USAID
FROM THE AMERICAN PEOPLE

PEPFAR
U.S. President's Emergency Plan for AIDS Relief

Ungaziqcina kanjani usempilweni

Incwadi

1

Umyalezo wabantu abanikeza inkathalo:

Ukuthetha nomntwana wakho malunga nemeko yakhe kunganzima. Le ncwadana yabhalwa ukunceda ukuba wenze oko.

Ngaphambi kokuba usebenzise le ncwadana, zama ukuthetha nomntwana wakho malunga nempilo yakhe kwaye ubuze ukuba akukho mibuzo na. Ungathetha nomntwana wakho naxeshani xa ninodwa nobabini, umzekelo, xa usiya eklinikhi, usenza umsebenzi endlini okanye usiya esikolweni.

Kubalulekile wenze ingxoxo yakho ibonakale izizela kwaye ingabingathi yinto yelo xesha kanye nje. Le ncwadana kufuneke isetyenziswe njengenye yenxalenye yengxoxo yakho nomntwana wakho malunga nempilo.

Le ncwadi ibhalelwe ukuba isetyenziswe nabantwana abakwiminyaka ephakathi kuka-1 okanye kwisi-2 seminyaka ukuya kwiminyaka emi-6. Kule minyaka, abantwana bangabuza imibuzo emininzi ukuba kutheni besiya eklinikhi. Phendula le mibuzo kangangoko unako kwaye unike umntwana wakho ilungelo ukuba abuze nokuba ngomphi umbuzo ngoku besakhula.

Ukuba Ungazigcina Njani useMpilweni yeyokuqala kwiqela leencwadi ezine. Ezinye iincwadi kwiqela ziquka

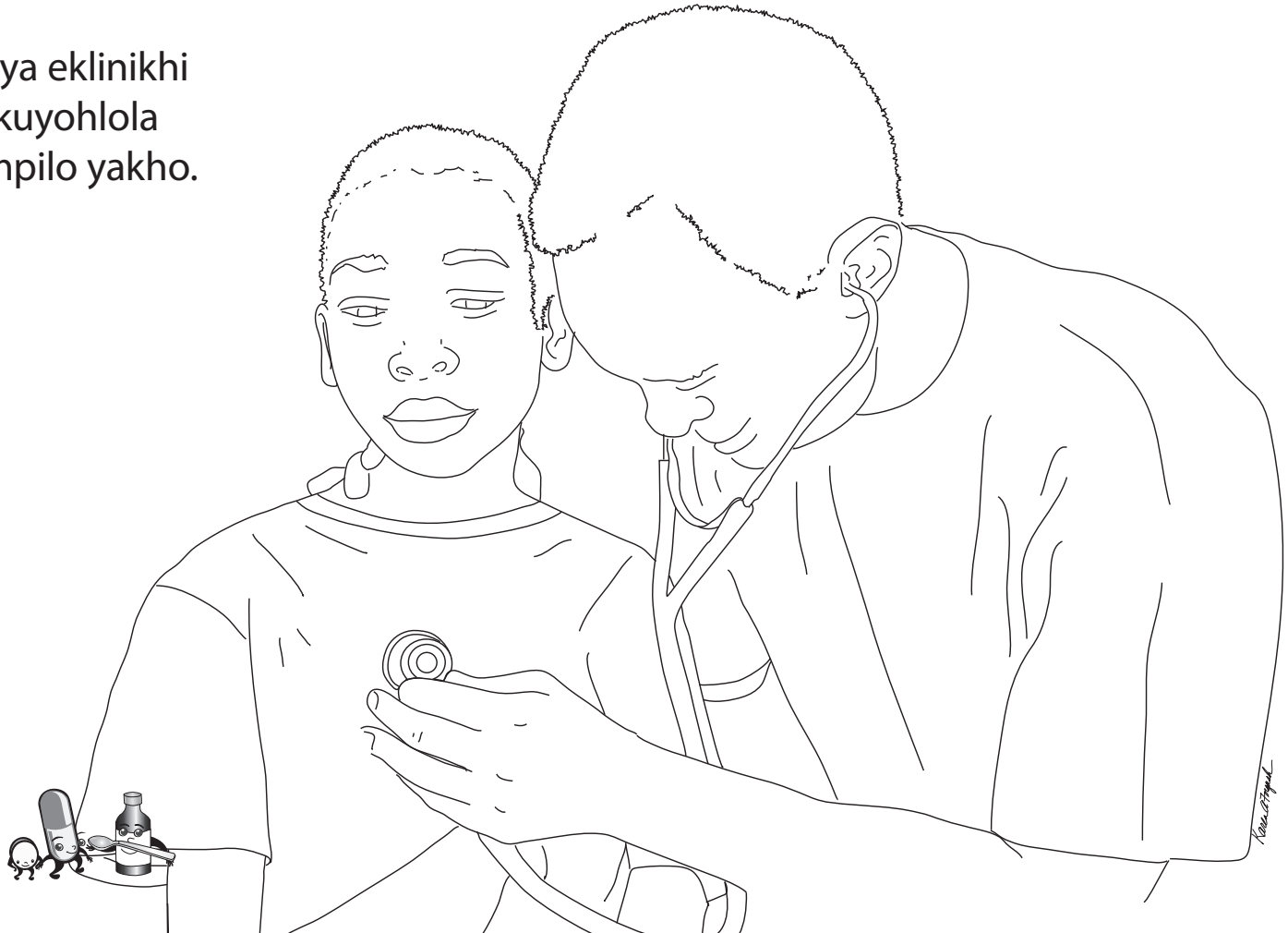
- *Ukwazi Ngesiqu Sam,* incwadana 2
- *Ukuphila uBomi beMpilo,* incwadana 3
- *Ukuthetha Nabantwana Abasakhulayo,* isikhokhelo semibuzo neempendulo sabantwanana abaphila neHIV

