

UKUBA NGUMFUYI OQOTHO

Yenzelwe ukusetyenziswa nama vidiyo ayimfundiso anokudawunlowdwa lapha ku www.sidewalkspecials.org/education

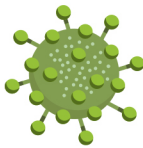
1

Yiziphi izinto ezine ezidingwa yinja? Zibhale lana.



2

Ungayivikela kanjani inja yakho kulezi zothuso?
Xhomanisa izothuso nemithi eyilungele.



IZIFO



IZIMFIMFITHI-GAZI



UKUYITHWALA

UVALO-NZALA



INOCULATIONS



UMUTHI



3

Ucabanga ukuthi kumele uyise mayingakanani inja yakho eklinikhini
yezilwane ukuze ivalwe inzala?



IMINYAKA EMIBILI



AMASONTO AMATHATHU



IZINYANGA EZINTANDATHU



4

Kumele idle iniinja yakho? Yenza isangqa kwimpendulo eyiyo.



AMATHAMBO



IPAPA



UDOTI



IKIBBLES

5

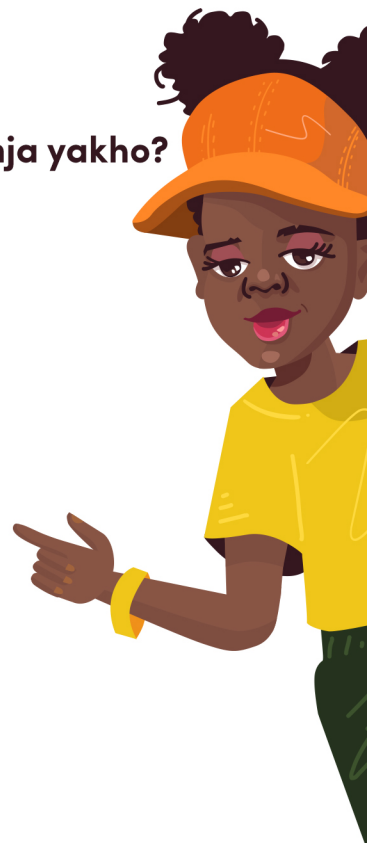
Kumele uwagalele amatyeli amangaphi amanzi esityeni senja yakho?



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



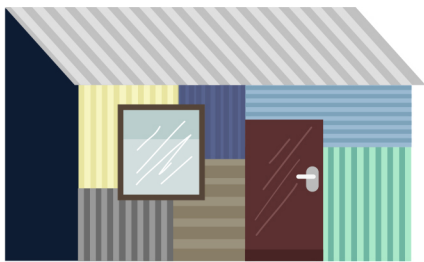
7

Injana kumele ihlale isikhathi esingakanani noma wayo?



8

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



GCINA INJANA YAKHO EKHAYA



GEZA INJANA YONKE IMIHLE



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



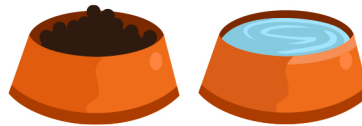
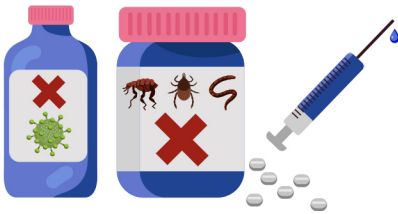
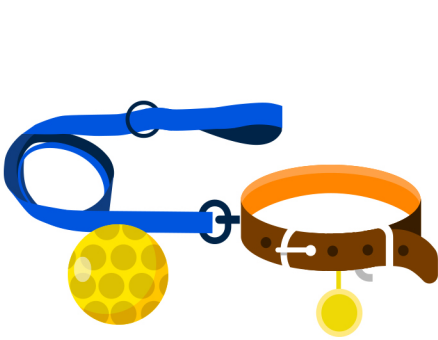
INJA YAKHO IKHULULEKILE UMA ITHWELWE NGOBHOZO LWENTAMO YAYO.

YIQINISO

NGAMANGA

10

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



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

