



# Autism Practical Aspects xhosa

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## **IINCWADANA ZOLWAZI EZIFUMANEKAYO KWA-ASA**

**Ulwazi Lwabazali (Information For Parents)  
Ulwazi Lwabafundisi-ntsapho (Information For Teachers)  
Ulwazi Loogqirha (Information For Doctors)  
Iingcinga Zomntakwethu (Thoughts Of A Sibling)  
Ulwazi ngesigulo seAsperger (Information on Asperger Syndrome)  
Uncedo Ngezityo (Dietary Intervention)**

**Iincwadi ezine ezibhalwe nguMichael Macgregor, onoluphazamiseko-ngqondweni ethi "I'm Growing Up",  
"Ndiyakhula", yincwadi eqondene nemiba yesini.**

**Le ncwadana ifumaneka ngesibonelelo sakwa The National Lottery Distribution Trust Fund.**



## **IIMPAWU EZIQHELEKILEYO ZOLUPHAZAMISEKO-NGQONDWENI**

Ngenxa yobume notshintsha-tshintsho engqondweni, abantu abanoluphazamiseko-ngqondweni abanawo umfanekiso-ngqondweni ngeengcinga zabanye abantu, loo nto ibenzele nzima ukuzimanya nabanye abantu de bakhethe ukuba bodwa.

Ukuphuhla kwelizwi nentetho kuye kulibaziseke okanye kungabikho. Amashumi amane ekhulwini anoluphazamiseko-ngqondweni(Kanner Autism) abaye bathethe kwaphela.

Okukungakwazi kwabo okuthethwa yintetho, nto leyo eye ibangele kubo ukungaboni sizathu sakutshintsha kwinto eqhelekileyo okanye kubume bezinto, ide loo nto ibenze badideke futhi banxunguphale.

Ukuzenzakalisa, umzekelo, ukuzibethekisa ngentloko, ukuziluma njalo-njalo, kungayenye indlela yokuzifaka iintlungu ngenjongo zokuvalela ngaphandle iingxolo ezikhoyo, amavumba, ukukhanya njalo-njalo, nto ezo ezikhoyo imihla le ebomini babo.

Abantu abanoluphazamiseko bafumana kunzima ukujonga nokumamela ngaxeshanye, kuloko ungaqaphela ukuba kuncinci ukujongana emehlweni okanye akukho xa emamele okuthethwayo.

Ngenxa yobukhali bemithambo yoluvo lwabo, abantu abanoluphazamiseko-ngqondweni bathanda ukubonakalisa ukungakuthandi ukukhanya, ingxolo, incasa, ivumba okanye ukuphathwa.

Abantu abanoluphazamiseko bangangazisebenzi izinto ngale ndlela zisetyenziswa ngayo.

Abantu abanoluphazamiseko bangasuka bahleke okanye balile ngaphandle kwasizathu.

Nokulala, bangalala ngendlela apha engaqhelekanga.

Ukuphuhla kokuqonda kusengachaphazeleka kanobom nto leyo engadodobalisa ukufunda izinto zobom ngokuphangaleleyo, umzekelo, ukuthatha isiqotyana asiqhube ngokungathi uqhuba inqwelo-mafutha yokudlala.

Laa ndawana isengqondweni iqondene nokukwazi okuthethwa yintetho, isengachaphazeleka ngangohlobo lokuba, nayiphina intetho ebhekiswa kubo ibenentsingiselo encinci okanye ingabinayo nje kwaphela.

Ukuqinisekisa ukhuseleko lwabo nokuzakwenzeka, izinto eziqhelekileyo bayaziphinda-phinda ukuzenza kuba bengafuni kutshintshwe.

Ukubonakalisa umsindo akuyonto ininzi, nto leyo efane yenzeke phantsi kweemeko ezigabadeleyo xa umntu enxunguphele, ephoxeka okanye esoyika. Khumbula ukuba zonke izimo zokuziphatha zikukuchaza akuvayo umntu ngaphakathi kwakhe.

Abayoyiki ingozi, okubuhlungu kukuba loo nto ikhokelela engozini nasekufeni ngaxalimbi.

Ukungomeleli kwamalungu akhe, izihlunu zomzimba kungakulibazisa okuqhelekileyo okanye kubangele ukukhubazeka okungokunye.

Uluvo lokuphatha, ukungcamla, ukubona, ukuva nokurhogola kungangaphuhli okanye kube ngaphantsi kunokuqhelekileyo.

Bayathanda ukushukumisa imizimba, ukuphakamisa amakhwapha okanye izandla okanye ukujikelezisa izinto.

Bakwathanda nokudlala bodwa.

## **UPHAZAMISEKO-NGQONDWENI**

Uphazamiseko-ngqondweni yimfuza eyenza uphazamiseko kwindlela yokukhula nokusebenza kwengqondo. Luninzi uphando olwenziwayo ukuzama ukufumana unobangela woluphazamiseko, kodwa okwangoku azikafumaneki iimpendulo. Kukho ukungqinelana kambe ke kwinto ethi, oluphazamiseko aluyompazamo kabani. Oluphazamiseko alukokukhathazeka, lungekuko naziqhamo zakuphathwa kakubi ngabazali, nababantwana banoluphazamiseko bengazikhethelanga okukuziphatha gwenxa. Ukuziphatha gwenxa kwenziwa sisimo sangaphandle esikhoyo kukwakukubonakalisa inzima ubani ayivayo.

Eso sehlo soluphazamiseko sibonakala sisanda kwihlabathi ngokubanzi kwaye iingxelo zehlabathi zibonakalisa ukuba, kubantwana abalikhulu elinamashumi amahlanu anesibhozo(158) nabangaphantsi kweminyaka esibhozo, kukho umntwana omnye ochatshazelwe loluphazamiseko. Lukwachaphazele amakhwenwe amane kunamantombazana.

Kubalulekile ukukhumbula ukuba akulohlazo ukuba nomntwana onoluphazamiseko okanye naluphi na ukhubazeko, ngapha koko.

**Qaphelani Bazali: Anenzanga mpazamo. Asikokusilela ndawo kwenu okubangele ukuba umntwana wenu azalwe noluphazamiseko-ngqondweni.**

**Ngokulula, zintathu iintlobo zoluphazamiseko-ngqondweni.**

### **1. Asperger Syndrome**

**Oluphazamiseko alusoloko luneziphumo zamqondo ongadibanisiyo. Abanye abachatshazelwe loluphazamiseko, banemiqondo eyamkelekileyo okanye banobulumko obugqithileyo ukusondela kwintetho ephuhlileyo. Aba ke abantu, kuye kuthiwe baneAsperger Syndrome. Malunga namashumi amabini anesixhenxe ekhulwini abantu abanoluphazamiseko banale Asperger Syndrome.**

### **2. Classic/Kanner Autism**

**Xa oluphazamiseko lukhatshwa ngumqondo ongadibanisiyo kunye nokusilela ekufundeni, aba kuthiwa banale “Classic “ okanye i“Kanner Autism”. Amashumi asixhenxe anesihlanu ekhulwini (75%) abanoluphazamiseko, banalomqondo ungadibanisiyo okanye batsale nzima ekufundeni.**

### **3. Savant Form Of Autism**

**Malunga nesihlanu ekhulwini (5%) kwabanoluphazamiseko, banoluhlobo lophazamiseko. Oluluhlu lungachazwa njengeziqhu ezibalaseleyo kwiwazi ezithile, luphinde kwalona lusilele kakhulu kwezinye izibakala. Umzekelo, umntu usenganobuchule bokudlala ingoma ephelileyo eluhadini ngokuyiva nje engakhange ayifundiswe, ukanti akakwazi ukwenza imisetyenzana le yemihla ngemihla.**

### **4. Unxantathu-mpixwano**

**Enokuba loluphi uhlobo lophazamiseko-ngqondweni, umntu ochatshazelwe lulo, okanye lubonakalisa ntoni emntwini lowo, mayikhunjulwe into yokuba wonke ubani ofumaniseke enoluphazamiseko, uchatshazelwe nguNxantathu-mpixwano. Lo Nxantathu-mpixwano wenza ulibaziseko ekuphuhleni**

neengxaki eziqhubekayo eziqondene noLwimi noNxibelelwano, Ubuhlobo Ngokwasekuhlaleni nokuPhapha Kwengqondo.

### 1. ULWIMI NONXIBELELWANO

- Ukuphuhla kolwimi nentetho kungaqheleki, okanye kungabikho okanye kulibaziseke.
- Ngahle ahoye engahoyi xa kuthethwa de kubengathi usisithulu.
- Bangangayiva intsingiselo yelizwi, imbonakalo yobuso, umzekelo, bangazi noba ubani uqumbile, ubuso busangene.
- Basengatolika izifanekiso namaqhalo asetyenziswa entethweni njengezinto ekuxelwa zona hayi njengesifanekiso nje sokuthethwa ngako. Umzekelo, ubani yindlela yenqwelo, bona bathatha ukuthi kuthethwa ngendlela yenqwelo hayi ubani ofana nendlela yenqwelo.
- Kunzima nokuqhuba incoko kubo.
- Ngahle kuphinda-phindwe amagama, imibuzo okanye intetho.
- Abantu abanoluphazamiseko bangayithetha into ecacileyo nevakalayo kodwa bangakwazi okuthethwa kubo.
- Bangayixoxa into futhi bayimele, babenayo nemisindo okanye bayingqine ingenabunyani injalo.
- Bangathetha ngesidima, bengoyiki begadlela.
- Bayakwazi nokubangathi abahoyanga futhi bangenzi nanto ngalo nto ithethwayo.
- Baziwa bethembekile kuba bethetha phandle enokuba bakrwada.

