

Izimpawu eziyingozi!

Thatha ingane yakho uyiphuthumise emtholampilo
uma ubona lezi zimpawu ezilandelayo:



Ingane yakho iyakhwehlela
futhi iphefumula
ngokushesha noma kanzima
(izikhathi ezingaphezu kuka-
50 ngomzuzu)



Ingane enezinyanga
ezingaphansi
kwezimbili inemfi va
futhi engafuni ukudla



Ingane iyakubuyisa
konke ekudlayo



Ingane iyahuda, amehlo
ashone phakathi, nalapho
inokhakhayi olushone
phansi



Ingane iyadlikizeka
(sengathi inesifo
sokuwa)



Ingane inezimpawu
zokuthi ayondlekile
(amaqakala nezinyawo
okuvuvukele)



Ingane ayinyakazi
noma ayivuki



Ingane ayikwazi
ukubamba ibele
ngomlomo uma uyincelisa

Acknowledgement: Some Pictures taken from: Every Preemie Scale-Family led care training
Pencilsketchportraits.co.uk

Ukunakekelwa komntwana wethu osanda kuzalwa



Igama lami:

Igama lomntwana:

Ngingawenza umehluko

- ✓ Ngiyinxenye yethimba elinakekela umntwana wami
- ✓ Ngiwumgogodla ekukhuliseni, nginakekele, ngiphinde ngivikele umntwana wami.



UTHANDO

- Kumele ngimphathe, ngimange, ngimculele, ngikhulume nomntwana wami kangako nginako.
- Kumele ngitshele umsebenzi wasemtholampilo uma ngehluleka.



UKUDLA

- Kemele nginike umntwana wami ubisi lwebele kuphela.
- Umntwana wami kumele ancele kangangoba efuna njalo emva kwamahora amabili kuya kwamathathu.



UKUNAKEKELA IMPILO

- Kumele ngibheke umntwana wami emini nobusuku izimpawu eziyingozi.
- * Izimpawu ezibomvu= Umntwana wami angaba nenkinga okumele ibhekwe umsebenzi wasemtholampilo.



UKUNAKEKELA OKWENGEZIWE

- Umntwana wami uyangidinga ukumgcina efudumele ukuze akhule.
- Ngenkathi umntwana wami esemncane ikakhulu mayengaphansi kwenyanga, ngaphandle uma ngisendlini yangasese, umntwana kumele ngimusongele esifubeni sami (amehlo akhe abheke egxalabeni lami).
- Umntwana wami uzoya ekhaya uma umntwana wami esekwazi ukuncela ubisi kahle ebeleni, futhi ekhula kahle name nginokuzethemba ngoku mnakekela ekhaya.

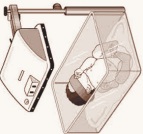


UKUVIKELEKA

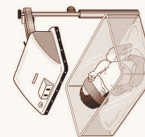
- Unompilo uma esengivakashela ekhaya kumele ngimkhombise lencwanjana.
- Kumele ngiye emtholampilo lingakapheli isonto ngigodukile ngiphathe ikhadi lomgomo.
- Uma umntwana wami enenkinga kumele ngiye emtholampilo ngokushesha.



UKUNAKEKELWA OKWEQILE


Umtwanami une drip yokufaka imithi	La okufakwe khona idrip akunankinga	La okufakwe khona idrip kubomvu noma kuvuvukele
Ngiphuzise umntwana wami umuthi ngomlomo (faka uphawu esikhathini omphuzise ngaso)		
Amehlo omntwanami amboziwe		
Inabukeni lomntwanami livuliwe		
Umntwana wami ubeguqulwa njalo		
Umshini womoya wakhe wokuphefumula ukhombisa imibhalo ephakathi kuka 90 no 94%		
Umshini womoya wakhe wokuphefumula ukhombisa imibhalo engaphezulu kuka 94%		
Umshini womoya wakhe wokuphefumula ukhombisa umbhalo ongaphansi kuka 90%		



