Izikhokelo zokuthathwa kweyeza lophononongo zabazali/abagcini abasemthethweni

Ukuthathwa kweyeza lophononongo – kumele igcwaliswe ngugqirha wophononongo ize inikwe umzali/umgcini osemthethweni.

[1]Ithamo leyeza lophononongo ekufanele linikwe umntwana wakho [2]ngoSuku loku-1[3] emva kotyelelo lwasekliniki:

\_\_[1]\_\_\_\_\_\_\_\_\_mL[2]ngeli xesha/amaxesha alandelayo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[3]\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

[1]Ithamo leyeza lophononongo ekufanele linikwe umntwana wakho [2]ngoSuku lwesi-2[3] nokuya kutsho [4]kuSuku lwesi-7[5]\*[6] emva kwamatyelelo asekliniki:

\_\_[1][[[2]\_mL[3]ngeli xesha/amaxesha alandelayo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[4][[[5]][6]\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

[1]\*[2]Umntwana kufuneka athathe ubuncinane amathamo amathandathu eyeza lophononongo kodwa hayi ngaphezulu kwamathamo angama-21 ngalo lonke ixesha lophononongo.

Ishedyuli yokuthathwa kwamathamo ngamaxesha amathathu ngosuku, rhoqo kwiiyure ezi-4–6.

Imiyalelo yomzali/umgcini osemthethweni malunga nokuthatha kwanokugcina iyeza lophononongo.

[1]NgoSuku loku-1, kufuneka unike umntwana wakho elinye ithamo leyeza lophononongo kwiiyure ezi-4–6 emva kwethamo lokuqala.

(Ngokuxhomekeke kwixesha lotyelelo, ithamo lesithathu nalo linokunikezwa kuSuku loku-1 – ugqirha wakho wophononongo uya kukunika ezi nkcukacha).

Ithamo ngalinye leyeza lophononongo elinikwe umntwana wakho kufuneka lifakwe kwi-eDiary.

[1]Ithamo ngalinye kufuneka linikezwe kwimizuzu engama-30 [2]ngaphambi[3] kwesidlo sakusasa, esasemini nesangokuhlwa (okanye ngexesha apho ebekufanele ukuba sityiwa ngalo isidlo, ukuba ngaba akalambanga umntwana wakho).

[1]Ukuba ngaba umntwana wakho uyagabha [2]kwimizuzu emi-5[3] emva kokuba linikeziwe ithamo leyeza lophononongo:

[1]umntwana wakho kufuneka anikwe ithamo lesibini [2]ingekapheli imizuzu emi-5[3]

[1]ukuba ngaba ixesha libe[2]lide kunemizuzu emi-5[3] ukusukela kwixesha ebelinikezwe ngalo ithamo lokuqala, ithamo lesibini ke ngoko [4]akufanele[5] liphinde linikezwe kumntwana[6]

emva kokuba omabini ithamo lokuqala kunye nelesibini eliphindwe lathathwa (ukuba ngaba kufanelekile) ewanikiwe umntwana wakho, onke kufuneka afakwe kwi-eDiary.

[1]Wakuba umlinganiselo odingekayo weyeza lophononongo utsaliwe wafakwa kwinalitana yokusela iyeza waze wanikwa umntwana, nceda uyilahle inalitala yokusela kunye noko kungaphakathi kuyo (nokuba ngaba kusekho iyeza lophononongo eliseleyo kwinalitana leyo).

Iyeza lophononongo [1]akufanelanga[2] libuyiselwe ebhotileni.

Nceda ubuyisele zonke iibhotile eziseleyo zeyeza lophononongo (kuquka neebhotile ezingenanto) kwiziko lophononongo ngotyelelo lokugqibela ngoSuku le-15.

[1]Uya kuqhubeka unika umntwana wakho iyeza lophononongo kude kube luSuku lwesi-7.

Nangona kunjalo, ukuba ngaba umntwana wakho uye akagabha iiyure ezingama-24 emva kokuba egqibe amathamo amathandathu okuqala onyango, uya kuyeka ukumnika iyeza.

[1]Iyeza lophononongo kufuneka ligcinwe kwiqondo lobushushu legumbi kunye nakude nayo nayiphi na indawo enobushushu[2].

Nceda uchaze naziphi na iingxaki zogcino kumongikazi okanye ugqirha wakho wophononongo ngoko nangoko.

ISikhokelo seNkqubo yoPhononongo

sabazali okanye abagcini

[1]Esi sikhokelo siqulethe ulwazi oluchaza olu phononongo lubalulekileyo kunye nokukunceda ulungiselele umntwana wakho amatyelelo akhe akwiziko lophononongo.

Sichaza iinkqubo eziza kuqhubeka kutyelelo ngalunye kunye nasekhaya.

[1]Ungalufumana ulwazi olungaphezulu kwiFomu yeMvume Esekelwe Elwazini oyisayine egameni lomntwana wakho.