### 2. UBUHLOBO NGOKWASEKUHLALANI

Abantu abanoluphazamiseko-ngqondweni:

- Bangabonakala bengamakheswa okanye bengabakhathalele abanye abantu.
- Kunzima kubo ukwazi iintshukumo zomziba nokuthethwa zizo, bengayazi nentlonipho.
- Soloko beziphatha gwenxa.
- Abajongi emehlweni xa bekhathazekile okanye bexhesheka.
- Bangangathandi ukuphathwa.
- Bangathanda ukudlala okanye ukuba bodwa.
- Okukuthanda kwabo ukuba bodwa bungayifihla into yobukheswa babo nokungakwazi ukudibaniselana nabanye abantu ekuhlaleni.
- Bangenza izinto ezingaqhelekanga ekuhlaleni ngenxa yokungakwazi okulindelekileyo kubo phofu bangazi nantetho leyo yasekuhlaleni.

### 3. UKUZIPHATHA NEENGCINGA

- Xa bedlala, badlala ngezinto zokudlala ngendlela engafanelekanga umzekelo, baye bazidwelise izinto zokudlala endaweni yokudlala ngazo.
- Abanambono wezenzo zabo.
- Utshintsho lenkqubo okanye ubume, umzekelo, ukutshintsha indlela eya evenkileni okanye ukutshintsha impahla yendlu, loo nto ingamnxunguphalisa.
- Bathanda imiqathango emiyo futhi bayakhubeka kakhulu xa ithe yophulwa.
- Abanye banganomdla kwizinto ezithile de bathabatheke kakhulu.
- Babanobunzima ukubona ngasonye nomnye umntu kangangento yokuba kubenzima nokwamkela izimvo zomnye umntu.
- Abanye bangenza izinto ezingaqhelekanga ezifana nokushukushukuma, ukujikeleza, ukunqomfa iminwe, ukuphathaphatha izinto, ukuva ukuguda kwezinto, okanye ukudwelisa izinto njalo-njalo.

- Ukubambelela ezintweni umzekelo, ukuphatha uboya imini yonke.
- Umsindo ungakho ngaphandle kwasizathu futhi nabo banaye ngelo xesha bangaboni sizathu sawo.
- Umdla ungakho kwizinto ezithile kuphela kodwa ungemnizanga.

## **USENGAQAPHELA OKU KULANDELAYO**

- **Kugakuncinci okanye kungabikho ukudibana kwamehlo.**
- **Ukungayoyiki ingozi.**
- **Ubunzima ukufunda okanye ukwala kwa ukufundiswa.**
- **Ukungavakalelwa ngokuqhelekileyo yingxolo, ukungathandi ukukhanya okanye ivumba njalo-njalo, ukuvala iindlebe, amehlo nokungathandi ukuphathwa.**
- **Ukulila okanye ukuhleka okungenantsusa.**
- **Ukuzenzakalisa njengokuzibethekisa ngentloko, ukuzikrwempa nokuziluma.**
- **Ukulala okungaqhelekanga.**

## **UVAKALELO OLUPHAKAMILEYO**

**Ukongenza kulo”Nxantathu-mpixwano”**, abantu abanoluphazamiseko-ngqondweni basengabanoluvo-mithanjeni oluphakamileyo okanye oluphantsi. Umzekelo, uluvo lwabo lokuphatha, ukungcamla, ukuva ivumba, ukubona okanye ukuva ngeendlebe kungangaphezulu okanye kubengaphantsi kokwesiqhelo.

Olu luvo lungashiyana kumntu nomntu onoluphazamiseko-ngqondweni. Umzekelo, omnye anganoluvo oluphakamileyo lokuva ivumba nokuphatha kanti omnye anganoluvo oluphakamileyo lokuva nokubona.

Olu luvo oluphakamileyo kubantu abanoluphazamiseko lungenza ubuhlungu kubo kwizinto ezenzeka kubume bezinto, kwaye ibenze loo nto baziphathe ngokwehlukileyo. Umnntu usengathelekisa ukuchitha ixesha emarikeneni exakeke kakhulu, okanye kumgcobo wasebusuku onomculo odlalela phezulu onezibane ezidanyazayo nabantu abaphithizelayo, abanamavumba ngamavumba atsarhayo njalo-njalo.

Oluvakalelo lunje kubantu abanoluphazamiseko-ngqondweni lungumba obaluleke kakhulu ekufuneka usoloko usiwe iso xa kuzanywa ukuqondwa okukuziphatha kunje. Khumbula ukuba iindlela eluzibonakalisa ngayo oluphazamiseko-ngqondweni ziyahluka kakhulu.

## **UPHANDO NOKUHLAHLUBA UMNTU OKROKRELWA NGOLUPHAZAMISEKO-NGQONDWENI**

Akukho luvavanyo lwezandla olukhoyo oluqinisekisa ukuba ubani unoluphazamiseko-ngqondweni. Lungachazwa ngugqirha oqeqeshiweyo, ngokuqwalasela. Loo mntu uyakwenza esosigqibo sokuba ubani unoluphazamiseko-ngqondweni, uyakuyenza loo nto ngokusebenzisa imiqathango ngokubhalwe kuluhlu lweencwadi ezifana ne”The International Classification Of Diseases, 10<sup>th</sup> edition(ICD 10, World Health Organisation 1992)” ne”The Diagnostic and Statistical Manual, 4<sup>th</sup> edition(DSM IV, American Psychiatric Association, 1994)”.

Kwiimeko ezihlanganisiweyo nezinexesha elincinci, omnye onoluphazamiseko angangabonakalisi zimpawu zoluphazamiseko. Ezinye nje iimpawu ezincinci zingaphosakala kubo, kuphosakale nesigqibo sophando olo.

Ukuziphatha ngobuqwenxa, kuye kuvele ngokuhamba kwexesha. Isigqibo ngophando oluchanekileyo senzeka emva kwethuba lokujonga ukusuka ebuntwaneni, iinkcukacha ngokuqondene nokuziphatha kwiindawo ezahlukeneno nakumanqanaba ahlukeneyo okukhula ngokunjalo.

Sicebisa ukuba, ukuba ngaba ukrokrela ukuba ingulo, loluphazamiseko-ngqondweni, kufuneka umse umntwana wakho kwagqirha onolwazi ngoluphazamiseko-ngqondweni okanye ngolibaziseko ekukhuleni.

### **ISICWANGCISO-MIBUZO NGOKUQONDENE NABANTWANA ABANOLUPHAZAMISEKO-NGQONDWENI(ilungelo lokukopa lelikaMRC/SBC 1995)**

Esisicwangciso-mibuzo ngezinto eziqwalaselwayo ebantwaneni ngoluphazamiseko, sisisixhobo nje esincinci esisetyenziswa ngeenjongo zokujonga ubukho boluphazamiseko-ngqondweni ebantwaneni. Ngenxa yokuba oluvavanyo iluvavanyo nje lwenqanaba lokuqala, lufunisa iimpendulo ezingu-ewe okanye u-hayi okwakalokunje, ukukhangela ubukho okanye ukungabikho koluphazamiseko-ngqondweni, (kwaye lufuneka nolunye uvavanyo oluthe xhaxhe). Esisicwangciso-mibuzo sapapashwa nguBaron-Cohen nabanye. Esisicwangciso-mibuzo sithatha nje imizuzu emihlanu ukuya kwelishumi ukusisebenzisa nokunika amanqaku. Akukho luqeqesho lufunekayo ukuze ukwazi ukusisebenzisa, singasetyenziswa nangubanina. Esisicwangciso-mibuzo seenziwa ukusetyenziswa ebantwaneni abanyanga zilishumi elinesibhozo ubudala(18).

Esisicwangciso sinemibuzo esithoba efunisa iimpendulo ezingu-ewe okanye u-hayi emayiphendulwe ngumzali. Le mibuzo ibuza nqo ukuba ingaba umntwana ubonakalisa ukuziphatha okuthile kusini na, kubandakanya; ukudlala, ukuhoya, ukukhomba okubonakalisa umdla kwinto ethile, ukudlala dlakalala, ukukhula kwemisipha nokudlala ngokuphangaleleyo. Esisicwangciso-mibuzo sikwabandakanya izinto ezintlanu phakathi komntwana nomvavanyi-mntwana, nto leyo ezakunceda ugqirha akwazi ukuthelekisa ukuziphatha komntwana nengxelo leyo zabazali.

### **IINGCEBISO**

1. Kubalulekile ukumqaphela umntwana ukuba unoluphazamiseko kusekutsha kakhulu. Isicwangciso-mibuzo esi siluncedo njengesixhobo sokujonga abantwana abanyanga zilishumi elinesibhozo(18) ukuya kumashumi amashumi amathathu anantandathu(36) ubudala, ukujonga ubukho boluphazamiseko-ngqondweni.
2. Ukuba ngaba ukujonga ngokusebenzisa esisicwangciso-mibuzo kubonisa ubukho boluphazamiseko-ngqondweni, uvavanyo olulolunye luyafuneka ukuqinisekisa ubukho balo.
3. Ukuba ngaba ukujongwa koluphazamiseko-ngqondweni ngesisicwangciso-mibuzo lubonakalisa ukungabiho kwalo;
  - kusabalulekile ukumvavanya umntwana ukukhula kwakhe okanye ezinye iingxaki zempilo ezibengunobangela wokufuna ukumqonda.
  - qhubekela ngamathuba athile ukujonga iingxakana ezinokusondelelana noluphazamiseko ezibengunobangela wokukukrokrela kwasekuqaleni.
4. Khumbula ukuba asingabo bonke abantwana abanoluphazamiseko abangaqapheleka kwangethuba.
5. Ngenxa yobuzaza obahlukeneyo kwasekuqalekeni, kuyacetyiswa ukuba kujongwe iimpawu zoluphazamiseko rhoqo ngokuya ekhula umntwana ukuba ngaba kusekho isiskrokro sobukho balo.

