

# UKUBA NGUMFUYI OQOTHO

Yenzelwe ukusetyenziswa nama vidiyo ayimfundiso anokudawunlowdwa lapha ku [www.sidewalkspecials.org/education](http://www.sidewalkspecials.org/education)

1

Yiziphi izinto ezine ezidingwa yinja? Zibhale lana.



Ukunakekelwa  
kweyilwane



Isondlo



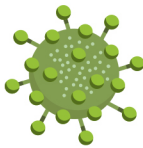
Indlu yenja



Uthando

2

Ungayivikela kanjaniinja yakho kulezi zothuso?  
Xhomanisa izothuso nemithi eyilungele.



IZIFO



IZIMFIMFITHI-GAZI



UKUYITHWALA

UVALO-NZALA



INOCULATIONS



UMUTHI



3

Ucabanga ukuthi kumele uyise mayingakananiinja yakho eklinikhi  
yezilwane ukuze ivalwe inzala?



IMINYAKA EMIBILI



AMASONTO AMATHATHU



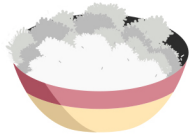
IZINYANGA EZINTANDATHU

4

Kumele idle iniinja yakho? Yenza isangqa kwimpendulo eyiyo.



AMATHAMBO



IPAPA



UDOTI



IKIBBLES

5

Kumele uwagalele amatyeli amangaphi amanzi esityeni senja yakho?



ZONKE IZINTSUKU

ISONTO NE SONTU

INYANGA NENYANGA

6

Yiqiniso noma ngamanga?



INJA YAKHO IFUNA UKULALA  
NGAPHAKATHI ENDLINI  
IZIZWE IYILUNGU LOMNDENI.

YIQINISO

NGAMANGA



INDLWANA YENJA ENENGUBO  
NGAPHAKATHI YINDAWO  
YENJABULO YOKULALA INJA YAKHO.

YIQINISO

NGAMANGA



INJA YAKHO ILALA KAHLE UMA  
UYIBOPHE KAHLE NGENTAMBO  
ENCANE.

YIQINISO

NGAMANGA

7

Injana kumele ihlale isikhathi esingakanani noma wayo?




IZINYANGA  
EZIMBILI



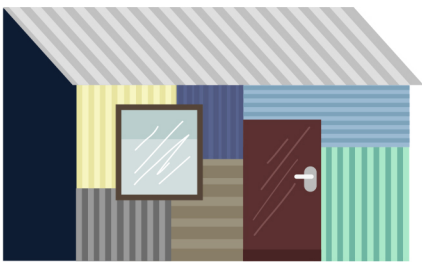
IZINTSUKU  
EZINTATHU



UNYAKA  
OWODWA

8

Khetha indlela yokugcina injana yakho iphephile kwimikhuhlane ide ithole yonke imigomo yayo.



GCINA INJANA YAKHO EKHAYA



GEZA INJANA YONKE IMIHLA



YENZA INJA YAKHO IGQOKE  
ISIGQOKO SEPATI.

9

Yiqiniso noma ngamanga?



IZINJANA ZITHAMBILE ANGEKE ZILIMALE  
UMA ZIKHAHLELWA PHANTSI.

YIQINISO

NGAMANGA



KUMELE UBAMBE INJA YAKHO KAHLE  
NGASEMUYA UYIBAMBE KAHLE  
EZINQENI ZAYO.

YIQINISO

NGAMANGA



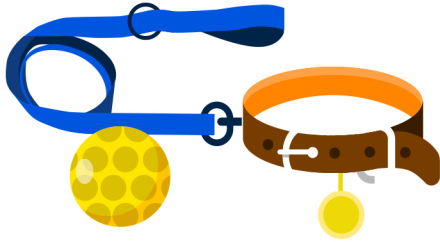
INJA YAKHO IKHULULEKILE UMA  
ITHWELWE NGOBHOZO  
LWENTAMO YAYO.

YIQINISO

NGAMANGA

10

Yisho iindlela eziyisithupha onokukhombisainja yakho uthando.  
Gcwalisa lana ngaphantsi kwesibonelo.



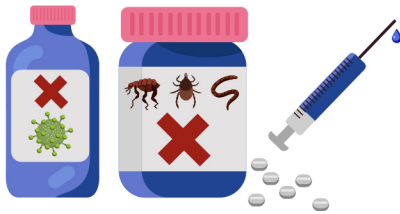
Thatha uhambo nenja yakho mihla yonke usebenzisa ibhanti layo. Dlala nenja yakho uyinakekele kakhulu.



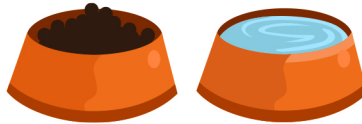
Hlanza indawo yokuhlala yenja yakho nsuku zonke ukugcina amagciwane kude.



Qiniseka ukuthiinja yakho inendawo yokulala ephephile nefudumele.



Gomainja yakho ukuyikhusela kwimikhuhlane uze uqiniseke ukuthi inemithi elungile eyikhusela kuma parasites



Yiphainja yakho ukudla kabili ngosuku, uqinisekise ukuthi kuhlazekile la ihlala khona uze ugcalise indishi yayo ngamanzi nsuku zonke.



Sterilizeinja yakho ukuyigcina iphephile ekukhulelweni nemikhuhlane engafuneki.

11

Uma ukwenza konke loku okungaphezulu,inja yakho ingaba ngumngane wakho isikhathi esingakanani?



IMINYAKA EMIHLANU

IMINYAKA EYISHUMI NANHLANU

IZINYANGA EZIYISISHIYAGALOMBILI

# WENZE KAHLE!

Uphendule ezingaki kahle?



Umsebenzi we SIDEWALK SPECIALS

nokubonga kwi WILD AT HEART no France-Hayhurst Foundation

Ukuze uthole ulwazi olungcono vakashela u: [www.sidewalkspecials.org/education](http://www.sidewalkspecials.org/education)