

# UKUBA NGUMFUYYI OLUNGILEYO

Yenzelwe ukusetyenziswa neevideyoz eziyimfundiso ezinokudawunlowdwa apha: [www.sidewalkspecials.org/education](http://www.sidewalkspecials.org/education)

1

Zintoni ezine ezidingwa yinja? Zibhale apha.



Inkathalo yonyango  
lwezilwanyana



Isondlo



Indlwana yenja



Uthando

2

Ungayikhusela njaniinja yakho kwezi zigrogrisi?  
Dibanisa ezi zigrogrisi namayeza azilungeleyo.



IZIFO



IINCUKUTHU



UKUMITHA

UVALO-NZALA



INOCULATIONS



IYEZA



3

Ucinga ukuba kumele uyise xa ingakananiinja yakho kwiklinikhi  
yezilwanyana ukuze ivalwe inzala?



IMINYAKA EMIBINI



IIVEKI EZINTATHU



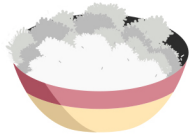
IINYANGA EZINTANDATHU

4

Kumele itye ntoniinja yakho? Zoba isangqa kwimpendulo eyiyo.



AMATHAMBO



IPAPA



UDOTI



IKIBBLES

5

Kumele uwagalele izihlandlo ezingaphi amanzi esityeni senja yakho?



ZONKE IINTSUKU

VEKI NGEVEKI

INYANGA NENYANGA

6

Yinyaniso okanye bubuxoki?



INJA YAKHO IFUNA UKULALA  
ENDLINI IZIVE ILILUNGU LOSAPHO.

YINYANISO

BUBUXOKI



INDLWANA YENJA ENENGUBO  
NGAPHAKATHI YINDAWO YOVUYO  
YOKULALA INJA YAKHO.

YINYANISO

BUBUXOKI



INJA YAKHO IYAKULALA KAKUHLE  
XA UYIBOPHE KAKUHLE NGENTAMBO  
EMFUTSHANE.

YINYANISO

BUBUXOKI

7

Injana kumele ihlale ixesha elingakanani nomama wayo?




IINYANGA  
EZIMBINI



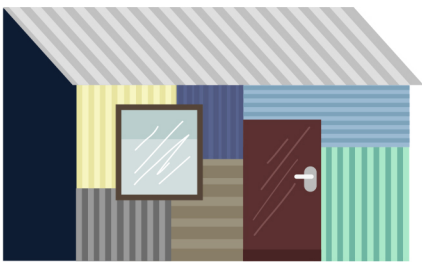
IINTSUKU  
EZINTATHU



UNYAKA  
OMNYE

8

Khetha indlela yokugcina injana yakho ikhuselekile de ifumane yonke imigonyo yayo.



GCINA INJANA YAKHO EKHAYA



HLAMBA INJANA YONKE IMIHLA



YENZA INJA YAKHO INXIBE  
UMNQWAZI WEPATI.

9

Yinyaniso okanye bubuxoki?



IINJANA ZITHAMBILE AZINGEKE  
ZILIMALE XA ZIJULWA PHANTSI.

YINYANISO

BUBUXOKI



KUMELE UYIBAMBE KAKUHLE INJA  
YAKHO, UYANGE UZE UYIBAMBE  
KAKUHLE NASEZIMPUNDU.

YINYANISO

BUBUXOKI



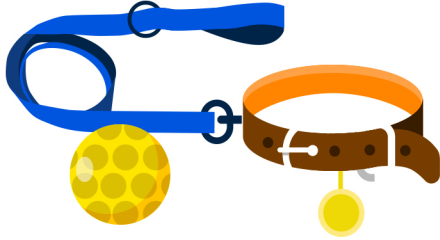
INJA YAKHO IZIVA KAMNANDI  
XA UYIPHAKAMISA UYIBAMBE  
NGOFELE LWENTAMO.

YINYANISO

BUBUXOKI

10

Cacisa iindlela ezintandathu onokubonisainja yakho uthando.  
Zigcwalise apha ngaphantsi kwemizekelo.



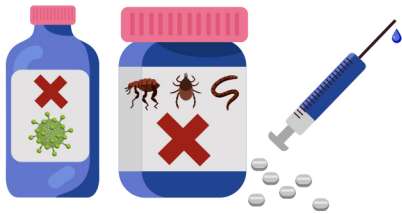
Thatha uhambo nenja yakho yonke imihla usebenzisa ibhati layo. Dlala nayo kwaye uyinike isihoyo esininzi.



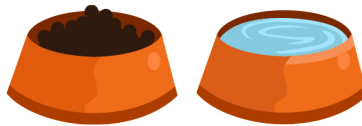
Coca kakuhle apho ihlala khonainja yakho ukuze ugcine iintsholongwane kude.



Qinisekisa ukubainja yakho inendawo ekhuselekileyo nefudumeleyo yokulala.



Gomainja yakho ukuyikhusela kwizifo kwaye uqinisekise ukuba ikhuselekile kwiincukuthu.



Yiphainja yakho ukutya kabini ngosuku, ucoce uze ugcwalise isitya samanzi sayo yonke imihla.



Vala inzalo yenja yakho ukuyikhusela ekumitheni nakwizifo ezingafunekiyo.

11

Xa usenza konke oku kungasentlainja yakho inokuba ngumhlobo wakho ixesha elingakanani?



IMINYAKA EMIHLANU

IMINYAKA ELISHUMI ELINESIHLANU

IINYANGA EZISIBHOZO

# WENZE KAKUHLLE!

Uphendule ezingaphi kakuhle?



Umsebenzi we SIDEWALK SPECIALS

nombulelo okhethekile kwi WILD AT HEART no France-Hayhurst Foundation

Ukuze ufumane ulwazi olungakumbi vakatshela u :[www.sidewalkspecials.org/education](http://www.sidewalkspecials.org/education)