



Co-Parenting Guide

2024

Isiqulatho

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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.

Esi sikhokelo sahlulwe sibe ngamacandelo amabini: umfundi oqulethe iingcebiso kunye neengcebiso, kunye necandelo eliqulethe iitemplates kunye namaphepha okusebenzela abazali nabantwana.

Iziseko zokuBambisana ngokuBazali

INKCAZO KUNYE NOKUBALULEKA KOBAZALI NGOKUBAMBISANA

Ukuba nomzali omnye kubhekisela kwimbopheleleko ekwabelwana ngayo yokukhulisa umntwana ngabazali ababini abangasathandaniyo . Le ndlela igxininisa intsebenziswano nokusebenzisana, iqinisekisa ukuba bobabini abazali bahlala bebandakanyekile kubomi bomntwana . Ukubambisana kwabazali kubalulekile kuba:

- Inceda ukugcina iqhina elomeleleyo, eliqhubekayo phakathi komntwana nabazali bobabini.
- Inika uzinzo ngokweemvakalelo, inciphisa impembelelo embi yokwahlukana okanye yoqhawulo-mtshato.
- Ikhuthaza imeko-bume entle, apho abantwana banokukhula kakuhle kwanaxa abazali babo behlala kude.

Ukubambisana okuphumelelayo komzali omnye kubeka phambili impilo-ntle yomntwana ngaphezu kweengxabano zomntu, ukuvumela bobabini abazali ukuba bagxininise indima yabo ekuxhaseni ukukhula komntwana.

KUTHENI IMIBA YOKUBAMBISANA NGOKUFANELEKILEYO

Ukuba ngumzali omnye onempumelelo kubalulekile kuba kubangela ukuba abantwana bazinze, bahlale bexhasana emva kokwahlukana okanye ukuqhawula umtshato . Ngokugcina ulwalamano oluhle phakathi kwabazali abasebenzisana nabo, abantwana banokufumana ukhuseleko lweemvakalelo, uxinezeleko oluncitshisiweyo, noluvo olunamandla lokuqhubeka phakathi kwamakhaya . Xa abazali besebenza kunye, bamisela umzekelo omhle wokunxibelelana, ukucombulula iingxabano nokusebenzisana, nto leyo enceda abantwana baqhelane nokutshintsha kwenkqubo yentsapho.

IZITAYILE ZOBAZALI NGOKUBAMBISANA: INTSEBENZISWANO, INXULUMANO, KUNYE NE NGXAKI

UKUSEBENZA KOMZALI	UKUBAMBISANA NGOKUBAMBISANA	UKUXHUBANA KOMZALI
<ul style="list-style-type: none">• Olu hlobo lubandakanya unxibelelwano oluphezulu kunye nentsebenziswano phakathi kwabazali.• Bobabini basebenza kunye ukwenza izigqibo ezidibeneyo, ukulungelelanisa iishedyuli, kunye nokugcina imithetho efanayo kwimizi yonke.• Intsebenziswano yokuba ngumzali yimeko efanelekileyo njengoko ikhuthaza ukungaguquguquki kunye nokhuseleko lweemvakalelo kumntwana.	<ul style="list-style-type: none">• Abazali bagcina unxibelelwano olulinganiselweyo kwaye bagxininise ekuqhubeni amakhaya abo ngokuzimeleyo.• Benza izigqibo ngokwahlukeneyo ngexesha labo nomntwana, kunye nolungelelwaniso oluncinci.• Ngelixa kunganelanga kunokusebenzisa intsebenziswano njengomzali, kunokusebenza xa abazali bekufumanisa kunzima ukunxibelelana ngaphandle kongquzulwano kodwa bebeka phambili impilo-ntle yomntwana.	<ul style="list-style-type: none">• Ebonakala ngeengxabano eziqhubekayo, ukunxibelelana kakubi, kunye nokungabikho kwentsebenziswano phakathi kwabazali.• Esi simbo sichaphazela kakubi impilo yeemvakalelo yomntwana, kubangele uxinzelelo kunye nokudideka.• Ukufuduka kubudlelwane obungavisaniyo ngundoqo kubudlelwane obusebenzayo nobuqabane.

IZIBONELELO ZO^MNTWANA NAKUBAZALI

FOR THE UMNTWANA	EKUBAZALI
<ul style="list-style-type: none"> • UKHUSELEKO NGEMVAKAZI: Xa abantwana bebona abazali bobabini besebenzisana, baziva benqabisekile yaye bangazixhalabisi kangako ngotshintsho entsatsheni yabo. • IZIQINISEKISO EZINGXOXOWAYO: Ukuba ngumzali omnye kunceda ekusekeni iindlela zesiqhelo, ukunika abantwana imvakalelo yozinzo phakathi kwamakhaya omabini. • UBUDLELWANE OBUYIMPILO: Ukuzalana okusebenzayo kukhuthaza ubudlelwane obuhle phakathi komntwana nabazali bobabini, ukunciphisa iimvakalelo zokuziva benetyala okanye imfuneko "yokukhetha amacala." • UKUKHULA OKUNGCONO: Abantwana badla ngokuqhuba kakuhle kwimfundo, ekuhlaleni nangokweemvakalelo xa abazali babo besebenza kunye, nto leyo enciphisa ungquzulwano. 	<ul style="list-style-type: none"> • UXINEZELEKO LWENCIPHILEYO: Unxibelelwano olucacileyo kunye noxanduva olukwabelwana ngalo lunciphisa uxinezeleko kunye noxinzelelo, okwenza ukuba umzali alawuleke ngakumbi. • UXANDUVA OLULINDELEKILEYO : Bobabini abazali bafak' isandla ekukhuliseni umntwana, beqinisekisa ukuba abaziva basindwa kuzo zonke iimbopheleleko. • UBUDLELWANE OBUPHILAYO: Ukubambisana komzali kubeka inqanaba lonxibelelwano oluhle kunye nokuxazulula iingxaki, ukudala ubudlelwane obulula phakathi kwabazali emva kokuhlukana. • INGXELO NGOMNTWANA: Ngokubeka impilo-ntle yomntwana kwindawo yokuqala, abazali bayakuphepha ukungquzulana ngokungeyomfuneko, bebavumela ukuba banikel' ingqalelo kwizinto ezibaluleke ngokwenene.

UKUBEKA ULINDELO OLUSENGQIQWENI

Kulo naliphi na ilungiselelo lokuba ngumzali omnye, ukubeka ulindelo olusengqiqweni kubalulekile . Ukwahlukana kunokuzisa imiceli mngeni yeemvakalelo kunye nenkqubo, kwaye ukulindela imfezeko kunokukhokelela ekuphazamisekeni. Ngokumisela ulindelo olusengqiqweni, abazali abasebenzisana nabo banokwakha ulwalamano oluvisisanayo oluyingenelo kubo bonke ababandakanyekayo, ngakumbi umntwana.

- **UKWAMKELELA UKUNGAfezeki:** Qonda ukuba bobabini abazali baya kuzenza iimpazamo; okubalulekileyo kukugcina impilo-ntle yomntwana nokufunda kwezo mpazamo.
- **UKUBE bhetyebhetye:** Ubomi buyatshintsha, yaye kufanele kube njalo nangendlela osebenzisana ngayo nomzali wakho . Vula uhlehlengiso kwiishedyuli okanye kwiindlela zokufikelela njengoko iimfuno zomntwana zikhula.
- **UKUJONGA INGXELO KUMNTWANA:** Zibekele ecaleni iingxabano zobuqu uze ugxininise kwimigudu yakho kokona kulungileyo emntwaneni, kwanokuba oko kuthetha ukulalanisa nomnye umzali.

Amacandelo okuKhulisana noBazali

UKUCACA KWIINDIMA ZOBUZALI

Ukuba nendima ecacileyo yobuzali kubalulekile ukuze ube ngumzali omnye onempumelelo . Xa bobabini abazali beziqonda iimbopheleleko zabo nezinto abazilindeleyo, oko kunciphisa ungquzulwano, kwandisa intsebenziswano, kuze kuqinisekise ukuba iimfuno zomntwana ziphunyezwa kakuhle . Nantsi indlela yokuseka ingcaciso kwiindima zobuzali:

1. CHAZA UXANDUVA OLUNDOQO LOMZALI

- Chonga imiba enguNdoqo: Imimandla ephambili ingabandakanya imfuno, ukhathalelo lwempilo, uqeqesho, imisebenzi yangaphandle kwesikolo, izithuthi, kunye nemisebenzi yemihla ngemihla (umz., ixesha lokulala, ukutya).
- Cacisa iindima zokuThatha iSigqibo: Qinisekisa ukuba zeziphi izigqibo ekufuneka zenziwe ngokubambisana (umz. ukhathalelo lwezonyango, ukhetho lwemfuno) nezinokuthi zisingathwe ngokuzimeleyo ngumzali omnye (umz., izigqibo zemihla ngemihla).
- Bhala iindima: Ukuba noxwebhu olubhaliweyo oluchaza ezi mbopheleleko kunokuthintela ukungaqondani kuze kunikele ingcaciso kubazali bobabini.

2. LUNGISA KWIIPHILOSOPHI EZINGUNDOQO ZOBZALI

- Vumelanani Ngoqeqesho Nemithetho: Ukuze umntwana alungelelane, bobabini abazali bafanele babe ngazwi linye ngokuphathelele iindlela zokuziphatha, imithetho yexesha lesikrini, ixesha lokulala, nemigaqo-nkqubo yomsebenzi wesikolo owenzelwa ekhaya.
- Ungavisisani Phakathi Kwamakhaya: Ngoxa intsapho nganye inokuba nokwahluka okuncinane, izigqibo ezinkulu ezifana nexesha lokubuya ekhaya, izinto ezilindelweyo ngokwemfuno, kunye nemilinganiselo yokuziphatha zifanele zilungelelane ukuze kuthintelwe ukubhideka komntwana.

3. GCINA UBUBHETYEBHETYE

- Lungiselela Xa Ufuneka: Ubomi buyatshintsha, ngokunjalo neembopheleleko . Bobabini abazali bafanele bahlale bebhetyebhetye xa kusenzeka izinto ezingalindelekanga, ezinjengokutshintsha kwamaxesha omsebenzi, ukugula, okanye iimeko zongxamiseko . Ukukwazi ukujikeleza ngaphandle kongquzulwano ngundoqo ekuphumeleleni kokubambisana nomzali.

UKUDALA ICANDELO ELIFANELEKILEYO LEZABASEBENZI

Ukuqinisekisa ulwahlulo olufanelekileyo lwemisebenzi yobuzali kunceda ukuphepha ukudinwa nokucaphuka . Xa uxanduva lwabelwana ngokulinganayo, bobabini abazali banokuziva bebandakanyeke ngakumbi kwaye bexhaswa kwiindima zabo.

1. VAVANYA IMISEBENZI EKHOYO

- **Dwelisa imisebenzi yangoku:** Yenza uludwe lwayo yonke imisebenzi yobuzali, efana nokushiya isikolo, ukuqeshwa ngugqirha, ukulungiselela ukutya, uncedo lomsebenzi wesikolo owenzelwa ekhaya, nemisebenzi yasemva kweeyure zesikolo.

- **Cinga Ngezinye Iimbopheleleko:** Eyona nto ibalulekileyo kumzali ngamnye . Oku kunika umfanekiso ocacileyo woko umzali ngamnye sele ekwenza nalapho kusenokufuneka uhlehlengisano.

2. YENZA ISHEDYULI ELINGANAYO

- **Yahlula Imisebenzi Ngokusekwe Ekufumanekeni:** Yabela imisebenzi ngokusekelwe ekubeni ngubani onexesha elingakumbi okanye bhetyebhetye ngeentsuku ezithile okanye iiveki . Ngokomzekelo, ukuba omnye umzali unocwangciso lomsebenzi oluqikelelwa ngakumbi, usenokusingatha imisebenzi engakumbi yesiqhelo, ngoxa omnye umzali esenza imisebenzi ethile ngeempelaveki okanye ngeengokuhlwa.
- **Phinda uphonononge amaxesha ngamaxesha:** limeko zobomi ziyatshintsha, ngoko ke kubalulekile ukuphonononga ukwahlula kwabasebenzi kwaye uhlehlengise njengoko kufuneka. Njengoko abantwana bekhula, iimfuno zabo nazo ziyatshintsha, nto leyo esenokufuna utshintsho kwiimbopheleleko.