Ukuba ngaba ungathanda ukuqhagamshelana neqela lophononongo nangalo nangaliphi na ixesha ngelixa lophononongo, nceda usebenzise iinkcukacha zonxibelelwano ezinikezwe apha ngezantsi.

Igama lomntu ongaqhagamshelana naye kwiqela lophononongo:

Inombolo yomnxeba yeqela lophononongo:

Idilesi yeqela lophononongo:

Wamkelekile!

Ngokuthatha inxaxheba, wena nomntwana wakho niyasinceda ukuze sifunde ngeyeza kubantwana abaziva begula nabagabhayo ngenxa yentsholongwane yesisu.

[1]Iyeza, elibizwa ngokuba yi-domperidone, lavunyelwa ukunyanga iimpawu zentsholongwane yesisu kubantu abadala nakubantwana ngaphezu kweminyaka engama-35.

Sizama ukufumanisa ukuba lisebenza njani na kumathamo esezantsi ukuze abantwana bakwazi ukuthatha iyeza elincinci kodwa bazive ngcono.

Siza kuthelekisa iyeza lophononongo kunye nosingayeza (ofana neyeza lophononongo koko ongenayeza lokwenene).

Isiqingatha sabantwana abathatha inxaxheba kuphononongo baza kufumana ithamo elisezantsi leyeza lophononongo.

Isiqingatha sabantwana abathatha inxaxheba kuphononongo baza kufumana usingayeza okhangeleka nongcamleka ngokufana nqwa neyeza lophononongo.

Bonke abantwana abathatha inxaxheba kuphononongo baza kufumana kananjalo isiselo sokubanceda ukuba babuyisele amanzi aphumileyo ngokuba begula.

Umntwana wakho uya kuba yinxalenye yeqela labantwana abamalunga nama-480 abavela kwihlabathi jikelele abathatha inxaxheba kolu phononongo.

Enkosi ngokuthatha inxaxheba kolu phononongo lubaluleke kakhulu!

Okumele kuqatshelwe ngamatyelelo

[1]Ungasebenzisa ithebhule elapha ngezantsi ukubhala imihla kunye namaxesha amatyelelo akho kwiziko lophononongo kunye nokutsalelwa iminxeba.

Nceda ujonge kule thebhule ukuze wazi ukuba yintoni ekufuneka uyiphathe okanye uyilungise ukwenzela utyelelo okanye umnxeba ngamnye.

Utyelelo

Ukutsalelwa umnxeba

Usuku

Umhla

Ixesha

Okufanele ukuphathe okanye ukulungise

1

Umntwana wakho

Esi Sikhokelo seNkqubo yoPhononongo

2

I-eDiary

Iibhotile neepakethe zeyeza lophononongo

3

4

8

15

Sithatha inyathelo sisonke ukuze siqonde ngcono unyango lweentsholongwane zesisu kubantwana.

Yintoni eza kwenzeka ngexesha lolu phononongo?

[1]Olu phononongo luza kuqhuba ukuya kutsho kwiintsuku ezili-15 kwaye luza kubandakanya amatyelelo amathathu kunye nokutsalelwa umnxeba kathathu.

Kananjalo uza kugcwalisa ulwazi malunga nesigulo somntwana wakho kwidayari ebukhompyutha, okanye i-eDiary, ntsuku zonke.

Le eDiary iza kubuyiselwa kuTyelelo lwesi-3.

Umntwana wakho kufuneka abekhona kuTyelelo loku-1 nolwesi-2 kodwa akudingeki ukuba abekhona kuTyelelo lwesi-3.

Isiqalo

USuku 1

Utyelelo 1

Usuku 2

Utyelelo 2

Iintsuku 1–7

[1]Unyango ngeyeza lophononongo kunye ne-ORT[2]njengoko kucetyisiwe ngugqirha wophononongo[3]

Iintsuku 3, 4 nolwesi-8

Ukutsalelwa iminxeba

Iintsuku 8–15

Ulandelelo lwaxa ungasafumani nyango

Usuku 15

Utyelelo 3

Gqiba

Utyelelo 1, Usuku 1

Imvume esekelwe elwazini

[1]Iqela lophononongo liza kuchaza uphononongo lize liqinisekise ukuba uyakuqonda okuza kwenzeka kumntwana wakho ngexesha lophononongo.

Ukuba ngaba ufuna ukuba umntwana wakho athathe inxaxheba, uza kusayina iFomu yeMvume Esekelwe Elwazini.

Ukuvuma okusekelwe elwazini

[1]Ukuba ngaba umntwana wakho uneminyaka yobudala esi-7–12, naye uya kukhokhelwa exelelwa ngolwazi olumalunga nophononongo ukuqinisekisa ukuba uyakuqonda oko kuza kwenzeka.

Ukuba ngaba ucinga ukuba angathanda ukuthatha inxaxheba, uza kucelwa ukuba asayine iFomu Yokuvuma.

