

PHILIPS

AVENT

SCF075, SCF076, SCF080, SCF081, SCF082, SCF086, SCF087, SCF091, SCF092, SCF093, SCF349, SCF376, SCF377

Soother / اللهاية

Philips NL9206AD-4, Drachten

© 2025 Koninklijke Philips N.V.

All rights reserved.

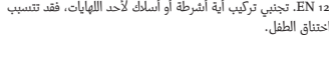
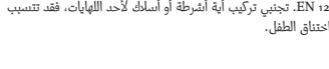
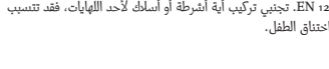
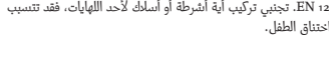
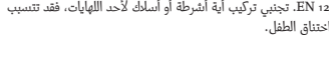
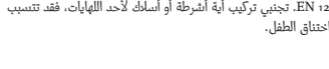
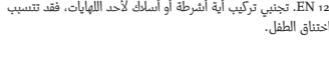
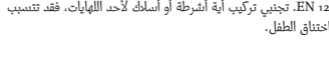
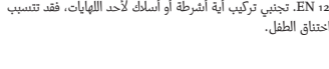
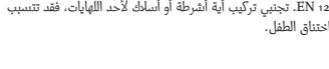
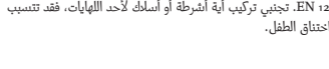
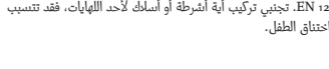
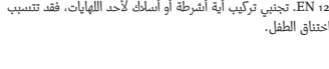
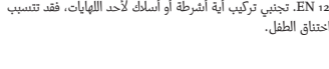
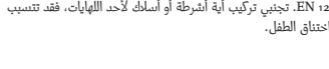
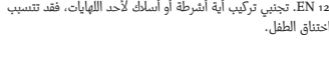
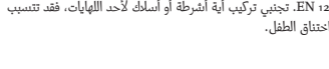
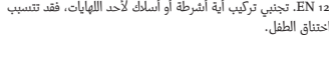
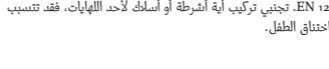
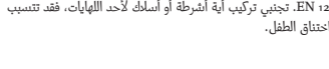
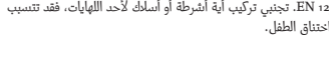
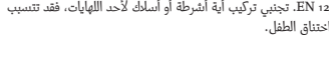
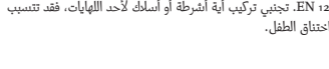
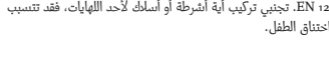
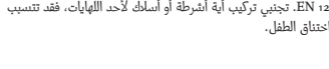
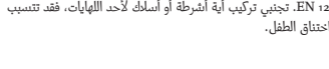
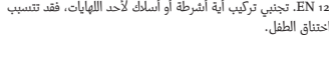
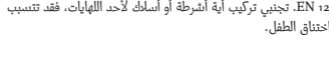
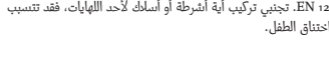
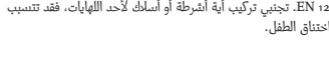
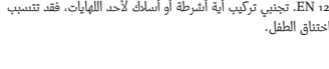
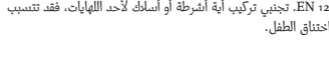
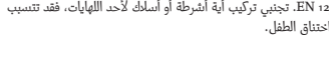
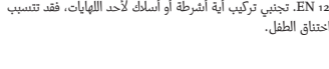
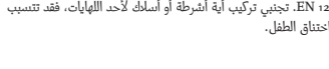
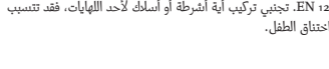
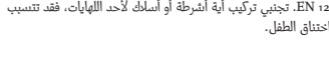
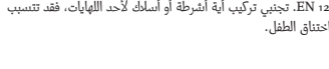
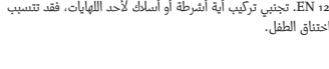
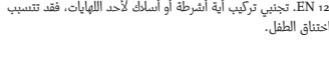
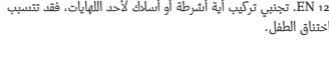
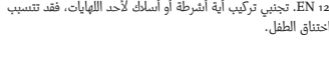
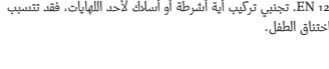
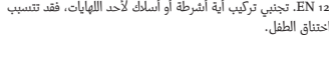
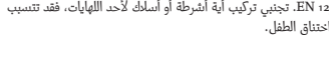
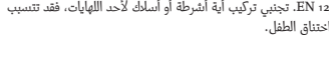
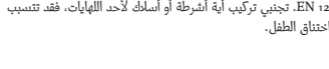
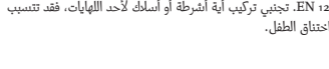
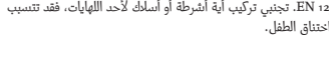
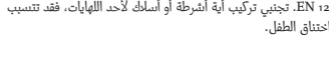
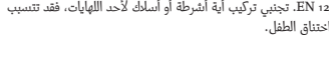
