

Izinyo



"Mama, ndinezinyo."

"Lithini na mntwan'am?"

"Lithi ndo-ndo-ndo-o-o."

"Lithi ndo-ndo-ndo-o-o."

"Ewe, Mama, lithi ndo-ndo-ndo-o-o."

"Ouch, lithi ndo-ndo-ndo-o-o."





Malunga nesicengcelezo

Esi sicengcelezo yincoko phakathi komama nomtwana wakhe, ochaza indlela ekubuhlungu ngayo ukuqaqanjelwa lizinyo.

About the rhyme

This call-and-response rhyme is a conversation between a mother and her child, who is explaining how sore it is to have a toothache.

Imisebenzi

- Ncokolani ngamazinyo noogqirha bamazinyo: "Kutheni sinamazinyo? Senza ntoni ngawo? Ingaba uyayazi ukuba kutheni kufuneka siwakhathalele amazinyo ethu? Sikwenza njani oko? Yintoni umsebenzi kagqirha wamazinyo?"
- Yenza isicengcelezo kunye nomntwana wakho ngeli lixa uxukuxa amazinyo wakho.
- Dlalani ukuba ngugqirha wamazinyo. Khethani: Ngubani ozakungaggqira wamazinyo? Ngubani ozakuba sisigulane? Sebenzisani iphepha okanye ikhalibhodi ukwenza amakhadi okubhala ukuba isigulane ngasinye sinedwe njani?

Activities

- Chat together about teeth and dentists. Ask, "Why do we have teeth? What do we use them for? Do you know why we need to take care of our teeth? How do we do that? What does a dentist do? When do we go to the dentist?"
- Say the rhyme together with your child while brushing your teeth.
- Play dentist-dentist with your children. Together decide who will be the dentist and who will be the patient/s. Use paper/cardboard to make cards for "the dentist" to write down what treatment is given to each "patient".