### **ISICWANGCISO-MIBUZO ESISETYENZISWA NGOOGQIRHA OKANYE ABEZEMPILO KWIThuba LEENYANGA EZILISHUMI LINESIBHOZO (18) LOKUKHULA KOMNTWANA.**

### **Isiqendu A: Buza Kumzali**

Ngaba umntwana wakho uyakuthanda ukujiwuziswa okanye ukuxhentsiswa ehleli edolweni na?	Ewe	<u>Hayi</u>
Ngaba umntwana wakho unawo na umdla kwabanye abantwana?	Ewe	<u>Hayi</u>
Ngaba umntwana wakho uyakuthanda ukukhwela, njengasesituphini kusini na?	Ewe	<u>Hayi</u>
Ngaba umntwana wakho uyakuthanda ukudlala undize na?	Ewe	<u>Hayi</u>
Ngaba umntwana wakho ukhe alinganise na, umzekelo ukwenza iti ngeekomityi zokudlala kusini na?	Ewe	<u>Hayi</u>
Ngaba umntwana wakho ukhe ayibuze okanye ayifune ngokuyikhomba into na?	Ewe	<u>Hayi</u>
Uyakwazi na umntwana wakho ukudlala ngezinto zokudlala ngendlela eyiyo, umzekelo iinqwelo zokudlala, ngaphandle nje kokuzisa emlonyeni okanye ukuziphathaphatha okanye ukuzilahla phantsi?	Ewe	<u>Hayi</u>
Ukhe ezekukubonisa into njengomzali na?	Ewe	<u>Hayi</u>

### **Isiqendu B: Ukujongwa NguGqirha Okanye NguNompilo:**

Ngelixesha nikwaqirha okanye kwanompilo ukhe umntwana wakujonga wena mzali na?	Ewe	<u>Hayi</u>
Ukufumana isihoyo somntwana, kha ukhombe into nokuba yintonina uthi kuye "Jonga", utsho ubiza igama lalonto uyikhombayo ube umjongile naye ebusweni. Ngaba umntwana ukhe wayijonga loo nto na?	Ewe	<u>Hayi</u>
Ukufumana isihoyo somntwana, kha umnike ikomityi neketile yokudlala uthi makakwenzele iti. Ngaba ukhe walinganisa ukukwenzela iti na?	Ewe	<u>Hayi</u>
Kha uthi emntwaneni "Siphi isibane" okanye "Ndibonise isibane". Usikhombile na?	Ewe	<u>Hayi</u>
Uyakwazi na umntwana wakho ukwenza udongana ngezitena, zangaphi izitena azisebenzisileyo?	Ewe	<u>Hayi</u>

### **INKOMFA – UMKHOMBANDLELA WOKUPHILA**

Iintlanganiso zengxelo nokubonwa ngugqirha okanye iintlanganiso zabazali ezimalunga noluphazamiseko zingangabimnandi kubazali. Nanga ke amacetyana angaluncedo ukuthi ezintlanganiso zamkeleke futhi zingoyikisi:-

#### **1. Zilungiselele**

- Ngaphambili kwentlanganiso leyo, bhala phantsi imibuzo ongathanda ukuyibuza. Ixesha elininzi siye sithi sizakuyigcina imibuzo ngentloko, suka ngenxa yonxunguphalo esinalo, siyilibale.
- Gcina iingxelo, iziphumo zeemvavanyo namaxesha apho bekusenzeka khona ezozinto bezisenzeka emntwaneni kuxwebhu lakho ozakuliphatha xa usiya entlanganisweni.
- Mababekho abazali bobabini ukuba kuyakwazeka, ukanti ukuba akukwazeki oko, cela isihlobo sikukhapse sizokunikisa inkxaso.

#### **1. Ngemini Yentlanganiso**

- Ziphathele into yokubhala uzokuzithathela amanqaku. Nxiba impahla ekwenza uzive unguwe.

- Xa bekho bobani abazali, mabangahlali kunye, mabahlale kude kufuphi omnye komnye ngohlobo lokuba bakwazi ukubonana ubuso, bazokunikana ithemba nokuqinisa.
- Njengamzali, mamelisisa ngononophelo oko kuthethwa zizazi. Ungoyiki ukubuza imibuzo nokufuna iingcaciso. Ukuba unemibuzo emininzi, bhala iimpendulo zawo ecaleni kwayo ngoko nangoko.
- Ukuba ngaba nikho nobani bazali entlanganisweni leyo, nobabini bhalani amanqaku, loo nto iyakwenza ukuba nibe nengxelo echanekileyo.
- Ukuba ngaba nishiywe lixesha ningayibuzanga ngokwaneleyo imibuzo yenu, celani ukubonana ngelinye ixesha nezazi ezo, okanye nishiye imibuzo yenu nicela ukuba zenilandelise ngeempendulo.
- Xa nisimka kwagqirha okanye entlanganisweni leyo, celani iingxelo ngomntwana nigoduke nazo. Ukuba akukwazeki oko, celani ikopi yazo. Ezo ngxelo zingafuneka emva phaa, kwaye oko kungaluncedo ekubeni angaphindiswa umntwana ukwenziwa lanto ebeyenziwe kuqala.
- Khumbula ukuba le ngcali okanye eloo gqiza liphambi kwakho, likho ukunceda wena nomntwana wakho. Basecaleni lakho.

### **3. Emva Kwentlanganiso**

- **Funda imizuzu yakho ngoko nangoko emva kwentlanganiso kanye ngelixesha yonke into isentsha** engqondweni kuwe kuba kungahle ube uphose nto ongabe ngoyibhalile..
- Onokukwenza ngoku, kukubhala ephepheni yonke into ocinga ukuba uyibambile unike ugqirha okanye igqiza leengcali ezo, zikujongele ukuba ngaba uwubambe kakuhle na umcimbi.

Khumbula ukuba awuwedwa. Baninzi nabanye abazali abayihambileyo le ndlela ukuyo, nabasayihambayo ngoku.

Qhagamshelana nombutho wesizwe wabantu abanoluphazamiseko eMzantsi Afrika (Autism South Afrika), wona unako ukukunika inkxaso, ulwazi nesikhokelo. Bayakukudibanisa nabazali, nezikolo, nemibutho yeengcali ezikhoyo kwindawo ekufutshane kuwe.

Nakubeni ungaziva uneentloni okanye unxunguphele, kubalulekile kona ukuthetha nabanye abazali babantwana abanoluphazamiseko-ngqondweni. Ungabelana nabanye ngezimvo zakho, ufumane nawe ezabo izimvo futhi wakhe nobuhlobo obutsha, bakho nomntwana wakho.

### **AMANQAKU EMIHLA NGEMIHLA**

**Le mihlathi ingezantsi ithathwe kwincwadi iAutism Spectrum Disorder; Understanding The Diagnosis and Getting Help ebhalwe ngu Mitzi Waltz, amalungelo okukopa ngo2002 engeka O'Reilly & Associates, Inc. Imvume yokushicilela nokusasaza inikiwe xa ungenanjongo zakuthengisa naxa le mvaba ingentla ibandakanyekileyo. Olulwazi lukwesisiqendu lwenzelwe ukufundisa, lungenzelwanga ukuthatha indawo yeengcali zonakekelo. <http://www.patientcentres.com> (amanye amagama atshintshiwe ukulungiselela intlalo yaseMzantsi Afrika, lukho ke nolwazi olufakelelweyo)**

### **UKUCHEBA IINWELE**



Ukuba ngaba unganawo umfanekiso-ngqondweni wohlobo olungabe zimhlupha ngayo iinwele umntwana wakho, susa izinto ezinjalo. Ukuba ngaba uyenzile loo nto, yenze rhoqo kwindawo enye. Iingxaki ezikhoyo neziqhelekileyo zibandakanya oku kulandelayo:

- ❖ **Imvakalelo Ngamavumba Apho Kulungiswa Khona Iintloko**  
Khangela indawo engumhlobomdala yokulungisa intloko esebenzisa izithambiso ezinamavumba angatsarhiyo. Izithambiso ezingenavumba zisafumaneka nakubeni kuzakufuneka uzithengele ngokwakho uye nazo luloo ndawo ilungisa iinwele. Zama ukuba ixesha lokulungiswa kwentloko yomntwana wakho lingabilinye nelabanye abasebenzisa izithambiso ezitsarhayo. Zama ukuba nibe ngabokuqala okanye abokugqibela ngale mini yokulungiswa kweenwele.
- ❖ **Imvakalelo Sisandi Sesikere**  
Omnye angamelana nesandi sesikere ukanti omnye angamelani. Cinga ngezinto zokuvala iindlebe zomntwana okanye unomathotholo ofakwa ezindlebeni zakhe azokuva yena yedwa ukuvalela ingxolo eyiyenye. Umlungisi-zinwele wakho uzakusebenza kakuhle entlokwini yomntwana ngexa umntwana anezinto ezisezindlebeni nje ukuba umntwana uzinzile esitulweni. Usengamkhetela umntwana wakho iinwele ezinde ukuba ukukuzivasa nokuzichaza akuzikukunika ngxaki nokuthi loo nto ayizikukuquqisa kumlungisi-zinwele.
- ❖ **Uvakalelo Ngokubanzi**  
Zama usoloko uzichaza iinwele zomntwana wakho ngenkcaza ethambileyo ngenjongo zokuziqhelanisa nayo okanye ukuvasa. Usengamhlalisa umntwana apha ethangeni lakho logama achetywa iinwele. Elinye icebo kukufumana umntu okwaziyo ukucheba, azekumcheba umntwana apha ekhayeni xa umntwana engathandi ukuya kulandawo kulungiswa kuyo iinwele. Qinisekisa ukuba wena okanye umlungisi-zinwele uyigqumile intamo yomntwana ukunqanda iinwele zingaweli entanyeni yomntwana, kuba loo nto ngahle ingamonwabisi.
- ❖ **Ukushukuma Okugqithisileyo**  
Intshukumo nje encinci yesitulo sikamchebi, ingabangela ukugqolozeka kwentloko yalo uchetywayo. Ngenxa yesisizathu, abazali abaninzi babacheba abantwana babo xa belele. Isikere senza ngcono kunezinye izixhobo ezenza ingxolo xa kuchetywa. Yiba nenkcaza ekufutshane, usebenze uthe chu.

