

Wenza kanjani Ukusebenzisa isifonyo sendwangu ngokufanelekile

Kungani abasebenzi bakwaECD bedinga ukugqoka isifonyo?

Bonke abantu abadala kumele bagqoke imaskhi yobuso bendwangu lapho besohlelweni lwe-ECD.

Kungani kufanele sigqoke imaskhi ngendlela efanele?

Umangabe isifonyo asisebenziswa ngendlela elungile iyehlisa ukuvikeleka besekwandisa ubungozi bokutheleleka. Lokhu kuchaza ukuthi kumele usifake futhi usikhumule ngendlela efanele futhi ugweme ukusithinta nokudlala ngaso umawusigqokile.

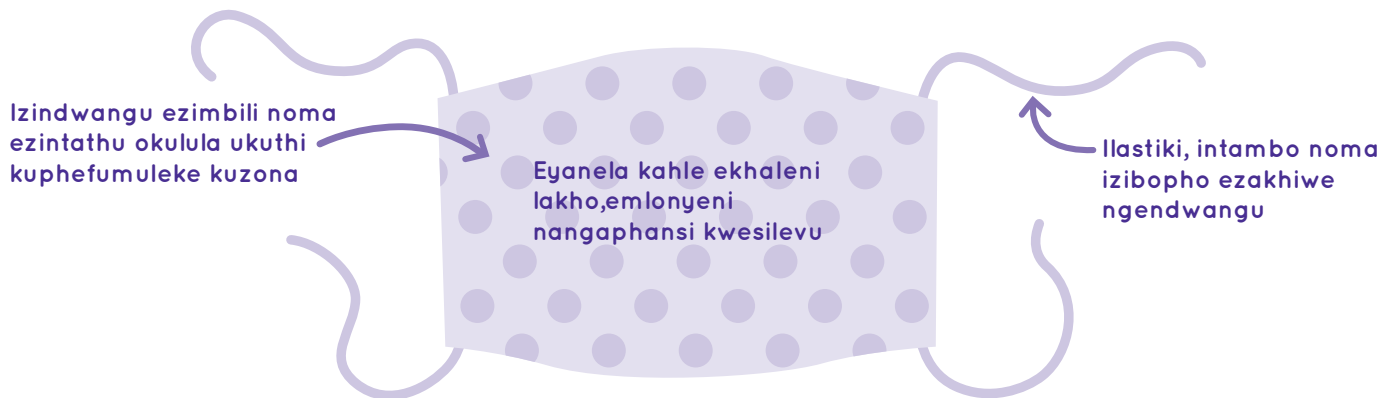
Kungabe abantwana bayadinga ukugqoka isifonyo?

Izingane ezineminyaka ephakathi kwengu-2 nengu-5 ubudala kufanele zikhuthazwe kodwa zingaphoqeelwa ukugqoka imaskhi yobuso. (Izingane ezineminyaka engaphansi kwengu-2 ubudala azidingi ukugqoka imaskhi yobuso.) Uma ingane ifika kulolu hlelo lwakho ngaphandle kwamaskhi wobuso kufanele uyinike eyodwa yokuyigqoka. Uzodinga ukuthi unikeze izingane ukwesekwa okumnene ukuze uzisize zigqoke imaskhi yazo kahle.

Inhloboni yesifonyo ekumele ngisisebenzise?

Kulungile ukusebenzisa isifonyoesiyindwangu. Akudingekile ukuthi usebenzise isifonyo esikhethekile sikaDokotela. Imaskhi kufanele igezwe ngemuva kokusetshenziswa ngakunye.

Ungasenza kanjani isifonyo sendwangu



Ngisisebenzisa kanjani isifonyo sendwangu ngendlela efanelekile?

Landela lezindlela ezilandelayo:

- 1 Geza izandla zakho ngaphambi kokugqoka imaskhi noma ngaphambi kokusiza ingane ngemaskhi.
- 2 Faka isifonyo sakho sifihle ikhala nomlomo kuvaleke kahle.
- 3 Bopha izintambo ngemumva ekhanda noma amalastiki, uqinisekise ukuthi aqinile.
- 4 Inyakazise izihlale kahle ngaphandle kokuthinta indwangu.
- 5 Umawusugqoke isifonyo, ungabuthinti ubuso bakho noma sons isifonyo kuze kufike isikhathi sokusikhumula.
- 6 Susa imaskhi uma udla noma uphuza. Gcina imaskhi ngayinye esikhwameni esihlukile noma esitsheni bese uqiniseka ukuthi ayihlangani namanye amamaskhi.
- 7 Susa imaskhi ngokuhlehlisa izibopho bese uzigoqa ngaphakathi ngaphandle. Uyibambe ngezintambo kuphela, ibeke esitsheni.
- 8 Hlanzisa izandla zakho mawuqeda ukukhumula isifonyo.
- 9 Hlanza isifonyo sakho emanzini afudumele anensipho usomise ngokuphelele ngaphambi kokusisebenzisa futhi.

Khumbula, isifonyo asibambele ezinye izindlela zokuvikela. Usadinga ukuba uqhele kwabanye abantu futhi uhlanze izandla zakho ngokuvamile.