3. I-BALANCE IMISEBENZI EMINCINCI EMINCINCI

- **Kuphephe ukungalingani:** Qinisekisa ukuba omnye umzali akapheleli esenza yonke imisebenzi emincinci, eqheleke ngakumbi (umzekelo, ukuhlanjwa kwempahla, uncedo lomsebenzi wesikolo owenzelwa ekhaya), ngelixa omnye ephethe imicimbi emikhulu kuphela (umz., iintlanganiso zesikolo okanye iiholide). Oku kunokukhokelela kulwabiwo olungalinganiyo lwabasebenzi.
- **Lihlonele Igalelo Lomzali Ngamnye:** Imisebenzi emikhulu nemincinane ibaluleke ngokufanayo ekukhuliseni umntwana . Bobabini abazali bafanele bayivume baze bayihlonele imigudu eyenziwa ngomnye umzali, kwanokuba imisebenzi yomzali omnye ingabonakali kangako.

UKUCHONGA AMANDLA NOBUTHATHAKA BOMZALI NGAMNYE

Ukuvuma ukomelela nobuthathaka bomzali ngamnye kuvumela ulwahlulo olunempumelelo ngakumbi lwemisebenzi yobuzali . Ngokudlalela amandla omzali ngamnye, unokuqinisekisa intsebenziswano elungeleleneyo yokuba ngumzali.

1. HLOLA AMANDLA KWIINDLELA ZOKUBA ABAZALI

- **Chonga Ubuchule Bendalo:** Omnye umzali usenokugqwesa ekulungelelaniseni imicimbi yesikolo nasekulawuleni ucwangciso, ngoxa omnye enokuba bhetele ekusingatheni inxaso yeemvakalelo okanye kwimisebenzi yobuchule . Xoxa kwaye usebenzise la mandla.
- **Sebenzisa Izakhono Ukuze Kukuncede:** Ngokomzekelo, ukuba omnye umzali unobuchule ekusingatheni iingxaki zonyango okanye ukuya kwiintlanganiso, unokuba noxanduva lokwenza izigqibo eziphathelele impilo, ngoxa omnye enyamekela imisebenzi yemfundo.

2. QAPHELA UBUTHATHAKA UZE UBEKE OKULINDELEKILEYO

- **Nyaniseka Ngeentsilelo:** Ukuba omnye umzali uyasokola kwimisebenzi ethile (umz., ukulawula imali yeendleko ezinxulumene nesikolo okanye ukuhlala uphambili kumsebenzi wesikolo owenzelwa ekhaya), kubalulekile ukunyaniseka kwaye ufumane indlela yokwabela abanye okanye ukuxhasa obo buthathaka.

- **Nika iNkxaso apho kufuneka khona:** Ukuqaphela ubuthathaka akuthethi ukuba omnye umzali kufuneka athathe ngokupheleleyo. Ukunika inkxaso, njengezikhumbuzo okanye ukwahlula umsebenzi ube ngamacandelo amancinci, alawulekayo, kunokunceda ukunciphisa uxinzelelo kubazali bobabini.

3. PHUMEZELA IZIMBO ZOKUBA NGUMZALI

- **Fumana Ibhalsani:** Ukuba umzali omnye unqongqo ngakumbi ngelixa omnye ebekekile, fumana indawo ephakathi ezuzisa umntwana. Iindlela ezahlukeneyo zokukhulisa abantwana zinokuphelelisana, kodwa bobabini abazali kufuneka banxibelelane baze bavumelane ngendlela yokusingatha iimeko ezahlukeneyo.
- **Yongeza Amandla Engokweemvakalelo:** Ukuba omnye umzali unovelwano ngakumbi okanye ulungelelene ngokweemvakalelo, usenokuba bhetele ekusingatheni iimfuno zeemvakalelo zomntwana ngamaxesha anzima . Omnye umzali unokuba nempumelelo ngakumbi ekubekeni imithetho nemigaqo, enika ulwakhiwo xa kuyimfuneko.

UKUYILA ISHEDYULI YOBUZALI

Ucwangciso olusekelwe emntwaneni nolubhetyebhetye lubalulekile ekuqinisekiseni ukuba iimfuno zomntwana wakho zihlala zizezona ziphambili ngoxa bobabini abazali benokwabelana ngexesha nangeembopheleleko . Kufuneka kugxininiswe ekudaleni inkqubo exhasa impilo-ntle, uzinzo nolonwabo lomntwana.

1. YIBE PHAMBILI INKQUBO NEEMFUNO ZOMNTWANA

- **Gcina Uzinzo Engqondweni:** Abantwana bayaphumelela kwizinto zesiqhelo, ngoko kubalulekile ukwenza ucwangciso olugcina lulungelelana kwimisebenzi yabo yemihla ngemihla, njengesikolo, umsebenzi wesikolo owenzelwa ekhaya, ixesha lokulala, kunye nezinye izifundo.
- **Qwalasela amaNqanaba oPhuhliso:** Ubudala bomntwana, isikolo sakhe, nezinto azenzayo ekuhlaleni zifanele zikhokele ucwangciso . Kubantwana abancinci, ukuzinza kunye nokutshintsha rhoqo kunokuba kubaluleke ngakumbi, ngelixa abantwana abadala banokuba nezikolo ezixakekileyo kunye neekhalenda zentlalo ezifanele ukulungiselela.

2. PHUHLISA ISHEDYULI YESISEKO ESISIWEYO

- **Qala ngeemini zeveki nangeempelaveki:** Gqiba ukuba uya kuba phi umntwana ngeentsuku zesikolo xa uthlekisa neempelaveki . Amanye amalungiselelo aqhelekileyo kukutshintshana kweempelaveki okanye ukwahlula iveki (umz., omnye umzali unomntwana ngoMvulo ukuya ngoLwesithathu, aze omnye abe ngoLwesine ukuya ngeCawa).
- **Yabelana ngemiSebenzi eBalulekileyo yeMihla:** Ukuba bobabini abazali basondelelene, cinga ngokwabelana ngoxanduva olufana nokuyeka isikolo, ukuya kuthatha, okanye ukuya kwimisebenzi yasemva kweeyure zesikolo.

3. VUMELA UKUBA bhetyebhetye

- **Yakha Ngexesha LeFlex:** Shiya indawo kwishedyuli ukwenzela uhlehlengiso ngenxa yeziganeko ezingalindelekanga, ezinjengeprojekthi zesikolo, iziganeko zezemidlalo, okanye utshintsho kwiishedyuli zomsebenzi . Ukuguquguquka kuthintela ungquzulwano xa utshintsho luyimfuneko.

- **Lungiselela Utshintsho Kubomi Bomntwana:** Njengoko umntwana wakho ekhula, izinto azenzayo kunye nentlalontle ziya kuguquguquka, nto leyo eya kufuna ukuba kuhlengahlengiswe ucwangciso ekuhambeni kwexesha . Vulelekile ekusebenzeni ngokutsha inkqubo ukuze ihambelane neemeko ezintsha.

1. ISHEDYULI YOKUHLOLA RHOQO-INS

- **Phinda uphonononge ucwangciso ngamathuba athile:** Misela amaxesha aqhelekileyo (umzekelo, rhoqo emva kweenyanga ezintandathu) ukuze uhloolise ucwangciso kunye nomzali wakho . Oku kuqinisekisa ukuba bobabini abazali bakwiphepha elinye kwaye banokujongana nazo naziphi na iimfuno eziguqukayo.

UKULAWULA iiHOLIDE, iMIHLA YOKUZALWA, KUNYE NEEKHENKETHO

Izihlandlo ezikhethekileyo njengeeholide, imihla yokuzalwa, kunye neeholide zihlala zifuna ulungelelaniso olongezelelweyo phakathi kwabazali abasebenzisanyayo . Ukumisela imigaqo ecacileyo kusengaphambili kunceda ukuphepha ukungaqondani yaye kuvumela umntwana ukuba anandiphe ezi ziganeko nabazali bobabini.

1. TSHINTSHANA OKANYE YABELANA NGEENTLAWULO EZINKULU

- **Olunye uNyaka:** Indlela eqhelekileyo kukutshintshana ngeeholide ezinkulu ngonyaka ngamnye (umzekelo, umzali omnye uneKrisimesi kwanangeminyaka, aze omnye abe neKrisimesi kwiminyaka engaqhelekanga).
- **Yahlula-hlula Usuku:** Ngeeholide ezifana ne-Ista okanye iKrisimesi, abanye abazali bakhetha ukwahlula-hlula usuku ukuze umntwana achithe inxalenye yosuku nomzali ngamnye . Oku kusebenza kakuhle xa abazali behlala kufuphi omnye komnye kwaye banokusebenzisana kakuhle.
- **Qwalasela Izithethe:** Ziqqale izithethe zentsapho yomzali ngamnye uze uzame ukuzithobela . Ukuba usapho lomzali omnye lunesiko ekudala lukhona kwiholide ethile, cinga ukubavumela ngolo suku kunye nokwenza ixesha kunye nomnye umzali ngexesha elahlukileyo.

2. CWANGCISA IKHEFU KWAPHAMBILI

- **Misela Amaxesha Eholide:** Gqiba ukuba ixesha leholide liya kwahlulwa njani . Umzekelo, umzali ngamnye unokufumana iiveki ezimbini zexesha leeholide elingaphazanyiswa kunye nomntwana ngexesha lehlobo okanye lekhefu lesikolo.
- **Nxibelelana Kwangethuba:** Yazisa omnye umzali kwangethuba ngamalungiselelo eholide ukuze uphephe ucwangciso lokungquzulana . Cacisa malunga nemihla, iindawo, kunye nolwazi loqhagamshelwano ngexesha lohambo.
- **Lihlonele Ixesha Lomnye Umzali :** Kuphephe ukucwangcisa iiholide eziphazamisana nexesha elicwangcisiweyo lomnye umzali, ngaphandle kokuba bobabini abazali bayavumelana kolo tshintsho.

3. BHAYIBHISA IINTSUKU ZOKUZALWA NGOKUBAMBISANA

- **Cinga ngemibhiyozo edibeneyo:** Ukuba kunokwenzeka, abazali abasebenzisana nabo banokubhiyozela usuku lokuzalwa komntwana kunye, ngakumbi kubantwana abancinci abanokuthi bazive bekhululekile ukuba nabazali bobabini babekhona.

- **Enye okanye Ukwahlula Usuku:** Ukuba umbhiyozo odibeneyo awunakwenzeka , omnye ofumana umntwana ngosuku lwakhe lokuzalwa ngonyaka, okanye ahlukane usuku ukuze bobabini abazali bachithe ixesha lokubhiyozela.
- **Bhiyozela Ngeentsuku Ezahlukeneyo:** Xa kuyimfuneko, umzali omnye unokubhiyozela usuku lokuzalwa komntwana ngosuku olungaphambi okanye emva komhla wokwenene, evumela abazali bobabini ukuba babe nexesha elibalulekileyo nomntwana.

4. YENZA ISICWANGCISO SOKUBHALWA KWEHOLIDI NEKHEFU

- **Yibeke kwiSicwangciso soBazali soBambiswano:** Bhala phantsi iholide, usuku lokuzalwa, kunye nezivumelwano zeholide kwisicwangciso sakho sokukhulisa abantwana ukuze unciphise iingxabano ezizayo.
- **Lungelelanisa Iziganeko Ezikhethekileyo:** Vuleleka ekutshintsheni iiholide okanye ixesha leholide xa kuvela iziganeko ezikhethekileyo, ezinjengokumanyana kweentsapho, imitshato, okanye ukuthweswa izidanga.

UKUJONGANA NEEINGUQU ZESHEDYULI ZOMZUZU WOKUGQIBELA

Ubomi abunakuqikelelwa, kwaye utshintsho lomzuzu wokugqibela alunakuphepheka ekubeni ngumzali omnye . Ukuba nesicwangciso sokusingatha ezi meko kuqinisekisa ukuba bobabini abazali bahlala behetyebhetye kwaye baphephe ungquzulwano olungeyomfuneko.

1. NXIBELELANA NOTSHINTSHO KWASEKUSEKENI OKUnokwenzeka

- **Yazisa Umzali Okunye Nomzali Ngoko nangoko:** Ukuba ufuna ukwenza utshintsho kucwangciso, yazisa omnye umzali ngokukhawuleza kangangoko kunokwenzeka . Oku kubanika ixesha lokuhlengahlengisa izicwangciso zabo.
- **Cacisa Isizathu Ngokucacileyo:** Cacisa ngesizathu sokuba kufuneka uhlehlengiso locwangciso . Nokuba kungenxa yomsebenzi, ukugula, okanye isiganeko esingalindelekanga, ukwenza izinto elubala kunceda ukwakha ukuthembana.

