

Indlela Efanayo Yokusebenza kunye Nemiyalelo kaRhulumente Kwiindawo eziNeenkqubo ze-ECD: Ushwankathelo nezinto ezimele zenziwe

Olu lushwankathelo Lwendlela Efanayo Yokusebenza kunye Nemiyalelo emayela nokuvulwa kweendawo ze-ECD ikhutshwe Lisebe Lezophuhliso Loluntu. Siye sawajika la maxwebhu sawenza Uluhlu lwezinto emazenziwe ukuze ukwazi ukusebenza ngalo. Yonke into ekufuneka uyenzile ikolu luhlu lwezinto ezifuna ukwenziwa. Imiyalelo Yendlela Efanayo Yokusebenza epheleleyo inamanye amacebo kunye nezikhokhelo. Ukuba ufuna ukuyifunda, ungafikelela kuyo kunye Nemiyalelo ngokuya ku smartstart.org.za ngaphandle kokusebenzisa idatha.

Imiyalelo Yendlela Efanayo yokusebenza iqulethe iintlobo ezimbini zamanyathelo:

- Amanyathelo ekumele uwenze ngaphambi kokuba uphinde uvule. Izinto ezininzi ziyafana nezo zikuluhlu lwezinto omawuzenze ezikwiFomu Yokuzihlola. Ungaxhali, phinda uzitikishe apha kwakhona ukuze uqinisekise ukuba uzenzile.
- Amanyathelo omele uwenze yonke imihla. Ezi zizinto ekufuneka ukhumbule ukuzenza ngokuthe rhoqo. Kuza kuba nzima ukukhumbula yonke into, ngoko ke lugcine kufutshane olu luhlu ukuze umane ubuyela kulo rhoqo.

Khumbula, umqeqeshi wakho we-SmartStart ulapha ukukunceda. Ukuba kukho nantoni na ongayiqondi okanye ofuna inkxaso ngayo, vele umtsalele umnxeba.

1. Amanyathelo Ayintloko

Eli candelo lithetha ngamanyathelo ayintloko ekufuneka uwathathe ukuze wenze indawo yakho ilungele ukuphinda uvule kwakhona.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Yenza ugqibe iFomu Yokuzihlola uze uyifake (cela Umqeqeshi wakho ukuba kuyimfuneko)	
Gqiba uqeqesho lwakho lwe-SmartStart lokuphinda uvule	
Sayina uze ubonise Isiqinisekiso Sokuthobela (siyafumaneka kwiwebhusayithi ye-SmartStart)	
Sayina uze ubonise Isicwangciso Somsebenzi (siyafumaneka kwiwebhusayithi ye-SmartStart)	
Ukuba unabantu abakuncedisayo okanye abanye abantu abakusebenzelayo, dibana nabo uze ubachazele ngamanyathelo amatsha kunye nezi ndlela zokusebenza (jonga Icandelo 2 ngezantsi)	
Qinisekisa unezinto zokucoca ezaneleyo, isepha kunye neemask ezaneleyo (zibe yi-2 kumsebenzi ngamnye, yaye zibe yi-6 ezabantwana)	
Yicoce kakuhle indawo yakho, izixhobo kunye nezinto zokudlala	
Qinisekisa ukuba amanzi acocekileyo okusela, okuhlamba izandla nawokucoca akho ngokwaneleyo	

2. Ukuqeqesha abasebenzi nokubaxhasa

Eli candelo limalunga nokunceda abantu abakuncedisayo kunye nabanye abasebenzi ukuba baqonde la manyathelo matsha kunye neendlela zokusebenza ekuza kufuneka bazisebenzise yonke imihla. Kuza kufuneka ucwangcise intlanganiso ekhethekileyo ukuze ubaxelele ngezi zinto ngaphambi kokuba uphinde uvule indawo yakho – olu luhlu lungezantsi lwezinto omawuzenze lubonisa izinto omawuzenze kuloo ntlanganiso.

Ukuba awunabantu bakuncedisayo okanye abanye abasebenzi, kufuneka nje uqinisekise ukuba ulugqibile uqeqesho lwe-SmartStart lokuphinda uvule.

