

UKUBALULEKA KOVALO-NZALA

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

1

Zungelezela ukuthi kudingeka ukuthi uyise mayingakananiinja yakho kwiklinikhi yezilwanyana ukuyovala inzala.



IMINYAKA EMIBILI



AMASONTO AMATHATHU



IINYANGA EZISITHUPHA

2

Yini ukuvala inzala?



LUHLINZO OLWENZIWAYO
UKUKHIPHA AMALUNGU ENZALA
UKUVIMBA INJA INGATHOLI IZINJANA.



GEZA INJA YAKHO NGESHAMPOO
EKHETHEKILE UKUYIGCINA IHLANZEKILE
KWAYE IVIKELELEKILE KWIMIKHUHLANE

3

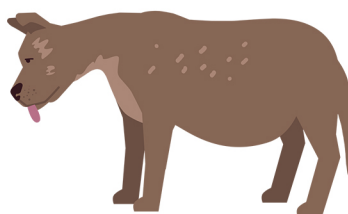
Yiqiniso noma ngamanga?



UKUVALA INZALA KWINJA YAKHO KUMELE
NJALO KWENZIWE KWIKLINIKHI YEZILWANE.

YIQINISO

NGAMANGA



UKUZITHWALA KWINJA EYINTOMBI
KUNOBA YINGOZI

YIQINISO

NGAMANGA



UKUVALA INZALA KWINJA YAKHO
LUHLINZO OLUYINGOZI.

YIQINISO

NGAMANGA

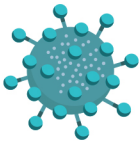
4

Xhuma ukuvala inzalo nazo zonke izinsongo engazivimbela.



UKUVALA INZALA

TVTs



IZINKINGA EKUBELETHENI



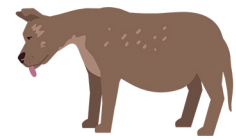
iPARVOVIRUS



AMAPARASITES



UKUMITHA OKUNGAFUNEKI



5

Yiqiniso noma ngamanga?



UMA INJA EZITHWELE AYIPHILILE
NEZINJANA ZAYO ZIZOZALWA
ZINGAPHILILE.

YIQINISO

NGAMANGA



KUBALULEKILE UKUVALA
INZALA KWIZINJA EZINGABAFANA
NEZINGAMANTOMBI.

YIQINISO

NGAMANGA



IYABIZA INJA EZITHWELE
NEZINJANA ZAYO.

YIQINISO

NGAMANGA

6

Yisho izinto ezimbili ezizodingwa yinja yakho uma kunokwenzeka izithwale.



7

Kumeleinja engumama izincelise isikhathi esingakanani iinjana zayo?



IZINYANGA
EZIMBILI

IZINTSUKU
EZINTATHU

UNYAKA
OWODWA

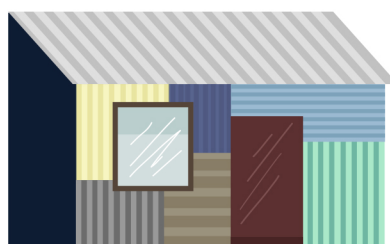
8

Yisho izinto ezintathu ekumele ikhaya libe nemali yazo phambi kokuthi likhone ukuba nenja.



9

Yiqiniso noma ngamanga?



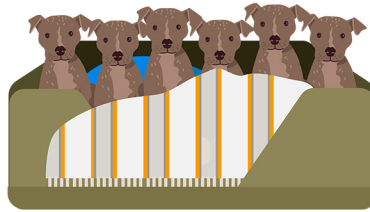
KULUNGILE UKUZALA IZINJANA NGOBA MANINGI AMAKHAYA ANESIPHATHO ANGAKHONA UKUZINAKEKELA.

YIQINISO

NGAMANGA

10

Phawula ukuthiinja ingaphila kwaye idinge umnikazi onenkathalo isikhathi esingakanani.



IMINYAKA EMIBILI

IMINYAKA EYISHUMI NANHLANU

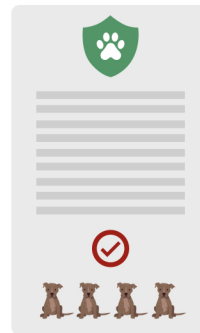
IMINYAKA EMIHLANU

11

Phawula ukuthi yini engadala ukuthi ungene enkingeni namaphoyisa uma uzalisainja yakho uze udayise iizinjana zayo.



AMAPHOYISA AWAZITHANDI IZINJANA.



AKUKHO MTHETHWENI UKUDAYISA IZINJA NGAPHANDLE KWEPHEPHA-MVUME.

12

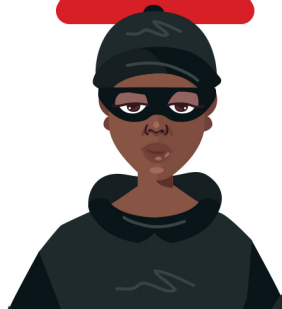
Yiqiniso noma ngamanga?



UKUVALA INZALA KUNOKUSHINTSHA NGENDLELA ENGALINDELEKILE INDLELA YENJA YAKHO YOKUZIPHATHA.

YIQINISO

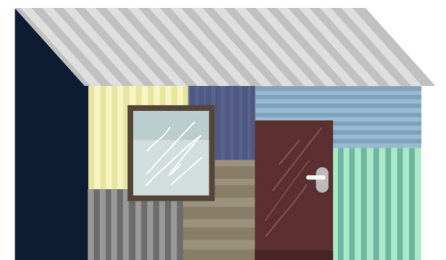
NGAMANGA



IZINJA EZIVALWE INZALA ANGEKE ZIKUVIKELE KWAYE ZIZOSHESHA ZISABE.

YIQINISO

NGAMANGA



IZINJA EZIVALWE INZALA AZIHAMBI ZIFUNANA NABANGANI, KUNGAKHO ZIKHONA UKUBA SEKHAYA ISIKHATHI ESININGI ZIVIKELA IKHAYA.

YIQINISO

NGAMANGA



13

Phawula eyona ndlela engcono yokuchazainja evalwe inzala.



UKUPHILA ISIKHATHI ESIDE

UKUNGATHEMBI

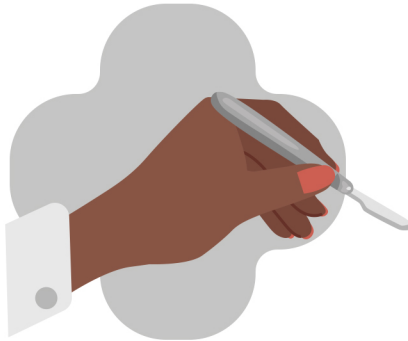
EMPILWENI ENGAKUMBI

UKUNGATHEMBAKALI

UKUJABULA

14

Yiqiniso noma ngamanga?



UKUVALA INZALA KWINJA YAKHO KUYENO ELUNGILE. NENTO ELUNGELE INJA.

YIQINISO

NGAMANGA

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