**UMBONO
WOMHLENGIKAZI**



Yenza uphawu ebhokisini

Ukuhlola kukamama kuginisekiwe

Umntwana uphila kahle

Umama uphila kahle

Umbono sayina

OKWENZIWE:



OKWENZIWE:

Isonto 4

Ngiyakwazi ukunakekela umntwanami

GCWALISA IFOMU:	umntwana wami uphile kahle	NOMA	Umntwana wami akaphiliile. Kumele ahlolwe umsebenzi wezempilo.
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USUKU LOKUQALA KUYA KOLWESIKHOMBISA										
Umntwana wami umanzise amanabukeni angaphansi kwamathathu										
Umntwana wami akakaze akake noma ubekhishwa isisu										
Umntwana wami usemanzise amanabukeni amathathu noma ngaphezulu										



UKUPHEPHA



Ngigeza izandla zami njalo uma kade ngishintsha umntwana inabukeni, ngaphambi kokuthi ngimuncelise noma uma kade ngiye ngasese

Inkaba yomntwanami ngiyayihlanza njalo uma ngimushintsha inabukeni



UTHANDO



Ngizwa ngixhumene kahle nomntwana wami futhi ngiyazethemba ngokumnakekela kwami

Ngizwa ngiphile kahle futhi ngidla ngendlela efanele

Ngizwa ngesekiwe abasebenzi bezempilo

Ngidinga usizo!

UMNTWANA WAMI UBONWE UMSEBENZI WEZEMPILO

Ukubonwa emva kokukhishwa esibhedlela



= Okuhleliwe



= Okungahleliwe



= Umntwana uphila kahle



= Umntwana ongaphiliile

USUKU	ISIKHATHI	UHLOBO LOKUBONWA	UMBONO WOMSEBENZI WEZEMPILO		USUKU OLULANDELAYO LOKUBONWA	SAYINA
			UMAMA	INGANE		
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						
USUKU	USUKU				USUKU	SAYINA
OKWENZIWE						

UKUVASHA OKUBEKIWE: Okomntwana ozalwe singakashayi isikhathi: Usuku 3 (Lwesithathu) no 7 (Lwesikhombisa) emva kokukhishwa esibhedlela. Umntwana ozalwe ngesikhathi: Ezinsukwini eziyisithupha emva kokukhishwa esibhedlela bese kuba emasantweni ayisithupha emva kokuba ebelethiwe (ezaliwe).

Isonto 1

Ngiyakwazi ukunakekela umntwanami

GCWALISA IFOMU:	umntwana wami uphile kahle	NOMA	Umntwana wami akaphiliile. Kumele ahlolwe umsebenzi wezempilo.
USUKU LOKUQALA KUYA KOLWESIKHOMBISA			
ISIKHATHI			

UKUDLA



Ngimuphile ukudla (faka isiphambano ngasosonke isikhathi uma umuncelisile)

(Beka loluphawu X ebhokisini ngasosonke isikhathi uma umcelisa)

- Nginobisi olwenele
- Umntwana uncela kahle ibele (noma umunca kahle umunwe uma ephiwa ngeshubhu)
- Umntwana akanceli kahle noma uyaphalaza noma uyahishwa. Anginalo ubisi olwenele

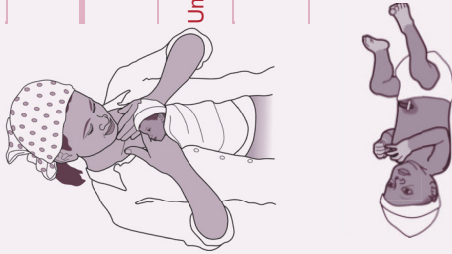
EZEPILO

- Umntwana wami usongwe esifubeni sami
- Umntwana wami uzwakala efudumele ngokufanayo nami (36.5-37.5°C)