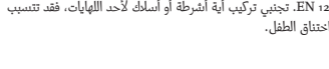
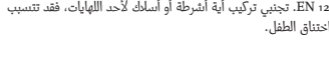
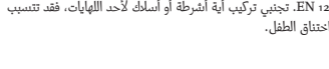
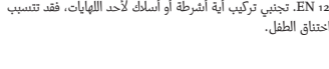
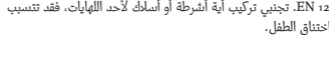
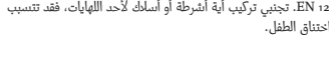
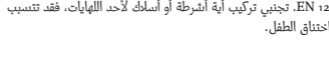
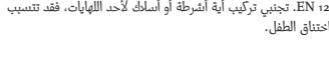
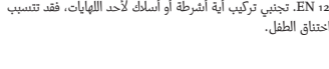
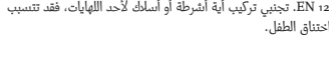
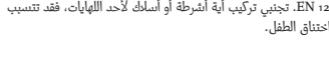
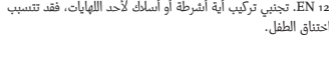
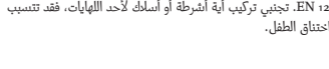
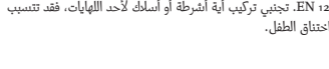
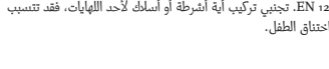
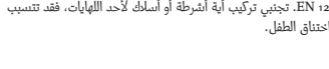
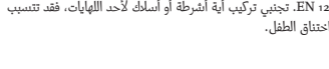
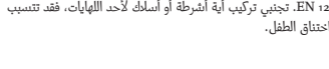
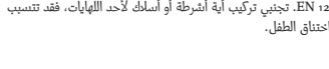
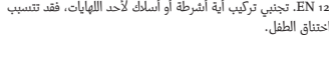
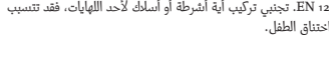
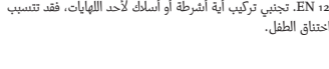
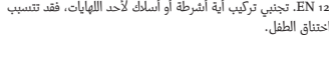
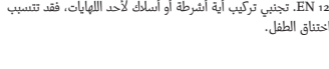
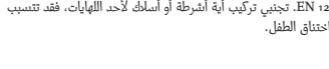
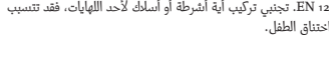
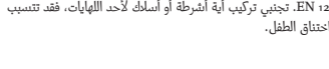
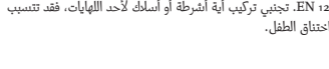
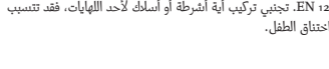
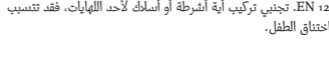
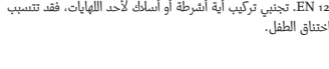
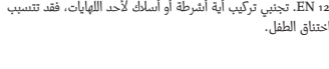
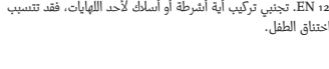
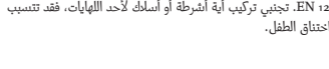
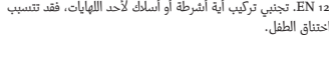
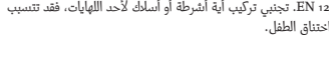
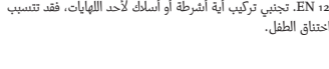
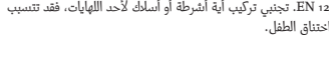
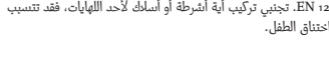
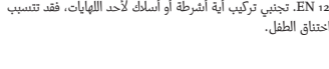
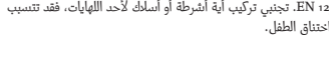
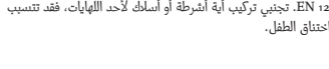
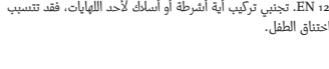
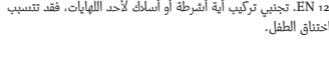
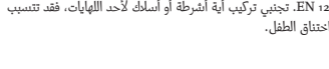
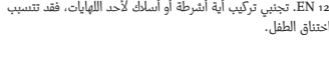
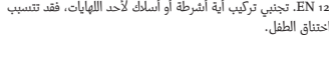
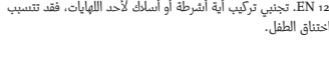
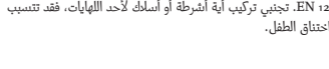
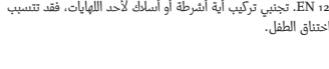
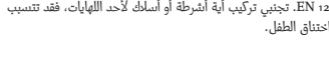
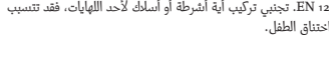
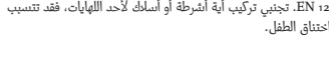
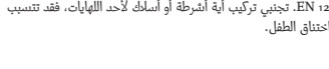
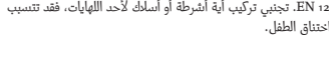
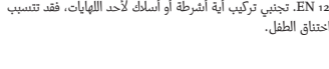
