# {Course: Have a Healthy Relationship with My Partner}

| {Lesson: Listen and Talking to Each Other} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Sawubona! It’s good to have you with us again on Crianza con Conciencia Positiva.  This course is about having a healthy relationship with your partner.  In today’s lesson, we are learning how to listen and talk with our partners in a positive way.  Listening and talking to those around us are key to a more peaceful home.  Let’s explore and learn together! | Kulalelana Nekukhulumisana |  |
| Nankha emasu lamayelana nekutsi wena nemlingani wakho ningalalela futsi nikhulumisane kanjani nobabili ngendlela yekusekela nalenelutsandvo:  [1] First, share how you feel.  Kukhulumisa ngendlela lotiva ngayo kanye nebulukhuni lesibhekene nabo kukhombisa kuba nemandla futsi kungabenta bonkhe bantfu emndenini bacine!  By sharing emotions, you can better understand and support each other.  [Phumula]  [2] Next, you choose what you share.  Kukhulumisana nemlingani wakho ngetingcinamba lobhekene nato kwenta kutsi abe nelwati ngendlela lotiva ngayo.  Remember, you decide how much you share. You can always choose to share more at a later time.  [Phumula]  [3] Kwesitsatfu, Bani nemusa kuwe.  Kucala intfo lensha kungaba matima. Tinike sikhatsi uphindze unikete nalabanye kutsi nikwetayele loko.  [Phumula]  [4] Kwekugcina, khetsa sikhatsi lapho utiva wenetsetekile.  Kulungile nangabe ungafuni kukhuluma ngemiva yakho.  Ungakhetsa kukhuluma ngendlela lotiva ngayo esikhatsini lesitako nawutiva sewukhululekile. | SHARE HOW YOU FEEL  YOU CHOOSE WHAT YOU SHARE  BE KIND TO YOURSELF  CHOOSE  A TIME WHEN YOU FEEL COMFORTABLE | Animate words to text. |
| Umsebenti wasekhaya namuhla kutsi wakhe sikhatsi lapho utokhulumisana nemlingani wakho mayelana nemiva yakho nebulukhuni lobhekene nabo. Unaso yini sikhatsi sekukwenta loku namuhla? | Kulalelana Nekukhulumisana  HOME ACTIVITY  Share your feelings and difficulties with your partner |  |

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| {Lesson: Making Decisions Together} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, it is great to see you again on Crianza con Conciencia Positiva.  Today, we will talk about how you and your partner can make decisions together.  [Phumula]  When you make decisions together, you are making your relationship with your partner stronger by communicating better and showing respect to each other more. This also helps girls and boys feel safe and loved.  Let’s begin! | Making Decisions Together |  |
| Here are some steps that you and your partner can do to communicate better and make decisions as a team:  SHARE DECISION MAKING  [phumula]  INVOLVE YOUR PARTNER  [phumula]  TIMING MAKES A DIFFERENCE  [Phumula]  PRACTICE MAKES IMPROVEMENTS  [phumula] | SHARE DECISION MAKING  INVOLVE YOUR PARTNER  TIMING MAKES A DIFFERENCE  PRACTICE MAKES IMPROVEMENTS |  |
| First, share decision making  Next time, before making a decision, talk with your partner as a team.  Ask your partner what they think, and share your thoughts too.  Consider the options you have and reach an agreement.    [phumula]  Second, involve your partner.  It can sometimes be hard to remember to involve our partners in decision-making.  If you forget, talk about it with your partner and keep trying!  It is important that both participate and share the responsibility of the family. This shows that both of you care about each other and want to be involved together.  [phumula] | ^ | Animate words to text. |
| Third, timing makes a difference.  If you have a decision to make, bring it up during a time when you and your partner are not too busy, such as early in the morning or later in the evening.  Find a moment in which both are calm and open to listening and talking.  If the conversation starts getting difficult, you can agree to take a pause and find another time to continue talking.  Remember to think about the different options you have and what is in the best interest of the family.  [Phumula]  Fourth, practice makes improvements.  It can take time to get used to making decisions together.  Give yourself time and keep trying!  It’s okay not to be perfect. Both of you might make mistakes, and that’s alright. Recognise the mistakes, and try again.  Remember that by communicating with your partner, you will both eventually start to feel more comfortable talking and sharing decisions.  [phumula] | ^ | ^ |
| Your Home Activity now is to involve your partner in a decision you are making today. Ungakwenta yini loko? | Making Decisions Together  HOME ACTIVITY  Involve your partner in a decision you are making today |  |