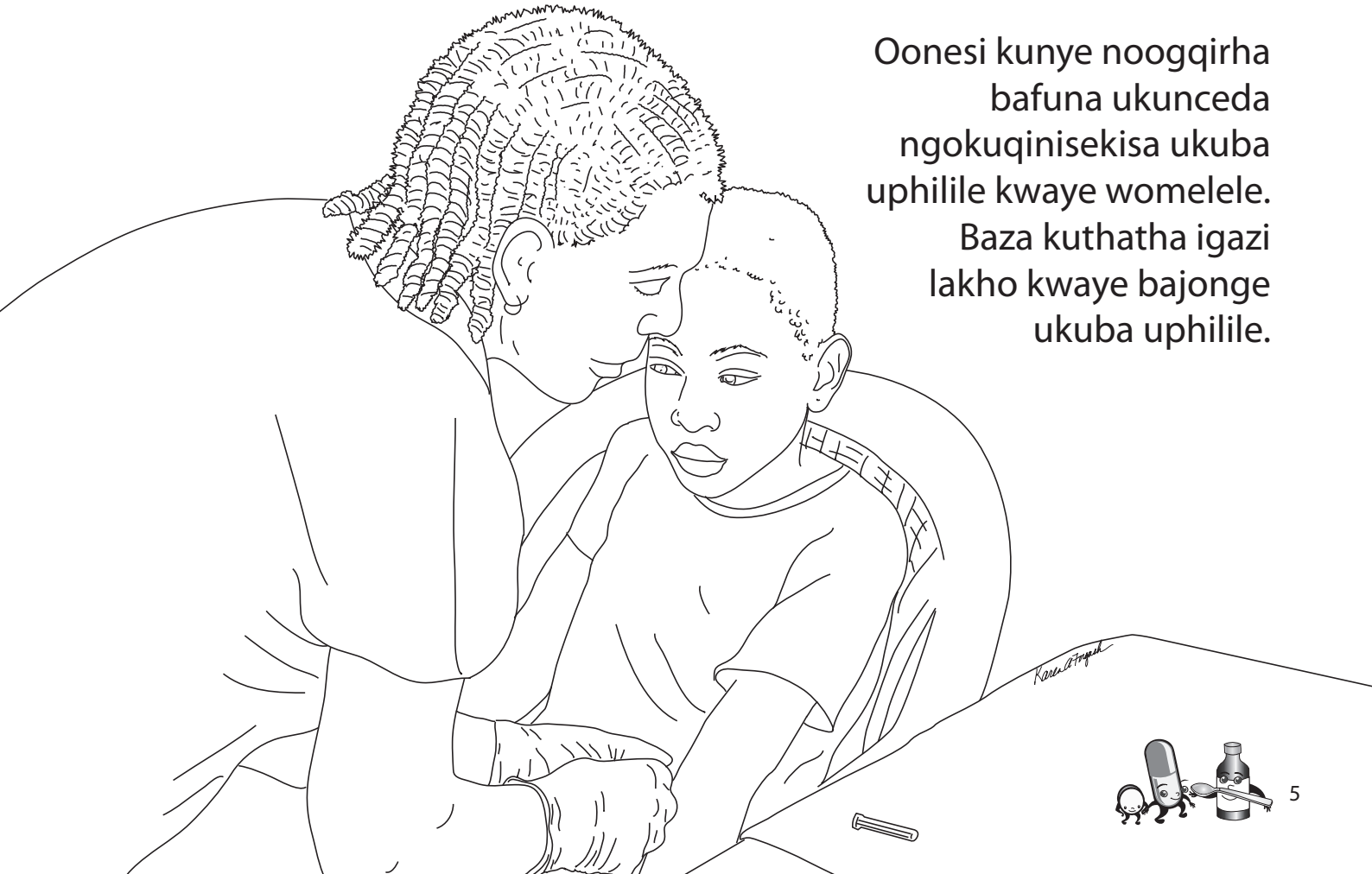
Khumbula, indlela obamba ngayo ezi ngxoxo nomntwana wakho kumnceda ukuba azive ekhululeke kakhulu ukuphila nalo meko. Ukumamela kwaye nokuthamba kuza kunceda umntwana wakho ukuba afunde angaphila njani kakuhle.