## **UKUCOCWA NOKUCHEBA IINZIPHO ZEMINWE NEZENYAWO**

Kungakho uloyiko olugqithisileyo lokungathi kungasuswa ilungu lomzimba okanye ukuxhaxhaza kwesixhobo sokucheba iinzipho kuyoyikisa, nakubeni abaninzi kubantwana abanoluphazamiseko abathandi zichetywe iinzipho zabo. Kulula ukucheba iinzipho ngezichebi-nzipho ezikhulu kunezincinci. Ngomnye umsebenzi wabazali lo, abanokuwenza xa umntwana elele.

## **UKUMVASA**

Xa umntwana onoluphazamiseko engakuthandi ukuvasa, yenza ukuvasa kubeyinto eyonwabisa ngokwenza amanzi abenamaqampu athile, amibala-bala, ufake nezinto zokudlala kwalapha emanzini.

Kungaluxanduva ukuba umntwana okanye omdala onoluphazamiseko-ngqondweni akwazi ukuzivasa ngokwakhe kuba bengabantu abakholwa kukuzibonela izinto. Umntu onoluphazamiseko angaluvasa udaka ezandleni nasezinyaweni ngokwakhe kodwa angayazi imfuneko yokuvasa umzimba namakhwapha konke nje, kuba engaboni kungcola kwezondawo. Abanye babantwana abasithandi isitya sokuvaseka, kodwa bakuthande ukuqubha. Mqhelanise namanzi umntwana umzekelo, kha umekeke adlale ngamanzi la aphuma

ethunjini lokuncenceshela noba unxibe ibhulukhwana nje emfutshane. Amadanyana la asemakhaya namathumbu aphuma amanzi okuncenceshela ayabanceda ukubaqhelanisa namanzi bayeke ukuwoyika.

### **UKUFUNDISA INGASESE**

Ndingazi njani ukuba umntwana wam usexabisweni lokufundiswa ingasese?

Abantwana abanoluphazamiseko bangacotha ukufunda ingasese. Kwanomntwana othe qete, angangazazi ukuba ngoku kufuneka eye ngasese. Ukukhula komntwana kusengaba yinto ekuthini ngaba ukulungele kusini na ukuba angafundiswa ingasese. Olunye uncwadi oluqondene nokufundissa ingasese lucebisa ukuba kulindwe umntwana abeneminyaka emine ukuze afundiswe ukuyakuchama, iminyaka emine enenyanga ezintandathu ukuya ngasese okanye ukuzenza mfutshane.

Uphawu lokuqala umntwana alubonisayo ukulungela ukufundiswa ingasese kuxa aqala ukubonisa ukufuna ukuya ngasese. Umzekelo, oku, kungabonakaliswa kukutshintsha ekuziphatheni, ukubangathi uyaphazamiseka okanye ajijitheke. Abanye abantwana bangaziqaphela ukuba bamanzi okanye bazingcolisile ngaphantsi ukuxelela abazali okanye abanakekeli babo. Ukwazi ukuba umntwana ukulungele na ukufundiswa ingasese, kuxa ekwazi ukuhlala iyure ukuya kwezimbini omile phambi kokuba atshintshwe. Kungenjalo, akakakulungeli ukufundiswa ingasese.

Xa ucinga ngokuqulunqa inkqubo yokufundisa umntwana ngokungasese, kubalulekile ukuba umntwana akwazi ukuya kuye ukuba ufuna ukuya ngasese kwaye ayazi nendawo yokuzikhulula ngasese. Kwangaphambi kokuba uqulunqe inkqubo yangasese, xa utshintsha umntwana, mtshintshela kwindlu yangasese, loo nto inceda ekuthini umntwana aqaphele ukuba umcimbi wangasese wenzelwa phi. Xa umfundisa ukuchopha, zama ukumfundisa ukuba kuchotshelwa kwindlu yangasese

### **QAPHELA AMAXESHA UMNTWANA WAKHO AYA NGAWO NGASESE**

Qaphela kwisithuba seentsuku okanye iveki ukuba umntwana ukhululeka okanye echama nini. Kubasisiqhelo xa umntwana etyiswa, esezwa ngamaxesha amanye yonke imihla. Ukuziqhelisa inkqubo enye yamaxesha okumchamisa okanye okumchophisa, inganeziphumo ezihle ezingakhuthaza ukuqhelana namaxesha amanye.

### **UKUQULUNQA INKQUBO YANGASESE**

Xa uqulunqa inkqubo yangasese ukuba kuyakwazeka, yongeza umthamo wokutya neziselo ukumkhuthaza afune ukuya ngasese. Xa utha wawaqaphela amaxesha athile osuku okuthi umntwana uye afune nini ukuya ngasese, ukuqulunqa lenkqubo kubalula. Umqondo kukumsa umntwana ngasese ngaphambi kwelaxesha lokufuna kwakhe ukuziyela ngasese, umzekelo, ukuba umntwana wakho uye azenzele ngentsimbi yethoba kusasa, nangomkhono emva kwentsimbi yeshumi elinanye kusasa, nangentsimbi yokuqala emini njalo-njalo, mchophise kwesasityana sakhe sangasese sokuzikhulula kwisithuba semizuzu emihlanu ukuya kwelishumi ngaphambi kwelaxesha lakhe lokuzenzela. Mhlalise, umkhuthaze ukuba ade enze. Ingaluncedo nento yokumseza isiselo kwisithuba semizuzu elishumi ukuya kwelishumi elinesihlanu ngaphambi kwelishesha lalengkqubo yangasese yakho ukumkhuthaza ukuba afune ukuzikhulula okanye ukuchama.

Indlu yangasese kufuneka ibe yindawo eqhelekileyo kumntwana onoluphazamiseko. Ukumnika umntwana wakho into yokujonga lo gama achophileyo, nokuba yincwadi okanye into yokudlala, loo nto ingambangela ukuba akhululeke esiswini umzekelo, ukumnika incwadi nokuba yinto nje yokudlala. Kubalulekile ukuba umjongele ixesha umntwana echophile ukwenzela ukuba naye azi ukuba kuchotshwa kangangexesha elithile.

Ibalulekile imbuyekezo. Nini ke bazali abayaziyo into akholwa yiyo umntwana njengokunconywa. Abanye abantwana bakholwa zilekese kanti abanye bakholwa kukudlala ngamanzi kangangemizuzu emihlanu.

Ukuba ngaba umntwana wakho uyachopha kangangexesha elilindelekileyo, mncome, loo nto iyakumenza azithembe futhi abenentsebenziswano. Ibalulekile into yokumncoma umntwana xa ade wabe uchamile okanye ukhululekile ngempumelelo. Xa lenkqubo ide yaqheleka emntwaneni, ungaye uyekelela kancinci ukumncoma kodwa ungasuke uthi nqumama, kuba loo nto yokusuka uthi nqumama ingamenza abuyele umva. Mnike imifanekiso ebonisa okwenziwayo kwindlu yangasese, oko kungenza impumelelo koluqeqesho. Le nkqubo ikwabalungele nabantwana abathe qete.

**(Ithathwe kwi-The National Autistic Society. UK) <http://www.nas.org.uk>)**

## **ISINXIBO**

Wenzani ngomntwana osoloko ekhulula impahla nangaliphina ixesha? Kuqala, qonda unobangela.. Esona sizathu siqaphelekayo sesokuba, abantwana abaninzi iyabathukuthezela into encamathele emizimbeni enoba buboya okanye umthungo empahleni kusini na, njalo-njalo.

Kungumsebenzi ke ukuqinisekisa ukuba umntwana uhlala enxibile lonke ixesha. Usengamnxibisa impahla ethambileyo okanye uyiphendulele impahla leyo, elicala langaphakathi linomthungo libengaphandle. Abantwana abangayithandiyo into ethe nkqi esinqeni, ungamnxibisa impahla etwakutwaku esinqeni apha ngakumbi ezithambileyo.

Abantwana abasafuna inapukeni, nalo lingayingxaki ngokwalo. Kha usebenzise amanapukeni antlobo zahlukeneyo; iitawuli, amalaphu okanye amanapukeni la alahlwayo emva kokusetyenziswa okanye usebenzise inapukeni eliwakuwaku apha esinqeni. Ibhulukwe ewakuwaku ilungile ngaphezulu kwenapukeni.

Abantu abaninzi abanoluvo oluphakamileyo abayithandi impahla encamathele kubo emzimbeni, bakhetha impahla ethambileyo. Kubalulekile ukukhe uyivase impahla entsha amathuba nje ambalwa ngaphambi kokuba uyinxibise umntwana ukususa obabulikhuni kunye nelavumba lobutsha bayo.

Ukuba ngaba umntwana usuke nje wangafuni ukunxiba impahla ethile, qinisekisa ukuba ayenziwa kukutshintsha kwakho isepha okanye eso sithambisi-mpahla sitsha sakho kusini na. Umntwana usengaba akalithandi elivumba lalesepha okanye lesisithambisi-mpahla sitsha sakho.

Wasuse lamalatshana wofika ethungelwe apha empahleni ukanti ukuba ngaba kuyimfuneko ukuba impahla yomntwana ibe nelatshana elithungelweyo elinegama lakhe, lenze ulithungele ngaphandle empahleni ukuze lingancamathele emzimbeni wakhe.

Enye into enokukunceda kukuthenga impahla ebikhe yanxitywa kunale intsha. Ezimpahla sele zithambile kwaye zikwamlungele. Kwakhona, nazo zingafuna ukukhe zixikixwe ukususa ivumba elingasisiphazamiso.

## **UKUHOMBISA INDLU ULUNGISELELA ABO BANOLUPHAZAMISEKO-NGQONDWENI**

Xa uthenga impahla entsha yendlu, thenga impahla eyomeleleyo necoceka lula. Uzakufuna ukuncamathelelisa izinto zokuhombisa apha empahleni ngaxalimbi. Zibeke kwindawo ekudana angazikukwazi ukufikelela kuyo umntwana ezo zexabiso.

