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 ulithola 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. Inhloso ngayinye 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 iNjongo

Manje masifunde ukuthi siziqeda kanjani lezinjongo ezikuloluhlelo.  
  
 Maduze, uzocelwa ukuthi ukhethe inhloso yakho yokuqala. Uma inhloso isikhethiwe, 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 usuyiqedile inhloso eyodwa yobuzali, ungakhetha enye. Uma usuwathole wonke amabheji enhloso, 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.
* And get help troubleshooting difficult challenges with your teen. Let's learn more about this feature now.

Troubleshooting

Parenting can be difficult. Though challenges feel unique to you, they are often more common than you think.

As you begin to achieve goals in this programme, I will check in on how things are going with your teen. If they aren’t going well, I might offer support.

When you share with me your challenges, I will offer practical solutions to help you succeed.

You don’t have to wait on me to offer support, though. You can also access troubleshooting support through the Main Menu at any time.

Emergencies and Crisis Support

If you need information about resources in your community to address family violence, sexual violence, mental health, or other emergencies, you can message HELP at any time and receive contact details for people who may be able to help.

Your information here is safe: Nothing will be shared without your permission and will not be sold for profit. The messages you send are encrypted and locked in a secure server. However, keep in mind that if someone finds and unlocks your phone, they may be able to scroll through your messages to see what you have typed. If you send sensitive information, and you are worried, be sure to delete the messages from your phone.

Thank you so much for listening! We hope you enjoy your ParentText journey and make the most out of it! You can access this video any time via the Main Menu.