ISihlomelo 12: Udliwano-ndlebe lweModyuli yoKhuseleko lwaBantwana ye-SWIFT: Abathathi-nxaxheba

Ingxelo:

Molo apho. Enkosi ngokwenza ixesha lalomnxeba, ayizokuthatha ngaphayana kwemizuzu engamashumi amane anesihlanu - kwiyure enye. Ingaba lixesha elilungileyo ukuba sithethe? Singathanda ukuva malunga namava akho emodyuli yesibini kwinkqubo ye-PatentText, egxile ekugcineni umntwana wakho ekhuselekile.

Sizakube siwushicilela lomnxeba wefowuni, ukuze sikwazi ukukhumbula iimpendulo zakho, kodwa igama lakho kunye neempendulo zakho sizakuzigcina ziyimfihlo kwaye ziyakujongwa kuphela liqela lophando. Emva kodliwano-ndlebe, ushicilelo luzakubhalwa, okanye kubhalwe phantsi, emva koko icinywe. Inkcukacha ebhalwe phantsi izakugcinwa ngokukhuselekileyo kwi Khompuyutha ekhuselwe ngenombolo. Ingaba ndinayo imvume yakho yokushicilela udliwano-ndlebe?

Akukho zimpendulo zilungileyo okanye zingalunganga. Ungatsiba nayiphi na imibuzo oziva ungakhululekanga ukuyiphendula. Ungakwazi nokuyimisa lencoko nanini na ukuba uyafuna. Ukuba uthatha isgqibo sekuphambili ukuba ungathanda igalelo lakho lisuswe koluphononongo, ungaqhagamshelana neqela lophando nge-imeyile kude kube [ngumhla oza kumiselwa].

Uyayiqonda lento ndigqiba ukuyichaza? Unayo nayiphi na imibuzo? Singaqalisa?

**Ingaba uwenzile umxholo womntwana ofikisayo/okwishumi elivisayo (oneminyaka elishumi - kwishumi elinesixhenxe) okanye umntwana (oneminyaka emibini - elithoba)?** (Qiniseka ukuba ubuza imibuzo ehambelanayo echanekileyo kwimibuzo emine kuxhomekeka baphendula kanjani apha)

1. Imodyuli yesibini kwi-ParentText yayingokugcinga umntwana wakho ekhuselekile. Yeyiphi ingxenye yala modyuli eyaphuma phambili kuwe? Ukhumbula ntoni?
   1. Uthande ntoni malunga nale modyuli?
   2. Yintoni ongakhange uyithande ngale modyuli? Singayenza njaniibe ngcono?
2. Ucinga ntoni ngokuhlekisayo, iingcebiso kunye nemizekelo esetyenzisiweyo kule modyuli?
   1. Ibeluncedo kanjani?
   2. Ingaba ivakele ibalulekile kuwe kunye no sapho lwakho? Kanjani?
   3. Ibikhona nantoni na engenye obucinga idinga ukutshintshwa ukufanelana nenkcubeko or yokuhlala?
3. Yeyiphi kwii ngcebiso okanye kwimisebenzi oyikhumbulayo ukusuka kwi modyuli yokugcina umntwana wakho ekhuselekile?
   1. Kutheni lento iphume phambili kuwe nje?
4. Umntwana ofikisayo (Ndicela uye kumbuzo wesine owenzelwe abantwana)

Ukuba kulungile kuwe, Ndingathanda ukuhamba nawe kwisifundo ngasinye sosuku ukuze sixoxe ngamava akho. Kungakuhle ukuba ungaphawula ngento oyikhumbulayo malunga naso, yintoni oyithandileyo malunga naso, kwaye yintoni ongayithandanga:

(buza lemi ‘buzo’ ingezantsi emva kokuba umnikile umthathi-nxaxheba ithuba lokuba aphendule umbuzo ngamnye)

* 1. Yintoni ephuma phambili kuwemalunga ne ‘sifundo sokhuseleko’ ekuhlaleni?

Buza – Ubukhe wanayo ingxoxo nomntwana wakho malunga nokhuseleko ekuhlaleni emva kwesisifundo? Uphendule kanjani?

* 1. Yintoni ephuma phambili kuwe malunga ne ‘sifundo sokhuseleko’ kwi-intanethi?

Buza– ibikhona nantoni na entsha esisifundo esithe sakwenza ucinge malunga nayo? Ebekhona na nawaphi amanyathelo amatsha owathathileyo nomntwana wakho ofikisayo ngenxa yaso (umz. imithetho okanye iincoko, njalo-njalo)?

* 1. Yintoni ephuma phambili kuwe malunga ne ‘sifundo sokunqanda ’ ukuxhatshazwa ngokwezesondo?

Buza - Uyifumanise injani indlela i-chatbot “ebithetha” ngayo malunga nalomba?

Buza - Ingaba uziva ngathi esi sifundo kukhona into esiyiphosileyo efanelekileyo okanye ebalulekileyo kuwe xa ucinga malunga nokunqanda ukuxhatshazwa ngokwezesondo? Ungayicacisa impendulo yakho?

* 1. Yintoni ephuma phambili kuwe malunga ne‘sifundo sokuphendulakwii’ ngxaki?

Buza – Emva kokwanza esisifundo, belikhona ixesha apho ufumanise ukuba ungazisebenzisa ezi zakhono ukuphendula kwingxaki nomntwana wakho? Ihambe njani le nto?

4. Umntwana

Ukuba kulungile kuwe, Ndingathanda ukuhamba nawe kwisifundo ngasinye sosuku ukuze sixoxe ngamava akho. Kungakuhle ukuba ungaphawula ngento oyikhumbulayo malunga naso, yintoni oyithandileyo malunga naso, kwaye yintoni ongayithandanga:

(buza lemi ‘buzo’ ingezantsi emva kokuba umnikile umthathi-nxaxheba ithuba lokuba aphendule umbuzo ngamnye)

1. Yintoni ephuma phambili kuwe malunga ne ‘sifundo sokhuseleko’ ekuhlaleni?

Buza – Ubukhe wanayo ingxoxo nomntwana wakho malunga nokhuseleko ekuhlaleni emva kwesisifundo? Uphendule kanjani?

1. Yintoni ephuma phambili kuwe malunga ne ‘sifundo sokhuseleko’ kwi-intanethi?

Buza– ibikhona nantoni na entsha esisifundo esithe sakwenza ucinge malunga nayo? Ebekhona na nawaphi amanyathelo amatsha owathathileyo no mntwana wakho ngenxa yaso (e.g. imithetho okanye iincoko, njalo-njalo)?

1. Yintoni ephuma phambili kuwe malunga nesifundo 'Sokufundisa ngokuphatha okukhuselekileyo'?

Buza - Ingaba ikwenze wacinga ngokwahlukileyo kwaphela malunga nendlela onxulumelana ngayo nabantwana bakho? Kanjani?

1. Yintoni ephuma phambili kuwe malunga ne‘sifundo sokuPhendula’ kwingxaki?

Buza – Emva kokwanza esisifundo, belikhona ixesha apho ufumanise ukuba ungazisebenzisa ezi zakhono ukuphendula kwingxaki nomntwana wakho? Ihambe njani le nto?

1. Uzive njani uthetha nomntwana wakhomalunga nokhuseleko kule modyuli? Zeziphi izifundo owabelane ngazo nomntwana wakho? Kwaye ziziphi ongakhange?
   1. Izinto ongakhange uthethe naye malunga nazo – Yintoni ocinga ikunqandile? Ingaba ikhona into engafakelelwa kule nkqubo ukuxhasa wena ukwazi ukwenza ezincoko?
   2. Izinto ozithethileyo kubo malunga nazo - Kutheni bezilula zona? Yintoni lena ekuncedileyo ukuba ubenazo ezincoko?
2. Zeziphi iinguqu ozibonileyo ekugcineni umntwana wakho ekhuselekile?
   1. Xa ubusebenza kule modyuli, yintoni ethe yakuzisela yona wenamhlawumbi obungayazi ngaphambili?
   2. Bezikhona izinto ezithe zavela emva kokwenza le modyuli othe waziva ukulungele ngakumbi ukuzilawula? Ndicela usichazele?
   3. Ingaba ikhona into obunqwenela ukuba ibifakiwe e bingakhange ifakwe?
   4. Ingaba umntwana wakho uye wabelana nawe nangantoni na ebonisa ukuba umxhlolo wale modyuli ubeluncedo kuye?
3. Ngaba uye wasebenzisa imenyu ekuthunyelwa kuyo nantoni na ngelixa usenza le modyuli?
   1. Ingaba ungathanda ukwabelana nam ngokuba ibiyintoni leyo?
   2. Ingaba incedile? Ngawaphi amanyathelo othe wawathatha emva kokuba ufikelele kulwazi nge chatbot?
   3. Belukhona ulwazi ozive ucinga ukuba luyashota kwela phepha loncedo cingela imodyuli yokugcina umntwana wakho ekhuselekile?

Ukuxoxa

Ingaba ikhona nantoni na esingakhange sithethe malunga nayo ongathanda siyazi?

Ukuba kukhona nantoni na ekwenze waziva unexhala okanye ungazinzanga ngelixa usenza udliwano-ndlebe, khumbula usenako ukufikelela kwezithunyelwayo kwinkqubo ngokubhala 'nceda'. South African Depression and Anxiety Group (SADAG) inokuba lukhetho olulungileyo. Ukuba unayo nayiphi na eminye imibuzo malunga noluphononongo usengasithumelela WhatsApp okanye i-imeyile. Inkcukacha zethu zoqhagamshelwano zikwi fomu yemvume ebesikuthumelele yona.

***Sifikelele esiphelweni sodliwano-ndlebe lwethu***. ***Enkosi kwakhona ngokuthatha ixesha uthethe nathi namhlanje. Iimpendulo zakho zibeluncedo kakhulu!***