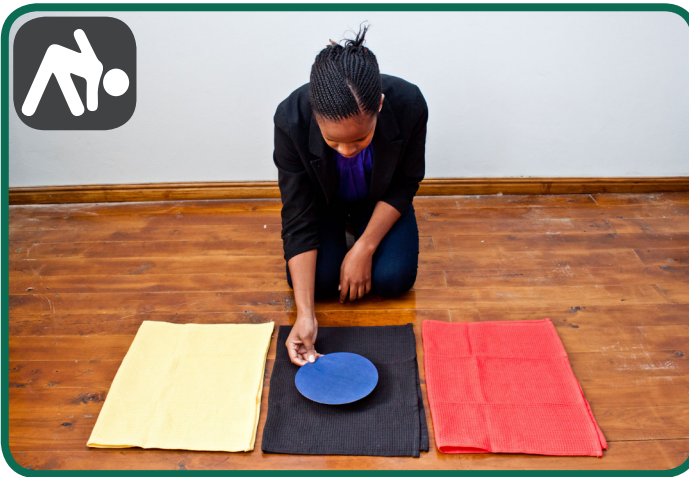
- *Yenza into efanayo nge-disc ephuzi.*
- *Qala ngokuyibeka ethawuleni eliphuzi bese uyachaza ukuthi ifana kakhulu nombala ophuzi ngakho-ke kunzima kakhulu ukuyibona.*
- *Emva kwalokho beka i-disc ethawuleni elimnyama bese uyachaza ukuthi kunomehluko omkhulu phakathi kwe-disc nethawula ngakho-ke kulula ukuyibona.*
- *Emva kwalokho beka i-disc ethawuleni elibomvu bese uyachaza ukuthi kunomehluko omkhulu phakathi kwe-disc nethawula elibomvu kunaphakathi kwe-disc nethawula eliphuzi, ngakho-ke kulula ukubona i-disc ethawuleni kunasethawuleni eliphuzi.*
- *KODWA: Yize kulula ukubona ethawuleni elibomvu, kulula kakhulu kwelimnyama ngoba umehluko mkhulu phakathi kwale mibala emibili.*

- *Ngakho-ke uma umehluko omkhulu phakathi kwemibala, kulula ukuthi ingane iwubone.*

9

Imibala ehluke kakhulu kweminye

Uzodinga:



Ingabe wonke umuntu uyavuma ukuthi kulula ukubona imibala uma kukhona umehluko omkhulu phakathi kwayo?

Qiniseka ukuthi akekho onemibuzo.



I-ACTIVITY:

- *Beka lezi zithombe ezimbili odongeni lapho amehlo akhona ukufinyelela khona.*
- *Cela wonke umuntu aze ezobuka isithombe ngasinye esisithwe iplastiki enoziphu.*
- *Bangabuyela ezihlalweni zabo.*



KULULA UKUBUKA UMA KUCACILE LA KUBEKWE KHONA I-DISC:

Njengoba sishilo ekuqaleni, kunzima ukuthi ingane ene-CVI ibheke into eyodwa uma ziningi. Uma sitshengisa ingane into ekubeni iminingi imibala nezinto ezikhona le emuva, lokho kufana nokuthi ucinga usisi wakho esixukwini enkundleni yebhola.

Uma ubeka into ethile phambi kwengane etafuleni, qiniseka ukuthi ayikho enye into etafuleni ngaleso sikhathi. Uma utshengisa ingane into ethile, ibhekise ngasobondeni lapho kungenazithombe ezilengayo. Uma ungenalo ubonda olumsulwa unganamathisela ishidi elimsulwa ukugqamisa ofuna ukukuveza.

10

I-background emsulwa

Uzodinga:



Ingabe sonke siyavuma ukuthi kulula ukubona umuntu uma i-background imsulwa?

- Yebo.



Chaza ukuthi kungani kulula ukuthi ingane ene-CVI ibone uma i-background imsulwa.



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Omunye umuntu akahlale esihlaweni afulathele ifasitela. Uma lingekho, akafulathele ukukhanya. Kumele aphakamise iplastiki enoziphu phambi kobuso bakhe njengasesithombeni.*
- *Omunye umuntu kumele ame phambi kwalo ohleli nebhodi elikhazimulayo.*
- *Okokuqala kumele alibambe lithule ibhodi ukuze lizodlulisa ukukhanya, emva kwalokho kufanele alinyakazise alise phambili nasemuva ukuze lizobanizisa ukukhanya.*
- *Bavumele bashintshane khona nomunye ezothola ithuba.*

Uzodinga:



Ingabe sonke siyavuma ukuthi kube lula ukubona ibhodi lapho libanizisa ukukhanya?