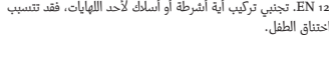
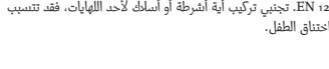
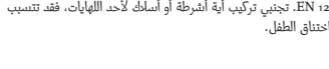
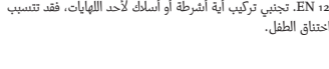
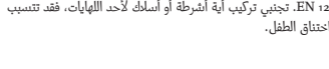
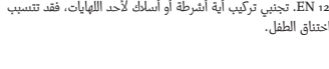
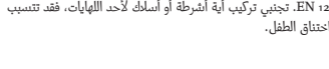
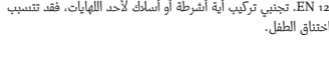
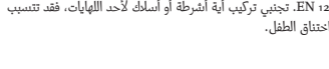
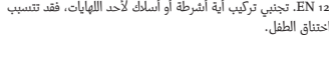
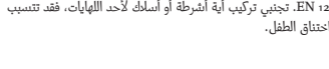
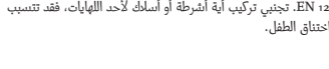
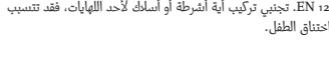
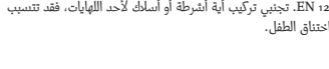
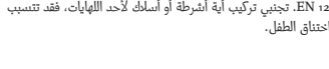
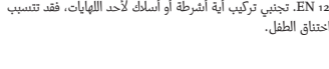
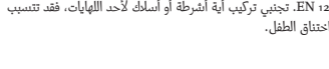
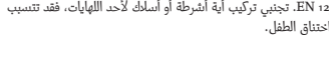
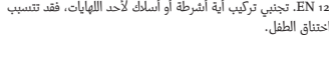
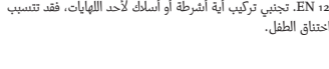
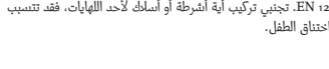
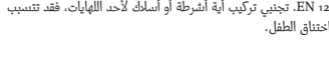
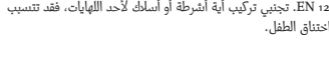
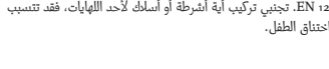
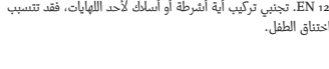
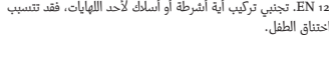
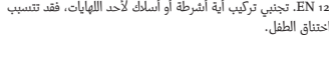
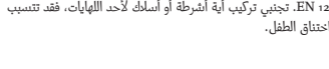
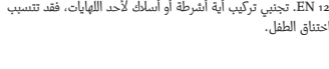
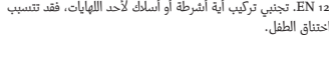
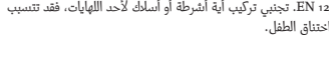
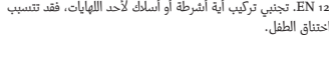
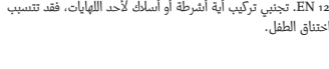
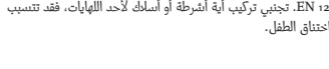
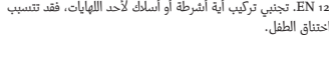
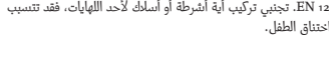
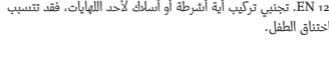
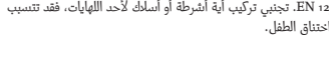
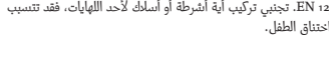
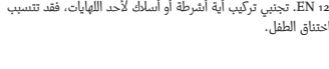
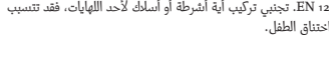
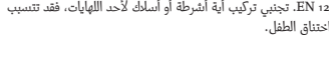
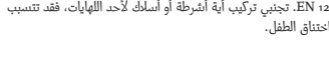
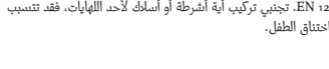
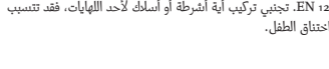
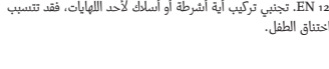
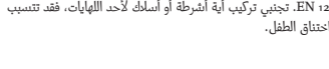
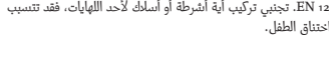
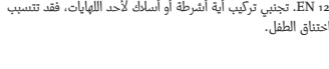
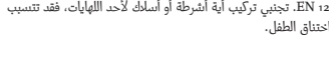
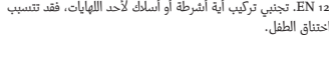
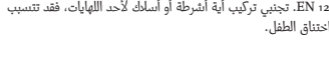
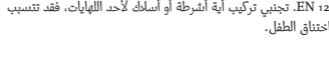
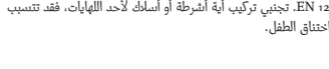
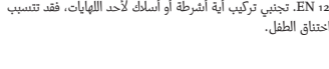
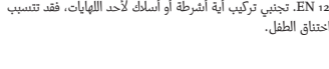
