



INcwadana yokuba ngumzali ofanelekileyo

2024

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Intshayelelo

Olu xwebhu luphuhliswe yi-NICRO ngokwesicelo sabaxhamli bethu. Yenziwa ukuba ifumaneke kuluntu ngokubanzi njengenxalenye yenkonzo yethu yokuthintela ulwaphulo-mthetho nobundlobongela. Abantu kunye nemibutho banokulusebenzisa olu xwebhu ngeenjongo ezingenzi nzuzo nezemfundo.

Ingcaciso emfutshane yokuKhulisa kakuhle

Ukuba ngumzali kakuhle kuthetha ukuba ngumzali onobubele noxhasayo . Kunokuba sisoloko sisithi “hayi” okanye sisebenzise isohlwayo, sigxininisa ekuthetheni nasekuncedeni abantwana bethu baqonde into elungileyo. Sifuna ukwenza ikhaya elonwabileyo nelinothando apho abantwana baziva bekhuselekile . Kukumamela abantwana bethu, ukucaca ngemithetho, imida neziphumo , kunye nokubhiyozela izinto ezintle abazenzayo. Ukuba ngumzali ofanelekileyo kunceda abantwana bakhule beziva bethandwa kwaye bezithembile.

UKUBALULEKA KOKUKHULISA KAKUHLE

Ukuba ngumzali ngendlela efanelekileyo kubalulekile kuba kusinceda sakhe unxibelelwano olonwabileyo noluhliso nabantwana bethu . Xa sisebenzisa amazwi obubele, sibamamela, size sibhiyozele izenzo zabo ezintle, oko kubenza bazive bethandwa yaye bekhuselekile . Ukuba ngumzali ofanelekileyo kwakhona kunceda abantwana bafunde okulungileyo kokubi ngendlela ethambileyo, kubenza bazive belungile ngeziqu zabo

Ukuba ngumzali ngendlela efanelekileyo kuyasebenza kuba xa sisebenzisa amagama anobubele kwaye sibhiyozela isimilo esihle, kunceda abantwana bazive bonwabile kwaye bethandwa . Abaphandi neengcali baye bafumanisa ukuba xa abazali benikela ingqalelo kwizinto ezakhayo, njengokuncoma nokuchitha ixesha kunye, abantwana bazithemba ngakumbi baze baziphathe kakuhle.

Uphononongo lubonisa ukuba abantwana abanamava okukhulisa abantwana badla ngokuqhuba kakuhle esikolweni, babe nabahlobo bokwenene, kwaye bakhule beziva benethemba ngeziqu zabo . Ngoko ke, ubungqina bucacile - ukuba ngumzali ofanelekileyo kwenza iintsapho zomelele kwaye abantwana bonwabe ngakumbi!

1. **Abantwana abonwabileyo:** Uphando lubonisa ukuba abantwana abafumana unxibelelwano oluhle nabazali babo badla ngokuvuya kwaye babe nembono entle ngobomi.
2. **Ukuziphatha Kakuhle:** Izazinzulu ziye zafumanisa ukuba xa abazali begxininisa ekuncomeni izinto ezintle ezenziwa ngabantwana babo, oko kunceda abantwana baqonde ukuba yintoni elindelekileyo yokuziphatha . Oku kuthetha ukuba kunokwenzeka ukuba baziphathe kakuhle kuba bayazi ukuba kuyabavuyisa abazali babo.
3. **Ukuqhuba Kakuhle Esikolweni:** Abantwana abaziva bexhaswe yaye bekhuthazwa ekhaya badla ngokuqhuba kakuhle kwizifundo zabo . Kungenxa

yokuba ukukhulisa kakuhle umzali kunceda ukudala isimo sengqondo esifanelekileyo ngokufunda.

4. **Ubuhlobo Obomeleleyo:** Abantwana abafumana ububele nentlonelo ekhaya babhetele ngakumbi ekwenzeni abahlobo bokwenene . Bafunda indlela yokuba nobubele kwabanye kwaye bakhe ubudlelwane obuluqilima, obulungileyo.
5. **Ukuziva Ulungile Ngawe: Ukuba** ngumzali ofanelekileyo kunceda abantwana bazikholelwe . Xa abazali bebhiozela impumelelo yabo, enoba inkulu okanye incinane, oko kukhulisa ukuzithemba komntwana.

UKWAKHA UBUDLELWANE OBUQINILEYO PHAKATHI KOMZALI NOMNTWANA

Ukwakha ulwalamano olomeleleyo nomntwana wakho kufana nokwenza iqhina elikhethekileyo elihlala ngonaphakade . Nantsi indlela ongayenza ngayo:

1. **Ixesha Sikunye:** Chithani ixesha nisenza izinto ezimnandi kunye, njengokudlala imidlalo okanye ukufunda amabali.
2. **Phulaphula Uze Uthethe:** Phulaphula xa umntwana wakho ethetha . Ibenza bazive bebalulekile . Yabelana nawe ngeengcinga zakho.
3. **Ukwanga kunye noNcumo:** Bawole kakhulu kwaye uncume . Ukubamba umzimba kubonisa uthando nentuthuzelo.
4. **Ukuqonda Iimvakalelo:** Nceda umntwana wakho aqonde iimvakalelo zabo . Xa bonwabile , belusizi, okanye bephambene, thetha ngayo.
5. **Bhiozela impumelelo:** Enoba inkulu okanye incinci, bhiozela impumelelo yomntwana wakho . Ikhulisa ukuzithemba kwabo kwaye ibenze bazive benelunda.
6. **Yiba Nomonde:** Ngamanye amaxesha izinto zinokuba nzima, kodwa yiba nomonde. Kufana nokusombulula iphazili kunye. Ngexesha kunye nomgudu, yonke into ihamba ngendlela.

Ukwakha ulwalamano olomeleleyo lomzali nomntwana kufana nokwenza unxibelelwano lomlingo oluzaliswe luthando, ukuhleka nokuqonda . Luhambo eniluthatha kunye, nenze usuku ngalunye luqaqambe kwaye luzele luthando.

IIMPAWU ZOBUDLELWANE OBUQINILEYO BOMZALI NOMNTWANA

Ulwalamano olomeleleyo lomzali nomntwana luneempawu ezithile ezikhethekileyo ezilwenza lube mnandi.

1. **Uthando Nenyameko:** Kulwalamano olomeleleyo, abazali nabantwana bayakhathalelana.
2. **Unxibelelwano Oluvulelekileyo:** Iintsapho ezinamaqhina aqinileyo ziyathetha omnye komnye.
3. **Thembela:** Ukuthembana kufana nokuba nebhulorho eyomeleleyo phakathi kwabazali nabantwana.
4. **Ixesha Kunye:** Iintsapho ezisondeleleneyo zichitha ixesha zisenza izinto ezimnandi.

5. **Intlonipho:** Kubudlelwane obuqinileyo, wonke umntu uyazihlonipha iimvakalelo kunye nezimvo zomnye.
6. **Inkxaso:** lintsapho ziyaxhasana, njengokuba nenetha yokhuseleko . Xa izinto zinzima, bayancedana, nto leyo eyenza kube lula ukuyisingatha.
7. **Uxanduva olwabiweyo:** Wonke umntu uncedisa ngemisebenzi yasekhaya kunye nemisebenzi. Kufana nokuba liqela apho wonke umntu edlala indima yakhe, esenza intsapho iqhube kakuhle.
8. **Ukuqonda iimvakalelo:** lintsapho ezikubudlelwane obuqinileyo zithetha ngeemvakalelo.
9. **Ixesha elisemgangathweni:** Ukuchitha ixesha elisemgangathweni kunye kufana nokongeza izithako ezikhethekileyo kwiresiphi.

UKUKHUTHAZA INDAWO ENGCONO KUNYE NEINKXASO

Nazi ezinye iingcebiso malunga nokukhuthaza imeko-bume yekhaya eyakhayo nenika inkxaso.

1. **Amagama Anobubele:** Sebenzisa amazwi athambileyo nanobubele . Amazwi akhuthazayo enza wonke umntu azive elungile.
2. **Uncumo kunye ne-Hugs:** Ukubamba umzimba kubonisa ukuba unenkathalo.
3. **Ukhuthazo:** Mkhuthaze umntwana wakho . Bhiyozela imizamo kunye nempumelelo yabo, nokuba incinci kangakanani na.
4. **Imithetho ecacileyo:** Yiba nemithetho elula necacileyo . Imithetho inceda wonke umntu ukuba azi into elindelekileyo.
5. **Ukumamela:** Mamela umntwana wakho . Xa bethetha, kubonisa ukuba uyikhathalele into abayithethayo.
6. **UkuSombulula Ingxaki Kunye:** Xa kukho ingxaki, yilungiseni kunye. Ukusebenza kunye kwenza imingeni kube lula ukuyisingatha.
7. **Ixesha Elisemgangathweni:** Chithani ixesha elikhethekileyo kunye . Nokuba kudlala imidlalo okanye ukuthetha, la maxesha enza iinkumbulo.
8. **Ukomelezwa Okufanelekileyo:** Xa umntwana wakho esenza into entle, mncome . Ukuqiniswa okulungileyo kubanceda bazi ukuba zeziphi iindlela zokuziphatha ezilungileyo.
9. **Nomonde:** Yiba nomonde . Ngokuhamba kwexesha, wonke umntu uyakhula kwaye afunde.
10. **Xolisa Uxolele:** Ukuba wenze impazamo, cela uxolo . Ukuxolelana kunceda intsapho ihlale isondelelene.

Ukufundisa iimvakalelo eziSisiseko (Ukonwaba, ulusizi, umsindo)

Ukufundisa umntwana wakho ukuqonda iimvakalelo kufana nokumnika isixhobo esikhethekileyo sokuziqonda ngcono yena nabanye . Nanga amacebiso alula:

1. **SEBENZISA AMAGAMA ALULULE:** Thetha ngeemvakalelo usebenzisa amagama alula afana nokonwaba, usizi, ukuphambana, kunye nokoyika . Umzekelo, "Ujongeka wonwabile udlala ngezinto zakho zokudlala!"
2. **BONISA AMAGAMA OMBUSO:** Yenza imbonakalo yobuso ebaxiweyo ukubonisa iimvakalelo ezahlukeneyo . Umntwana wakho unokufunda okuninzi ngokujonga ubuso bakho.
3. **FUNDA IINCWADI:** Khetha iincwadi ezithetha ngeemvakalelo .
4. **DLALA IMIDLALO YEMVAKALELO:** Dlala imidlalo efana no "Simon uthi" apho ulinganisa iimvakalelo , kwaye umntwana wakho uyakukopa.
5. **SEBENZISA IMIFANEKISO:** Bonisa imifanekiso okanye usebenzise i-emojis ukubonisa iimvakalelo ezahlukeneyo . Cela umntwana wakho akhombe leyo ihambelana nendlela aziva ngayo.
6. **YENZA ITSHATE YEMIZAKA:** Yenza itshati yeemvakalelo elula enemifanekiso okanye imizobo.
7. **XELA AMABALI OBUQU:** Yabelana ngamabali ngeemvakalelo zakho . Umzekelo, "Xa ndifumene incwadi endiyithandayo, ndaziva ndonwabile ngokwenene!"
8. **UKUDLALA INDIMA:** Yenza ngathi udlala kwimidlalo eyahlukeneyo kwaye ubuze umntwana wakho ukuba abalinganiswa banokuba baziva njani.
9. **KHUTHAZA IGAMA:** Vumela umntwana wakho aveze iimvakalelo zakhe ngokukhululekileyo . Yenza indawo evulekileyo apho baziva bekhululekile ukwabelana ngendlela abaziva ngayo.
10. **LABEL IIMVAKALELO KUBOMI BONKE BONKE:** Yalatha iimvakalelo kwiimeko zemihla ngemihla . Umzekelo, "Ukhangeleka uyonwabile ngokuya epakini!"
11. **YIBHIBHISA INKCAZELO YOMVA:** Mncome umntwana wakho xa evakalisa iimvakalelo zakhe.

Khumbula, ukufundisa umntwana wakho ngeemvakalelo luhambo, kwaye kulungile ukuthabatha inyathelo elinye ngexesha. Le misebenzi ilula yenza ukufunda ngeemvakalelo kube mnandi kwaye incede umntwana wakho aphuhlise izakhono ezibalulekileyo zengqondo zengqondo.

ISIGAMA NGOKWEEMVAKALELO FOR EZAHLUKENEYO AGES

Isigama seemvakalelo sibalulekile ukuze abantwana baveze kwaye baqonde iimvakalelo zabo . Nalu uluhlu olufutshane lwamagama eemvakalelo ezahlukeneyo abantwana abaneminyaka eyahlukeneyo kufuneka bazi.

Ubudala 3-5	Ubudala 6-8	Iminyaka eyi-9-11	Iminyaka eyi-12-14	Iminyaka eyi-15-18
Ndonwabile Ukukhazeka	Ndiyavuya I-Melancholy	Imincili Ukudana	Ndonwabile Ukudimazeka	Igcobile Udandathekile

Ubudala 3-5	Ubudala 6-8	Iminyaka eyi-9-11	Iminyaka eyi-12-14	Iminyaka eyi-15-18
Unomsindo Ndonwabile Uloyiko Ndimangalisiwe Ndibhidekile Ndinebhongo Uneentloni Silly	Uphoxekile Ngenzondelelo Ukuxhalaba Ndimangalisiwe Ubhidekile Umxholo Ndineentloni Iyadlala	Ucaphukile Ngomdla Ukungakhululeki Ndikhwankqisiwe Ndibhidekile Wanelisekile Ukuzicingela buqu Ngovuyo	Ndiphazamisekile Ushushu Uloyiko Ndixakiwe Ubhidekile Izalisekile Igciniwe Jovial	Ucaphukile Ngenzondelelo Uloyiko Ndimangalisiwe Emangalisiwe Ndanelisekile Yakhiwe Radiant

Isigama seMvakalelo ngokubanzi (Yonke iminyaka)

- Zolile
- Ndisoyika
- Umxholo
- Ndinethemba
- Ixesha
- Ndinethemba
- Uxinzelelo

- Ndonwabile
- Ukukruquka
- Ndiyathandwa
- Unesithukuthezi
- Ndineentloni
- Ubutyala
- Iintloni

- Umona
- Unomdla
- Uneentloni
- Umona
- Ukungazithembi
- Uxhotyisiwe

Phawula:

1. **Khuthaza** : Khuthaza abantwana ukuba baveze uluhlu lweemvakalelo kwaye baqinisekise iimvakalelo zabo.
2. **Yandisa Isigama** : Njengoko abantwana bekhula, bazise iimvakalelo eziguquguqukayo ukwandisa ubukrelekrele babo ngokweemvakalelo.
3. **Vula Unxibelelwano** : Gcina indawo evulekileyo apho abantwana baziva bekhululekile ukuxoxa ngeemvakalelo zabo.
4. Khumbula ukuba isigama seemvakalelo sisixhobo sokuzibonakalisa kunye nokuqonda.
5. Lungiselela amagama kwinqanaba lokukhula komntwana wakho, ukwazisa iimvakalelo ezinzima ngakumbi njengoko ekhula ngokweemvakalelo nangolwimi.

UNXIBELELWANO OLUSEBENZAYO

Unxibelelwano olusebenzayo ekhaya lufana nokuba nekhawudi eyimfihlo eyenza yonke into ibe ngcono . Nasi isizathu sokuba kubaluleke kangaka:

1. **UKUQONDA omnye nomnye:** Unxibelelwano olusebenzayo lunceda wonke umntu aqondane ngcono
2. **UKWAKHA I-TRUST:** Xa uthetha ngokukhululekileyo nangokunyaniseka, kufana nokwakha ibhulorho eyomeleleyo yokuthembana. Wonke umntu uziva ekhuselekile kwaye enxibelelene.

3. **UKUSONBULA IINGXAKI:** Unxibelelwano oluhle lufana negorha elinamandla okucombulula iingxaki . Inceda amalungu osapho athethe ngemiba aze afumane izicombululo kunye.
4. **UKUBONAKALISA IMVAKALELO:** Ukwabelana ngeemvakalelo kunye neengcinga zakho kubalulekile.
5. **UQINISEKISA UBUDLELWANE:** Unxibelelwano olusebenzayo lwenza nzulu ubudlelwane bakho.
6. **IZAKHONO ZOKUFUNDISA UKUMAMELA:** Ukunxibelelana kakuhle kuquka ukuphulaphula.
7. **I-AMOSPARE EMHLE:** Xa wonke umntu ethetha kakuhle kwaye emamele, kudala umoya okhuthazayo ekhaya.
8. **UKUBEKA OKULINDELEKILEYO:** Unxibelelwano olucacileyo lubeka okulindelekileyo . Kufana nokuba nencwadi yesikhokelo enceda wonke umntu azi into elindelekileyo nendlela yokuxhasana.
9. **UKUKHUTHAZA UKUVULWA:** Unxibelelwano oluvulekileyo lukhuthaza wonke umntu ukuba abelane ngeengcinga kunye nezinto ezimxhalabisayo.
10. **UKUBHIYOYA IZIPHUMO :** Unxibelelwano olusebenzayo lukuvumela ukuba ubhiyozele impumelelo yomnye nomnye.
11. **UKWENZA IIMKHUMBULO:** Amabali osapho kunye neenkumbulo zakhiwe ngonxibelelwano.

Unxibelelwano olusebenzayo lufana neglu egcina iintsapho kunye . Kwenza ikhaya libe yindawo yokuqonda, inxaso, nothando, idala imeko-bume entle kumntu wonke.

AMACANDELO ONXIBELELWANO OLULUNGILEYO EKHAYA

Unxibelelwano oluphumelelayo lufana nomdaniso apho wonke umntu eshukuma ngemvisiswano . Nanga amacandelo aphambili ukwenza unxibelelwano lusebenze kakuhle:

<p>INGCACISO ENGACISO: Thetha ngokucacileyo nangokuthe ngqo.</p>	<p>UKUPHULAPHULA NGOKUCHULEKILEYO: Nikela ingqalelo epheleleyo xa abanye bethetha.</p>	<p>IINGXAKI EZINGENZI NGENXA: Izimbo zomzimba, inkangeleko yobuso, nezimbo zomzimba zinxibelelana kakhulu .</p>	<p>UVEZO: Zibeke kwimeko yomnye umntu.</p>
<p>UKUVULEKA: Vula kwaye unyaniseke.</p>	<p>INHLONIPHO: Baphathe ngembeko abanye, nokuba anivumelani . Kufana nokuba nomgaqo obalulekileyo – thetha nabanye ngendlela ongathanda ukuba kuthethwe ngayo.</p>	<p>IMPENDULO: Nika kwaye ufumane ingxelo eyakhayo .</p>	<p>INGCACISO YOMYALEZO: Qinisekisa ukuba umyalezo wakho uthe ngqo.</p>

IXESHA: Khetha ixesha elifanelekileyo lokunxibelelana .	ITHINI YEZWI: Indlela ozithetha ngayo izinto ibalulekile.	NOmonde: Ngamanye amaxesha, kuthatha ixesha ukuqonda nokuqondwa .	UKUSETYENZISWA KWEMIBUZO: Ukubuza imibuzo kubonisa umdla kwaye kuyanceda ekucaciseni.
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Xa la macandelo esebenza kunye, unxibelelwano luba yinkqubo egudileyo nesebenzayo, ukwakha uqhagamshelwano olunamandla kunye nokuqondana phakathi kwabantu.

EZI SEBENZAYO KUBAZALI UKOMELEZA IZAKHONO ZABO ZO NXIBELELWANO

<p>UKUMAMELA NGOKUKHULELEYO: Nika ingqalelo epheleleyo xa umntwana wakho ethetha. Mjonge emehlweni uze unqwale ngentloko ukubonisa ukuba umamele. Kuphephe ukuphazamisa; vumela umntwana wakho agqibe ukuthetha ngaphambi kokuba aphendule.</p>	<p>INGCACISO ENGCACISO: Sebenzisa ulwimi olulula nolucacileyo ukuhambisa imiyalezo yakho. Cacisa ngale nto uzama ukunxibelelana nayo. Kuphephe ukusebenzisa amagama antsonkothileyo anokubhida umntwana wakho.</p>	<p>KHUTHAZA UKUVULWA: Yenza indawo ekhuselekileyo yokuba umntwana wakho aveze iingcinga neemvakalelo zakhe. Bazise ukuba izimvo zabo kunye neemvakalelo zabo zixatyiswe. Kuphephe ukugweba; kunoko, xhasa uze uqonde.</p>
<p>SEBENZISA "MNA" IINGXELO: Veza iimvakalelo zakho usebenzisa amazwi athi "Ndi" ukunqanda ukuvakala njengesityholo. Umzekelo, yithi "Ndiziva ndinexhala xa ufika emva kwexesha" endaweni yokuthi "Uhlala ufika ekhaya emva kwexesha kwaye undenze ndinexhala."</p>	<p>YIBA novelwano: Zibeke kwimeko yomntwana wakho ukuze uqonde imbono yakhe. Sebenzisa amabinzana afana nala "Ndicinga ukuba kufuneka kube nzima kuwe" ukubonisa uvelwano.</p>	<p>KULUMBE ULWIMI OLUNGABIYO: Gxininisa kulwimi olwakhayo ukukhuthaza ukuziphatha kakuhle. Endaweni yokuthi "Musa ukubaleka," yithi "Masihambe kancinane" ukunika isikhokelo esilungileyo.</p>
<p>BEKA OKULINDELEKILEYO OKWENENE: Cacisa malunga nezinto ozilindeleyo kwindlela umntwana wakho aziphethe ngayo. Qinisekisa ukuba izinto ezilindelweyo zihambelana nobudala kwaye ziyafezekiswa.</p>	<p>BONISA UTHANDO NOMNTWANA: Sebenzisa izikhokelo zamazwi nezingezizo ezozwi ukubonisa uthando nothando rhoqo. Mncome umntwana wakho ngemigudu yakhe nezinto aziphumezileyo.</p>	<p>LINDA: Nika umntwana wakho ixesha lokuthetha ngaphandle kokumngxamela. Yiba nomonde xa ulindele impendulo, ubavumele ukuba baqokelele iingcamango zabo.</p>
<p>UKUSONBULA INGXAKI KUNYE: Bandakanya umntwana wakho ekufumaneni izisombululo kwiingxaki. Xoxa ngeendlela onokukhetha kuzo kwaye uzikhuthaze ukuba zibe negalelo ekuthathweni kwezigqibo.</p>	<p>UMZEKELO WONXIBELELWANO OMHLE: Abantwana badla ngokufunda ngomzekelo . Bonisa isimbo sonxibelelwano ongathanda ukuba basithathe. Bonisa intlonipho, ukumamele ngenkuthalo, kunye nelizwi elizolileyo kunxibelelwano lwakho.</p>	<p>UKUJONGA RHOQO: Yiba nosapho lundwendwela rhoqo ukuze nixoxe ngendlela wonke umntu aziva ngayo. Oku kudala indawo evulelekileyo yokunxibelelana yaye komeleza amaqhina entsapho.</p>

Khumbula, ukuphucula unxibelelwano yinqubo eqhubekayo, kwaye utshintsho oluncinci lunokwenza umahluko omkhulu ekuhambeni kwexesha . Imalunga nokudala umoya wokuthembana, ukuqondana, kunye nonxibelelwano oluhle phakathi kosapho.

EZILULA ZOKUMAMELA UMNTWANA WAKHO

Ukuphulaphula umntwana wakho kufana nokumnika isipho esikhethekileyo sengqalelo nokuqonda . Nazi iindlela ezilula zokwenza:

<p>Ukumjonga Amehlo: Xa umntwana wakho ethetha, mjonge. Kufana nokubabonisa ukuba oko bakuthethayo kubalulekile.</p>	<p>Ngena kwinqanaba labo: Ukuba umntwana wakho uhleli okanye udlala, guqa okanye uhlale phantsi kunye nabo.</p>	<p>Zibeke Phantsi Iziphazamiso: Cima umabonwakude okanye ubeke ifowuni yakho xa umntwana wakho efuna ukuthetha. Kufana nokuthi, "Ndilapha nje ngenxa yakho."</p>
<p>Sebenzisa uLwimi loMzimba oVulekileyo: Gcina iingalo zakho zinganqunyulwanga kwaye umzimba wakho ujonge kuzo. Kufana nokuthi, "Ndikulungele ukumamela."</p>	<p>Ukunqwala noncumo: Ukunqwala kwaye uncume kubonisa ukuba umamele kwaye unomdla.</p>	<p>Phinda Into Abayithethayo: Phinda-phinda amazwi ambalwa koko kuthethwa ngumntwana wakho.</p>
<p>Buza imibuzo evulelekileyo: Kunokuba ewe okanye uhayi imibuzo, buza imibuzo efuna impendulo enegama elinye.</p>	<p>Bonisa iimvakalelo Zabo: Ukuba umntwana wakho ubonakala onwabile, edakumbile, okanye ephambene, yiqonde loo nto.</p>	<p>Banike Ixesha: Ngamanye amaxesha, abantwana bafuna ixesha lokufumana amagama afanelekileyo.</p>
<p>Kuphephe Ukuphazamisa: Mvumele umntwana wakho agqibezele ukuthetha ngaphambi kokuba aphenhle.</p>	<p>Yiba Nomonde: Maxa wambi abantwana bafuna ixesha lokuthetha ngokupheleleyo.</p>	<p>Bonisa Uvelwano: Ukuba umntwana wakho wabelana naye ngento enzima, mbonise uvelwano.</p>

Ukuphulaphula umntwana wakho kukumenza azive exabisekile kwaye eviwe . Ezi zijekulo zilula zinokudala isiseko esiluqilima sonxibelelwano oluvulekileyo kunye nobudlelwane bokuthembana.