Yintoni ekufuneka uthethe ngayo kwintlanganiso nabasebenzi/xa ubaqeqesha?	Ndikwenzile oku ✓
Sebenzisa iipowusta ze-SmartStart ukuze uxelele abasebenzi mayela: <ul style="list-style-type: none"> • Amanyathelo okunqanda ukusasazeka kokosuleleka • Ukuhlamba izandla • Ukujonga iimpawu – nokuthatha amanyathelo afanelekileyo • Ukufundisa abantwana ngendlela yokuziphatha ebalulekileyo ukuze bancedise ekunqandeni ukusasazeka 	
Thethani nize nivumelane ngeendlela zokucoca yonke imihla iindawo zokufundela, izixhobo kunye namagumbi angasese	
Sebenzisa amanqaku Esikhokhelo se-SmartStart ukuxelela abasebenzi mayela: <ul style="list-style-type: none"> • Ukuhlola iimpawu yonke imihla • Ukusebenzisa iimask • Ukuqelelana • Ukuthetha abantwana ngeCoronavirus • Ukutshintsha indlela yesiqhelo ye-SmartStart 	
Thethani nize nivumelane ngendlela yokulawula ukufika nokuhamba kwabantwana	
Thethani nize nivumelane ngendlela yokubeka abantwana kumaqela amancinane	
Ukuba iiklasi zenu zingaphezulu kweyi-1, thethani nize nivumelane ukuba liza kuba nini ixesha lokudlala phandle.	
Xelela abasebenzi ukuba amanqaku Esikhokhelo se-SmartStart aza kugcinwa phi xa befuna ukuwasebenzisa	

3. Ukulungiselela iindawo zokufunda (ngaphakathi nangaphandle)

Eli candelo lithetha ngezinto omele ukuzenza ukuze ulungiselele indawo yokufunda ngaphambi kokuba uvule kwakhona inkqubo yakho.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Zonke iindawo, izinto zokudlala, izinto zokufunda, ifenitsha, izixhobo, izinto zokudlala phandle, izinto zokupheka, kunye namagumbi angasese afanele acociswe kusuku olungaphambi kokuvula	
Lithoyi ezenziwe ngamalaphu zimele zifakwe elugcinweni	
Isanti isusiwe okanye yogqunyiwe kwindawo yokudlala	
Kuloo ndawo kukho amanyathelo okucoca yonke imihla	
Kungena umoya kwindawo yokufundela (iifestile/amacango avuliwe ukuze umoya ungene okanye uphume)	
Indawo yokufundela imele ilungiswe ngohlobo lokuba kubekho ukuqelelana kwabantwana (ngokomzekelo, kumakishwe phantsi ukuze kuboniswe iindawo zokuhlala nezokudlala)	

4. Unxibelelwano nabazali ngaphambi kokuphinde kuvulwe

Eli candelo limalunga nokunika abazali inkcazelo abayifunayo ngaphambi kokuba indawo yakho iphinde ivule.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Yenza ileta efanayo eya kubazali (iyafumaneka kwiwebhusayithi ye-SmartStart) uze unike ikopi kubo bonke abazali kunye nabantu abanyamekela abantwana ikopi	
Qokelela amaphetshana asayinwe ngabazali onokuwakrazula ekupheleni kweleta efanayo	
Qinisekisa ukuba unayo inombolo yefowuni okanye enye inombolo yokuqhagamshelana nomzali womntwana ngamnye okanye umntu onyamekela umntwana	

5. Ukuzenzela ezakho iindlela zokusebenza

Eli candelo limalunga neendlela zokusebenza omele ube nazo uze uzixhome edongeni.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Bonisa ezi zaziso zisemthethweni: <ul style="list-style-type: none"> • Isiqinisekiso Sokuthobela • Isicwangciso seCoronavirus Emsebenzini 	
Xhoma ezi powusta zilandelayo <ul style="list-style-type: none"> • Indlela yokunqanda ukusasazeka kweCoronavirus • Indlela yokubona iimpawu zeCoronavirus • Indlela yokuhlamba izandla • Ipowusta yabantwana ebonisa iindlela zokuziphatha ezine ezibalulekileyo 	