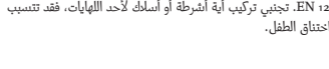
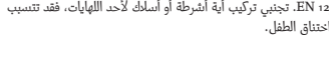
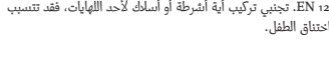
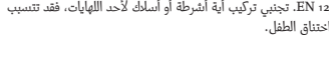
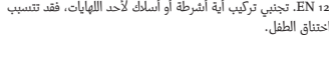
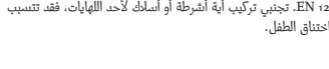
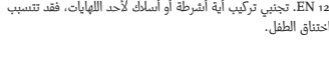
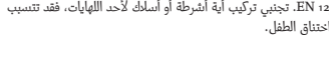
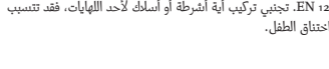
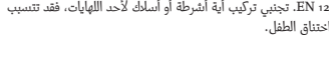
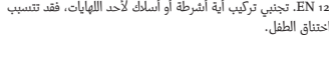
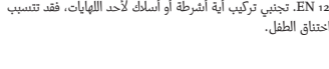
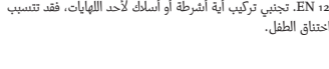
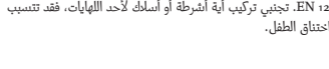
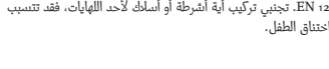
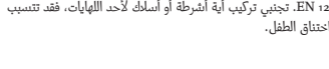
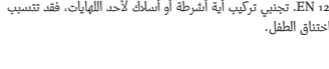
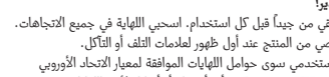
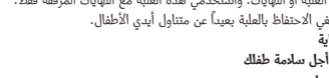
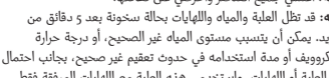
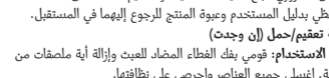
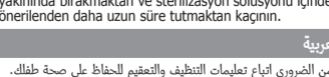
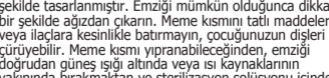
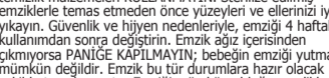
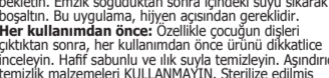
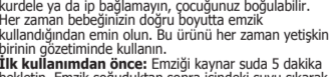
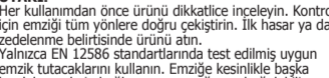
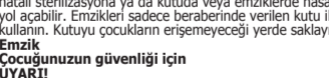
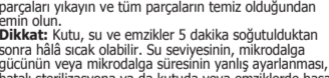
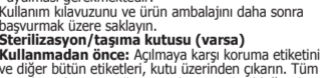
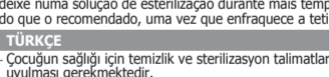
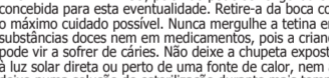
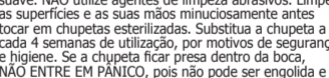
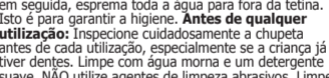
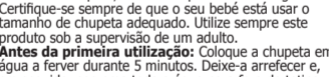
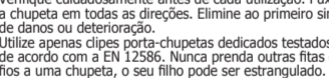
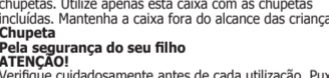
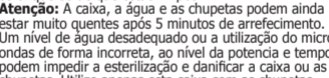
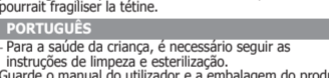
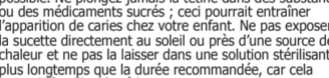
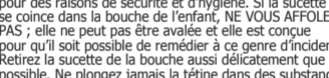
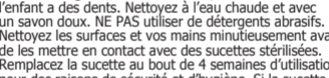
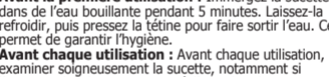
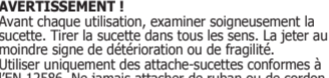
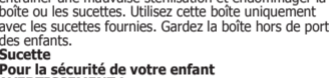
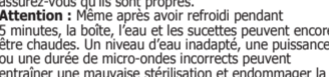
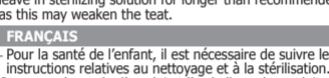
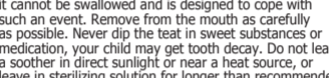
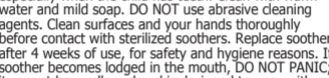
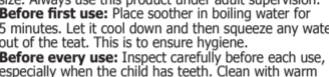
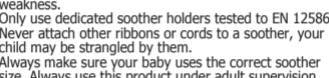
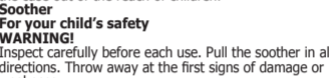
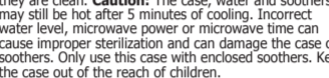
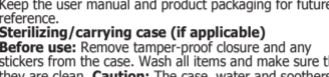
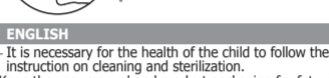
3000.164.1216.1 (2025-12-11)