UKUKHUTHAZA UMNTWANA WAKHO UKUBA AZIVEZE

Ukukhuthaza umntwana wakho ukuba aveze iimvakalelo zakhe kufana nokumnceda afumane ilizwi lakhe kunye nokuzithemba . Nazi iindlela ezilula zokwenza:

<p>Yenza Indawo eKhuselekileyo: Vumela umntwana wakho azi ukuba kulungile ukwabelana ngeengcinga kunye neemvakalelo zakhe ngaphandle kokugweba.</p>	<p>Ukuphulaphula Ngenkuthalo: Nika ingqalelo epheleleyo xa umntwana wakho ethetha.</p>	<p>Buza Imibuzo Evulelekileyo: Kunokuba ewe okanye uhayi imibuzo, buza imibuzo efuna iimpendulo ezingaphezu kwegama elinye.</p>
<p>Sebenzisa Imidla Yabo: Nxulumanisa iincoko nezinto abazithandayo.</p>	<p>Ukubonakaliswa kobugcisa: Khuthaza umzobo, ukubhala, okanye eminye imisebenzi yokuyila ukuvakalisa iimvakalelo.</p>	<p>Yabelana Ngezakho Iimvakalelo: Yabelana nabo ngeemvakalelo zakho. Kufana nokuthi, "Kulungile ukuthetha ngendlela esivakalelwa ngayo," kwaye umisele umzekelo.</p>
<p>Kuphephe ukuphazamisa: Mvumele umntwana wakho agqibezele oko akutshoyo ngaphambi kokuba aphenndule.</p>	<p>Ziqinisekise Iimvakalelo Zabo: Zivume iimvakalelo zabo, nokuba awuyiqondi ngokupheleleyo.</p>	<p>Sebenzisa ukubalisa amabali: Yabelana ngamabali malunga nosuku lwakho okanye amava akho.</p>
<p>Yiba Nomonde: Banike ixesha lokuthetha. Kufana nokulinda intyatyambo idubule ngesantya sayo.</p>	<p>Zibhiyozele Impumelelo Yabo: Yincome imizamo yabo nezinto abazifezileyo.</p>	<p>Nika ukhetho: Banike ukhetho kwizigqibo zemihla ngemihla.</p>

Ukukhuthaza umntwana wakho ukuba aveze iimvakalelo zakhe kukhuthaza ukuzixabisa kwaye kunceda ukwakha unxibelelwano oluqinileyo phakathi komzali nomntwana . Kumalunga nokudala imeko-bume apho baziva bekhuselekile, beviwe, kwaye bekhululekile ukuba yile nto bayiyo.

ULUHLU LWEMIBUZO EVULELEKILEYO

Imibuzo evulelekileyo ikhuthaza abantwana ukuba babelane ngaphezu kwempendulo elula ethi "ewe" okanye "hayi" . Nantsi eminye imizekelo enokusetyenziswa ngabazali ukuze baqalise incoko enentsingiselo nabantwana babo:

1. Yeyiphi eyona nxalenye ilungileyo yosuku lwakho esikolweni namhlanje?
2. Ungandixelela ngomdlalo owudlalileyo nabahlobo bakho?
3. Wavakalelwa njani xa oko kusenzeka?
4. Ucinga ukuba yeyiphi eyona nto inomdla [ngomxholo okanye umsebenzi abawuthandayo]?
5. Leliphi ibali okanye incwadi oyithanda ngokwenene? Kutheni uyithanda?

6. Ukuba ubunokukhetha nayiphi na indawo onokundwendwela kuyo, ubuya kuba phi, kwaye ubuya kufuna ukwenza ntoni apho?
7. Ngaba ungachaza eyona nto inika umdla oyenzileyo kule veiki?
8. Zeziphi izimvo onazo malunga nomsebenzi wosapho owonwabisayo okanye wokuzikhupha?
9. Ungayisombulula njani ingxaki ojongene nayo namhlanje?
10. Ndixelele ngexesha apho waziva unebhongo ngokwenene ngawe.
11. Ucinga ntoni [ngesiganeko sangoku okanye ibali leendaba]?
12. Ukuba unokuba nasiphi na isilwanyana ngosuku, ungakhetha esiphi kwaye ngoba?
13. Ungandibonisa into oyenzileyo okanye oyizobileyo mva nje ? Lithini ibali elingemva kwayo?
14. Yintoni oyifundileyo namhlanje oyifumene inomdla?
15. Ukuba ubunentonga yomlingo, yeyiphi enye into onokuthi uyitshintshe emhlabeni?

Le mibuzo imema abantwana ukuba babelane ngeengcinga zabo, iimvakalelo zabo kunye namava abo ngokuzeleyo ngakumbi, bekhuthaza unxibelelwano oluvulekileyo kunye nokwakha unxibelelwano olomeleleyo phakathi kwabazali nabantwana.

Ukulawula kunye nokuPhendula kwindlela yokuziphatha

Imida eyakhayo ibhekisela kwimida ephilileyo neyakhayo okanye izikhokelo abantu abazibekela zona baze banxibelelane nabanye ngazo . Le mida yenzelwe ukudala imeko-bume entle nehloniphekileyo kwintlalontle yomntu kunye nobudlelwane phakathi kwabantu.

IIMPAWU ZEMIDA EMIHLE.

Nazi iimpawu eziphambili zemida elungileyo :

1. **UNXIBELELWANO ELUCACILEYO:** Imida elungileyo ibandakanya unxibelelwano olucacileyo noluvulelekileyo . Imalunga nokuvakalisa iimfuno zakho, izinto ozilindeleyo, kunye nemida ngendlela enentlonipho.
2. **UKUHLONIPHA UQOBO NANYE NABANYE:** Le mida ibeka phambili ukuzihlonela kunye nokuhlonela abanye. Bayaqonda ukuba wonke umntu unelungelo lokumisela nokugcina imida yakhe yobuqu.
3. **UKUXHOBISA:** Imida elungileyo ixhobisa abantu ukuba balawule ubomi babo . Badala imvakalelo yokusebenzela kunye nobunini phezu kwendawo yomntu, ixesha kunye nezigqibo.
4. **UKUNIKA OKULINGANISILEYO NOKUFUMANA:** Imida esempilweni ibandakanya ulungelelwano phakathi kokupha nokwamkela . Abantu abanemida elungileyo bayakuqonda ukubaluleka kokubuyelana kubudlelwane.
5. **UKHUSELEKO LWEMPILO:** Eyona njongo iphambili yemida eyakhayo kukukhusela impilo-ntle yomntu emzimbeni, ngokweemvakalelo nasengqondweni . Zithintela abantu ukuba bangazibandakanyi kwizinto okanye kulwalamano olunokuba yingozi.
6. **UKUQHUBEKA:** Imida elungileyo iyahambelana kwaye isetyenziswa kwiinkalo ezahlukeneyo zobomi . Ukungaguquguquki kunceda ukwakha ukuthembana kunye nokuqikelelwa kwangaphambili kubudlelwane.
7. **UKUBA bhetyebhetye:** Nangona imida ibalulekile, imida efanelekileyo ivumela ukuguquguquka . Zinokutshintshwa njengoko iimeko zitshintsha, ziqinisekisa ukuguquguquka kwiimeko ezahlukeneyo.
8. **UKUZIKHATHALELA:** Imida efanelekileyo igxininisa ukuzinyamekela . Oku kuquka ukubekela bucala ixesha lakho, ukuqonda iimfuno zobuqu, nokwenza izinto ezikhuthaza impilo-ntle ngokubanzi.
9. **ISIVUMELWANO OKUNYE:** Kubudlelwane phakathi kwabantu, imida elungileyo idla ngokubandakanya ukuvumelana nokuqondana . Omabini amaqela ayayibona kwaye ayayihlonipha imida yomnye.
10. **UKHUTHAZO LOKUKHULA:** Imida elungileyo ikhuthaza ukukhula komntu kunye nobudlelwane . Badala imeko apho abantu banokuphuhla kwaye bavele ngaphandle kokuziva bethintelwe.
11. **UKUSONJULULWA KWENGXAKI:** Xa kuvela iingxabano, imida eyakhayo ibonelela ngesikhokelo sokusombulula . Bakhuthaza unxibelelwano oluvulelekileyo kunye nothethathethwano ukuze kufunyanwe izisombululo ezamkelekileyo kuwo onke amaqela abandakanyekayo.
12. **UKUSEKA UMDA NGOBUBELE:** Ukumisela imida efanelekileyo akuthethi ukuba ngqongqo okanye ukuba ngqwabalala . Kubandakanya ukunxibelelana

ngeentswelo zikabani ngobubele nokuqonda, ukukhuthaza umoya omhle nenkxaso.

Ukuseka kunye nokugcina imida elungileyo kunegalelo kubudlelwane obunempilo, ukuzithemba okwandisiweyo, kunye nokuphila kakuhle kwabantu kunye nabo babangqongileyo.

IMIZEKELO YEMIDA ENGALUNGANGA KUNYE NEMIHLE KUMXHOLO WOBUDLELWANE BOMZALI NOMNTWANA

ULAWULO LWEXESHA	UMZALI
Umda ongalunganga	"Kufuneka ndiye kuzo zonke iintlanganiso zesikolo kunye nemisitho, nokuba oko kuthetha ukuphosa izibophelelo zomsebenzi."
Umda Olungileyo	"Ndiza kuya kwimisitho ebalulekileyo yesikolo, kodwa ukuba izibophelelo zomsebenzi ziyangqubana, ndiya kunxibelelana notitshala kwaye ndifumane ezinye iindlela zokuhlala."
ISITHUBA SOMNTU	UMZALI
Umda ongalunganga	"Andifuni ukucaphukisa umntwana wam, ngoko ke soze ndibanike imfihlo."
Umda Olungileyo	Ndiyayihlonipha imfuno yomntwana wam yokuba yedwa . Ndiza kunkqonkqoza ngaphambi kokuba ndingene kwigumbi labo ndize ndimnike ithuba lokuziveza ngaphandle kwesigwebo.
IMIDA YEMVAKALELO	UMZALI
Umda ongalunganga	"Andizibonakalisi iimvakalelo zam kuba ndifuna ukukhusela umntwana wam ekuziphatheni kakubi."
Umda Olungileyo	"Ndiza kumisela umzekelo ophilileyo weemvakalelo zomntwana wam . Kulungile ukwabelana ngeemvakalelo zam ngendlela eyakhayo, ndimncede aqonde aze aveze ezakhe iimvakalelo ."
UXANDUVA	UMZALI
Umda ongalunganga	"Ndithatha yonke imisebenzi yasekhaya ukunqanda ukuthwalisa umntwana wam umthwalo."
Umda Olungileyo	"Ndiza kuphathisa umntwana wam imisebenzi elingana neminyaka yobudala ukuze afundise uxanduva ."

Imida eyamkelekileyo kulwalamano lomzali nomntwana ikhuthaza unxibelelwano olukhululekileyo, ukhlonelana nokulungelelana okufanelekileyo phakathi kokuzimela kunye nenkxaso.

IMITHETHO ECACILEYO KUNYE NOKULINDELWEYO

Ukumisela imithetho ecacileyo nezinto ezilindelekileyo kubalulekile ekudaleni imeko-bume ekhuthazayo nelungeleleneyo yabantwana . Nanga amanye amacebiso kubazali:

1. **NGINGXOLISANI:** Ukungqinelana ngundoqo . Imigaqo kufuneka isetyenziswe rhoqo, ukuze abantwana bazi ukuba balindele ntoni kwiimeko ezahlukeneyo.
2. **YIGCINE IFANELE UBUDALA:** Imithetho yokulungelelanisa iminyaka yobudala bomntwana kunye nenqanaba lokukhula . Abantwana abancinci banokufuna imithetho elula, ngelixa abantwana abadala banokuqonda ulindelo olunzima ngakumbi.
3. **CHAZA IZIZATHU:** Xa ubeka imithetho, chaza izizathu ezibangela oko . Nceda abantwana baqonde ukubaluleka kokulandela imigaqo ethile yokhuseleko, intlalo-ntle, okanye intlalo-ntle yabanye.
4. **SEBENZISA ULWIMI OLUNDOQO:** Isakhelo silawula ngendlela efanelekileyo . Endaweni yokuthi "Musa ukubaleka," yithi "Masingene ngaphakathi." Ulwimi olwakhayo lukhuthaza umoya owakhayo ngakumbi.
5. **BANDAKANYA ABANTWANA KUSEKO LOMTHETHO:** Xa kufanelekile, babandakanye abantwana kwinkqubo yokumisela imithetho . Oku kubanika imvakalelo yobunini noxanduva lokulandela izikhokelo.
6. **YIBA PHAMBILI IMITHETHO EZIPHAMBILI:** Gxininisa kwimithetho embalwa ebalulekileyo ebaluleke kakhulu kukhuseleko kunye nokuphila kakuhle . Imithetho emininzi inokuba nzima kubazali nakubantwana.
7. **CACULA IZIPHUMO:** Xela ngokucacileyo imiphumo yokungalandeli imigaqo . Qinisekisa ukuba iziphumo zifanelekile, zifanelekile ubudala, kwaye aziguquguquki.
8. **YINYANISO:** Misela imigaqo esengqiqweni nefikelelekayo . Ulindelo olungekho ngqiqweni lunokubangela ukuphoxeka nengqumbo.
9. **UMZEKELO WOKUZIPHATHA:** Abantwana bafunda ngokujonga . Yiba nomzekelo wendlela yokuziphatha ofuna ukuyibona ebantwaneni bakho, njengoko beya kulandela umzekelo wakho.
10. **YOMELEZA UKUZIPHATHA OKULUNGILEYO:** Mncome kwaye umncome umntwana wakho xa elandela imithetho . Ukomeleza okulungileyo kukhuthaza ukuziphatha kakuhle.
11. **HLOLA NOKULUNGISELELA:** Ngamathuba athile phinda uhloolisise imigaqo kunye nomntwana wakho . Njengoko bekhula neemeko zitshintsha, eminye imithetho isenokufuna ukulungiswa.
12. **VULA IINGXOXO:** Khuthaza unxibelelwano oluvulekileyo malunga nemithetho . Vumela umntwana wakho ukuba aveze iingcamango neemvakalelo zakhe , kwaye uvule ukuhlengahlengisa imithetho esekelwe kwimvumelwano.
13. **YENZA ISIVUMELWANO SOSAPHO:** Cinga ngokwenza isivumelwano sosapho esichaza imigaqo kunye nolindelo . Oku kunokuba sisikhumbuzo esibonakalayo kumntu wonke.
14. **YENZA UMQEQESHO:** Ulwakhiwo kunye noncedo lwesiqhelo luqinisa imithetho . lindlela zokuziqhelanisa zenza kube lula ukuba abantwana baqonde kwaye balandele oko kulindelweyo.
15. **SEBENZISA UGAWULAYO OBONWAYO:** Kubantwana abancinci, sebenzisa izixhobo ezibonwayo ezifana neetshathi okanye imifanekiso ukubonisa imithetho . Oku kunika isalathisi esicacileyo esibonakalayo.

Khumbula ukuba ukumisela imithetho ecacileyo kunye nokulindela akukho malunga nolawulo kodwa kukudala indawo ekhuselekileyo neyondlayo ekhuthaza ukuziphatha okulungileyo kunye nokukhula kobuqu ebantwaneni.

UKUCHAZA IZIPHUMO NGENDLELA ENCOMEKAYO

Ukuchaza iziphumo ngendlela eyakhayo kunceda abantwana baqonde iziphumo zezenzo zabo ngelixa bekhuthaza imeko-bume eyakhayo nekhulisayo . Nanga amanye amacebiso kubazali:

1. **SEBENZISA ULWIMI ELICACILEYO:** Chaza imiphumo ecacileyo ngolwimi olufanele ubudala bomntwana wakho nokuqonda kwakhe . Kuphephe ukungaqondakali kakuhle ukuqinisekisa ukuba bayawuqonda unobangela kunye nesiphumo sobudlelwane.
2. **QHAGAMSHELANA IZIPHUMO ZOKUZIPHATHA:** Nxibelelanisa ngokucacileyo iziphumo zokuziphatha ezithile . Oku kunceda abantwana baqonde ukuba kutheni izenzo ezithile zikhokelela kwiziphumo ezithile .
3. **Gxininisa EKUFUNDENI:** Iziphumo zesakhelo njengamathuba okufunda nokukhula endaweni yokohlwaya . Gxininisa ukuba ukwenza iimpazamo yinxalenye yendalo yokufunda.
4. **KHUTHAZA UXANDUVA:** Nceda abantwana babone iziphumo ngenxa yokhetho lwabo. Bakhuthaze ukuba bathathe uxanduva ngezenzo zabo kwaye benze ukhetho olufanelekileyo ukuya phambili.
5. **SEBENZISA UQINISEKISO OMHLE:** Ukulinganisela iziphumo kunye nokuqiniswa okulungileyo . Yazisa kwaye udumise ukuziphatha okulungileyo, ukuqinisa ingcamango yokuba ukhetho oluhle lukhokelela kwiziphumo ezilungileyo.
6. **NGINGXOLISANI:** Ukungqinelana kubalulekile . Qinisekisa ukuba iziphumo zisetyenziswa rhoqo, oko kwenza kube lula ebantwaneni ukuqonda unxibelelwano phakathi kokuziphatha kunye neziphumo.
7. **NIKEZA UKHETHO:** Nika abantwana ukhetho xa kunokwenzeka . Umzekelo, "Ukuba uwugqibile umsebenzi wakho wesikolo ngoku, uya kuba nexesha elingakumbi lokudlala kamva . Kukhetho lwakho."
8. **XOXA NGEZIPHUMO ZEMVELO:** Xoxa ngeziphumo zendalo ezivela ngokwendalo kwizenzo ezithile . Ngokomzekelo, ukungaxhobi idyasi yemvula kunokukhokelela ekubeni ube manzi emvuleni.
9. **KHUTHAZA UKUSOMULULA IINGXAKI:** Bandakanya abantwana ekusombululeni iingxaki . Xoxa ngeendlela ezizezinye zokuziphatha ezinokukhokelela kwiziphumo ezilungileyo ngakumbi, zibaxhobise ukuba benze ukhetho olungcono.
10. **CACISA UQHAGAMSHELO:** Cacisa ngokucacileyo ukuba isiphumo sinxibelelene njani nokuziphatha . Umzekelo, "Ukuba awuzicholi iithoyi zakho zokudlala, zinokulahleka okanye zophuke, kwaye ke awuyi kuba nazo ukuba udlale nazo."
11. **NIKEZA AMATHUBA ESIBINI:** Vumela amathuba esibini xa kufanelekile . Cacisa ukuba wonke umntu uyazenza iimpazamo, kwaye kukho ithuba lokuzilungisa ngokwenza ukhetho olungcono kwixesha elizayo.
12. **BONISA uvelwano:** Bonisa uvelwano xa uxubusha imiphumo . Vumela umntwana wakho azi ukuba uyaziqonda iimvakalelo zakhe ngelixa umnceda ukuba aqonde impembelelo yezenzo zakhe.

13. **LUPHEPHA ULWIMI OLUNGENZI:** Kuphephe ukusebenzisa ulwimi olurhabaxa okanye olohlwaya . Endaweni yoko, gxila kwizifundo ezilungileyo kunye nokukhula okunokuthi kuvele ekuqondeni iziphumo.
14. **BONISA INKQUBELA:** Vuyisa inkqubela eyenziwa ngumntwana wakho ekwenzeni ukhetho olungcono . Ukomelezwa okulungileyo kophuculo lomeleza ingcamango yokuba utshintsho lulungile.
15. **KHUTHAZA UNXIBELELWANO:** Yenza indawo evulekileyo yokunxibelelana . Khuthaza umntwana wakho ukuba aveze iingcinga kunye neemvakalelo zakhe malunga neziphumo, ekhuthaza incoko eyakhayo nenika inkxaso.

Ngokuchaza imiphumo ngendlela eyakhayo, abazali banokuba negalelo ekukhuleni komntwana wabo, bebanceda bafunde kwizenzo zabo baze benze ukhetho olukhokelela kwimiphumo emihle.

I-CASE STUDY KWI-MIDA KUNYE NOBUZALI

Ngenye imva kwemini enelanga, uSarah noMia babelungiselela usuku epakini . USarah, ekwazi ukubaluleka kokubeka izinto azilindeleyo, wagqiba ekubeni asebenzise eli thuba ukuze achaze imiphumo ngendlela eyakhayo.

1. SEBENZISA ULWIMI ELICACILEYO:

- a. "Mia, siya epakini namhlanje, kwaye ndilindele ukuba uphulaphule kwaye uhlale usondele . Ukuba ubhadula kakhulu, kunokuba nzima ukuba ndikufumane."

2. QHAGAMSHELANA IZIPHUMO ZOKUZIPHATHA:

- b. "Ukuba uhlala ukufutshane, siya kuba nexesha elimnandi lokudlala kunye . Kodwa ukuba uyabhadula, kunokusenza sizive sixhalabile kwaye singalonwabeli ixesha lethu."

3. Gxininisa EKUFUNDENI:

- c. "Khumbula, sisafunda indlela yokuhamba kunye nepaki kunye, kwaye kulungile ukwenza iimpazamo . Siza kuyiqonda kunye."

4. KHUTHAZA UXANDUVA:

- d. "Unoxanduva lokuhlala usondele, kwaye ndiyathemba ukuba wenze ukhetho olufanelekileyo . Ngale ndlela, sinokonwaba kakhulu ngaphandle kokukhathazeka."

5. SEBENZISA UQINISEKISO OMHLE:

- e. "Xa uhlala usondele kwaye ulandela imithetho, ndiya kuba neqhayiya ngawe . Sinokubhiyoza ngendlela ekhethekileyo okanye sidlale umdlalo owuthandayo."

Njengoko babefika epakini, imincili kaMia yaphuphuma . Waqalisa ukubaleka esiya koojingi, elibale ngemithetho ekuvunyelwene ngayo . USarah, ekhumbula ukusebenzisa ulwimi oluhle, wakhwaza ngobubele, "Mia, masikhumbule ukuhlala sisondele ukuze sibe nexesha elimnandi kunye!"

1. NGINGXOLISANI:

- a. USarah wayehlala ekhumbuza uMia ngomgaqo kulo lonke ixesha lokundwendwela kwabo epakini, ebethelela ukubaluleka kokuhlala kufutshane ngelixa egxininisa izinto ezintle zexesha labo kunye.

2. NIKEZA UKHETHO:

- a. Xa uMia waphazanyiswa libhabhathane elimibalabala, uSarah wasebenzisa elo thuba ukuze enze ukhetho . "Mia, ngaba uyafuna ukubukela ibhabhathane kunye, okanye ngaba siza kujonga indawo yokudlala kuqala?"

3. KHUTHAZA UKUSOMULULA IINGXAKI:

- a. Xa uMia ebhadula kakhulu, uSarah waya kuye ezolile . "Masicinge ngeendlela zokuqinisekisa ukuba sihlala sisondele . Yintoni esinokuyenza ukuze siqiniseke ukuba sinexesha elihle kwaye sihlale sikhuselekile?"

4. CACISA UQHAGAMSELO:

- a. sinokuyonwabela yonke imisetyenzana yokuzonwabisa kunye .

5. NIKEZA AMATHUBA ESIBINI:

- a. UMia, ukuqonda imiphumo, ngamanye amaxesha wavavanya imida . USarah, eqonda ukuba eli lithuba lokufunda, wamnika ithuba lesibini . "Ndiyazi ukuba kuyahenda, Mia . Masizame kwakhona, kwaye ndiqinisekile ukuba uya kwenza ukhetho oluhle."

Ekupheleni kosuku, njengoko babephuma epakini bebambene ngezandla, uSarah wancoma uMia ngemigudu yakhe . "Mia, wenze umsebenzi oncomekayo namhlanje ! Ukhetho lwakho lwenze usuku lwethu lwalonwabela ngakumbi . Masicwangcise enye into eyonwabisayo kungekudala!"

Ngale ndlela intle neyakhayo, uSarah akazange nje enze usuku olungalibalekiyo epakini kodwa wabethelela kuMia ukubaluleka kokwenza ukhetho olunenkathalo nokufunda kwimiphumo emihle elandelayo.

UKUBALULEKA KWEMPENDULO EZINGAGUQUKIYO

Ukungaguququki kubuzali kubandakanya ukunika iimpendulo ezinzileyo nezinokuqikelelwa kwangaphambili kwindlela abantwana abaziphatha ngayo . Nazi izizathu eziphambili zokuba kutheni iimpendulo ezingaguqukiyo zibalulekile kubazali:

1. USEKWA INGQIQO YOKHUSELEKO:

- Iimpendulo ezingaguqukiyo zidala imeko-bume ezinzileyo nekhuselekileyo yabantwana . Ukwazi ukuba balindele ntoni kubavumela ukuba bazive bekhuselekile, ukunciphisa ixhala kunye nokukhuthaza impilo-ntle yeemvakalelo.

