

**Ukulaliswa ngemithi kanye
nobungozi ebuchosheni, umongo we
PASCA oqondiswe kubazali**



PACSA
PAEDIATRIC ANAESTHESIA COMMUNITY OF SOUTH AFRICA

Njengo dokotela abenza lomsebenzi wokulalisa izingane ngemithi sivamile ukubuzwa ukuthi “Ngabe lokulaliswa ngalendlela kuyabukhubaza yhini ubuchopho bengane yami?”

Ubuchopho bengane buhlala bukhula ngasosonke isikhathi futhi buphenduphenduka ukuvumelana nenhlalo ingane ekhula phansi kwayo. Ngakho ke kusemqoka ukwazi ukuthi lemithi esetshenjiswa ingase iphazamise indlela zizngane zibona futhi zixhumana ngayo nendalo ezikhula kuyo.

Ngeshwa ayikho impendulo eqondile kulokhu.

Umsuka walempicabadala wavezwa wucwaningo olwakhombisa ukuthi uma kulaliswa ngemithi amagundana asemancane kanye namazinyane ezinkawu, lokhu kuyawudala umonakalo kwizicubu zobuchopho, futhi kuthikameza ukusimama kwengqondo kenze kubenzima ukufunda nokukhumbula osekufundiwe.

Kungani singakwazi ukuthathela lemiphumela etholakala kucwaningo lwezilwane siyisisebenzise ezinganeni nakubantwana?

Okokuqala, noma singazizwa kanjani kwesinye isikhathi, kowa izingane azizona izilwane. Ubuchopho bengane abukhuli ngesivini kanyenezigaba ezifanayo nalobo begundane. Kanti futhi nendlela obuzipholisa/bululame ngayo ayefani.

Okwesibili, imithi etholwe ngamagundane amancane kanye nezinkawu ayinoqhathaniswa nomuthi ozotholwa yingane yakho.

Izikalo zemithi eyayisetsenziswa kwenziwa lolucwaningo kulezilwanyana zikhulu kakhulu, kanti futhi nesikhathi ezazigcinwe zilalisiwe izilwanyana side kakhulu, ngokuphindaphindiwe uma siqhathanisa nalokhu okujwayelekile kubantu esibhedlela. Kanjalo nokuqapha kwalezilwane zisalalisiwe kwakusezingeni eliphansi kakhulu kunaleli elenziwa uma kunakekelwa umntwana olaliswe esenziwe uqhaqho.

Njengoba imiphumela yalolu cwaningo idalula/ izeza isizathu sokukhathazeka, kodwa isadinga uphenyo oluqhubekela phambili.

Lonke ucwaningo olwenziwe kuze kubemanje luwuhlobo olubizwa ngokuthi “retrospective” okushukuthi wenziwa ngokubheka emuva kosekwenzekile, kufundwa amakhadi esebhedlela nemiphumela yezemfundo yengane ukuze kuhlolwe ukuthi ngabe kukhona yini ukuxhumana phakathi kokulaliswa ngemithi nokufunda komntwana, futhi nendlela aziphatha ngayo ngokwemizwa uma esekhulile. Okwamanje kuyavela ukuthi kukhona ukuhambisana phakathi kokulaliswa. Okwamanje kuyavela ukuthi kukhona ukuhambisana phakathi kokulaliswa, (ikakhuma uma lokhu kudingeka izihlaandla eziphinda phindiwe zoqhaqho) Kanye nezincindezi zokufunda Kanye nobunzima bokukhula ngokwemizwa. Kodwa alukho ucwaningo oluveza ukuthi ukulaliswa ngemithi kuyimbangela yalezinkinga. Lokhu kungabangelwa nawukuthi abantwana abeza bephindelela ukwenziwa uqhaqho banezinkinga ngokwempilo ezibabeka encupheni yokungakwazi ukufunda, Kanye nokukhula ngokwemizwa. Lokhu kungaba wukuthi bazalwa ngaphambi kwesikhathi, ukuba nesifo senhliziyo, ukugula isikhathi eside njengomntwana onomdlavuzo noma isifo sezinsu, okanye ukungezwa kahle ngamadlebe kuze kudingeke izinsiza (njengama grommets). (Lokhu kusho ukuthi uqhaqho lungase lukwenze ugule noma ubenenkinga ezidinga uhlinzwe).

Ucwaningo olusha luyenziwa ukuphendulana nalombuzo uqobo. Njengoba lolucwaningo lungakaphethwa, imiphumela yalo yokuqala izeza ukuthi abukho ubudlelwana ekuhloleni ukuhlakanipha phakahi kwengane eyathola ukulaliswa ngemithi isewusana, uma isiqhathaniswa newele layo elingazanga lalaliswa ngalemithi. Lokhu kuyisiqinisekiso impela.

Ngobe lokhu kusibeka kuphi singodokotela abalalisa izingane Kanye nabazali bezingane?

- Ayikho imiyalela encoma ukuhlehlisa uqhaqho lwengane. Kwesinye isikhathi ukuhlehliswa koqhaqho kungase kube yingozi enganeni. Asingekhe silalise ingane yakho yenziwe uqhaqho isidingo singekho.
- Uma ingane idinga izinhlobo zoqhaqho ezohlukene kungafaneleka ukuthi lonke loluqhaqho lwenziwe Kanye Kanye ngesikhathi esisodwa, uma lokhu kungenzeka futhi kufanelekile.
- Ukwenziwa koqhaqho ngaphandle kwemithi yokulaliswa neyezinhlungu into engacabangeki futhi akulungile.

Ukulaliswa ngemithi ngendlela enesineke, ukuqapha okufanele, okwenziwa odokotela abaqeqeshelwe ukulalisa izingane, iyona ndlela elungile yokunciphisa lezingozi esingazazi ezingase zehle.

Uma usafuna ingcazelo noma usenembuzo mayelana naloludaba olubalulekile kangaka, sicela ukhululeke uxhumane nodokotela ongumlalisi wakho.