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ENG

ENSURE THAT YOU HAVE BEEN SHOWN HOW TO CUP FEED BY A HEALTH WORKER

HOW TO CUP FEED YOUR BABY

- Your baby must be awake.
- Sit your baby upright on your lap **1**
- If necessary wrap his arm so that he cannot bump the cup.
- Support the baby's head with one hand.
- The cup should be at least half full of milk.
- Bring the cup to the baby's lips **2**
- When the baby opens his mouth rest the cup on his lower lip.
- Gently tilt the cup until the milk touches the baby's lower lip.
- DO NOT pour the milk into his mouth.
- Your baby will lap or sip the milk from the cup.
- Allow the baby time to rest between sips **3**

TWA

NETEFATSA GORE O BONTSHITŠWE MODIRI WA BOITEKANELO GORE O KA DIRISA KOMIKI YA DIJO TSA NGWANA JANG

KA MO O KA JESANG NGWANA WA GAGO GO TSWA MO KOMIKING

- Ngwana wa gago o tshwanetse a bo a tsogile.
- Ngwana wa gago o tshwanetse go nna mo diropeng tsa gago mme a tlhamalale **1**
- Fa go kgonagala o tshwanetse go tshwara ngwana matsogo gore a seke a usa komiki.
- Tshegetsa tlhogo a ngwana ka letsogo le lengwe.
- Komiki e tshwanetse go nna le seripa sa lebeso mo go yona.
- Tlisa komiki mo dipounameng tsa lesea **2**
- Fa ngwana a bula molomo baya molomo wa kopi mo pounameng ya gagwe ya kwa tlase.
- Sekamisa komiki ka bonya go fihlela mašwi a ama pounama ya ngwana ya kwa tlase.
- O SEKE wa tshela mašwi mo leganong la ngwana.
- Ngwana wa gago o tla goga mašwi go tswa mo komiking.
- Letla ngwana gore a kgaotse morago ga mothamo mongwe le mongwe **3**

2



AFR

MAAK SEKER DAT JY DEUR 'N MEDIESE WERKER GEWYS IS HOE OM TE KOPPIEVOED

HOE OM JOU BABA MET 'N KOPPIE TE VOED

- Jou baba moet wakker wees.
- Laat jou baba regop sit op jou skoot **1**
- Indien nodig, hou sy arm vas sodat hy nie die koppie kan stamp nie.
- Ondersteun die baba se kop met een hand.
- Die koppie moet minstens half vol melk wees.
- Bring die koppie na die baba se lippe **2**
- Laat rus die koppie op sy onderste lippie as die baba sy mond oopmaak.
- Lig die koppie stadig totdat die melk aan die baba se onderste lip raak.
- MOENIE die melk in sy mond ingooi nie.
- Jou baba sal die melk uit die koppie suig of sluk.
- Laat die baba toe om tussendeur te rus **3**

SSO

HLOKOMELA HORE O RUTUWE KE MOSEBELETSI WA TSA BOPHELO HO SEBEDISA LEBEKERE

TSELA YA HO NWESA LESEA KA LEBEKERE

- Ngwana o tlameha ho jeswa a tshole fela.
- Beha ngwana hodima hao **1**
- Ha ho kgoneha, phutela letsoho la hae, hore a se ke a tsholla lebeso.
- Tsehetsa hloho ya lesea ka letsoho le leng la hao.
- Lebekere le lokela hore le be le na le lebeso le ka bang halofo ya lebekere.
- Atametsa lebekere pela pounama ya molomo wa lesea **2**
- Ha lesea le bila molomo beha lebekere pounameng e ka tlase.
- Phamisa lebekere hanyane hore lebeso le fihlele pounameng e ka tlase ya molomo wa lesea.
- SE KE e wa tshela lebeso ka hare ho lehanano la lesea.
- Nwana o tla inwesa lebeso le tswang ka lebekereng butle butle.
- Phomotsa ngwana pakeng tsa ho nwea ho fihlela a qetile ho nwa **3**

3



NSO

NETEFATŠA GORE O BONTSHITŠWE KE MODIRI WA TŠA BOITEKANELO GORE O KA NWEŠA BJANG NGWANA KA KOMIKI

KA MOO O KA NWEŠANG NGWANA WA GAGO KA KOMIKI

- Ngwana wa gago o swanetše go ba a tsogile.
- Ngwana wa gago o swanetše go dudišwa thwii godimo ga dirope tša gago **1**
- Ge go kgonega swara letsogo la ngwana gore a se ke a thula komiki.
- Thekga hlogo ya ngwana ka letsogo le lengwe.
- Komiki e swanetše go ba e na le seripagare sa maswi ka go yona.
- Tliša komiki mo dipounameng tša lesea **2**
- Ga ngwana a bula molomo bea molomo wa komiki pounameng ya gagwe ya ka fase.
- Ka pepetletšo sekamiša komiki go fihlela maswi a kgoma pounama ya ngwana ya ka fase.
- O SE KE wa tšhela maswi ka leganong la ngwana.
- Ngwana wa gago o tla latswa goba a sora maswi go tšwa komiking.
- Efa ngwana sebaka sa gore a khutše ka morago ga nako ye nngwe le ye nngwe ge a se na go sora **3**

ZUL

YENZA ISIQINISEKO SOKUTHI KUKHONA KWABEZEMPILO ABAKUTSHENGISA UKUPHA UMNTWANA NGENKOMISHI

UPHUZISWA KANJANI UMNTWANA NGENKOMISHI

- Umntwana wakho makavuke.
- Mhlalise kuwe aqonde ethangeni **1**
- Uma kunesidingo membathise nezandla ukuze angayishayi inkomishi.
- Sekela ikhande lakhe ngesandla esisodwa.
- Okungenani inkomishi ayibe kuhhafu ingagcwali ubisi.
- Beka inkomishi ezindebeni zomntwana **2**
- Uma umntwana evula umlomo beka inkomishi odebeni lwakhe olungezansi.
- Phakamisa inkomishi ngesineke ubisi luze luthinte udebe lomntwana olungezansi.
- UNGALUTHELI ubisi emlonyeni womntwana.
- Umntwana uzoqala amunce noma adonce ubisi enkomishini.
- Vumela umntwana aphumule phakathi nokuphuza **3**

STERILISATION INSTRUCTIONS

- Autoclave at 115°C for 20 minutes.
- Boil for 10min submerged.
- Hypochlorite solution for 30min submerged.

WARNING

Feeding holders not cleaned properly can cause illness or diarrhoea.

Bottle feeding may interfere with your baby's natural way of suckling your breast



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