Le ncwadana imalunga nokuba ungazigcina njani usempilweni.

Ndifuna ubesempilweni kangangoko unako. Oonesi, oogqirha, kunye nabacebisi eklinikhi nabo bafuna uphile. Uyafuna ukomelela kwaye ubesempilweni?

Siya eklinikhi ukuyohlola impilo yakho.





Oonesi kunye noogqirha bafuna ukunceda ngokuqinisekisa ukuba uphilile kwaye womelele. Baza kuthatha igazi lakho kwaye bajonge ukuba uphilile.

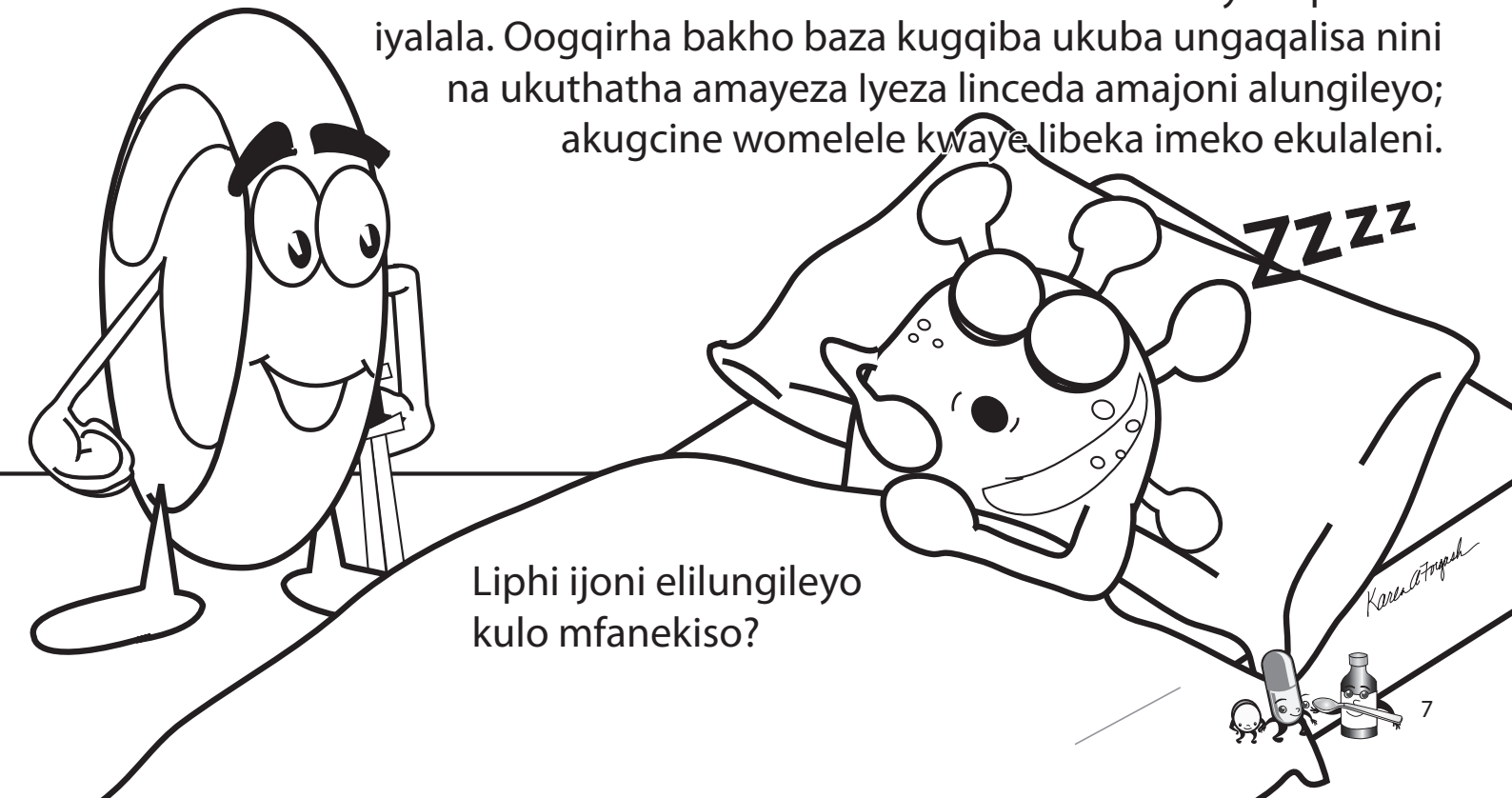
Unemeko.
Awunako
ukuyibona le meko
kuba isegazini
lakho.