| {Lesson: Being a Supportive Partner and Parent} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello again, it’s great to have you here again on Crianza con Conciencia Positivat!  Namuhla, sifundza ngekuba ngumlingani lowesekelanako uphindze ube ngumtali. When mothers and fathers are both engaged in parenting their girls, boys and teens, everyone benefits.  Here are some simple ways you can become a more confident and supportive partner and parent.  Asicale. | Kuba Ngumlingani Nemtali Losekelanako |  |
| [1] Kwekucala, khombisa kubonga  Show your partner that you appreciate it when they spend quality time with your girls, boys or teens.  [phumula]  [2] Lokulandzelako, sebentani kanye kanye.  If you are unsure how to work together with your partner, try asking them. Nawumbuta, usuke ukhombisa kutsi uyamukhatsalela futsi uyafuna kuhlanganyela naye kuloko lokwentako!  [phumula]  [3] Step three, Lend a Hand.  Ngalesinye sikhatsi kungaba matima kukhumbula kubuta kutsi uyaludzina yini lusito umlingani wakho. Waze wacala kumbuta, utawubona kutsi ufuna kuba yincenye yakhe, bese uticelela yena kucala lusito lwakho.  [phumula]  [4] Finally, ask for support.  It can be hard to ask for support. Sometimes we expect our partners to know we need support even if we don’t ask them. Waze wacala nje kumcela lusito, angahle akunike njalo lusito nasesikhatsini lesitako.  [phumula]  Khumbula kumbonga umlingani wakho! | SHOW APPRECIATION  WORK TOGETHER  LEND A HAND  ASK FOR SUPPORT | Animate words to text. |
| Umsebenti wakho wasekhaya kutsi wetame kunakekela bantfwana bakho noma kwenta imisebenti yasendlini kanye kanye nemlingani wakho. Unaso yini sikhatsi sekukwenta loku namuhla? | Kuba Ngumlingani Nemtali Losekelanako  HOME ACTIVITY  Try doing childcare or housework with your partner |  |

| {Lesson: Share Family Responsibilities} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Today, we are learning how to share family responsibilities between you and your partner.  Sharing family responsibilities with your partner can help make life less stressful and improve your relationship!  Time to get started! | Yabelanani Imisebenti Yemndeni Lekubhekeke Kutsi Niyente |  |
| Here are some simple ways you can start sharing family responsibilities with your partners:  [1] Kwekucala, tibekele inchubo.  Kungenteka kube matima kukukhumbula loku! Kwakha inchubo yekwenta umsebenti wekunakekela kanye nekwenta imisebenti yasekhaya kungaba lusito ngalesinye sikhatsi.  [phumula]  Creating a routine also lets you talk to your partner about how to share the workload.  [phumula]  [2] Lokulandzelako, khulumisana nemlingani wakho ngemsebenti lokumele wentiwe  [2] Kukhuluma nemlingani wakho ngendlela leningabelana ngayo imitfwalo yemndeni kunisita kutsi nivisisane noma natane kancono. Kuphindze kukhombise kutsi uyamukhatsalela!  [phumula]  [3] Finally, remember to ask for support  It can be hard to remember to ask for support. Be kind to yourself if you forget to ask and try again another time. Asking for support and sharing family responsibilities benefits the whole family! | CREATE A ROUTINE  TALK ABOUT THE WORKLOAD  ASK FOR SUPPORT | Animate words to text. |
| Your home activity is to invite your partner to discuss how you can share family responsibilities more evenly at home! Unaso yini sikhatsi sekukwenta loku namuhla? | Share family responsibilities  HOME ACTIVITY  Discuss family responsibilities with your partner |  |

