

**A go siame go tswela o jesa
ngwana le go mo nosa metsi
lefa a kgwa?**

Ee go siame go jesa le go nosa ngwana
metsi. Mme go botlhokwa go mo fa go le
gonnye kgapetsa kgapetsa.

Go botlhokwa thata go tlhapa diatla ka metsi
le molora morago ga go ola ngwana kgotsa
go amana le mantle a gagwe



Republic of Botswana

Produced by:

The Department of Public Health, Ministry of Health

P/Bag 00269 Gaborone, Botswana

Tel: (267) 317 0585

Dipotso le Dikarabo ka **LETSHOLOLO**



Isa ngwana kwa kokelong
fa a supa dikai tsa **letshololo**

Go wela ga phogwana go raya eng?

Go wela ga phogwana ke se supo sa gore ngwana o latlhegetswe ke metsi mo mmeleng.

A go rwea phogwana mo ngwaneng yo o tshololang go molato?

Ga go molato, mme go botlhokwa go isa ngwana kwa kokelong/kokelwaneng pele ga o mo rwea phogwana.

A ngwana yo o nang le letshololo o siametswe ke sepeiti?

Nnyaa, go borai thata go dirisa sepeiti mo ngwaneng yo o tshololang. Ka gore sepeiti se rotloetsa tatlhegelo ya metsi mo mmeleng.

A go siame go siela ngwana yo o sa tshololeng motswako wa letshololo?

Nnyaa! Motswako wa letshololo o dirisiwa fela mo kalafing ya letshololo, eseng fa ngwana a sa tsholole.

A go siame go amusa ngwana ka lebotlolo?

Nnyaa! Ba botsogo ga ba rotloetse kamuso ka lebotlolo, ka lebaka la gore ga go motlhofo go le tlhatswa, ka jalo dirisa kopi le leswana, tse di phepa mo boemong jwa lebotlolo.

A kamuso ka lebele e ka tswelela le fa ngwana a na le letshololo?

Ee! Kamuso ka lebele e tshwanetse go tswelela le fa ngwana ana le letshololo go busetsa dikotla mo mmeleng wa gagwe.

A metsi a megobe le melapo a siametse go nowa?

Metsi a megobe le melapo, a ka nowa fela fa a bedisitswe. Metsi mangwe le mangwe a tshwanetse go bedisiwa pele ga a ka nowa bogolo jang fa a sielwa ngwana. Bidisa metsi thata lebaka la go feta motsotso ole mongwe.

Ngwana yoo tshololang o tshwanetse go isiwa bongakeng morago ga lebaka le le kae?

Fela fa o lemoga gore ngwana o a tsholola, mo ragosetse kwa kokelong/kokelwaneng e e gaufi.

A go botlhokwa go tlhapa diatla morago ga go ola ngwana kgotsa go amana le mantle a gagwe?

Ee! Go botlhokwa thata go tlhapa diatla ka metsi le molora morago ga go ola ngwana kgotsa go amana le mantle a gagwe ka gore fela jaaka mantle mangwe le mangwe, mantle a ngwana ana le megare e e ka bakang malwetse.

A o ka a fa ngwana yoo nang le letshololo dijo le metsi?

Ee, ngwana yo o nang le letshololo o tshwanetse go fiwa dijo, metsi le matute a maungo.

Ela Tlhoko: go tswelela o o fa ngwana dijo go thusa go busetsa dikotla le metsi mo mmeleng wa gagwe.