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. Nase utitfolile tonkhe timbheji talemigomo leyehlukene, loko kuso kutsi utawube sewuticedzile tifundvo takho futsi utawutfola umklomelo wekukhulisa bantfwana ngendlela lekahle.

Kulandzelela intfutfuko

Nawusachubeka netifundvo onkhe malanga, utawutfola umlayeto lokwatisa ngendlela lochuba ngayo, lotawubukeka kanjena; . Letimphawu tikutjela kutsi sewuhambe kangakanani esifundvweni sakho sangalelo langa.   
  
 Nawufuna kubona kutsi sewutfutfuke kanganani ekufinyeleleni kulemigomo yakho yekuba ngumtali lokahle, ungahlola indlela lewuchuba ngayo ku-Main Menyu. Kute ufinyelele ku-menyu, bhala "Imenyu" noma ngabe ngunini   
  
 Lotakukhetsa kucala kubhalwe kutsi "landzelela indlela lengichuba ngayo".   
  
 Lapha ungabona indlela lochuba ngayo, ubukete imigomo lose uyicedzile naleyo lekusemele kutsi uyente.

I-Menyu

Le-menyu icuketse letinye tintfo letingakusita.

Ngetulu kwekulandzelela indlela lochuba ngayo, ungaphindze:

* Cocela umngani wakho nge-ParentText bese uyamsita kutsi abhalise.
* Shintja amasethingi akho, njengendlela lowatfola ngayo umlayeto, sikhatsi sekutfola satiso, noma ulungise imininingwane yakho kanye nemntfwana wakho kute nitfole lusito lolufanele.
* Tfola luhla lwetintfo longatenta nemntfwana wakho kute nakhe buhlobo benu.
* Buketa lesicondziso sekungenela loluhlelo bese utfola lusito lwekusebentisa iParentText.
* Futsi utfole lusito lwekusombulula tinkinga letimatima lakahlangabetana nato umntfwana wakho. Asesifundze kabanti ngalesici nyalo.

Kulungisa tinkinga

Kuba ngumtali kungaba matima. Kungenteka ucabange kutsi tinkinga tikhungetse wena wedva, tivame kakhulu kunaloku wena lokucabangako.

Nase ucala kuyifeza lemigomo yakho kuletifundvo, ngitawubuya ngitohlola kutsi nichuba kanjani kanye nemntfwana wakho. Nangabe kukhona lokungahambi kahle, ngingahle nginisite.

Uma ningicocela ngetinkinga leninato, ngitaniniketa tisombululo letitawunisita niphumelele.

Kodvwa loko akusho kutsi bese nimela mine kutsi ngininike lusito,. Ungaphindze utfole lusito lwekulungisa tinkinga ku-Main Menyu noma nini.

Lusito lwetimo letiphutfumako kanye Netinhlekelele

Nangabe udzinga lwati ngetinsita emmangweni wakini tekubhekana nebudlova basemndenini, budlova lobentiwa ngekwelicasi, kuphatseka kabi kwengcondvo, noma letinye timo letiphutfumako, ungabhala umlayeto lotsi LUSITO noma ngabe kunini kute utfole imininingwane yebantfu labangakusita.

Imininingwane yakho iphephile lapha: angeke yendluliselwe kulabanye ngaphandle kwemvumo yakho futsi angeke kutsengiswe ngayo kute kutfolakale inzuzo. Umlayeto lowutfumelako ubhalwe ngendlela lebangeke bakhone kuyifundza labanye futsi ugcinwe endzaweni levikelekile. Noma kunjalo, khumbula kutsi nangabe umuntfu lotsite atfola lucingo lwakho futsi aluvule, angakhona kubuka imilayeto yakho kute abone loko lokubhalile. Nangabe utfumela umlayeto lobucayi ukhatsatekile, bani nesiciniseko kutsi uyawucisha lomlayeto elucingweni lwakho.

Ngiyabonga kakhulu kungilalela! Siyetsemba kutsi utawulujabulela luhambo lwakho lweParentText futsi ulisebentise kahle! Ungayitfola le-video noma kunini ku-main menyu.