| {Lesson: Resolving Conflicts Peacefully} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva!  Today, we are learning how to resolve conflicts peacefully between you and your partner.  All adults have disagreements sometimes. Fighting is not an effective way to solve issues. Learning to respond in a calmer way when experiencing disagreements with your partner can help you create a more peaceful home.  Join me to learn more! | Kulungisa Tincabano Ngendlela Lenekuthula |  |
| Nankha emasu longawetama kucatulula kucabana nemlingani wakho ngekuthula.  [1] Kwekucala, bala kute kube lishumi.  Ngalesinye sikhatsi kungaba matima kwehlisa umoya nangabe singavumelani nalabanye.  Try to think of something that you can do that might help, like taking a couple of deep breaths or counting to ten.  [phumula]  [2] Second, you could take a pause  Do you remember on the first day of Crianza con Conciencia Positiva, you learned how to close your eyes, breathe deeply, and take a pause? Kuphumula kancane ngaphambi kwekutsi uphendvule kungakusita wehlise umoya futsi ukhone kuphendvula kahle ngemuva kwesikhatsi.  Nangabe utiva utfukutsele, yetama kuphumula kancane. Ungakhona kukwenta loku!  [phumula]  [3] Kwekugcina, hamba nangabe kudzingeka.  Sometimes, others respond to us negatively when we’re having a disagreement.  Nawubhekene nesimo lesinjalo, kakhulukati nangabe uyesaba noma uva shengatsi uyasongelwa, kungaba ncono kutsi uhambe sikhashana kute kube ngulapho wonkhe muntfu sekehlise umoya. Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | COUNT TO TEN or take a couple of deep breaths  TAKE A PAUSE before responding  WALK AWAY if necessary | Animate words to text.  Add animation of phone with HELP on it according to text. |
| Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | LUSITO | Add animation of phone with HELP on it |
| Today’s home activity is to practise taking a pause. Unaso yini sikhatsi sekwetama kuphumula kancane namuhla? | Resolving Conflicts Peacefully  COUNT TO TEN TAKE A PAUSE WALK AWAY  HOME ACTIVITY  Take a pause today |  |

{Course: Understand Child Development}

| {Lesson: The Power of Play} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hi, you're back on Crianza con Conciencia Positiva, fantastic!  Today, we are learning about supporting your girl or boy to find joy in learning in a playful and fun way.  Playing with your girl or boy is important for their development and learning in and out of school. This is true for ALL girls and boys, including those with physical and developmental disabilities.  Did you know that playing also helps your girl or boy learn social values and social rules?  Here are 2 tips on how you can make learning playful and fun with your girl or boy:  Get Active  [phumula]  and Allow Creativity [Pause]  Asicale. | The Power of Play  GET ACTIVE   ALLOW CREATIVITY |  |
| Firstly, get active.  To put it simply, play games!  [Pause]  Creating time for your girl or boy to play and have fun will make their physical and mental health better.  [phumula]  It also helps them learn and remember important facts better. Isn’t that great?  If your girl or boy starts to feel overwhelmed with anything in their day, help them reduce their stress by taking a pause or playing together.  [phumula]  Use your girl’s or boy’s interests in your play or exercise sessions to help them engage. Begin with something simple and then gradually make it more complex.  [phumula]  Secondly, allow creativity.  Equally important, allow your girl or boy to be creative when playing. For example, you might encourage them to draw or go outside.  [phumula]  If your girl or boy is interested in a new topic, talk to them about it and help them explore the topic through play.  Remember, your child is watching and learning from you, so set a good example. Let your girl or boy see you being creative and trying something new, even if you are not good at it yet. | GET ACTIVE   ALLOW CREATIVITY | Animate words to text |
| For your home activity, invite your girl or boy to play with you today. Encourage them to ask questions and explore new things through play. Unaso yini sikhatsi sekukwenta loku namuhla? | The Power of Play  HOME ACTIVITY  Play with your girl or boy |  |

| {Lesson: Learning from Experience} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva!  Today’s parenting skill is about helping your girl or boy know how to learn from their mistakes. Learning from our mistakes can help us avoid them in the future. It can also help us be more supportive of ourselves and less harsh when things do not go well.  [phumula]  Here are four tips that you can use to help your girl or boy learn from their mistakes:  Khuluma  [Phumula]  praise effort  [Phumula]  allow for mistakes to happen  [pause] and share  Let’s learn more together. | Learning from Experience  TALK   PRAISE EFFORT   ALLOW MISTAKES  SHARE |  |
| First, talk.  Start off by creating space and time for your girl or boy to talk with you about their life. You can ask how school is going, about their friends, their likes or dislikes.  [Phumula]  If their day was challenging, listen to them and give them space to let them share.  [Phumula]  Following that, it is important to give them support and show you care. You can tell them, "that sounds difficult.” | TALK and let them share |  |
| The second tip is to praise effort.  Make a point to praise your girl or boy for the effort they put into their learning even if they did not succeed.  [phumula]  Remember, effort is more important than mastering a specific skill. | PRAISE EFFORT, even if they did not succeed |  |
| Next, allow for mistakes to happen.  To begin with, allow your girl or boy to make mistakes. This lets them learn from their own mistakes so they can learn and grow.  [phumula]  You may want to solve every problem for your girl or boy, especially when you know better. But this will not teach them to solve their own problems.  [phumula]  Instead, talk to your girl or boy about their mistakes and allow them to figure out a way to solve their problems and do better next time. | ALLOW MISTAKES to happen. Let your girl or boy figure out a way to solve the problem. |  |
| Finally, share.  Try and share your own failures with your girl or boy and discuss how they helped you develop and grow.  [phumula]  By doing this, you help your girl or boy learn that you do not have to be perfect all the time. | SHARE your own failures |  |
| To help your girl or boy learn from experience remember:  Khuluma  [Phumula]  Dvumisa Imetamo  [phumula]  Allow for mistakes to happen  [Phumula]  And Share.  Your home activity is to share a story with your girl or boy about a time you learned from a mistake. It can be something from when you were a girl or boy yourself or another life lesson.  Unaso yini sikhatsi sekukwenta loku namuhla? | Learning from Experience  TALK   PRAISE EFFORT   ALLOW MISTAKES  SHARE  HOME ACTIVITY  Share a story with your girl or boy about a time you learned from a mistake |  |