6. Ukufika nokugoduka

Eli candelo limalunga namanyathelo amele abekho kubasebenzi nakubantwana xa kufikwa naxa kugodukwa ukusuka kwindawo yakho.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Xelela abancedisi kunye nabanye abasebenzi ukuba bamele bahlambe izandla zabo xa befika	
Ikhona indawo yokuhlambela izandla ngasekungeneni kwendawo yakho	
Kukho indawo yokugcina izinto zomsebenzi ngamnye kunye nezokugcina izinto zomntwana ngamnye	
Ukuba kukho abantwana abaninzi abahamba indawo yakho, cwangcisa amaxesha ahlukeneyo okufika nokugoduka uze wazise abazali	
Izinti, iintambo, amatye okanye imibhalo ephantsi ibonisa iindawo zokuma phandle (zibe kubude beemitha eziyi-1.5 okanye ukugxanya kabini ukusuka kwenye)	
Kukho indawo abanokulinda kuyo abantwana ngoxa bephantsi kweliso labasebenzi yaye abanye abantwana behlolwa iimpawu	

Yintoni ekufuneka uyenze yonke imihla?	Ndiza kukwenza oku ✓
Qinisekisa ukuba abantwana nabasebenzi bayazihlamba izandla zabo xa befika naxa begoduka	
Bonisa ipowusta enenkcazelo ethi 'Nceda ufole apha'	
Qinisekisa ukuba abazali kunye nabantu abanyamekela abantwana banxiba iimask xa bezisa okanye bezokuthatha abantwana	

7. Screening for Coronavirus

Eli candelo limalunga namanyathelo amele abekwe ukuze kuhlolwe iimpawu zabasebenzi nabantwana yonke imihla. Qinisekisa ukuba uhlala uwavulile amanqaku Esikhokhelo se-SmartStart athi 'Indlela yokwenza uhlobo yonke imihla' njengoko ebonisa amanyathelo amele alandelwe yonke imihla.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?

Ndikwenzile oku ✓

Xelesa bonke abasebenzi nabancedisi imibuzo yokuhlola abamele bazibuze yona qho ngaphambi kokuba baye emsebenzini

Cacisela bonke abasebenzi nabancedisi ngenkqubo yokuhlola iimpawu

Chonga indawo esekungeneni kwendawo yakho apho kunokwenzelwa khona ukuhlola

Nceda ulungiselele irejista ukuze ugcine ingxelo yohlolo lwemihla ngemihla

Yintoni ekufuneka uyenze yonke imihla?

Ndiza kukwenza oku ✓

Beka indawo yokuhlola kunye nerejista, ipowusta ethi 'Indawo Yokuhlola' kunye ne-thermometer (ukuba unayo)

Hlola wonke umntwana kunye nabo bonke abasebenzi qho xa kuvulwa

8. Ukuqelelana

Eli candelo limalunga nendlela onokuxhasa ngayo wonke umntu ukuze agcine ubuncinane ubude bemitha eyi-1 ukuqelelana omnye komnye.

Ukhumbule, ukuqelelana kuza kuba nzima kubantwana abancinane, yaye kumele kusetyenziswe indlela enobubele nexhasayo, kungaze kube ngqongqo okanye ngqwabalala. Funda amanqaku Esikhokhelo se-SmartStart athi 'Indlela yokuxhasa ukuqelelana' ukuze ufumane inkcazelo engakumbi kunye namacebiso. Amanqaku Esikhokhelo athi 'Indlela yokutshintsha inkqubo yakho' akwanawo namacebo asebenzisekayo malunga nemidlalo kunye nezinto ezenziwayo ezixhasa ukuqelelana.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?