Ayilotyala lakho ukuba ubenale meko. Abanye abantwana bazalwa nayo abanye bayifumana ngezinye iindlela.

Ngamanye amaxesha imeko ingakwenza ungaziva umnandi, kodwa abantu abaninzi abanale meko baziva bephilile amaxesha amaninzi.

Le meko iya kusoloko isegazini lakho. Ucinga ntoni ngale meko enganyangekiyo ngokupheleleyo?

Kufuneke uhlale womelele ukulwa le meko kwaye uqiniseke iyalala. Oogqirha bakho baza kugqiba ukuba ungaqalisa nini na ukuthatha amayeza lyeza linceda amajoni alungileyo; akugcine womelele kwaye libeka imeko ekulaleni.



Liphi ijoni elilungileyo kulo mfanekiso?

Ingaba ugqirha wakho ukunikile amayeza?

Akhona amaxesha ungafuni ukuginya / ukuthatha amayeza akho?

Kubalulekile ukuwathatha nokuba awufuni ukuze imeko ihlale ilele. Kungenjalo, imeko ingavuka kwaye izame ukukugulisa.

Kunganceda ndikukhumbuze uthathe amayeza?

Azikho ezinye izinto ongazenza ukuze uhlale usempilweni.

Fumana ukulala okwanele kwaye uphumle xa uziva udiniwe.

Yiya eklinikhi kumadinga akho. Yitya ukutya okusempilweni njengeziqhamo, iminqatha, kunye nobisi.

Kokuphi okunye ukutya okusempilweni okuthandayo?