| {Lesson: How Your Toddler is Changing} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  In this lesson, we help you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.    This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys are curious about their surroundings and want to learn how to do things on their own.  [phumula]  As time goes on, they will begin to explore the world more and express themselves using emotions and language, too.  To support the healthy development of your girl or boy, use these 3 tips:  Be patient,  [phumula]  explore safely  [phumula]  and encourage sharing.  Ready to learn more? | How Your Toddler is Changing  BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING |  |
| To start, be patient.  Be patient while they learn new things. They may struggle at first, but with time and practice, they will succeed.  [phumula]  You can also support them by helping them break large tasks into smaller tasks appropriate for their ages  [Pause].  Remember to use words of encouragement to motivate them and praise each step!  [phumula]  Your girl or boy may express feelings dramatically. This is OK! They will learn to manage their emotions over time.  [phumula]  Our second tip is to explore safely.  [phumula]  Your girl or boy will become more curious and will do more by themselves as they observe the world around them. Be aware of their activities, but encourage them to experience fun activities safely!  [phumula]  Encourage your girl or boy to learn tasks independently, like combing hair or tying shoelaces. Show them how to do it safely by setting a good example.  [phumula]  Thirdly, encourage sharing.  Use games as a tool to teach your girl or boy about taking turns and sharing. They may not enjoy losing initially, but you can show them that the most important thing is to have fun.  [phumula]  Also, make sure you praise your girl or boy when they share their things with others and show a positive attitude when they lose in a game. | BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Toddler is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  Type GROW to begin | Phone with GROW on it appears on screen with text. |

| {Lesson: How Your Young Girl or Boy is Changing} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s parenting lesson is about how you can support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys love playing and learning through actions. From these activities, they learn social values. They will have a lot of questions about their environment.  Here are two tips to support the healthy development of your girl or boy at this age:  learn by playing  [phumula]  and support curiosity.  Ready to learn more? | How Your Young Girl or Boy is Changing  LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Firstly, learn by playing.  Play, play, and play! Your girl or boy will develop relationships with other girls and boys and understand social rules through play.  [phumula]  Your girl or boy may not like to lose, share, or take turns, but losing and taking turns can be taught! Playing is a great way to do this! Praise your girl or boy when they follow the rules or accept defeat.  The second tip is to support curiosity.  Your girl or boy may find it hard to know fantasy from the real world, so they may express feelings in a bigger way than it seems they need to. That is alright! They will learn to manage their emotions.  Your girl or boy may also talk a lot and have many questions. You can give them short but honest answers.  Your girl or boy may repeat the question or ask follow-up questions to learn more. During such a time, take a pause and be calm as you support their interest to learn and continue to answer. | LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Young Girl or Boy is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  Type GROW to begin |  |