Ndikwenzile oku ✓

Xelesa bonke abasebenzi kunye nabancedisi ukuba ukuqelelana kufuneka kuxhaswe ngendlela enobubele nelukhuthazo yaye akusiso isizathu sokubayeka abantwana bengena nto yokwenza

Ukuba baninzi abantwana kwindawo yakho, bahlengahlengise ukuze babe kumaqela amancinane kwiseshoni nganye ukuze kuncitshiswe ukusondelelana

Ngexesha lokulala, bhala oomatrasi neengubo ukuze umntwana ngamnye asebenzise eyakho qho kufika elo xesha

Yintoni ekufuneka uyenze yonke imihla?

Ndiza kukwenza oku ✓

Khumbuza abantwana yonke imihla malunga nokuqelelana nokuhlala 'kwindawo yabo' (sebenzisa ipowusta yabantwana yase-SmartStart)

Ngamaxesha okutya, qinisekisa ukuba izitulo zikumgama wemitha eyi-1 ukuqelelana

Ngamaxesha okulala, qinisekisa ukuba umatrasi ukumgama wobude bemitha eyi-1 ukuqelelana

9. Limask kunye neeglavsi zerabha

Eli candelo limalunga nendlela yokusebenzisa imask kunye neeglavsi zerabha ukuze ukhusele wena, abasebenzi kunye nabantwana. Abantwana abaneminyaka engaphezu kweyi-2, bamele bakhuthazwe kodwa banganyanzelwa ukuba banxibe imask. Ukuba umntwana uyagula eneempawu zeCoronavirus ngoxa ekwindawo yakho, umele anxibe imask ngalo lonke ixesha elinde ukulandwa ngumzali wakhe. Funda Amanqaku Esikhokhelo se-SmartStart athi 'Indlela yokusebenzisa imask' ukuze ufumane inkcazelo engakumbi.

Akukho lungu labasebenzi okanye umntwana ekumele kufuneke anxibe iiglavsi zeplastikhi. Sekunjalo, kuyacetyiswa ukuba usebenzise iiglavsi zerabha xa kucocwa zize zihlanjwe emva koko.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?

Ndikwenzile oku ✓

Qinisekisa ukuba uneemask zomsebenzi ngamnye eziyi-2 ubuncinane

Qinisekisa ukuba ubuncinane uneemask ezongezelelekileyo eziyi-6 zokusetyenziswa ngabantwana

Yintoni ekufuneka uyenze yonke imihla?

Ndiza kukwenza oku ✓

Qinisekisa ukuba bonke abasebenzi banxiba imask yonke imihla

Qinisekisa ukuba iimask zisetyenziswa ngokuvisisana nemiyalelo ekwi-SmartStart Inqaku leSikhokhelo elithi 'Indlela yokusebenzisa imask'

Tshintsha uze uhlambe imask qho ekupheleni kweseshoni nganye

Ukuba umntwana ufika engenayo imask, mnike ukuze ayisebenzise kulo seshoni

10. Uqheliselo lococeko lobuqu

Eli candelo limalunga nokuhlamba izandla, amagumbi angasese namanye amanyathelo ococeko. Kangangoko kunokwenzeka, abantwana bamele bahlambe izandla zabo ngesepa kunye namanzi acocekielyo endaweni yokusebenzisa isanithayza. Ukuba iyasetyenziswa, isanithayza imele ibe nesigilelo se-alcohol esiyi-70%.

Yintoni ekuza kufuneka uyenze ngaphambi kokuba uphinde uvule?

Ndikwenzile oku ✓

Yenza kubekho amanyathelo okuhlamba izandla rhoqo ebudeni bemini

Qinisekisa ukuba kukho ithishu okanye amaphepha okosula ngasese ukuze uwasebenzisele ukosula iimpumlo zabantwana

Qinisekisa ukuba indawo yokutshintsha amanapukeni iqelele kakhulu kwindawo yokulungiselela ukutya

Yintoni ekufuneka uyenze yonke imihla?

