

6 COVID-19 PARENTING Ukuxoxisana ngeCOVID-19

Woba lesifiso sokuxoxa. Kukhona asebekuzwile. Ukuthula lokufihla izinto akuvikeli abantwana. Iqiniso lokuxoxisana kuyabavikela. Cabangisisa ngokuthi bengazwisisa kanganani. Nguwe obazi ngcono

Khululeka ekuxoxeni njalo ubalalele

Vumela abantwana ukuthi bekhululeke ekuxoxeni. Ubabuze imibuzo edinga ukuthi bechasisise ukuze ubekwazi ukuthi bazi okunganani

Ubaphumele egcekeni, ubatshela iqiniso

Uphendule imibuzo yabo eqiniseni. Unanzelele ukuthi abantwana bakho banganani, lokuthi bengazwisisa okunganani

Ubasekele

Umntwana engabe eyethukile, elokwesaba kumbe ekhathazekile. Umnike isikhathi sokuthi axoxe ngokuthi uzwa njani, ezizwe ekhululekile esazi ukuthi ukhona ekumsekeleni

Zinengi izinto ezikhulunywa mayelana lomkhuhlane weCOVID-19

Ezinye zakhona ziyabe zingasiqiniso. Sebenzisa ezithembakalayo.
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
and

<https://www.unicef.org/coronavirus/covid-19>
from WHO and UNICEF.

Ukungazi impendulo yeminye imibuzo akusinto embi

Kuqondile lakho ukuthi 'Asikwazi, kodwa sizadingisisa....'; kumbe asikwazi, kodwa besicabanga ukuthi....' Sebenzisa lelithuba ukufunda izinto ezintsha lomntwana

Woba yintshantshu hatshi ingqwele

Bachasisela ukuthi iCOVID-19 ayila kuthi umuntu ukhangeleka kanjani, ukuthi ngowangaphi, ukhuluma limi bani. Batshela ukuthi kufuze bebelozwelo ebantwini abaphathekileyo lalabo ababanakekelayo

Dinga indaba zabantu abadinga indlela zokuqeda umkhuhlane lowu labakhangele abagulayo

Qeda ngendlela enhle njalo ejabulisayo

Ukhangele ukuthi umntwana kaphambanisekanga. Umkhumbuze ukuthi uyamakekela njalo ukuthi engaxoxisana lawe ngaloba yisiphi isikhathi. Selingenza into elijabulisayo lonke

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