| {Lesson: How Your Girl or Boy is Changing} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s skill is about helping you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  Girls and boys at this stage will start to express themselves by wanting independence and trust.  They begin making their own choices, and they may answer back to adults to show that they know the correct answers. At the same time, they will show emotions in their own unique ways.  Here are 3 tips to support the healthy development of your girl or boy:  find friends,  [Phumula]  support curiosity,  [Phumula]  and trust your girl or boy.  Ready to learn more? | How Your Girl or Boy is Changing  FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| Firstly, find friends.  [phumula]  Your girl or boy will be interested in spending time with other girls and boys.  [phumula]  Support your girl or boy to make friends based on their interests so that they develop relationships with other girls and boys.  [phumula]  Also, help them learn how to share and play with others in a safe and fun way.  Secondly, support curiosity.  [phumula]  Your girl or boy will be interested in learning at school and may have favourite subjects. Encourage them to ask you or the teacher about any difficult content.  [phumula]  Your girl or boy may begin expressing interest in religious matters or spirituality. When this happens, you can give them short but honest answers.  [phumula]  Finally, trust your girl or boy.  [phumula]  Your girl or boy may begin making decisions by themselves. They will want you to trust them. Listen to what your girl or boy wants and then set rules that work for the family.  [phumula]  Finally, be sure to praise Your girl or boy when they follow the rules! | FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Girl or Boy is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  Type GROW to begin |  |

{Course: Manage my Girl’s or Boy’s Behaviour}

| {Lesson: Keeping it Positive} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello again, it’s great to have you here on Crianza con Conciencia Positiva!   Today’s lesson is all about how to help your girl or boy follow instructions.  Being more effective about how we give instructions can make things more peaceful and calm at home.    Here are three tips on how to help your girl or boy follow instructions more often: | Keeping it Positive |  |
| To start off, be specific.  Say the behaviour you want your girl or boy to do. For example: “Please put your backpack on the chair when you enter the house, Luis.”  Remember, use your girl’s or boy’s name to get their attention. Go down to their level. Get their eye contact.  [phumula]  Next, be realistic. | BE SPECIFIC  ✅”Please put your backpack on the chair, Luis” | Animate words to text. |
| Next, be realistic.  Make sure that the instruction is something that your girl or boy can do. Give one instruction at a time. It can be difficult for your girl or boy to remember many instructions! If possible, give a transition warning: “In 3 minutes, it will be bedtime and you will give the cell phone back to me.” Stay calm and remember that expecting perfection adds extra stress for everyone. Instead, treat each moment as an opportunity to learn and teach. | BE REALISTIC  ✅“In 3 minutes, it will be bedtime and you will give the cell phone back to me” | ^ |
| Lastly, be positive.  Use positive words when giving instructions. For example, instead of saying “Don’t shout,” say “Talk in a quiet voice.” Give instructions in a firm voice and stay calm. Behave as if you expect your girl or boy to do what you ask.  Remember to praise, praise,and praise! Make sure you praise your girl or boy immediately when they follow your instructions.  Also, be kind to yourself if you forget sometimes. Learning how to give positive instructions is not easy, but it works! | BANI NEMBONO LOMUHLE  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your girl or boy.  Unaso yini sikhatsi sekukwenta loku namuhla? | Keeping it Positive  HOME ACTIVITY  Give specific, realistic, and positive instructions to your girl or boy |  |

| {Lesson: Creating Family Rules} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Sawubona!  Today’s parenting lesson is about creating family rules and guidelines with your girls and boys. When you are making family rules with your girls and boys, remember these four tips:  Sebentisana nalabanye  [Phumula]  Yenta Lokuliciniso  [phumula]  Ungagucuki kuloko lokushoko  [phumula]  Praise, Praise, Praise!  Let’s learn more! | Creating Family Rules   1. Sebentisana nalabanye 2. YENTA LOKULICINISO 3. UMENJALO KULOWO MTSETFO 4. PRAISE, PRAISE, PRAISE |  |
| Kwekucala, Sebentisana nalabanye.  [phumula]  Create rules with your girl or boy. You can write these down or use pictures when needed to help them understand. Make one rule at a time. Talk about the reasons for the rule. Listen to their view.  [phumula]  Lokulandzelako, yenta tintfo ngendlela lefanele.  [phumula]  Make rules realistic. Think about what your girl or boy can actually do? Be clear and specific about what you want them to do. Yenta siciniseko kutsi lomtsetfo ulungile. Explain the reason for the rule. | Sebentisana nalabanye  Yakhani imitsetfo kanye kanye nemntfwana wakho  YENTA LOKULICINISO  Keep your rules realistic, clear,specific, and fair | Animate words to text. |
| [3] Step 3 is to be consistent.  [phumula]  Once you set a rule, stick to it. This means they are more likely to follow the rule. If the rule includes you, it is important that you stick to it, too.  [4] Finally, praise, praise, and praise. Praise your girl or boy for setting a family rule with you. Praise your girl or boy when they follow the rule, just like you do when they behave well! | UMENJALO KULOWO MTSETFO  Make sure you and your girl or boy follow the rules consistently  PRAISE, PRAISE, PRAISE  Praise your girl or boy whenever you notice they are following the rule | ^ |
| Khumbula: [Phumula]  [1] Sebentisanani nakhe lemitsetfo kanye kanye.  [2] Yentani lemitsetfo icace futsi ibe mifisha.  [3] Yisebentise ngaso sonke sikhatsi lemitsetfo.  [4] Praise your girl or boy often. Mudvumise ngekutsi ukusitile nakha umtsetfo kanye kanye futsi umdvumise nakawulandzela.  Your home activity is to create at least one family rule with your girl or boy. Ungakwenta yini loko namuhla? | Create Family Rules   1. BE A TEAM 2. KEEP IT REAL 3. BE CONSISTENT 4. Mudvumise njalo   HOME ACTIVITY  Create at least one family rule with your girl or boy |  |