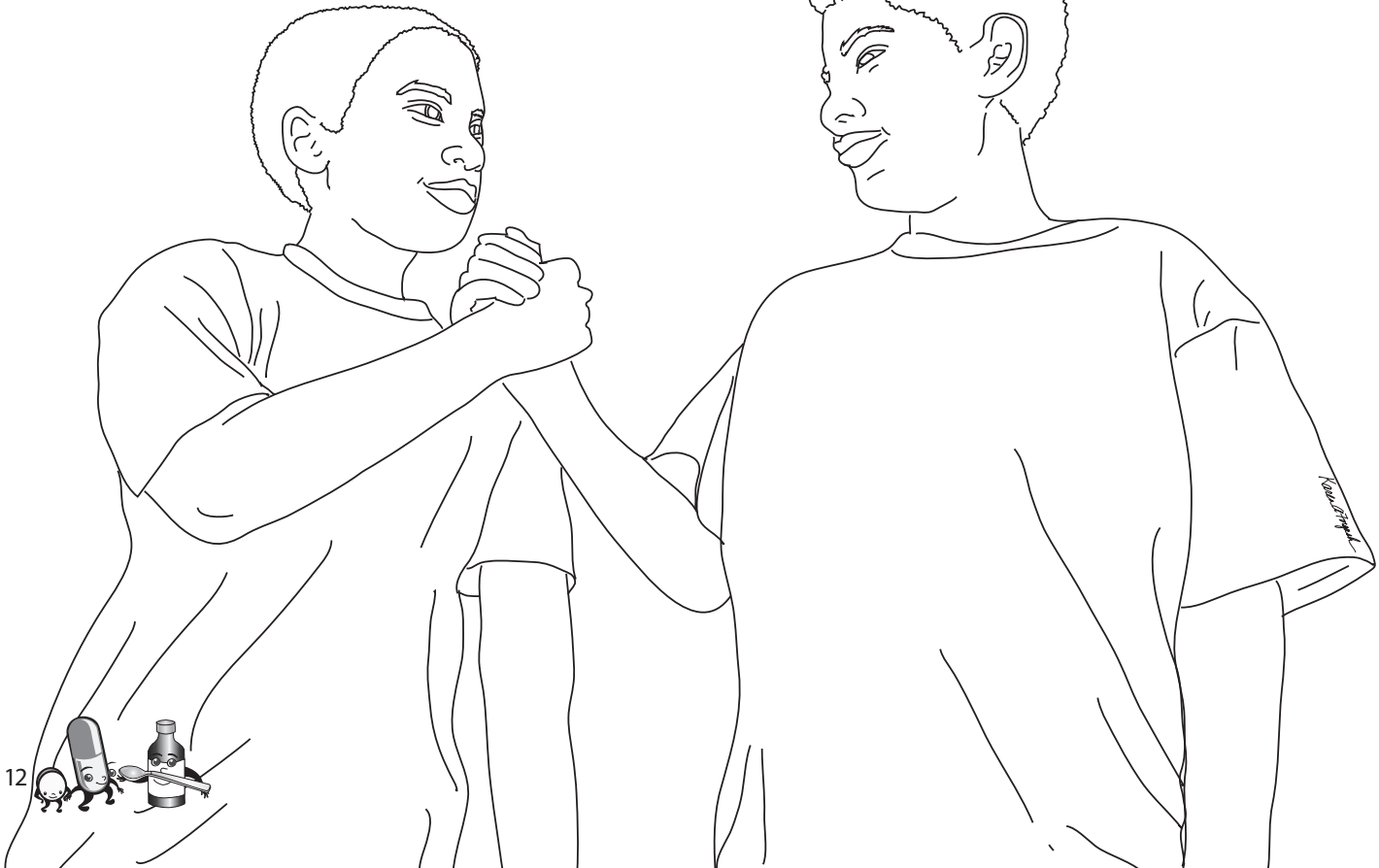
Ungacinga ezinye izinto ongazenza ukuhlala usempilweni?

Kukhona abantwana abaninzi abanjengawe abahlala nale meko.

Kufuneka beye eklinikhi, kwaye uninzi lwabo luthatha amayeza.

Uziva njani xa ubona abanye abantwana beseklinikhi?

Ngekhe unikeze le meko nakubani ngokusuke ubabambe.



Ngekhe unikeze le meko nakubani ngokusuke ubange okanye udlale nabo.

Awunakunikeza nabani lemeko ngokutya kwisitya esinye.

Wakhe wababona abantwana benxwalwa?

Kwenzeka ntoni? Ucinga ukuba lo mntwana wava kanjani?

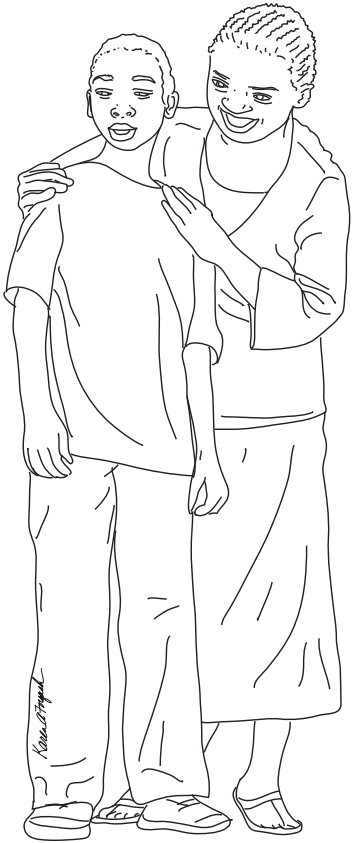
Ingaba abantwana bakhe bakunxwale?