Bhekelisa iibhedi ezinganqwenisa ukukhwela emntwaneni nanjengoko umntwana onoluphazamiseko engayoyiki ingozi kwaye nemisipha yakhe ingomelelanga futhi engenabo nobuchule bokukhwela.

Iishelufa angazisebenzisa umntwana njengezinto zokukhwela, ngoko ke maziqiniselwe eludongeni ukuze zingatyhaleki okanye mazingabikho.

Abanye bababantwana banento yokuthanda ukutyhala-tyhala impahla yendlu beyisa ngapha nangapha kuba befuna into yokukhwela bazokufikelela kule ndawo bangakwaziyo ukufikelela kuyo okanye ekuthiwe mabangayi kuyo. **Izisombululo ke ingazezi:**

- ❖ Wasuse amavili asemilenzeni yempahla yendlu.
- ❖ Thenga impahla yendlu ekunzima ukuyityhala.
- ❖ Xhasa impahla yendlu ngezinto ezinzima ezifihlakeleyo apha ngaphantsi ukuze ingatyhaleki.
- ❖ Ukuyincamathelisa impahla yendlu eludongeni okanye phantsi kunganceda.

Ukuba ngaba ufuna amagumbi akho ahlale ebukeka, watsixe okanye usoloko ukho ugadile. Abazali abanamava bathi, ukuhlala amacango ungawatsixanga kuba usithi ujongile, ayenzeki loo nto.

### **Ukuphephisa Umntwana Kwizinto Ezinobungozi**

Abazali babantwana abasakhasayo beva ubunzima xa kufuneka besuse izinto ezinobungozi phambi kwababantwana banoluphazamiseko nakubeni loo nto kufuneka beyenze iminyaka eliqela.

### **Izinto ezinganobungozi zibandakanya ezi zilandelayo;**

#### **Izinto ezophukayo neefestile.**

Abanye babantwana bayasithanda isandi sento eyophukayo, kungalulutho ukugquma iifestile ngento eyomeleleyo ukuba kuyakwazeka okanye ubeke into ebusiponji apha ngaphakathi efestileni. Ukutshintsha ifestile eyaphukayo ufake into ebupulastiki engophukiyo efestileni kungasindisa engozini.

#### **Iintambo zemidiya-diya.**

Angazibophelela entanyeni umntwana ngezintambo zemidiya-diya xa zinerhintsela. Omawukwenze kukuqhawula irhintsela elo okanye uqhawule intambo leyo ibe mfutshane ngangento yokuba umntwana angafikeleli kuyo.

Kha ujikeleze indlu uzilinganisa nomntwana nengqondo yakhe ujonge izinto anganomdla kuzo. Ukuba ngaba uzibonile, zisuse, ngokwenza oko uyakube wenze into ebalulekek kakhulu.

### **Nazi ezinye izinto ongazijongayo:**

#### **Imingxuma Ebonakalayo Eseludongeni Yokufaka Iintambo Zombane**

Thenga izivingco zale mingxuma.

#### **Iingcingo Zombane Ezize**

Mbathisa iintambo zombane okanye uzincamathelise eludongeni.

#### **Izivutheli-moya**

Ibhokisi le yesivutheli-moya ayingebe yingozi, kodwa kuba iminwana yomntwana ingangena kuyo ifikelele kwelaa phiko lijikelezayo lesivutheli-moya lona eliyingozi. Jonga indawo yokubeka isivutheli-moya sakho. Unokusibeka isivutheli-moya sakho eluphahleni lwendlu kunokusibeka phantsi sizimele nje.

#### **Izitovu**

Khusela izitovu zakho ukunqanda ukuphathwa kobushushu okanye umlilo ngesandla, kanti ke nezikhuseli ezo zingashushu zitshise xa zinokuphathwa. Abanye abazali bayazisusa iziphatho, ngaxalimbi babeke

isithinteli ngaphambi kwesiphatho eso. Fakela isivingco setanki lomoya-mlilo ngemva kwesitovu esi okanye uqhawule kwatanki elo xa lingasetyenziswa. Mawatshixeke amacango amakhitshi sibekwe kude isitshixo.

### **Iimatshisi Nezibasi-mlilo**

Zitsixele ezi zinto futhi uqinisekise nokuba iindwendwe zakho azizibeki iimatshisi zazo etafileni.

### **Iisepha Zokucoca Indlu, Iipeyinti, Neminye Imixube Yokucoca**

Kuyanyanzeleka ukuba kubekho ityesi etsixekayo apho uzakubeka khona le mixube yokucoca indlu.

Abanye abantwana abanoluphazamiseko bafumene ukwenzakala engqondweni ngenxa yokujoja lamavumba ezizicoci.

### **Amayeza Kunye Nemithi Yamayeza Esintu**

Gcina amayeza akho apho umntwana angenakufikelela khona. Iityesi ezitsixekayo zokugcina amayeza zingabekwa kwindlu yangasese nakubeni kuthanda ukufuma khona. Kha ucinge nangokuyibeka kwelinye igumbi okanye ibe yityesi nje etsixekayo. Ityesana nje yokugcina imali ingasebenza futhi iyafumaneka kwiiivenkile zempahla ye-ofisi ngamaxabiso afikelelekayo. Ukulungiselela imeko, usengazibala iipilisi namayeza akho uwafake kwisingxotyana ozakusitsixela kwindawo etsixekayo. Lumkela ukubeka amayeza ahlafunekayo kwindawo anokufikelela kuyo umntwana.

### **Imidiza Etshaywayo**

Ungacinga ukuba icuba libi kakhulu ukuba ungalitya, kodwa abanye babantwana, bakhe balitya bona. Icuba liyingozi ke xa ulityile. Malibekude ebantwaneni icuba kunye nezazityana zothuthu lwecuba.

### **Utywala**

Kuyingozi kakhulu ukudibanisa kwa intwana yotywala emayezeni asetyenziswa ngabantu abanoluphazamiseko. Ukuba ngaba ungumntu othanda ukuzigcinela iindywala zakho ekhayeni, zitsixele etyesini okanye uzigcine kwisikhenkcezisi esisodwa esihlala kulandlu itsixwayo yenqwelo-mafutha yakho.

### **Iimela**

Iimela ezibukhali zizixhobo ezisetyenziswayo ekhayeni kodwa kunjalo ziyingozi. Zifake kwindawo etsixwayo. Qoqosha iimela nezinye izinto ezibukhali ezingabe zishiyeke kulandawo yokukasela izitya.

### **Iindlela Zokhuseleko**

Abanye bababantwana banoluphazamiseko, banobuchule bokukwazi ukuphuma emagumbini, emakhaya nasezigadini. Esisiphiwo nokukungabi naluvo lwengozi, kungabangela umonzakala omkhulu.

### **Amanyanaba okhuseleko abathe bawathatha abanye abazali anempumelelo ngala alandelayo:**

Kukufaka izitsixi ezijonge zeminyango ngaphandle eminyangweni ukuvalela umntwana egumbini ebusuku. Kambe kungayingxaki za umntwana efuna ukuya ngasese abe etsixelwe egumbini. Umboko wokukhwaza abazali ungaluncedo (okanye esesityana sokuchopha singasebenza kwabo bazamayo ukusisebenzisa).

Ungaze uyishiye imbawula yodwa egumbini. Iingcango ezitsixwa kabini nakathathu ngaphandle, zingaluncedo ekulibaziseni abantwana abathanda ukubaleka. Fihla izitsixo kangangoko, kodwa ke, apho baziyo abanye ukuba zingafumaneka khona xa kunokutsha.

Iifestile zinokubethelelwa nangezikhonkwane okanye zitsixwe kodwa ke ucinge nangezinto ezingenza umlilo.

Iifestile zingavalwa ngeentsimbi, ukanti ke bakho nomatshini abakhalayo xa kuvuleke ucango okanye ifestile. Ukumfumana umntwana wakho xa ebaleka esiya endleleni eneengozi okanye edamini elikwayingozi, kuzakuxhomekeka kumendu omntwana lowo ukuba ungamfumana. Ukubiya ngocingo olomeleleyo uvale ngeheke isango lekhaya, licebo elililo.

Unokunxityiswa umntwana apha esinqeni okanye esihlahleni lonke ixesha, into ebhalwe inombolo yasesinqeni yomzali okanye umnakekeli wakhe. Into ongayibhalayo kule nto isentanyeni okanye esihlahleni:

- ❖ Ndinophazamiseko-ngqondweni
- ❖ Andikwazi ukuthetha
- ❖ Andiwazi ncam amagama
- ❖ Andiyazi ingozi
- ❖ Nceda nxibelelana

**ULUVO LWEHLABATHI LWAABO BANOPHAZAMISEKO LOLUVO.** (Ithathwe kwi The National Autistic Society (UK). Iphepha lentanethi (<http://www.nas.org.uk>). Yalungiselelwa abantu baseMzantsi Afrika.

### **Intshayelelo**

Ukuze sikwazi ukusebenza nokuthatha inxaxheba apha emhlabeni, kufuneka sisebenzise uluvo lwethu. Uluvo lusinceda ekwazini okuqhubeka kokusingqongileyo nokuthi masenze ntoni thina ngako. Uluvo ludlala indima ebaluleke kakhulu ekuthatheni isigqibo sokuthi masenze ntoni kwiimeko ezithile. Kha ubenombono xa olunye okanye lonke uluvo lwakho belugqithisile okanye lungekho kwa ukubakho. Uhlobo lokungabikho kovakalelo, lubizwa “Sensory Integration Dysfunction”, “Ukusilela Kokuhlangani Koluvo Lovakalelo”, kwaye lufumaneka kubantwana abaninzi abanoluphazamiseko.

