

**Ukulahlekelwa  
Ukuzwa Ezinganeni  
Kanke okumele umzali  
akwazi ngokulahlekelwa  
ukuzwa**

# Kuyini ukulahlekelwa ukuzwa nokuba yisithulu?



Umuntu olahlekelwa ukuzwa akezwa njengomuntu ozwa kahle.

Ukulahlekelwa ukuzwa kungaba:

- Ukuzwa kahle ezinje izinto kumbe ukungezwa nhlobo nokuba yisithulu
- Kungachaphazela indlebe eyodwa kumbe izindlebe zombili

Abantu ababalelwa ezigidini ezingama - 466 emhlabeni banenkinga yokulahlekelwa ukuzwa, izigidi ezingama - 34 zalaba bantu bayizingane

Izinto ezingu - 60% ezidala ukulahlekelwa ukuzwa ezinganeni yizinto ezinganqandeka

## Iyini imiphumela yokulahlekelwa ukuzwa ezinganeni?

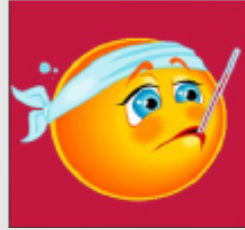
Izingane kumele zizwe abantu bekhuluma ukuze zizokwazi ukwakha iziqu zolimi kanye nokulalela. Ukungabikho kokungenelela kudala ukuthi izingane eziyizithulu zingakwazi ukufunda ulimi nokukhuluma, okungaba nemphumela embibi enganeni eskoleni, ukwakha abangani, Kanye nokuthola umsebenzi kusasa.



# Kudalwa yini ukulahlekelwa ukuzwa ezinganeni?



Ukuthetheleka umama esakhulelwe  
Ukuthetheleka ekukhuleni  
(measles, meningitis, mumps)



Ijaundice ebucayi ezinganeni ezisanda kuzalwa  
Ukungawutholi kahle umoya ingane isazalwa



Ukuhlukumezeka ekhanda noma endlebeni



Umsindo okhalela phezulu, umzekelo: umculo odlalelwa phezulu



Ukuthetheleka okungapholi endlebeni noma uketshezi endlebeni



Izakhi zofuzo: ushintsho ezithumeleni zomzimba



Ukusetshenziswa kwemithi ethile umama esakhulelwe, noma ekukhuleni kwengane



Ukuzalwa nesikale somzimba esincane

# Ukusola ukuthi ingane ilahlekelwa ukuzwa

## Izinyanga 0 – 3

1. Umsinolo okhalela phezulu awuyithikamezi
2. Umsindo okhalela phansi awuyithobisi
3. Ezinyangeni ezimbili ayiwenzi umsindo awenziwa yizingane
4. Ezinyangeni ezimbili ayithuli uma kukhona okhulumayo



## Izinyanga 4 – 8

1. Ayilijikisi ikhanda uma kukhona umsindo
2. Ayiwuzwa umehluko wamaphimbo nomsindo
3. Ayikubonisi ukuthokazola izinto zokundlala ezinomsindo
4. Ayiwanzi umsindo mayidlala noma iphendula abantu abayidlalisayo
5. Ezinyangeni eziyi – 6 ayiwenzi umsindo ewuzwayo
6. Iphendula ezintweni ezishukumayo kunalezo ezenza umsindo



## Izinyanga 9 – 12

1. Ayiphenduli mawubiza igama layo
2. Ayijiki ngokushesha emsinolweni opholile
3. Ayibi namazwi ahlukene mayenza imisondo yozingane kanti futhi ayiyenzi imisindo ehlukene
4. Ayiwalaleli futhi ayinyakazi mayizwa umculo
5. Onyakeni owodwa ayisho ukuthi 'mama' kumbe 'baba'
6. Ayiwaqandi amagama asetshenziswa nsukuzonke (isibonelo: amanzi, baba)
7. Ayiwaphenduli amazwi afana no 'cha; noma u-woza la?



# Ukugwema umathuba okulahlekelwa ukuzwa



Ukugoma ingane ukuze ivikeleke ezifweni zobungane  
Ukugomela izifo ezifana ne-rubella ngaphambi kokukhulelwa



Ukuthola usizo olusezingeni lwezempilo uma ingane inokutheleka kwendlebe okuphindekayo



Landela imiyalelo yokunakekela izindlebe



Yiba nempilo esezingeni uma ukhulelwe, uzijwayeze nokuhlolwa njalo ngesikhathi ukhulelwe



Ungazisebenzisi izidakamizwa ezingaba yingozi endlebeni nasekulaleleni



Ungazijwayezi ukulalela umsindo okhalelo phezulu



Gwema ukutheleleka noma ukugula uma ukhulelwe

# Izinto okumele uzenze uma usola ukuthu ingane ilahlekelwe ukuzwa

Yisa ingane emtholampilo nona kwaolokolelaukuze izoalongwa ukuzwa kwayo



Ungalindi isikhathi eside ngaphambi kokuba uyohlola ukuzwa kwengane ukushoswa kokutholwa kwenkinga kusho ukushesha kokuthola usizo oludingwa ingane



## Izinto ezingasiza izingane ezilahlekelule ukuzwa



Izinsiza ezibizwa nge hearing aids nama cochlear implants



Ukufunda ulimi lwezandla



Ukuyo kodokotela abawo chwepheshe abasebenza ngolimi nokukhuluma



Ukuhamba imihlangano yezingane nomindeni

**Ukusesha kokuthola usizo kubalulekile ngoba kusiza imphumola emihle yezingane**

Isibonelo ingane ekutholwa ukuthi ilahlekelwe ukuzwa inezinyanga ezintathu (3) yothola usizo ngenyanga yesthupha (6) ingakwazi ukufunda ukukhuluma kanya nolimi olufana nolwabangani bayo abezwa ngokujwayelekile

**Okubaluleke kakhulu**

# Hlola ukuzwa kwakho namhlanje

Sebenzisa inkundla i-HearWHO eyakhiwe yi-World Health Organization ukuhlola ukuzwa kwakho noma kwengane yakho. Lolu hlobo lokuhlola lufanelekile ezinganeni esezikhulile nakubantu abadala.



Ukuze ukwazi ukuzihlola kumele ulandele lokhu okulandelayo:

<https://play.google.com/store/apps/details?id=com.hearxgroup.hearwho>

<https://apps.apple.com/us/app/hearwho-check-you-hearing/id1449966543?ls=1>

**Lokhu kuzihlola akukwedluli ukuhlolwa udokotela owuchwepheshe. Mawungenzi kahle kulolicalongo ubonane no dokotela noma uye emtholampilo ukuze uzohlolwa kahle.**



**Ukulwa nokulahlekelwa ukuzwa Kanye  
nokwakhela izingane izimpilo ezingcono ngoba  
lokho zikulungele.**

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