2. KWAKHA UKUTHEMBA NOKUTHEMBEKA:

- Xa abazali besabela ngokuqhubekayo, abantwana bafunda ukubathemba abo babanyamekelayo . Oku kuthembana kwenza isiseko sobudlelwane obukhuselekileyo phakathi komzali nomntwana, kukhuthaza unxibelelwano oluvulekileyo kunye nemvakalelo yokuthembeka.

3. IKHUTHAZA UKUQONDA OKULINDELEKILEYO:

- Ukungaguququki kunceda abantwana baqonde okulindelekileyo kunye nemithetho entsatsheni . Ukwazi imiphumo yezenzo zabo kunika ukucaca kunye nokunceda ekuphuhliseni ikhampasi enamandla yokuziphatha.

4. IKHUTHAZA UKUZIPHATHA OKUQIKELWEYO:

- Abantwana basoloko bexelisa indlela abaziphatha ngayo emva kweempendulo abazifumanayo . Ukuba ngumzali ngokungaguququkiyo kukhuthaza ukucingelwa kwangaphambili, kunceda abantwana babe noluvo lokuba noxanduva lokuzilawula.

5. IXHASA UMTHETHO WOMVA:

- limpendulo ezifanayo zinegalelo ekulawuleni iimvakalelo zabantwana . Xa abanonopheli besabela ngokuqikelelekayo kuzo zombini iindlela zokuziphatha ezikhuthazayo nezilucelomngeni, abantwana bafunda ukulawula iimvakalelo zabo ngokufanelekileyo.

6. IYAKHULISA UKUFUNDA NENKUMBULO:

- Abantwana babukele ngeliso elibukhali . limpendulo ezingaguqukiyo ziphucula ukufunda kwabo kunye nenkumbulo, njengoko bekhawuleza ukuqonda unxibelelwano lwesizathu kunye nesiphumo phakathi kokuziphatha kwabo kunye neziphumo ezihambelanayo.

7. KUNCIPHISA UKUhideka NOKUXUPHEKA:

- Ukungangqinelani kunokukhokelela ekubhidekeni nasekunxuseni abantwana . Indlela ecacileyo kunye ehambelanayo ibanceda ukuba baqonde ihlabathi elibangqongileyo, ukunciphisa uxinzelelo kunye nokuphucula impilo yabo yonke.

8. IYAQHUBEKA UQEQESHO OLUSEBENZAYO:

- Ukungaguququki kubalulekile kuqeqesho . Xa iziphumo zeendlela zokuziphatha ezithile zisetyenziswa rhoqo, abantwana banokuqonda ngakumbi unxibelelwano phakathi kwezenzo zabo kunye neziphumo.

9. LOMELEZA IGUNYA LABAZALI:

- Ukungaguququki komeleza igunya labazali . Abantwana badla ngokubahlonela baze basabele kakuhle kubazali abasoloko bebakhokela, bebefundisa yaye bebeka imida efanelekileyo .

10. IKHUTHAZA UZIMELE:

- Ukwazi into emayilindelwe kuvumela abantwana ukuba bazimele ngakumbi . Ukuba ngumzali okungaguqukiyo kubonelela ngesakhelo apho abantwana banokuphonononga kwaye baphuhlise ukuzimela ngokukhuselekileyo.

11. UZAKHA IMISEBENZI ESEMPILO:

- limpendulo ezihambelanayo zifaka isandla ekwakhiweni kwemikhwa enempilo . Enoba zihlobene nemisebenzi yemihla ngemihla, imisebenzi yasekhaya, okanye ulwalamano phakathi kwabantu, abantwana bafunda ukubaluleka kokungaguququki kwiinkalo ezahlukahlukeneyo zobomi.

12. ULUPHUMISA UNXIBELELWANO:

- limpendulo ezifanayo zikhuthaza unxibelelwano oluvulekileyo . Abantwana baziva bekhululeke ngakumbi xa bekwazi ukuqikelela indlela abaza

kusabela ngayo abo babanyamekelayo, nto leyo ekhokelela kwiingxoxo eziphilileyo zabazali nabantwana.

13. ITHINELA Imizabalazo YAMANDLA:

- Ukungangqinelani kunokukhokelela kukruthakruthwano lwegunya phakathi kwabazali nabantwana . Iimpendulo ezingaguqukiyo zinciphisa amathuba othethathethwano okanye imingeni kwigunya, ukudala usapho oluvumelanayo ngakumbi.

14. IKHUTHAZA UKUZIPHATHA OKULUNGILEYO:

- Ukomelezwa ngendlela efanelekileyo yokuziphatha kunceda ekuxonxeni izenzo zabantwana . Xa befumana iziphumo ezilungileyo rhoqo, bayakhuthazeka ukuba baphinde ezo ziphatha.

15. YOMELEZA IZIBANDELO ZENTSAPHO:

- Ukungqinelana kwiimpendulo kudala imeko-bume yentsapho edibeneyo . Xa wonke umntu ekunye, oko kukhulisa imvo yomanyano kuze komeleze amaqhina phakathi kwamalungu entsapho.

Iimpendulo ezingaguququkiyo zibalulekile ekudaleni imeko-bume yosapho nenkxaso . Babonelela abantwana ngesakhiwo kunye noqikelelo olufunekayo kuphuhliso olusempilweni, ukwakha isiseko sobudlelwane obuhle kunye nezakhono zobomi bonke.

OBULULA BOKUGCINA UKUGQIBELEKA

Ukugcina ungaguquguqukiyo ekukhuliseni abantwana kunokuba lucelomngeni kodwa kubalulekile ekudaleni imeko-bume ezinzileyo nenokuxelwa kwangaphambili kubantwana . Nazi ezinye iindlela ezilula kubazali ukugcina ukungaguquguquki:

1. YENZA IINKQUBO EZICACILEYO:

- Yenza imisebenzi yemihla ngemihla efana nokuvuka, ixesha lokutya kunye nexesha lokulala . linkqubo zincipha abantwana ukuba bazi ukuba balindele ntoni, banike imvakalelo yokuzinza.

2. SEBENZISA UGAWULAYO OBONWAYO:

- Kubantwana abancinane, izinto ezibonwayo ezifana neetshathi okanye iishedyuli zinokusebenza kakuhle . Bonisa inkqubo yemihla ngemihla okanye itshathi yokuziphatha ukuze uqinise okulindelweyo.

3. BEKA OKULINDELEKILEYO OKWENENE:

- Zibekele usukelo nolindelo olunokufikelela . Kuphephe ukuzixakekisa ngemithetho okanye imisebenzi emininzi, njengoko oku kunokukhokelela ekungahambelani.

4. NXIBELELANA NGOKUCACILEYO:

- Nxibelelana ngokucacileyo nokulindela kunye nemithetho kumntwana wakho . Sebenzisa ulwimi olulula kwaye unike imizekelo ukuqinisekisa ukuba bayakuqonda okulindeleke kubo.

5. YIBA NGUMZEKELO WOKUXELISWA:

- Bonisa ukungaguquguquki ngezenzo zakho . Abantwana badla ngokulandela indlela yokuziphatha engaguqukiyo xa beyibona isenziwa ngabazali babo.

6. misela IZIPHUMO KWAPHAMBILI:

- Chaza imiphumo yendlela yokuziphatha ethile kwangaphambili . Oku kunceda abantwana baqonde iziphumo eziqikelelwayo zezenzo zabo.

7. SEBENZISA UQINISEKISO OMHLE:

- Yomeleza ukuziphatha kakuhle ngokumncoma kunye nemivuzo . Ukuvuma rhoqo kunye nokuziphatha okuhle okuvuzayo kukhuthaza abantwana ukuba baphinde ezo zenzo.

8. YENZA IKHALENDI YOSAPHO:

- Sebenzisa ikhalendi yentsapho ukuphawula iziganeko ezibalulekileyo, ucwangciso nemisebenzi . Olu ncedo lunceda wonke umntu entsatsheni ukuba ahlale kwiphepha elinye.

9. BANDA KENI ABANTWANA EKUTHATHENI IZIGQIBO:

- Xa kufanelekile, babandakanye abantwana ekwenzeni izigqibo . Oku akubaxhobisi nje kuphela kodwa kudala imvakalelo yobunini ekulandeleni iinkqubo nemithetho esekiweyo.

10. NGINGQINISEKILEYO KUBAGQIBI BONKE:

- Ukuba kunokwenzeka, gcina ulungelelwano kubo bonke abakhathaleli abohlukeneyo . Nokuba ngabazali , ootatomkhulu nootatomkhulu, okanye abagcini babantwana, zama ukulungelelanisa izinto kunye nezinto ozilindeleyo.

11. Nikeza UKHETHO NGAPHAKATHI KWEMIDA:

- Vumela abantwana ukuba benze ukhetho ngokwemida echazwe kwangaphambili . Oku kubanika imvakalelo yokuzimela ngelixa beqinisekisa ukuba ukhetho luyahambelana nemithetho emiselweyo.

12. UKUSEBENZISA IXESHA NGOKUFANELEKILEYO:

- Ukuba usebenzisa ukuphuma kwexesha njengesiphumo , ungaguququki kwisicelo. Cacisa ngokucacileyo isizathu sokuphuma kwexesha kwaye uhlale unyanzelisa ixesha elimiselweyo.

13. SEKA INKQUBO YESILUMKISO:

- Yenza inkqubo yokulumkisa abantwana abancinci . Umzekelo, sebenzisa isibali-xesha okanye ukubala umva umqondiso wokuphela kwexesha lokudlala phambi kwexesha lokulala.

14. RHOQO OKULINDELEKILEYO:

- Hlala uphonononga okulindelweyo kunye nemithetho kunye nomntwana wakho . Njengoko bekhula, ukuqonda kwabo kunokuvela, kwaye ukuphinda ujonge ezi ngxoxo kunceda ukuqinisa ukungaguququki.

15. HLABA UZOLE KUNYE NOMONDE:

- Ukugcina ukungaguququki kufuna umonde . Hlala uzolile naxa ujongene neemeko ezinzima , kwaye uphendule ngokungaguqukiyo ukunceda abantwana baqonde indlela yokuziphatha elindelekileyo.

16. LUNGISA NGOKUBHETYE BHETYE:

- Ngoxa ukungaguququki kubalulekile, yiba bhetyebhetye xa kuyimfuneko . Ubomi buyaguquka, kwaye ukuziqhelanisa bubuchule obuxabisekileyo . Nxibelelana ngeenguqu kwiinkqubo kunye nemithetho xa kuyimfuneko.

17. VUYISA IZIPHUMO:

- Ukuvuyisana neziganeko ezibalulekileyo kunye nezinto eziyimpumelelo . Yamkelani imigudu yabazali nabantwana ekugcineni ukungaguququki, ukukhuthaza imekobume entle.

Ukungaguququki ngumzamo oqhubekayo ofuna ukucinga kunye nokuzinikela . Ngokusebenzisa ezi ndlela zilula, abazali banokudala imeko-bume ezinzileyo nenokuxelwa kwangaphambili kubantwana babo, bekhuthaza ukukhula okunempilo nokuziphatha kakuhle.

UKOMELEZWA OKULUNGILEYO

Ukomeleza kakuhle sisixhobo esinamandla sokukhulisa abantwana esibandakanya ukuqonda kunye nomvuzo wokuziphatha okunqwenelekayo . Nazi ezinye iindlela zokuqinisa ezomeleza abazali:

1. **INDUMISO NENKUTHAZO:** Mncome ngokunyanisekileyo umntwana wakho ngemigudu yakhe nezinto aziphumezileyo . Amazwi akhuthazayo omeleza ukuzithemba kwabo kwaye omeleza indlela yokuziphatha eyakhayo.
2. **SEBENZISA INDUMISO ECHAZAYO:** Endaweni yeengxelo eziqhelekileyo, nikela indumiso engqalileyo nechazayo . Umzekelo, "Ndiyayixabisa indlela olinde ngayo ngomonde ithuba lakho" okanye "Wenze umsebenzi obalaseleyo wokucoca amathoyizi akho."

3. **IINKQUBO ZOKUVUZA:** Sebenzisa inkqubo yokuvuza apho umntwana wakho afumana iithokheni, izincamathelisi, okanye amanqaku ngokuziphatha kakuhle . Emva kokuba beqokelele imali ethile, banokutshintshiselana ngomvuzo omncinci.
4. **YENZA ITSHATHI YOMVUZU:** Yenza itshati yemivuzo ebonakalayo elandelela impumelelo yomntwana wakho . Njengoko befezekisa imilinganiselo, bhiyozela impumelelo yabo kwaye bathathele ingqalelo umvuzo okhethekileyo.
5. **IXESHA ELIBALULEKILE:** Chitha ixesha elisemgangathweni usenza izinto ezithandwa ngumntwana wakho . Uqinisekiso oluhle alusoloko lubambeka; ingqwalasela kunye nexesha olityala kumntwana wakho kunokuba ngumvuzo onamandla.
6. **BONISA UTHANDO:** Bonisa uthando ngokuwola, ngokuncamisa, okanye ngokumqinisekisa . Indlela elula ethi "Ndiyazingca ngawe" okanye "Ndiyathanda umzamo owenzayo kumsebenzi wakho wesikolo" unokuqinisa ngokunzulu.
7. **IZIQINISEKISO ZOMSEBENZI:** Sebenzisa ulwimi olukhuthazayo nolunqinisekiso ukuvuma ukuziphatha komntwana wakho . Umzekelo, "Ubonise umonde omkhulu xa ulinde emgceni" okanye "Ndichukumisekile bubuchule bakho."
8. **AMALUNGELO KUNYE NEZINTO EZIZODWA:** Nikeza amalungelo athile okanye ukuphatha okukhethekileyo njengomvuzo wokuziphatha kakuhle . Oku kunokubandakanya ixesha elongezelelweyo lokudlala, ishwamshwam elithandwayo, okanye into encinci abayithandayo.
9. **IMITHETHO YOMBHYOYO:** Yenza amasiko okubhiyozela impumelelo, enkulu okanye encinci . Isenokuba lithoko lomdaniso lentsapho, isidlo esikhethekileyo, okanye nje ukuncomana ukuze kuphawulwe impumelelo.
10. **AMANQAKU OMANGALISAYO OKANYE IIMPAWU:** Shiya amanqaku angalindelanga okanye iimpawu zombulelo apho umntwana wakho anokuzifumana khona . Ezi zijekulo zincinci zomeleza ukuziphatha kakuhle kwaye zidala amaxesha olonwabo.
11. **UMZEKELO WOKUZIPHATHA KAHLE:** Yiba nesimilo ngokwakho . Xa umntwana wakho ekubona ubonisa umbulelo kunye nethemba, banokuphinda baphinde baphinde baziphathe.
12. **WABUMELA UMZAMO, INGAYIZIPHUMO NJE:** Gxininisa kumgudu owenziwe ngumntwana wakho kumsebenzi kunokuba nje ube nesiphumo . Ukuvuma ukusebenza nzima kwabo komeleza ukukhula kwengqondo kunye nokomelela.
13. **NIKEZA UKHETHO:** Nika ukhetho njengendlela yokomeleza okulungileyo . Ngokomzekelo, "Unokukhetha ukuba wenze umsebenzi wakho wesikolo ngaphambi okanye emva kokutya."
14. **Ukubalisa Okulungileyo:** Balisa ngokuziphatha okuhle njengoko kusenzeka . Oku kunceda abantwana baqonde unxibelelwano phakathi kwezenzo zabo kunye nengqalelo entle.
15. **ZIMISELE IINJONGO EZIFUMANEKAYO:** Khuthaza umntwana wakho ukuba azibekele usukelo anokulufikelela . Zibhiyozele izinto abazifezileyo, kungakhathaliseki ukuba zincinane kangakanani na, ukuqinisa ukubaluleka komgudu nokuzingisa.
16. **YENZA IMEKO OMHLE:** Khulisa imeko-bume yekhaya eyakhayo . Xa umntwana wakho eziva ekhuselekile, exhaswa, kwaye ethandwa, ukuqiniswa okulungileyo kusebenza ngakumbi.

17. **BENZA AMATHUBA OKUZIZENZA:** Vumela umntwana wakho enze izigqibo kwaye asebenzise ukuzimela . Xa befumana iziphumo ezilungileyo zokhetho lwabo, oko komeleza ukwenziwa kwezigqibo okunenkathalo.

INDUMISO KUNYE NEZIQINISEKISO EZILUNGILEYO

Ukuncoma nokusebenzisa iziqinisekiso ezakhayo kunye nomntwana wakho kunokuba negalelo ekwakheni ukuzithemba kwabo nasekukhuthazeni isimo sengqondo esifanelekileyo . Nantsi imizekelo yendumiso kunye neziqinisekiso ezilungileyo kubazali:

1. INDUMISO NGOMZAMO:

- "Ndiyakubona ukuba wenza umgudu omkhulu ekugqibezeleni umsebenzi wakho wesikolo owenzelwa ekhaya . Kumnandi kakhulu oko !"
- "Usebenze nzima kakhulu kule phazili . Ukuzimisela kwakho kuyancomeka!"

2. UKUKHUTHAZA UNYANISO:

- Ndiyakuthanda ukuzingisa kwakho . Naxa izinto ziba nzima uqhubeka uzama.
- "Awuzange unikezele, kwaye loo moya ! Qhubeka, kwaye uya kufezekisa izinto ezinkulu."

3. AMAQINISEKISO OMHLE WOKUZITHEMBA:

- "Uyakwazi ukwenza izinto ezimangalisayo . Kholelwa kuwe!"
- "Ndibona ukuzithemba kwakho kukhula suku ngalunye . Uyakwazi ukumelana nayo nayiphi na into eyenzekayo."

4. UKUBUMA UBUBELE:

- "Indlela owabelana ngayo nomhlobo wakho ngezinto zakho zokudlala ibonisa ububele bokwenene . Loo nto indenza ndibe nelunda."
- "Unentliziyo ekhathalayo . Ndiqaphele indlela oncede ngayo umntakwenu ungabuzwanga."

5. UKUQAPHELA UXANDUVA:

- Ukunyamekela imisebenzi yakho yasekhaya ngaphandle kokukhunjuzwa kubonisa ukuba unembopheleleko .
- "Ukhumbule ukupakisha ibhegi yakho yesikolo uwedwa . Imbopheleleko yakho incomeka ngokwenene."

6. BUDUMISA UBUYIMBO:

- "Umsebenzi wakho wobugcisa uyamangalisa ! Ndiyabuthanda ubuchule obufaka kuwo."
- "Uze nebali elikhethekileyo neliyincinganeyo . Ubuchule bakho buqaqambile!"

7. UKUBHIYOYA IZIPHUMO:

- "Ukugqiba iprojekthi yakho ngaphambi kwexesha yimpumelelo enkulu . Ndiyazingca ngokuzinikela kwakho."
- "Amanqaku akho amahle abonisa ukusebenza nzima nokuzimisela kwakho ekufundeni . Qhubeka nomsebenzi obalaseleyo!"

8. UKUQINISEKISA IZAKHONO ZABAHLOBO:

- Ndiphawule indlela eniquka ngayo wonke umntu kwimidlalo yenu .
- "Ungumhlobo wokwenene . Ububele novelwano lwakho lunempembelelo entle kwabanye."

9. UKUDUMISA UKUSOMBULULWA KWENGXAKI:

- "Ufumene isisombululo sobuchule kulo mngeni . Izakhono zakho zokusombulula iingxaki ziyamangalisa."
- "Ukujongana nengxaki ngesimo sengqondo esifanelekileyo kubuchule obukhulu . Ndiyakholelwa kumandla akho okufumana izisombululo."

10. IZIQINISEKISO EZIYAMNANDI ZOKUNYANYA:

- "Ubomi buzaliswe ngamahla-ndinyuka, kwaye uwaphatha ngokunyamezela . Ndiyawancoma amandla akho."
- "Naxa izinto zingahambi njengoko bekucwangcisiwe, ubuyela umva ngokomelela . Luphawu olumangalisayo olo."

11. UKUQINISEKISA UGUQULO:

- "Ndiyakubona ukuba uzimele ngakumbi . Ukukwazi kwakho ukwenza izigqibo kuyakhula."
- "Lo msebenzi wawuwenza wedwa . Ukuzimela kwakho kundenza ndibe nelunda."

12. IZAKHONO ZOKUMAMELA UKUDUMISA:

- Ndiyayixabisa indlela oye waphulaphula ngayo ebudeni bencoko yethu . Ukuphulaphula kwakho kuthetha lukhulu.
- "Ubuchule bakho bokuphulaphula nokuqonda abanye bubuchule obubalulekileyo .

13. UKUQINISEKISA OKWENZAKALA:

- "Isimo sakho sengqondo esihle siyaliqaqambisa ikhaya lethu . Ndiyawubulela umoya wenu wokuba nethemba."
- "Ukukhetha ukubona okulungileyo kwiimeko luhlobo oluhle kakhulu . Ukuqiniseka kwakho kuyosulela."

14. IYAVUMA UKUKHULA:

- "Ndikubonile ukhula kwaye ufunda kakhulu . Inkqubela phambili yakho iyamangalisa ngokwenene."
- "Yonke imihla, usiba ngumntu onobuchule kunye novelwano . Ndivuyiswa kukubona ukukhula kwakho okuqhubekayo."

Ukusebenzisa ezi ndumiso neziqinisekiso ezikhuthazayo kunokudala imeko-bume exhasayo nemphakamisayo kumntwana wakho, kukhuthaze ukuzithemba, uxanduva, kunye nembono entle ngobomi.

UKUSEBENZISA IMIVUZO NGOKUFANELEKILEYO

Ukusebenzisa imivuzo ngokufanelekileyo kunokuba sisixhobo esinamandla ekomelezeni ukuziphatha kakuhle nokukhuthaza abantwana . Nazi ezinye izikhokelo zabazali malunga nendlela yokusebenzisa imbuyekezo ngokufanelekileyo:

1. CACA INGCACILE:

- a. Yichaze ngokucacileyo indlela oziphethe ngayo ofuna ukuyikhuthaza . Cacisa ngoko ufumana umvuzo, uqinisekise ukuba umntwana wakho uyakuqonda oko kulindelweyo.

2. KHETHA IMIVUZO EFANELEKILEYO:

- b. Khetha imivuzo enentsingiselo emntwaneni wakho . Isenokuba lixesha lokudlala elongezelekileyo, into ekhethekileyo, into oyithandayo, okanye ilungelo elincinane.

3. UKUGQIBANA NGUMNTU:

- c. Ungaguquququki ekuvuzeni isimilo esinqwenelekayo . Ukuba umvuzo ufunyenwe, qiniseka ukuba uhanjiswa rhoqo. Ukungaguquququki kunceda ukuqinisa unxibelelwano phakathi kokuziphatha kunye nomvuzo.

4. IMIVUZO YANGOKO:

- d. Nanini na kunokwenzeka, nikela umvuzo ngoko nangoko . Abantwana kunokwenzeka ukuba banxulumanise umvuzo kunye nokuziphatha ukuba bawufumana ngokukhawuleza emva kokubonisa isenzo esinqwenelekayo.

5. SEBENZISA ITSHATE YOMVUZO:

- e. Sebenzisa itshati yokuvuza apho umntwana wakho anokubona ukulandelela inkqubela yakhe . Oku kunika imvakalelo yokufezekiswa kwaye kusebenza njengesikhumbuzo esibonakalayo sokuziphatha okukhuthazayo .

6. IYAQHUBEKA IMVUZO:

- f. Nje ukuba ukuziphatha kube ngumkhwa, cinga ngokunciphisa ngokuthe ngcembe ukuphindaphinda okanye ubukhulu bemivuzo . Injongo kukuba ukuziphatha kukhuthazwe ngaphakathi kunokuba kuqhutywe kuphela yimivuzo yangaphandle.

7. UKHUTHAZA INKUTHAZO YAMANGAPHAKATHI:

- g. Gxininisa ingcamango yokuba ulwaneliseko lokwenene lokwenza into ethile ngumvuzo ngokwako . Njengoko abantwana bekhula, ukukhuthaza inkuthazo yangaphakathi kubaluleke ngakumbi.

8. Nikeza UKHETHO NGAPHAKATHI KWEMIDA:

- h. Vumela umntwana wakho akhethe kwiseti yemivuzo eyamkelekileyo . Oku kuyabaxhobisa kwaye kwenza inkqubo yokuvuza ibandakanyeke ngakumbi.

9. YIHLANGANISA IINDUMISO YOMSEBENZI:

- i. Hambisa imivuzo ebonakalayo kunye nendumiso yomlomo . Bonisa uxabiso lwakho ngomgudu nehambo entle eboniswe ngumntwana wakho.

10. YIBA bhetyebhetye:

- j. Vula ukuba ulungelelanise inkqubo yokuvuza ukuba kuyimfuneko . Izinto ezithandwa ngabantwana nezinto abazikhethayo zinokutshintsha, ngoko ke hlengahlengisa inkqubo ukuze ihambelane neemfuno zabo ezikhulayo.

11. NXIBELELANA OKULINDELEKILEYO:

- k. Xela ngokucacileyo okulindelekileyo ekufumaneni umvuzo . Oku kunceda umntwana wakho aqonde oko kufunekayo kwaye zeziphi iindlela zokuziphatha eziqinisiwayo.

12. VUYISA IZIPHUMELELO EZZINCANE:

- l. Yazisa kwaye ubhiyozele impumelelo encinci . Kubalulekile ukuba abantwana baqaphele inkqubela kwaye bazive befezekile endleleni.