Before first use / Avant la première utilisation / Antes da primeira utilização / İlk kullanımdan önce / قبل أول استخدام / Voor eerste gebruik / Ngaphambi kokusebenzisa okokuqala / Ngaphambi kokusebenzisa okokuqala / Pele ga tšhomišo ya mathomo / Pele ga le dirisiwa lekgetlho la ntlha



Sterilization / Stérilisation / Esterilização / Sterilizasyon / التعقيم / Sterilisatie / Ukubulala iintsholongwane / Ukubulala amagciwane / Go tloša ditwatši / Go bolaya megare



تأدي دائمتاً من استخدام طفلك لحجم اللهاية المناسب. استخدم هذا المنتج دائماً تحت إشراف من أشخاص كبار.

قبل أول استخدام: ضعي اللهاية في ماء مغلي لمدة 5 دقائق. قومي بتركها حتى تبرد ثم اعصري أي ماء خارج الحلمة. فهذا السلوك يضمن النظافة الصحية.

قبل كل استخدام: افحصي بعناية قبل كل استخدام، خاصة عندما يكون لدى الطفل أسنان. نظفيه بماء دافئ وصابون خفيف. لا تستخدم مواد التنظيف الكاشطة. نظفي الأسطح وبديك جيداً قبل لمس اللهايات المعقمة. لأسباب تتعلق بالسلامة والنظافة الصحية، استبدلي اللهاية بعد مرور 4 أسابيع من الاستخدام. إذا التصقت اللهاية بالفم، فلا داعي للذعر؛ لأنه لا يمكن ابتلاعها وهي مصممة للتغلب على هذه المشكلة. أخرجيها من الفم بحذر بقدر الإمكان. لا تغمسي الحلمة في المواد الحلوة أو الدواء، فقد يؤدي هذا إلى تسوس أسنان طفلك. لا تتركي اللهاية في أشعة الشمس المباشرة أو بالقرب من مصدر للحرارة، ولا تتركها منقوعة في محلول تعقيم لفترة أطول من الموصى بها، فقد يتسبب هذا في إضعاف الحلمة.

AFRIKAANS

- Dit is noodsaaklik vir die gesondheid van die kind om die instruksies vir skoonmaak en sterilisasie te volg. Hou die gebruikershandleiding en die produk se verpakking sodat jy in die toekoms daarna kan verwys. **Steriliserings-/draagtas (indien van toepassing)** **Voor gebruik:** Verwyder peutervry seëlmiddel en enige plakkers van die houër. **Waarskuwing:** Die houër, water en fopspeen mag dalk nog warm wees ná 5 minute se afkoeling. Verkeerde waterpeil, mikrogolfkrag of mikrogolftyd kan onbehoorlike sterilisasie veroorsaak en die houër of fopspeen beskadig. Gebruik hierdie houër slegs met ingeslote fopspeen. Hou die houër buite bereik van kinders. **Fopspeen**

