PBO 930022142 NPO 049-191

Ukuchazela abantwana ngesifo sengqondo esixhalabisayo

Izinga lefuthe kubantwana nakwabafikisayo liza kuxhomekeka koku:

- *Ngubani onesi sifo – ngumzali, ngumakhulu/ngutatomkhulu, ngumakazi, njalo njalo.*
- *Ubudlelwane busondelelene kangakana ni*

Umntu lowo uhlala phi, umzekelo, ekhayeni labo, uyazihlalela okanye uhlala kwikhaya labantu abadala

Xa ukhathazekile ngomntu osondele kuwe onesifo sengqondo esixhalabisayo, kulula ukulibala ukuba abantwana bona banokuxhalaba kangakanani n. Abantwana kufuneka bachazelwe kakuhle, baze baqinisekiswe kangangoko, ukuze babe nokumelana nemeko etshintshayo. Nangona aman-qaku exhalabisa, kusenokuza nesiqabu ukwazi ukuba indlela yokuziphatha engaqhelekanga yesizal-wane sabo yinxalenye yesifo, kwaye ayijoliswanga kubo.

Ngokuqinisekileyo kuza kufuneka ukuba uyilungiselele inkcazelo yakho ngokobudala nokuqonda komntwana wakho, kodwa zama ukuba unyan-iseke kangangoko unako. Kuxhalabisa ngakumbi emntwaneni ukufumanisa emva kwexesha ukuba abanako ukuthemba into oyithethayo kunokuba bamelane nenyaniso, nokuba ayimnandanga kangakanani na, ngenkxaso yakho.

Ukunika iinkcazelo

Kusoloko kunzima ukuthatha ulwazi oluxhalabisayo. Abantwana kusenokufuneka ukuba banikwe ulwazi kwakhona kumaxesha ngamaxesha, oko kuxhomekeka kubudala babo. Kuza kufuneka ukuba ube nomonde kakhulu.

- Bakhuthaze abantwana ukuba babuze imibuzo. Mamela oko bakuthethayo ukuze ufumanise ukuba kanye kanye yintoni na ebaxhalabisayo.
- Banike ingqiniseko enkulu ubawole nokubawola apho kuyimfuneko.

- Imizekelo yokuziphatha ebonakala ingaqhelekanga, enje ngokuba umntu alibale idilesi, ukuphixanisa amagama okanye ukuthwala umnqwazi ulele, inokukunceda ekucaciseni lo mba kakuhle.
- Musa ukoyika ukuhlekisa. Kusoloko kunceda ukuba ninokuyihleka ninonke le meko. (Qinisekisa ukuba abamhleki umntu lowo onesifo sengqondo esixhalabisayo, kodwa endaweni yoko bahleka naye).
- Gqalisela kwizinto umntu lowo asenako ukuzenza nakwezo ziye zisiba nzima ukuzenza.

Uloyiko lwabantwana

- Umntwana wakho usenokoyika ukuthetha nawe malunga neenkxalabo zabo okanye ukubonisa iimvakalelo zabo kuba besazi ukuba uphantsi koxinzelelo, kwaye ke ngoko bengafuni ukukuxhalabisa ngakumbi. Kusenokufuneka ukuba ubakhuthaze zolileyo ukuba bathethe.
- Umntwana usenokudideka ukuba ingaba lo mntu usifumene njani na esi sifo.
- Abantwana abancinci basenokukholelwa ukuba ngabo abenze ukuba umntu lowo agule kuba bebegeza okanye “bebeneengcinga ezimbi”. Ezi mvakalelo yimpendulo eqhelekileyo kuyo nayiphi na imeko engonwabisiyo enokuvela elusatsheni.
- Abantwana abadadlana banokuba nenkxalabo yokuba isifo sengqondo esixhalabisayo senziwa yinto umntu awayenzayo kudala. Abantwana nokuba bangakanani na baza kufuna ingqiniseko yokuba oko ayisosizathu sokugula komntu.
- Kusenokufuneka ukuba uqinisekise abantwana abadadlana ukuba esi sifo asosuleli, kwanokuba akukho mbangi yokuba wena okanye bona babe nesifo sengqondo esixhalabisayo ngenxa yokuba isizalwane senu sinaso.

Utshintsho lomntwana wakho

Xa ubani kusapho lwakho esiba nesifo sengqondo esixhalabisayo, wonke umntu uyachaphazeleka. Kufuneka ukuba abantwana bazi ukuba uyaziqonda iingxaki abajongene nazo, kwanokuba usabathanda, nokuba usoloko uxakeke kangakanani na okanye usoloko ungxole kangakanani na ngamanye amaxesha.

Zama ukubekela bucala ixesha lokuncokola kunye nomntwana wakho amaxesha amaninzi ngaphandle kweziphazamisi. Kuya kufuneka ukuba umana ubakhumbuza abantwana abancinci ngokuba kutheni na isizalwane sabo siziphatha ngohlobo olungaqhelekanga.

