

UKUSIZA OPHETHWE INGCINDEZI EPHATHELENE NOKUFIKA KOMNTWANA (PERINATAL DISTRESS PND)

KULUNGILE
NALAPHO
UZIZWA
UNGALUNGILE



Ngabe iyini i-PND?

I-Peri-Natal Distress iyisifo sezempilo nesiphatha abantu besifazane ngesikhathi besakhulelwe futhi/noma ngemuva kokubeletha. Siyakwazi ukuthinta imizwa nokusebenza kahle komqondo womuntu.

Izimpawu zibala:

1. uhlezi ukhala noma ulila ngosizi
2. awulali ebusuku phecelezi (insomnia) ayi ngoba udinga ukuyochitha amanzi noma uyoncelisa umntwana.
3. ukuzizwa ngathi ungahlala ulele njalo phecelezi hypersomnia
4. ukuphelewa umdlandla, ukukhathala okungapheli noma ukuzizwa uphelelwa amandla
5. ukushintsha kwindlela odla ngayo
6. ukungabe usazinaka ukuzilungisa wenqene nokugeza
7. awusathokozeli izinto obuthanda ukuzenza.
8. kuyakhula ukubanovalo
9. kubanzima ukuzizwa uxhumene nomntwana wakho
10. ukwethuka njalo kanye/noma ukugaselwa ukwethuka nengcindezi enkulu ehamba ngokushaya kwenhliziyo okunamandla nomzimba udlikize.
11. ukuzizwa ukhungathekile noma awusakwazi ukumelana nezimo zokuphila zansukuzonke.
12. ukucanuka, intukuthelo, noma ulaka olukhulu
13. kuyakhula ukuzigxeka
14. uhlezi uzizwa udangele
15. ukuzizwele ukuthi awunasidingo, uphelelwa ithemba noma ukuzizwela unephutha.
16. ukuthola kunzima ukulandelela nokulalela noma ukudideka
17. Umcabango yokuzilimaza noma ulimaze yena umntwana.

ukuzinikeza wena kuqala usizo bese kuba abanye:

- makubekhona omubikelayo ngokwenzakalayo
- shayela inombolo yosizo
- bona Odokotela (GP, Wabesifazane (Gynae,) Okamoya (psychologist) noma Owokusebenza komqondo (psychiatrist)
- thola usizo lapho uzolekeleleka khona
- ukwelashwa ngokwezempilo uma kudingeka uthole imithi.
- funda kabanzi nge PND
- khuluma nge PND
- joyina ithimba labaseki

Awuwedwa.
Lukhona Usizo.



Uma izimpawu ziqhubeka kuze kube ngaphezu kwamasondo amabili mhlawumbe akusesikho nje ukuthi “Unokwethuka ngokuthola umntwana”. Kuyabalelwa ukuthi eNingizimu Afrika oyedwa kwabesifazane abathathu bazokuba ne PND.



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