6 COVID-19 Malezi
Mazungumzo kuhusu COVID-19

Kuwa unayetaka kuzungumza. Watakuwa tayari washasikia kitu. Kunyamaza na kuweka siri hakutawalinda watoto wetu. Uaminifu na kuzungumza kutawasaidia. Fikiria jinsi wataweza kuelewa, kwa vile wewe unawaelewa vyema.

Kuwa muwazi na sikiliza

Ruhusu mtoto wako azungumze waziwazi. Waulize maswali ya wazi ili kujua ni yapi wanayoyajua tayari.

Kuwa muwazi na sikiliza

Kila mara jibu maswali yao kwa ukweli. Fikiria kuhusu umri wa mwanao na jinsi wanavyoweza kuelewa.

Kuwa msaidizi

Mwanao aweza shikwa na taharuki au akachanganyikiwa. Waruhusu waweze kujieleza hisia zao na wajue kwamba wewe uko hapo kwa ajili yao.

Ni sawa kutokuwa na majibu

Ni sawa kusema, "hatujui lakini tunalishughulikia, ama hatujui lakini tunafikiri." Tumia hiyo kama fursa ya kujifunza kitu kipya na mtoto wako.

Shujaa siyo wanyanyasaji

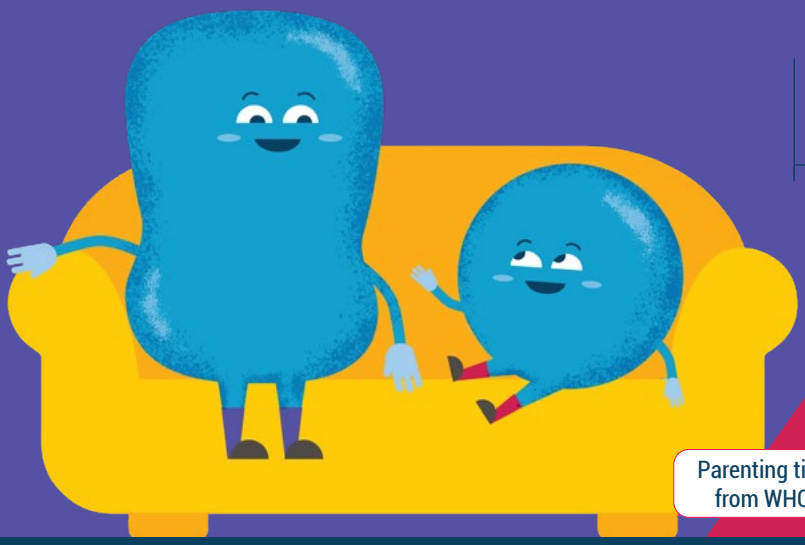
Waeleze kuwa COVID- 19 haina uhusiano wowote na sura ya mtu, anakotoka ama lugha anayozungumza. Mwambie mwanao kuwa tunaweza kuwafariji wagonjwa pamoja na wale wanaowatunza.

Tafuta hadithi za watu wanaojishughulisha kuzuia janga la ugonjwa wa COVID-19 pamoja na wale wanowashughulikia walioabukizwa

Kuna hadithi nyingi zinazosambazwa

Baadhi ya hadithi labda si za kweli. Tumia tovuti zinazoaminika kutoka kwa UNICEF ama WHO:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public;
https://www.unicef.org/coronavirus/covid-19



Malizia kwa hali ya kuvutia.

Chunguza iwapo mwanao yuko sawa. Wakumbushe kwamba unawajali na kwamba waweza kukuongelesha wakati wowote. Kisha fanyeni jambo la kufurahisha pamoja.

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

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