Mhlawumbi kuya kufuneka ukuba bonke abantwana bathethe ngeemvakalelo zabo xa kuvela iingxaki ezintsha. Basenokufuna ukuxoxa ngoku kulandelayo, umzekelo:

- Ngeemvakalelo abanzo ngentlungu nosizi lwento eyenzekayo kumntu abamthandayo nangeenkxalabo ezimalunga nexesha elizayo.
- Ngenxa yokoyika, ukuxhalaba okanye ngokucaphuka ngenxa yokuziphatha kwalo mntu, kwanokukruquka ngokuva amabali nemibuzo ephindwa amaxesha ngamaxesha. Ezi mvakalelo zisenokuxubana nesazela sokuvakalelwa ngolu hlobo.
- Ukuba nokusola ukuba isenokuba ngumntu abasenokumkhumbula obenze le nto.
- Iimvakalelo zelahleko – kuba isizalwane sabo asisakhangeleki njengalaa mntu ebenguye okanye ngenxa yokuba abasenako ukuthetha nabo ngokulula njengakuqala.
- Iimvakalelo zokuba nomsindo – ngenxa yokuba amanye amalungu osapho aphantsi koxinzelelo, kwaye anexesha elincinci kakhulu labo kunangaphambili.
- Isazela sokuba nomsindo

Ukubonisa iimvakalelo

Abantwana bonke baphendula ngokwahlukeneyo, baze babonise ukuxhalaba ngeendlela ngeendlela. Nazi ezinye izinto ekufuneka zijongwe:

- Abanye abantwana baba noloyiko okanye bangalali kakuhle, basenokungathi bafuna ingqwalasela okanye bayageza, okanye bakhale ngeentlungu (umzekelo, intloko ebuhlungu, isisu esibuhlungu) ezingenakuchazwa. Oku kusenokubonisa ukuba baxhalabe kakhulu malunga nale meko kwaye bafuna unkxaso engaphaya.
- Umsebenzi wesikolo uye uchaphazeleke njengokuba abantwana abaxhalabileyo kunzima ukuba baqwalasele. Thetha kunye notitshala womntwana wakho okanye nomphathi wesebe ukuze abasebenzi abakwesi sikolo babe nokuqonda imeko le baqonde kunye neenzima ezimalungana nayo.
- Abanye abantwana baye babonise ubuso obungathi bonwabe kakhulu okanye bakhangeleke bengenamdla nangona ngaphakathi besenokuba baxheleke ngolona hlobo. Kusenokufuneka ukuba ubakhuthaze ukuba bathethe ngale meko baze babonise iimvakalelo zabo kunokuba bazigcine ngaphakathi.
- Abanye abantwana basenokuba lusizi, basoloko bekhala, bafune ingqwalasela emandla kwixesha elide kakhulu. Nangona usenokuba phantsi koxinzelelo olukhulu, zama ukuzinika ixesha yonke imihla lokuba nithethe ngezi zinto.
- Abantwana abafikisayo basoloko bethabatheke ngabo, kwaye basenokubaleka kule meko basoloko behleli emagumbini abo okanye basoloko bengekho ixesha elide kunesiqhelo.
- Basenokufumana kunzima ngakumbi ukuphatha le meko ngenxa yako konke ukungaqiniseki kubomi babo.

- Ukuhlazeka yimvakalelo enamandla kuninzi lwabantwana abafikisayo. Baza kufuna ukuba ubaqinisekise kwakhona ukuba uyabathanda kwaye uyaziqonda iimvakalelo zabo

Ukuthetha ngokuzolileyo, nangenxa yeenyaniso ezikhoyo kunokubanceda ukuba balungise iinkx-alabo zabo.

Ukuquka abantwana

- Zama ukufumana iindlela zokubaquka kukhathalelo nasekuvuseleleni lo mntu unesifo sengqondo esixhalabisayo, kodwa ungabaniki uxanduva olungaphaya, okanye wenze ukuba oku kuthathe ixesha labo elininzi. Kubalulekile ukukhuthaza abantwana ukuba baqhubeke nobomi babo obu-qhelekileyo.
- Gxininisa into yokuba ukuba nalo mntu unesifo sengqondo esixhalabisayo kunye nokubonisa uthando nobubele zezona zinto zibalulekileyo banokuzenza.
- Zama ukubaqinisekisa ukuba ixesha abalichithe nalo mntu liyonwabisa – ukuhamba kunye naye, ukudlala naye, ukubeka izinto ngendlela okanye ukwenza incwadi eneziganeko zexesha elidlulileyo ngemisebenzi eyabelanayo, onokucebisa ngayo, kunye naye.
- Thetha ngokuba lo mntu wayenjani na, uze ubonise abantwana iifoto zakhe.
- Thatha iifoto zabantwana bekunye nalo mntu, ukuze ukhumbule onke amaxesha amnandi, ndit-sho nangeli xesha lokugula.
- Musa ukushiya abantwana bebodwa ukuba bajonge lo mntu, nditsho nangamaxeshana awakhe amafutshane, ngaphandle kokuba uqinisekile ukuba bakonwabele oku baye baza kukwazi ukume-lana nako.
- Qinisekisa ukuba abantwana bakho bayazi ukuba uyababulela ngeenzame zabo.

Amanqaku:

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