

Uhudo

Ungavikela kanjani isihudo?

- Hlala uhlanzekile ngokugeza izandla ngamanzi ahlanzekileyo usebenzisa isepa loba umlotha ungakabambi ukudla, ungakafunzi umntwana, ngemva kokutshintsha umntwana isitshubo langemva kokusebenzisa isambuzi.
- Gezisa izithelo lemibhida ngamanzi ahlanzekileyo ungakakudli sonke isikhathi.
- Pheka ukudla kuvuthwe njalo ukudle kusatshisa.
- Sebenzisa amanzi avikelekileyo/ahlanzekileyo ekunatheni, ekuphekeni lekugeziseni izitsha.
- Ukudla kumele kuhlale kusibekelwe ukuze uvikele impukane lengcekeza.
- Kumele wena lemuli yakho lisebenzise isambuzi sonke isikhathi.
- Bona ukuthi amaphumelo abantwana alahlwa lapho okufanele khona.
- **AmaAquatabs** angasetshenziswa ukuhlambulula amanzi:
 - Phosela iphilisi elilodwa emanzini angaba ngamalitha angamatshumi amabili kusiya kumatshumi amabili lanhlano (20-25 litres).
 - Yekela iphilisi lincibilike emanzini okwemizuzo engamatshumi amathathu (30 mins) lingakawanathi lawo manzi.
 - Ungaginyi lelo philisi kufuze lincibilike ku 20-25 litres yamanzi.

Qaphela: AmaAquatabs ayisiwo wokwelapha isihudo. Ahlamvulula amanzi kuphela.



Khumbula

- Ukuyahlabisa umntwana amajekiseni wonke afanele awahlabe okuvikela imikhuhlane engakakwanisi umyaka owodwa.
- Bona ukuba umntwana uyathola okulamavithamini A kusukela elenyanga eziyisi thupha njalo apiwe amavithamini la ngazozonke izikhathi kungedlula inyanga eziyisithupha.
- Ukuthi ukumunyisa umntwana aze abe lenyanga ezingamatshumi amabili lane kumbe ukwedlula lapho kuyavikela umntwana emikhuhlaneni.
- Uma umntwana esehluleka ukunatha, etshisa, ephefumula kanzima kumbe ekhefuzela kumbe njalo engathakazeleli ukumunya kumele agijinyiselwe esibhedlela kumbe ekilnika ngokuphangisa.
- Phana umntwana ukudla okwakha umzimba kanye lokunathwayo ukuze athole amanzi emzimbeni ngesikhathi egula.

Kuyini isihudo?

Isihudo yikuyanga kathathu kumbe okudlula kathathu ngelanga ukhupha ingcekeza engamanzi.

Yiziphi izibonakaliso zesihudo?

Nanzi izibonakaliso:

- Ukuya ngaphandle kanengi ukhupha okungamanzi.
- Ukungakhwabithi ukudla.
- Ukuzwa usithi uhlanze.
- Ubuhlungu besisu.
- Ukutshisa umzimba.
- Ukuphela amanzi emzimbeni.

Isihudo asibulali. Okubulalayo yikophela amanzi emzimbeni okubangelwa yikulahlekelwa ngamanzi emzimbeni, kubangelwe yisihudo.

Isihudo simemetheka njani?

Isihudo simemetheka ngokuphangisa ngendlela ezilandelayo:

- Ukusebenzisa amanzi angavikelwanga, angcolileyo ekunatheni, ekuphekeni kumbe ekugeziseni izitsha.
- Ukungagezi izandla ngemva kokusebenzisa isambuzi langemva kokubamba ingcekeza yangaphandle kumbe amahlanzo womuntu ogulayo.
- Ukungagezi izandla ngemva kokubamba izitshubo ezingcolileyo.
- Ukungagezi izandla ungakabambi ukudla.
- Ukungagezi izandla ungakafunzi umntwana.
- Ukudla ukudla okuhlobileyo kumbe okungcolileyo ikakhulu okukekwahlalwa zimpukane.
- Ukudla ukudla kuphekwe kwangavuthwa.

Isihudo singelatshwa njani?

- Ngemvakokuya ngaphandle, ophathekileyo kaphiwe amanzi awesawudo letshukela, itiyi, umhluzi loba amanzi ukwenzela ukubisela amanzi lemisoco alahlekileyo.
- Ebantwaneni abalenyanga eziyisithupha kusiyaphansi kumele baqhubeke ngokumunya kokuphela.
- Ebantwaneni abalenyanga eziyisithupha kusiyaphezulu kumele baqhubeke ngokumunya lokunatha amanzi etshukela lesawudo (SSS).
- Abantu abagulayo kumelebakhuthazwe ukuthi badle ukudla okwakha umzimba.
- Abantwana, isihudo singaqhubekela phambili okudlula amalanga amahlanu, belezibonakaliso zokuwela inkanda, ukuwoma kwejwabu, ukuswela umthambiso kumbe omlutshwane, lokuzaca komzimba, kumele uhambise umntwana kwabezempilakahle ngokuphangisa.