Vir jou kind se veiligheid **WAARSKUWING!** Gaan dit versigtig voor elke gebruik na. Trek die fopspeen in alle rigtings. Gooi weg sodra die eerste tekens van skade of swak plekke voorkom. Gebruik net spesifieke fopspeenhouers wat teen EN 12586 getoets is. Moet nooit ander linte of toutjies aan 'n fopspeen vasmaak nie; jou kind kan dalk daarmee verwurg word. Maak altyd seker dat jou baba die korrekte grootte fopspeen gebruik. Gebruik altyd hierdie produk onder toesig van 'n volwassene. **Voor eerste gebruik:** Sit die fopspeen vir 5 minute in kookwater. Laat die fopspeen afkoel, en druk dan enige water uit die tiet uit. Dit is om higiëne te verseker. **Voor elke gebruik:** Gaan dit versigtig voor elke gebruik na, veral as jou kind tande het. Maak dit skoon met water en milde seep. MOENIE sterk skoonmaakmiddels gebruik nie. Maak oppervlakke skoon en was jou hande deeglik voordat jy gesteriliseerde fopspeene hanteer. Vervang die fopspeen ná 4 weke van gebruik – dit is vir veiligheids- en higiëniese redes. As die fopspeen in jou baba se mond vassit, MOENIE PANIEKERIG RAAK NIE. Die fopspeen kan nie ingesluk word nie en is ontwerp om so 'n voorval te kan hanteer. Haal dit so versigtig as moontlik uit jou baba se mond. Moet nooit die tiet in iets soets of in medikasie druk nie, want jou kind kan dalk tandbederf ontwikkel. Moenie 'n fopspeen in direkte sonlig of naby 'n bron van hitte veel nie, en moet dit ook nie vir langer as wat aanbeveel word in steriliseringsoplossing los nie, aangesien dit moontlik die tiet kan verswak.

ISIXHOSA

- Kuyimfuneko kwimpilo yomntwana ukuba ulandele umyalelo wokucoqa kunye nokubulala iintsholongwane. Gcina incwadi yomsebenzisi kunye nokupakishwa kwemveliso ukuze ikuncede kwixesha elizayo. **Isitya sokubulala iintsholongwane/sokuphatha (ukuba sikhona)** **Ngaphambi kokusetyenziswa:** Susa isivalo esingachukumisekiyo kunye nazo naziphi na izincamathelisi kwesi sitya. Zihlambe zonke izinto uze uqinisekise ukuba zicocekile. **Isilumkiso:** Isitya, amanzi kunye nezithomalalisi zisenokuba ziseshushu emva kwemizuzu emi-5 yokupholisa. Umlinganiselo wamanzi ongachanekanga, amandla e-microwave okanye ixesha le-microwave zinokubangela ukubulawa kweentsholongwane ngokungafanelekanga kwaye zonokonakalise isitya okanye izithomalalisi. Sebenzisa esi sitya kuphela nezi zinto zokuthomalalisi zivalelweyo. Gcina isitya kwindawo abangenakufikelela kuyo abantwana. **Isithomalalisi**

Yenzelwe ukhuseleko lomntwana wakho **ISILUMKISO!** Hlola ngononophelo phambi kokuba uyisebenzise isihlandlo ngasinye. Tsala isithomalalisi kuwo onke amacala. Yilahle nje yakubonakala isonakala okanye ibuthathaka. Sebenzisa kuphela izigcini zesithomalalisi ezimiselweyo ezivavanywe yi-EN 12586. Ungaze uncamathisele ezinye iiribhoni okanye iintambo kwisithomalalisi, zisenokumkrwitsha umntwana wakho. Soloko uqinisekisa ukuba usana lwakho lusebenzisa isayizi echanekeleyo yesithomalalisi. Le mveliso mayisetyenziwe phantsi kweliso lomntu omdala maxa onke. **Ngaphambi kokusebenzisa okokuqala:** Beka isithomalalisi emanzini abilalayo kangangemizuzu emi-5. Silinde siphole uze ucinezele kangathi aphume kwititi. Oku kuqinisekisa ucoceko. **Ngaphambi kwesihlandlo ngasinye sokusetyenziswa:** Hlola ngononophelo ngaphambi kokusebenzisa rhoqo, ingakumbi ukuba umntwana unamazinyo. Yicoce ngamanzi ashushu nesepha engekho ngamandla. MUSA ukusebenzisa izinto zokucoqa ezirhabaxa. Coca imigangatho nezandla zakho ngocoselelo phambi kokuba zidibane izithomalalisi ezibulewe iintsholongwane. Tshintsha isithomalalisi emva kweeveki ezi-4 zokusisebenzisa, ngezizathu zokhuseleko nococeko. Ukuba isithomalalisi sibambeke emlonyeni, MUSA UKUPHAKUZELA; ayikwazi ukugonyeni kwaye ilungiselelwe imeko enjalo. Yikhuphe mlonyeni ngocoselelo kangangoko unako. Ungaze ufake ititi kwizinto eziswiti okanye kwiyeza, umntwana wakho usenokubola amazinyo. Musa ukushiya isithomalalisi kwilanga elithe ngqo okanye kufutshane nomthombo wobushushu, okanye usishiye kwisibulali ntsholongwane ixesha elide kunokuba ucetyisiwe, njengoko oku kunokuwenza buthathaka ititi.