Imibuzo malunga nembali yezempilo kunye namayeza

[1]Uza kubuzwa malunga nazo naziphi na iingxaki zempilo umntwana wakho anazo okanye akhe wanazo ngaphambili, njengeengxaki zentliziyo.

Uza kubuzwa malunga nokusetyenziswa kwawo nawaphi na amayeza ukwenzela esi sifo okanye naso nasiphi na esinye isizathu, kuquka ukusetyenziswa kwamayeza aziingcambu okanye athengwa ezivenkileni.

Imibuzo ngempilo

[1]Uza kubuzwa malunga nesigulo sangoku nje somntwana wakho, kuquka inani lamaxesha umntwana wakho aye wanotyatyazo ngawo, waziva egula (enesicaphucaphu) kunye nokugabha.

Uza kubuzwa malunga nomchamo womntwana wakho.

Uxilongo lomzimba

[1]Ugqirha womphononongo uza kujonga amehlo omntwana wakho, impumlo, intamo, iinkovu, amalungu kunye namanye amalungu omzimba wakhe.

Olu iza kuba luhlobo olunye lohlolo umntwana wakho aya kulwenziwa kulo naluphi na olunye utyelelo kwagqirha.

Iimpawu ezibalulekileyo

Ugqirha wophononongo uya kuthatha iqondo lobushushu lomntwana wakho, umlinganiselo wokubetha kwentliziyo kunye nowoxinzelelo lwegazi.

Ubude kunye nobunzima

Ugqirha wophononongo uya kuthatha umlinganiselo wobude nobunzima bomzimba bomntwana wakho.

Iyeza lophononongo

[1]Umntwana wakho uza kufumana ithamo lokuqala leyeza lophononongo okanye likasingayeza kutyelelo.

Lingamanzi ekufanele athathwe amaxesha amathathu ngemini iintsuku ezi-2–7.

Ukuphelelwa ngamanzi emzimbeni

Umntwana wakho uya kunikwa isiselo sokunceda ukubuyisela amanzi aphumileyo ngelixa egula.

Ekhaya emva koTyelelo loku-1

Iyeza lophononongo nokuphelelwa ngamanzi emzimbeni

Umntwana wakho uya kufumana ukuya kutsho kumathamo amabini angaphezulu eyeza lophononongo, aze asele izinto ezingamanzi ezininzi njengoko kucetyisiwe ngugqirha wophononongo.

[1]Uza kucelwa ukuba ugcwalise i-eDiary yonke imihla yophononongo.

Uza kulandela ixesha lamathamo omntwana wakho eyeza lophononongo kunye nezehlo zokuba nesicaphucaphu (ukuba ngaba umntwana wakho uneminyaka emi-4 okanye ngaphezulu), ukugabha kunye nokuhambisa kwesisu.

Nceda uyigcwalise ubuncinane kanye usuku ngalunye.

Oku kuza kusinceda sikwazi ukubona ukuba iyeza lophononongo lisebenza ngokukuko kanjani na kwaye sikwazi ukulandelela iimpawu zomntwana wakho ukuze ugqirha wophononongo akwazi ukukuxelela ukuba umntwana wakho ayeke nini na ukuthatha iyeza lophononongo kwaye aqalise ukutya ukutya okuqhelekileyo.

Utyelelo 2, Usuku 2

Imibuzo ngokusetyenziswa kwamayeza

Uza kubuzwa malunga nokusetyenziswa kwawo nawaphi na amayeza ukwenzela esi sigulo okanye naso nasiphi na esinye isizathu, kuquka ukusetyenziswa kwamayeza aziingcambu okanye athengwa ezivenkileni.

Uza kubuzwa malunga nesigulo somntwana wakho kwanokuba ingaba ucinga ukuba uye wanazo naziphi na iziphumo ezisecaleni ezingafanelekanga ezivela kwiyeza lophononongo.

Ubunzima bomzimba

Kuya kuthathwa umlinganiselo wobunzima bomzimba bomntwana wakho.

Nceda ujonge inkcazelo yangaphambili.

Ekhaya ngoSuku lwesi-2

Umntwana wakho uza kuthatha iyeza lophononongo.

[1]][2] i-eDiary[3]

Nceda ujonge inkcazelo yangaphambili yokugcwalisa i-eDiary.

Ekhaya kwiiNtsuku 3–14

[1]Qhubeka nokunika umntwana wakho iyeza lophononongo kathathu ngemini ade ugqirha wophononongo akuxelele ukuba ungayeka.

Umntwana wakho uza kuthatha iyeza lophononongo ukuya kutsho kwiintsuku ezisi-7 zizonke.

[1]][2] Ukutsalelwa iminxeba[3]

[1]Iqela lophononongo liza kukutsalela umnxeba ngoSuku lwesi-3, uSuku lwesi-4 nosuku lwesi-8 ukukubuza malunga nenani lezihlandlo apho umntwana wakho aye wanokuhambisa kwesisu, waziva egula (enesicaphucaphu) waze wagabha.