13. IBANDAKANYA ABANTWANA KUBEKELWE IGOLI:

- m. Xa kufanelekile, bandakanya umntwana wakho ekuzibekeleni usukelo onokulufikelela . Oku kubakhuthaza ukuba bathathele ingqalelo indlela yokuziphatha kwabo kwaye kubakhuthaze ukuba basebenzele iziphumo ezilungileyo.

15. QAPHELA IMVUZU EFANELEKILEYO UBUDALA:

- a. Lungisa imivuzo ngokweminyaka yobudala kunye nenqanaba lokukhula komntwana wakho . Abantwana abancinane banokusabela kakuhle kwimivuzo ekhawulezileyo, ebonakalayo, ngoxa abantwana abadadlana besenokuwaxabisa amalungelo athile okanye imivuzo entsonkothileyo.

16. QINISEKISA UMZAMO, INGAYIZIZIPHUMO NJE:

- a. Gxininisa ukubaluleka komgudu kunye nokuziphatha okulungileyo, kungekhona nje umphumo wokugqibela . Oku kukhuthaza ukukhula kwengqondo kwaye kukhuthaze umntwana wakho ukuba aqhubeke ezama ukuphucula.

17. beka iliso KWAYE ULUNGISE:

- a. Ukubeka iliso rhoqo ukusebenza kwenkqubo yomvuzo . Ukuba ezinye iindlela zokuziphatha aziphenduli kwimivuzo, cinga ukulungisa indlela yokulungelelanisa ngakumbi iimfuno zomntwana wakho.

18. YIBA OMHLE KWAYE UKHUTHAZE:

- a. Gcina ithoni eyakhayo nekhuthazayo . Nokuba umntwana wakho akasoloko ehlangabezana nezinto ezilindelweyo, gxininisa kwinkqubela ayenzayo kwaye umkhuthaze ukuba aqhubeke ezama.

Nangona imivuzo inokusebenza kakuhle, isebenza kakuhle xa idityaniswe nezinye iindlela zokukhulisa abantwana ezikhuthazayo, ezinjengokuncoma, ukomelezwa kakuhle, nonxibelelwano olucacileyo malunga nolindelo . Ukongeza, ukulungelelanisa imivuzo yangaphandle kunye nophuhliso lwenkuthazo yangaphakathi inegalelo kwindlela ezinzileyo nelungileyo.

IMIVUZU EHAMBELANA NOBUDALA

inokwahluka ngokusekelwe kwinqanaba lokukhula kwabantwana . Nalu uluhlu lwemivuzo elungele abantwana abancinci, abantwana, kunye nabafikisayo:

1-3 UBUDALA	Iminyaka emi-4-10 ubudala	Iminyaka eyi-11-18 ubudala
<ul style="list-style-type: none"> • IXESHA LOKUDLALA OLONGEZELELWEYO: Vumela ixesha elongezelelweyo lokudlala simahla kunye nezinto zabo zokudlala abazithandayo. • ISIQINISEKISO: Yenza itshathi yesitikha apho banokubeka khona izitikha zokuziphatha okuhle, kwaye inani elithile lezincaathelisi likhokelela kumvuzo omncinci. • IXESHA ELIKHETHEKILEYO LOKUTSHA: Nikezela ngesnack esempilweni 	<ul style="list-style-type: none"> • ILUNGELO LEXESHA LESIVIVINYO: Fumana ixesha elongezelelweyo lesikrini ukuze uziphathe kakuhle. • KHETHA Ifilimu OKANYE UMBONISO weTV: Bavumele bakhethe umboniso bhanyabhanya okanye umboniso weTV wobusuku bosapho bhanyabhanya. • UMSEBENZI WOKUPHUMA: Cwangcisa uhambo olukhethekileyo lokuya epakini, ezu, okanye kwindawo oyithandayo. 	<ul style="list-style-type: none"> • IXESHA OLONGEZELELWEYO LOKUKHONA: Fumana ixesha elongezelelweyo lesikrini ukuze usetyenziswe ngokufanelekileyo. • KHETHA UKUDLA KWENTSAPHO: Yenza isigqibo malunga nesidlo sosapho okanye inketho yokukhupha ngokuhlwa. • UBUSUKU BOKUBHAYIBHILI NABAHLBO : Bamba

<p>oyithandayo njengento ekhethekileyo yokuziphatha kakuhle.</p> <ul style="list-style-type: none"> • IXESHA OLONGEZELELWEYO IBALI: Funda enye incwadi yamabali ngexesha lokulala njengomvuzo wentsebenziswano. • IXESHA LOKUDLALA NGAPHANDLE: Imizuzu embalwa eyongezelelweyo yokudlala ngasemva okanye epakini. • UKHETHA IBALI NGEXESHA LOKULALA: Bavumele bakhethe ibali abalithandayo ngexesha lokulala. • UMSEBENZI OLULULE WOBUGCISA: Zibandakanyeni kumsebenzi wobugcisa olula kunye njengomvuzo. • Ipati yomdaniso: Yiba netheko elifutshane lomdaniso ukubhiyozela indlela yokuziphatha eyakhayo. 	<ul style="list-style-type: none"> • Umhla wokudlala noMhlobo: Lungiselela umhla wokudlala nomhlobo njengomvuzo wokuziphatha kakuhle. • UMDLALO EBUSUKU: Yiba nobusuku bomdlalo wosapho kunye nemidlalo yebhodi abayithandayo. • UMVA OLULULE LWESAYENSI: Zibandakanyeni kulingo olumnandi nolungele iminyaka yobudala kunye. • I-TOY ENCINANE OKANYE I-TRINKETHI: Nikeza ngento yokudlala encinci, engabizi kakhulu okanye itrinkethi njengomvuzo. • FUMANA IXOPHELO: Vumela amalungelo afana nokuhlala kwimizuzu eli-15 kamva okanye ukukhetha umsebenzi wentsapho. 	<p>ubusuku bhanyabhanya nabahlobo ekhaya.</p> <ul style="list-style-type: none"> • UHAMBO LOKUTHENGA: Cwangcisa uhambo lokuthenga into enqwenelekayo kwibhajethi emiselweyo. • IXESHA OLONGEZELELWEYO LOKUNJALO: Yandisa ixesha lokubuya ekhaya okanye uvumele ixesha elongezelelweyo nabahlobo ngeempelaveki. • IKONSATHI OKANYE AMAQHATHA OMCIMBI: Thenga amatikiti ekonsathi okanye umcimbi abawuthandayo. • UHLAZIYO LOBUGCISA: Cinga ngophuculo oluncinci lwetekhnoloji, njengee-headphones ezintsha okanye izixhobo. • AMALUNGELO OKUQHUBA: Nika amalungelo awongezelelweyo okuqhuba okanye ixesha lokuqhuba eligadiweyo.
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Khumbula ukulungelelanisa imivuzo ngokusekelwe kwizinto ozikhethayo kunye nezinto anomdla kuzo . Ukongeza, kubalulekile ukuxoxa kunye nokubandakanya abantwana kwinkqubo, ukubavumela ukuba babe nelizwi kwiindidi zemivuzo ebakhuthazayo kunye nokuhambelana nabo.

UkuModelisa Ukuziphatha Kakuhle

Ukumisela umzekelo omhle wendlela yokuziphatha yinxalenye ebalulekileyo yokukhulisa abantwana yaye kunendima ebalulekileyo ekuxonxeni imilinganiselo yokuziphatha, izimo zengqondo nezenzo zomntwana . Nazi izizathu ezingundoqo ezibonisa ukubaluleka komzekelo wokuziphatha okulungileyo:

1. UKUFUNDA NGOKUQAPHELA:

- Abantwana baneliso elibukhali yaye ngokufuthi bafunda ngokubukela ukuziphatha kwabantu abadala, ngokukodwa abazali babo . Ukwenza umzekelo wokuziphatha okulungileyo kunika umzekelo othe ngqo nobambekayo ukuze bawuxelise.

2. UKUSEKWA IMIQEQESHO NOKUBALULEKILEYO:

- Abazali bangumzekelo ophambili kubomi bomntwana . Ngokuhlala bebonisa ukuziphatha okuhle, abazali bancedisa ekusekeni izithethe kunye nolindelo malunga nendlela abantu abamele banxibelelane ngayo, banxibelelane kwaye bajongane nemingeni.

3. UKWAKHA ISEKO SOKUZIPHATHA:

- Abantwana bakhulisa ikhampasi yabo yokuziphatha ngokujonga indlela abantu abadala abajonga ngayo iimeko zokuziphatha . Ukwenza umzekelo omhle wokuziphatha kubeka isiseko sokuqonda komntwana okulungileyo nokubi, kukhuthaza ukukhula kokuziphatha.

4. UKUKHULISA IZAKHONO ZENTLALO:

- Ukuziphatha kakuhle kwiindibano zoluntu, ezinjengobubele, uvelwano nentsebenziswano, iyosulela . Ngokumisela ezi ndlela zokuziphatha, abazali banegalelo ekuphuhliseni izakhono zomntwana wabo kwezentlalo, bebanceda bakhe ubudlelwane obunempilo.

5. UKUFUNDISA IMIGAQO YOMVA:

- Abantu abadala abangumzekelo wokulawula iimvakalelo ezifanelekileyo babonisa indlela yokulawula nokuvakalisa iimvakalelo ngokufanelekileyo . Abantwana bafunda izifundo ezibalulekileyo ngendlela yokusingatha uxinezeleko, ukuphoxeka nokuphoxeka ngeendlela ezakhayo.

6. UKUKHUTHAZA UVEZO NEMFESANE:

- Ukubonisa uvelwano novelwano kwabanye kumisela umzekelo onamandla ebantwaneni . Ibafundisa ukuba bacingele iimvakalelo neemfuno zabanye, ifak' isandla ekukhuliseni isimo sengqondo senkathalo nesovelwano.

7. UKUKHULISA IMEKO OMHLE:

- Imodeli yokuziphatha yabazali inegalelo kwimekobume yonke ekhaya . Ukuziphatha kakuhle kukhuthaza imeko-bume yenkxaso nekhulisayo apho abantwana baziva bekhuselekile, behlonitshiwe kwaye bexatyiswa.

8. UKUKHUTHAZA UXANDUVA NOXANDUVA:

- Ukumisela isimilo esifanelekileyo, esinjengokufeza izibophelelo, ukumela iimpazamo, ukuziqhelisa ukuphendula, kubethelela le milinganiselo ebantwaneni . Bafunda ukuba izenzo zinemiphumo nokuba ukuthwala uxanduva yinxalenye ebalulekileyo yokukhula.

9. UKUKHUTHAZA INGQONDO YOKUKHULA:

- Abantu abadala abajongana nemingeni benesimo sengqondo esihle kunye nesomelela babonisa ukukhula kwengqondo . Ukumisela umzekelo

wokunyamezela nokukulungela ukufunda kwiingxaki kukhuthaza abantwana ukuba balwamkele ucelomngeni baze balujonge njengamathuba okukhula.

10. UKUBUMBA IZAKHONO ZONXIBELELWANO:

- lindlela zonxibelelwano ezincomekayo kusapho zinegalelo kuphuhliso lolwimi lomntwana nakwizakhono zokunxibelelana nabanye abantu . Ukumisela umzekelo wonxibelelwano oluphumelelayo, kuquka ukuphulaphula ngenyameko nokuvakalisa iingcamango ngentlonelo, kumisela umzekelo omhle.

11. UKUBONELELA NGQONDO YOKHUSELEKO:

- Abantwana baziva benqabiseke ngakumbi xa bebona ukuziphatha okungaguququkiyo nokwakhayo kwabazali babo . Indawo engqongileyo ezinzileyo nekhuselekileyo ibalulekile kuphuhliso lweemvakalelo nolwengqondo olusempilweni.

12. UKUNCIPHISA IMPEMBELELO EZINGAMBI:

- Ukwenza umzekelo omhle wokuziphatha kunceda ukulungelelanisa iimpembelelo ezimbi ezivela kwimithombo yangaphandle . Abantwana badla ngokuxhathisa ingcinezelo yoontanga engafanelekanga xa benesiseko esomeleleyo semilinganiselo eyakhayo ekhaya.

13. UKUKHULISA UTHANDO LOKUFUNDA OLUDLA LONKE:

- Abazali abamisela umzekelo wokuthanda ukufunda kunye nomdla wokwazi ihlabathi bakhuthaza abantwana babo ukuba babe nesimo sengqondo esifanayo . Esi simo sengqondo sikhuthazayo malunga nokufunda siba yi-asethi yobomi bonke.

Ukumisela umzekelo wokuziphatha kakuhle sisixhobo esinamandla ekuxonxeni ubuntu bomntwana, imilinganiselo, kunye nempilontle yakhe iyonke . Ngokusoloko bebonisa izezo nezimo zengqondo ezintle, abazali banikela isiseko esomeleleyo sokukhula komntwana wabo kwintlalontle, ngokweemvakalelo nangokuziphatha.

UKUBONISA UBUBELE NENTLONIPHO

Ukubonisa ububele nentlonipho kubalulekile ekukhuthazeni ulwalamano oluhle nokudala imeko-bume evisisanayo nexhasayo . Nazi izizathu eziphambili ezibalaselisa ukubaluleka kokubonisa ububele nentlonelo kubantwana bakho:

1. **UKWAKHA UBUDLELWANE OOBUMELEYO:** Ububele nentlonipho zenza isiseko solwalamano olomeleleyo nolulungileyo . Xa abantu bephathana ngobubele, kuyakhula ukuthembana, yaye ubuhlobo buyakhula.
2. **UKUMISELWA IMEKO OMHLE:** Izenzo zobubele nentlonipho zinegalelo ekudaleni umoya okhuthazayo nokhuthazayo, nokuba kusekhaya , emsebenzini, okanye ekuhlaleni.
3. **UKWENZA IMPILO YOMvakalelo:** Ukupha nokufumana ububele kunokuba nemiphumo emihle engqondweni nangokweemvakalelo . Izenzo zobubele

zikhupha iihomoni zokuziva ulungile, zinegalelo kwimvakalelo yolonwabo kunye nokuzaliseka.

4. **UKUKHUTHAZA UVANO:** Ukubonakalisa ububele nentlonelo kukhuthaza uvelwano . Ukuqonda kunye nokwabelana ngeemvakalelo zabanye kudala unxibelelwano olunzulu kunye noluntu olunovelwano ngakumbi.
5. **UKUSONBULA IINGXAKI:** Xa kuvela iingxabano, ukuthetha nabo ngobubele nangentlonelo kuhlahl' indlela yesicombululo esiphumelelayo . Ivula umnyango wonxibelelwano oluvulekileyo, ukuqonda kunye nokulalanisa.
6. **UKUDALA ICANDELO LENKXASO:** Abantu badla ngokunikela inkxaso xa beziva behlonelwa kwaye bexatyiswa . Ububele bakha uthungelwano lwabantu abakulungeleyo ukunikela uncedo ngamaxesha obunzima.
7. **UKUFUNDISA IINQWELO EZIPHAMBILI:** Ukumisela umzekelo wobubele nentlonipho yindlela enamandla yokufundisa imilinganiselo eyakhayo ebantwaneni nakwabanye kwindawo ohlala kuyo . Ibumba ukuqonda kwabo indlela yokuphatha abanye kwaye ifak' isandla kuphuhliso lwebutho labantu abanolwazelelelo novelwano.
8. **UKUKHULISA UZIHLONIPHA:** Ukubonisa kunye nokufumana ububele kufak' isandla ekubeni umntu azijonge ngendlela eyakhayo . Xa abantu bephathwa ngentlonelo, badla ngokuba nokuzithemba.
9. **UKUKHUTHAZA INTSEBENZISWANO:** Ububele nentlonipho zenza imeko-bume apho abantu bakulungele ngakumbi ukusebenzisana nokusebenzisana ukuze bafikelele usukelo olufanayo . Ikhuthaza umoya wentsebenziswano nenkxaso macala.
10. **UKUKHUTHAZA UKUBANDAKANYA:** Inkubeko yobubele nentlonipho ikhuthaza ukuqokana, apho wonke umntu eziva ethandwa yaye exatyiswa ngoko akuko . Idiliza imiqobo kwaye idale ukuziva ungowabanye.
11. **UKUNCIPHISA UXINKO:** Izenzo zobubele zibonakaliswe ukunciphisa amanqanaba oxinzelelo . Bobabini umniki-mali kunye nowamkelayo bafumana amava okuhla koxinzelelo, okunegalelo kwimpilo-ntle ephilileyo.
12. **UKUHLAWULA ISIDLA ESIHLE:** Ukubonakalisa ububele nentlonelo kunceda abantu bazenzele igama elihle . Abanye badla ngokubaxabisa baze babathande abo bahlala bebonakalisa ezi mpawu.

13. **UKUKHUTHAZA UKUZIPHATHA OKUBUYANAYO:** Ububele nentlonelo ngokufuthi zikhokelela ekuziphatheni okufanayo . Xa abantu befumana unyango olulungileyo, batyekele ngakumbi ekubuyiseleni, bedala umjikelelo wokulunga.
14. **IGALELO KWINKCUBEKO YOKUPHILA:** Uluntu kunye nemibutho ebeka phambili ububele nentlonipho ifak' isandla kwinkcubeko yentlalontle ngokubanzi . Le nkcubeko ixhasa ukukhula kunye nolonwabo lwamalungu ayo.
15. **UKWENZA IHLABATHI INDAWO ENGCONO:** Ekugqibeleni, impembelelo edibeneyo yezenzo zobubele kunye nentlonipho zinamandla okwenza ihlabathi libe yindawo engcono . Idala isiphumo esiqhekezayo, iphembelela abanye ukuba bamkele isimilo esihle esifanayo.

Ukubonisa ububele nentlonipho akuyomfuneko nje yokuziphatha kuphela kodwa kukwangumthombo wokwakha ubudlelwane obukhuthazayo, obuxhasayo nobonwabisayo kunye noluntu . Ezi mpawu zidlala indima ebalulekileyo ekubumbeni ihlabathi elinovelwano ngakumbi novelwano kumntu wonke.

IINDLELA EZIFANELEKILEYO ZOBUDALA ZABANTWANA ZOKUBONISA UBUBELE KUNYE NENTLONIPHO KWABANYE

Ukubonisa ububele kunye novelwano yindlela emangalisayo yokuba abantwana bayo yonke iminyaka babenegalelo kunxibelelwano oluhle kunye nokudala imeko-bume enenkathalo . Nazi iindlela ezifanelekileyo zobudala kubantwana abancinci, abantwana, kunye nabaselula ukubonisa ububele kunye novelwano:

ABANTWANA ABANCINCI (IMINYAKA EYI-1-3 UBUDALA):

1. **UKWABELANA AMADLALO:** Khuthaza abantwana abasakhasayo ukuba babelane ngezinto zabo zokudlala kunye nabo badlala nabo, bekhuthaza ukukhula kovelwano kwangethuba.
2. **UKWANGO NOKUTHUTHUMELA:** Fundisa abantwana abasacathulayo ukuba bawole okanye benze izimbo zomzimba ezithuthuzelayo xa bebona ukuba kukho umntu okhathazekileyo okanye olusizi.
3. **UXOLO OLULULA:** Nceda abantwana abasacathulayo baqonde ingqikelelo yokucela uxolo xa bemonzakalise umntu ngempazamo, nokuba liqhuma nje elincinci.
4. **UKUNCEDA NGEMISEBENZI:** Bandakanya abantwana abasafundayo kwimisebenzi elula njengokuchola iithoyi okanye ukunikezela ngezinto kwabanye, ukukhuthaza imvakalelo yoncedo.

ABANTWANA (IMINYAKA EMI-4-10 UBUDALA):

1. **AMAZWI OMHLE:** Khuthaza ukusetyenziswa kwamagama obubele, anjengokuthi “nceda” nokuthi “enkosi,” kunye nokuncoma abahlobo nosapho.
2. **IMITHETHO YOKWABELANA:** Fundisa abantwana ukuba bangabelani nje ngezinto zokudlala kuphela kodwa kwanezishwamshwam, izinto zesikolo, okanye ezinye izinto noontanga babo.

3. **UKUMAMELA NGOKUKHULELEYO:** Gxininisa ukubaluleka kokuphulaphula ngenyameko xa abanye bethetha, ubonise uvelwano ngokuphulaphula ngenyameko.
4. **UKWENZA UMZOBI:** Khuthaza ubuchule bokuyila ngokukhuthaza abantwana ukuba benze imizobo okanye imisebenzi yezandla yabahlobo okanye amalungu osapho njengomqondiso wobubele.
5. **UKUNCEDA ABANYE:** Khokela abantwana ukuba bancedise kwimisebenzi yasekhaya elula okanye bancede umhlobo wabo ngomsebenzi wesikolo.
6. **UMDLALO OBANDAKANYAYO:** Khuthaza umdlalo oquka wonke umntu, uqinisekise ukuba abantwana bamema abanye ukuba bathelele imidlalo kunye nemisebenzi yabo.
7. **UKUBHALA AMANQAKU ENKOSI:** Fundisa ubugcisa bokuvakalisa umbulelo ngokubhala amanqaku okubulela ngeziphho okanye izenzo zobubele.
8. **UKUNIKELA UNCEDO KOONTANGA:** Khuthaza abantwana ukuba banike uncedo kwabo bafunda nabo eklasini abasenokuba bayasokola ngomsebenzi othile okanye abaziva beshiyiwe.

ABASELULA (IMINYAKA EYI-11-18 UBUDALA):

1. **AMAVOLUNTE:** Ukuxhasa ulutsha ekufumaneni amathuba amavolontiya okanye iiprojekthi zenkonzo yoluntu ezihambelana nomdla wabo.
2. **UVANO OLUSEBENZAYO:** Khuthaza ulutsha ukuba lube novelwano ngemingeni yabahlobo babo, lunike indlebe ephulaphulayo nenkxaso yeemvakalelo.
3. **IZENZO EZIQHELEKILEYO ZOBUBELE:** Cela umngeni kwabakwishumi elivisayo ukuba benze izenzo zobubele ezingakhethiyo, ezinje ngokubambela umntu umnyango okanye ukunceda umntu ongamaziyo.
4. **INGQEQESHO YOOTANGA:** Ukuququzelela amathuba okucebisa koontanga apho ulutsha olukhulileyo lunokuxhasa kwaye lukhokele abafundi abancinci.
5. **UKUSONJULULWA KWENGXAKI:** Fundisa ulutsha izakhono ezisebenzayo zokusombulula impixano ukujongana nokungavisisani ngovelwano nokuqonda.
6. **INKXASO YOBANDAKANYEZO:** Khuthaza ulutsha ukuba lumelene nokuxhatshazwa kwaye lukhuthaze ubandakanyo esikolweni okanye ekuhlaleni.
7. **UKUQUQUZELELA IMICIMBI YESIPHO:** Ukuxhobisa ulutsha ukuba luququzelele okanye luthathe inxaxheba kwimisitho yesisa, ukunyusa ingxowa-mali, okanye amaphulo okwazisa.
8. **UKUNCEDA KWAYE KUKHUTHAZA:** Khuthaza abakwishumi elivisayo ukuba bancome ngokunyanisekileyo namazwi okhuthazo koontanga balo, ekhuthaza ukuzithemba ngendlela eyakhayo.
9. **UKUQONDA UMAHLUKO:** Ukukhuthaza ukuqondwa kweyantlukwano kunye neembono ezahlukeneyo, ukukhuthaza ulutsha ukuba luxabise kwaye luhloloniphe iyantlukwano yomntu ngamnye.
10. **UBUBELE KWI-INTANETHI:** Gxininisa ukubaluleka kokuqhelisela ububele kwi-intanethi ngokuphepha ubuxhakaxhaka be-intanethi kunye nokukhuthaza intsebenziswano eyakhayo kwimidiya yoluntu.

Khumbula ukubethelela kunye nokubhiyozela ezi zenzo zobubele kunye novelwano, ukudala imeko-bume ekhuthazayo nexhasayo ekhuthaza ezi ndlela zokuziphatha ukuba zibe zendalo kwaye zendele kwisimo somntwana okanye somntwana.

Ukufundisa iZakhono zokuSombulula iNgxaki

Ukufundisa ubuchule bokucombulula iingxaki sisipho esixabisekileyo abazali abanokusipha abantwana babo . Ezi zakhono zixhobisa abantwana ukuba bajonge imingeni, benze izigqibo ezizizo, kwaye babe ngabantu abanyamezelayo . Nanga amanye amacebiso kubazali ekufundiseni izakhono zokusombulula iingxaki :

1. KHUTHAZA IINGCINGA EZINGUNDOQO:

- Khuthaza umntwana wakho ukuba acinge nzulu ngeemeko . Buza imibuzo evulelekileyo ebenza bacinge ngeembono ezahlukeneyo kunye nezisombululo ezinokubakho.

2. CHAZA INGXAKI:

- Nceda umntwana wakho ayichaze ngokucacileyo ingxaki ajongene nayo . Ukuqhawula umceli mngeni ube ngamacandelo amancinci kwenza ukuba ulawuleke ngakumbi kwaye kube lula ukusonjululwa.

3. IZISOMBULULO ZENGQONDO KUNYE:

- Zibandakanye kwiseshoni yokubonisana ngengqondo . Khuthaza umntwana wakho ukuba enze izisombululo ezininzi ezinokubakho ngaphandle kokugweba . Oku kukhuthaza ubuchule kunye nemvakalelo yokuxhotyiswa.