- Umntwana wami uzwakala epholile kunami
- Umntwana wami uzwakala eshisa kunami
- Ibala lomntwana wam libukeka libomvana azikho izimpawu zoku gula
- Umntwana wami ubukeka ephashile noma eluhlaza
- Amehlo ontanami abukeka ephuzi
- Amehlo omntwana wami abukeka evuvukele noma ebomvu
- Inkaba yomntwana wami ibomvu, imanzi, inegazi noma inephunga elibi

- Umntwanami uphaphama kalula, uyawubamba umunwe wami, unyakaza kahle futhi uyangibuka
- Umntwana wami untekenteke
- Umntwana wami unyakaza ngendlela engajwayelekile (Uyadlikiza) noma akhale ngaso sonke isikhathi

- Umntwana wami uphefumula kahle
- Umntwana wami uphefumulela phezulu, unomsindo uma ephefumula, uyabaqaka uma ephefumula
- Umntwana wami kwesinye isikhathi uyama ukuphefumula



Isonto 4

Ngiyakwazi ukunakekela umntwanami

GCWALISA
IFOMU:



umntwana wami
uphile kahle

NOMA

**Umntwana wami akaphiliile. Kumele
ahlolwe umsebenzi wezempilo.**

[illegible]

Ngimuphile ukudla (faka isiphambano ngasosonke isikhathi uma umuncelisile)

(Beka loluphawu X ebhokisini
ngasonke isikhathi uma umcelisa)

[illegible]

Umntwana wami usongwe esifubeni sami																			
Umntwana wami uzwakala efudumele ngokufanayo nami (36.5-37.5°C)																			

	Umntwana wami uzwakala epholile kunami												
	Umntwana wami uzwakala eshisa kunami												
	Ibala lomntwana wam libukeka libomvana azikho izimpawu zoku gula												
	Umntwana wami ubukeka ephashile noma eluhlaza												
	Amehlo ontanami abukeka ephuzi												
	Amehlo omntwana wami abukeka evuvukele noma ebomvu												
	Inkaba yomntwana wami ibomvu, imanzi, inegazi noma inephunga elibi												
	Umntwanami uphaphama kalula, uyawubamba umunwe wami, unyakaza kahle futhi uyangibuka												
	Umntwana wami untekenteke												
	Umntwana wami unyakaza ngendlela engajwayelekile (Uyadlikiza) noma akhale ngaso sonke isikhathi												
	Umntwana wami uphufumula kahle												
	Umntwana wami uphufumulela phezulu, unomsindo uma ephefumula, uyabaqaka uma ephefumula												
	Umntwana wami kwesinye isikhathi uyama ukuphefumula												

Isonto 1

Ngiyakwazi ukunakekela umntwanami

GCWALISA
IFOMU:

umntwana wami
uphile kahle

NOMA

Umntwana wami akaphiliile. Kumele
ahlolewe umsebenzi wezempilo.



Umntwana wami umanzise amanabukeni
angaphansi kwamathathu

Umntwana wami akakaze akake
noma ubekhishwa isisu

Umntwana wami usemanzise amanabukeni
amathathu noma ngaphezulu



UKUPHEPHA



Ngigeza izandla zami njalo uma kade ngishint-
sha umntwana inabukeni, ngaphambi kokuthi
ngimuncelise noma uma kade ngiye ngasese

Inkaba yomntwanami ngiyayihlanza njalo
uma ngimushintsha inabukeni



UTHANDO



Ngizwa ngixhumene kahle nomntwana wami futhi
ngiyazethemba ngokunakekela kwami

Ngizwa ngiphile kahle futhi
ngidla ngendlela efanele

Ngizwa ngesekiwe abasebenzi bezempilo

Ngidinga usizo!