2. YIQONDA UBE bhetyebhetye

- **Zivulele Izicelo:** Xa umzali wakho ekucela ukuba kwenziwe utshintsho, yiba ngoqondayo uze ukulungele ukukwamkela oko kunokwenzeka . Ukubhetyebhetye ngundoqo ekugcineni ubudlelwane obuhle bobudlelwane bomzali.
- **Vumelanani Ngexesha Lokwenza Izinto:** Ukuba omnye umzali ufuna ukuphoswa lixesha elicwangcisiweyo nomntwana ngenxa yotshintsho olwenzeka ngomzuzu wokugqibela, xubushani ngendlela yokulenza elo xesha . Oku kusenokuthetha ukulungelelanisa ucwangciso kamva evekini okanye kwandiswe ixesha lempelaveki.

3. YENZA IZIKHOKELO ZEMIGAQO

- **Yenza iPolisi yoMzuzu wokugqibela:** Gqiba kwangaphambili indlela oza kusingatha ngayo iimeko zongxamiseko okanye izicelo zomzuzu wokugqibela . Umzekelo, vuma ukuba utshintsho olungangxamisekanga kufuneka lucelwe ubuncinane kwiiyure ezingama-24 kwangaphambili, ngelixa utshintsho olungxamisekileyo (umz., ngenxa yokugula okanye iimeko ezingxamisekileyo zomsebenzi) zinokusingathwa ngokulula ngakumbi.

- **Yiba neSicwangciso sokuGcina:** Chonga ukuba ngubani oza kujongana nomntwana xa abazali bengakwazanga ukubanyamekela ngexesha elithile ngenxa yeemeko ezingxamisekileyo (umz., utatomkhulu okanye umakhulu okanye ilungu lentsapho elithenjiweyo).

4. MGCINISE UMNTWANA

- **Nxibelela Ngokufanelekileyo Utshintsho Emntwaneni:** Xa kukho utshintsho kucwangciso, lucacisele umntwana ngendlela evumelana nobudala bakhe . Baxelele isizathu sokuba olu tshintsho lusenzeka naxa beya kumbona kwakhona omnye umzali, ukuze bathintele ukubhideka okanye ukuxhalaba.

5. SEBENZISA ITEKNOLOJI UKUZE UHLAZIYWA NGOKUKHAWULEZA

- **Yenza ikhalenda kaGoogle ekwabelwana ngayo :** ikhalenda ekwabelwana ngayo equlethe yonke imihla ebalulekileyo kunye neziganeko kubomi bosapho olubanzi, kunye neentsuku zeziganeko zesikolo, ukutyelela ugqirha, ukuqeshwa kunye nokutyelela ukugcinwa.
- **Qinisekisa iiNguqu ekuBhalweni:** Nokuba utshintsho luxoxiwe ngefowuni, kuyanceda ukulandela ngesiqinisekiso esibhaliweyo (umzekelo, ngetekisi okanye nge-imeyile) ukunqanda ukubhideka kamva.

IINGQWALASELA ZEMALI

Ukulawula iindleko ezinxulumene nomntwana, ukusingatha iindleko ezingalindelekanga, nokuseka izivumelwano zenkxaso yomntwana zizinto ezibalulekileyo zokukhulisa abantwana ngokufanelekileyo . Ngokuqulunqa isicwangciso esicacileyo sezemali, ngokukhuthaza unxibelelwano oluvulekileyo, nokuhlala bebhetyebhetye, bobabini abazali banokuqinisekisa ukuba iimfuno zomntwana ziyahlangatyezwa ngoxa belondoloza ulwalamano olusempilweni lokuba ngumzali omnye . Ukucaca nokungakhethi cala kwiimbopheleleko zemali akupheleli nje ekuxhaseni impilo-ntle yomntwana kodwa kukwanegalelo kunxulumano oluguquguqukayo lokuba ngumzali omnye . Ukuziqwalasela rhoqo ezi zivumelwano kunye nezicwangciso kuvumela ukulungelelana njengoko iimeko zitshintsha, ukuqinisekisa ukuba bobabini abazali bahlala belungelelene ekuzinikeleni kwabo ekuxhaseni umntwana wabo.

UKULAWULA IINDLEKO EZINXULUMENE NOMNTWANA

Ukulawula iindleko ezinxulumene nomntwana wakho yinxalenye ebalulekileyo yokuba ngumzali omnye . Ukuba nocwangciso olucacileyo kunceda ukuphepha iingxabano yaye kuqinisekisa ukuba bobabini abazali bafak' isandla ngokufanelekileyo kwimpilo-ntle yomntwana . Ucwangciso olululo lwezemali lukwabonelela umntwana ngozinzoko nokhuseleko.

1. CHANGELA IINKCITHO EZIHAMBELA RHOQO EZINXULUMENE NOMNTWANA

- **Iintswelo Ezisisiseko:** Ezi ziquka iindleko zemihla ngemihla ezinjengokutya, impahla, indawo yokuhlala neyokuhamba.
- **Iimfuno:** Oku kubandakanya ukufundiswa kwesikolo, izixhobo zokusebenza, imisebenzi yangaphandle, nokufundisa . Ungalibali uhambo, iyunifomu yesikolo, okanye iiklasi ezizodwa.

- **Ukhathalelo lwempilo:** Oku kubandakanya iintlawulo zeinshorensi yezonyango, utyelelo lukagqirha, ukhathalelo lwamazinyo, amayeza abhalwe ngugqirha, kunye nonyango olungxamisekileyo.
- **Ukunyamekelwa kwabantwana:** Qwalasela ukhathalelo lwasemini, iinkqubo zasemva kwesikolo, nabagcini babantwana ukuba bobabini abazali bayasebenza.
- **ULonwabo kunye neMisetyenzana yaseNtlalweni:** Imidlalo, izinto zokuzonwabisa, izifundo (umzekelo, umculo okanye umdaniso), kunye namatheko asekuhlaleni kufuneka achazwe kwisicwangciso sakho semali.

2. YENZA INKQUBO YENKCITHO EKWABELWANE NGENA

- **Cwangcisa Uqingqo-mali:** Abazali abakunye nabazali bafanele bavumelane ngoqingqo-mali lwenyanga okanye lonyaka lweendleko ezinxulumene nomntwana . Oku kuquka uqikelelo lweendleko zempahla yesikolo, impahla, ukhathalelo lwempilo, kunye nemisebenzi.
- **Ukwahlula iindleko Ngokufanelekileyo:** Khangela indlela yokwahlula iindleko . Abanye abazali bakhetha ukwahlula iindleko 50/50, ngelixa abanye besahlula iindleko ngokusekelwe kwimivuzo yabo . Ngokomzekelo, ukuba umzali omnye urhola kakhulu, unokuhlawulela ipesenti ephezulu yeendleko ezithile . Gcina oku kusekuhlani kwaye kulungile ukuphepha iingxabano ezizayo.
- **Track iindleko:** Sebenzisa izixhobo zemali ekwabelwana ngazo ezivumela ukulandelelwa kweendleko ezinxulumene nomntwana . Oku kuqinisekisa ukuba bobabini abazali bahlala benolwazi kwaye banokulandela igalelo labo.

3. CACISA NGUBANI OHLAWULELA INTONI

- **Yabela Uxanduva:** Yenza isigqibo sokuba ngubani oza kuhlawula iindleko ezithile . Ngokomzekelo, omnye umzali unokuhlawulela izinto zesikolo, ngoxa omnye enyamekela iindleko zonyango . Ukwahlulahlula okucacileyo koxanduva kuthintela ukubhideka kunye neengxoxo.
- **Sebenzisa Inkqubo Yokubuyisela Imbuyekezo:** Ukuba omnye umzali uhlawula iindleko ezinkulu (ngokomzekelo, izifundo, iindleko zonyango), kufanele kubekho isivumelwano esicacileyo sokuba omnye umzali uya kusibuyisela njani isabelo sakhe . Oku kunokwenziwa ngenyanga okanye ngekota ukwenza lula amalungiselelo okuhlawula.

UBUCHULE BOKUPHATHA IINDLEKO EZINGALINDELEKANGA

Iindleko ezingacwangciswanga azinakuphepheka ekukhuliseni abantwana kunye . Enoba yimeko engxamisekileyo yezonyango, yintlawulo yesikolo engalindelekanga, okanye isiganeko somzuzu wokugqibela emva kwesifundo, bobabini abazali bafanele babe neendlela zokusingatha iimeko ezinjalo ngokuzolileyo nangobuchule.

1. YENZA INKXASO KAXmiseko

- **INGXOWA-MALI EYINGXENYE ENGXAMISEKILEYO:** Cinga ngokuseka iakhawunti yokonga edibeneyo enikezelwe kwiindleko ezingalindelekanga ezinxulumene nomntwana . Bobabini abazali banokufaka igalelo rhoqo (umzekelo, ngenyanga) ukwakha isithinteli seemeko zikaxakeka njengamatyala

ezonyango, uhambo olungxamisekileyo, okanye iindleko zesikolo ebezingalindelekanga.

- **IMALI YOMNTU EXAMISEKILEYO:** Kungenjalo, umzali ngamnye unokugcina eyakhe ingxowa-mali kaxakeka . Xa kuvela iindleko ezingalindelekanga, bobabini abazali banokutsalwa kwezi akhawunti ukuze bahlangabezane neendleko ngokulinganayo.

2. ISICWANGCISO SONYANGO LWEZONYANGO

- **I-INSHORENSI YONYANGO:** Qinisekisa ukuba umntwana une-inshorensi efanelekileyo yezonyango . Qinisekisa ukuba ngubani oza kuhlawulela izavenge zeinshorensi kunye nendlela iindleko eziphuma epokothweni ziya kwahlulwa ngayo . Abanye abazali banokugqiba ekubeni bahlule iindleko zonyango ngokulinganayo, ngelixa abanye banokuzahlula ngokusekelwe kwingeniso okanye ezinye izinto.
- **LUNGISELELA IINDLEKO EZINGAXHUNYIWEYO:** Ayizizo zonke iindleko zonyango ezinokuhlulwa yi-inshorensi (umz., izihlangu zezilimayo, unyango) . Yiba nesivumelwano esikhoyo malunga nendlela yokulawula ezi ndleko xa zivela, ezinjengokwahlula iindleko ngokusekelwe kwipesenti ebekwe kwangaphambili okanye umvuzo.

3. UKUBEKA IZIKHOKELO ZEZIKOLO EZINGAXELEKANGA NEENDLEKO ZOMSEBENZI

- **NXIBELELANA KWANGXESHA:** Xa kuvela iindleko ezingalindelekanga zesikolo okanye zomsebenzi (umzekelo, uhambo lweklasi okanye umrhumo wokubhalisa imidlalo), yazisa omnye umzali ngokukhawuleza kangangoko kunokwenzeka . Unxibelelwano oluvulekileyo lungundoqo ekulawuleni iindleko ezingalindelekanga kunye nokunciphisa ungquzulwano.
- **XOXA AMANYE AMANQAKU OKUHLANGANISA:** Vumelanani ngesicwangciso sendlela yokuhlulwa ezi ndleko xa zivela . Ngokomzekelo, bobabini abazali banokuvuma ukwahlulwa kwepesenti esele kumiselwe kuyo nayiphi na imali yesikolo engalindelekanga, okanye umzali omnye unokusingatha iintlobo zeendleko ngelixa omnye ehlawula ezinye.

4. UKUSEKWA OKUCACILEYO UNXIBELELWANO

- **YENZA INKQUBO YOKWAZISA:** Misela indlela yokwazisana ngeendleko ezingalindelekanga . Oku kunokuba ngesicatshulwa, i-imeyile, okanye i-app ekwabelwana ngayo yokuba ngumzali apho iindleko zinokungena kwaye kuxoxwe.
- **SEBENZISA IFOMU ENGXHUMENEYO:** Xa uxelela omnye umzali ngeendleko ezingalindelekanga, quka zonke iinkcukacha eziyimfuneko: uhlobo lweendleko, isixa-mali, nawo nawaphi na amaxwebhu axhasayo (umz., amatyala, iirisithi) . Oku kungafihlwa kunceda ekulawuleni nasekulungiseni iindleko ngokufanelekileyo.