Baza kukubuza malunga nokusebenzisa komntwana wakho amayeza kunye nazo naziphi na iziphumo ezisecaleni ezingafanelekanga ocinga ukuba umntwana wakho unazo ezivela kwiyeza lophononongo.

[1] Nceda ujonge inkcazelo yangaphambili yokugcwalisa i-eDiary.

Kunokwenzeka ukuba kufuneke ujonge kwi-eDiary xa utsalelwa iminxeba liqela lophononongo.

Utyelelo lwesi-3, Usuku le-15

Uza kubuzwa ukuba umntwana wakho ebelithathe nini na iyeza lophononongo.

Buyisela i-eDiary kwiziko lophononongo.

[1]Uphononongo lugqityiwe[2] [3]

Amanqaku nemibuzo

[1]Nceda ubhale phantsi nawaphi na amanqaku, imibuzo okanye oko kukuxhalabisayo ngexesha lophononongo.

Ungalitsalela iqela lophononongo ukubuza le mibuzo ngalo nangaliphi na ixesha, okanye ungababuza ngelixa elilandelayo xa utyelele iziko lophononongo.

[1]Amaphononongo oNyango:

Imibuzo Ebuzwa Rhoqo[1]

Yintoni uphononongo lonyango?

[1]Ezophononongo zonyango ziinzamo zophando lwezempilo eziquka izigulane ukuzama ukufumana amanyango amatsha okanye aphuculiweyo eengxaki zempilo.

Ezophononongo zenziwa ukufuna malunga nokukhuselekakunye nokusebenza (ubungozi kunye neenzuzo) zamayeza anokubakho.

Enziwa njani amaphononongo?

[1]Amayeza okanye amanyango anokubakho kufuneka adlule kwizigaba ezithathu zophando ngaphambi kokuba abe nokufumaneka kuluntu.

Amaqumrhu olawulo ehlabathi jikelele afana ne-Arhente yamaYeza yaseYurophu (i-EMA) anemithetho engqongqo ukunceda ukukhusela amalungelo kunye nokhuseleko lwezigulane ezithatha inxaxheba kumaphononongo onyango.

Ngaphambi kokuba luqalise naluphi na uphononongo lonyango, isicwangciso sophononongo kufuneka sijongwe kwaye sivunywe yikomiti ezimeleyo yoogqirha, abameli bezigulane, abeenkcukucha-manani kunye namanye amalungu asekuhlaleni.

[1]Ezophononongo zifana nalana abandakanya amakhulu-khulu ezigulane kumaziko ophononongo aliqela awohlukeneyo okanye izibhedlele.

Olu luphononongo lweSigaba sesi-3, okuthetha ukuba iyeza lophononongo sele lijongiwe ukuqonda ubungozi kunye neenzuzo zalo kwezoyezophononongo zonyango.

Njengamanye amaphononongo eSigaba sesi-3, olu phononongo lubandakanya iqela lezigulane eziza kufumana usingayeza.

Yintoni imvume esekelwe elwazini?

[1]Inkqubo yemvume nokuvuma okusekelwe elwazini ikunceda ukuba ufunde ngophononongo lonyango olunokwenza ukuba umntwana wakho athathe inxaxheba kulo.

Iqela lophononongo liza kuchaza ukuba kungani na kuqhutywa uphononongo lonyango kwaye liya kwabelana ngolwazi malunga neyeza lophononongo kunye neenkqubo zophononongo.

[1]Umzali okanye umgcini ngamnye uza kufumana iFomu yeMvume Esekelwe Elwazini ezika ulwazi olupheleleyo noluchanekileyo malunga neyeza lophononongo kunye nobungoku kwaneenzuzo zalo ezinokubakho.

Ungayifunda le fomu uze ubuze nayiphi na imibuzo onokuba nayo ukuze uqonde ngokupheleleyo.

Ukuba ngaba kuthe kwakho ulwazi olutsha oluvelayo ngexesha lophononongo, iqela lophononongo liya kwabelana ngalo kunye nawe kwaye linokukucela ukuba usayine iFomu yeMvume Esekelwe Elwazini elungisiweyo.

[1]Ukuba ngaba umntwana wakho uneminyaka yobudala esi-7–12, naye uya kunikwa ulwazi malunga nophononono.

Akuba ekuqonda ngokupheleleyo oko kuza kwenzeka ngexesha lophononongo, umntwana wakho uya kucelwa ukuba asayine iFomu Yokuvuma.

Ukunika imvume

[1]Ngokusayina iFomu yeMvume Esekelwe Elwazini, uyaqinisekisa ukuba ulunikiwe kwaye waluqonda ulwazi malunga nophononongo futhi uyavuma ukuba umntwana wakho athathe inxaxheba kuphononongo.

Kufuneka ifomu uyisayine kuphela ukuba ngaba uyayiqonda injongo kunye nexesha lophononongo, ukuba kuza kwenzeka ntoni ngexesha lophononongo kwakunye nobungozi neenzuzo ezingakho ngokuthatha inxaxheba.