4. FUNDISA UKUTHATHA IZIGQIBO:

- Xoxa ngokubaluleka kokwenza izigqibo . Nceda umntwana wakho aqonde ukuba izigqibo zinemiphumo yaye ziquka ukuvavanya iingenelo nezibi.

5. UMZEKELO WOKUSONBULA INGXAKI:

- Yiba ngumzekelo wokusombulula iingxaki ngempumelelo . Bonisa indlela ohlangabezana ngayo neningeni, kwaye wabelane ngenkqubo yakho yokucinga nomntwana wakho. Abantwana badla ngokufunda ngokujonga abazali babo.

6. Gxininisa UVAVANYO KUNYE NEPHOSO:

- Khuthaza isimo sengqondo esijonga iimpazamo njengamathuba okufunda . Gxininisa ukuba ukusombulula iingxaki kudla ngokubandakanya ukuzama iindlela ezahlukeneyo de kufumaneke isisombululo esifanelekileyo.

7. FUNDISA I-5 W'S:

- Fundisa umntwana wakho ukuphonononga ii-5 W's (Ngubani, Yintoni , Nini, Phi, kwaye Kutheni) xa ehlalutya ingxaki. Oku kunceda ukuqokelela ulwazi olufanelekileyo kunye nokuchonga imiba ephambili.

8. SEBENZISA IMIZEKELO YOBOMI:

- Nxibelelanisa izakhono zokusombulula iingxaki kwimizekelo yokoqobo enokuqondwa ngumntwana wakho . Oku kunokuba ziimeko zasesikolweni, nabahlobo, okanye kumxholo wezinto abazithandayo.

9. ZIQEQESHE Umonde :

- Ukucombulula iingxaki kusenokuthabatha ixesha, yaye kubalulekile ukuba nomonde. Khuthaza umntwana wakho ukuba azingise naxa ejamelene nemiqobo.

10. BEKA OKULINDELEKILEYO OKWENENE:

- Nceda umntwana wakho amisele ulindelo olusengqiqweni kwiziphumo zokusombulula iingxaki . Ngamanye amaxesha izisombululo zisenokungafezeki, kodwa inkqubo yokujongana neningeni ixabisekile ngokwayo .

11. BENZA INKQUBO, AYIZISOMBULULO:

- Xa umntwana wakho enengxaki, wuxhathise umnqweno wokufuna isicombululo esikhawulezileyo . Endaweni yoko, bakhokele kwinkqubo yokusombulula iingxaki, ubavumele ukuba bacinge ngokuzimeleyo.

12. UKUDLALA INDIMA:

- Thatha inxaxheba kumzekelo wokudlala indima ethile apho umntwana wakho anokuziqhelanisa nezakhono zokusombulula iingxaki kwindawo ekhuselekileyo nenika inkxaso . Oku kunceda ukwakha ukuzithemba.

13. VUYISA IMPUMELELO:

- Bhiyozela impumelelo yomntwana wakho ekucombululeni iingxaki, kungakhathaliseki ukuba ubungakanani bempumelelo . Ukuqiniswa okuqinisekileyo kuyabakhuthaza ukuba baqhubeke nokusebenzisa ezi zakhono.

14. CINGA NGEZISOMBULULO:

- Emva kokuba ingxaki isonjululwe, ziphe ixesha lokucingisisa nomntwana wakho . Xubusha ngoko kusebenze kakuhle, yintoni enokuphuculwa, kunye noko bakufundileyo kumava.

15. KHUTHAZA UMSEBENZI WEQELA:

- Fundisa ukubaluleka kokufuna uncedo nokusebenzisana nabanye xa kusonjululwa iingxaki . Intsebenziswano ihlala izisa iimbono ezahlukeneyo kunye nezisombululo.

16. IVUMELA UMZAMO:

- Yincome kwaye uyincome imigudu yomntwana wakho ekucombululeni iingxaki . Khuthaza ukukhula kwengqondo okuxabisa umgudu kunye nokomelela.

17. BENZA IZIXHOBO ZOKUSEBENZA:

- Nceda umntwana wakho alungelelanise iingcinga kunye nezimvo zakhe ngezixhobo ezinje ngoluhlu, iitshathi, okanye imizobo . Oku kunokunceda ekwahluleni iingxaki ezinzima zibe ngamacandelo alawulekayo.

Ngokudibanisa ezi ngcebiso kwindlela yakho yobuzali, unokuba negalelo kuphuhliso lwezakhono zokusombulula iingxaki zomntwana wakho , umxhobise ukuba ajongane nemingeni ngokuzithemba kunye nokomelela.

UBUDALA -IMISEBENZI EFANELEKILEYO YOKUSOMBULULA INGXAKI YABANTWANA

IMINYAKA EYI-1-3 UBUDALA

1. UKUHLELISA IZINTO:

- Nika izinto ezahlukeneyo zokuhlela ngokombala, imilo, okanye ubukhulu . Oku kunceda abantwana abancinci baphuhlise izakhono zokuhlela.

2. UKWAKHIWA NGEENTLOKO:

- Bandakanya abancinci kwizakhiwo zokwakha ngeebhloko . Oku kukhuthaza ulwazi lwesithuba kunye nokusombulula iingxaki njengoko befumana indlela yokulinganisa kunye nokudibanisa iibhloko.

3. IIPUZZLE EZULULA:

- Yazisa iiphazili ezifanelekileyo ngobudala ezinamaqhekeza amakhulu . Oku kunceda abantwana abancinci ukuba baqonde indlela amaqhekeza ahlukeneyo adibana ngayo.

4. IMIDLALO EMATSHAYO:

- Dlala imidlalo etshatisayo ngamakhadi okanye ngezinto . Oku kwandisa inkumbulo kunye nezakhono zokuqaphela.

IMINYAKA EMI-4-5 UBUDALA

1. IMIDLALO YEBHODI ELULU:

- Yazisa imidlalo yebhodi ngemithetho elula . Oku kunceda abantwana baqonde ukuthatha ithuba kunye nokucinga okucwangcisekileyo.

2. KUBALA OKUYISISEKO KUNYE NEMIDLALO YEzibalo:

- Sebenzisa izinto zemihla ngemihla ezifana namathoyizi okanye i-snacks ukubala kunye nemidlalo yezibalo esisiseko . Oku kukhuthaza ukusonjululwa kweengxaki ngamanani.

3. UMLO KUNYE NEPATINI UQAPHELEKO:

- Khuthaza ukuqatshelwa kweemilo kunye neepateni kwizinto zemihla ngemihla okanye ngokwenza imisebenzi elula yokuzoba kunye nemibala.

4. UKWAKHA NGENXA YOKUDLALA:

- Vumela abantwana benze izinto besebenzisa intlama yokudlala . Oku kukhuthaza ubuchule kunye nokusombulula iingxaki njengoko befumana indlela yokwakha iimilo ezahlukeneyo.

5. UKULANDELA IMIYALELO LULULE:

- Nika imiyalelo yenyathelo nenyathelo kwimisebenzi elula, njengokuseta itafile . Oku kunceda ukuphuhlisa ulandelelwano kunye nezakhono zokusombulula iingxaki .

IMINYAKA EMI-6-8 UBUDALA

1. IIMPAZA ZAMAGAMA:

- Yazisa iiphazili zamagama ezifana namagama anqamlezayo okanye ukhangelo lwamagama olulula . Oku kwandisa isigama kunye nezakhono zokusombulula iingxaki.

2. IMIVA ENGESAYENSI:

- Zibandakanye kwiimvavanyo ezilula zesayensi ezifuna ukulandela imiyalelo kunye nokwenza uqikelelo.

3. UKWAKHIWA NOKWAKHIWA:

- Sebenzisa izixhobo zokwakha ezifuna ukudibanisa iinxalenye . Oku kukhuthaza ukuqiqa ngokwesithuba kunye nokusombulula iingxaki.

4. IMISEBENZI ELULU YOKUPHEKA:

- Bandakanya abantwana kumlinganiselo wezithako kunye neendlela zokupheka ezilandelayo . Oku kubazisa ekusombululeni iingxaki ekhitshini.

5. UKUCWANGCISA USUKU:

- Khuthaza abantwana ukuba bacwangcise imisebenzi yosuku, beqwalasela izinto ezifana nexesha, indawo, kunye nezixhobo.

IMINYAKA EYI-9-11 UBUDALA

1. IMIDLALO YEBHODI YOBUCHULE:

- Yazisa imidlalo yebhodi yesicwangciso esintsonkothileyo efuna ukucwangciswa kunye nokwenziwa kwezigqibo.

2. UPHANDO OLUZIMELEYO:

- Yabela iiprojekthi zophando ezincinci apho abantwana kufuneka bafumane ulwazi kwaye babonise iziphumo zabo.

3. UKUSOMBULULWA INGXAKI YEMATALI:

- Iingxaki zezibalo ezikhoyo ezifuna amanyathelo amaninzi okusombulula, ukukhuthaza ukucinga okucwangcisiwayo.

4. UKUCWANGCISA UHLAHO-MALI:

- Bafundise uhlahlo lwabiwo-mali ngokubanika isixa "semali" esiseti ukuze bacwangcise uhambo lokuthenga olucingelwayo.

6. IMISEBENZI ELULULE YOKUKHOWUDA:

- Yazisa imisebenzi esisiseko yokukhowuda efuna ukucinga okunengqiqo kunye nokusombulula iingxaki.

IMINYAKA EYI-12-14 UBUDALA

1. IMIDLALO YOKUCINGA OKUBALULEKILEYO:

- Phonononga imidlalo yokucinga ebalulekileyo ecela umngeni kwizakhono zokuqiqa kunye nokunciphisa.

2. IIPROJEKTHI ZENKONZO YOLUNTU:

- Zibandakanye kwiiprojekthi zenkonzo yoluntu, ukukhuthaza abantwana ukuba bachonge kwaye basombulule imiba yendawo.

3. IMIVA ENGCACILEYO YEZESAYENSI:

- Qhubekela phambili kwiimvavanyo ezintsonkothileyo zesayensi ezifuna uvavanyo lwe-hypothesis kunye nokusombulula iingxaki.

4. IMICELI-MNGENI EZIMELEYO YOKUSOMBULULWA KWEINGXAKI:

- Bonisa imiceli mngeni yokwenyani kwaye ucele igalelo labo kwizisombululo ezinokubakho.

5. USHISHINO LOSHISHINO:

- Khuthaza ukucinga kwezoshishino ngokucebisana kunye nokucwangcisa umbono wamashishini amancinci.

IMINYAKA EYI-15-18 UBUDALA

1. IINGXOXO KUNYE NOKUTHETHA OLUNTU:

- Khuthaza ukuthatha inxaxheba kwiingxoxo-mpikiswano okanye ukuthetha esidlangalaleni, ukukhuthaza ukusonjululwa kweengxaki kwiingxoxo.

2. INDIMA YOBUNKOKELI:

- Ukubonelela ngamathuba eendima zobunkokeli ezikolweni okanye kwii projekthi zabahlali.

3. I-INTERNSHIP NOKUTHUMELA UMSEBENZI:

- Phonononga ama-internship okanye amathuba omsebenzi afuna ukusonjululwa kwengxaki kwindawo yobuchwephesha.

4. IIPROJEKTHI ZOKUKHOWUDA EZIPHAMBILI:

- Khuthaza uphuhliso lweeprojekthi zokukhowuda eziphambili ezifuna ukusonjululwa kwengxaki kwinqanaba eliphezulu.

6. UKUTHATHA INXAXHEBA KUMVAVANYO OLUHLEKILEYO:

- Zibandakanye kwizilingo ezihlekisayo okanye ukulinganisa okusemthethweni, ukukhuthaza ukucinga okunzulu kunye nokusombulula iingxaki kwiimeko zomthetho.

Khumbula ukulungelelanisa imisebenzi esekelwe kubuchule bomntu kunye nezinto anomdla kuzo, kwaye usoloko unika inkxaso kunye nesikhokelo njengoko abantwana bejongana nemingeni emitsha.

UKUCINGA NGEZISOMBULULO NJENGOSAPHO

Ukucinga ngezisombululo njengentsapho kunokuba yindlela eyakhayo nenentsebenziswano yokuhlangabezana nemingeni okanye ukwenza izigqibo kunye . Nasi isikhokelo sabazali sendlela yokuququzelela iiseshini ezisebenzayo zokucebisana ngosapho:

1. YENZA IMEKO EKHUSELEKILEYO NEVULEKILEYO:

- Qinisekisa ukuba wonke umntu uziva ekhululekile ukuvakalisa izimvo zakhe ngaphandle kokoyika isigwebo . Gxininisa ukuba onke amacebiso amkelekile.

2. KHETHA USEKO OKUNGAPHAKATHI:

- Khetha indawo apho amalungu entsapho anokuhlala kunye ngokukhululekileyo . Eli inokuba ligumbi lokuhlala, itafile yokutyela, okanye nayiphi na indawo apho wonke umntu anokufaka isandla.

3. CHAZA INGXAKI OKANYE ISIGQIBO:

- Yichaze ngokucacileyo ingxaki okanye isigqibo ekufuneka sisonjululwe . Qinisekisa ukuba wonke umntu uyawuqonda umba okhoyo ukuze ugxininise kwiseshini yokubonisana.

4. KHUTHAZA INXAXHEBA ESENKO:

- Khuthaza ilungu ngalinye lentsapho, kungakhathaliseki ubudala, ukuba libe nenxaxheba ngokukhuthelayo kwindibano yokubonisana . Imbono yomntu ngamnye ibalulekile.

5. SEBENZISA IBHODWE OKANYE IPHEPHA:

- Yiba nebhodi emhlophe, iphepha elikhulu, okanye isixhobo sedijithali esilungele intsapho apho iingcamango zinokubhalwa khona . Olu ncedo olubonakalayo lunceda wonke umntu abone kwaye akhe phezu kweengcebiso zomnye.

6. BEKELA IMIGAQO YOLAWULO:

- Misela imigaqo esisiseko yeseshoni yokubonisana . Oku kusenokuquka ukuphepha amagqabaza angakhiyo, ukuphulaphula ngentlonelo nokunika wonk' ubani ithuba lokuthetha.

7. KHUTHAZA IINGCINGA EZAHLUKENEYO:

- Khuthaza iingcamango ezahlukahlukeneyo, kwanazo zinokubonakala zingaqhelekanga . Ukucinga okungafaniyo kudla ngokukhokelela kwizisombululo eziyilayo nezingalindelekanga.

8. KHANGELA ISIGWEBO KWAKUQALA:

- Kwinqanaba lokuqala lokungqubanisa ingqondo, gxininisa ekuveliseni iingcamango ngaphandle kokuzivavanya . Gcina umgwebo kwixesha elizayo ukuze ugcine ubugcisa bokuyila buqhubeka.

9. LINDA:

- Nika ilungu ngalinye lentsapho ixesha lokucinga nokuba negalelo . Abanye basenokufuna ixesha elingakumbi lokulungisa iingcinga zabo, ngoko yiba nomonde uze uvumele unqumamo kwincoko.

10. YAKHELA KWIIMBONISO ZOMNYE:

- Khuthaza amalungu osapho ukuba akhe phezu okanye adibanise izimvo . Le ndlela yentsebenziswano inokukhokelela kwizisombululo ezibanzi kunye nezintsha.

11. YIBA PHAMBILI UYE UVAVANZE:

- Emva kokwenza uluhlu lweengcamango, sebenzani kunye ukubeka phambili nokuvavanya ukhetho ngalunye . Xoxa ngezinto ezilungileyo nezingalunganga zesisombululo ngasinye.

12. FUNA IMVUMELWANO:

- Nikela kwimvumelwano xa nisenza isigqibo ngesisombululo . Oku akuthethi ukuba wonke umntu kufuneka avumelane ngokupheleleyo, kodwa uninzi kufuneka lukhululeke ngekondo elikhethiweyo.

13. VUYISA IGALELO:

- Yazisa kwaye ubhiyozele igalelo lelungu ngalinye losapho . Liqonde ixabiso lezimvo zomntu wonke, nokuba ziphunyeziwe.

14. UKUSEBENZA NOKUPHONONONGA:

- Emva kokuba isigqibo senziwe, sebenzisa isisombululo esikhethiweyo . Emva kwexesha elisengqiqweni, hlolisisani imiphumo kunye njengentsapho nize nixubushe ngoko kusebenze kakuhle noko kunokuphuculwa.

15. QHOPHELA UQINISEKISE NGOSAPHO:

- Khulisa inkcubeko yokunxibelelana ngokukhululekileyo nokucombulula iingxaki entsatsheni ngokuba nenxaxheba rhoqo kwiiseshini zokubonisana . Oku kunokunceda ekwakheni izakhono zonxibelelwano eziqinileyo ebantwaneni kwaye kubethelele ingcamango yokuba izigqibo zentsapho zenziwa ngokudibeneyo.

Ngokubandakanya ezi zicwangciso, abazali banokudala imeko-bume ekhuthazayo nebandakanyayo apho amalungu osapho aziva exhotyisiwe ukuba anikele ngezimvo, asombulule iingxaki ngentsebenziswano, kwaye bomeleze amaqhina abo ngokwenza izigqibo ekwabelwana ngazo.

IMYALELO ELULA YOKUBA NESESHINI YOQOQOSHO LOSAPHO

1. INYATHELO LOKU-1: QOKELELA INTSAPHO

- Mema onke amalungu osapho kwindawo ekhethiweyo apho ninokuhlala kunye ngokukhululekileyo . Oku kunokuba yigumbi lokuhlala, indawo yokutyela, okanye nayiphi na indawo ekhuthaza unxibelelwano oluvulekileyo.

2. INYATHELO 2: CHAZA INJONGO

- Yichaze ngokucacileyo ingxaki, isigqibo, okanye umxholo eza kuxutyushwa yintsapho . Qinisekisa ukuba wonke umntu uyakuqonda ugxininiso lweseshoni.
- Umzekelo: "Namhlanje, siza kuxoxa ngezimvo ngendawo yethu yokuya kwiholide yosapho olulandelayo."

3. INYATHELO LESI-3: BEKELA IMITHETHO EZISELEKILEYO

- Misela imithetho esisiseko yokuqinisekisa imeko-bume eyakhayo nevulelekileyo yokwabelana ngezimvo . Gxininisa ukubaluleka konxibelelwano olunentlonipho kwaye ukhuthaze wonke umntu ukuba athathe inxaxheba.
- Umzekelo weMithetho:
 - i. Akukho zimvo ezimbi ngexesha lesigaba sokucinga.
 - ii. Wonke umntu ufumana ithuba lokuthetha.
 - iii. Mamela ngenkuthalo izimvo zabanye.

4. INYATHELO LESI-4: SEBENZISA IBHODWE ENGHLOPHE, IPHEPHA, OKANYE ISIXHOBOSEDIJALI

- Yiba nebhodi emhlophe, iphepha elikhulu, okanye isixhobo sedijithali esilungele usapho esilungele ukubhala izimvo . Oku kunceda ukwenza inkqubo yokucinga ngengqondo ebonakalayo kunye nentsebenziswano.

5. INYATHELO LESI-5: KHUTHAZA IINGCINGA EYAHLUKENEYO

- Khuthaza amalungu entsapho ukuba avelise iingcamango ezahluahlukeneyo, nezingaqhelekanga . Injongo kukuqokelela uluhlu olubanzi lwamathuba phambi kokunciphisa iinketho.
- Umzekelo: "Cinga nayiphi na indawo ongathanda ukuyityelela kwiholide yethu, kungakhathaliseki ukuba kubonakala kungavamile kangakanani."

6. INYATHELO LESI-6: TSHINTSHA UGWEBO KWAKUQALA

- Gxininisa ukuba eyona ngqwalasela yokuqala isekuveliseni iingcamango, kungekhona ukuzivavanya . Oku kunceda ukudala umoya okhululekileyo kunye nokudala.
- Umzekelo: "Okwangoku, makhe sigxininise ekuza neengcamango ezininzi zeeholide njengoko sinakho ngaphandle kokukhathazeka malunga nokuba ziyasebenza okanye akunjalo."

7. INYATHELO LESI-7: YAKHELANANI KWIIMVO ZOMNYE

- Khuthaza amalungu entsapho ukuba akhe phezu okanye adibanise iingcamango zomnye . Le ndlela yokusebenzisana inokukhokelela kwizisombululo ezomeleleyo kunye nezintsha.
- Umzekelo: "Ukuba umntu ukhankanya indawo yokuya elwandle, cinga malunga nokuba yeyiphi imisebenzi esinokuyenza apho kwaye songeze kwingcamango."

8. INYATHELO LESI-8: BHEKA PHAMBILI UZE UVAVANZE

- Nje ukuba uluhlu lwezimvo lwenziwe, sebenzani kunye ukubeka phambili nokuvavanya ukhetho ngalunye. Xoxa ngezinto ezilungileyo nezingalunganga zengcebiso nganye.
- Umzekelo: "Ngoku, makhe sithethe malunga neenzuzo kunye neengxaki zendawo nganye kwaye sibone ukuba yeyiphi ebhenela wonke umntu."

9. INYATHELO LESI-9: FUNA IMVUMELWANO

- Nikela kwimvumelwano xa nisenza isigqibo ngesisombululo . Imalunga nokufumana inketho uninzi losapho oluziva lukhululekile ngayo.
- Umzekelo: "Makhe sibone ukuba singayifumana na indawo apho wonke umntu anomdla kuyo . Siza kuqwalasela ukhetho lomntu wonke kwaye sizame ukufumana ukhetho olufanele thina sonke."

10. INYATHELO LE-10: UKUSEBENZA NOKUHLOLA

- Emva kokuba isigqibo senziwe, sebenzisa isisombululo esikhethiweyo . Emva kwexesha elithile, yimani njengentsapho ukuze nihlolisise iziphumo nize nixubushe ngoko kusebenze kakuhle noko kunokuphuculwa.
- Umzekelo: "Emva kweholide yethu, siya kuhlanganisana ukuze sithethe ngamava ethu kwaye sibone ukuba kukho naluphi na utshintsho esingathanda ukulwenza kuhambo lwethu olulandelayo."

Ngokulandela le miyalelo ilula, iintsapho zinokudala imeko-bume ebandakanyayo kunye nentsebenziswano apho wonke umntu enelizwi, kwaye izigqibo zenziwa ngokudibeneyo.

ULUHLU LOSAPHO LOKUSOMBULULA INGXAKI

Unokusebenzisa olu luhlu lokuhlola kunye nokuphucula izakhono zosapho lwakho zokusombulula iingxaki . Zilinganisele kwinto nganye ngokweendlela zakho zangoku:

- 1 = Ngokunqabileyo . - 2 = Ngamaxesha athile . - 3 = Ngamanye amaxesha . - 4 = Rhoqo . - 5 = Ngalo lonke ixesha.

IINGXELO	INQAKU
# 1 . UNXIBELELWANO ELUVULEKILEYO	
Sinxibelelana ngokukhululekileyo ngemiba yosapho.	
Simamelana iimbono zomnye nomnye ngenkuthalo ngaphandle kokuphazamiseka.	
# 2 . UKUHLONIPHA OKUNYE	
Siziphatha ngentlonelo izimvo neemvakalelo zomnye.	
Ukungavisisani kusingathwa ngaphandle kolwimi oluthoba isidima okanye ukungahloneli.	
#3 . UKUCHAZA INGXAKI	
Sichonga ngokucacileyo kwaye sichaze ingxaki ngaphambi kokuzama ukufumana isisombululo.	
Siyakuphepha ukugxeka abantu ngabanye kwaye sigxininise kumbandela okhoyo.	
# 4 . UXANDUVA ELWABELWANE NGENA	
Siyaqonda ukuba ukusonjululwa kweengxaki yimfanelo ekwabelwana ngayo phakathi kwawo onke amalungu osapho.	
Ilungu ngalinye liziva linamandla okunikela kwisisombululo.	
# 5 . IZISOMBULULO ZENGQONDO	
Sikhuthaza ukucinga ngokuyilayo kwaye sicinge ngezisombululo ezahlukeneyo.	
Kukho ukuvuleleka ekuthatheni ingqalelo iimbono neembono ezahlukeneyo.	
# 6 . UKWAKHIWA KWEMVUMELWANO	
Sisebenzela kwimvumelwano okanye ukulungelelana okwamkelekileyo kuwo onke amalungu osapho.	
Sibeka phambili ukufumana izisombululo eziza kunceda intsapho iphela.	
# 7 . IMIBA PHAMBILI	
Sichonga kwaye sibeke phambili imiba ngokusekelwe kukubaluleka kwayo kunye nefuthe kusapho.	
Silungisa imicimbi engxamisekileyo ngokukhawuleza ngelixa sicwangciselele izisombululo zexesha elide.	
#8 . UKUSEBENZA IZISOMBULULO	
Siphuhlisa isicwangciso sokusebenza sokuphumeza izisombululo ekuvunyelwene ngazo.	
Uxanduva lokuphumeza izisombululo luchazwe ngokucacileyo.	
# 9 . INKQUBELA YOKUBEKA ELO	

IINGXELO	INQAKU
Sihlala sijonga inkqubela phambili yezisombululo eziphunyeziweyo.	
Uhlengahlengiso lwenziwa ukuba luyimfuneko, kwaye ingxelo iyamkelwa.	
# 10 . IMPENDULO EKHUTHAZAYO	
Senza imeko apho amalungu osapho aziva ekhululekile ukunika ingxelo eyakhayo.	
Ingxelo inikwa kwaye yamkelwa ngenjongo yokuphucula, hayi ukugxekwa.	
# 11 . IZAKHONO ZOKUSONJULULA IINGXAKI	
Sisebenzisa izakhono zokusombulula iingxabano ezisebenzayo ngexesha leengxoxo zokusombulula iingxaki.	
Kusetyenziswa izicwangciso-qhinga ezifana nokulalanisa, ukuphulaphula ngenyameko, nokuqonda.	
# 12 . IINTLANGANISO ZENTSAPHO	
Sibamba iintlanganiso zosapho rhoqo ukuze sixoxe ngezinto ezixhalabisayo, sabelane ngezinto ezihlaziyiweyo, kwaye sicwangcise kunye.	
Wonke umntu unethuba lokuvakalisa iingcamango zakhe ebudeni beentlanganiso zentsapho.	
# 13 . UQINISEKISO OMHLE	
Siyayivuma kwaye siyayixabisa imizamo yomnye nomnye ekusombululeni iingxaki.	
Ukuqiniswa okulungileyo kusetyenziselwa ukukhuthaza iminikelo eyakhayo.	
# 14 . ULAWULO LWEXESHA	
Sabela ixesha elaneleyo leengxoxo zokusombulula iingxaki.	
Siyakuphepha ukungxama kwinkqubo yokuqinisekisa ukuphononongwa ngokucokisekileyo kwezisombululo.	
# 15 . UVAVANYO NOKUPHONJA	
Sihlala sivavanya ukusebenza kweenkqubo zethu zokusombulula iingxaki.	
Ukucamngca kusivumela ukuba sifunde kumava adlulileyo kwaye siqhubeke siphucula.	

INKCAZELO NGOKUBANZI:

- 1. Zeziphi iinkalo zokucombulula iingxaki zentsapho ezingamandla osapho lwakho?**
- 2. Ngaba kukho iindawo ezithile ongathanda ukuphucula kuzo?**
- 3. Ungabuphucula njani ubuchule bosapho lwakho bokusombulula iingxaki ukuze ukhuthaze imeko yentsebenziswano nenkxaso ngakumbi?**

Khumbula, ukucombulula iingxaki zosapho sisakhono esikhula ngokuhamba kwexesha . Sebenzisa olu luhlu lokuhlola njengesikhokelo sokuphucula okuqhubekayo kunye nokukhuthaza indlela eyakhayo yokusombulula iingxaki kusapho lwakho . Bhiyozela impumelelo yakho kunye nokusebenzisana ukujongana nemimandla yohlumo.

UKUSOMBULULA IINGXABANO NGOXOLO

Ukujongana nongquzulwano lwentsapho kunokuba lucelomngeni, kodwa sisakhono esibalulekileyo sokukhuthaza imekobume yentsapho esempilweni nenenkxaso. Nanga amanye amacebiso okukhangela kunye nokusombulula iingxabano zosapho:

1. HLABA UPHOLE:

- Xa kuvela ingxabano, zama ukuhlala uzolile kwaye uzolile . Iimvakalelo zisenokubangela uxinezeleko . Thatha umoya omncinci kwaye ugxininise ekuphenduleni ngokucingisisayo kunokuba uphendule ngokungxama.

2. KHETHA IXESHA NENDAWO EFANELEKILEYO:

- Fumana ixesha nendawo efanelekileyo yokulungisa le ngxabano . Kuphephe ukuxoxa ngezinto ezinobuzaza phakathi kwezinye izinto ezicinezelayo okanye ngexesha leziganeko ezibalulekileyo.

3. MAMELA NGOKUKHUPHELEKILEYO:

- Ziqhelise ukumamela ukuze uqonde imbono yelungu ngalinye lentsapho . Vumela umntu ngamnye ukuba aveze iimvakalelo zakhe ngaphandle kokuphazanyiswa, kwaye ubonise uvelwano ngokuvuma iimvakalelo zakhe .
- Yakha inkxalabo yakho usebenzisa amazwi athi "Mna" ukuchaza iimvakalelo zakho ngaphandle kokugxeka abanye . Umzekelo, yithi "Ndiva kabuhlungu xa..." endaweni yokuthi "Uhlala..."

4. Gxininisa KULO MBA, HAYI UMNTU:

- Gcina ingxubusho igxile kumbandela othile okhoyo . Kulumkele uhlaselo lobuqu okanye ukutyholwa, njengoko oku kunokwandisa unquzulwano.

5. FUNA UKUQONDA:

- Zama ukuqonda iimfuno ezisisiseko okanye izinto ezibaxhalabisayo kwiimbono zomntu ngamnye . Oku kunokunceda ekuchongeni iindawo ezifanayo kunye nezisombululo ezinokubakho.

6. FUMANA IMIZAMO EQHELEKILEYO:

- Khangela iindawo apho amalungu entsapho anokuvumelana okanye alalanise . Ukufumana izinto esivumelana ngazo kunceda ukwakha isiseko sokusombulula impixano.

7. SEKA UNXIBELELWANO LUCACILEYO:

- Zichaze ngokucacileyo iingcinga neemvakalelo zakho , uze ukhuthaze namanye amalungu entsapho ukuba enenjalo. Ukungaqondani kudla ngokubangelwa kukunganxibelelani kakuhle.

8. YITHATHA XA UFUNA:

- Ukuba ingxabano iyanda, kulungile ukuba uthathe ikhefu. Vumela wonk' ubani obandakanyekileyo ukuba emke okwexeshana ukuze aphole ngaphambi kokuba abuyele kwingxubusho.

9. SEBENZISA UBUHLAZI XA KUFANELEKILE:

- Uburharha bunokuba sisixhobo esinamandla sokusasaza uxinzelelo . Yisebenzise ngobulumko, uqinisekise ukuba ayikujongeli phantsi ukubaluleka kwemiba ekuxoxwa ngayo.

10. IBANDAKANYA IQELA ELITHATHWE NGAPHANDLE:

- Ukuba iingxabano ziyaqhubeka, cinga ngokubandakanya umntu wesithathu ongathathi hlangothi, njengogqirha wosapho okanye umcebisi . Banokubonelela ngembono enenjongo kwaye banike izicwangciso zokusombulula.

11. SEKELA IMITHETHO YOSAPHO YOKUSONJULULWA KWENGXABANO:

- Yenza imithetho yentsapho okanye izikhokelo zokucombulula iingxabano . Ukuba nenkqubo-sikhokelo kunokunceda ukulawula ukungaboni ngasonye ngokufanelekileyo.

12. KHUTHAZA UXOLO NOKUXOLELA:

- Khuthaza amalungu entsapho ukuba acele uxolo xa kuyimfuneko, aze akhuthaze isiko lokuxolela. Ukuyeka inzondo kufak' isandla kubomi bentsapho obusempilweni.

13. Gxininisa KWIZISOMBULULO:

- Kunokuba uhlale ucinga ngengxaki, tshintshela ingqalelo ekufumaneni izicombululo . Xoxisani kunye nisebenzele kwizisombululo ekuvunyelwene ngazo.

16. ZUZA IZIGQIBO:

- Yazisa kwaye ubhiyozele xa iingxabano zisonjululwe ngempumelelo . Ukomeleza okufanelekileyo komeleza ukubaluleka konxibelelwano olunempilo nokusombulula iingxabano phakathi kosapho.

Khumbula ukuba, iingxabano yinxalenye yokwemvelo yobomi bentsapho, yaye usukelo asikokuziphelisa ngokupheleleyo kodwa kukuzilawula ngendlela eyakhayo . Ngokukhuthaza unxibelelwano oluvulekileyo, uvelwano, kunye nengqondo esebenzisanayo yokusombulula iingxaki, iintsapho zinokujongana neengxabano ngendlela eyomeleza ubudlelwane kunokubangela umonakalo ongapheliyo.

Ukukhulisa Ukuzimela

UXANDUVA OLUFANELEKILEYO NGOBUDALA

Ukunika abantwana uxanduva olufanele iminyaka yobudala kubanceda bazive bekhululekile, bazive benembopheleleko kunye nezakhono zobomi eziyimfuneko . Nalu uluhlu lweemfanelo ezilungele iminyaka yabantwana:

IMINYAKA EYI-1-3 UBUDALA

1. UKUBEKA IZITHOMBE:

- Fundisa abantwana abancinci ukuba babeke izinto zabo zokudlala kwimigqomo okanye kwiishelfu ezichongiweyo.

2. UKUNCEDA NGEMISEBENZI ELULULE:

- Bandakanya abantwana abasacathulayo kwimisebenzi elula njengokusula umphezulu ngelaphu elimanzi okanye uthuli ngelaphu elithambileyo.

3. UKUNXIBA:

- Khuthaza abancinci ukuba baqale ukunxiba ngoncedo oluncinci, njengokutsala ibhulukhwe okanye ukunxiba iikawusi.

4. ZIZONDLA:

- Vumela abantwana abancinci ukuba basebenzise izitya kwaye bazityise phantsi kweliso.

IMINYAKA EMI-4-5 UBUDALA

1. BENZA Iibhedi zabo:

- Fundisa abantwana abangekaqala ukuya esikolweni ukondlula iibhedi zabo kusasa.

2. UKUSETA ITHEBHA:

- Bacele ukuba balungise itafile ukwenzela ukutya, babeke izitya, iipleyiti kunye namaqhiya.

3. UKUBEKA IGROCERIA:

- Nceda abantwana abangekayi esikolweni bafunde apho kuhanjiswa khona igrosari kwaye ubavumele ukuba babeke izinto ezingonakaliyo.

5. UKUNIKEZA IZITYALA:

- Yabela umsebenzi wokunkcenkceshela izityalo zangaphakathi kunye nesitya sokunkcenkceshela esincinci.

IMINYAKA EYI-6-8 UBUDALA:

1. UKUCOCA AMAGUMBI OKULALA:

- Khokela abantwana ekuoceni amagumbi abo okulala, kuquka ukulungelelanisa izinto zokudlala kunye nokubeka impahla.

2. UKUKHATHALELA IZILWANYANA:

- Fundisa uxanduva lwezilwanyana zasekhaya ngokuzibandakanya ekondleni, ukuhamba, okanye ukucoca emva kwezilwanyana zasekhaya.

3. IMISEBENZI ELULU YOKUPHEKA:

- Ngaphantsi kweliso, bacele ukuba bancedise kwimisebenzi elula yokupheka efana nokuvuselela, ukulinganisa, okanye ukuxuba.

4. UKUSEKA NOKUCULA ITHEBHA:

- Yandisa uxanduva lokuseta kunye nokucoca itafile emva kokutya.

IMINYAKA EYI-9-11 UBUDALA

1. IMISEBENZI YOKUHLAMBA:

- Bafundise ukuhlela, ukusonga, kunye nokubeka impahla yabo yokuhlamba.

2. UKUFUMANA OKANYE UKUTSHAYELA:

- Bavumele basebenzise ivacuum okanye umtshayelo ukucoca iindawo ezithile zendlu.

3. UKULUNGISELELA UKUTYA OKULULU:

- Kancinci kancinci bazise ukulungiselela ukutya okulula okanye amashwamshwam.

5. UKUKHUPHA UMGODO:

- Yabela umsebenzi wokukhupha inkunkuma kumgqomo omiselweyo.

IMINYAKA EYI-12-14 UBUDALA

1. UKULAWULA ISHEDYULI YOMNTU:

- Bafundise ukululawula ucwangciso lwabo lobuqu, kuquka umsebenzi wesikolo owenzelwa ekhaya, imisebenzi yasemva kwesikolo, nemisebenzi yasekhaya.

2. UKUNCEDA UMSEBENZI WASEGINI:

- Babandakanye kwimisebenzi esisiseko efana nokuraqa amagqabi okanye ukuhlakula.

3. UKUKHATHALELA ABANTWANA ABATSHA:

- Baqeqeshe ukuba bakhathalele abantwana bakowenu abancinci phantsi kweliso elibukhali.

IMINYAKA EYI-15-18 UBUDALA

1. UKUPHEKA UKUTYA:

- Kancinci ukwandisa ukubandakanyeka kwabo ekuphekeni izidlo ezinzima kakhulu kunye neemenyu zokucwangcisa.

2. UHLAHLA LWABIWO-MALI NOLAWULO LWEMALI:

- Yazisa uhlahlo lwabiwo-mali olusisiseko kunye nezakhono zokulawula imali.

4. UKULEKELWA KWEMOTO:

- Bafundise ngemisebenzi esisiseko yokugcina imoto, njengokujonga amanqanaba e-oyile okanye ukutshintsha itayara eligqabhukileyo.

5. UMSEBENZI WESIXESHA OKANYE UMSEBENZI WAMAVOLOntiya:

- Khuthaza umsebenzi wesingxungxo okanye umsebenzi wokuvolontiya ukuphuhlisa imvakalelo yoxanduva kunye nokulawula ixesha.

6. UKUTHENGA IZINTO ZOKUTHENGA:

- Bavumele ukuba bacwangcise kwaye bathenge igrosari kunye noluhlu olunikiweyo kunye nohlahlo lwabiwo-mali.

Khumbula ukuba umntwana ngamnye ukhula ngesantya sakhe, kwaye ezi mbopheleleko zinokuhlengahlengiswa ngokusekelwe kubuchule bomntu kunye nezinto anomdla kuzo . Kubalulekile ukubonelela ngesikhokelo, inkxaso, kunye nokomeleza njengoko abantwana bethatha uxanduva olutsha.

UKUKHUTHAZA UKUTHATHWA KWEZIGQIBO EZIFANELEKILEYO NGOBUDALA

Ukukhuthaza ukwenziwa kwezigqibo ezifanelekileyo ngokweminyaka yobudala ngumba obalulekileyo wokukhuthaza ukuzimela nokuba noxanduva ebantwaneni . Nanga amanye amacebiso kubazali ngendlela yokuxhasa kunye nokukhokela abantwana babo ekwenzeni izigqibo ezisekelwe kwiminyaka yabo kunye nenqanaba lokukhula:

IMINYAKA EYI-1-3 UBUDALA

1. Nikeza UKHETHO ONGAPHAMBILI:

- Ukubonelela abantwana abancinci ngeendlela ezilula zokukhuthaza ukwenziwa kwezigqibo . Umzekelo, "Ngaba uyafuna ihempe ebomvu okanye eluhlaza?"

2. VUMELA UZIMELE KWIMISEBENZI ENGALULU:

- Bavumele bakhethe amashwamshwam okanye bagqibe ukuba yeyiphi into yokudlala abaza kudlala ngayo, benika imvakalelo yokulawula indawo abakuyo.

IMINYAKA EMI-4-5 UBUDALA

1. KWANISA AMATHUBA OKWENZA IZIGQIBO:

- Nikeza ukhetho oluninzi kwimiba eyahlukeneyo yosuku lwabo, njengokukhetha iimpahla, amashwamshwam, okanye imisebenzi.

2. XOXA NGEZIPHUMO:

- Qalisa ukuxoxa ngeziphumo ezisisiseko zezigqibo, ubancede baqonde iziphumo zokhetho lwabo.

IMINYAKA EMI-6-8 UBUDALA

1. BANDAKANYA KWIMISEBENZI YOCWANGCISO:

- Baquke ekucwangciseni imisebenzi yentsapho, ubavumele ukuba banikele ngeengcamango baze benze izigqibo malunga nocwangciso.

2. KHUTHAZA UKUSOMULULA IINGXAKI:

- Bakhuthaze ukuba bazifumanele izisombululo kwiingxaki ezilula bebodwa, bekhuthaza izakhono zokusombulula iingxaki .

IMINYAKA EYI-9-11 UBUDALA

1. XOXA NGEZINTO EZISISIWEYO NEZINTO EZIPHAMBILI:

- Thetha ngemilinganiselo yentsapho nezinto eziza kuqala, ubanceda benze izigqibo ezivisisana nale migaqo.

3. FUNDISA IINKQUBO ZOKUTHATHA IZIGQIBO:

- Yazisa ngenkqubo yokwenziwa kwezigqibo ebandakanya amanyathelo afana nokuqokelela ulwazi, ukuvayisha izinto ezilungileyo nezingalunganga, kunye nokuqwalasela iziphumo.

IMINYAKA EYI-12-14 UBUDALA

1. YANDISA UMDA WOKUTHATHA IZIGQIBO:

- a. Bavumele ukuba benze izigqibo ezizimeleyo malunga nemisebenzi yangaphandle, ulawulo lwexesha, kunye noxanduva lomntu.

2. XOXA NGEZIPHUMO ZETHUBA ELIDE:

- b. Qalisa ukuxubusha imiphumo yexesha elide yezigqibo, ubanceda bacinge ngemiphumo yexesha elizayo.

IMINYAKA EYI-15-18 UBUDALA

1. KHUTHAZA UKUZIMELEKA EKUTHATHWENI IZIGQIBO:

- Ngokuthe ngcembe bahlehle umva kwaye bakhuthaze ukuzimela ngakumbi ekwenziweni kwezigqibo, okubavumela ukuba bathathe uxanduva lokhetho lwabo.

2. XOXA IMIBA ENGXAKI:

- Zibandakanye kwiingxoxo malunga nemiba entsonkothileyo efana noxinzelelo loontanga, ubudlelwane, kunye neenjongo zexesha elizayo, ukubakhokela ekwenzeni izigqibo ezizizo.

INGCEBISO NGOKUBANZI MALUNGA NOKUKHUTHAZA IZAKHONO ZOKUTHATHA IZIGQIBO EBANTWANENI

1. BENZA INKQUBO, AYIKHO INKQUBO:

- Nikela isikhokelo nenkxaso kunokuba ubaxelele ngezigqibo abazenzayo . Oku kubanceda bakhe ukuzithemba kubuchule babo bokwenza izigqibo.

2. YENZA IMEKO EKHUSELEKILEYO:

- Khulisa imeko apho abantwana baziva bekhuselekile ekwenzeni iimpazamo . Iimpazamo ngamathuba okufunda nokukhula.

3. KHUTHAZA UNXIBELELWANO OLULEKILEYO:

- Khuthaza ukuncokola ngokukhululekileyo, wenze kube lula ngabantwana ukuxubusha iingcamango zabo nokufuna icebiso xa kuyimfuneko.

4. UKWENZA IZIGQIBO ZOMFANEKISO:

- Bonisa ukwenza izigqibo ezifanelekileyo ngokuchaza inkqubo yakho yokucinga xa ujongene nokukhetha . Ukwenza umzekelo yindlela enamandla yokufundisa.

5. BHAYIBHILE UGUQULO:

- Ukubhiyozela ukuzimela kwabo okukhulayo kunye nezakhono zokuthatha izigqibo . Ukuqiniswa okulungileyo komeleza amandla abo okwenza ukhetho olufanelekileyo.

6. LINDA:

- Qonda ukuba ukwenza izigqibo bubuchule obukhula ngokuhamba kwexesha . Yiba nomonde kwaye uxhase njengoko abantwana bejonga le nkqubo yokufunda.

Ngokulungelelanisa indlela yakho nenqanaba lokukhula komntwana wakho kwaye ngokuthe ngcembe wandise uxanduva lwakhe lokuthatha izigqibo, uyamxhobisa ukuba abe ngabathathi-zigqibo abazithembileyo nabathembekileyo kwiinkalo ezahlukeneyo zobomi babo.

UKUNIKELA UKHETHO

Ukunikezela ngokhetho kubantwana abakwiminyaka eyahlukeneyo kufuna ukulungelelanisa ubunzima kunye nohlobo lwezinto ezikhethiweyo ngokusekelwe kwinqanaba lokukhula kwabo. Nantsi imizekelo yendlela onokuthi wenze ngayo ukhetho kubantwana abakubudala obahlukeneyo:

IMINYAKA EYI-1-3 UBUDALA

1. UKHETHO LOKUTHWANYA:

- "Ngaba uyafuna izilayi ze-apile okanye ibhanana kwisnack yakho?"

2. UKHETHO NGENXABO:

- "Ngaba uyafuna ukunxiba ihempe ebomvu okanye ihempe eluhlaza namhlanje?"

3. UKHETHO LOKUTHOLA:

- "Ngaba uyafuna ukudlala ne-teddy bear yakho okanye iibhloko ngoku?"

IMINYAKA EMI-4-5 UBUDALA

1. UMSEBENZI WOKUKHETHA:

- "Uyafuna ukuzoba imifanekiso okanye udlale ngentlama yokudlala ngale njikalanga?"

2. UKHETHO LOKUTYA:

- "Ungathanda ipasta okanye isanti ngesidlo sasemini?"

3. IBALI UKHETHO:

- "Yeyiphi incwadi yamabali ongathanda ndikufundele yona phambi kokulala?"

IMINYAKA EMI-6-8 UBUDALA

1. UKUKHETHA IXESHA LOMSEBENZI WASEKHAYA:

- "Ngaba ungathanda ukwenza umsebenzi wakho wesikolo wasekhaya kanye emva kwesikolo okanye emva kwekhefu elifutshane?"

2. UKHETHO LOMSEBENZI NGEMPELAVEKI:

- "Ngomsebenzi wethu wempelaveki, ngaba ukhetha ukuya epakini okanye kwimyuziyam?"

3. UKUTHENGA IMPAHLA:

- "Xa sisiya kuthenga, ngaba ufuna ukukhetha iimpahla zakho kuqala okanye izihlangu?"

IMINYAKA EYI-9-11 UBUDALA

1. UKHETHO OLUNGAPHANDLEYO:

- "Unexesha lokwenza omnye umsebenzi owenziwa emva kweeyure zesikolo. Ngaba ungathanda ukuzama iiklasi zebhola ekhatywayo okanye zobugcisa?"

2. UKHETHO LOBUSUKU LOSAPHO:

- "Ngobusuku befilimu yosapho lwethu, ngaba uyafuna ukubukela umdlalo ohlekisayo okanye imuvi yomdlalo?"

4. UKHETHO LWESICWANGCISO SESIDINI:

- "Yintoni ongathanda ukuba nayo ngesidlo sangokuhlwa kule veki - ipasta, iitacos, okanye inkukhu eyojiweyo?"

IMINYAKA EYI-12-14 UBUDALA

1. UKUKHETHA NGEXESHA SIMAHLA:

- "Unexesha ongenzi nto ngalo kule mpelaveki . Ngaba unokukhetha ukuchitha ixesha nabahlobo, ufunda, okanye wenze umsebenzi wokuzonwabisa?"

2. UKHETHO LOKUHAMBISA IGUMBI:

- "Sihombisa kwakhona igumbi lakho . Ngaba uyafuna umxholo onemibala okanye ipalethi engathathi hlangothi?"

3. UKUKHETHA UXANDUVA LOMNTU:

- "Unokukhetha ukuthatha uxanduva ngesidlo sakho sasemini sesikolo . Ngaba ungathanda ukupakisha isidlo sakho sasemini okanye uqhubeke nevenkile yokutyela yesikolo?"

IMINYAKA EYI-15-18 UBUDALA

1. UKHETHO LWEZICWANGCISO NGEMPELAVEKI:

- "Ungathanda ukwenza ntoni kule mpelaveki nabahlobo bakho ? Yiya kumboniso bhanyabhanya, ube nomdlalo ebusuku, okanye uzame indawo yokutyela entsha?"

2. UKHETHA LWEMEKO YOKUFUNDA:

- "Ngexesha eligxininisiweyo lokufunda, ngaba ukhetha ukusebenza kwigumbi lakho, ithala leencwadi, okanye ivenkile yekofu ezolileyo?"

4. UKHETHO LOMSEBENZI WESIXESHA:

- "Ucinga ngomsebenzi wesingxungxo . Ngaba ungathanda ukujonga amathuba okuthengisa, ukufundisa, okanye ukuncedisa kwimisitho yasekuhlaleni?"

IINGCEBISO NGOKUBANZI

1. UZIMELE NGOKUNCINCI:

- Njengoko abantwana bekhula, ngokuthe ngcembe bandise ukuntsonkotha kunye nokubaluleka kokhetho, ukuvumela ukuzimela okukhulu.

2. IMIBUZO ESIVILEYO:

- Nika imibuzo evulelekileyo kubantwana abadadlana, ubanika ulawulo olungakumbi kunye nendawo yokwenza izigqibo ngokuyilayo.

3. UKHETHO LWEMEKO:

- Lungisa ukhetho oluhambelana nomxholo, uqwalasela izinto azikhethayo umntwana kunye nemeko ajamelene nayo.

4. INGXOXO KUNYE NEENTSEBENZISWANO:

- Khuthaza iingxoxo kunye nentsebenziswano, ngakumbi nabantwana abadala, ukubabandakanya kwiinkqubo zokwenziwa kwezigqibo.

5. LUNGISELELA EKUKHULENI:

- Qwalasela inqanaba lokukhula komntu ngamnye kwaye uhlehlengise ukhetho ngokufanelekileyo.

Ngokuhlehlengisa indlela onika ukhetho olulungele inqanaba lokukhula lomntwana ngamnye, uyamxhobisa ukuba enze izigqibo ezihambelana nesakhono sakhe esikhulayo kunye noxanduva.

Ixesha elisemgangathweni kunye nokudibana: Ukubaluleka kokuchitha ixesha kunye

Imisebenzi yokudibanisa ibalulekile ekudaleni unxibelelwano oluqinileyo phakathi kwabazali nabantwana . Nantsi imisebenzi elula, elungele iminyaka yobudala yokunxibelelana nabantwana abakumaqela ahlukeneyo obudala:

1. UKUFUNDA KUNYE:

- Khetha iincwadi zebhodi ezinemibala kunye nezisebenzisanayo . Yalatha emifanekisweni, yenza izandi, uze ubuze imibuzo elula.

2. UMDLALO WOKUCALA:

- Zibandakanye kumdlalo oyilayo ngeebhloko zokwakha, intlama yokudlala, okanye ukupeyinta iminwe . Oku kukhuthaza ukucinga kunye nokuphononongwa kweemvakalelo.

3. UHAMBO LWEMVELO:

- Thatha uhambo olufutshane lwendalo, ukhomba izinto ezilula njengeentyatyambo, iintaka, kunye nemibala eyahlukeneyo.

4. UKUDLALA NGAPHANDLE:

- Chitha ixesha ngasemva kwendlu udlala ukubamba, iikiti ezibhabhayo, okanye ukonwabela imidlalo elula yangaphandle.

5. UBUGCISA NOBUGCISA:

- Yenza iiprojekthi zobugcisa ezilula usebenzisa iikhrayoni, iziphawuli kunye neglu . Bonisa umsebenzi wabo wobugcisa ngokuzingca.

6. UKUPHEKA KUNYE:

- Babandakanye kwimisebenzi yokupheka esisiseko efana nokuvuselela, ukugalela izithako, okanye ukuhombisa amaqebengwana.

6. IMIDLALO YEBHODI:

- Dlala imidlalo yebhodi efanelekileyo yobudala okanye imidlalo yamakhadi ekhuthaza intsebenziswano kunye nokusebenzisana.

7. IXESHA LE-PUZZLE:

- Sebenzani kwijigsaw puzzle kunye, nixoxa ngemifanekiso kwaye nifumane iziqwenga ngokusebenzisana.

8. UKUTYELWA KWEGADI:

- Ukutyala iintyatyambo okanye imifuno emincinci kunye egadini ingaba ngumsebenzi wokudibanisa kunye nokufundisa.

9. UBUSUKU WOSAPHO LOSAPHO:

- Yiba nobusuku befilimu yosapho kunye neefilimu abazithandayo . Yenza iipopcorn kwaye uxoxe ngefilimu emva koko.

10. UKUHAMBA NGEBHAYIKILE OKANYE UKUHAMBA:

- Jabulela ukukhwela ibhayisekile okanye ukunyuka kwipaki ekufutshane, ujonge indalo kwaye ube neencoko endleleni.

11. IMIVA ENGESAYENSI:

- Yenza imifuniselo elula yesayensi kunye, ukukhuthaza umdla kunye nokufunda.

12. IQELA LEENCWADI:

- Khethani incwadi eniza kuyifunda kunye kwaye nibe neengxoxo zeklabhu yeencwadi ezincinci malunga nebali kunye nabalinganiswa.

13. IMIDLALO OKANYE UKULUNGA:

- Zibandakanyeni kwimidlalo okanye kwimisebenzi yokomelela kunye, nokuba kukukhwela ibhayisekile, ukubaleka, okanye ukwenza umthambo wasekhaya.

14. IMICELI-MNGENI YOKUPHEKA:

- Shintshanani ngokukhetha iiresiphi kwaye nibe neningeni yokupheka . Zama ukutya okutsha kunye nobuchule.

15. IZINTO ZANGAPHANDLE:

- Cwangcisa ama-adventures angaphandle afana nokunyuka intaba, ukukhempisha, okanye ukukhwela inqanawa, ukunika ixesha elisemgangathweni leencoko.

16. IVOLONTI KUNYE:

- Ivolontiya kwiprojekthi yesisa okanye yenkonzo yoluntu kunye, ukukhuthaza imvakalelo yoxanduva loluntu.

17. IIPROJEKTHI EZIYIYO:

- Sebenzisana kwiiprojekthi zoyilo ezifana nokufota, ukupeyinta, okanye ukubhala, ukuvumela ukuzibonakalisa.

IINGCEBISO NGOKUBANZI MALUNGA NOKUDALA IXESHA ELISEMGANGATHWENI ELICHITHWE NABANTWANA

1. INGXOXO ESEMGANGATHWENI:

1. Kungakhathaliseki ukuba yintoni na umsebenzi, gxininisa kwiincoko ezisemgangathweni . Buza imibuzo evulelekileyo kwaye umamele ngenkuthalo iingcinga zabo.

2. LUNGISELELA IMIDLA:

2. Lungiselela imisebenzi ehambelana neemfuno zabo . Nokuba yinto yokuzonwabisa ekwabelwana ngayo okanye amava amatsha, lungelolanisa imisebenzi yokudibanisa nezinto abazithandayo.

3. IXESHA ONGAXHOKISWAYO:

3. Ukunikezela ixesha elingaxutywanga ngaphandle kwezixhobo zombane ukuze uzibandakanye ngokupheleleyo kumava okudibanisa.

4. VUYISA IZIPHUMO:

4. Bhiyozela impumelelo encinci ngexesha lemisebenzi, ukuqinisa uxhulumaniso oluhle.

5. KHONA:

5. Yiba khona ngokupheleleyo kwaye unikele ingqalelo ngexesha lemisebenzi yokudibanisa . Eli xesha limalunga nokudala iinkumbulo kunye nokomeleza ubudlelwane bakho.

Khumbula, eyona nto ibaluleke kakhulu kwimisebenzi yokudibanisa lixesha elichithwe kunye kunye nokunxibelelana okuhle okwabelwana ngako . Khetha imisebenzi

ehambelana nezinto anomdla kuzo umntwana wakho kwaye udale imeko apho unxibelelwano ngokukhululekileyo kunye nokuhleka kukhuthazwa.

UKUDALA IZITHETHE EZIKHETHEKILEYO ZENTSAPHO

Ukudala izithethe zentsapho kukhuthaza ukuziva ubalulekile, komeleza ulwalamano, yaye kunika umthombo wovuyo nokuzinza . Nantsi imizekelo yezithethe zosapho onokuthi uziqale:

1. UMDLALO WOSAPHO EBUSUKU:

- Nikelani ingokuhlwa enye ngeveki ukudlala imidlalo yebhodi, imidlalo yamakhadi, okanye imidlalo yevidiyo kunye.

2. IBHASHA LANGECAWA:

- Yiba nesidlo sangeCawa seveki nganye apho intsapho ihlanganisana khona ukuze inandiphe isidlo esikhethekileyo ize yabelane ngeembalasane zeveki.

3. IMOVIE MARATHON:

- Khetha usuku lwenyanga nganye kumdyarho webhanyabhanya wosapho . Vumela amalungu osapho ahlukeneyo atshintshisane ngokukhetha iimuvi.

4. USUKU LWEMIFOTO YOSAPHO LONYAKA:

- Misela usuku olukhethekileyo nyaka ngamnye lweseshini yeefoto zentsapho . Thatha ixesha kwaye wenze ialbham yeefoto zonyaka.

5. IMIBHIYOYO YAXESHA:

- Yenza izithethe malunga nokutshintsha kwamaxesha onyaka, anje ngepikiniki yasentwasahlobo, uhambo lokuhlala enkampini ehlotyeni, usuku lokuwa kwamagqabi, okanye isiledi sasebusika.

6. UKUPHEKA KUNYE:

- Miselani usuku lokupheka kunye . Isenokuba kukwenza ipizza yasekhaya, ukubhaka amaqebengwana, okanye ukulungiselela isidlo sangokuhlwa esikhethekileyo.

7. IKLABU YEENCWADI ZENTSAPHO:

- Khethani incwadi eniza kuyifunda kunye nyanga nganye, nize nibe nengxoxo yeqela leencwadi zentsapho.

8. IJAR YOMBULELO:

- Qala ingqayi yombulelo apho amalungu osapho abhala phantsi into ayibulelayo veki nganye kwaye abelane ngayo ngexesha lentlanganiso yosapho.

9. IRETHA YOSAPHO LONYAKA:

- Cwangcisa ikhefu losapho lonyaka okanye ukubaleka ukuze udale iinkumbulo ezingapheliyo ngaphandle kwesiqhelo.

10. IZIMHOMBO ZENTLAWULO YEHOLIDE:

- Yenzani imihombiso yeeholide kunye njengosapho . Kungaba ukwenza imihlobiso yomthi weKrisimesi okanye ukukrola amathanga eHalloween.

11. UMBONISO WETALENTE YOSAPHO:

- Lungiselela umboniso wonyaka wetalente yosapho apho wonke umntu efumana ithuba lokubonisa iitalente zakhe, nokuba zinkulu okanye zincinci.

12. USUKU LWEDENTURE:

- Misela usuku olunye enyangeni lube lusuku lokuzonwabisa . Isenokuba kuphonononga idolophu ekufutshane, ukuhamba indlela entsha, okanye ukutyelela imyuziyam yendawo.

13. IBHODI YOMBONO YOSAPHO EBUSUKU:

- Yenzani iibhodi zemibono kunye, nixoxe ngeenjongo zomntu ngamnye nezosapho zonyaka ozayo.

14. MEMORY LANE EBUSUKU:

- Khetha ubusuku bokukhumbula ngokujonga iialbham zeefoto ezindala, ukubukela iividiyo zasekhaya, kunye nokwabelana ngamabali adlulileyo.

15. UMGENI WOKULUNGA KOSAPHO:

- Qala umceli mngeni wokomelela kusapho, njengokuhamba ngenyanga, ukukhwela ibhayisekile, okanye impelaveki enikelwe kwimisebenzi yangaphandle.

16. IHOLIDI YOSAPHO OLUNGISELWEYO:

- Qamba iholide yosapho eyodwa okanye umbhiyozo onentsingiselo ekhethekileyo kusapho lwakho.

17. IPROJEKTHI YE-DIY YOSAPHO:

- Thathani iprojekthi ye-DIY kunye, nokuba kukwakha indlu yeentaka, ukwenza i-scrapbook yosapho, okanye ukutyala igadi.

18. UBUSUKU WOPHONONONGA LWENKCUBEKO:

- Khetha ilizwe nyanga nganye kwaye ube nobusuku bokuhlola inkcubeko, enokutya, umculo kunye nezithethe zelo lizwe.

19. INJONGO YOSAPHO:

- Gcina ijenali yosapho apho ilungu ngalinye linokubhala okanye lizobe into ekhethekileyo nanini na xa liziva liyifuna.

20. IZENZO EZIQHELEKILEYO ZOBUBELE USUKU:

- Zimisele usuku nyanga nganye ukwenza izenzo random zobubele njengosapho, ukusasaza positivity kuluntu.

ISAKHELO SOCWANGCISO LWE MISEBENZI YO SAPHO

Ukucwangcisa imisebenzi yentsapho kunokuba yindlela eyonwabisayo nelungelelanisiweyo yokuchitha ixesha elisemgangathweni kunye . Apha ngezantsi kukho itemplate onokuyisebenzisa ukucwangcisa nokucwangcisa imisebenzi eyahlukeneyo yosapho lwakho . Yenza ngokwezifiso ngokusekelwe kwizinto ozikhethayo kunye nezinto ezinomdla zamalungu osapho lwakho.

Inyanga/Umhla: _____

Iinjongo zeMisebenzi yoSapho:

1. Ukudibanisa: Ukomeleza ubudlelwane bosapho kunye nonxibelelwano.
2. Ulonwabo noLonwabo: Ukonwabela amava ekwabelwana ngawo nokudala iinkumbulo ezihlala zihleli.
3. Ukwahluka: Ukubandakanya umxube wemisebenzi yangaphakathi, yangaphandle, yezemfundo, kunye nokuzonwabisa.
4. Uquko: Ukuqinisekisa ukuba imisebenzi ihambelana nezinto ezinomdla kunye neminyaka yawo onke amalungu osapho.

Mon	NgoLwesibini	NgoLwesithathu	ULwesine	NgoLwesihlanu	NgoMgqibelo	Ilanga

1. IZINTO ZANGAPHANDLE:

- Ukunyuka intaba
- Ipikiniki ePaki
- Ukukhwela ibhayisekile
- Uhambo Lwendalo

2. INGCACISO YOKUYILWA:

- Ubugcisa kunye neMisebenzi yezandla
- Iprojekthi ye-DIY
- Ukupeyintwa koSapho
- Ukupheka Kunye

3. UKUFUNDA NOKUHLOLA:

- Utyelelo lweMyuziyam
- Iimvavanyo zeNzululwazi
- Imidlalo yokufundisa
- Usuku lweThala leeNcwadi

4. UMDLALO EBUSUKU:

- Imidlalo yebhodi
- Imidlalo yeKhadi
- Iimidlalo yevidiyo
- Itumente yoSapho

5. I-MOVIE/UBUSUKU beTV:

- Ubusuku beMovie yoSapho
- I-TV Series Marathon
- Ubusuku boDokhumentari
- Ithiyetha yeMovie eKhaya

6. UBULUNGELO KUNYE NEMPILO:

- Yoga yosapho
- Usuku lwezeMidlalo
- Umthambo Wangaphandle
- Ukuzilolonga koSapho

INGCINGA

1. Yiyiphi eyona nto yayiyonwabisa lungu ngalinye lentsapho?

2. Ngaba kukho naluphi na uhlehlengiso olufunekayo kwiiveki ezizayo?

3. Oku kube negalelo njani kumanyano lwentsapho?

Ukuziphatha Kakuhle

Ukuziphatha kakuhle yindlela ekhokelela ekuziphatheni kwabantwana ejolise ekufundiseni nasekukhuthazeni ukuziphatha okulungileyo kuneendlela zokohlwaya.

Uqeqesho olufanelekileyo yindlela yokukhulisa abantwana egxininisa ekufundiseni abantwana ukuziphatha kakuhle, ukukhuthaza ukuzeyisa , nokwakha ulwalamano olomeleleyo phakathi komzali nomntwana . Imigaqo eyintloko yoqeqesho olukhuthazayo igxininisa ukhokelo, ukuqonda nokhuthazo kunokuba isohlwayo . Le ndlela isekelwe kwinkolelo yokuba abantwana bafunda ngcono xa bephathwa ngembeko nangovelwano.

IMIBA ENGUNDOQO YOKUZIPHATHA KAKUHLE

Nazi izinto eziphambili zokuziphatha okuhle :

1. UKUFUNDISA NOKUKHOKELWA:

- Uqeqesho olufanelekileyo lusekelwe ekufundiseni abantwana indlela yokuziphatha efanelekileyo nokubakhokelela ekubeni benze ukhetho olufanelekileyo. Kubandakanya ukucacisa izizathu zemithetho neziphumo.

2. EZIKHUTHAZAYO UKUZIPHATHA OKUHLE:

- Kunokuba ugxininise kuphela ekulungiseni ukuziphatha kakubi, ukuziphatha kakuhle kugxininisa kakhulu ekuqondeni nasekubetheleleni ukuziphatha okulungileyo . Oku kuquka ukuncoma nokuvuza abantwana ngemigudu yabo nezinto abaziphumezileyo.

3. UKWAKHA UKUHLONIPHA OKUNYE:

- Uqeqesho olufanelekileyo lukhuthaza ulwalamano olusekelwe kwintlonelo phakathi kwabazali nabantwana . Kubandakanya ukuphulaphula, uvelwano nokuqonda imbono yomntwana.

4. UKUBEKA OKUCACILEYO OKULINDELEKILEYO:

- Uqeqesho olufanelekileyo lubandakanya ukubeka izinto ezilindelekileyo kwisimilo kunye neziphumo . Abantwana bayazuza ngokuyiqonda imithetho nokwazi oko bamele bakulindele xa loo mithetho ingalandelwa.

5. IZIPHUMO EZIQINISEKILEYO:

- Endaweni yemilinganiselo yokohlwaya, uqeqesho olufanelekileyo ludla ngokubandakanya ukuphumeza iziphumo ezisengqiqweni . Ezi ziphumo zihambelana ngqo nokuziphatha kwaye zinika ithuba lokufunda kumntwana.

6. IZAKHONO ZOKUSOMULA INGXAKI:

- Ukuziphatha kakuhle kujolise ekufundiseni abantwana izakhono zokusombulula iingxaki . Kunokuba basuke babaxelele into abangamele bayenze, abazali bakhuthaza abantwana ukuba bacinge ngezicombululo kwiingxaki okanye iingxabano.

7. UNXIBELELWANO KUNYE NEENTLATHO EVULAYO:

- Unxibelelwano olusebenzayo lusingiseko sokuziphatha kakuhle . Abazali bathetha ngokukhululekileyo nabantwana babo, bebakhuthaza ukuba baveze iingcinga neemvakalelo zabo.

8. UVEZO:

- Uqeqesho olufanelekileyo lubandakanya ukubonisa uvelwano kwiimvakalelo zomntwana nokuqonda izizathu zokuziphatha kwakhe . Oku kunceda ukwakha unxibelelwano phakathi komzali nomntwana.

9. UKUQHUBEKA:

- Ukungaguquguquki kubalulekile kukuziphatha okuhle . Abantwana bayangenelwa ngokwazi ukuba imithetho nemiphumo isoloko isetyenziswa, nto leyo ebanika imvakalelo yonqabiseko.

10. UKUKHUTHAZA UZIMELE:

- Uqeqesho olufanelekileyo luxhasa uphuhliso lokuzimela komntwana nobuchule bokwenza izigqibo . Njengoko abantwana bekhula, ngokuthe ngcembe abazali babavulela amathuba angakumbi okuba benze ukhetho nokuba nembopheleleko.

11. Gxininisa KWIINJONGO ZETHUBA ELIDE:

- Uqeqesho olufanelekileyo lukhuthaza abazali ukuba bacingele usukelo lwexesha elide lokukhulisa abantu abanenkathalo, abanembeko nabakwaziyo ukunyamezela . Ibeka phambili uphuhliso lomlinganiswa kunye nezakhono zobomi.

Enyanisweni, uqeqesho olufanelekileyo lumalunga nokwenza imekobume yokukhulisa nenkxaso apho abantwana banokufunda, bakhule, kwaye baphumelele . Kubandakanya ukuqina kodwa ube nokuthantamisa, ukukhokela kunokulawula, kunye nokwakha ubudlelwane obusekelwe ekuthembekeni nasekuqondeni.

UMAHLUKO PHAKATHI KOLULEKO KUNYE NEZOHLWAYO

Uqeqesho nesohlwayo ngamagama adla ngokusetyenziswa ngokufanayo, kodwa aneentsingiselo ezahlukeneyo kunye neempembelelo kumxholo wobuzali nolawulo lokuziphatha.

UKUZIPHATHA

1. Ukuziphatha yingcinga ebanzi equka indlela eyakhayo nesebenzayo yokukhokela nokufundisa abantwana.
2. Kubandakanya ukufundisa ukuzeyisa, ukuba nembopheleleko, nokunceda abantwana bakhulise imilinganiselo yokuziphatha nemilinganiselo yokuziphatha.
3. Injongo yoqeqesho kukubethelela ukuzeyisa , ukuba nembopheleleko nokuziphatha okuhle ebantwaneni.
4. Inceda abantwana baqonde iziphumo zezenzo zabo kwaye benze ukhetho oluhambelana nemilinganiselo.

5. IIMPAWU:

- **Ukufundisa kunye nesiKhokelo:** Uqeqesho lujolise ekufundiseni abantwana ubuchule ababudingayo ukuze benze ukhetho olufanelekileyo.
- **Umbono Wexesha elide:** Igxininisa uphuhliso lwexesha elide lwabantu abathembekileyo nabaziqeqeshayo.
- **Ukomelezwa Okulungileyo:** Ukhuthaza ukuziphatha okulungileyo ngokuqiniswa kunye nemivuzo.
- **Unxibelelwano:** Kubandakanya unxibelelwano oluvulelekileyo kunye nengcaciso yezinto ezilindelekileyo.

6. IMIZEKELO:

- Ixesha liphelile kunye neengcaciso.
- Ukomelezwa okulungileyo kukuziphatha kakuhle.
- Ukumisela okucacileyo okulindelweyo kunye neziphumo.

ISOHLWAYO

1. Isohlwayo sisiphumo esithile, esibi esibekwe emntwaneni ngenxa yokuziphatha kakubi.
2. Ijolise ekwenzeni umntwana abe nesiphumo esingathandekiyo ukunqanda ukuphindwa kokuziphatha okungafunekiyo.
3. Injongo yesohlwayo kukudimaza ukuziphatha okuthile ngokuyinxulumanisa nesiphumo esingathandekiyo.
4. Ijolise ekuthinteleni umntwana ekuphindeneni ukuziphatha okungathandekiyo.

5. IIMPAWU:

- **Iziphumo ezibi:** Kubandakanya ukunyanzelisa isiphumo esibi sokuziphatha okungafunekiyo.
- **Uthintelo Lwexesha elifutshane:** Ijonge ukuphelisa indlela yokuziphatha engafunekiyo kwixesha elifutshane.
- **Inokusilela Ingcaciso:** Isohlwayo sisenokungasoloko sibandakanya inkcazelo eneenkcukacha ngesizathu sokuba loo nto ingathandekiyo.

6. IMIZEKELO:

- Ixesha liphelile njengendlela yokuzahlula.
- Ukulahlekelwa ngamalungelo.
- Ukuthethisa ngomlomo ngaphandle kwengcaciso.

UMAHLUKO ONGUNDOQO PHAKATHI KOLULEKO KUNYE NEZOHLWAYO

	INGQEPHU	ISOHLELO
FOCUS	Uqeqesho lujolise ekufundiseni nasekukhokeleni abantwana ekwenzeni ukhetho olufanelekileyo nokukhulisa ukuzeyisa .	Isohlwayo sijolise ekuthinteleni ukuziphatha okuthe ngqo okungafunekiyo ngokumiselwa kweziphumo ezibi.
INDLELA	Ukuziphatha yindlela eyakhayo nesebenzayo egxininisa ukukhula komlinganiswa ixesha elide.	Isohlwayo yindlela esebenzayo ejolise ekumiseni okanye ekuthinteleni indlela yokuziphatha ethile kwixesha elifutshane.

	INGQEPHU	ISOHLELO
UNXIBELELWANO	Uqeqesho lubandakanya unxibelelwano oluvulekileyo kunye nengcaciso ngezinto ezilindelekileyo kunye neziphumo.	Isohlwayo sisenokungasoloko sibandakanya unxibelelwano oluneenkukacha okanye ingcaciso.
ISIPHUMO	Ukuziphatha kujolise ekukhuthazeni ukuziphatha kakuhle, uxanduva kunye nokuzeyisa.	Isohlwayo sijolise ekuthinteleni indlela yokuziphatha ethile ngemiphumo emibi.

Kubalulekile ukuqaphela ukuba uqeqesho olusebenzayo luhlala lubandakanya indibaniselwano yokufundisa, ukomelezwa okulungileyo, kunye neziphumo ezifanelekileyo. Injongo kukudala indawo efanelekileyo kunye nenkxaso ekhuthaza ukuphuhlisa kwabantu abaxanduva kunye nokuziphatha kakuhle.

IIJONGO ZOKUZIPHATHA EZIFANELEKILEYO NGOBUDALA

Ukuzibekela usukelo lokuziphatha oluhambelana neminyaka yobudala kubalulekile ekuxhaseni ukukhula kwabantwana nokukhuthaza ukuziphatha kakuhle . Nalu uluhlu lweenjongo zokuziphatha ezifanelekileyo ngokweminyaka kumaqela ahlukeneyo obudala:

IMINYAKA EYI-1-3 UBUDALA:

1. UKUPHUHLISA IINDLELA EZISISEKO:

- Usukelo: Qalisa ukuqonda nokusebenzisa isimilo esilula, njengokuthi "nceda" nokuthi "enkosi."

2. UKWABELANA NOKUTSHINISHANA:

- Injongo: Qala ukufunda ingqikelelo yokwabelana ngamathoyi kunye nokutshintshisana nabanye.

3. UKUBONISA IIMVAKALELO:

- Injongo: Funda ukuvakalisa iimvakalelo ezisisiseko , njengolonwabo, ukuphoxeka, okanye imincili, usebenzisa amagama okanye izimbo zomzimba.

4. UKULANDELA IMIYALELO LULULE:

- Injongo: Qalisa ukulandela imiyalelo elula efana "yiza apha" okanye "thatha izinto zakho zokudlala."

4-5 IMINYAKA UBUDALA

1. UKWAKHA UZIMELEKO:

- Injongo: Khuthaza ukuzimela kwimisebenzi esisisiseko yokuzinyamekela njengokunxiba, ukuhlamba izandla, kunye nokusebenzisa indlu yangasese.

2. UMDLALO WENTSEBENZISWANO:

- Injongo: Zibandakanyeni kumdlalo wentsebenziswano, ukwabelana ngezinto zokudlala nokudlala nabanye kwiqela.

3. IZAKHONO ZOKUMAMELA:

- Injongo: Ukuphucula izakhono zokuphulaphula ngokulandela imiyalelo enamanyathelo amaninzi kunye nokuphendula ngokufanelekileyo.

4. UKULUNGISA INGXAKI:

- Injongo: Yazisa izakhono ezisisiseko zokusombulula iingxaki , ukhuthaze abantwana ukuba bafumane izisombululo kwiingxabano ezilula.

6-8 IMINYAKA UBUDALA

1. UKUHLONIPHA ABANYE:

- Injongo: Kukukhuthaza ukuhlonelwa kweembono zabanye, iimvakalelo kunye nendawo yobuqu.

2. UKUTHATHA UXANDUVA:

- Injongo: Khuthaza ukuthatha uxanduva lwezinto zobuqu kunye nokugqiba imisebenzi elula ngokuzimeleyo.

3. UNXIBELELWANO NGEMPILO:

- Injongo: Phuhlisa izakhono zonxibelelwano ezisebenzayo, ukuvakalisa iingcinga neemvakalelo ngokucacileyo nangembeko.

4. UVELWANO NEMFESANE:

- Usukelo: Hlakulela uvelwano ngokuqonda nokuyiqonda indlela abavakalelwa ngayo abanye.

9-11 IMINYAKA UBUDALA

1. UKUBEKA IINJONGO:

- Injongo: Yazisa ingqikelelo yokuseta kunye nokusebenzela ukufikelela kwiinjongo zobuqu nezezifundo ezinokufezekiswa.

2. UNYANISO:

- Injongo: Khuthaza ukomelela ngokukhuthaza abantwana ukuba babuye umva kwiingxaki kwaye bafunde kwimingeni.

3. UKUSONJULULWA KWENGXAKI:

- Injongo: Ukuphucula izakhono zokusombulula impixano, ukufundisa iindlela ezakhayo zokusombulula ukungaboni ngasonye nabalingane.

4. ULAWULO LWEXESHA:

- Injongo: Ukuphuhlisa izakhono zokulawula ixesha ezisisiseko zokugqiba umsebenzi wesikolo wasekhaya, imisebenzi yasekhaya, kunye nemisebenzi yangaphandle.

IMINYAKA EYI-12-14 UBUDALA

1. UXANDUVA LOMNTU:

- Injongo: Nxilisa imvakalelo yoxanduva lomntu kwimisebenzi yezemfundo, umbutho, kunye nolawulo lwexesha.

2. UNXIBELELWANO OLUSEBENZAYO:

- Injongo: Ukuphucula izakhono zonxibelelwano, kubandakanywa nokuvakalisa izimvo, ukumamela ngononophelo, nokuqonda iimbono ezahlukeneyo.

3. UBUDLELWANE NGOONTANGA:

- Injongo: Yakha ubudlelwane obuhle nobunempilo kunye noontanga, ugxininisa intsebenziswano kunye novelwano.

4. UKUCINGA NGOKUGXEKAYO:

- Injongo: Khuthaza izakhono zokucinga ezibalulekileyo, ukubuza ulwazi, kunye nokwenza izigqibo ezizizo.

15-18 IMINYAKA UBUDALA

1. UKUNGAZIMELELI NOKUZITHETHA:

- Injongo: Ukukhuthaza ukuzimela nokuzithethelela kwizifundo nakwimiba yobuqu.

2. UKUBEKA IINJONGO KUNYE NOCWANGCISO:

- Injongo: Ukuphuhlisa izakhono zokuzibekela usukelo lwexesha elide, kubandakanywa nolangazelelo lwezifundo kunye nekhondo lomsebenzi.

3. UKWENZA IZIGQIBO EZILIXANDUVA:

- Injongo: Khuthaza ukuthathwa kwezigqibo ezinenkathalo, kuqwalaselwe iziphumo ezinokuthi zibe kho kunye nokhetho lokulinganisa.

4. ULAWULO LWEXESHA NOQUQUZELELO:

- Injongo: Ukuphucula ulawulo lwexesha kunye nezakhono zombutho zokulungelelanisa izibophelelo kwizifundo, zangaphandle, kunye nezobuqu.

Ukuzibekela usukelo lokuziphatha kunceda abantwana bakhe izakhono zobomi eziyimfuneko, kukhuthaza ukuziphatha kakuhle, kwaye kuxhase ukukhula kwabo ngokubanzi . Olu sukelo lufanele lube bhetyebhetye luze lulungele iimfuno zomntu ngamnye, eqonda ukuba abantwana banokwenza inkqubela ngamanqanaba awahlukeneyo . Ukuziqwalasela rhoqo nokulungelelanisa ezi njongo nako kubalulekile njengoko abantwana bekhula kwaye bekhula.

UBUDALA OBUFANELEKILEYO BOKUZIPHATHA

Nazi iindlela zokuziphatha ezifanelekileyo ezifanelekileyo kumaqela eminyaka yobudala:

IMINYAKA EYI-1-3 UBUDALA

1. INGXELO KWAKHONA:

- Ukuba umntwana oselula uziphatha ngendlela engafunekiyo, buyisela ingqalelo yakhe kumsebenzi ofanelekileyo ngakumbi.

2. SEBENZISA ULWIMI OLULAYO:

- Gcina imiyalelo ilula kwaye usebenzise ulwimi olwakhayo . Endaweni yokuthi "Musa ukubaleka," yithi "Hamba kancinci."

3. BONISA IZIKHETHI:

- Nikeza ukhetho olulinganiselweyo ukunika abantwana abancinci imvakalelo yokulawula . Umzekelo, "Ngaba uyafuna ikomityi ebomvu okanye ikomityi eluhlaza?"

4. UQINISEKISO OMHLE:

- Ncoma uze ubethelele ihambo entle . Yibhiyozele imigudu yabo ngokuqhweba, ngoncumo namazwi akhuthazayo.

IMINYAKA EMI-4-5 UBUDALA

1. IXESHA-ENDAWENI YOKUPHUMA IXESHA:

- Ukuba umntwana ufuna ikhefu, cinga ukusebenzisa "ixesha-ngaphakathi" apho banokuhlala khona ngokuzola ukuze baxoxe ngeemvakalelo.

2. SEBENZISA OKULINDELWE ENGCACILEYO:

- Misela okulindelweyo okucacileyo kwindlela yokuziphatha neziphumo . Cacisa izizathu zemithetho.

3. KHUTHAZA UKUSOMULULA IINGXAKI:

- Fundisa izakhono zokusombulula iingxaki ngokuxoxa ngezinye iindlela xa kuvela iingxabano.

4. IINKQUBO ZOKUVUZA:

- Yazisa ngeenkqubo ezilula zokuvuza okanye iitshathi zokuqinisa ukuziphatha okulungileyo . Bhiyozela impumelelo kunye.

IMINYAKA EMI-6-8 UBUDALA

1. UNXIBELELWANO OLUSEBENZAYO:

- Khuthaza unxibelelwano oluvulekileyo . Mamele izinto ezibaxhalabisayo neemvakalelo zabo , uze uchaze ezakho ngendlela eyakhayo.

2. IZIPHUMO EZIQINISEKILEYO:

- Ukuphumeza iziphumo ezinengqiqo ezinxulumene nokuziphatha . Ngokomzekelo, ukuba bayalibala isidlo sabo sasemini, bayaphoswa yi-snack.

3. UKUTHATHA IZIGQIBO NGENXANYEZO:

- Babandakanye kwiinkqubo zokwenziwa kwezigqibo xa kufanelekile, ubenze bazive benoxanduva.

4. FUNDISA UVEZO:

- Bafundise uvelwano ngokubanceda baqonde indlela izenzo zabo ezinokubachaphazela ngayo abanye . Xoxa ngeemvakalelo kunye neembono.

IMINYAKA EYI-9-11 UBUDALA

1. XOXA NGEZIPHUMO:

- Zibandakanye kwiingxoxo malunga nemiphumo yezenzo zabo, ugxininisa uxanduva.

2. KHUTHAZA UKUBA UZIPHONISE:

- Khuthaza ukuzihlolisisa ngokubuza imibuzo efana nale, "Ucinga ukuba izenzo zakho zabachaphazela njani abanye?"

3. UQINISEKISO OMHLE:

- Qhubeka usebenzisa uqinisekiso olulungileyo kodwa utshintshele ekwamkeleni inkuthazo yangaphakathi kunye nexabiso.

4. CINGA OKULINDELEKILEYO OKUNYE:

- Sebenzisani kunye ukumisela izinto ezilindelweyo kunye nemithetho . Oku kukhuthaza imvakalelo yobunini.

IMINYAKA EYI-12-14 UBUDALA

1. VULA UNXIBELELWANO:

- Gcina iindlela zonxibelelwano zivulekile . Xoxa ngemibandela ngokuzolileyo kwaye ubakhuthaze ukuba baveze iimvakalelo zabo.

2. IINGXOXO ZOKUSOMULA INGXAKI:

- Zibandakanye kwiingxoxo zokusombulula iingxaki, ubavumela ukuba babe negalelo kwiingcamango zesisombululo.

3. BANDAKANYA KUSEKO LOMGAQO:

- Babandakanye ekumiseleni imithetho nemiphumo yentsapho, ukukhuthaza imvakalelo yokuzimela geqe.

4. UMZEKELO OMHLE:

- Yiba ngumzekelo omhle ngokubonisa indlela yokuziphatha kunye nemilinganiselo onqwenela ukuyibona kubo.

IMINYAKA EYI-15-18 UBUDALA

1. KHUTHAZA UZIMELE:

- Ukukhuthaza ukuzimela ngokubavumela ukuba benze izigqibo ezingakumbi kwaye bathathe uxanduva ngezenzo zabo.

2. IMITHETHO YOTHETHWANO:

- Theta imithetho ngokubambisana, kuthathelwa ingqalelo ukukhula kwabo okukhulayo kunye nesidingo sokuzimela.

3. XOXA NGEENJONGO ZETHUBA ELIDE:

- Xoxa ngeenjongo zexesha elide kunye nendlela izenzo zabo ezinokuchaphazela ngayo ezi njongo . Khuthaza ukucinga okujoliswe kwikamva.

4. UQINISEKISO OMHLE:

- Qhubeka unika uqinisekiso oluhle, uvuma impumelelo kunye nemizamo yabo.

Khumbula ukuba, uqeqesho olufanelekileyo lubandakanya ukungaguququki, ukunxibelelana nokuhlonelana . Lungisa indlela oqhuba ngayo ngokusekwe kwinqanaba lokukhula komntwana wakho, kwaye ngalo lonke ixesha ubeka phambili ukufundisa kunye nesikhokelo kuneendlela zokohlwaya.

ULUHLU LOKUZI VAVANYA LOKUBA NGUMZALI OLUNGILEYO

IINGXELO	EWE	HAYI
# 1 . YENZA IMEKO YOKUGCINA:		
Umsa: Bonisa uthando nothando rhoqo ngokuwola, ukwanga, namazwi obubele.		
Indawo ekhuselekileyo: Qinisekisa ukuba ikhaya liyindawo ekhuselekileyo nekhuselekileyo yomntwana wakho.		
# 2 . NXIBELELANA NGOKUPHAMBILI:		
Ukuphulaphula Ngenkuthalo: Phulaphula ngenyameko xa umntwana wakho ethetha, ubonisa ukuba uyazixabisa iingcamango zakhe.		
Zichaze Ngokukhululekileyo: Thetha ngokukhululekileyo ngeemvakalelo zakho uze umkhuthaze umntwana wakho ukuba enze okufanayo.		
#3 . CACISA OKULINDELEKILEYO:		
Ukungaguququki: Misela imigaqo engaguqukiyo kunye nokulindelweyo kwindlela yokuziphatha.		
lingcaciso: Nika iingcaciso ezicacileyo zemithetho, uncede abantwana baqonde izizathu ezibangela loo mithetho.		
# 4 . KHUTHAZA UKUZIPHATHA OKULUNGILEYO:		
Ukomelezwa Okulungileyo: Yazisa kwaye uncome ukuziphatha okuhle kunye nemizamo.		
Umzekelo: Bonisa indlela yokuziphatha ofuna ukuyibona kumntwana wakho ngezenzo zakho.		
# 5 . FUNDISA KUNYE ISIKHOKELO:		
Amaxesha okufundisa: Guqula iimeko ezinzima zibe ngamathuba okufunda.		
UkuSombulula lingxaki: Khuthaza umntwana wakho ukuba acinge ngezicombululo kwiingxaki.		
# 6 . ZIQEQESHE Uvelwano:		
Ukuqonda limvakalelo: Bonisa uvelwano ngokuqonda nokuyiqonda indlela umntwana wakho avakalelwa ngayo.		
Qinisekisa iimvakalelo: Qinisekisa iimvakalelo zabo nokuba awusoloko uvumelana nembono yabo.		
# 7 . KHUTHAZA UZIMELE:		
Uxanduva: Kancinci ukunika uxanduva oluhambelana nobudala bokukhuthaza ukuzimela.		
Ukwenziwa kwezigqibo: Faka umntwana wakho kwiinkqubo zokwenziwa kwezigqibo xa kufanelekile.		
#8 . UQEQESHO OLUSEBENZAYO:		
Iziphumo ezinengqiqo: Phumeza iziphumo ezinengqiqo ezinxulumene nokuziphatha.		
Ixesha-Ngexesha lokuphuma kwexesha: Sebenzisa "ixesha-ngaphakathi" ukuxoxa ngeemvakalelo kunokuba "ixesha lokuphuma" lendabuko.		

IINGXELO	EWE	HAYI
# 9 . YAKHA UBUDLELWANE OBULUMELEYO:		
Ixesha elisemgangathweni: Zinike ixesha elisemgangathweni lokuzimanya nomntwana wakho ngemisebenzi ekwabelwana ngayo.		
Amasiko oSapho: Misela amasiko osapho okanye izithethe zonxibelelwano.		
# 10 . KHUTHAZA UMNTU NGAMNYE:		
Hlonipha Umahluko: Hlonipha kwaye ubhiyozele ukohluka komntwana wakho kunye nezinto anomdla kuzo.		
Khuthaza Ukuzichaza: Mvumele umntwana wakho aveze iimvakalelo zakhe ngeendlela ezahlukeneyo.		
# 11 . UNXIBELELWANO OLUSEBENZAYO:		
Unxibelelwano olucacileyo: Nxibelelana ngokucacileyo kwaye ukhuthaze ingxoxo evulekileyo.		
Unxibelelwano olungasebenzisi magama: Nika ingqwalaselo kwizikhokelo ezingezizo ezolwimi nakwizimbo zomzimba.		
# 12 . VUYISA IZIPHUMO:		
Umbulelo: Yazisa kwaye ubhiyozele impumelelo enkulu kunye encinci.		
Iziqinisekiso Eziqinisekileyo: Sebenzisa iziqinisekiso ezikhuthazayo ukukhulisa ukuzithemba komntwana wakho.		
# 13 . KHOLWA NGUMZEKELO:		
Ukwenza uMzekelo oNgcolileyo: Yiba ngumzekelo wendlela yokuziphatha kunye neenqobo ezisemgangathweni onqwenela ukuzibona kumntwana wakho.		
Ukuzikhathalela: Beka phambili ukuzikhathalela kwakho ukuze ugcine impilo yakho entle.		
# 14 . UKUBA bhetyebhetye:		
Ukuba bhetyebhetye: Yiba bhetyebhetye kwaye uvulekele ukulungelelanisa indlela yakho yokukhulisa abantwana ngokusekelwe kwiimfuno zomntwana wakho.		
Funda kwaye Ukhule: Qhubeka uzifundisa ngeendlela ezifanelekileyo zobuzali kunye nophuhliso lomntwana.		
# 15 . KHUTHAZA UTHANDO NOKUFUNDA:		
Umdlal: Khulisa umoya wokufuna ukwazi nothando lokufunda.		
Uphononongo: Khuthaza ukuhlola kunye nobuchule kwiindawo ezahlukeneyo.		
# 16 . BONISA UTHANDO OLUNGENAMQAPHELO:		
Inkxaso engenamqathango: Qinisekisa ukuba umntwana wakho uziva ethandwa kwaye exhaswa, kungakhathaliseki ukuba impumelelo okanye iimpazamo zakhe.		

Khumbula ukuba, ukuba ngumzali ngendlela efanelekileyo yinkqubo eqhubekayo, yaye wonke umntwana wahlukile . Sebenzisa olu luhlu lokutshekisha njengesikhokelo, ululungelelanisa neentshukumo kunye neemfuno zosapho lwakho . Injongo kukudala

indawo enothando nenkxaso apho umntwana wakho anokukhula aze akhule abe ngumntu ozithembileyo nonovelwano.

UKUZIPHATHA OKULUNGILEYO UKUZIVAVANYA

Nceda uzilinganisele kwisikali ukusuka kwisi-1 ukuya kwisi-5, apho:

- 1 = Ngokunqabileyo
- 2 = Ngamaxesha athile
- 3 = Ngamanye amaxesha
- 4 = Rhoqo
- 5 = Ngalo lonke ixesha

UKUZIPHATHA KAHLE UKUZIPHATHA	INQAKU
Ndigxila ekufundiseni nasekukhokeleni umntwana wam kwindlela yokuziphatha eyakhayo.	
yam yokuqeqesha ibandakanya ukucacisa izizathu zemithetho.	
Ndisebenzisa uqinisekiso olukhuthazayo ukuvuma nokuncoma ukuziphatha kakuhle.	
Ndiyimodeli yokuziphatha endifuna ukuyibona emntwaneni wam.	
Ndimisela imithetho engaguqukiyo kunye nokulindelweyo kwindlela yokuziphatha.	
Ndinikela iingcaciso ezicacileyo zemithetho, ndinceda umntwana wam aqonde isizathu sokuba ikho.	
Ndisebenzisa iziphumo ezinengqiqo ezinxulumene nokuziphatha.	
Ndibeka phambili izifundo zokufundisa ngeziphumo endaweni yokohlwaya.	
Ndikhuthaza umntwana wam ukuba acinge ngezicombululo zeengxaki.	
Ndijika iimeko ezinzima zibe ngamathuba okufunda.	
Ndibonisa uvelwano ngokuqonda nokuyiqonda indlela avakalelwa ngayo umntwana wam.	
Ndiqinisekisa iimvakalelo zomntwana wam nangona ndingavumelani nombono wabo.	
Ngokuthe ngcembe ndiye ndinike iimbopheleleko ezifanele iminyaka yokukhuthaza ukuzimela geqe.	
Ndibandakanya umntwana wam kwiinkqubo zokwenziwa kwezigqibo xa kufanelekile.	
Ndithetha ngokukhululekileyo nomntwana wam ndize ndimkhuthaze ukuba aveze iingcinga neemvakalelo zakhe.	
Ndithathela ingqalelo kwiimpawu ezingathethwayo kunye nolwimi lomzimba ngexesha lonxibelelwano.	
Ndigcina ukungaguquguquki ekusebenziseni imithetho kunye neziphumo.	

UKUZIPHATHA KAHLE UKUZIPHATHA	INQAKU
Umntwana wam uyayazi into amakayilindele xa imigaqo ayilandelwa.	
Ndinikela ngexesha elisemgangathweni lokuzimanya nomntwana wam ngemisebenzi ekwabelwana ngayo.	
Siye samisela izithethe zentsapho okanye izithethe ezifak' isandla kumanyano olomeleleyo.	
Ndivuleleke ekuhlengahlengiseni indlela yam yokuqeqesha ngokusekelwe kwiimfuno zomntwana wam.	
Ndizimisele ukufunda kwaye ndilungelelanise izicwangciso zam njengoko kufuneka.	
Ndingumzekelo omhle, obonisa indlela yokuziphatha kunye neenqobo ezisemgangathweni endinqwenela ukuzibona kumntwana wam.	
Ndibeka phambili ukuzikhathalela ukuze ndigcine impilo yam.	
Ndikhuthaza umntwana wam ukuba abeke kwaye asebenzele ukufikelela kwiinjongo zobuqu kunye nezezifundo ezinokufezekiswa.	
Sixoxa ngeenjongo zexesha elide kunye nendlela izenzo ezinokuchaphazela ngayo ezo njongo.	
Ndikhuthaza ukomelela ngokukhuthaza umntwana wam ukuba abuyele umva kwiingxaki kwaye afunde kwimingeni.	
Ndixoxa ngokubaluleka kokunyamezela kunye nokomelela.	
Ndiyayivuma kwaye ndiyayibhiyozela impumelelo enkulu kunye nencinci.	
Ndisebenzisa iziqinisekiso ezakhayo ukukhulisa ukuzithemba komntwana wam.	
Ndikhuthaza ukuzimela kunye nokuzimela kwimiba yezemfundo kunye neyomntu.	
Ndinikezela ngamathuba kumntwana wam ukuba achaze iimfuno zabo kunye nezinto abazithandayo.	

INKCAZELO NGOKUBANZI:

1. Zeziphi iindlela zokuziphatha ezilungileyo oziva uzithembile kuzo?
2. Ngaba kukho iindawo ezithile ongathanda ukuphucula kuzo?
3. Unokuziphucula njani izicwangciso zakho zokuziphatha kakuhle kunxibelelwano lwemihla ngemihla nomntwana wakho?

Khumbula, uqeqesho olunika ithemba luhambo oluqhubekayo, kwaye olu luhlu lusebenza njengesixhobo sokucinga nokuphucula . Bhiyozela amandla akho kwaye usebenzise naziphi na iindawo ezichongiweyo zokuphucula njengeenjongo zokusebenzela.

ISAKHELO SOKUSETWA KWEIJONGO ENTLE YOBUZALI

Le template inokukunceda ukuba uchaze kwaye ufezekise iinjongo zakho zobuzali . Sebenzisa le template ukuchonga iinjongo ezithile, ezinokulinganiseka, ezifikelelekayo, ezifanelekileyo, kunye nezamaxesha (SMART) kuhambo lwakho oluhle lobuzali.

Sebenzisa le template njengesikhokelo sokumisela nokufikelela usukelo olukhuthazayo lobuzali . Rhoqo phinda undwendwele kwaye uhlehlengise iinjongo zakho ngokusekwe kutshintsho olwenziwa lusapho lwakho kunye neemfuno . Bhiyozela impumelelo yakho kwaye ufunde kwimiceli mngeni njengoko ujonga indlela yokuba ngumzali olungileyo.

ISICWANGCISO SOKWENZA:

1. Chonga amanyathelo athile okuphumeza injongo nganye.
2. Yahlula iinjongo zibe yimisebenzi elawulekayo.
3. Qinisekisa izibonelelo okanye inkxaso efunekayo.
4. Cwangcisa ukungenwa rhoqo ukuze kuphononongwe inkqubela.

UMBONO:

1. Zibekele ixesha lokuzihlaziya rhoqo.
2. Ukubhiyozela impumelelo kunye nenkqubela phambili.
3. Lungisa iinjongo ezisekelwe kutshintsho losapho.
4. Funa impendulo kumalungu entsapho.

IINJONGO YOKUZIPHATHA	ISICWANGCISO SOKUPHUMEZELA INJONGO	INKQUBELA UKUYA KUMHLA

INKCAZELO NGOKUBANZI:

- 1. Luluphi usukelo olwakhayo lobuzali olubeka kwindawo yokuqala?**
- 2. Ingaba ezi njongo zihambelana njani neemfuno kunye nemilinganiselo yosapho lwakho?**
- 3. Ngawaphi amanyathelo onokuwathatha ukuguqula ezi njongo zibe zizicwangciso ezinokusetyenzwa?**

ITSHATHI YOKUZIPHATHA KOMNTWANA

Ukwenza isicangca sokuziphatha kunokuba sisixhobo esiluncedo kubazali ukulandelela nokomeleza ukuziphatha okuhle kubantwana abakubudala obahlukeneyo . Apha ngezantsi kukho itemplate onokuyenza ngokwezifiso ngokusekwe kwindlela ethile yokuziphatha ofuna ukuyilungisa kunye neqela lobudala lomntwana wakho.

Igama loMntwana: _____ Iveki yo: _____

AMANQAKU ALUNGILEYO:

= Ukuziphatha kakuhle kubonakaliswe ngempumelelo.

✨ = Umgudu obalaseleyo okanye uphuculo.

AMANQAKU ENGALUNGILEYO:

✗ = khangе abonise indlela yokuziphatha oyifunayo.

◆ = Uzabalazile kodwa ubonise ukuphucuka okuthile.

UKUZIPHATHA UKUFUMANA	UMVULO	ULWESIBINI	ULWESITHATHU	ULWESINE	ULWESIHLANU	UMGQIBELO	ICAWE

UKUZIPHATHA UKUFUMANA	UMVULO	ULWESIBINI	ULWESITHATHU	ULWESINE	ULWESIHLANU	UMGQIBELO	ICAWE
Amanqaku ongezelelweyo							
<p>Isishwankathelo seveki: Amanqaku ewonke: _____ Amanqaku aMawulayo ewonke: _____ UVavanyo lulonke: _____</p> <p>Zeziphi iindlela zokuziphatha ezilungileyo ebezisoloko ziboniswa?</p> <p>Yeyiphi imingeni okanye imizabalazo eyabonwayo?</p> <p>Ungazilungisa njani iinjongo okanye izicwangciso zeveki ezayo?</p>							

Imiyalelo kubazali:

1. Misela iiNjongo ezicacileyo: Cacisa ngokucacileyo iindlela zokuziphatha ofuna ukuzikhuthaza.
2. Ukulandelela okungaguqukiyo: Sebenzisa iisimboli ukulandelela ukuziphatha okulungileyo kunye nokungalunganga rhoqo.
3. Uphononongo lwemihla ngemihla: Hlaziya itshati yonke imihla kunye nomntwana wakho.
4. Bhiyozela iMpumelelo: Yazisa kwaye ubhiyozele impumelelo kunye nophuculo.
5. Nika iNgxelo: Nikela ngengxelo eyakhayo kwaye nixoxe ngemimandla yokuphucula.
6. Lungisa