Izinto ezininzi esizenza mihla le (nezingabalulekanga kuyaphi kuthi), kubantu abanoluphazamiseko-ngqondweni zingayintlungu nokudandatheka. Indlela aziphatha ngayo umntu onoluphazamiseko iba yebonakalisa uvakalelo lwakhe ngaphakathi kwakhe koko kusukube kusenzeka. Kuloko kuqondakala ukuba kutheni abantu abanoluphazamiseko bethanda ukuzenzela izinto zabo ezilawulwa ngabo, ezifana nokuzijikelezisa nokuqhweba izandla, nto leyo ebona bazive beselulawulweni, bekhuselekile kwihlabathi labo elilodwa neloyikekayo.

Inkqubo yoluvo inezimvo ezintandathu (6) ezahlulwe kubini ngoluhlobo.: uluvo oluphakamileyo noluphantsi.

### **Ubunzima Boluvo**

#### **1. Inkqubo Yokuzinza**

Kumntu onoluphazamiseko ubunzima okanye umohluko uba:

Ukuba phantsi – ukufuna ukushuku-shukuma, ukujinga, ukujikeleza.

Ukuba phezulu – ubunzima kwizinto ezibandakanya ukushuku-shukuma.

### **Uncedo**

Ukuba Phantsi – Khuthaza ukwenza izinto ezizakunceda ukuphuhlisa ukuzinza kwabo – ukukhwela ihashe elenziweyo eligungqayo nje, ujingi.

Ukuba Phezulu – Izinto ezifuna ukwenziwa, zicalule, wenze izinto ezibonakalayo ngeliso lenyama njengomgca apho kuphela khona into.

### **Ukuqwalasela Isiqu**

Kumntu onoluphazamiseko ubunzima okanye umohluko uba:

Ukuba Phantsi – umgama, ukusondela kakhulu komnye umntu okanye ukungayazi ukuba makabe mgama kanganani komnye umntu de ngaxa limbi agileke konye umntu, engenzi ngabom phofu.

Ukuba Phezulu – ubunzima ukulawula imisipha umzekelo, ukupuca-pucana nezinto ezincinci ezingabalulekanga.

### **Amacebo**

Ubuphatsi – beka impahla yendlu malunga nasedongeni ukwenzela ukuba kubekho umhlaba ophangaleleyo. Ubeke izinto ezikhanyayo ukwenza imida apha emgangathweni. Sebenzisa umlinganiselo ongangobude bangalo.

Ubuphezulu – khuthaza ukusetyenziswa kwemisonto.

### **Ukuva Ivumba Ngempumlo**

Ubuphantsi – abanye abaliva kwa ukuliva ivumba, kwanalawo atsarhayo. Bayazimunca izinto endaweni yokuzijojja ngeempumlo.

Ubuphezulu- ukuva ngeempumlo kungagqithisa kangangento yokuba de babe bayatsarheka livumba, ukuya ngasese bangangathandi okanye bangathandi kwa abantu abanamavumba aziqholo zitsarhayo njalo-njalo.

### **Amancedo**

Sebenzisa iziqholo ezinuka kamnandi ngasese ukunqanda ivumba elibi langasese.

Kha usebenzise iziqholo ezingenavumba litsarhayo uzame nokuthi impepho yasendlwini ingabinavumba.

### **Ukubona Ngamehlo**

Usengazibona izinto ngokucacileyo kodwa angaziboni izinto ezincinci ezifana nemigcana. Abanye bangabona kude ukanti abanye babone kufuphi. Banganengxaki malunga nokugibisela kwakunye nokuganga.

Ukubona kungaphazimiseka, izinto ezikhanyayo zingabonakala ngathi ziyaxhuma-xhuma. Izinto zingabonakala ngathi zidibene kuba zizizinto ezininzi ezahlukeneyo.

Ukuqwasela into encinci elilungu lento enkulu kunika umdla kunokuyijonga njengepheleleyo ngangobukhulu bayo.

### **Amancedo**

Thanda ukusebenzisa izinto eziqhele-qhele yimibalabala, nemifanekiso.

Sebenzisa imibala enzulu ecacileyo nendondo zamehlo ngaxalimbi, wenze indawo yokusebenzela egumbini lokufundela; yenza indawo okanye ubenetafile yokusebenzela ebiyelweyo ngedonga elide amacala la ukwenzela ukuba angaboni enye into engamphazamisayo

### **Ukuva Ngeendlebe**

Isandi sisengavakala ngendlebe enye, enye ive kancinci okanye ingeva kwaphela. Umntu usengangazehluli izandi zezinto ezithile nakubeni engayithandayo indawo enengxolo eninzi njengasekhitshini, ukumbakraza kwamacango nezinye izinto ezinengxolo njalo-njalo.

Isandi sento sisengavakala sisikhulu kuye de ezinye izandi ezikufutshane angaziva kanganento yokuba angakwazi ukwehlula isandi sento ethile kwezinye ezikhoyo nazo, umzekelo ukungeva ukuba kukho incoko ekhoyo kude kufuphi..

Oku kungeva kwabo kuchaphazela unxibelelwano nabanye abantu kwaye yenze nzima ukuzinza kwabo

### **Amacebo**

Yenza izinto ukuncedisa intetho yomlomo.

Vala iingcango neefestile ukuphungula ingxolo esuka ngaphandle. Mlungiselele umntu xa esiya kwindawo enengxolo okanye enabantu abaninzi, usengamfaka izinto apha ezindlebeni okanye unomathotholo onezinto zeendlebe.

### **Uluvo Lokuphatha Ngezandla**

Uyaqinisa xa ephatha ngezandla, engamelani nobushushu. Angathanda ukuzenzakalisa ekwazithanda nezinto ezinzima.

Ukuphathwa kungabuhlungu kubo kwaye, baye barhoxe xa bephathwa nto leyo eyenza kube nzima ukunxibelelana nabanye abantu. Abathandi ukuba nanto ezandleni okanye ezinyaweni, bayasokola ukuvasa nokukama iinwele bethanda nokunxiba impahla ethile.

Amacebo

Iingubo ezinobunzima okanye ezaangxowa zokulala.

Mbonise ukuba uzakumphatha ngoku kwaye mvele ngaphambili. Khumbula nokumgona kungamvisa buhlungu kunokuthuzela. Thatha ixesha ukumazisa izinto ezahlukeneyo ngokokuguda okanye uburhabaxa, yiba netyesi yezinto ezahlukeneyo kufutshane umane umvisa ukuguda noburhabaxa bezizinto. Kha umyeke azenzele ngokwakhe izinto ukuziqhelanisa nazo umzekelo ukuzivasa nokukama.

### **Ukungcamla.**

Ubuphantsi – Ukuthanda ukutya nje yonke into enesongo sayo, umhlaba, ingca nezinye izinto nje.

Ubuphezulu – Ezinye izongo nokutya zingamongamela kwanezinye izinto ezinoburhabaxa okanye ukuguda zingangamonwabisi. Abanye abantwana bangatya iitapile ezicoliweyo kuphela okanye ezikhenceziweyo.



## **Amanye amacebo**

Xa ubazi indlela abavakalelwa ngayo ngokwehlukana kwabo koluphazamiseko, loo nto ingakunceda ekubancedeni baphuhle ngolukhululekileyo kwiimo abaphila kuzo.

Lamacebo angezantsi anganceda ekwenzeni imeko ibe yekhululekileyo ukulungela abo banoluphazamiseko nokukhusela uluvo lwabo lungathwali ubunzima.

**Ulwazi** – ukwazi ukuba unobangela luluvo lwakhe olungahlangenanga ngendlela, oko kungasisizathu salengxaki, soloko uyiqwalasela imeko le imrhangqileyo.

**Lungiselela** – mazise ngethuba ngezinto ezikhoyo nezingenzekayo umzekelo, izinto ezifana noomatshini bokutshayela, izixhobo zekhaya ezisebenzisa umbane neendawo ezinabantu abaninzi nengxolo.

## **Imizekelo yeengxaki, kulandele izizathu zovakalelo namacebo:-**

- ❖ **Okukhethayo ukutya** – abayiva kakhulu incasa okanye abangayiviyo into esemlonyeni, ukuthamba nobulukhuni bokutya, bangangavakalelwa bubukho bokutya okusemlonyeni faka intwana-ntwana zokutya okwahlukeneyo emlonyeni ngelinye ixesha ibe kukutya okuthambileyo ngelinye okulukhuni umzekelo, ibrashi yokuvasa amazinyo, ukutya, faka kancinci iintwana-ntwana zokutya emlonyeni. Khuthaza ukumenzisa izinto ezibandakanya umlomo ezifana nokuvuthela impempe, ukuvuthela amaqampu nokuzoba ngesitroyi.
- ❖ **Ukuhlafuna yonke into** – omnye uyakuthanda nje ukuhlafuna kwanto enoba yimpahla.
- ❖ **Ukuthambisa** – omnye uyayithanda into ethambileyo ezandleni zakhe okanye angaliva ivumba, mazise ngezinto ezithambileyo ezifana neejeli amakhaphetshu namanzi.
- ❖ **Ukungathandi ukunxiba impahla ethile** – ongayithandiyo into encamathele emzimbeni wakhe, phendulela impahla ayinxibileyo umthungo ube ngaphandle – wasuse lamalatshana athanda ukuba apha empahleni ngaphakathi, mvumele anxibe impahla ayithandayo.
- ❖ **Ubunzima bokulala** – anganobunzima ukuvala imithambo yoluvo ngakumbi le yokubona okanye yokuva – vala iifestile ngomdiya-diya ongqindilili, mkhalisele umculo ukuvala nayiphina ingxolo ensuka ngaphandle, umembathise ngeengubo ezinzima.
- ❖ **Xa efumana ubunzima ukuhoya esikolweni** – usengabe uva izinto ezininzi ngaxeshanye; kukho ingxolo eninzi (umzekelo, ukuthetha kwabantu, iintsimbi ezikhalayo nezitulo ezirhuqwayo), izinto ezininzi azibonayo (umzekelo, abantu ababonayo, imifanekiso esedongeni), usengangayithandi kwale yokuphatha usiba lokubhala (olulukhuni nolubandayo) – mhlalise kude neeminyango neefestile, hlenga-hlengisa impahla le yegumbi lokufundela ibengohlobo olungaphazamisiyo ukanti ukuba kuyakwazeka, umenzele indawo yakhe eyodwa yokusebenzela, uzame nokuthi usiba lokubhala aluqhele.