Ungamrhoxisa umntwana wakho kuphononongo ngalo naliphi na ixesha, kwaye ungabuza imibuzo nokuba mininzi kangakanani na kangangoko ufuna nangalo naliphi na ixesha.

ISikhokelo sikaMilo zoPhononongo loNyango

sabazali nabagcini

Itshati Etyhilwayo yoPhononongo

Molo, NdinguMilo

Ndilapha ukukunceda kuphononongo olubaluleke kakhulu.

[1]Wena, okanye umntwana wakho, ningathatha inxaxheba ukuba ngaba niyafuna, kodwa aninyanzelekanga.

Kuxhomekeke kuni.

Kutheni nicelwa ukuba nifunde malunga nolu phononongo?

Ulwazi lwabaphandi

Wena, okanye umntwana wakho, beninentsholongwane yesisu kwaye nikhe nagula kakhulu.

Sizama ukufumanisa ukuba ngaba iyeza elibizwa ngokuba yi-domperidonelo linokwenza ukuba abantwana abanentsholongwane yesisu nabagulayo ukuba bazive ngcono na.

Iyeza lophononongo sele livunyelwe ukunyanga abantwana abanesi sigulo.

Abantwana abangama-480 abavela ehlabathini jikelele baza kuthatha inxaxheba kolu phononongo.

Indlela yokusebenzisa esi sikhokelo

[1]Nceda usebenzise le Tshati Etyhilwayo yoPhononongo ukuthetha nabazali/abagcini malunga nophononongo lwe-R033812GTS3001.

Itshati etyhilwayo inokusetyenziswa kunye nezinye izixhobo, ezifana neeFomu zeMvume nokuVuma Okusekelwe Elwazini zabazali, iSikhokelo seNkqubo yoPhononongo, kunye neMaphu yoPhononongo, ukuchaza iinkcukacha zophononongo kwanokunceda iintsapho ukuba zithathe isigqibo ngokuba ziyafuna na ukuthatha inxaxheba.

Icala elijonge emntwaneni kunye nelijonge kumzali libonisa inguqulelo elula yolu lwazi kwakunye nemifanekiso ekulula ukuba ilandelwe ngabantwana.

Nceda uqaphele izinto ezijonge emntwaneni kunye nezijonge kumzali zibhekisa kwi-acute gastroenteritis njenge"ntsholongwane yesisu."[1]

Cacisa la manqaku alandelayo kumzali kunye nomntwana

Ezophononongo lophando lonyango zifana nezinceda ukuphendula imibuzo ebalulekileyo malunga namayeza.

Umntwana ucelwa ukuba acinge malunga nokuthatha inxaxheba kolu phononongo lubalulekileyo kuba une-acute gastroenteritis – “ntsholongwane yesisu.” – kwaye oko egula kwiiyure ezingama-24 ezidlulileyo.

[1]Iyeza elisetyenziswa kolu phononongo libizwa ngokuba yi-domperidone.

Sele livunyiwe ukunyanga abantwana abanentsholongwane yesisu.

[1]Ukuthabatha inxaxheba kolu phononongo kukuzithandela kwabo okupheleleyo.

Le ntentho yeyokunceda ukuba inike ulwazi abaludingayo ukuze benze isigqibo esisekelwe elwazini malunga nokuzibandakanya kuphononongo.

Babuza imibuzo ngalo nangaliphi na ixesha ngelixa lengxoxo kwaye bangathetha ngophononongo kunye nomzali/umgcini wabo ngaphambi kokwenza isigqibo sabo.

Malunga nabantwana abangama-480 kumazwe amaninzi awohlukeneyo aza kuba yinxalenye yophononongo

Malunga neyeza lophononongo

[1]Sifuna ukwazi ukuba ithamo elisezantsi leli yeza lisebenza ngcono na kunethamo leyeza “elingelilo”.

Kananjalo sifuna ukwazi ukuba likhuseleke kangakanani na kubantwana.

[1]Wena, okanye umntwana wakho, niya kufumana iyeza lokwenene okanye iyeza “elingelilo”.

Awusayi kwazi ukuba leliphi na olifumanayo, kwaye nogqirha wophononongo naye akayi kwazi.

Wena, okanye umntwana wakho, kananjalo niya kufumana isiselo esikhethekileyo ukunceda ukubuyisela amanzi aphumileyo ngenxa yokugula.

Cacisa ezi nkcukacha malunga nolu phononongo

[1]Injongo yophononongo kukubona ukuba ithamo elisezantsi le-domperidone liyasebenza na ukuyekiseni abantwana abanentsholongwane yesisu ekuziveni begula okanye ukuba nesicaphucaphu futhi kwanokugula ngenene.

Kananjalo uphononongo luza kujonga ukuba likhuseleke kanjani na iyeza lophononongo kubantwana abanentsholongwane yesisu.

[1]Ukufumanisa ukuba liyasebenza na ithamo elisezantsi, uphononongo kufuneka luthelekise ithamo elisezantsi kunye neyeza “elingelilo”, elibizwa ngokuba ngusingayeza.

