Glossary

1. **Uyazisola** - a term that refers to a woman who suspects she's pregnant. If used in a sentence it is thus: intombi le iyazisola. (This girl suspects she’s pregnant)
2. **Uzithweleni** - a term that refers to a woman whose pregnancy has been confirmed. If used in a sentence it is thus: Usezithweleni (Shes now pregnant)
3. **Umntwana onqumile/ ofiathla** - a breech baby
4. **Inhlabathi** - soil from an anthill that women crave for during early pregnancy
5. **Inkaba** - umbilical cord before it falls off and after/ belly button
7. **Ukwelamisa/ ukurathele** - to have another child soon after childbirth because parents were intimate before birth control was in place.
8. **Ukusengela** - to express milk into a newborn's orifices (eyes' ears, nose and private parts to prevent a child from being wayward and to calm those parts.
9. **Umlizane** - a person who's always with the new mum at the early weeks after giving birth
10. **Imbeleko** - an African baby carrier
11. **Ukuthomba kwenkazana** - a term that refers to a young girl starting menstruation for the first time.

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- Mrs. Sibusisiwe Ndlovu - Former Nurse and Business Woman (first born sister)
- Mrs. Virginia Mkandla - A Billings Programme Tutor (2nd born sister)