

3 Kaleredwe ka ana munyengo ya COVID-19 Ndondomeko

COVID-19 yatichotsera ndondomeko ya ntchito zathu za tsiku ndi tsiku, zapakhomo ndi zakusukulu. Izi ndizovuta kwa ana ang'onoang'ono, ana achisodzera ndi inu. Kupanga ndondomeko yatsopano kungathandize.

Kupanga ndondomeko yololerana komanso yosasinthasintha ya tsiku ndi tsiku

Pangani mndandanda wa ntchito wa inu ndi ana anu wokhala ndi nthawi yochitira ntchito komanso nthawi yapadera yochita zinthu zina. Izi zingathandize ana kumva kutetezeka ndi ku chita khalidwe labwino.

Ana ang'ono kapena ana achisodzera angathandize kupanga mapulani andondomeko ya ntchito za patsiku - monga kupanga ndondomeko ya ntchito za kusukulu. Ana angathe kutsatira bwino ndondomeko ya ntchito ngati atenga nawo mbali popanga.

Ikanipo masewera olimbitsa thupi pa ndondomeko ya tsiku lililonse - izi zimathandiza kuchotsa nkawa ndi kuti ana azikhala amphamvu pakhomo.



Ndinu chitsanzo cha khalidwe la mwana wanu

Ngati mukuonetsera kukhala motalikirana ndi kuchita ukhondo pa inu nokha, ndi kuchitira anthu ena chifundo monga odwala kapena ovutika - ana anu ang'ono ndi achisodzera adzaphunzira kwa inu.

Phunzitsani ana anu kuti azikhala motalikirana moyenera

Ngati ndizotheka mdziko lanu, tengerani ana panja.

Mungathenso kulemba makalata ndi kujambula zinthunzi ndikugawana ndi anthu ena. Ikani makalata ndi zinthunzi zanu panja pa nyumba yanu kuti ena azione!

Mukhoza kutsimikizira mwana wanu polankhulapo pa zomwe mukuchita pofuna kukhala otetezeka. Mvetserani maganizo awo ndipo musawatenge mwachibwana.

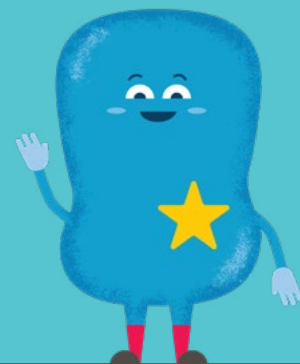
Pangitsani kuti kusamba mmanja ndi ukhondo zikhale zosangalatsa

Pekani nyimbo yosambira mmanja ya 20-seconds. Wonjezerani zochitika zina pogwiritsa ntchito thupi! Perekani mapoyitsi kwa ana ndi kuwayamikira akamasamba mmanja pafupipafupi.

Pangani masewera (gemu) yoonetsa kuchepetsa nthawi zogwira kumaso kwathu ndipo perekani mphatso kwa omwe agwira kumaso kwawo nthawi zochepe (mungathe kuwerenga kwa wina aliyense).

Pakutha pa tsiku lililonse, tengani mphindi imodzi ndikulingalira za tsikulo.

Uzani mwana wanu za chinthu chimodzi chabwino cholimbikitsa kapena chosangalatsa chimene chinachitika.



Sindikizani apa kuti mudziwe zambiri za upangiri wa kaleredwe ka ana:

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