Ukuba ewe, ingaba lento ikwenza uzive njani?

Ngamanye amaxesha indenza ndilile.

Abantwana bayanxwalana ngezizathu ezininzi, hayi ngokugula kuphela. Ukunxwala kukwenza ubenomsindo, kodwa ungayilawula indlela oziva ngayo ngeendlela ezininzi.

Ingaba wenza ntoni xa abanye abantwana bekukhathaza?

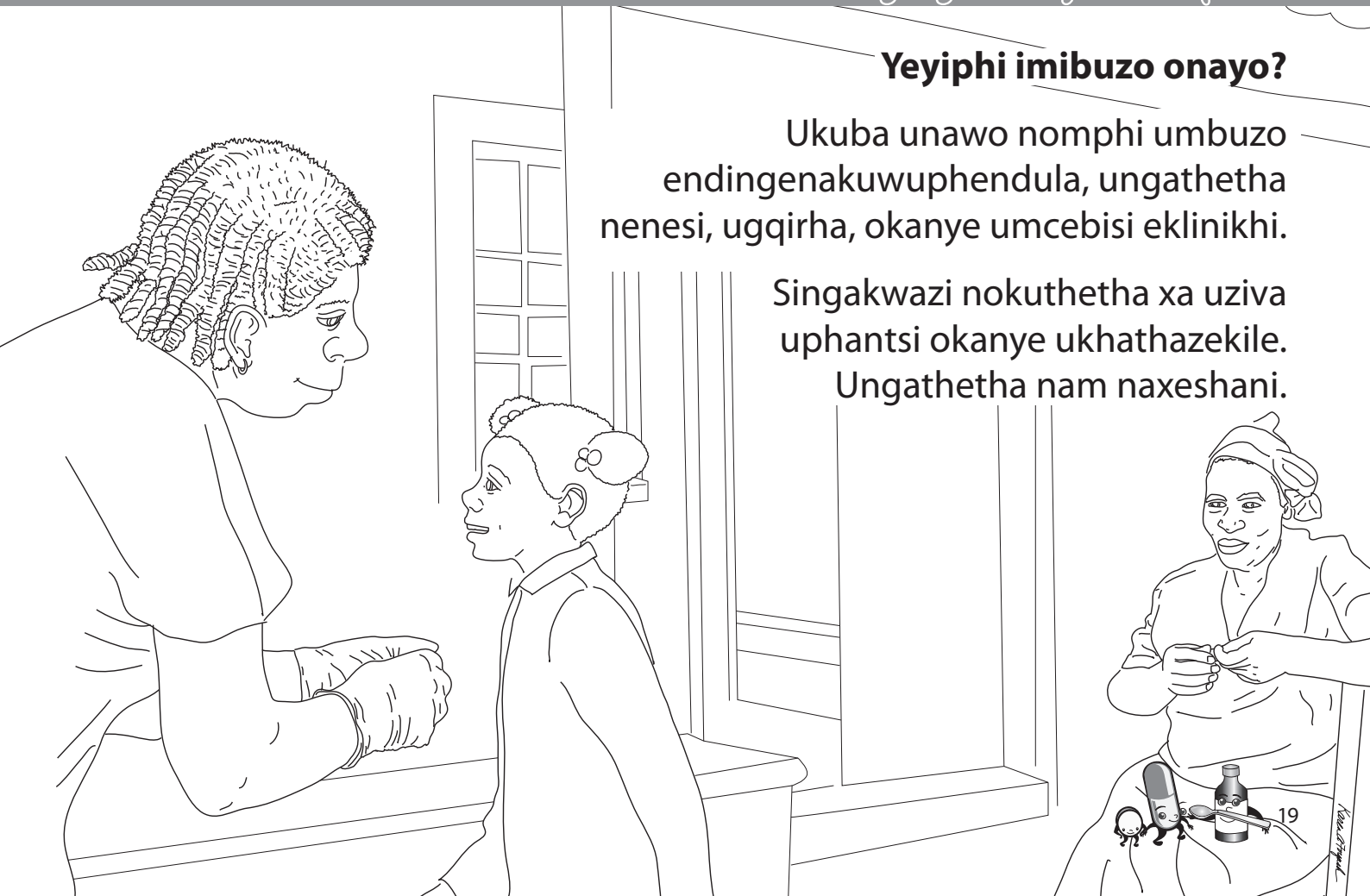


Yenza abahlobo kubantwana abanobubele kuwe. Ngubani esikolweni onobubele kuwe?