Ndiza kukwenza oku ✓

Qinisekisa ukuba abasebenzi nabantwana bayazihlamba izandla rhoqo ebudeni bemini yaye qho ngaphambi nasemva a) kokusebenzisa indlu yangasese kunye b) nokutya izidlo ezincinci okanye ezikhulu

Sukusebenzisa iitawuli - izandla zingazomela okanye zomiswe ngumoya

Coca iitephu kunye nezinto ekugalelwa kuzo amanzi usebenzisa isibulala ntsholongwane

Hlala ubabake esweni abantwana xa besebenzisa isanithayza

lipowu zibeke qelele kumgama weemitha eziyi-1.5 okanye/kwaye ucele abantwana baye kwigumbi langasese umntu omnye ngexesha

Bakhumbuze rhoqo abantwana malunga namanyathelo ococeko (bangaziphathi ebusweni, bakhohlelele emkhonweni) kunye nokuhlamba izandla (sebenzisa ipowusta yenkcazelo yabantwana)

11. Ukucoceka kunye nokulawula ukosuleleka

Eli candelo limayela nokugcina indawo yakho icocekile yaye ingenantsholongwane. Qaphela ukuba amaphepha neencwadi azigqalwa njengomngcipheko omkhulu wokosuleleka yaye azidingi ukucocwa rhoqo.

Yintoni ekufuneka uyenze yonke imihla?	Ndiza ✓ kukwenza oku
Qinisekisa kungena umoya kwindawo yokufundela (iifestile/amacango avuliwe ukuze umoya ungene okanye uphume)	
Coca zonke iindawo kunye nezinto zokudlala kunye nezixhobo emva kokuphela kweseshoni nganye	
Musa ukuvumela abantwana baze nezinto zokudlala kunye nezinto zobuqu	
Musa ukucela abantwana ukuba bancedise ngokucoca	
Musa ukubanika izinto (umz. izinto zokudlala, iincwadi, kunye nemizobo) ukuba bagoduke nazo abantwana	
Coca iiselfowuni kunye nezinye izixhobo ze-eletroniki ngaphambi nasemva kokuba zisetyenziswe	

12. Indawo ekhuselekileyo

Eli candelo limalunga nokunciphisa umlinganiselo wokudibana kwabantwana kunye nabanye abantu

Yintoni ekufuneka ndiyenze yonke imihla?	Ndiza ✓ kukwenza oku
Musa ukuvumela abazali kunye nezinye iindwendwe zingene kwindawo yakho	
Ukuba abazali okanye ezinye iindwendwe (ngokomzekelo, abantu abazokulungisa izinto ezonakeleyo) bamele bangene	
Kwindawo yakho, bahlolilele iimpawu uze ubacele banxibe imask	
Ukuba inkqubo iqhutywa kwikhaya labucala, sebenzisa indawo enikezelweyo kwaye ungavumeli abanye abantu ukuba bahambe okanye basebenzise ithuba lokuqhubeka kwenkqubo. inkqubo iqhutywa kwikhaya labucala, sebenzisa indawo enikezelweyo kwaye ungavumeli abanye abantu ukuba bahambe okanye basebenzise ithuba lokuqhubeka kwenkqubo.	

13. Ukutshintsha izifundo kunye nenkqubo yakho

Eli candelo limalunga notshintsho ekuza kufuneka ulwenze kwindlela oqhele ukwenza ngayo i-SmartStart ukuze unciphise umngcipheko wokosuleleka.

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Cinga ngendlela yokufaka uqheliselo lococeko olufana nokuhlamba izandla rhoqo kwizinto enizenza rhoqo	
Funda uze ucinga malunga namanqaku Esikhokhelo sika-SmartStart esithi 'Indlela yokutshintsha inkqubo yakho'	
Ukuba kukho abantwana abaneziphene kwindawo yakho, qinisekisa ukuba nabo bayaqukwa	
Ukuba kukho abantwana abangakwaziyo ukubuyela kwindawo yakho, yabelana ngamacebiso kunye nezixhobo kunye	

