

UHLELO LWASEKHAYA NEZIVIVINYO ZOKUNYAKAZISA UMLOMO (ULIMI)

Hlela isikhathi nsuku zonke ukwenza izivivinyo zokunyakazisa umlomo. Qinisekisa ukuthi unesikhathi esanele ukuze ungasheshi nje uqede lezi zivivinyo, kodwa uzifeze ngendlela efanele njengoba kuchaziwe. Izivivinyo zomlomo zidinga isineke, futhi kubalulekile ukwenzisisa. Lezi zivivinyo zizokwakha Amandla olimi nomlomo, zinyakazise uhla oluphazamisekile, futhi zithuthukise ukuhogela.

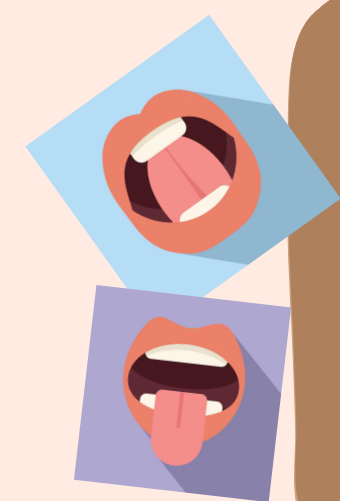


Imiyalelo:

- Hlala phambi kwesibuko esikuvumela ukuthi ubuke kahle indawo yomlomo.
- Thatha izikhathi zokuphumula ezimfishane, bese uthambisa umlomo ngamanzi njengoba kudingekile.
- Kuzodingeka into yokweyamisa ulimi njenge teaspoon noma ipensela lomsizi noma uthi lolwimi /tongue depressor kwezinye izivivinyo zomlomo.
- Yenza lezi zivivinyo kabili ngosuku.

QALA NGOKUHAMBA KANCANE:

- a. Khipha ulimi luqonde phambili kakhulu ngangokunokwenzeka. Phinda izikhathi ezingu-15.
- b. Hambisa ulimi kuhlangothi olulodwa ngesikhathi. Uphushe ngaphakathi izihlathi. Phinda izikhathi ezingu-15.
- c. Hambisa ulimi uhlangothi olunye. Ngaphandle komlomo, uphushe uthi lolwimi ngamandla. Phinda izikhathi ezingu-15.
- d. Phakamisa ulimi ulibhekise ekhaleni, uphushe uthi lolwimi ngamandla. Phinda izikhathi ezingu-15.
- e. Khomba ulimi phansi ulubhekise esilevini uphushe uthi lolwimi ngamandla. Phinda izikhathi ezingu-15.
- f. Hambisa ulimi ngokuqondisa, uzungeze emaphethelweni omlomo wonke. Phinda izikhathi ezingu-30.



UKUBAMBA ISIKHATHI ESIDE:

Manje senza izivivinyo ezifanayo nangenhle kepha kunokuthi siphindaphinde kaningi, sibamba ndawonye isikhathi eside.

- a. Khipha ulimi luqonde phambili kakhulu ngangokunokwenzeka. Bamba imizuzwana ewu 30.
- b. Hambisa ulimi kuhlangothi olulodwa ngesikhathi. Uphushe ngaphakathi izihlathi. Bamba imizuzwana ewu 30.
- c. Hambisa ulimi uhlangothi olunye. Ngaphandle komlomo. Bamba imizuzwana ewu 30.
- d. Phakamisa ulimi ulibhekise ekhaleni. Bamba imizuzwana ewu 30.
- e. Khomba ulimi phansi ulubhekise esilevini i. Bamba imizuzwana ewu 30.
- Hambisa ulimi ngokuqondisa, uzungeze emaphethelweni omlomo wonke. Bamba imizuzwana ewu-30.

NGOKUSHESHA OKUphindaphindayo:

- a. Phimisa amagama athi /kuh kuh kuh kuh/ okungemuva kolimi. Phinda izikhathi ezingu-30.
- b. Phimisa amagama athi /guh guh guh guh/ okungemuva kolimi. Phinda izikhathi ezingu-30.
- c. Phimisa amagama athi /phala; phatha, phakha/ okungemuva kolimi. Phinda izikhathi ezingu-30 usheshe.
- d. phele; phethe, pheke-----
phili; phithi, phikhi---
pholo; photho, phokho---
phulu; phuthu, phukhu----
- e. Phimisa amagama athi /bhala, bhatha, bhakha / okungemuva kolimi. Phinda izikhathi ezingu-30 usheshe.
bhele, bhethe, bhekhe ---
bhili, bhithi, bhikhi ---
bholo, bhotho, bhokho ---
bhulu, bhuthu, bhukhu ---
- f. Phimisa amagama futhi kodwa manje abemade futhi ushinthe onkamisa (a,e,i,o,u,) kuwo umasekujwayeleka / Khumbula Kumele udonse kakhulu umlomo, unyakazise kakhulu izindebe nezihlathi, Phinda izikhathi ezingu-30 usheshe
bhalala, bhathatha, bhakhakha---
phalala, phathatha, phakhakha---
dalala, dathatha, dakhakha---
salala, sathatha, sakhakha--
khalala, khathatha, khakhakha--
galala, gathatha, gakhakha.--



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