ISIZULU

- Ukuze impilo yomntwana ivikeleke kubalulekile ukulandela imiyalelo yokuhlaza nokubulala amagciwane. Gcina imanuwali yomsebenzisi nephakheji yomkhiqizo ukuze ukusebenzise esikhathini esizayo. **Isitsha sokubulala amagciwane/sokuphatha (uma sikhona)** **Ngaphambi kokusebenzisa:** Susa isitsha esiyisivikelo nanoma iziphi izitikha esitsheni sokuphatha. Hlanza zonke izinto futhi uqiniseke ukuthi zihlanzekile. **Isexwayiso:** Isitsha, amanzi namadamu kungenzeka kusashisa ngemva kwemizuzu emi-5 ukupholisa. Izinga lamanzi elingalungile, amandla e-microwave kwamagciwane okungalungile futhi kungalimaza isitsha sokuphatha noma amadamu. Sebenzisa lesi sitsha uma amadamu evaliwe kuphela. Gcina lesi sitsha sikude nalapho kufinyelela khona izingane. **Idamu**

Ukuze ingane yakho iphephe **ISEXWAYISO!** Hlola ngokucophelela ngaphambi kokusebenzisa ngakunye. Donsa idamu kuzo zonke izinhlangothi. Yilahle uma uqala ukubona izimpawu zokulimaza noma zobuthaka. Sebenzisa izibambi ezikhethekile zedamu ezihlolwe ku-EN 12586. Ungalokothi unamathisele amanye amaribhoni noma izintambo edamini, ingane yakho ingase iklinywe yizo. Qiniseka njalo ukuthi ingane yakho isebenzisa usayizi ofanele wedamu. Sebenzisa njalo lo mkhiqizo uma kunomuntu omdala oqadile. **Ngaphambi kokusebenzisa okokuqala:** Beka idamu emanzini abilayo imizuzu oku-5. Livumele liphole bese ukhipha noma yimaphi amanzi encenceni. Lokhu kuqinisekisa inhlanzeko. **Ngaphambi kokusebenzisa ngakunye:** Hlola ngokucophelela ngaphambi kokusebenzisa ngakunye, ikakhulukazi lapho ingane inamazinyo. Hlanza ngamanzi afudumele napho ingane encane. UNGASEBENZISI izinto zokuhlaza ezikhuhlayo. Hlanza izindawo ezithintwayo nezandla zakho ngokucophelela ngaphambi kokuthi uthinte amadamu ahlanziwe. Shintsha idamu ngemva kwamazinyo angu-4 okusetshenziswa. Unga xa kwazibeka emlonyeni, ENGHATATAZELI, alikwazi ukugwinyeka futhi liklanyelwe ukuthi libhekane nezimo ezinjalo. Likhuphe emlonyeni ngokucophelela ngangokunokwenzeka. Ungalokothi ugobhoze incence ezintweni ezinoshukela noma emithini, ingane yakho ingase ibole amazinyo. Ungashiya idamu elangeni noma eduze nomthombo wokushisa okuqondile, noma uyishiye oketshezini lokubulala amagciwane isikhathi eside kunesinonywayo, ngoba lokhu kungalimaza incence.

SESOTHO SA LEOA

- Go bohlokwa bakeng sa bophelo bo bobotse bja ngwana gore o latele taelo ya go hlwekiša le go tloša ditwatsi. Boloka manyuale wa tšhomišo le sephuthelwana sa setšweletšwa go šomišetša ka moso go ikgakolla. **Go tloša ditwatsi/mokotla wa go rwala (ge go le maleba)** **Pele ga tšhomišo:** Tloša setswaledi sa go thibela go kgotlakgotla le ditikara dife goba dife lepokising. Hlatswa dilo ka moka le go kgonthiša gore di hlwekile. **Tlhokomedišo:** Lepokisi, meetse le di-soother di ka no ba di sa fiša ka morago ga metsotso e 5 ya go di fodiša. Boemo bja meetse, maatla a maekoweife goba nako ya maekoweife tšeo di fošagetšego di ka hloa tloša ya ditwatsi yeo e sego ya nepagala gomme di ka senya lepokisi goba di-soother. Diriša lepokisi le ka di-soother tša go tšentswego. Boloka lepokisi moo le ka se fihlelelwe go bana. **Soother**