5. THETHANA NAYE KUNYE UKUXHOBISA

- **LUNGELE UKUTHETHANA:** Ukuba kuvela iindleko ezingalindelekanga aze omnye umzali angakwazi ukuhlawulela isabelo sakhe, vuleleka uthethathethwano . Ngokomzekelo, omnye umzali usenokuvuma ukuhlawula imali encinane ngeli xesha ukuze ahlawule iindleko ezingakumbi kwixesha elizayo.
- **SEBENZA INKQUBO YOKUSONJULULWA KWENGXAKI:** Vumelanani ngendlela yokusombulula iingxabano ngeendleko ebezingalindelekanga . Oku kunokubandakanya ulamlo okanye ingxoxo nomntu wesithathu ongathathi hlangothi ukuba ukungavisisani kuvela rhoqo.

ISONDLO SOMNTWANA

Umthombo: iwebhusayithi yeSebe lezoBulungisa (<https://www.justice.gov.za/vg/mnt.html>).

Isondlo yimbopheleleko yokubonelela omnye umntu, ngokomzekelo umntwana osemncinane, indawo yokuhlala, ukutya, impahla, imfundo nonyango, okanye ngeendlela eziyimfuneko ukuze ubani anikwe ezi zinto ziyimfuneko . Lo msebenzi usemthethweni wokulondoloza ubizwa ngokuba 'ngumsebenzi wokugcina' okanye 'umsebenzi wokuxhasa'.

NGUBANI EKUFUNEKA ABONELELE NGESONDLO?

Imbopheleleko yokulondoloza isekelwe kulwalamano lwegazi, ekukhuliseni umntwana, okanye kwisibakala sokuba abo batshatileyo betshatile.

Umntwana kufuneka axhaswe okanye ondliwe:

- abazali bakhe, nokuba batshatile, bahlala kunye, bohlukeno okanye baqhawule umtshato, kuquka nabazali abathathe umntwana abe ngowabo; kunye/okanye
- oomakhulu nootatomkhulu bakhe, enoba abazali bomntwana babetshatile okanye babengatshatanga. Nangona kunjalo, oku kuyahluka ukusuka kwelinye icala ukuya kwelinye.
- Uxanduva lokuxhasa ilungu losapho alupheleliselwanga ekuxhaseni umntwana . Naliphi na ilungu losapho, kungakhathaliseki ubudala balo, linokucela naliphi na ilungu losapho ukuba limxhase okanye limgcine, ngaphandle kokuba le miqathango mibini ilandelayo iyahlangatyezwa:
 - Ilungu losapho elibanga inxaso alikwazi kuzixhasa.
 - Ilungu losapho ekwenziwa kulo ibango lesondlo liyakwazi ukuhlawula isondlo esibangwayo.
 - Eyona mfuno iphambili yovavanyo lweendlela kukuba umntu ofanele ukuhlawula isondlo kufuneka abe NEENKONZO kwaye ibango lesondlo malibe ESIQINISEKISO.

ZEZIPHI IINDLEKO EZINOKUBANGWA?

Usenokufuna inkxaso efanelekileyo eyimfuneko ekuboneleleni umntwana okanye omnye umntu onelungelo lokufumana isondlo ngendlela yokuphila kunye nokukhulisa kakuhle . Oku kuquka ukubonelela ngezinto eziyimfuneko ezifana nokutya, impahla nezindlu, kwakunye nokuhlawulela imfundo efanelekileyo.

Inkundla isenokuthi kwakhona iyalele utata ukuba afake isandla kwintlawulo yeendleko zokumalisa kunye nesondlo ukususela kumhla wokuzalwa komntwana ukuya kutsho kumhla wokunikezelwa komyalelo wesondlo.

Inkundla isenokuthi kwakhona inike umyalelo wentlawulo yeendleko zonyango , okanye ingayalela ukuba umntwana abhaliswe kwi-medical scheme yomnye wabachaphazelekayo njengoxhomekekileyo. Ukwenza ukuba inkundla inike umyalelo wesondlo ofanelekileyo, omabini amaqela kufuneka anike inkundla ubungqina beendleko zabo.

Imbono yakho ngehambo yomnye umzali ayilichaphazeli ilungelo labantwana bakho lokondla . Kusafuneka uhlawule isondlo, nokuba omnye umzali:

- ukuzisola
- ubandakanyeke kolunye ulwalamano
- ayikuvumeli ukuba ubone abantwana okanye
- ukuba elinye iqela kamva linabantwana abaninzi.

Umsebenzi wakho wokuhlawula imali yesondlo kunye nelungelo lakho lokufikelela ebantwaneni bakho yimicimbi emibini eyahluke ngokupheleleyo kwaye enye ayinanto yakwenza nomnye . Ngaphezu koko, abantwana balo naliphi na iqela abawuphemeleli umsebenzi wokuxhasa . Nangona kunjalo, isixa-mali sesondlo esiza kuhlululwa sinokulungiswa yinkundla ukuba elinye lamaqela lingenza isicelo esinjalo.

AMANYATHELO EKUFUNEKA UWALANDELE XA UFAKA ISICELO SESONDLO

- Faka isicelo sesondlo kwinkundla kamantyi kwisithili ohlala kuso.
- Ukuba uyathandabuza, inkundla yengingqi yakho iya kukuxelela ukuba yeyiphi inkundla omawufake kuyo isicelo sesondlo.
- Yiya kwinkundla efanelekileyo uze ugqwalise uze ungenise [i-J101, iFomu A: Isicelo somyalelo wesondlo](#) .
- Ukongeza kwifomu egqwalisiweyo, ngenisa ubungqina bomvuzo wakho wenyanga kunye neendleko, ezifana neerisithi zokuthenga ukutya, umbane kunye/okanye iintlawulo zentlawulo yerenti.
- Inkundla iya kumisela umhla wena nommangalelwa (umntu onqwenela ukumhlawula isondlo) niye enkundleni.
- Igosa lesondlo kunye nomphandi baya kuphanda ibango lakho kwaye bajonge neemeko zakho.

- Inkundla iya kuthumela isamani (incwadi eyalela umntu ukuba eze enkundleni) kummangalelwa (umntu elingeniswa kuye ibango) ukuba avele enkundleni ngomhla othile wokuxoxa umcimbi.
- Ummangalelwa ke unokuzikhethela phakathi kokuvuma ukuhlawula isondlo njengoko kubangwa, okanye ukuphikisa umcimbi enkundleni.
- Ukuba ummangalelwa uyavuma ukuhlawula isondlo njengoko kusenziwa ibango, umantyi uya kuwajonga kwakhona amaxwebhu afanelekileyo . Uya kuthi ke enze umyalelo, kwaye athathe isigqibo sokwenza oko ngaphandle kokuba afune ukuba abo bachaphazelekayo bavele enkundleni.
- Ukuba umntu otyholwa ngokuba noxanduva lokuhlawula isondlo akavumi ukukhutshwa komyalelo, kufuneka avele enkundleni, apho ubungqina obuvela kumacala omabini kunye namangqina abo buya kuviwa.
- Ukuba inkundla ifumanisa ukuba umntu lowo unoxanduva lokuhlawula isondlo, iya kwenza umyalelo wokuba imali yesondlo ihlawulwe. Inkundla iya kumisela kwakhona ukuba kufuneka zenziwe nini kwaye njani iintlawulo zesondlo.
- Inkundla ingayalela ukuba imali yesondlo ihlawulwe ngenye yezi ndlela zilandelayo:
 - Kwiofisi kamantyi yengingqi okanye kuyo nayiphi na enye iofisi karhulumente emiselwe le njongo
 - Kwi-akhawunti yebhanki okanye yesakhiwo soluntu esichongwe ngumntu ochaphazelekayo
 - Ngqo kumntu onelungelo kwimali
 - Ngomyalelo oyalela umqeshi womntu onoxanduva lokuhlawula isondlo ukuba atsale intlawulo yesondlo ngokuthe ngqo kumvuzo womsebenzi, ngokungqinelana noMthetho omtsha weSondlo, ka-1998.

UKUTSHINTSHA ISIXA SOLONDOLOZO

Unokucela ukuba imali ehlawulweyo yesondlo yonyuswe okanye yehliswe, mhlawumbi ngenxa yokuba inganelanga okanye ngenxa yokuba ungasakwazi ukuhlawula eso sixa-mali sesondlo.

Amanyathelo ekufuneka uwalandele

• Ukuba ungumntu ofumana isondlo:

- Faka isicelo kwinkundla kamantyi ekwisithili apho wena njengomenzi-sicelo kunye nomntwana nihlala okanye nihlala khona.
- Gcwalisa ifom yesicelo efanelekileyo kwaye uyingenise, kunye nengxelo yengeniso nenkcitho, kwigosa lesapoti.

• Ukuba ungumntu ohlawula isondlo kodwa awusakwazi ukuhlawula isixa:

- Faka isicelo somyalelo wokuncitshiswa/utshintsho kwi-ofisi kamantyi apho wenziwe khona umyalelo wakho wesondlo.
- Gcwalisa ifom efanelekileyo kwaye uyingenise kwigosa lesondlo.

- Ngenisa ingxelo epheleleyo yengeniso nenkcitho, kunye nengxelo echaza izizathu zesicelo, kwigosa lesapoti kungakhathaliseki ukuba ungumamkeli okanye ungumhlawuli wemali yesondlo . Kuya kulandelwa inkqubo efanayo naxa kuqalwa ukwenziwa ibango lesondlo.

UKUBALULEKA KWEMIDA KUBAZALI NGOKUBAMBISANA

Ukumisela imida ecacileyo kumzali omnye kubalulekile ekudaleni ubudlelwane obunempilo, obusebenzayo phakathi kwabazali emva kokwahlukana okanye uqhawulo-mtshato . Imida inceda ukuchaza iindima, ukumisela imida, nokugcina intlonipho, konke oku kufak' isandla ekunciphiseni ungquzulwano nokukhuthaza imekobume entle kumntwana.

Imida isisiseko sokukhulisa abantwana ngendlela ephumelelayo kuba ivumela abazali bobabini basebenzisane ngendlela ekhusela umntwana, enciphisa ungquzulwano, negcina intlonelo . Badala ubume, bakhuthaze impilo yeemvakalelo, kwaye babonelele ngesakhelo esiyimfuneko kubudlelwane obuyimpumelelo bokubambisana nomzali.

1. UKHUTHAZA UZINZI WOMVO

Imida ivumela abazali ukuba balawule indlela abasabela ngayo ngokweemvakalelo ngokwenza imigaqo ecacileyo malunga nehambo eyamkelekileyo . Oku kuthintela ukukhohliswa ngokweemvakalelo okanye imiba yobudlelwane obudala ukuba iphinde ivele, inceda abazali bagxile kwinjongo ekwabelwana ngayo: intlalontle yomntwana wabo.

2. KUNCIPHA IINGXAKI

Imida echazwe kakuhle inciphisa ukungaqondani kunye nokunxibelelana kakubi . Xa bobabini abazali bekwazi okulindelekileyo kubo, abafane badibane nemigaqo enokukhokelela kwiingxabano okanye kwiingxabano ezingeyomfuneko . Umzekelo, imida ephathelele unxibelelwano (umz., ukunciphisa iingxoxo kwimibandela enxulumene nomntwana) ithintela iingxoxo ekubeni zibe zezobuqu zize zinyuke zibe ziingxabano.

3. UKHUSELA UMNTWANA

Abantwana bayangenelwa kukungaguquguquki nokukhuseleka ngokweemvakalelo, nto leyo imida enceda ekuboneleleni . Ngokugcina imiba yabantu abadala yahlukile nangokuqinisekisa ukuba mzali ngamnye uyalihlonela ixesha negunya lomnye njengomzali, imida iyabathintela abantwana ukuba bangabandakanyeki okanye bachanabeke kungquzulwano lwabazali.

4. UQINISEKISA IINDIMA EZINGCACILEYO NOXANDUVA

Imida iyichaza ngokucacileyo indima yomzali ngamnye kubomi bomntwana . Oku kubandakanya uxanduva olufana nokuba ngubani osingatha imiba ethile yokukhathalela umntwana (umz., izigqibo zonyango, imfundo) kunye neenkukacha zamalungiselelo afana nexesha lobuzali okanye iminikelo yemali . Xa ezi ndima zimiselwe kakuhle, abazali abasebenzisana nabo banokusebenzisana ngokutyibilikayo ngaphandle kokutsiba okanye babangele ukubhideka.

5. UKHUTHAZA UNXIBELELWANO NGOKUSEMPILO

Xa imida ibekiwe, unxibelelwano phakathi kwabazali abasebenzisanayo luqingqa ngakumbi kwaye lugxininise . Izikhokelo ezicacileyo eziphathelele indlela, nini, kunye

mento abanokunxibelelana ngayo zinokubanceda bobabini abazali bahlale besendleleni, baqinisekise ukuba iincoko zihlala zinentlonipho kwaye zijoliswe ebantwaneni .

