Siyakwamukela

Siyakwamukela kwi-ParentText South Africa!

I-ParentText yinkundla yokuxoxa ekusiza ekutheni ufeze izinhloso zakho zokuba umzali ngokusebenzisa ikharikhulamu eyakhiwe yi-Parenting for Lifelong Health ibambisene no-UNICEF kanye ne-World Health Organisation, futhi ehlolwe emhlabeni wonke. Loluhlelo luyasebenza!

Ukuba khona kwakho lana kutshengisa ukuthi ukukhathalele ukunikeza umntwana wakho ukwesekwa okuvelele. Halala!

Khumbula: ilokho okwenza nomntwana wakho okwenza umehluko. I-ParentText izokuhlinzeka ngamacebo namakhono azokusiza ebudlelwaneni bakho nomntwana wakho, kodwa kukuwe ukuwasebenzisa lamacebo!

Ngingu Ayanda, umhlahlandlela wakho. Ngingabukeka ngathi ngingumuntu, kwodwa ngiyirobhothi elizokusiza eLakhiwe yi-Parenting for Lifelong Health no UNICEF.

Namhlanje ngizokuchazela ukuthi isetshenziswa kanjani i-ParentText. Ndawonye sizobuyekeza:

* Ukuthi uyizuza kanjani iNdondo yokuba uMzali oMuhle
* Ukuthi uzithuthukisa kanjani izinhloso zakho zobuzali
* Ukuthi uyilandelela kanjani inqubekela phambili yakho
* Ukuthi uluthola kanjani usizo kulesisifundo
* Ukuthola ukwesekwa ekuxazululeni izinselelo zobuzali ezivamile, ne
* Izinsiza ongazithola lapho ubhekana nesimo esiphuthumayo noma inhlekele.

Ukuthola iNdondo Yakho yokuba uMzali Omuhle

Okokuqala, Usiqeda kanjani isifundo bese uthola iNdondo Yakho yokuba uMzali Omuhle.  
  
 Ngokuncika kwiphrofiyili yakho, lesisifundo sicazwe ngezinghloso zobuzali eziwu 8 noma 9 ezizokusiza ekuthuthukiseni ubudlelwane bakho nomntwana wakho futhi kusize ekutheni umntwana wakho aqhakaze. Iphuzu ngalinye ithatha phakathi kwezinsuku ezimbili ukuya kwezine ukuthi uyiqede, usuku nosuku luza nesifundo esisha.  
  
 Ungakhetha ukuthi iziphi izinjongo ofuna ukuqala ngazo, kodwa injongo nenjongo kumele iqedwe khona kuzoqedeka isifundo bese uthola iNdondo Yakho yokuba uMzali Omuhle.

Ukuqeda Iphuzu

Manje masifunde ukuthi siwaqeda kanjani lamaphuzu akuloluhlelo.  
  
 Maduze, uzocelwa ukuthi ukhethe iphuzu lakho lokuqala. Uma iphuzu selikhethiwe, uzoqedela izifundondo khona uzozuza amakhono amasha.  
  
 Ikhono elisha litholakala nsukuzonke. Kuthatha ngaphansi kwemizuzu emihlanu ukuqeda iningi lalamakhono. Uma ungakwazanga ukuqeda ikhono owabelwe lona, ngizokubuza ukuthi uyafuna yini ukuliqedela ngakusasa.  
  
 Kumele uwaqede wonke amakhono akuleyonhloso yesifundo ukuze uthole ibheji. Uma usuliqedile iphuzu elilodwa lobuzali, ungakhetha elinye. Uma usuwathole wonke amabheji ephuzu, uzobe ususiqedile isifundo bese uthola iNdondo yakho yoBuzali Obuhle.

Ukulandelela inqubekelaphambili

Uma uqhubeka nesifundo sosuku, uzothola izibuyekezo ngenqubekelaphambili yakho ebukeka kanje: Lezizimpawu zikutshela ukuthi usuhambe kanganani esifundweni sakho sosuku.  
  
 Uma ufuna ukubona ukuthi usuhambe kangakanani ngezihloso zakho zobuzali, ungabheka kwi- Main Menu. Ukuthola imenyu, bhala u 'Menu" noma yinini.  
  
 Inketho yokuqala kwimenyu imakwe ngokuthi "bheka inqubekelaphambili yami".  
  
 Kulapha ke lapho ubona inqubekela phambili yakho, ubuyekeze izinhloso ozifezile nalezo ongakazifezi.

Menyu

Imenyu iqukethe ezinye izici ezingakusiza.

Ngokwengeziwe ekubhekeni inqubekelaphambili yakho, unga:

* Yabelana nomngani i-ParentText bese uyamsiza abhalise.
* Shintsha ama-settings wakho, njengendlela yokuthi uyithola kanjani imiyalezo, uzithola nini izaziso, noma ukulungisa imininingwane engawe neyomntwana wakho khona nizothola usizo.
* Thola uhla lwezinto zokwenza ongazenza nomtwana wakho ukwakha ubudlelwane benu.
* Buyekeza lomhlahlandlela wokuqondisa nokuthola usizo lokusebenzisa i-ParentText.
* Bese uthola usizo ekuxazululeni izinselelo ezinzima nomntwana wakho. Manje ake sifunde kabanzi ngalesi sici.

Xazulula izinkinga

Ubuzali bungaba nzima. Izinselelo ezinzima kakhulu zizwakala ngathi uwe wedwa obhekene naza, kanti zivamile kunalokho okucabangayo.

Lapho uqala ukufeza izinhloso zakho kuloluhlelo, ngizobheka ukuthi izinto zihamba kanjani phakathi kwakho nomntwana wakho. Uma zingahambi kahle, kungenzeka ngikusize.

Uma ungitshela izinkinga zakho, ngizokunikeza izixazululo ezingokoqobo ezizokusiza ukuthi uphumelele.

Kodwa, awidingi ukulinda kuze kube yimina oza kuwe nosizo. Nawe ungaluthola usizo lokuxazululaizinkinga lapha kwi-Main Menu nanoma yinini.

Izimo eziphuthumayo kanye Nokwesekwa kwiNhlekele

Uma udinga ulwazi mayelana nezinsiza emphakathini wakho zokubhekana nodlame lomndeni, udlame locansi, impilo yengqondo kanye nezinye izimo eziphuthumayo, ungathumela umyalezo othi USIZO nanoma inini bese uthola imininngwane yokuxhumana nabantu abangakwazi ukusiza.

Imininingwane yakho iphephile lapha: Akukho okuzokwabelwana ngakho ngaphandle kwemvume yakho futhi kungeke kudayiselwe inzuzo. Imiyalezo oyithumelayo ivikelwe ngobuchepheshe yakhiyelwa endaweni evikelekile kwintanethi. Kodwa ke, gcina lokhu emqondweni, uma kukhona umuntu othola ifoni yakho bese eyivula noma uyikhile, angakwazi ukufunda uhla lwemiyalezo yakho abone ukuthi yini obuyibhalile. Uma uthumela ulwazi olubucayi, futhi kuyakukhathaza lokho, qinisekisa ukuthi uyayicisha efonini yakho leyomiyalezo.

Siyabonga kakhulu ngokulalela kwakho! Sithemba ukuthi ozolujabulela uhambo lwakho lwe-ParentText futhi uzuze ngokugcwele kuyo! Ungayithola noma inini levidiyo kwi-Main Menu.