**ULWAZI NGOTHABATHEKO, ISIQHELO NOKUPHI-PHINDA** Ithathwe kwiNational Autistic Society (UK) iphepha lentanethi ([www.nas.org.uk](http://www.nas.org.uk)) Ilungiselelwe umhlali waseMzantsi Afrika.

Ukuthabatheka, ukuphinda-phinda nokuqhela ukwenza into ngohlobo olunye oluthile zezonampawu zibalaseleyo ngoluphazamiseko-ngqondweni. Indlela ezimpawu ezizibonakalisa ngazo, ziyahlukana kumntu nomntu.

## **Ulwazi Ngothabatheko, Isiqhelo Nophinda-phindo**

Oku kungabandakanya ukuqhwaba izandla, ukunqomfa iminwe, ukugungqa-gungqa, ukutsiba-tsiba, ukujikeleza, ukuzingqubekisa ngentloko nezinye ke iintshukumo zomzimba. Ukuthabatheka zizinto ezingabalulekanga (ezifana nokujikeleza kwamavili eenqwelo zokudlala), ukuphinda-phinda ukwenza into njengokunweba-nweba ilastiki okanye ukumamela laa ngxolo yenziwa yintambo etsaliweyo, ukuphinda-phinda ukuva ivumba, ukuva ukusulungeka noburhabaxa bento nokumamela iingxolo ezahlukeneyo (Howlin, 1998).

Eyona ndalo, nalengqondo yokukuphinda-phinda iyahluka kubani nobani; kambe ke izizathu zoku, zibonwa zibandakanya ezi zilandelayo:

- ❖ Ukuzama ukufumana uluvo olululo (umzekelo, ukugungqa-gungqa kungangumzamo wokushukumisa imithambo yokuxhathisa, okanye ukunqomfa iminwe kungangumzamo wokushukumisa ukubona okukuko.
- ❖ Ukuzama ukuphungula okuviwa yimithambo yoluvo lakuvayo nokwenzeka kwimo engaphandle (umzekelo, ukumamela kwisandi sento enye kungathoba ingxolo eyiyenye edubayo).
- ❖ Esasenzo sokuphinda-phinda into enye, yindlela yokumelana nemo edubayo nenxunguphalisayo, nokuziphephisa kwinto angaqinisekanga ngayo.
- ❖ Ikwayindlela yokuzonwabisa nokuzixakekisa ngento.

### **Ukuthabatheka**

Ukuthabatheka kungabandakanya izinto ezifana nalaamacikilise makhulukazi akudala asentsomini, iikhomputha, oololiwe, amaxesha eembali neziganeko, iinombolo zeenqwelo-mafutha, amanani, ubume bezinto okanye amalungu omzimba njengeenyawo okanye iingqiniba.

Abanye abantu bahlala benomdla kwinto enye ubomi babo bonke, abanye babenomdla nakwezinye izinto emva kwethuba elithile. Ukuthabatheka kunganolawulo ebomini babanye, ize loo nto ibavalele amathuba kwezinye izinto.

Olunye uphawu loluphazamiseko kukuncamathela kwizinto ezithile. Ezo zinto zisengaba ziinqwelo-mafutha okanye izinto nje ezingaqhelekanga ezifana neziciko zeebhotile zobisi, amatye, izihlangu okanye iziciko zeebhafu zokuvasa njalo-njalo.

Kukho izizathu ezininzi ezibangela ukuba ubani onoluphazamiseko abenoluthabatheko. Ezi ke zilandelayo zezinye zezozizathu:

- ❖ Ezinye zezihloko zinganika ubume, isicwangciso nokulindelekileyo kumntu onoluphazamiseko, nto ezo ezingaluncedo kuye akwazi ukumelana notshintsho nokungaqiniseki ngezinto zobomi.
- ❖ Umntu onobunzima ukuzidibanisa nabanye abantu ekuhlaleni, usengaqhuba incoko ngale ayaziyo nto leyo ezakumnika ingqiniseko ngemo akuyo.
- ❖ Ukuthabatheka kungamnika umntu ukukhululeka kwengqondo.
- ❖ Ubani usengafumana ulonwabo oluninzi ngokufunda ngesihloko esithile okanye adibanise imiba anomdla kuyo.

### **Isiqhelo Nokwala Utshintsho**

Abantu abaninzi abanoluphazamiseko, enoba bangakanani na ngokweminyaka, nakusiphina isigaba solwazi lwabo, bafana ngento enye, le yokwenza into ngendlela enye de ibe sisiqhelo eso. Ubani uthanda ukwenza into enye eqhelekileyo mihla le, njengamaxesha okutya okanye okulala, futhi iyamnxunguphalisa into yokutshintsha eso siqhelo. Isiqhelo sifana nqwa nesithethe endalweni, sifuna ukwenziwa nqo ngalaa ndlela

senziwa ngayo, kuqwalaselwe nencinci into ngaso. Kubakho imfuneko yokwenza izinto ezininzi ezilandelelanayo kanye ngoluya hlobo zenziwa ngalo, loo nto isenzeka kuba kuqhelekile, ngamanye amagama, isemithanjeni, ukuba ngaba ungamyekisa ukwenza loo nto eyanzayo ngale ndlela ayazingayo de ayigqibe, uyakuba umdandathekisile kakhulu.

Abanye banento nje yokuvasa izandla kaninzi-ninzi okanye basoloko bekhangelwa ezindawo zokutsixa amacango; abanye bathande ukucinga iingcinga ezingendawo ezifana nokufa, ukugula okanye ukwenza iimpazamo (Howlin, 1988). Isithethe kubo singasesomlomo, ukubuza umbuzo omnye ephinda-phinda efuna impendulo ke phofu.

Abanye bayadideka xa uthe watshintsha ubume (umzekelo, ukutshintsha impahla yendlu), okanye kubekho abantu abatsha angabaziyo okanye bangabikho aba abaziyo. Nolutshintsho olungenanto ibitheni olufana nokuya ekhefni okanye ukukhumbula umhla wokuzalwa lungamnxunguphalisa umntu onoluphazamiseko-ngqondweni. Ngamanye amaxesha notshintsho nje oluncinci olufana nokuyeka into obuyenza kuba uyigqibile, uqala enye, naleyo iyamduba, kanti kwabanye utshintsho oluqubulisekileyo lolona lonzima. Abanye bakholwa kukutya okuthile (umzekelo, ukutya okumbala uthile), nesinxibo ngokunjalo (bafuna ukunxiba impahla eluhlobo oluthile) okanye izinto ezisetyenziswa mihla le (ezifana nesepha okanye kwa elaphepha langasese ibe luhlobo olunye).

Oluxhomekeko kwisiqhelo luye luqaqambe ngamaxesha kukho utshintsho, unxunguphalo okanye ukugula.

U-Attwood (1998), uthi, oluxhomekeko kwisiqhelo luye lubalasele okanye luphinda luziveze ngexa umntwana afikelela kwixesha lokufikisa ngenxa yokutshintsha komzimba wakhe.

Ezi ziqhelo ziye zizinyanzele ekubulawuleni ubomi bomntu, usapho nabanakekeli. Ziyalwenza nonxunguphalo olukhulu kwaye loo nto imvalele amathuba okufumana amava. Kodwa ke kunjalo, kubalulekile ukukhumbula ukuba oluhlobo lokuziphatha lunomsebenzi omkhulu kulo unoluphazamiseko-ngqondweni, umzekelo, lumfundisa isicwangciso, uluhlu lobume nokulindelekileyo, lukwamnceda umntu lo akwazi ukumelana namaqondo onxunguphalo.

### **Ukukhawulelana Nothabatheko, Isiqhelo Nophinda-phindo**

Ngaphambi kokuba sijonge ukuba singamelana njani na nothabatheko, uphinda-phindo nesiqhelo, kubalulekile ukuba sizibuze imibuzo ethile:

- ❖ Ngaba lo mntu ubonakala enxunguphele na xa esenza isenzo esithile okanye ngaba unampawu zithile na ezibonakalisa ukungafuni okukuziphatha kunjje? (umzekelo, umntu angaqhwaba izandla kuba ezama ukwala le nto ifunisa ukuba ahlale ngezandla).
- ❖ Ngaba ubani uyakwazi ukuziyekela ngokwakhe okukuziphatha gwenxa?
- ❖ Ngaba esisimo sokuphinda-phinda, sokuthabatheka okanye sesiqhelo siyakuchaphazela ukufunda komntwana?
- ❖ Ngaba esisimo sakhe siyamvalela amathuba akhe ngokwasekuhlaleni?
- ❖ Ngaba esisimo sakhe siphazamisa kakhulu na ebomini babanye abantu?

Kubalulekile ukuyisa iso into yokuba, ingalulutho na emntwaneni into yokumbekela imida umntwana apha ekuziphatheni. Ukuba ingu-ewe impendulo kuwo nawuphina umbuzo kule ingentla, koba kuchanekile ukukhangela iindlela zokumnceda lo mntu ukuthibaza oluthabatheko noluphinda-phindo ukwenza into.

Ukuthibaza esisimo sokuphinda-phinda ingenzeka loo nto ngokumana usenza utshintsho kancinci kancinci uthethe chu. Omakuqwalaselwe kusekuphuhliseni izakhono ezizezinye ukunceda umntu lo akwazi ukumelana namaqondo onxunguphalo lwakhe akwazi nokumelana nobume okububo ngexesha

Isimo sokuphinda-phinda, uthabatheko, nesiqhelo ziye zixhathise kutshintsho xa ziyekwe ithuba elide ziqhubeka. Ngeso sizathu, kubalulekile ukubeka imiqathango koluphinda-phindo umntwana esemncinci. Ukuziphatha okuthile komntwana ominyaka mibini nemithathu kusengamkeleka kodwa xa ekhulile ingangamkeleki futhi kube nzima kakhulu nokuyitshintsha xa ekwesi sigaba sokukhula.