Bakeng sa polokego ya ngwana wa gago **TEMOSO!** Hlahloba ka kelohlolo pele ga tšhomišo ye nngwe le ye nngwe. Goga soother mahlakoreng ka moka. Lahla le semeetseng ge o lemoga maswao a tshenyego goba go phošagala. Diriša fela ditshwari tša soother tše di ineetšego tšeo di lekilwego go EN 12586. Le ka mehla o se ke wa kgomaretša diripone tše dingwe goba dithapo go soother, ngwana wa gago a ka kgangwa ke tšona. Ka mehla kgonthiša gore lesea la gago le šomiša bogolo bjo bo nepagetšego bja soother. Ka mehla šomiša setšweletšwa se ka fase ga tlhokomelo ya batho ba bagolo. **Pele ga tšhomišo ya mathomo:** Bea soother ka meetseng a go bela metsotso ye 5. E tlogele e fole gomme ka morago o pitole meetse afe goba afe ka ntle ga letswele. Se ke go kgonthiša tlhweke. **Pele ga tšhomišo ye nngwe le ye nngwe:** Hlahloba ka kelohlolo pele ga tšhomišo ye nngwe le ye nngwe, kudu ge ngwana a na le meno. Hlwekiša ka meetse a borutho le sesepa se boleta. O SE KE wa diriša dilo tša go hlwekiša tšeo di gohlago. Hlwekiša bokagodimo le diatla tša gago ka botlalo pele o kopana le di-soother tše di hlwekišitšego. Šomiša soother ye nngwe ka morago ga dibeke tše 4 tša tšhomišo, ka mabaka a polokego le bohlweki. Ge soother e thoma go tsena ka ganong, O SE KE WA TSHOGA; e ka se metšwe gomme e hlametšwe go lebeletšana le tiragalo e bjalo. Tloša molomong ka kelohlolo ka mo go kgonegago. Le ka mehla o se ke wa ina letswele ka dilo tše bose goba dihla, ngwana wa gago a ka hwetša go boja ga meno. O se ke wa tlogela soother seetšeng sa letšatsi thwii goba kgauswi le mothopo wa phišo, goba wa se tlogele ka gare ga tharollo ya go hlwekiša nako ye telele go feta yeo e kgothaletšwago, ka ge se se ka fokodiša letswele.

SETSWANA

- Go bothokwa go latela taelo ya go phepafatsa le go bolaya megare gore ngwana a itekanele. Boloka buka eno ya ditaalo le lebokoso la setlhaagiswa seno gore o lebe mo go tšone mo nakong e e tlang. **Go bolaya megare/setshodi (fa go le maleba)** **Pele ga tiriso:** Tloša setswalelo se se bontshang gore setshodi ga se ise se bulwe le dikgomaretsi mo setshoding. Tlatswa dilo tsothe mme o tthomamise gore di phepa. **Ela tlhoko:** Setshodi, metsi le ditami di ka nna tsa bo di santse di le mogote morago ga metsotso e le 5 ya go di tsidifatsa. Selekanyo sa metsi se se fosagetseng, maatla a microwave kgotsa nako e di nngang mo teng ga microwave go ka dira gore go bolaya megare go se ka ga direga sentle e bile go ka senya setshodi kgotsa ditami. Dirisa setshodi seno fela fa ditami di le mo teng. Dira gore setshodi seno se se ka sa kgona go fitlhelwa ke bana. **Tami**

Go sireletsa ngwana wa gago **TLHAGISO!** Tlathoba ka kelothoko nako le nako pele ga o simolola go dirisa. Gogela tami kwa dintlheng tsothe. Fa o bona matshwao a ntlha fela a go senyega kgotsa a go koafala, le lathe. Dirisa fela ditshola ditami tse di lekilweng gore dirisiwa mo EN 12586. Leka motlha o se ka wa gokelela ribone kgotsa thapo mo taming, ngwana wa gago a ka nna a kgangwa ke yone. Ka metha tlhomamisa gore lesea la gago le dirisa tami ya bogolo jo bo tshwanetseng. Ka metha mogolo a nne a le teng go baya ngwana leitlho fa a dirisa setlhaagiswa seno. **Pele ga go dirisiwa lekgetlho la ntlha:** Tsenya tami mo metsing a a belang lobaka lwa metsotso e le 5. E letele e tsidifale go sekae o bo o e tamama gore metsi otlhe a tswe mo taming. Seno ke go tlhomamisa gore ga le na ditwatsi. **Pele ga tiriso nngwe le nngwe:** Se tlathlobe ka kelothoko nako le nako pele ga o se dirisa, bogolo jang fa ngwana a na le meno. Se phepafatse ka metsi a a kopana le sesepa se se seng bogale thata jalo. O SE KA wa dirisa dilo tse di tlabang tsa go phepafatsa. Phepafatsa lefelo le o bayang ditami tse di bolailweng megare mo go lone mmogo le matsogo pele ga o di tshwara. Fetola tami morago ga dibeke di le 4 fa o sena go simolola go e dirisa mme o dirise e nngwe, go sireletsa ngwana le go mmoloka a itekanetse. Fa tami e matama mo leganong, O SE KA WA TSHOGA; ngwana ga a ka ke a e metsa mme e dirilwe ka tsela ya gore e se ka ya fetela kwa mometsong. E ntshe mo leganong ka kelothoko kafa o ka kgonang ka gone. O se ka wa tsenya tami mo dilong kgotsa ditlhare tse di botšhe, di ka nna tsa dira gore ngwana wa gago a bole meno. O se ka wa tlogela tami mo letsatsing kgotsa gaufi le lefelo le le mogote, kgotsa o se ka wa e tlogela mo selong se se bolayang ditwatsi (sebolayamegare) lobaka lo lolelele thata go feta lo lo akantshiwang, ka gone seno se ka koafatsa tami.