4 COVID-19 Malezi
Tabia mbaya

Watoto wote hufanya tabia mbaya. Ni kawaida watoto wakiwa wachovu, wenye njaa, na hofu ama wanajifunza uhuru/kujitegemea. Na wanaweza kutufanya tuwe wenye msongo wakiwa pale nyumbani.

Jaribu kuelekeza

- Shika tabia mbaya mapema na uelekeze umakini wa mwanao kutoka tabia mbaya kwenda tabia nzuri.
- Izuie kabla haijaanza! Wanapoanza kuwa wenye mahangaiko, unaweza ukawavuruga/badilisha na kitu kinachowavutia ama cha furaha: "Njoo, tucheze mchezo pamoja!"

Chukua pumziko

- Unajisikia kama kupiga mayowe? Jipe sekunde 10 za pumziko. Vuta pumzi nje na ndani kidogo kwa dakika tano. Kisha jibu kwa njia tulivu.
- Mamilioni ya wazazi husema kua hili husaidia - SANA.

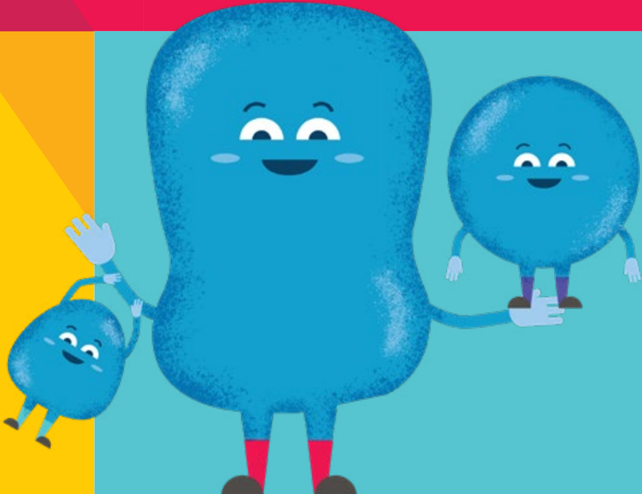
Tumia matokeo

Matokea husaidia kuwafunza watoto uwajibikaji kwa yale wanayofanya. Pia inaruhusu nidhamu iliyodhibitiwa. Hii ni bora zaidi kuliko kuchapa/ kupiga ama kupiga kelele.

- Mpe mwanao chaguo la kufuata maagizo kabla ya kuwapa matokeo.
- Jaribu kuwa mtulivu wakati unapopeana matokeo.
- Hakikisha unaeza fuata matokeo. Kwa mfano, kuchukua simu ya kijana kwa wiki moja ni vigumu kutekeleza. Kuchukua kwa saa moja inaweza kutekelezwa.
- Punde matokeo yameisha, mpe mwanao fursa ya kufanya jambo nzuri na uwasifu kwa jambo hilo.

Zidi kutumia vipengel 1-3

- Wakati wa mtu na mtu, msifu kwa kuwa mzuri, na ratiba thabiti zitapunguza tabia mbaya.
- Wape watoto wako na vijana kazi rahisi na majukumu. Hakikisha ni kitu wanachoweza kufanya. Na uwasifu watakapofanya hivyo!



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