6. UXHASA IMPILO YOMNTU

Imida ikhusela impilo-ntle yomzali ngamnye ngokuqinisekisa ukuba banendawo yobomi bakhe ngaphandle kokuba ngumzali . Banceda ukuphepha ukudinwa ngokuchaza xa umzali ngamnye "esemsebenzini" kwaye xa engekho, ebavumela ukuba bahlaziye kwaye balawule iimfuno zabo zobuqu.

7. UNCEDA UKULAWULA UBUDLELWANE OBUTSHA

Ukuba kuqaliswa ubudlelwane obutsha okanye abazali benyathelo , imida ibaluleke ngakumbi. Baqinisekisa ukuba utshintsho olutsha aluphazamisi ilungiselelo elikhoyo lokusebenzisana nomzali, livumela indawo kumaqabane amatsha ngelixa ligcina ubudlelwane bomzali nomntwana.

Ukulawula kunye nokugcina i-Co-Parenting esebenzayo

IZICWANGCISO ZONXIBELELWANO OLUSEBENZAYO KUBAZALI ABABAMBISENEYO

Unxibelelwano olucacileyo nolunentlonipho lubalulekile ukuze ube ngumzali omnye onempumelelo . Ngokusebenzisa iindlela zonxibelelwano ezisebenzayo, abazali abasebenzisana nabo banokunciphisa ukungaqondani, banciphise ungquzulwano, kwaye baqinisekise ukuba iimfuno zomntwana zihlala zibekwe phambili . Nazi ezinye izicwangciso ezibalulekileyo zokukhuthaza unxibelelwano olunempilo phakathi kwabazali abasebenzisana nabo:

1. GCINA UNXIBELELWANO LUJONGE KUBANTWANA

Eyona nto iphambili ekugxilwe kuyo kuzo zonke iincoko zomzali omnye kufuneka ibe yintlalontle yomntwana.

- **Gxininisa kwiNjongo Yakho Ekwabelwana Ngayo:** Soloko ulungiselela iingxoxo eziphathelele kwiimfuno zomntwana, iinkqubo zesiqhelo, kunye nemisebenzi yakhe . Kuphephe ukuveza imiba yobuqu okanye iingxaki zobudlelwane obudlulileyo . Ngokomzekelo, endaweni yokuthi, "Awufikanga ngexesha," yithi, "Umntwana wethu uyazusa kuqheliselo olungaguqukiyo, ngoko ukufika ngexesha kubalulekile kubo."
- **Sebenzisa Ulwimi Olungathathi hlangothi:** Kulumkele ukucaphuka ngokweemvakalelo okanye ulwimi olutyholayo olunokuthi luqalise ukuzithethelela . Umzekelo, yithi "Masithethe malunga nendlela esinokuyiphucula ngayo ishedyuli" endaweni yokuthi "Uhlala uphazamisa ishedyuli."

2. KHETHA INDLELA ELUNGILEYO YONXIBELELWANO

Ukusebenzisa indlela efanelekileyo yokunxibelelana kwiimeko ezahlukeneyo kunceda ukuphepha ukungaqondani kunye nokugcina izinto zicwangcisiwe.

- **Umbhalo okanye I-imeyile Yemicimbi Yesiqhelo:** Ezi ndlela zivumela abazali bobabini ukuba banxibelelane ngokucacileyo baze babhale izigqibo . Bakwanika ixesha lokucinga ngaphambi kokuba baphendule, benciphisa amathuba okuphendula ngokungxama okanye ngokweemvakalelo.
- **Ifowuni okanye uMntu ojongene neMiba engxamisekileyo:** Kwiimeko ezingxamisekileyo okanye kwimibandela engxamisekileyo, unxibelelwano oluthe ngqo lunokusebenza ngakumbi . Beka ithoni yentlonipho kwaye uhlale ugxile ekusombululeni umba okhoyo.
- **I-Co-Parenting Apps:** Cinga ukusebenzisa ii-apps zokuba ngumzali osebenzisanayo ezifana ne-OurFamilyWizard okanye Abazali abaThethayo, ezanceda ukuququzelela unxibelelwano ngokucwangcisa iishedyuli, ukwabelana ngolwazi, kunye nokugcina irekhodi yazo zonke iindibano.

3. MISEKA IMIDA ECACILEYO YONXIBELELWANO

Ukumisela imida kunceda ukuqinisekisa ukuba iincoko zihlala zinentlonipho kwaye zinemveliso.

- **Vumelanani Ngexesha Nendlela Yokunxibelelana:** Misela imigaqo yonxibelelwano, enjengokuvuma ukuphendula kwizinto ezingangxamisekanga kwisithuba seeyure ezingama-24 okanye ukunciphisa unxibelelwano ngamaxesha athile emini . Oku kuthintela ukuthumela imiyalezo yasebusuku ebusuku okanye iziphazamiso ezingeyomfuneko.
- **Gcina iingxoxo zimfutshane kwaye zingqale:** Hlala ugxininise kumxholo okhoyo kwaye uphephe ukutsala ixesha elide okanye iimvakalelo . Sebenzisa amanqaku embumbulu okanye uluhlu kwii-imeyile ukugcina unxibelelwano lucwangcisiwe kwaye lucacile.

4. IZIQINISEKISO UKUMAMELA NGOKUPHENDULILEYO

Unxibelelwano olusebenzayo aluthethi nje kuphela; imalunga nokuphulaphula, kananjalo.

- **Phulaphula Ngaphandle Kokumphazamisa:** Vumela omnye umzali ukuba achaze izinto ezimxhalabisayo okanye iingcamango zakhe ngaphandle kokuxhuma okanye ukumphazamisa . Ukuphulaphula ngokupheleleyo kunokukunceda uqonde ngcono imbono yabo.
- **Camngca kwaye Ucacise:** Emva kokumamela, shwankathela oko ukuvileyo ukuqinisekisa ukuba kuyacaca . Umzekelo, "Ke, uthi ungathanda ukunyenyisa ixesha lokuyeka ngenxa yeshedyuli yakho entsha yomsebenzi?"
- **Ziqinisekise Iingxaki Zabo:** Zivume iimvakalelo zomzali wakho, nokuba awuvumelani . Oku kubonisa intlonelo kwaye kubenza bazive beviwa . Ngokomzekelo, yithi, "Ndiyaqonda ukuba udidekile malunga nokutshintsha kweshedyuli, kwaye ndiya kusebenza nawe ukufumana isisombululo."

5. SEBENZISA IINGXELO zika-"MNA"

Ukusebenzisa iinkcazo "Mna" endaweni yokuthi " wena " iingxelo zithintela ukugxeka kwaye kunciphisa ukuzithethelela.

- **Zivakalise Ngokucacileyo Iimfuno Zakho:** Kunokuba uthi "Awukhe undimamele," yichaze kwakhona ngokuthi "Ndiziva ndidimazekile xa singavumelani ngocwangciso." Oku kugxininisa kwiimvakalelo zakho kunokuba utyhole omnye umzali.
- **Hlala ujolise kwisisombululo :** Ngokomzekelo, endaweni yokuthi, "Uhlala usenza isigqibo ngaphandle kwam," zama, "Ndingathanda ukuba sobabini sibe negalelo xa sithatha isigqibo malunga nemisebenzi yangaphandle yomntwana."

6. YIBA NEHLONIPHO NOBUCHWEPHESHE

Phatha ubudlelwane bokuba ngumzali omnye njengentsebenziswano yezoshishino egxile kwimpilo-ntle yomntwana.

- **Kuphephe Ukugxekwa:** Gcina incoko emalunga nemiba yobuzali kwaye uyeke ukugxeka ubomi bomntu ongumzali wakho okanye indlela yokuziphatha yangaphambili.
- **Hlala Uhloniphekile kwaye Unembeko:** Nokuba kuvela ingxabano, gcina ithoni yentlonipho . Mbulele omnye umzali xa encedisa okanye evumela utshintsho, kwaye ubonise uxabiso ngokubandakanyeka kwabo kubomi bomntwana.
- **Sebenzisa Kakuhle Ukubethelela:** Mncome omnye umzali xa enze into entle okanye uyisingathe imeko ngokuzolileyo . Ukuqiniswa okulungileyo kunceda ukudala indawo yentsebenziswano.

7. QAPHELA KWIZINYANISO

Kuphephe ukuvumela iimvakalelo zilawule incoko ngokugxininisa kulwazi oluyinyaniso .

- **Yiba Nosukelo:** Nikela ingqalelo kucwangciso, njengocwangciso lomntwana, iziganeko zesikolo, okanye idinga lonyango . Ngokomzekelo, endaweni yokuthi, “Awuyikhathalelanga imfundo yomntwana wethu,” yithi, “Umfundisi-ntsapho usicele ukuba sityobele olu xwebhu lomsebenzi wesikolo wasekhaya veki nganye, ngoko kufuneka sikulungelelanise oko.”
- **Nikeza ngobungqina xa buyimfuneko:** Ukuba kukho amaxwebhu abalulekileyo, afana neengxelo zesikolo okanye iifomu zonyango, wabelane ngazo ukuxhasa ingxoxo kwaye uqinisekise ukuba bobabini abazali bayafikelela kulwazi olufanelekileyo.

8. BEKA UKUJONGA RHOQO

Ukucwangcisa rhoqo, ukukhangela ukungena okucwangcisiweyo kunokuthintela iingxaki ukuba zikhule ngokuhamba kwexesha.

- **Cwangcisa Kwangaphambili Ukuze Uhlaziywe Rhoqo:** Nokuba yiveki, biweekly, okanye ngenyanga, zibekele ixesha lencoko emfutshane okanye umyalezo wokuhlaziyana ngalo naluphi na utshintsho, imiba, okanye iziganeko ezizayo.
- **Gcina lintlanganiso zimfutshane kwaye zinemveliso:** Vumelanani nge-ajenda ngaphambi kokungena, kwaye ninamathele kuyo. Kuphephe ukubuyisela ukungavisisani kudala, kwaye ugxininise ekwenzeni izigqibo zekamva.

9. THOBKILE UZE UVULELE UKULULA

Ukuba ngumzali omnye kufuna ukuyekelela kunye nokuziqhelanisa, ngakumbi xa iimeko zitshintsha.

- **Bonisa Ukukulungela Ukuhlengahlengisa:** Ubomi bunokungalindelwanga kwangaphambili, ngoko ukuba bhetyebhetye kucwangciso nezigqibo kunceda ukukhuthaza ulwalamano lwentsebenziswano . Umzekelo, ukuba umzali wakho ufuna ukutshintshiselana ngeempelaveki ngenxa yezibophelelo zomsebenzi, zama ukukwamkela xa kunokwenzeka.
- **Khangela Izisombululo Zokuphumelela:** Gxininisa ekudaleni izicombululo ezisebenzela abazali bobabini nezanceda umntwana . Ngokomzekelo, ukuba utshintsho lweshedyuli luyimfuneko, xubusha iindlela zokulinganisela ixesha kunye nomntwana ukuze abazali bobabini bazive belungile .

10. SEBENZISA IZAKHONO ZOKUSONJULULA IINGXAKI

Impixano ayinakuthintelwa, kodwa indlela oyisingatha ngayo yenza umahluko omkhulu ekugcineni umanyano olulungileyo lomzali osebenzisana nalo.

- **Zola Ngexesha Lokungavisisani:** Xa kuvela ingxabano, thatha umoya uze unqumame ngaphambi kokuba uphendule . Kuphephe ukwenza izinto ngokungxama okanye ukuvumela umsindo uqhube incoko.
- **Funa ukuLamlelwa ukuba kuyafuneka:** Ukuba iingxabano azikwazi ukusonjululwa ngonxibelelwano oluthe ngqo, cinga ngokubandakanya iqela lesithathu elingathathi hlangothi, elifana nomlamli, ukunceda ukukhokela ingxoxo kunye nokufumana izisombululo.

UKUJONGANA NONGQUZULWANO PHAKATHI KWABAZALI ABASEBENZISANAYO

Ukuchonga imithombo yongquzulwano, ukusebenzisa izixhobo zokuphelisa iingxabano, kunye nokufuna ulamlo xa kuyimfuneko zizinto ezibalulekileyo zokukhulisa abantwana ngokufanelekileyo . Ngokucombulula iingxabano ngokuqhubekayo nokugcina unxibelelwano oluvulekileyo, abazali banokudala unxulumano olunemvisiswano ngakumbi phakathi kwabazali kunye nolubeka phambili impilo-ntle yomntwana wabo . Ukusetyenziswa kwezi zicwangciso akunciphisi nje ukruthakruthwano kodwa kukwakhuthaza imekobume yentsebenziswano, ekugqibeleni kunceda abazali nabantwana njengoko bejongana neningeni yokwahlukana.