| {Lesson:Ignore Demanding Behaviours} | | |
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| Umbhalo | Embhalweni wesilayidi |  |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva. Today, we will talk about what to do when girls and boys are seeking attention with demanding and disrupting behaviours    There are five steps to reduce negative, attention-seeking, and demanding behaviour, such as whining or throwing tantrums  Redirect,  [phumula]  know what to ignore  [phumula]  ignore the behaviour not your girl or boy,  [phumula]  praise the positive,  [phumula]  and be consistent.    Let’s learn more together. | Ignore Demanding Behaviours  REDIRECT  KNOW WHAT TO IGNORE  IGNORE THE BEHAVIOUR, NOT YOUR GIRL OR BOY  PRAISE THE POSITIVE  UMENJALO KULOWO MTSETFO |  |
| Firstly, redirect.    Be calm, quick, clear, and positive when redirecting their attention to a positive behaviour or activity. Remember to praise them for their positive behaviour!  Praise them for this positive behaviour!  You learnt about redirecting in the first course of Crianza con Conciencia Positiva | REDIRECT  Be calm, quick, clear, and positive |  |
| Secondly, know what to ignore.      Whining, demanding, showing off, tantrums, and other negative attention-seeking behaviours can be ignored. There are no bad girls and boys, only difficult behaviours!  [phumula]  If we respond to disruptive behaviours, girls and boys learn that this behaviour will get them attention, so they will do it again. They might also learn that if they increase their demand, they will get their way.  [phumula]  Some behaviours that should NOT be ignored are: hitting siblings, coming home late, or doing something dangerous. We will learn about how to manage these behaviours in the next module. | KNOW WHAT TO IGNORE   It is okay to ignore:  Whining  Demanding  Showing off  Tantrums  Other negative attention-seeking behaviours   You should NOT ignore:  Hitting siblings  Coming home late  Doing something dangerous | Animate words to text. |
| Next, ignore the behaviour, not the girl or boy    When you ignore your girl’s or boy’s behaviour (but not your girl or boy!), they learn that the demanding behaviour will not work.  [phumula]  Ignoring behaviour means looking away and not talking or responding to them until they behave in a different way. You should still be aware of what your girl or boy is doing.  [phumula]  This takes time and patience. Often, your girl or boy will behave worse in order to get attention. Take a pause, stay calm, and keep ignoring the behaviour.  [phumula]  Find a calm moment to explain kindly to your girl or boy what behaviours you will ignore and how you will manage the situation. Ensure they understand that you are not ignoring them but the behaviour. | IGNORE THE BEHAVIOUR, NOT THE GIRL OR BOY  Your girl or boy will learn that demanding behaviour will not work |  |
| Fourth, praise the positive.    Praise your girl’s or boy’s next positive behaviour. Once your girl or boy has calmed down after showing demanding behaviour, they will need lots of love and attention on positive behaviour. You can talk later or the next day about the demanding behaviour. For now, involve your girl or boy in a positive activity. | PRAISE THE POSITIVE  Involve your girl or boy in a positive activity |  |
| Finally, be consistent    Even if your girl or boy behaves worse to get attention, it is important to continue ignoring the behaviour. Over time, your girl or boy will learn that this demanding behaviour does not work.  [phumula]  If you feel it is necessary, take a pause from the situation and return.  [phumula]  Spend lots of positive time with your girl or boy - especially right after a demanding behaviour. Positive one-on-one time is super important! | UMENJALO KULOWO MTSETFO  And spend positive one-on-one time |  |
| Your home activity is to find one positive thing your girl or boy does today and praise them for it. If your girl or boy shows any negative, attention-seeking behaviour, redirect and if they continue, try ignoring it. Remember to ignore the behaviour, not your girl or boy!    Can you find something to praise your girl or boy for today? | Ignore Demanding Behaviours  HOME ACTIVITY  Find one positive thing your girl or boy does today and praise them for it |  |