## **Ubume**

Ukwanda kobume entlalweni kungamnceda ubani azive eselulawulweni lwehlabathi lakhe kutsho kuhle nonxunguphalo. Ukuhla kunxunguphalo kungadodobalisa ezizenzo zophinda-phindo, zithobe noxhomekeko kwisiqhelo. Ukwanda kobume bokuhlala bungaphungula isithukuthezi buvale namathuba okufuna izinto ngokuphinda-phinda.

- ❖ Izinto ezibonakalayo ezifana nemifanekiso, imizobo noluhlu lwezinto ezibhaliweyo zingalunceda unxuguphalo olwenziwa kukungazi into ezakulandela eneye, ngakumbi kubani onoxhomekeko olukhulu kwisiqhelo. Ulwazi malunga nalemifanekiso luyafumaneka kwi-Do 2 Learn wentanethi, ungayibona uyothule simahla kule dilesi ingu-[www.do2learn.com](http://www.do2learn.com).
- ❖ Ukuphungula okungena kwimithambo yoluvo, izinto ezifana nengxolo umzekelo, intsimbi yesikolo okanye amavumba anjengeziqholo naweesepha, kunganceda umntu lo akwazi ukumelana ngcono nobume bentlalo.
- ❖ Utshintsho luyinto engaphephekiyo nebalulekileyo ebomini apha, nakubeni lusiza nobunzima kubantu abanoluphazamiseko-ngqondweni. Nakubeni kungasoloko kukwazeka ukulungiselela utshintsho kwisiqhelo nakwiimeko nje, kubalulekile ukumxhobisa nokumlungisa ubani. Ukumbonisa ubani le nto intsha, indawo, umntu okanye imeko, kancinci kancinci, loo nto ingamnceda akwazi ukumelana notshintsho.

## **Beka Imiqathango Ecacileyo Nengatshintshiyo Kwezimeko**

Ukubeka imiqathango ngoluphindaphindo, nokuthabatheka kubaluleke kakhulu ekuthobeni ezi zenzo ebomini bomntu.

- ❖ Beka imiqathango ecacileyo ngokwezizenzo (umzekelo, uPeter uyakuthanda ukuthetha ngeenjini zoololiwe. UPeter uyakuthanda ukuthetha ngezinjini zoololiwe umzuzu nomzuzu kwisithuba semizuzu elishumi elinesihlanu encokweni yakhe.
- ❖ Kha ucinge ngeendlela zokulawula ezindlela zokuziphatha umzekelo, usengamvumela uPeter lo athethe nje ekuqaleni kangangemizuzwana engamashumi amabini kwisithuba semizuzu emihlanu kuphela. Ngokuhamba kwexesha ungaya ulinciphisa elixesha kancinci kancinci ukumvimba amathuba okuthetha ngezinjini zabaloliwe ngemini. Ethubeni le nto izakwenza ukuba uPeter lo athethe ngezinjini zololiwe kuphela kumalungu osapho kubekanye ngemini.
- ❖ Le miqathango ingabekwa ngeendlela ezahlukeneyo ngokuxhomekeka kwimeko ekuyiyo.
- ❖ Angaphatha amatyana nje amahlanu ezipokothweni zakhe.
- ❖ Ungamvumela awubukele umdlalo kamabonakude uThomas the Tank kangangemizuzu engamashumi amabini kabini ngemini.
- ❖ Ukuzijikelezisa kuvumeleke ngaphakathi ekhayeni kuphela.

- ❖ Kubaluleke kakhulu ke ukuyenza le miqathango ngexesha elinye nkuziphina iimeko, ingamnceda umntu loo nto.
- ❖ Le miqathango kufuneka ke icace kangangoko laanto ithi makwenzeke ntoni phi, nini, isenziwa nabani, kangangexesha elingakanani. Mayibonakale le miqathango ijongise ekuthini angayenza nini okanye akanakuyenza ninina ubani into ethile, ingamnceda ubani ukumelana nonxunguphalo.

### **Uthabatheko Lungasetyenziswa Ukuphuhlisa Izakhono Nemidla Ethile, Ukuzithemba Nokwandisa Ubuhlobo.**

- ❖ Ukuthabatheka ziikhomputha kungaphuhliselwa ubungcali kwezochwethezo-khomputha.
- ❖ Umntu onomdla kwezembali angadityaniswa nabanye abantu abanomdla kwelocandelo.
- ❖ Onomdla kwezemidlalo okanye umculo angadityaniswa nombutho ololohlobo futhi abalasele.
- ❖ Umntu onomdla kwisandi esithile angaphuhliswa ngokuthi afundiswe ukubetha esosixhobo somculo unesosandi asithandayo.
- ❖ Lo uthanda ukukrazula amaphepha, angaphuhliselwa kwicala lokwenza izinto ezindala ntsha.
- ❖ Esasakhono sokuthanda ukudwelisa izinto, singaphuhliswa ngokufundiswa ngobuchule bomsebenzi wasekhaya.

Uthabatheko ungalusebenzisa ukumkhuthaza ngokumenzisa umsebenzi wesikolo uze emva koko umbuyekeze ngokwenza kwakhe loo msebenzi ngokumnika ithuba ekhomputheni le ayithandayo.

### **‘INGCINGA NGENGQONDO NOMFAMEKO-NGQONDWENI’**

- ❖ “Inginga Ngengqondo” ingacaciswa ngelithi kukukwazi ukubanomfanekiso-ngqondweni ngeengcinga nezimvo zabanye abantu najengoko loo nto isenza intsebenzisawno phakathi kwabantu.

### **Umfameko-ngqondweni**

- ❖ Abantu abanoluphazamiseko-ngqondweni banomfameko-ngqondweni olukhulu olubangela oku kulandelayo:
- ❖ Abakwazi ukuthekelela ukuba angathini omnye umntu kwiimeko ezithile, nto leyo engabangela ukuba bona banoluphazamiseko-ngqondweni bangathembi, bakhethe ukuba bodwa.
- ❖ Abakwazi ukuqonda ukuba kutheni omnye umntu esenza loo nto ayenzayo, isizathu saloomntu siyintoni.
- ❖ Abayazi ukuba kutheni bevakalelwa ngohlobo abavakalelwa ngalo okanye, bavakalelwa njani abanye abantu. Abanye abantu ke bona bangababona ababantu banoluphazamieko njengabantu abangenavelwano kwabanye abantu.
- ❖ Abanawo umqondo wokuba inokuba abanye abantu bavakalelwa, becinga njani yilendlela baziphethe ngayo. Le meko yenza ukuba kungabikho nkuthazo yakunceda nasazela.
- ❖ Abanawo umqondo wokuthi inokuba abanye abantu bazi ntoni okanye bafuna ukwazi ntoni, loo nto yenze ukuba bangabinawo umfanekiso-ngqondweni wokuba abo basukube bemamele inokuba banomdla entweni. Lento ingabangela ukuba umntu onoluphazamiseko athethe ngento enye engayeki.
- ❖ Abayazi into yokuba yintoni efunisa utshintsho kuloo nto sele iqhubeka, enoba yincoko okanye kusesikolweni njalo-njalo.
- ❖ Ngenxa yokusilela komqondo wabo malunga nobukho babanye abantu ekuhlaleni, bona ababoni sizathu sakunikana mathuba xa kuncokolwa okanye kudlalwa.
- ❖ Konke oku kungentla kuchaphazela umqondo wabantu banoluphazamiseko ibenzele nzima ukwakha ubuhlobo nabanye abantu, ukufunda okanye ukufundisa.

## UKUSA UMNTWANA ONOLUPHAZAMISEKO-NGQONDWENI ESIKOLWENI

Xa ucinga ngokusa umntwana onoluphazamiseko esikolweni, kukho lemiba ekufuneka uyise iso:-

1. Yifake engqondweni into yokuba ayisosikolo sodwa into ebalulekileyo emntwaneni wakho, koko nobume  
besikolo eso bukwabalulekile ngokunjalo.
2. Abafundisi-ntsapho mababenolwazi oluphangaleleyo ngoluphazamiseko.
3. Isithethe nenkqubo yesikolo mayikwazi ukumamkela nokumvela umntwana onoluphazamiseko.
4. Lumkela isikolo esinabantwana abaninzi egumbini. Igumbi labantwana abanoluphazamiseko kufuneka babebathandathu (6) ukuya kwisibhozo (8).
5. Qinisekisa ukuba unxibelelwano phakathi kwabazali nabefundisi-ntsapho luvulekile kwaye nabasebenzi bakhona bayazimamela iingcinga zabazali.
6. Qinisekisa ukuba isikolo sinakho ukuyitshintsha inkqubo yemfundo yomntwana ukukhawulelana neengxaki  
ezingakho ngenxa yaloNxantathu-mpixwano.
7. Funda inkqubo yesikolo yolwaluleko lwabantwana abaziphatha gwenxa.
8. Jonga amagumbi ukuba avuleke ngokwaneleyo na, kuba xa engavulekanga ngokwaneleyo loo nto ingamphazamisa umntwana. Kungcono umntwana abenendawo yakhe yokusebenzela nezinto zakhe zibekufutshane naye.
9. Kungangcono kanjalo xa kungakho iikhomputha zokuncedisa umntwana ekufundeni nezinye ke izinto ezingaluncedo.
10. Lumkela izikolo eziphatha abantwana ngokufanayo nanjengoko loo nto ingemncedi umntwana wakho.
11. Kha ujonge kwakho ukuba, akho na amathuba okuba umntwana wakho angafunda izinto ezahlukeneyo nabantwana abaminyaka ishiyanayo na.
12. Ukuba kunzima ukufumana isikolo esilungele umntwana wakho, jonga ukuba abefundisi-ntsapho bafikeleleka kangakanani na ukuncediswa ngezinye iindlela zoncendo ukufundisa umntwana onoluphazamiseko.

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