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## **THE FEVER: FYI COLUMN-**

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#### **Ukwakha isisekelo esiqinile!**

Ukwakha ubudlelwane obuhle nabantwana bethu kuqala mhla bezelwe. Uma sinobudlelwane obuhle nabantwana bethu abancane, kwenza kube lula kakhulu ukuba nobudlelwane obuhle nabo noma sebekhulile.

uthando luyisisekelo sokuqala sokwakha ubudlelwane obuqinile. Abantwana badinga ukuzizwela ukuthi bayathandwa, lokho sikwenza ngokuthi sikhulume amazwi abagququzelayo, sibange siphinde sichithe isikhathi sinabo. Dlala nabo noma ubafundele indatshana ngesikhathi ubafaka embhedeni wabo ngesikhathi sokulala. Kuyiqhaza lethu ukubenza bazizwe bethandwa.

Abantwana badinga ukuzizwa bephephile ukuze bakhululeke baphile impilo bengenakwesaba. Amakhaya ethu kufanele abe amazulu amancane abo, hayi indawo lapho behlezi bethethiswa noma besolwa khona. Uma abantwana bezizwa bephephile ngokomzimba, ngokomoya nangokomphefumulo kuba lula ukwakha ubudlelwane obuphilile nathi bazali.

Njengabazali kufanele sizifezekise izidingo zabo, kodwa lokho akusho ukuthi sibanike konke abakufunayo kodwa sibanika abakudingayo.

Chitha isikhathi ujabule nabantwana bakho. Sivamise ukukhuluma nabo

uma sibanika imiyalelo, sibaqeqesha noma sibanika imisebenzi yasekhaya ekufanele bayenze sikhohlwe ukuthi kubalulekile ukuthi sichithe isikhathi sizijabulisa ndawonye nabo.

Ukuzibandakanya kuyasiza ekukhuliseni ubudlelwane bethu nabo ngokuthi sizibandakanye ezintweni abazenzayo empilweni yabo, njenga nokuhambela imidlalo ababanayo esikoleni, sazi abangane babo kanye nabazali babangane.

kubalulekile ukuthi abantwana babekelwe imingcele ecacile, ukuze bazi ukuthi okuphi ukuziphatha okungamukelekile ekhayeni futhi nathi akufanele sibavumele bayeqe leyomingcele. Lokhu kwenza ubudlelwane bethu buphephe.

kufanele sibahloniphe, nabo futhi kufanele basihloniphe. Bafana neziponji benza njengoba senza nathi, ngakho ke sibafundisa inhlonipho ngokuthi sibahloniphe nathi.

Tatha isikhathi ubalalele kulokho abakushoyo. Asingavumeli ukuphazanyiswa izinto ezenzekayo empilweni yethu zamihla yonke. Kufanele sibalalele ngokucophelela uma bekhuluma nathi, khumbula bafunda kulokho abakubonayo, ngakho ke uma sibalalela nabo bazosilalela.

kubalulekile ukuthi sazane. Kodwa lokho akusho ukuthi kufanele bazi konke okwenzeka ezimpilweni

zethu, kodwa kusho ukuthi asethembeke, sivuleleke uma sikhuluma nabo ngokwezinga leminyaka yokukhula kwabo. Kufanele sibonise ukubambana njengabazali ngoba ngesinye isikhathi bayathanda ukuxabanisa abazali uma omnye umzali ozobanqabela kulokho abakucelayo. Njenga nabazali kufanele nazi ukuthi yinini lapho nizothi yebo noma qha khona. Uma ungaqinisekanga, musa ukwesaba ukutshela umntwana wakho ukuthi akalinde kancane usadinga isikhathi sokuxoxa nomlingane wakho. Khumbula? Imigomo ecacile nenobulungiswa!

Sidinga ukwazi ukuthi kwenzekani ezimpilweni zabo, bakuphi, babheke kuphi nokuthi amaphi amaphupho abanawo. Yabelana nabo ngezinto ezibalulekile ezenzeka empilweni yakho.

Zonke lezi zinto zithatha isikhathi, kodwa uyowuthokozela umvuzo ngokwakha ubudlelwane obuqinile nobuyohlala isikhathi eside.

kushicilelo olulandelayo sizokhuluma ngokwakha ubudlelwane obuphilile, amalungelo neqhaza labantwana.

Uma kwenzekile waphuthelwa ungafunda kabanzi ku: [www.gcf.org.za](http://www.gcf.org.za) or [www.southcoastfever.co.za](http://www.southcoastfever.co.za)