UKUCHONGWA KWEMITHOMBO YONGQUZULWANO

Iingxabano phakathi komzali omnye zidla ngokuvela kwiimbono ezahlukeneyo ngendlela yokukhulisa abantwana, imiba yobuqu phakathi kwabazali, okanye iingxaki zonxibelelwano . Ukuchonga eyona mithombo iphambili yempixano linyathelo lokuqala ekulawuleni nasekuzisombululeni ngempumelelo.

1. IZINTO EZIQHELEKILEYO ZOKUNGXHUMANA

- **Izitayile Zobuzali :** lindlela ezahlukeneyo zokuziphatha, iinkqubo, okanye ifilosofi yokukhulisa abantwana ngokubanzi kunokukhokelela ekungavisisani.

- **Ukucwangcisa iingxabano:** Iingxabano malunga nexesha elichithwe nomntwana, iiholide, okanye utshintsho lomzuzu wokugqibela kwishedyuli lunokubangela ukuphazamiseka.
- **Imiba yezeMali:** Ukungavisisani ngeendleko ezinxulumene nomntwana okanye iimbono ezahlukeneyo malunga nenkcitho kunokubangela ukungavisisani.
- **Ukuqhawuka koNxibelelwano:** Ukungaqondani, ukunqongophala kwengcaciso, okanye iindlela zonxibelelwano ezingalunganga zidla ngokuba negalelo kungqzulwano oluqhubekayo.
- **I-Residu ye-Emotional evela kuBudlelwane:** Imiba yeemvakalelo engasonjululwanga phakathi kwabazali, njengemvakalelo yokucaphuka, umona, okanye umsindo, inokwandisa iingxabano phakathi komzali.

2. UKUZICINGA

- **Chonga izinto ezikubangelayo:** Cinga ngezinto ezikwenza uvakalelwe . Ukuqonda ukuba zeziphi izenzo okanye amagama athile abangela ukudandatheka kwakho kunokukunceda ukuba ujongane nengxabano ngokuzazi ngakumbi.
- **Qaphela iipateni:** Jonga imixholo ephindaphindiweyo kwiingxabano zakho kunye nomzali wakho . Ngaba kukho iimeko ezithile ezikhokelela kwiingxabano rhoqo ? Ukuchonga ezi pateni kunokunceda ukulungisa unobangela weengxabano.

IZIXHOBO ZOKUNCIPHISA IINGXOXO

Nje ukuba kubekho iingxabano, kubalulekile ukuba nezixhobo kunye nezicwangciso zokunciphisa iingxabano ngaphambi kokuba zibe nefuthe elibi kubudlelwane bomzali omnye okanye umntwana. Nazi iindlela ezisebenzayo:

1. HLABA UZOLE UQINISE

- **Thatha Ikhefu:** Ukuba iimvakalelo ziyaphakama, thabatha inyathelo elithile kule meko . Ikhefu elifutshane linokunika ixesha lokupholisa kwaye uphinde ufumane umbono.
- **Sebenzisa iindlela zokuQalisa:** Ziqhelanise neendlela zokubeka phantsi komhlaba ezifana nokuphefumla nzulu, ukubala ukuya kwishumi, okanye ukujonga indawo ezolileyo ukuze uncede ukulawula iimvakalelo zakho.

2. ZIQEQESHE UKUMAMELA NGOKUBONAKALA

- **Phulaphula Ukuze Uqonde:** Nikela ingqalelo koko kuthethwa ngomnye umzali ngaphandle kokulungiselela ukuchasa kwakho . Bonisa ukuba uzama ngokwenene ukuqonda imbono yabo.
- **Thetha uze ucamngce:** Phinda into oyivileyo ngawakho amazwi. Oku kubonisa ukuba uhoyile kwaye kunceda ukucacisa ukungaqondani.

3. Gxininisa KWIMIDLA YOMNTWANA

- **Gcina uMntwana Eseziko:** Zikhumbuze wena kunye nogxa wakho ukuba eyona nto iphambili kufuneka ibe yimpilontle yomntwana wakho . Yakha iingxoxo malunga noko kubalungeleyo.

- **Sebenzisa Amazwi Athi “Ndim”:** Kunokuba ubek’ ityala omnye umzali, chaza iimvakalelo neemfuno zakho usebenzisa amazwi athi “Ndim” . Umzekelo, yithi "Ndiziva ndinexhala malunga neshedyuli" endaweni yokuthi "Uhlala utshintsha ishedyuli."

4. ZIBEKELE IMIDA

- **Misela Imida Yeencoko:** Misela imithetho yokunxibelelana ngentlonelo, njengokungangxoli, ukuthuka, okanye ukumphazamisa . Vuma ukuyinqumamisa incoko ukuba iba shushu kakhulu.
- **Imida yeMixholo :** Vumelanani ngezihloko ezithile eniza kuxoxa ngazo ngexesha lencoko yomzali omnye, ukuphepha izikhalazo zobuqu ezinokuthi zinyuse uxinezeleko.

5. FUNANI IZISOMBULULO KUNYE

- **Sebenzisanani kwizicombululo:** Kunokuba ninikele ingqalelo kwiingxaki, sebenzani kunye ukuze nifumane izicombululo eziluncedo . Xubushani ngezimvo kwaye nivuleleke ekulalaneni.
- **Hlala Isisombululo-Sigxininise:** Gcina incoko ijolise ekusombululeni umba kunokuba uhlaziye izikhalazo ezidlulileyo.

UKUJONGANA NOMZALI-QABANE ONZIMA

Ukujongana nobudlelwane bomzali omnye kunokuba lucelomngeni, ngakumbi xa ujongene nomzali omnye onzima okanye onengxabano enkulu . Eli candelo lichaza izicwangciso-qhinga zokulawula ezi meko ngokufanelekileyo, uzikhusele wena kunye nomntwana wakho ngokwasemoyeni, nokwazi ukuba ungafuna nini inkxaso eyongezelelweyo.

UKUJONGA UBUDLELWANE OBUPHEZULU BOKUNGQUZULANA

limeko ezixineneyo ezinokubangela uxinezeleko kubazali nakubantwana . Nazi ezinye izicwangciso zokukhangela kobu budlelwane ngokufanelekileyo:

1. Misela imida ecacileyo

- Chaza iMithetho yoNxibelelwano: Misela imida malunga nendlela nexesha onxibelelana ngayo nogxa wakho . Umzekelo, thatha isigqibo sokuba usebenzise itekisi okanye i-imeyile kunxibelelwano, njengoko ezi fomati zinokunciphisa ukunyuka ngokweemvakalelo xa kuthelakiswa nobuso ngobuso okanye incoko yomnxeba.
- Ukunciphisa lingxubusho: Gxininisa iingxoxo ngokungqongqo kwimibandela yobuzali, uphepha imixholo yobuqu enokukhokelela kwingxabano.

2. Hlala Uzolile kwaye Ulungelelene

- Lawula Iimpindulo Zakho: Gcina iimvakalelo zakho zilungile ngexesha lonxibelelwano . Ukuba umzali osebenzisana naye uba nobutshaba okanye ndlongondlongo, ziqhelise ukuphefumla ngokunzulu okanye uthathe ikhefu kwincoko ukuze uphinde uzole.

- Ziqhelanise noNxibelelwano oluqinisekileyo: Sebenzisa ulwimi olucacileyo nolunentlonipho xa uvakalisa iingcinga zakho . Ziphephe iindlela zokunxibelelana ezinokuthi zinyuse ingxabano.

3. Bhala yonke into

- Gcina iiRekhodi: Bhala lonke unxibelelwano kunye nomzali osebenza naye, kubandakanya ii-imeyile, imiyalezo ebhaliweyo, kunye namanqaku avela kwiincoko zefowuni . Oku kunokuba luncedo ukuba iingxabano zikhula okanye ukuba ufuna ukufuna iingcebiso zomthetho kwixesha elizayo.
- Qaphela Iziganeko ezibalulekileyo: Gcina ilog yeziganeko ezibalulekileyo, ezifana notyelelo oluphosiweyo okanye iingxoxo zemali, ukulandelela iipateni ezinokufuna ukulungiswa kamva.

4. Sebenzisa "Mna" Iingxelo

- Cacisa iimfuno Zakho Ngokucacileyo: Yalela iinkxalabo zakho kunye neemfuno usebenzisa "I" iingxelo ukunciphisa ukuzikhusela . Umzekelo, yithi "Ndiziva ndonwabile xa izicwangciso zitshintsha ngomzuzu wokugqibela" endaweni yokuthi "Uhlala utshintsha izicwangciso ngaphandle kokundixelela."

UZIKHUSELA NJANI WENA KUNYE NOMNTWANA WAKHO NGOKWEEMVAKALELO

Ukukhusela impilo-ntle yakho yeemvakalelo kunye neyomntwana wakho kubalulekile kwimeko yongquzulwano olukhulu kunye nomzali omnye . Nazi ezinye iindlela zokuqinisekisa ukhuseleko lweemvakalelo:

1. YIBA PHAMBILI UKUZIKHATHALELA

- Gxininisa kwiMpilo Yakho: Zibandakanye kwimisebenzi yokuzinyamekela ekhuthaza impilo yakho yengqondo kunye nomzimba, njengokwenza umthambo, ukuzonwabisa, okanye ukuchitha ixesha nabahlobo kunye nosapho oluxhasayo.
- Funa iNkxaso: Thetha nabahlobo, usapho, okanye ingcali yonyango ngamava akho . Ukuba nenkqubo yenkxaso kunokukunika indawo ekhuselekileyo yokukhupha umoya kwaye ufumane umbono.

2. MKHUSELE UMNTWANA WAKHO KWIINGXAKI

- Kuphephe Ukubandakanya Umntwana Wakho: Musa ukwabelana ngeengxaki zabantu abadala okanye iingxabano nomntwana wakho . Gcina iingxoxo malunga nemiba yokubambisana phakathi kwakho kunye nomzali osebenza naye ukuphepha ukubeka umntwana phakathi.
- Khuthaza unxibelelwano oluvulekileyo: Misa imeko apho umntwana wakho aziva ekhuselekile ukuvakalisa iimvakalelo zakhe . Baxelele ukuba banokuthetha nawe ngazo naziphi na izinto ezibaxhalabisayo ngaphandle koloyiko lokubangela impixano.

3. UMZEKELO WOKUZIPHATHA NGEMPILO

- Bonisa Ukuzola: Yiba ngumzekelo wokuzola nangembeko phambi komntwana wakho, kwanaxa usebenza nomzali osebenza naye ongeyomfuneko . Oku

kunceda ukufundisa umntwana wakho indlela yokusingatha iingxabano ngendlela ebonisa ukukhula.

- Khuthaza Ukuzibonakalisa Ngokweemvakalelo: Khuthaza umntwana wakho ukuba aveze iimvakalelo zakhe ngendlela ephilileyo . Bafundise iindlela zokuhlangabezana, njengokubhala ijenali okanye ukuthetha ngeemvakalelo zabo.

4. BEKA OKULINDELEKILEYO NGOKUQINISEKILEYO

- Yamkele Ukusikelwa umda: Qonda ukuba awukwazi ukutshintsha indlela umzali osebenza naye aziphethe ngayo kodwa unokulawula indlela osabela ngayo kunye neempendulo zakho . Ukuzibekela ulindelo olusengqiqweni kunokunciphisa ukuphoxeka nokuxhalaba.

KUZA KUBANDAKANYWA NINI IQELA LESITHATHU OKANYE INKXASO YOMTHETHO

Kwezinye iimeko, kusenokufuneka ubandakanye umntu wesithathu okanye ufune inkxaso yezomthetho ukuze uzikhusele wena nomntwana wakho . Nazi izikhombisi zexesha lokuthatha eli nyathelo:

1. IINGXAKI EZINGESINZI

- Ubutshaba obuqhubekayo: Ukuba ukungaboni ngasonye kube yipateni kwaye kunyukela kwintyo eqhubekayo, kusenokuba lixesha lokufuna ulamlo lobuchwephesha ukuququzelela unxibelelwano kunye nokusombulula imiba.
- Ukunqongophala kweNtsebenziswano: Ukuba umlingane wakho uhlala esala ukusebenzisana okanye ukunxibelelana ngokufanelekileyo malunga noxanduva lobuzali, ulamlo lunokubonelela ngemeko elungelelanisiweyo yengxoxo.