| {Lesson: Teach my Girl or Boy Consequences} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Welcome back to Crianza con Conciencia Positiva! In this lesson,you will learn what you can do when your girl or boy refuses to follow an instruction, forgets a family rule, or behaves in an aggressive or dangerous way.  Giving clear consequences teaches girls and boys responsibility for their actions more than hitting or shouting does.  Here are four simple steps for using consequences when your boy or girl behaves disruptively:  Be Calm [Pause]  Be Fair[pause]  Be Consistent, [Pause]  And Be Positive  Asesifundze kabanti ngaletinyatselo. | Teach my Girl or Boy Consequences  BE CALM  BE FAIR  BE CONSISTENT  BANI NEMIBONO LEMIHLE |  |
| Firstly, be calm.  [phumula]  Shouting or hitting our girls and boys only makes things worse. It also teaches them that it is okay to treat others like this when they are upset.  [phumula]  Take some deep breaths, take a pause, or walk away if you need to.  [phumula]  Then, respond in a calm, clear way. | YEHLISA UMOYA  Shouting or hitting our girls and boys only makes things worse |  |
| Next, be fair.  [phumula]  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked.  [phumula]  Give a consequence connected to the behaviour. For example, if they do not pick up their toys, they cannot play with them later or the next day.  {pause]  Make sure you can follow through with that consequence. For example, tell them they can’t play with their toys today, rather than for the whole week.  [phumula]  Notice if your boy or girl is experiencing a natural consequence for their action already like they are cleaning up after making the table dirty. If so, you might not need to give them one other consequence. | Yenta lokulungile  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked |  |
| Thirdly, be consistent.  [phumula]  It is important to follow through with consequences for the rules you have set every time they do not follow them.  [phumula]  This helps your girl or boy to know what to expect, and makes it more likely that they will follow the rule.  [phumula]  Talk about the consequences for breaking household rules when you set them so that your girl or boy knows them and stick to them. | BE CONSISTENT  This helps your girl or boy know what to expect |  |
| Finally, be positive.  Praise your boy or girl every time they do actions you want to see more of. This makes them more likely to repeat this behaviour!  [phumula]  See if you can avoid giving consequences at all by redirecting them to something else before they behave badly.  [phumula]  Using consequences can be hard at first, but will get easier with practice!  [phumula]  Consequences help our girls and boys learn that their actions affect others - and to think before they act. | BANI NEMIBONO LEMIHLE  Praise your boy or girl every time they do actions you want to see more of. |  |
| When giving consequences remember:  Be calm,  Be fair,  Be consistent,  And Be positive.  Your home activity for this lesson is to praise your girl or boy for one thing you’d like them to keep doing. If your girl or boy refuses to follow instructions, you can use a fair consequence. Remember to give your girl or boy a choice to follow the instruction, before giving the consequence and respond in a calm way.  Can you praise your girl or boy for their positive behaviour today? | Teach my Girl or Boy Consequences  BE CALM  BE FAIR  BE CONSISTENT  BANI NEMBONO LOMUHLE  HOME ACTIVITY:  Praise your girl or boy for positive behaviour | Animate words to text. |