Yintoni ekufuneka uyenze yonke imihla?	Ndiza ✓ kukwenza oku
Xa kuqalisa iseshoni, thatha ixesha ukuze ukhumbuze abantwana malunga nokuqhelisela ucoceko	
Khetha izinto ezikhuthaza ukuqhelisana kodwa ezenza abantwana bashukushukume	
Musa ukuvumela kudlalwe njengeqela okanye ukubamba-bambana	
Musani ukuphuma niye kwithori	
Kubantwana abangakwaziyo ukubuyela kwinkqubo yakho, yabelana ngemibono kunye nezixhobo nabazali babo malunga nendlela yokuxhasa ukufunda nokudlala ekhaya	

14. Ukulungiselela ukutya nokuphaka

Eli candelo limalunga nokulungiselela kunye nokuphaka ukutya neziselo ngendlela ecocekileyo nekhuselekileyo.

Yintoni ekufuneka uyenze yonke imihla?	Ndiza ✓ kukwenza oku
Qinisekisa ukuba nabani na olungiselela ukutya uhlamba izandla zakhe ngaphambi nasemva kokulungiselela	
Gcina iinkonzo zomsebenzi, izixhobo kunye nezinye izinto zicocekile	
Zihlambe ngokucokisekileyo iziqhamo nemifuno	
Sula ngokucokisekileyo izinto ekufakwe kuzo izinto ezithengwe evenkileni kamsinya zakungena ngaphakathi	
Ungabavumeli abantwana basele okanye basebenzise izinto ezinye zokutyela	
Zicoce ngokucokisekileyo xa zifika nasemva kokuzisebenzisa izinto zokufaka umphako ezize nabantwana	

15. Impilo yabantwana

Eli candelo limalunga nokujonga iimpawu zeCoronavirus – kunye nokuthatha amanyathelo afanelekileyo Jonga ipowusta ye-SmartStart ethi 'Indlela yokujonga iimpawu' ukuze ufumane inkcazelo engakumbi

Yintoni ekufuneka uyenze ngaphambi kokuba uphinde uvule?	Ndikwenzile oku ✓
Cela umzali okanye umntu onyamekela umntwana onazo naziphi ezi mpawu zezempilo ukuba umntwana amgcine ekhaya, okanye aze nephepha likagqirha: <ul style="list-style-type: none"> • Isifo esinganyangekiyo esifubeni (umz. iCystic Fibrosis okanye isifo semiphunga) • Isifo sentliziyo • Ukungasebenzi kakuhle kwamajoni omzimba (umz. HIV/AIDS, umhlaza) • Isigulo sengqondo esimandundu 	

Yintoni ekufuneka uyenze yonke imihla?	Ndiza ✓ kukwenza oku
Jonga iimpawu zeCoronavirus ebantwaneni	
Ukuba umntwana ubonisa iimpawu zeCoronavirus: <ul style="list-style-type: none"> • Mahlule kwabanye abantwana uze uqinisekise ukuba unxiba imask • Fowunela umzali okanye umntu obanyamekelayo uze ubacele bazokuthatha umntwana ngoko nangoko • Coca ngesibulala ntsholongwane naziphi iindawo kunye nezinto ebezisetyenziswe nguloo mntwana • Ekupheleni kosuku, xelela abanye abazali ukuba kukho umntwana oye wabonakalisa iimpawu 	
Ukuba kukho indawo yabagulayo, hlala ubabeke esweni abantwana uze uyicoce ngesibulala ntsholongwane ngokucokisekileyo emva kokuba igqityiwe ukusetyenziswa	

16. Ukugcina ingxelo

Eli candelo limalunga neengxelo ekumele ukuba uzigcine.

Yintoni ekufuneka uyenze yonke imihla?

Ndiza ✓
kukwenza oku

Gcina ezi ngxelo zilandelayo:

- Iirejista zokuza kwabantwana kunye nabasebenzi
- Irejista yokuhlolwa kwemihla ngemihla
- Iingxelo zeentlanganiso kunye nabasebenzi/ uqeqesho
- Iingxelo zokugula yiCoronavirus (sebenzisa irejista Yengozi/Iziganeko ekwifayile epepuli)
- Irejista yeendwendwe (sebenzisa Irejista Yeendwendwe ekwifayile yakho ekwifayile epupuli)