2. IINGXAKI ZOKUKHUSELEKA

- Izigrogriso okanye Ukuxhatshazwa: Ukuba kukho naziphi na izoyikiso zokwenzakala emzimbeni, ukusetyenziswa kakubi ngokweemvakalelo, okanye iinkxalabo zokusebenzisa kakubi iziyobisi, kubalulekile ukufuna ingcebiso yezomthetho okanye uqhagamshelane nabasemagunyeni ngokukhawuleza ukuze uzikhusele wena nomntwana wakho.
- Imiba yokuSetyenziswa gwenxa kweZiyobisi: Ukuba umzali wakho unembali yokusebenzisa kakubi iziyobisi echaphazela amandla akhe okukhathalela umntwana, ungenelelo lomthetho lungafuneka ukuze kuqinisekise ukhuseleko.

3. AMAPHEPHA OMTHEHO

- Isidingo soHlengahlengiso: Ukuba ufuna ukuguqula amalungiselelo okugcinwa, iishedyuli zokutyelala, okanye inkxaso yabantwana ngenxa yokutshintsha kweemeko, inkxaso yezomthetho inokunceda ukuqinisekisa ukuba olu tshintsho lubhaliwe kwaye lunyanzeliswa.
- Ukunyanzeliswa kwezivumelwano: Ukuba umzali wakho akahambisani namalungiselelo ekuvunyelwene ngawo ngaphambili (umzekelo, ilungelo

lokugcina umntwana okanye inkxaso yomntwana), kusenokufuneka uncedo lwezomthetho ukuze kunyanzeliswa ezo zivumelwano.

UKUFUNA ULAMLO XA KUYIMFUNeko

Ukuba iingxabano ziba nzima kakhulu ukuzilawula ngokuzimeleyo, ukufuna ulamlo kunokuba yindlela efanelekileyo yokusombulula iingxabano kunye nokwandisa unxibelelwano.

1. UQONDE UKUCAMALALA

- **Ingcaciso Yokulamla:** Ukulamla kubandakanya umntu wesithathu ongathathi cala onceda abazali banxibelelane kakuhle baze bafumane izicombululo ezivumelanayo . Umlamli akathathi cala kodwa uyayiququzelela ingxoxo.
- **Iingenelo Zokulamla:** Ukulamla kunokukhokelela kunxibelelwano olungcono, ukunciphisa ungquzulwano, nezicombululo ezilungelelanisiweyo ezihlangabezana neemfuno ezikhethekileyo zabazali bobabini nomntwana.

2. XA UFUNA ULAWULO

- **Iingxabano ezizingileyo:** Ukuba ukungaboni ngasonye rhoqo kwaye akusonjululwanga, ulamlo lunokubonelela ngobume obumiselweyo bokuxoxa.
- **Ukuqhawuka koNxibelelwano:** Ukuba ufumanisa kunzima ukunxibelelana nomzali wakho ngaphandle kongquzulwano, umlamli unokuququzelela iincoko ezinemveliso ngakumbi.
- **Utshintsho olubalulekileyo:** Qwalasela ulamlo ngexesha lotshintsho olukhulu ebomini, njengotshintsho kumalungiselelo okugcinwa okanye uxanduva lwezemali.

3. INDLELA YOKUFUMANA UMLAMULI

- **Abalamli Abafanelekileyo:** Khangela abalamli abaziingcali kwimiba yosapho okanye yokukhulisa abantwana . Bafanele babe neziqinisekiso ezifanelekileyo kunye namava.
- **Cela iNgcebiso:** Funa iingcebiso kubahlobo abathembekileyo, usapho, okanye iingcali zomthetho ezinamava kunye nolamlo lokusebenzisana nomzali.

4. LUNGISELELA IIESHINI ZOLAWULO

- **Chonga Usukelo:** Ngaphambi kweseshoni, cacisa oko unethemba lokukufumana ngolamlo . Chaza imiba ephambili kunye nezinto ezikuxhalabisayo ofuna ukuzilungisa.
- **Hlala Uvulekile Ngengqondo:** Indlela yokunxibelelana ngokuvumayo ukulalanisa nokusebenzisana . Ukuvuleleka kwiimbono ezahlukeneyo kunokuququzelela iziphumo ezingcono.

• LANDELA EMVA KOMLAWULO

- **Yenza iSivumelwano sokuKhulisana noBazali:** Emva kolamlo, bhala naziphi na izivumelwano ezenziwe ngexesha leseshoni . Oku kunceda ukunika ukucaca kunye nokuphendula ukuqhubela phambili.

- **Qhubeka noNxibelelwano:** Gcina imizila yonxibelelwano ivulekile emva kolamlo . Ngena rhoqo ukuqinisekisa ukuba bobabini abazali bayabambeleva kwizivumelwano kwaye bajongane nazo naziphi na izinto ezixhalabisayo ezintsha ezivelayo.

Umbutho wabaLamli boMzantsi Afrika

<https://www.saam.org.za>

<https://www.saam.org.za/find-a-mediator>

INDLELA YOKUSINGATHA IINGXWABANGXWABA NGOKUZOLA EKUKHULISENI NGOKUBAMBISANA

Nokuba kungezona njongo zintle, ukungavisisani kuya kwenzeka . Ukwazi indlela yokusingatha ezi ngxabano ngokuzolileyo kubalulekile ekugcineni ubudlelwane obunempilo phakathi komzali omnye.

1. HLABA UZOLE UZE ULAWULE IMVAKALELO YAKHO

- Misa Ngaphambi kokuba Uphendule: Thatha imizuzwana embalwa yokuphefumla ngaphambi kokuba usabele, ngakumbi xa kukho into exhokonxa iimvakalelo ezinamandla . Oku kuya kukuthintela ekuthetheni into onokuthi uzisole ngayo.
- Ligcine Ilizwi Lakho Lingathathi hlangothi: Kwanaxa uziva ukhathazekile, gcina ithoni yakho izolile . Ukuphakamisa ilizwi lakho okanye ukusebenzisa ithoni erhabaxa kunokwandisa ingxabano.

2. Gxininisa KWizisombululo, HAYI IINGXAKI

- Yazi Ngokucacileyo Ingxaki: Qiniseka ukuba bobabini abazali bayavumelana malunga nengxabano . Yiphephe imiba esecaleni okanye izikhalazo zangaphambili ezingahambelaniyo.
- Sebenzela kwi-Compromise: Gxininisa ekufumaneni indawo ephakathi . Zibuze wena kunye nogxa wakho ukuba zeziphi izisombululo ezinokusebenza kuwo omabini amaqela kunye nomntwana.
- Cela Uncedo Ukuba Kuyafuneka: Ukuba imbambano inzima kakhulu ukuyicombulula uwedwa, cinga ngokuzisa umntu wesithathu ongathabathi cala, njengomlamli okanye umcebisi wentsapho, ukuze ancede ekufumaneni isisombululo.

3. UNGAMFAKALISI UMNTWANA KWIXAXA

- Khusela Umntwana Kuxinezeleko: Ungaze uxabane phambi komntwana wakho okanye umsebenzise njengomyalezo phakathi kwabazali . Abantwana akufuneki bazive benyanzelekile ukuba bakhethe amacala.
- Gcina Iincoko Ziyimfihlo: Xoxani ngeengxabano ngaphandle kwendlebe emntwaneni , kwaye niqinisekise ukuba abachanabekanga kuxinzelelo lweengxaki zabantu abadala.

2. IXESHA LOKUPHUMELA IIMVAKALELO

- Thatha ikhefu kwiNgxoxo: Ukuba iimvakalelo ziyaphakama, vuma ukuba uhambe kangangexesha elithile (okt, "Masiyijonge kwakhona le nto kwiiyure ezingama-24") . Oku kuvumela bobabini abazali ukuba behlise umoya kwaye bacinge ngokunengqiqo ngakumbi.

UKUPHEPHA IZINTO EZIBANGELA UVAKALELO LWEEMVAKALELO NGEXESHA LONXIBELELWANO LOKUBAMBISANA NOBAZALI

Izinto ezithile ezibangela iimvakalelo zisenokuphazamisana neengxoxo zabazali kunye, zibangele unxibelelwano lungabi namveliso okanye lube shushu . Ukuzazi ezi zibangela kunye nokufunda indlela yokulawula kubalulekile.

1. CINGA IZINTO EZIKUCHUKUMISA EMVAWENI

- Yazi Yintoni Ekucaphukisayo: Camngca ukuba zeziphi izihloko okanye iindlela zokuziphatha ezivela kumzali wakho osebenza naye ezibangela ukusabela okunamandla ngokweemvakalelo (umzekelo, ukuziva unghlonelwa, ugxekeka, okanye unghoywa).
- Qonda uMthombo: Izinto ezininzi ezivuselela iimvakalelo zivela kwimiba yobudlelwane obudlulileyo . Ukuqonda ukuba indlela osabela ngayo isenokubangelwa ngamava exesha elidluleyo kunemeko yangoku kunokukunceda uwusombulule lo mbandela ngokuzolileyo.

2. MUSA UKUYITHATHA NGOKO

- Ukwahlula Kweemvakalelo Kukuba Ngumzali Osebenzisanayo: Zikhumbuze ukuba ubudlelwane bokuba ngumzali omnye bumalunga nomntwana wakho, kungekhona ukulungisa iingxabano zobuqu zakudala . Hlala unikel' ingqalelo kwimibandela yobuzali uze uzame ukuba ungavumeli iimvakalelo zomtshato wangaphambili ziphembelele indlela osabela ngayo.
- Cinga ngeNjongo Eqinisekileyo: Endaweni yokutsibela kwizigqibo, cinga ukuba izenzo zomzali wakho okanye amazwi avela kwindawo yokukhathalela umntwana, kungekhona umnqweno wokukucaphukisa.

3. SEBENZISA IINDLELA ZOKUSELA

- Ukuphefumla kwaye Ujunge kwakhona: Xa uziva ukuba uyashukunyiswa, sebenzisa umthambo wokuphefumlela nzulu ukuze uzole . Zixhase ngokunikela ingqalelo kwimpilo-ntle yomntwana wakho kuneemvakalelo zakho.
- Thatha inyathelo emva: Ukuba umxholo othile uxhokonxa kakhulu ukuba ungasingathwa okwangoku, wuvume kwaye ucebise ukuba niwuxubushe kamva xa uziva ukhululekile.

4. ZIPHENDULE IIMPENDULO ZAMADOLO

- Zinike Ixesha: Ukuba ufumana umyalezo okanye izimvo ezibangela umdla ngokweemvakalelo, musa ukuphendula ngokukhawuleza. Thatha ixesha lokujonga ulwazi kwaye ubhale impendulo ezolileyo, ecingisisiweyo.
- Iidrafti kunye noHlaziyo lweMpendulo: Kwiingxoxo ezinzima, cinga ukuyila impendulo kwaye uyiphonononge kamva . Oku kukuvumela ukuba uhlele naluphi na ulwimi olusebenzayo okanye olunovakalelo.

Ukunceda Abantwana Baziqhelanise Nobudlelwane Babazali

Utshintsho lunokuba lucelomngeni ebantwaneni, ngakumbi kwimeko yokuba ngumzali omnye apho kusenokufuneka baziqhelanise neendlela ezintsha zokuhlala, amalungiselelo okuhlala, okanye amandla osapho . Ukubonelela ngenkxaso ngala

maxesha kubalulekile ekuncedeni abantwana bahambe ngeenguqu ngokutyibilikayo kunye nokugcina uzinzo lweemvakalelo.

Ukujongana nokuziphatha okubi okubangelwa kukwahlukana, ukulawula iimvakalelo zokuziva benetyala ebantwaneni, nokuphepha ukubeka umntwana phakathi zizinto ezibalulekileyo ekuphumeleleni ukuba ngumzali omnye . Ngokukhuthaza unxibelelwano olukhululekileyo, ngokuqinisekisa, nangokugcina imida ecacileyo, abazali banokunceda abantwana babo bakwazi ukujamelana noce lomngeni olungokweemvakalelo lokwahlukana . Ukuxhasa abantwana ekuvakaliseni iimvakalelo zabo nokomeleza ulwalamano oluhle nabazali bobabini akuncedi nje kuphela kwimpilo-ntle yabo ngokweemvakalelo kodwa komeleza ulwalamano phakathi komzali omnye . Ekugqibeleni, ukudala indawo yokondla kunye nenkxaso kunceda abantwana baphumelele phakathi kweenguqu kunye nokungaqiniseki.

