4 COVID-19 Ulezi Tabia mbaya

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

Jaribu kuelekeza

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

Chukua pumziko

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

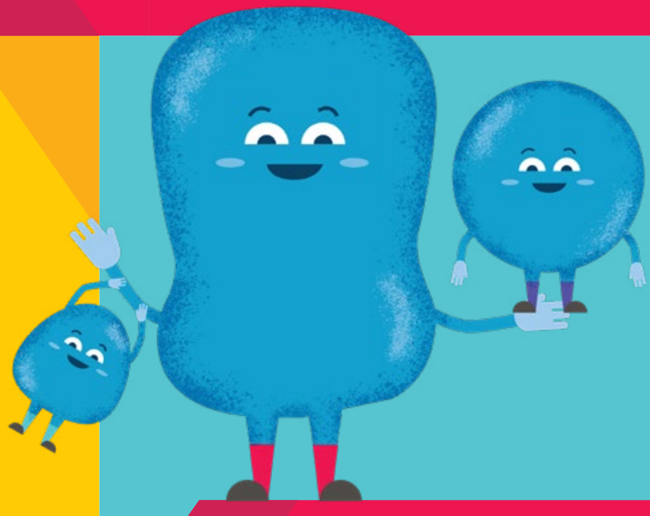
Tumia matokeo

Matokea husaidia kuwafunza watoto uwajibikaji kwa yale wanayofanya. Pia inaruhusu nidhamu iliyothibitiwa. 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, kuweka mbali simu ya kijana kwa wiki moja ni vigumu kutekeleza. Kuweka mbali 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 moja-kwa-moja, 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!



For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

World Health Organization
unicef for every child
End Violence Against Children
INTERNET OF GOOD THINGS
PARENTING FOR LIFELONG HEALTH
USAID FROM THE AMERICAN PEOPLE
ACCELERATE ADOLESCENT SUCCESS AFRICA
CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, Rand Merchant Bank Fund, the ApexHi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.