Usingayeza uza kukhangeleka njenge-domperidone koko akazi kuba nayeza lokwenene.

[1]Ukuba ngaba umntwana wakho uthatha inxaxheba, baza kuba nethuba elilinganayo (eli-1 kwama-2) lokufumana iyeza lophononongo okanye iyeza “elingelilo”.

Ukuba ngubani na ofumana iyeza lophononongo okanye ofumana usingayeza akuhlelwa, kufana nje nokujikelezisa ukhozo lwemali, kodwa umntwana kunye nomzali/umgcini wakhe abasayi kwazi ukuba leliphi na umntwana alifumanayo kwaye kananjalo nogqirha wophononongo akayi kwazi.

[1]Nokuba ngaba leliphi na iqela akulo, umntwana uya kufumana unyango oluselwayo lokubuyisela amanzi emzimbeni (i-ORT) – isiselo esingamanzi esinezinto ezifana netyiwa kunye neswekile kuso – ukubuyisela amanzi aphumileyo ngenxa yokugula.

Oku kunokunceda ukunyanga iimpawu zentsholongwane yesisu.

[1]Ukuba ngaba bakhetha ukuba bangayithathi inxaxheba, akhona amanye amayeza anokuwathatha umntwana.

Kuqhelekile kananjalo ukuba abantwana babe ngcono nokuba ngaba abathathanga mayeza amiselweyo.

Luza kubandakanya ntoni olu phononongo?

Namhlanje nangomso

Kuza kufuneka ukuba uye kwiziko lophononongo amaxesha amabini: namhlanje nangomso.

Ukuba ngaba awubi ngcono, unokuza uzosibona kwakhona.

Siza kubuza imibuzo malunga nempilo yakho, eyomntwana wakho, kwanokuba ubuziva/ebeziva njani na ngaphambi kokuba ugule/agule.

Siza kujonga ukubona ukuba kukho amanzi awoneleyo na emzimbeni wakho, okanye emzimbeni womntwana wakho. Siza kujonga izinto ezifana nobude, ubunzima bomzimba, ukubetha kwentliziyo neqondo lobushushu.

[1]Siza kunika abazali okanye abagcini idayari ebukhompyutha, okanye i-eDiary, ukuba bayigcwalise.

Abazali okanye abagcini baza kubuza abantwana babo ukuba baziva njani na baze babhale iimpendulo kwi-eDiary.

Cacisa ezi nkcukacha malunga namatyelelo ophononongo

Namhlanje, banokwenza isigqibo sokuba bayafuna na ukuzibandakanya kuphononongo emva kokuba bejonge izinto zonke, njengeSikhokelo seNkqubo yoPhononongo kunye neMaphu yoPhononongo.

[1]Ukuba ngaba bayafuna ukuthatha inxaxheba, umzali/umgcini kunye nomntwana baza kubuzwa imibuzo malunga nempilo yomntwana kunye namayeza umntwana awathathayo ngoku nakhe wawathatha ngaphambili.

Oku kukuqinisekisa ukuba uphononongo lumlungele umntwana.

[1]Ukuba ngaba uphononongo lumlungele umntwana, utyelelo lokuqala lophononongo luza kuba namhlanje.

Kuza kubakho olunye utyelelo ngomso.

Ukuba ngaba akabi ngcono umntwana, kunokuhlelwa olunye utyelelo.

Kumatyelelo ophononongo namhlanje nangomso, iqela lophononongo liya kubuza imibuzo lize lenze namahlolo empilo.

La nmahlolo empilo aquka ukujonga kulusu namehlo omntwana ukuqinisekisa ukuba unamanzi awoneleyo emzimbeni wakhe.

Ugqirha wophononongo kananjalo uya kujonga ubude, ubunzima bomzimba, ukuba intliziyo ibetha ngokukhawuleza kangakanani na, uxinzelelo lwegazi kunye neqondo lobushushu lomntwana, njengakwamanye amatyelelo amaninzi kugqirha.

[1]Umzali/umgcini womntwana uza kufumana idayari ebukhompyutha, okanye i-eDiary, ukuze ayigcwalise, nalapho aza kurekhoda inani lezihlandlo zezehlo zokugabha kunye nokuhambisa kwesisu, nakuphi na ukuba nasicaphucaphu nazo naziphi na iziphumo ezisecaleni.

Chaza ukuba i-eDiary iza kusetyenziswa yonke imihla ekhaya.

[1]Luza kubandakanya ntoni olu phononongo?

(kuyaqhubeka)[1]

Ukutsalelwa iminxeba kunye namatyelelo okugqibela

Abazali okanye abagcini baza kuthetha nathi emnxebeni amaxesha amathathu malunga nendlela oziva ngayo.

Kananjalo baya kuqhubeka begcwalisa i-eDiary yonke imihla.

Abazali okanye abagcini baza kubuya beze kusibona kwiiveki ezimalunga nezi-2.

