

# COVID-19 Malezi Kuweka chanya

Ni vigumu kujihisi chanya wakati watoto au vijana wetu wanatuendesha visivyo. Maranyingi sisi husema "acha kufanya hivyo!" Lakini watoto kwa wakati mwingi wanaweza kufanya yale tutawauliza iwapo tutawapa maelekezo chanya na sifa nyingi kwa yale waliofanya vizuri.

## Sema tabia unayotaka kuona

- Tumia maneno chanya unapomwambia mwanao cha kufanya; - kwa mfano 'Tafadhali weka nguo mbali/kando' (badala ya kufanya fujo)

## Yote ni katika utoaji

- Kumpigia mwanao kelele kutakufanya wewe na wao kuzidiwa na msongo wa mawazo na hasira. Pata umakini wa mwanao kwa kutumia jina lake. Ongea kwa sauti ya utulivu.

## Msifu mwanao anapoonyesha mwelekeo mzuri

Jaribu kumshukuru mwanao au kijana kwa jambo walilotenda vyema. Kunawezekana wasionyeshe, lakini utawaona wakitenda lile jambo jema tena. Litawahakikishia kwamba umeona na kua unajali



## Kua halisi

- Mtoto wako anaweza kufanya unacho wauliza? Ni vigumu sana kwa mtoto kunyamaza kimya ndani kwa siku nzima lakini labda wanaweza kunyamaza kwa dakika 15 ukiwa kwenye simu.



## Msaidie kijana wako aendelee kuunganishwa

Vijana haswa wanahitaji waweze kuwasiliana na rafiki zao. Msaidie kijana wako aunganishwe kupitia mitandao ya kijamii na njia salama za umbali wakijamii. Hili ni jambo mnaloweza kufanya pamoja, pia!

For more information click below links:

Parenting tips  
from WHO

Parenting tips  
from UNICEF

In worldwide  
languages

EVIDENCE-BASE



The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPPAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.