Siyakwemukela

Siyanemukela ku-ParentText South Africa!

I-ParentText luhlelo lolusebentisa mahlalekhukhwini kukutfumelela imilayeto yekukusita kutsi ufinyelele emigomeni yakho yekuba ngumtali. Loluhlelo lusebentisa tifundvo letakhiwe yi Parenting for Lifelong Health kanye netinhlangano takamhlaba i UNICEF ne World Health Organisation letihloliwe emhlabeni wonkhe. Loluhlelo luyasebenta!

Kuba lapha kukhombisa kutsi ukhatsateke kangakanani ngekusita umntfwana wakho. Ngiyanihalalisela!

Khumbula: nguloko lokwentako nemntfwana wakho lokutakwenta umehluko. I-"ParentText" itakuniketa teluleko kanye nemakhono langakusita ebuhlotjeni bakho nemntfwana wakho, kodvwa kukuwe kutsi utisebentise leteluleko!

Ngingu-Ayanda, umsiti wakho. Ngingabukeka njengemuntfu, kodvwa ecinisweni ngiyirobothi leyentiwe yi-Parenting for Lifelong Health kanye ne-UNICEF kute ikusite ufundze.

Lamuhla, ngitawuchaza indlela yeku sebentisa i-ParentText. Sitawuhlola. Sitawubuketa kanye kanye:

* Indlela yekutfola Umklomelo Wekuba Ngumtali Lokahle
* Indlela yekutfutfukisa imigomo yakho yekuba ngumtali
* Indlela Yekulandzelela Intfutfuko yakho
* Ungalutfola njani lusito ngaleliklasi
* Kutfola lusito lwekusombulula tinkinga letivamile tekuba ngumtali, kanye
* Tinsita longatisebentisa uma kunesimo lesiphutfumako nobe kunenkinga.

Indlela yekutfola Umklomelo Wekuba Ngumtali Lokahle

Kwekucala, indlela yekucedzela sifundvo kute utfole umklomelo wakho wekuba ngumtali lokahle.   
  
 Kulandzela imininingwane yakho mayelana nesimo sakho, letifundvo tehlukaniswe taba yimigomo lesiphohlongo noma imfica lengakusita utfutfukise buhlobo bakho nemntfwana wakho futsi umsite kutsi aphumelele. Umgomo ngamunye utsatsa emalanga lamabili kuya kulamane kutsi uwucedze, futsi lilanga ngalinye liletsa sifundvo lesisha.   
  
 Ungakhetsa kutsi ngumiphi imigomo lofuna kuyenta kucala, kodvwa kufanele uyente yonkhe lemigomo kute ucedze letifundvo futsi utfole umklomelo wakho wekuba ngumtali lokuhle.

Kufinyelela Kumgomo

Nyalo-ke, asesifundze kutsi singaticedza njani tinhloso taloluhlelo.   
  
Masinyane, utawucelwa kutsi ukhetse umgomo wakho wekucala wekuba ngumtali. Nase uwukhetsile umgomo, utawucedzela tifundvo kute utfole emakhono lamasha.   
  
 Njalo ngelilanga utawufundza likhono lelisha. Emakhono lamanyenti atsatsa emaminitsi langaphasi kwalasihlanu. Nangabe ungakakhoni kucedza likhono bewulenta, ngitakubuta kutsi uyafuna yini kucedzela lelokhono ngelilanga lelilandzelako.   
  
 Kumele uwacedze onkhe emakhono langaphansi kwemgomo kute utfole i-mbheji. Nase uwucedzile munye umgomo, ungakhetsa lomunye. Uma sewutfole onkhe emabheji akho, utawube sewucedzile kufundza futsi utawutfola umklomelo wekukhulisa bantfwana ngendlela lekahle.

Kulandzelela intfutfuko

Njengobe uchubeka nesifundvo ngasinye, utawutfola lwati lolubonakala ngalendlela. Letibonakaliso tikutjela kutsi sewuhambile kangakanani esifundvweni.   
  
 Nangabe ufuna kubona kutsi sewutfutfuke kanganani ekufinyeleleni imigomo yakho yekuba ngumtali, ungahlola inchubekelembili loyitfolile ngekusebentisa i-Main Menyu. Kute ufinyelele imenyu, bhala "Imenyu" nobe nini.   
  
 Inketfo yekucala ngu-menyu ibhalwe "Landzelela inchubekelembili yami".   
  
 Lapha ungabona inchubekelembili yakho, uphindze ubuke imigomo loyifinyelele kanye naleyo lengakacedvwa.

I-Menyu

Lemenyu inetintfo letingakusita.

Ngetulu kwekulandzelela inchubekelembili yakho, ungaphindze:

* Cocelenani nge-ParentText nemngani wakho futsi umsite abhalise.
* Shintja amasethingi akho, njengendlela lowatfola ngayo umlayeto, sikhatsi lowatiswa ngaso, nobe ulungise lwati ngawe kanye newemntfwana wakho kute utfole lusito lolufanele.
* Bhala luhla lwetintfo longatenta nemntfwanakho kute wakhe buhlobo benu.
* Hlola sicondziso sekungena bese utfola lusito lwengusebentisa iParentText.
* Futsi tfole lusito lwekusombulula tinkinga letimatima umntfwana wakho lahlangabetana nato. Asesifundze kabanti ngalendzaba nyalo.

Kulungisa tinkinga

Kuba ngumtali kungaba matima. Kuba ngumtali kungaba matima. Ngisho nobe tinkinga utiva tihlukile kuwe, kodvwa tivame kakhulu kunaloko locabanga kutsi tiyenteka.

Njengobe ucala kufinyelela imigomo yakho kuloluhlelo, ngitawubuya ngitewubuta kutsi kuhamba njani umntfwana wakho. Ngingase ngibanikete lusito.

Nangabe nicoca nami ngetinkinga leninato, ngitaniniketa tisombululo letitawusita niphumelele.

Kodvwa, akudzingeki ulindzele mina kutsi ngikusekele. Ungaphindze utfole lusito lwekulungisa tinkinga ngu-Main Menu nobe nini.

Lusito lwetimo letiphutfumako kanye Netinkinga

Nangabe udzinga lwati ngetinsita emmangweni wakini tekubhekana nebudlova basemndenini, budlova lobentiwa ngekwelicasi, kuphatfwa kabi kwengcondvo, nobe letinye timo letiphutfumako, ungabhala umlayeto ku-LUSITO nobe kunini futsi utfole imininingwane yekutsintsana nebantfu labangakusita.

Lwati lwakho luvikelekile: Kute lutfo lolutawudluliselwa ngaphandle kwemvume yakho futsi ngeke kutsengiswe ngalo kute kuzuze. Umlayeto lowutfumelako ubhaliwe futsi ugcinwe endzaweni levikelekile. Nobe kunjalo, khumbula kutsi nangabe lotsite atfola lucingo lwakho futsi aluvule, angakhona kubuka imilayeto yakho kute abone loko bhalile. Nangabe utfumela umniningwane lobalulekile futsi ukhatsatekile, ciniseka kutsi uyawususa lomlayeto elucingweni lwakho.

Ngiyabonga kakhulu ngekungilalela! Siyetsemba kutsi utawujabulela luhambo lwakho lweParentText futsi ulisebentise kahle! Ungayi tfola le-video nobe nini ngu-main menyu.