Cacisa ezi nkcukacha malunga nophononongo ukuya phambili

Ngelixa esekhaya umntwana, umzali/umgcini unokukhululeka ukuba atsalele umnxeba iqela lophononongo ngalo nangaliphi na ixesha xa enemibuzo okanye okumxhalabisayo.

[1]Ukujonga umntwana ngelixa esekhaya, iqela lophononongo liya kutsala umnxeba izihlandlo ezithathu: [2]ngoSuku lwesi-3, uSuku lwesi-4 noSuku lwesi-8[3].

Liya kubuza ukuba uziva njani na umntwana (kuquka izehlo zokugabha, isicaphucaphu kunye nokuhambisa kwesisu) kwanokuba kukho amayeza awathathileyo na ngaphandle kweyeza lophononongo.

[1]Kukho amayeza athile anokwenza kube nzima ukuba iqela lophononongo libone ukuba liyasebenza na iyeza lophononongo.

Ukuba ngaba umntwana uthatha inxaxheba kuphononongo, uya kucelwa ukuba angawathathi lo mayeza angamanye ngexesha ekuphononongo.

[1]Abazali/abagcini kufuneka kananjalo bagcwalise i-eDiary yonke imihla ukulandelela ukuba ngaba umntwana uyagabha na okanye unezinye iimpawu zentsholongwane yesisu, ezifana nesicaphucaphu nokuhambisa kwesisu.

Kananjalo kufuneka bagcine iinkcukacha zethamo ngalinye leyeza lophononongo abalinika umntwana.

[1]Abazali/abagcini kuya kufuneka ukuba babuye kwiiveki ezimalunga nezi-2 (ngoSuku okanye malunga nakuSuku lwe-15) ukubuyisa i-eDiary.

Umntwana unokuza ukuba ngaba uyafuna kodwa akudingeki.

Indlela elithathwa ngayo iyeza lophononongo

[1]Iyeza lophononongo lingamanzi (ulwelo).

Wena, okanye umntwana wakho, niya kuthatha ithamo lenu lokuqala leyeza lophononongo ngelixa nilapha namhlanje.

[1]Wena, okanye umntwana wakho, niya kuthatha iyeza lophononongo kathathu ngemini iintsuku ezi-2[2]‒[3]7.

Wena, okanye umntwana wakho, ningayeka ukuthatha iyeza lophononongo emva kokuba niye anagula imini yonke kunye nobusuku (iiyure ezingama-24).

Iqela lophononongo liya kunixelela ukuba lithathwa njani na kwaye nanini na iyeza lophononongo kunye nesiselo esikhethekileyo ekhaya.

Cacisa ezi nkcukacha malunga neyeza lophononongo kunye ne-ORT

[1]Umntwana uya kufumana ithamo lakhe lokuqala leyeza lophononongo kwiziko lophononongo namhlanje.

Iqela lophononongo liya kumjonga umntwana ngenyameko ukukhangela iziphumo ezisecaleni ezingafanelekanga okanye ukwalisa.

Iyeza lophononongo kunye nosingayeza zombini zinikezwa njengeyeza elingamanzi.

Emva kokuba elithathile ithamo lokuqala leyeza lophononongo, umntwana uya kusela into engamanzi encenda ukubuyisela amanzi athe alahleka ngenxa yokuhambisa kwesisu kunye nokugula.

[1]Xa egoduka namhlanje, umntwana uya kuthatha elinye ithamo leyeza lophononongo kwiiyure ezi-4[2]‒[3]6 emva kwethamo lokuqala (ngokuxhomekeke kwixesha lotyelelo, ithamo lesithathu nalo linokuthathwa namhlanje).

[1]Ithamo ngalinye liya kunikezwa ngaphambi kwesidlo (okanye ngexesha apho bekufanele ukuba sityiwa ngalo isidlo, ukuba ngaba akalambanga umntwana).

Kufuneka lithathwe kathathu ngemini:

Kwimizuzu engama-30 ngaphambi kwesidlo sakusasa, esasemini kunye nesangokuhlwa.

Umntwana kufuneka athathe ubuncinane amathamo amathandathu xa ewonke ngexesha lophononongo.

[1]Ukuba ngaba umntwana uye wayeka ukugula iiyure ezingama-24, kwaye sele ewathathile amathamo amathandathu ewonke, unokuyeka ukuthatha iyeza lophononongo.

Ukuba ngaba usagula, kunokwenzeka ukuba kufuneke aqhubeke nokuthatha iyeza lophononongo iintsuku ezisi-7 zizonke.

Ugqirha wophononongo uya kunika imiyalelo malunga nokuba iyeza lophononongo kumele lithathwe njani na nanini na kunye/okanye isiselo sokubuyisela amanzi ekhaya.

Malunga neyeza lophononongo (kuyaqhubeka)

Indlela elingakwenza uzive ngayo iyeza lophononongo wena, okanye umntwana wakho

Asazi nokuba iyeza lophononongo liza kukwenza wena, okanye umntwana wakho, niive ngcono na.

Abanye abantu abadala kunye nabantwana abaye bathatha iyeza lophononongo ngamanye amaxesha:

baba nentloko ebuhlungu

baziva besozela, okanye

baba nomlomo owomileyo.

Ezi zinto zinokwenzeka okanye zingenzeki kuwe, okanye umntwana wakho.

Ukuba ngaba umntwana akaziwa ephilile, kufuneka axelele umzali okanye umgcni wakhe.

Chaza ezi nkcukacha malunga namacala angemahlanga okanye ubungozi obungakho bokuthatha inxaxheba

[1]Kubalulekile ukuba umzali/umgcini aqonde ukuba asazi ukuba ngaba iyeza lophononongo liya kusebenza na kweli thamo lisezantsi.

Linokungamenzi ukuba azive ngcono umntwana.

Nangona kunjalo, ukuba ngaba umntwana uyiva isiba mandundu imeko yakhe okanye ukuba ngaba ugqirha wophononongo ukholelwa ukuba udinga amanye amanyango, umntwana kufuneka akhutshwe kuphononongo aze anike unakekelo aludingayo.

[1]Kananjalo, iyeza lophononongo linokuba neziphumo zalo ezisecaleni ezingafanelekanga nezinokwenza ukuba umntwana azive egula.

Ezona ziphumo zisecaleni zingafanelekanga eziqhelekileyo zeyeza lophononongo yintloko ebuhlungu, ukuziva usozela kunye nokuba nomlomo owomileyo.

[1]Umntwana unokuqaphela ezinye iziphumo ezisecaleni ezingafanelekanga.

Uluhlu olupheleleyo lweziphumo ezisecaleni ezingafanelekanga ezingakhona lunokufumaneka kwiFomu yeMvume Esekelwe Elwazini.

Umntwana kufuneka axelele umzali/umgcini wakhe ukuba unazo naziphi na iziphumo ezisecaleni ezingafanelekanga.

Umzali/umgcini kufuneka axelele iqela lophononongo malunga nazo naziphi na ezinye iimpawu anazo umntwana, nokuba ngaba abacingi ukuba zinxulumene neyeza lophononongo.

Iingcinga ezimbalwa zokugqibela

[1]Wena, okanye umntwana wakho, akunyanzelekanga ukuba nibe kuphononongo ukuba ngaba awufuni/akafuni.

Unokuzama/angazama ezinye izinto ukuze ube/abe ngcono.

Akekho omnye umntu ngaphandle kwakho, abazali okanye abagcini kunye neqela lophononongo oya kwazi ukuba ukuphononongo.

Ingaba ikhona enye into ongathanda ukuyibuza?

Ingaba unganomdla wokuba yinxalenye yolu phononongo?

Chaza iinzuzo ezingakho ngokuthatha inxaxheba

Ukuba ngaba umntwana uthe wathatha inxaxheba, uya kunakekela ngononophelo liqela lophononongo, kwaye iyeza lophononongo kunye namaxilongo ziya kunikezelwa ngaphandle kweendleko kumzali/umgcini.

[1]Ukuthatha inxaxheba kungayiphucula imeko yomntwana kodwa ke akunakuqinisekiswa oku.

Usenokuba kwiqela elifumana usingayeza angafumani yeza lophononongo lisebenzayo.

Bonke abantwana baza kufumana i-ORT.

Ulwazi oluvela kuphononongo lunokubanceda abantwana abanentsholongwane yesisu kwilixa elizayo.

[1]Ukuthatha inxaxheba kolu phononongo sisigqibo somzali/umgcini womzali.

Akunyanzelekanga ukuba bathathe inxaxheba ukuze bafumane unakekelo lonyango.

Bona kunye nomntwana banokuthetha nogqirha wabo wophononongo malunga nezinye iindlela zonyango abangazikhetha ukwenzela intsholongwane yesisu.

Buza ukuba banayo nayiphi imibuzo na, uze ubuze ukuba ngaba bayafuna ukuthatha inxaxheba kolu phononongo.

IKhadi le-ID loMthathi-nxaxheba

[1]Umzali/umgcini kufuneka aligcine kuye eli khadi maxa onke ngelixa umntwana wakhe ethatha inxaxheba kolu phononongo.

Nceda uveze eli khadi kuwo nawaphi na amatyelelo onyango umntwana wakho kwagqirha, esibhedlele okanye ekhemesti[1]

Igama lomntwana

Inombolo yomthathi-nxaxheba

Yenzelwe abasebenzi bezonyango

[1]Umntwana uthatha inxaxheba kuphononongo lophando lonyango oluhlola ukusebenza kwe-omperidone ekulawuleni ukugabha kubantwana abane-acute gastroenteritis.

Nceda uqhagamshelane nogqirha wophononongo phambi kokuba utshintshe amayeza omntwana.

Ugqirha woPhononongo

Idilesi yesiza sophononongo

Inombolo yomnxeba yesiza sophononongo