Thetha nomntu xa ungonwabanga okanye ucaphuka, umntu onjengosisi wakho omdala, umakhulu wakho, okanye utitshala- umntu ongakwazi ukumthemba.

Ungacinga umntu ongamthemba? Masicinge umntu ongathetha naye; ucinga bani?

Soloko wazi ukuba unosapho kunye nabahlobo abakuthandayo. ♡



Yeyiphi imibuzo onayo?

Ukuba unawo nomphi umbuzo endingenakuwuphendula, ungathetha nenesi, ugqirha, okanye umcebisi eklinikhi.

Singakwazi nokuthetha xa uziva uphantsi okanye ukhathazekile. Ungathetha nam naxeshani.

Uyafuna ukomelela kwaye ubesempilweni?

Amayeza aza kugcina womelele.

Ingaba uziva njani ngoku?

(Zoba umfanekiso ukuba uziva njani ngoku)

Izinto Ezintle Ebomini Bam

Ingaba uyafuna ukubhala ngazo okanye uzobe into ezikwenza wonwabe?

Umbulelo

Le ncwadana yakhiwe ngo2010 liqela leSouth to South Program for Comprehensive Family HIV Care & noNyango (S2S) kwiDyunivesithi yaseStellembosch eMzantsi Afrika okhokhelwa ngu Janine Clayton, ngaphantsi kwesihloko *Ungazigcina Njani useMpilweni*. Incwadana ka 2010 yakhiwe ngenxaso evela kwi International Center for AIDS Care kunye neNkqubo zoNyango (ICAP) yeDyunivesithi yaseColombia isikolo saseMailman yoNyango laseKuhlaleni; uphuhliso lwaququzelelwa ngu- François Xavier Bagnoud (FXB) Center, Isikolo sokuNesa, Udyunivesithi yamaYeza kunye nooGqirha bamazinyo eNew Jersey. Incwadi yokuqala yokhiwa ngu Karen A. Forgash. Umxholo wakhiwa ngu- Deanne Samuels, Nikhita Pandian, Leah Pandian, Virginia Allread kunye no Beth Hurley.

Le ncwadana yaphinde yajongwa ngo2012 ukususela kuvukelo lwezinto ezisetyenziswe kuqala. Ukuphinda ijongwe kwakhokhelwa ngu Janine Clayton eS2S ngenxaso ka Virginia Allread eFXB Center, uDana Greeson kwiNxaso yeAIDS noNcedo kwezoBuxhakaxhaka e Resources (AIDSTAR-One) Project, u-Edward Pettitt eBaylor International Pediatric AIDS Initiative (BIPAI), kunye no Anouk Amzel no Sara Bowsky eUnited States Agency for International Development (USAID). Njengeyokuqala, le ncwadana yaqulunqwa ngu Karen A. Forgash.

Olu hlobo oluphindwe lwajongwa lwenziwe lwabakhona ngenxa yenxaso kaMongameli wase U.S Emergency Plan yeAIDS Relief (PEPFAR) ngenxa yeU.S. Agency for International Development (USAID) ngaphantsi kwenombolo yekhontrakthi GHH-I-00-07-00059-00, AIDS Support kunye neTechnical Assistance Resources (AIDSTAR-One) Project, Sector I, Task Order 1. Izimvo zombhali eziboniswe kupapasho azibonisi izimvo zika USAID okanye uRhulumente waseUnited States.

Nceda ndwendwela u- *www.AIDSTAR-One.com* ukukhuphela ikopi yale ncwadana.

RUTGERS
François-Xavier
Bagnoud Center
SCHOOL OF NURSING

AIDSTAR-One
AIDS SUPPORT AND TECHNICAL ASSISTANCE RESOURCES