UKUNAKEKELWA OKWEQILE



Umntwanami une drip yokufaka imithi

La okufakwe khona idrip akunankinga

La okufakwe khona idrip kubomvu noma kuvuvukele

Ngiphuzise umntwana wami umuthi ngomlomo
(faka uphawu esikhathini omphuzise ngaso)

Anehlo omntwanami amboziwe

Inabukeni lomntwanami livuliwe

Umntwana wami ubeguquulwa njalo

Umshini womoya wakhe wokuphefumula ukhombisa
imibhalo ephakathi kuka 90 no 94%

**Umshini womoya wakhe wokuphefumula ukhombisa
imibhalo engaphezulu kuka 94%**

Umshini womoya wakhe wokuphefumula ukhombisa
umbhalo ongaphansi kuka 90%



UMBONO
WOMHLENGIKAZI

☒ Yenza uphawu ebhokisini

Ukuhlola kukamama kuqinisekiwe

Umntwana uphila kahle

Umama uphila kahle

Umbono sayina

OKWENZIWE:



Isonto 3

**umntwana wami
uphile kahle**

**Umntwana wami akaphilile. Kumele
ahlolwe umsebenzi wezempilo.**



Umntwana wami akakaze akake
noma ubekhishwa isisu

Umntwana wami usemanzise amanabukeni
amathathu noma ngaphezulu



A black and white illustration of a woman standing outdoors, leaning over a large bowl to wash her hands. She is wearing a light-colored short-sleeved shirt and a patterned apron. A large white bucket sits on the ground next to her. The background shows a simple building with a corrugated metal roof and a dark doorway.

mntwanami ngiyayihlanza njalo
uma ngimushintsha inabukeni



Ngizwa ngiphile kahle futhi
ngidla ngendlela efanele

Ngizizwa ngesekiwe abasebenzi bezempilo

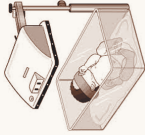
Ngidinga usizo!



La okufakwe khona idrip akunankinga

La okufakwe khona idrip kubomvu noma kuvuvukele

Ngiphuzise umntwana wami umuthi ngomlomo
(faka uphawu esikhathini omphuzise ngaso)



Amehlo omntwanami amboziwe

Inabukeni lomntwanami livuliwe

Umntwana wami ubeguqulwa njalo

Umshini womoya wakhe wokuphefumula ukhombisa imibhalo ephakathi kuka 90 no 94%

Umshini womoya wakhe wokuphefumula ukhombisa imibhalo engaphezulu kuka 94%

Umshini womoya wakhe wokuphefumula ukhombisa umbhalo ongaphansi kuka 90%



Yenza uphawu ebhokisini

✓
✗

✓
✗

10

OKWENZIWE:

OKWENZIWE:

Isonto 2

Ngiyakwazi ukunakekela umntwanami

GCWALISA IFOMU:	umntwana wami uphile kahle	NOMA	Umntwana wami akaphiliile. Kumele ahlolwe umsebenzi wezempilo.
USUKU LOKUQALA KUYA KOLWESIKHOMBISA			
ISIKHATHI			

UKUDLA



Ngimuphile ukudla (faka isiphambano ngasonke isikhathi uma umuncelisile)

(Beka loluphawu X ebhokisini ngasonke isikhathi uma umcelisa)

Nginobisi olwenele

Umntwana uncela kahle ibele (noma umunca kahle umunwe uma ephiwa ngeshubhu)

Umntwana akanceli kahle noma uyaphalaza noma uyahishwa. Anginalo ubisi olwenele

EZEPILO

Umntwana wami usongwe esifubeni sami

Umntwana wami uzwakala efudumele ngokufanayo nami (36.5-37.5°C)

Umntwana wami uzwakala epholile kunami

Umntwana wami uzwakala eshisa kunami

Ibala lomntwana wam libukeka libomvana azikho izimpawu zoku gula

Umntwana wami ubukeka ephashile noma eluhlaza

Ameblo ontanami abukeka ephuzi

Ameblo omntwana wami abukeka evuvukele noma ebomvu

Inkaba yomntwana wami ibomvu, imanzi, inegazi noma inephunga elibi

Umntwanami uphaphama kalula, uyawubamba umunwe wami, unyakaza kahle futhi uyangibuka



Umntwana wami untekenteke

Umntwana wami unyakaza ngendlela engajwayelekile (Uyadlikiza) noma akhale ngaso sonke isikhathi

