

6 Kgodiso le thuto ya ngwana ka COVID-19

Go bua ka COVID-19

Etleetsega go bua. Ba katswa ba setse ba utlwile sengwe. Tidimalo le sephiri gae kake ya sireletsa bana ba rona. Boammaaruri le go phuthologa go ka dira seo. Akanya gore go gontsi go kae gore baka tlhologanya. O ba itse botoka!

Phuthologa gape o reetse

Letla ngwana wa gago go bua ka tshosologo. Ba botse dipotso o bone gore ba setse ba itse gole kae.

Nna le boammaaruri

Araba dipotso tsa bone ka boammaaruri ka dinako tsotlhe. Akanya ka dingwaga tsa ngwana wa gago le gore oka tlhologanya gole kae.

Nna le kemo nokeng

Ngwana wa gago o katswa a tshogile gape a etsaetsegile. Bafe sebaka sa gore ba abelane kafa ba ikutlwang ka teng gape o ba letle gore ba itse gore o teng ka nako tsotlhe goba thusa.

Go na le dipolelo tse dintsi tse di phatlaladiwang

Tse dingwe di ka se nne le boammaaruri.

Dirisa metswedi e e tshephegang: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> le <https://www.unicef.org/coronavirus/covid-19> mo makalaneng a WHO le UNICEF

Go siame go tlhoka go itse dikarabo tsotlhe

Go siame go bua gore "Ga re itse, mme re a ithuta; kana ga re itse mme re a akanyetsa." Dirisa e le sebaka sengwe se sesha le ngwana wa gago go ithuta

Bagaka e seng bakgerisi/ba ba dikgoka

Tlhalosa gore COVID-19 ga e ye ka gore ditebego tsa motho ke dife; gore ba tswa kae, kana puo e ba e buang ke efe. Bolelela ngwana wa gago gore re ka nna bopelotlhomogi mo bathong ba ba lwalang le batlhokomedi ba bone.

Batla dipolelo tsa batho ba ba mo tirong go emisa tlhagogo ya bolwetsi le ba ba tlhokomelang balwetsi.

Wela ka dintlha tse di molemo

Tlholo gore a ngwana wa gago o siame. Ba gakolole gore o kgathala ka bone mme baka bua le wena nako e ba eletsang. Dirang sengwe se se itumedisang mmogo!

Tobetsa fa go itse gole gontsi ka dintlha tsa kgodiso le thuto ya ngwana!

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from WHO

Parenting tips
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Dipuo tse
dingwe

Bosupi



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