| {Lesson: Solve Problems with My Girl or Boy} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Sawubona! It is great to see you again on Crianza con Conciencia Positiva! This lesson is about learning how to solve problems with your girl or boy.  Learning how to solve problems with your girl or boy can help you avoid having to use consequences.  As girls and boys get older, they will be able to work through their problems by themselves more often.  When something happens, take a deep breath then, help your girl or boy work on the problem with these four steps:  KNOW IT,  [phumula]  SOLVE IT,  [phumula]  TRY IT,  [phumula]  and TEST IT.  Let's learn more about these steps. | Solve Problems with My Girl or Boy  KWATI  YICATULULE  SETAME  YIHLOLE | Animate words to text. |
| Step 1 is Know It.  Yibeke ngemagama lenkinga. Describe the problem as if you are explaining it to a stranger.  [phumula]  Talk to your girl or boy about what the problem is. Remember, your girl, boy or you are not the problem. Focus on the situation. | KWATI  Put the problem into words |  |
| Step 2 is to Solve It.  Together, think of possible solutions to this problem.  What could you or your girl or boy do differently in this situation in the future? | YICATULULE  Together, think of possible solutions to this problem |  |
| Step 3 is to Try It.  Choose one solution together. Try it next time you're in a similar situation. | SETAME  Choose one solution together to try next time. |  |
| Step 4 is to Test It.  Ask yourself, “Did it work?”  If yes, great! If not, talk to your girl or boy about trying another solution for next time. Use the 4 steps to find a new solution. | YIHLOLE  “Ngabe sinisebentele?” |  |
| Remember, to solve problems with your girl or boy:  [1] Know the problem by putting it into words,  [2] think of solutions to the problem together,  [3] Choose one solution and try it next time.  [4] Sihloleni lesisombululo. Ngabe sinisebentele?  Your home activity is to talk with your girl or boy about the four steps to problem-solving by reviewing this module together. Kuba nelwati lwekucatulula tinkinga yinto lekangayisebentisa imphilo yakhe yonkhe!  Ungakwenta yini loko namuhla? | Solve Problems with My Girl or Boy  KWATI  YICATULULE  SETAME  YIHLOLE  HOME ACTIVITY:  Talk with your girl or boy about the four steps to problem solving |  |

| {Lesson: Knowing Everyone’s Role} | | |
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| Umbhalo | Embhalweni wesilayidi | Emanotsi abopopayi |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Caregivers, girls and boys have a role to play in the household. Your girl’s or boy’s role is to learn from their caregivers what to do and what not to do. As a caregiver, your role is to care for your girl or boy, keep them safe, and teach them how to behave in the world.  Let’s continue to learn more about the four tips to help you know what your role is as your girl’s or boy’s caregiver and to teach them their role, too. | Knowing Everyone’s Role |  |
| To kick things off, know your role  As a caregiver, your role is to make sure your girl or boy has enough healthy food,  [Phumula]  has the clothes they need,  [phumula]  stays safe from harm,  [phumula]  has opportunities to go to school,  [phumula]  has medical attention when sick  [Phumula]  contributes to family needs, like doing chores,  [Phumula]  learns the traditions and values you wish them to have, such as honesty,  [Phumula]  has opportunities to express themselves,  [Phumula]  has opportunities to play,  [Phumula]  and feels loved and supported, no matter what. | KNOW YOUR ROLE  Make sure your girl or boy:   has enough healthy food,  has the clothes they need,  stays safe from harm,  has opportunities to go to school,  has medical attention when sick  contributes to family needs, like doing chores,  learns the traditions and values you wish them to have, such as honesty,  has opportunities to express themselves,  has opportunities to play, and  feels loved and supported, no matter what. | Animate words to text. |
| Secondly, teach.  Tell Your girl or boy what their role in the family is. This can include:  [phumula]  doing age-appropriate chores, like putting their toys away, making their beds, and sorting laundry,  [Phumula]  cooperating when their caregivers ask something of them,  [phumula]  being respectful to others in the family,  [phumula]  going to school and doing their homework,  [phumula]  and being part of family decisions. | TEACH  Tell your girl or boy what their role in the family is | Animate words to text. |
| Next, do as I do.  Your girl or boy will learn from your actions much more than from the words you tell them. They notice more than you might think! Treat your girl or boy and those around you in the way you would want them to act: with respect, kindness, patience, and love.  Shouting at or hitting your girl or boy will only teach them to hit others when they are upset. Talk to them calmly and set a clear consequence so they learn to be calm with themselves and with others. If you are feeling intense emotions, like feeling upset or stressed, take a pause to care for yourself and then talk with your girl or boy.  You can learn more about consequences in the course Manage My Girl’s or Boy’s Behaviour. | DO AS I DO  Your girl or boy will learn more from your actions than your words | Animate words to text. |
| Finally, notice.  Notice what your girl or boy enjoys doing and help them do more of it. If they feel as if their needs and interests are respected, they are more likely to do their chores in the home willingly!  Notice and praise them when they do the tasks that are their responsibility so they learn what is expected of them. This way, they are more likely to do it again. | NOTICE  Notice what your girl or boy enjoys, and praise them for doing their tasks | Animate words to text. |
| Your home activity is to talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion. This shows them they are a valued member of your home.  Unaso yini sikhatsi sekukwenta loku namuhla? | Knowing Everyone’s Role  HOME ACTIVITY  Talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion |  |

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