Umntwana wami uphefumula kahle

Umntwana wami uphefumulela phezulu, unomsindo uma ephefumula, uyabaqaka uma ephefumula

Umntwana wami kwesinye isikhathi uyama ukuphefumula



Isonto 3

Ngiyakwazi ukunakekela umntwanami

Umntwana wami uphile kahle		Umntwana wami akaphiliile. Kumele ahlolewe umsebenzi wezempilo.	
USUKU LOKUQALA KUYA KOLWESIKHOMBISA			
ISIKHATHI			
			
			
			
			

UKUDLA

[illegible]

EZEMPILO

Umntwana wami usongwe esifubeni sami																																
Umntwana wami uzwakala efudumele ngokufanayo nami (36.5-37.5°C)																																

Umntwana wami uzwakala epholile kunami	Umntwana wami uzwakala eshisa kunami	Ibala lomntwana wam libukeka libomvana azikho izimpawu zoku gula	Umntwana wami ubukeka ephashile noma eluhlaza	Ameblo ontanami abukeka ephuzi	Ameblo omntwana wami abukeka evuvukele noma ebomvu	Inkaba yomntwana wami ibomvu, imanzi, inegazi noma inephunga elibi	Umntwanami uphaphama kalula, uyawubamba umunwe wami, unyakaza kahle futhi uyangibuka	Umntwana wami untekenteke	Umntwana wami unyakaza ngendlela engajwayelekile (Uyadlikiza) noma akhale ngaso sonke isikhathi	Umntwana wami uphefumula kahle	Umntwana wami uphefumulela phezulu, unomsindo uma ephefumula, uyabaqaka uma ephefumula	Umntwana wami kwesinye isikhathi uyama ukuphefumula
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Isonto 2

Ngiyakwazi ukunakekela umntwanami

GCWALISA
IFOMU:

umntwana wami
uphile kahle



NOMA

Umntwana wami akaphiliile. Kumele
ahlolwe umsebenzi wezempilo.



USUKU LOKUQALA
KUYA KOLWESIKHOMBISA



Umntwana wami umanzise amanabukeni
angaphansi kwamathathu

Umntwana wami akakaze akake
noma ubekhishwa isisu

Umntwana wami usemanzise amanabukeni
amathathu noma ngaphezulu



UKUPHEPHA



Ngigeza izandla zami njalo uma kade ngishintsha umntwana inabukeni, ngaphambi kokuthi ngimuncelise noma uma kade ngiye ngasese

Inkaba yomntwanami ngiyayihlanza njalo
uma ngimushintsha inabukeni



UTHANDO



Ngizwa ngixhumene kahle nomntwana wami futhi
ngiyazethemba ngokunakekela kwami

Ngizwa ngiphile kahle futhi
ngidla ngendlela efanele

Ngizwa ngese kiwe abasebenzi bezempilo

Ngidinga usizo!



UKUNAKEKELWA OKWEQILE

Umntwanami une drip yokufaka imithi

La okufakwe khona idrip akunankinga

La okufakwe khona idrip kubomvu noma kuvuvukele

Ngiphuzise umntwana wami umuthi ngomlomo
(faka uphawu esikhathini omphuzise ngaso)

Ameaho omntwanami amboziwe

Inabukeni lomntwanami livuliwe

Umntwana wami ubeguqulwa njalo

Umshini womoya wakhe wokuphefumula ukhombisa
imibhalo ephakathi kuka 90 no 94%

Umshini womoya wakhe wokuphefumula ukhombisa
imibhalo engaphezulu kuka 94%

Umshini womoya wakhe wokuphefumula ukhombisa
umbhalo ongaphansi kuka 90%



UMBONO
WOMHLENGIKAZI

Yenza uphawu ebhokisini

Ukuhlola kukamama kuqinisekiwe

Umntwana uphila kahle

Umama uphila kahle

Umbono sayina

OKWENZIWE:

