



Khombisa ingane yakho ukuthi ibalulekile

Ukuze usize ingane yakho ikhule inokuzethemba, idinga ukuzizwa ibalulekile. Ukukhula kwengane kuyingxenye yeqhaza lakho njengomzali, kufanele ukuthathele phezulu kusukela ingane izelwe.

Ukukhula kwengane kuncikene kakhulu nendlela oyiyi njengomzali. Uma izidingo ngqangi zengane zingafezwanga ukukhula kwayo ngokomzimba nangokwengqondo kuyaphazamiseka.

Izidingo ngqangi eziyisikhombisa ezidingwa yizingane yilezi: uThando, Ikhaya, Ukuvikelwa, uKudla, iMpahla yokugqoka, eZempilo kanye neMfundo. Lokhu kuzwakala kulula kodwa kwabanye abazali kuba umshikashika wansuku zonke ukuzifezekisa. Uyakhumbula kushicilelo lwethu olwedlule sikhulume ngokuthi “kuthatha umphakathi”, musa ukwesaba ukucela usizo ukuqinisekisa ukuthi ziyafezeka lezidingo.

Ukukhula kwengane yakho ungakubona ngokuthi usebenzise ishadi lezigaba zokukhula kwengane, ongalithola kugoogle,

bese uyayilandela indlela ekhula ngayo....ungabuye usebenzise umgubaso womnyango wakho ukubona ubude bengane yakho.

Njengoba ingane yakho ikhula ungaxhumana nayo ngobuchwepheshe ngokuthi udlale, futhi ukhulume nayo. Khumbula ukuthi ukuxhumana kuyindlela-mbili, uyakhuluma uphinde ulalele futhi.

Ukuxhumana kwethu ngamazwi aphinyiselwe kungamaphesenti ayisikhombisa kuphela, amazwi ethu kanye nezitho zomzimba kudlala indima enkulu uma izingane zihlaziya indlela esidlulisa ngayo umyalezo kuzona.

Ukuze bavelele kulokho abayikho kufanele sixhumane nabo ngendlela ecacileyo njengoba bekhula. Izingane ezincane zethembele ekuzweni amazwi ethu sikhuluma noma sicula, sincume, sizibambe eduze.

Ojahidada bona sebeyakwazi ukuzihambela futhi baye bafune ukuzimela. Baxoxele izindatshana ezihambisana nezithombe, futhi uma ukhomba izithombe batshele ukuthi yini igama laleyonto osuke ubakhombisa yona. Uma ingane yakho

seyisesigabeni sokuqala isikole sowungakwazi ukukhuluma into ezwakalayo nayo futhi nibonisane, kodwa basadinga ukuthi ubafundela izindatshana, udlale imidlalo, ubalalele futhi uma bekhuluma, banikeze ithuba lokuthi nabo bakuxoxele ezabo izindatshana, ngaphezu kwako konke lokhu yiba nesineke uchithe isikhathi unabo.

Uma sebefika esigabeni sobutshitshi/ububhungu, kufanele ukhombise ukuba nomdlandla ezintweni abazenzayo, umculo abawuthandayo kanye nabangani babo. Noma ngabe imizwa yabo iguquguquka babe nemikhuba yokufuna ukuxabana nabazali basayizingane zakho, musa ukuthathela izinto phezulu. Lesi sigaba siyaphela emuva kweminyaka emithathu kuya kwemihlanu...

Kushicilelo lwethu olulandelayo sizokhuluma ngokuthi izingane zethu zixhumana kanjani nathi nokuthi ukudlala kuzisiza kanjani ekuxhumaneni nathi bazali. Uma kwenzeka kuba khona ushicilelo ongalutholanga ungafunda kabanzi ngathi kulelikheli, www.gcf.org.za noma www.southcoastfever.co.za