

**Ukulaliswa ngamayeza kunye nobungozi engqondweni  
Inkcazo nge PACSA eyenzelwe abazali babantwana**



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Njengogqirha olalisa abantwana sisoloko sibuzwa, "okukulaliswa komntwana wam akuzukwenza monakalo engqondweni yomntwana wam"? Iingqondo zabantwana zisoloko zikhula futhi zitshintsha ukuphendula utshintsho lwendalo ebangqongileyo abazifumana bekuyo, ngokuqiniskileyo kunyanzelekile ukwazi ukuba ingaba amayeza esiwanikayo ayayitshintsha na indlela abantwana ababona futhi abenza ngayo kwindalo leyo ebangqongileyo? Ngelishwa akukho mpendulo ingqalileyo.

Impikiswana yaqala mhla uphando lubonisa ukuba ukunika amagundwane/impuku nezilwanyana ezincinci iyeza lokungeva ntlungu kwenza umonakalo kwiseli zoluvo "nerve cells" engqondweni, zikwamoshwa ukukhula kwazo futhi zenza kubenzima ukufunda nokukhumbula.

## **Kutheni singenokwazi ukugqiba ukuba eziziphumo zizobanje nakwintsana nasebantwaneni?**

Okokuqala, nangaphandle kwendlela oziva ngayo ngamanye amaxesha, abantwana abazozilwanyana. Ingqondo yabo ayikhuli ngohlobo olufanayo okanye ngokwezinga elinye neempuku futhi awukwazi ukulithelekisa neempuku, futhi neendlela ekufuneka bazilungise ngayo yohlukile.

Okwesibini, lamayeza anikwe ezimpiku zincinci neenkawu akanofaniswa namayeza anikwe umntwana wakho. Umlinganiselo wamayeza asetyenzisiweyo kuphando ebemninzi kakhulu futhi nexesha ezalaliswa ngalo ezinkawu lalilide kakhulu (ngokuphindaphindiweyo) kunamayeza asetyenziswa esibhedlela.

Indlela ebekugadwe ngayo ezimpuku nezinga lamayeza nalo alisondelanga nakancinci nezinga lonakekelo alufumanayo umntwana wakho xa esenza utyando.

Lilonke uphando olwenziwe ezilwanyaneni, logama lunyusa ingxalabo, kuye kwafuneka kuqhutyekwe nalo.

Lonke uphando olwenziwe ebantwini ukuzotsho ngoku luyilento ibizwa ngokuba "kukujonga ekuqaleni", okuthetha ukuba kujongwe ngasemva kwifayili nakwi rekthodi zemfundo zezigulani ukuzama ukubona ukuba lukhona na unxulumano phakathi kweyeza elisetyenziswa xa kuzotyandwa nemfundo okanye ubunzima ngokuziphatha ngokwemvakalelo emva kotyando ebomini. Okwangoku, bakwazile ukubonisa ukuba lukhona unxulumano phakathi kokufumana isitofu/igesi ephefumlwayo eyenza ungeva ntlungu, ingakumbi kwabalaliswe kanintsi, nokufunda okanye ubunzima ngokuziphatha ngokwemvakalelo emvakotyando, kodwa alukho uphando olukwazileyo ukubonisa ukuba igesi le okanye isitofu "ukualiswa" kuko ekwenza ezingxaki. Lento ingabe yenzeka kuba abantwana abazokwenza utyando oluninzi kungenzeka ukuba banengxaki ezidala babenobunzima kwezemfundo okanye ubunzima ngokuziphatha ngokwemvakalelo, njengokuzalwa ngaphambi kwexesha, ukubanesifo sentliziyo, ukubanesigulo esinganyangekiyo njengesifo somhlaza okanye isifo sezintso, okanye ukungeva kakuhle ngeendlebe ude udinge izinto zokuncedisa umntwana eve njenge "grommets". (oko kuthetha ukuthi ukulaliswa oku kungahle kukwenze ugule okanye ubenengxaki ezenza udinge utyando).

Uphando olutsha lwenziwe nalombuzo engqondweni. Logama lusenziwa, iziphumo zalo zokuqala zibonisa ukuba akukho mohluko ekungakwazini kukhumbula phakathi komntwana okhe walaliswa kunye newele lakhe elingazange likhe lilaliswe. Ngokuqiniskileyo ngenene!

## **Lento isibekaphi, sobabini nje ngabazali kunye nogqirha olalisa abantwana?**

- Asiyincomi into yokulibazisa utyando kungekho mfuneko, futhi ukwenza lonto kungadala ubungozi. Besingenolwenza utyando sinike nesitofu sokuthomalalisa iintlungu xa bekunganyanzelekanga.
- Apho kudingeka utyando olungaphezu kolunye, kungayinto ebhadlileyo ukwenza ezizinto ngexesha elinye ukuba kufanelekile kuyenzeka.
- Utyando ngaphandle kwesitofu esiphelisa iintlungu okanye igesi ekwenza ulale kunye neepilisi zokuphelisa iintlungu alucingeki futhi aluvumelekanga.

Isitofu esigqiba iintlungu okanye igesi ekwenza ulale kunye nenkathalo efanelekileyo, ozoyifumana kugqirha oqeqeshelwe ukulaliswa abantwana, ugqirha onamava ekulaliseni abantwana, yeyona ndlela ilungileyo yokunciphisa lemingcipheko singayaziyo.

Ukuba kukhona olunye ulwazi oludingayo okanye uneminye imibuzo kulomba ubalulekileyo, sicela ukhululeke ubuze ugqirha wakho olalisa abantwana.