- Yebo



Ucabanga ukuthi bekuyoba lula ukubona ibhodi ukube ububheke efasiteleni? Kungani?

- Cha, ukukhanya akukwazi ukukhanyisa ibhodi.
- Ukukhanya okuvela efasiteleni kwedlula ibhodi ngokugqama.
-



Bekulula nini ukubona ibhodi, lapho limile noma linyakaziswa?

- Ngesikhathi linyakaziswa.

Ingabe wonke umuntu ubonile ukuthi singabanizisa izinto ukwenza ukuthi ingane ene-CVI ibone? Uma ilokhu ingakabheki, singayinyakazisa into ukwenzela ukuthi ziyibone kalula.



Zikhona izibonelo zezinye izinto ezibenyezelayo ongazicabanga?

- Izibuko, umhlobiso kaKhisimuzi, ibhodwe elicwebezelayo; i-CD.
- Amaphepha amaswidi acwebezelayo okanye ingaphathi lephakethe lama-chips.



I-ACTIVITY:

- *Cela wonke umuntu abambe uplastiki phambi kwamehlo.*
- *Khanyisa iselula uqiniseke ukuthi uyibhekisa ngakumuntu ngamunye ukuze wonke umuntu alithole ithuba lokuyibona.*
- *Manje yenza indlu ibe mnyamana ngokuthi uvale amakhethini noma uvimbe ukukhanya kungangeni emafasiteleni, ucime ugesi.*
- *Yenza into efanayo ngesikhathi indlu isemnyama.*



UKUSIZA INGANE ENE-CVI UKUTHI IBONE KANGCONO NGOKUKHANYA:

Singenza izinto zibonakale kalula enganeni ngokuzikhanyisa ngethoshi. Ukukhanya kwenza izinto zigqame kunalokhu eziyikho ngakho-ke kuba lula ukuthi ingane ene-CVI izibone.

KODWA:

Akufanele sikhanyise ithoshi silibhekise ngqo emehlweni engane ngoba lokho kungadala umonakalo esweni.

Uzodinga:



Ukwazile ukubona ukukhanya uqala ngqa?

- Yebo



Bekulula ukubona ukukhanya ngesikhathi indlu ikhanya noma imnyama?

- Ngesikhathi imnyama.



Ungacabanga ngezinye izibonelo zezinto esingazisebenzisa ukukhanyisa?

- Ithoshi, iselula, noma ngabe iliphi ithoyizi elikhanyisayo

Ubonile ukuthi singasebenzisa ukukhanya okuqondile nokukhanya okubaniziswa okunye ukwenza ukuthi into ibonakale kakula enganeni ene-CVI. Lokhu kusebenza kahle ezinganeni ezikwazi ukubona ukukhanya nobumnyama kuphela, kodwa futhi kusiza nalezo ngane ezine-CVI ukubona kangcono.



Chaza ukuthi ukusebenzisa kanjani ukukhanya ukwenza izinto zibonakale kalula.

Qiniseka ukuthi akekho onemibuzo.

Ukuthola ukuthi ingane ene-CVI ingabona kangakanani, nokuthi ibona kude noma eduze kangakanani kungaba nzima. Kubalulekile ukuthi ucele i-therapist ikusize ngoba izingane ezine-CVI zingehluka kakhulu kwezinye ezinayo.

UMYALEZO OSEMQOKA

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

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

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

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

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

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

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

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



I-ACTIVITY:

- *Yenzani lokhu ngababili.*
- *Nikeza ophathina okukodwa kwalezi zinto: Ukugeza, ukugqoka, ukufida.*
- *Bonke ophathina mabacabange ukuthi bangayisiza kanjani ingane ukuthi ibone kangcono uma benza lokhu okungenhla. Ababhale phansi abakucabangayo.*
- *Banikeze imizuzu emihlanu ukwenza lokhu.*
- *Emva kwalokho cela ophathina batshele iqembu ukuthi bacabangeni.*
- *Emva kokuba ophathina sebashilo ukuthi bacabangeni, nikeza iqembu ukuthi nalo lithasisele ngelikuphawulayo.*

12

Ukusebenzisa esikufundile uma sesisekhaya

Uzodinga:





Njengoba i-workshop isifike emaphethelweni, ingabe ukhona onombuzo ngaphambi kokuthi sivale?



Emva kokufunda nge-CVI yini ozoyenza ngedlela ehlukile uma ufika ekhaya? Uma ungenayo ingane ene-CVI, uzomsiza kanjani umuntu onayo?

Ukanye neqembu, fundani i-handout yomzali bese uphendula imibuzo engavela.

Vala i-workshop uqinisekise ukuthi wonke umuntu unelisekile ukuthi imibuzo yabo iphenduliwe.