



OTATA OKANYE AMAQABANE ANGABANCEDISA NJANI OOMAMA

Njengo Tata, ndixhasa usapho lwam ngokuthi ndiphangele ukuze ndikwazi ubeka isonka etafileni.

- Njengo Tata ndincedisa iqabane lam ngezinto ezifuna usetyenzwa endlini nokunakekela abanye abantwana.

-Njengo Tata usapho lwam luza kuqala kum kunye neqababane lam elincancisayo.

-Njengo Tata andihambelani nodlame lokuxhatshazwa ngesini.

-Njengo Tata oneqhayiya nozithandayo andihambi ndilala kwaye ndisebenzisa izikhuselo ukunqanda ukuba iqabane lam elincancisayo lisuleleke zizifo enzingena ngesondo.

**SUPPORTIVE
BREASTFEEDING**



Indima yoomama abakhulelweyo

-Phambi kokuba ubeleke ncokola ngesigqibo sakho sokuncancisa neqabane lakho kunye namalungu wakho.

-Yibaselubala ngengxaki ohlangabezana nazo ngokuncancisa uzichazele iqabane lakho okanye amalungu osapho

-Ukuba unoloyiko okanye awuqinisekanga ngokuncancisa thetha nomsebenzi wezempilo.



WORLD

BREASTFEEDING

WEEK

IVeki yeHlabathi yokuNcancisa

"BEKA UKUNCANCISA
PHAMBILI: YAKHA IINKQUBO
ZENKXASO EZINOKUHLALA
IXESHA ELIDE



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



INTSAPHO

NOLUNTU

*bangakukhuthaza
njani
ukuncancisa?*

- Ukudala imeko exhasayo koomama abancancisayo.
- Ukunceda ngemisebenzi yasekhaya ukuze oomama abancancisayo babe nexesha elingakumbi lokuncancisa
- Ukunceda ukondla usana ngobisi lwebele olukhutshwayo xa umama engaziva kakuhle.
- Ukunceda oomama abancancisayo bafumane ulwazi nenkxaso xa behlangabezana nemiceli-mngeni ngexesha lohambo lwabo lokuncancisa.
- Abaqeshi mabaphuhlise umgaqo-nkqubo wokukhusela abasebenzi ngexesha lokukhulelwa nasemva kokubeleka. Oku kubandakanya ukunika oomama abancancisayo ikhefu lemezuzu engama-30 kabini ngosuku ukuze bancancise okanye bakhuphe ubisi lwebele.

ABASEBENZI BEMPILO BANGAKHUTHAZA UKUNCANCISA NGOLUHLOBO:

1

Ukufundisa oomama ngokubaluleka kokuncancisa ngelixesha besakhulelwe.

2

Ukuxhasa nokukhuthaza ukuncancisa ingekapheli iyure enye emva kokubeleka.

3

Ukuqiniseka ukuba abadlezana nabantwana neentsana bahlala besendaweni enye. Ukwahlulwa kosana nonina kudingeka xa umama egula okanye ekwisimo songakwazi unakekela umntwana. Kwezomeko umama angalukhama ubisi asezwe umntwana.

4

Fundisa oomama ngendlela yokuzikhama nokugcina ubisi ngokukhuselekileyo xa bengakwazi kuncancisa ngebele ngqo.

5

Xhasa oomama ngokwasemphefumleni ubafundise nokubeka kakuhle umntwana ebeleni.

ABASEBENZI BEMPILO BANGAKHUTHAZA UNCANCISA NGOLUHLOBO:

6

Sukukhuthaza ubisi lwetoti koomama abancancisayo.

7

Nqanda okanye khusela ukunikezwa kwebisi lwetoti ngabantu abaphisa ngeziphso