1. LUNGISELELA NGAPHAMBILI UTSHINTSHO

- **Xubusha ngotshintsho oluzayo:** Thetha nomntwana wakho ngotshintsho oluzayo kuselithuba . Oku kunokubandakanya iinguqulelo ezinjengokufudukela kwikhaya elitsha, ukuqala isikolo esitsha, okanye ukuziqhelanisa nezinto ezintsha zosapho . Cacisa okuza kwenzeka nokuba kutheni, usebenzisa ulwimi olulungele iminyaka yabo.
- **Sebenzisa izinto Ezibonwayo:** Kubantwana abancinane, izinto ezibonwayo ezifana neetshathi okanye iikhalenda zinokubanceda baqonde ixesha lotshintsho . Phawula imihla ebalulekileyo kwaye unikeze umboniso obonakalayo wento onokuyilindela.

2. YENZA UZINZINO KUNYE NOQEQESHO

- **Misela lindlela Ezifanayo:** Ukungaguquguquki ngundoqo ekuncedeni abantwana bazive bekhuselekile ngexesha leenguqu . Zama ukugcina iindlela eziqhelekileyo malunga nokutya, amaxesha okulala, kunye nemisebenzi yemihla ngemihla, naphakathi kweenguqu.
- **Yomeleza Ukuqhelana:** Gcina izinto ezithile eziqhelekileyo kubomi bomntwana . Oku kunokuba ngamathoyizi abawathandayo, amabali okulala, okanye iinkqubo ezibakhumbuza ngemekobume yabo yangaphambili, ebanika intuthuzelo ngexesha lohlahlengiso.

3. KHUTHAZA UNXIBELELWANO OLULEKILEYO

- **Vumela Indawo Ekhuselekileyo Yengxoxo:** Yenza indawo apho abantwana baziva bekhuselekile ukuze bavakalise iimvakalelo zabo nezinto ezibaxhalabisayo . Bakhuthaze ukuba babelane ngeengcinga zabo malunga notshintsho, nokuba banemincili, banoloyiko, okanye babhidekile.
- **Ziqinisekise Iimvakalelo Zabo:** Zivume kwaye uziqinisekise iimvakalelo zomntwana . Bazise ukuba yinto eqhelekileyo ukuva umxube weemvakalelo ngexesha leenguqu kwaye ukhona ukubaxhasa.

4. YIBA NOMENDELE UZE UQONDE

- **Banike Ixesha Lokulungisa** : Qonda ukuba iinguqulelo zinokuthatha ixesha . Abanye abantwana banokuqhelana ngokukhawuleza, ngoxa abanye banokufuna ixesha elingakumbi lokuziva bekhululekile . Yiba nomonde kwaye unikeze isiqinisekiso kulo lonke ixesha lohlengahlengiso.
- **Ngena Rhoqo**: Jonga rhoqo nomntwana wakho ukuze ubone ukuba uziva njani malunga notshintsho . Oku kubonisa ukuba unenkathalo kwaye ukhona ukubaxhasa ngotshintsho.

5. FUNA UNCEDO LOBUCHWEPHESHE UKUBA UFUNEKA

- **Cinga ngokucetyiswa**: Ukuba umntwana wakho utsala nzima kakhulu kolo tshintsho, cinga ngokufuna uncedo kwisayikholojisti yomntwana okanye umcebisi . Banokubonelela ngenkxaso eyongezelelweyo kunye nezicwangciso zokunceda umntwana wakho ukuhlangabezana.

UKUNCEDA ABANTWANA BAVEZE IIMVAKALELO ZABO

Ukuxhasa abantwana ngexesha leenguqu nokubanceda ukuba baveze iimvakalelo zabo yinxalenye ebalulekileyo yokuba ngumzali omnye osebenzayo . Ngokulungiselela iinguqulelo, ukuzinza, ukukhuthaza ukunxibelelana ngokukhululekileyo, nokufundisa ukulesa nokubhala ngokweemvakalelo, abazali banokulungiselela imeko-bume ekhuthaza ukomelela nokuba sempilweni ngokweemvakalelo . Ezi nzame azincedi kuphela abantwana ukuba bajongane nemiceli mngeni yokuba ngumzali omnye kodwa zikwanegalelo ekukhuleni kwabo ngokubanzi nakulonwabo lwabo . Ekugqibeleni, indlela yokuxhasana yomzali omnye yomeleza ulwalamano lomzali nomntwana kwaye ixhobisa abantwana ngezakhono abazidingayo ukuze baveze iimvakalelo zabo kubo bonke ubomi babo.

1. FUNDISA ISIGAMA ESENTSHANGENI

- **Yazisa Amagama Achukumisayo**: Nceda umntwana wakho andise isigama sakhe seemvakalelo ngokumfundisa amagama achaza iimvakalelo ezahlukeneyo, ezinjengokonwaba, usizi, ukuphoxeka, ukuba nemincili nokoyika . Ungasebenzisa iincwadi, iitshathi, okanye amakhadi oonotsheluzo ukwenza kube mnandi kwaye kubandakanyeke.
- **Umzekelo wokubonakaliswa ngokweemvakalelo**: Bonisa ukubonakaliswa kweemvakalelo okunempilo kunxibelelwano lwakho . Yabelana ngeemvakalelo zakho ngokuphandle kwaye ubonise indlela yokuyivakalisa ngeendlela ezakhayo . Umzekelo, ukuba uziva unoxinzelelo, thetha ngayo kwaye ucacise indlela ocebisa ukumelana ngayo.

2. YENZA AMATHUBA OKUTHETHA

- **Sebenzisa Ubugcisa Nokudlala**: Khuthaza abantwana ukuba baveze iimvakalelo zabo ngokusebenzisa izixhobo zokuyila njengokuzoba, ukupeyinta, okanye ukudlala ngezinto zokudlala . Le misebenzi inokusebenza njengeendlela yokuba abantwana banxibelelane neemvakalelo abanokusokola ukuzichaza ngomlomo.

- **Ukubalisa amabali nokudlala indima:** Sebenzisa ukubaliswa kwamabali okanye ukudlala indima ethile ukunceda abantwana bachaze iimvakalelo zabo . Yenzani iimeko kunye apho abalinganiswa bajongana nemiceli mngeni eyahlukeneyo, ukhuthaza iingxoxo malunga nendlela abo balinganiswa banokuziva kwaye baphendule ngayo.

3. KHUTHAZA IINTLOBO NGEZIMVO

- **Buza imibuzo evulelekileyo:** Bandakanya umntwana wakho kwiingxoxo malunga neemvakalelo zabo ngokubuza imibuzo evulelekileyo efana nale, "Ikwenze waziva njani loo nto?" okanye "Ucinga ntoni ngale meko?" Oku kubakhuthaza ukuba babelane ngeengcinga neemvakalelo zabo ngokunzulu ngakumbi.
- **Ukuphulaphula Ngokukhuthaleyo:** Ziqhelise ukumamela ngokuqhubekayo ngokunika umntwana wakho ingqalelo ephelileyo xa ethetha . Bonisa uvelwano nolwazelelelo , yaye ukuphephe ukuphazamisa okanye ukungayihoyi indlela abavakalelwa ngayo. Oku komeleza imvakalelo yabo yokuviwa nokuxatyiswa.

4. YIBA NGOKUQEQESHAYO OKUTHETHA NGEMVAKALELO

- **Qinisekisa Iimvakalelo Zabo:** Yenza umntwana wakho azi ukuba kulungile ukuva uluhlu lweemvakalelo, kuquka usizi, umsindo, okanye ukukhungatheka. Ukuziqhelanisa neemvakalelo ezi mvakalelo kunceda ukunciphisa ibala kwaye kukhuthaza abantwana ukuba baveze izimvo zabo ngokuphandle.
- **Yabelana Ngeemvakalelo Zakho:** Yabelana nomntwana wakho ngendlela ovakalelwa ngayo ngokweminyaka yobudala, ubonise ukuba wonke umntu uba neemvakalelo kwaye ukuzivakalisa kusempilweni kwaye kuqhelekile.

6. BENZA IZIXHOBO EZIXHASAYO

- **Iitshathi zeemvakalelo:** Yenza itshathi yeemvakalelo apho umntwana wakho anokwalatha okanye akhethe iimvakalelo azivayo . Lo mfanekiso unokubanceda banxibelelane ngendlela elula neemvakalelo zabo.
- **Ukubhala ijenali:** Khuthaza abantwana abadala ukuba bagcine ijenali apho banokubhala khona ngeemvakalelo kunye namava abo . Ukubhala ijenali kunokuba yindlela yonyango yokuba abantwana bahlaziye iimvakalelo zabo ngasese.

UKUJONGANA NOKUNCHASA KOMNTWANA OKANYE IINGXWABANGXWABA ZOKUNYANISEKA

Abantwana basenokubonakalisa isimilo esingathandekiyo ngenxa yoxinezeleko notshintsho olubangelwa kukwahlukana kwabazali . Ukuqonda kunye nokujongana nale mikhwa kubalulekile ukunceda abantwana balawule iimvakalelo zabo kunye nokugcina ubudlelwane obunempilo nabazali bobabini.

1. Chonga oonobangela bokuziphatha kakubi

- **Yivume Impembelelo Yokwahlukana:** Yiqonde into yokuba ukuziphatha kakubi kunokubangelwa kukuba lusizi, umsindo, okanye ukubhideka ngenxa

yokwahlukana . Abantwana basenokungayiqondi ngokupheleleyo imeko kwaye banokubonisa iimvakalelo zabo ngokwenza umdlalo.

- **Khangela Izinto Ezikubangelayo:** Nikela ingqalelo kwiimeko ezithile okanye iziganeko ezibonakala zixhokonxa ukuziphatha okubi, njengokutshintsha kwenkqubo yesiqhelo, ukusebenzisana noontanga, okanye izikhumbuzo zokwahlukana . Ukwazi ezi zinto kunokunceda abazali bacombulule iingxaki.

2. Gcina unxibelelwano oluvulekileyo

- **Khuthaza Ukuvakalisa iimvakalelo:** Banike indawo ekhuselekileyo yokuba abantwana baveze iimvakalelo zabo . Buza imibuzo evulekileyo malunga nendlela abaziva ngayo malunga nokwahlukana kwaye uqinisekise iimvakalelo zabo.
- **Thetha Ngeendlela Zokuziphatha Ezingalunganga Ngokuzolileyo:** Xa kusenzeka izinto ezingakhiyo, thetha nazo ngokuzolileyo nangendlela eyakhayo . Xoxa ngokuba kutheni ukuziphatha kuyingxaki kwaye uhlolisise iimvakalelo emva kwayo, uncede umntwana adibanise iimvakalelo zabo kwizenzo zabo.

3. Misela imida ecacileyo kunye nokulindelweyo

- **Misela iMithetho engaguququkiyo:** Misela imithetho ecacileyo nemiphumo ephathelele ukuziphatha kumakhaya omabini . Ukungaguququki kunceda abantwana baqonde okulindelekileyo kwaye kunciphisa ukubhideka.
- **Khuthaza isimilo esihle:** Yomeleza isimilo esihle ngokuncoma kunye nemivuzo . Mncome xa umntwana wakho eziphatha ngendlela efanelekileyo iimvakalelo zakhe, umkhuthaze ukuba aveze iimvakalelo zakhe ngendlela ephilileyo.

4. Phumeza iziCwangciso zokuhlangabezana noku

- **Fundisa iindlela zokuhlangabezana nemeko :** Nceda umntwana wakho aphuhlise iindlela zokuhlangabezana nokulawula iimvakalelo zabo, njengokuphefumla ngokunzulu, ukubhala iindaba, okanye ukusebenzisa ubugcisa ukubonisa iimvakalelo . Ezi zixhobo zinokubanika iindawo ezakhayo zokuvakalisa iimvakalelo zabo.
- **UMzekelo wokuNjala ngokusempilweni:** Bonisa iindlela zokuhlangabezana nezempilo kwindlela oziphatha ngayo . Bonisa umntwana wakho indlela ojongana ngayo noxinzelelo okanye ukukhungatheka, umkhuthaze ukuba alandele izicwangciso ezifanelekileyo zokuhlangabezana nazo.

5. Funa Uncedo Lobuchule Ukuba Kuyimfuneko

- **Cinga ngokucetyiswa:** