

# Daughters of the African Diaspora



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## 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. **Uzithwele** - a term that refers to a woman whose pregnancy has been confirmed. if used in as sentence it it thus: Usezithwele (Shes now pregnant)
3. **Umntwana onqumile/ oflatha** - 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
6. **Umdlezane** - a new mother.
7. **Ukwelamisa/ ukurathela** - 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. Virginia Mkandla - A Billings Programme Tutor (2nd born sister)

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