

# Indlela yoku sekela ukungatjhidelani

## Kubayini kutlhogeka bona singatjhidelani?

Yinye yeendlela ezihle zokukhandela ukusabalala kwe-Coronavirus kuphungula ukungatjhidelani. Lokhu kungebanga lokobana ubulwelwe bungasabalala ngokuba seduze nothileko osulelekileko, namkha ngokuthinta ingaphezulu lezinto namkha izinto ezisetjenziswe mumuntu osulelekileko bese sithinta ubuso.

## Sitjho ukuthini ngokungatjhidelani?

Ehlelweni lakho le-ECD, ukungatjhidelani kutjho ukusekela abentwana kobana bangathintani kanye nokuzama bona bahlukane ngemitha li-1. AkukaFANELI kutjho ukutjhiya abentwana bangenzi litho, namkha ukungavumeli abentwana badlale.



## Ukubeka abentwana phambili

Umthetho uthi itjhejo elihle lomntwana kufanele kube ngesikuqalelele ntanzi ngasosoke isikhathi. Ukusiza abentwana abancani kobana bahlale ngokuhlukana ngemitha yi-1 kusitjhijilo ngombana umuzwa wabo wemvelo kudlala nokukhulumisana. Yeke-ke into eqakatheke kwamambala kukobana lokhu kwenziwa ngendlela elungileko nelungele abantwana. Akutshwenyi nangabe kwesinye isikhathi abentwana bayakhohlwa – ukukhunjuzwa ngendlela enobuntu ngikho okufunekako.

**Ukugcina abentwana baphephile kuqakathekile kodwana ihlelo le-ECD akukafaneli libe yindawo yemithetho eqinileko namkha yindawo ethusako. Ukudlula nini nanini abentwana batlhoga indawo etjhejako, evikelekileko nethabisako.**

## Ukuhlala endawenethu!

Khumbula ukwenza lokhu kuthabise! Ekuthomeni, siza abentwana bazwisise ukungatjhidelani ngokubabawa bona basikime bese balulela imikhono yabo ngemaqadi. Kwanjesi bababwe bajike benze indulungu. Bahlathululele bona leyo yindawabo. Omunye nomunye abahlangana naye ongahlali nabo, unendawakhe begodu kufanele bazame ukungayi endaweni yomunye umuntu!

## Eminye imibono

**Gcina iinqhema zizincani.** Hlukanisa isiqhema sakho sabentwana ngeenqhema ezincani kobana abentwana bakghone ukudlala nabanye kodwana bangabi boke esiqhemeni sinye esikhulu. Zama ukugcina iinqhema lezi zifana komunye nomunye umhlangano.

**Tlamba iinkhala ezihlukeneko eziphephileko zokudlala.** Hlela isikhala ngeendawo ezihlukeneko zokudlala bese ukhuthaza abentwana bona batjho bona bathanda ukudlalela kuphi. Zama ukugcina abentwana besiqhema sinye babancani.

**Phungula ukuthintwa kwamathoyi ne ezisetjenziswa ngiwo woke umuntu.** Lemuka bona ngiziphi izinto ezingathintwa zizandla ezincani ezinengi! Zama ukuphungula lokhu ngokunikela abentwana izinto zabo – isib. ukunikela umntwana ngamunye amakhrayoni ama-2 kunokuvumela abentwana bona bakhethe ewobhini yamakhrayoni. Nangabe uzombisa abentwana hlangana neendawo zokudlalela, sanithayiza kuhle zoke izinto ntanzi.