2 COVID-19 Ulezi Kuweka chanya

Ni vigumu kujihisi chanya wakati watoto au vijana wetu wanatuendesha visivyo. Maranyingi sisi husema "acha kufanya hivyo!" Lakini watoto kwa wakati mwingi wanaweza kufanya yale tutawauliza iwapo tutawapa maelekezo chanya na sifa nyingi kwa yale waliofanya vizuri.

Sema tabia unayotaka kuona

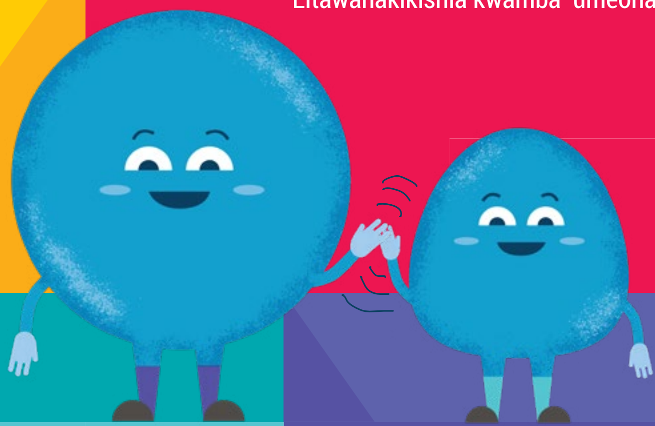
Tumia maneno chanya unapomwambia mwanao cha kufanya; - kwa mfano 'Tafadhali weka nguo mbali/kando'(badala ya kufanya fujo)

Yote ni katika utoaji

Kumpigia mwanao kelele kutakufanya wewe na wao kuzidiwa na msongo wa mawazo na hasira. Pata umakini wa mwanao kwa kutumia jina lake. Ongea kwa sauti ya utulivu.

Msifu mwanao anapoonyesha mwelekeo mzuri

Jaribu kumshukuru mwanao au kijana kwa jambo walilotenda vyema. Kunawezekana wasionyeshe, lakini utawaona wakitenda lile jambo jema tena. Litawahakikishia kwamba umeona na kuwa unajali

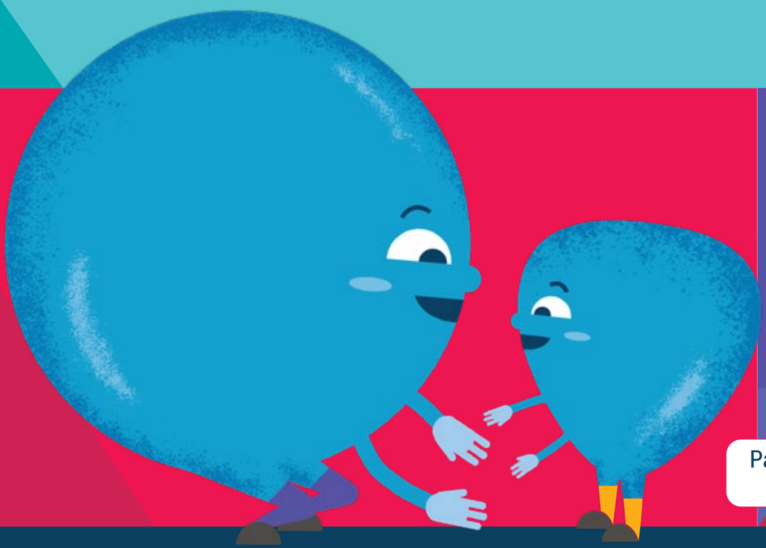


Kua halisi

Mtoto wako anaweza kufanya unacho wauliza? Ni vigumu sana kwa mtoto kunyamaza kimya ndani kwa siku nzima lakini labda wanaweza kunyamaza kwa dakika 15 ukiwa kwenye simu.

Msaidie kijana wako aendelee kuunganishwa

Vijana haswa wanahitaji waweze kuwasiliana na rafiki zao. Msaidie kijana wako aunganishwe kupitia mitandao za kijamii na njia salama za umbali wakijamii. Hili ni jambo mnaloweza kufanya pamoja, pia!



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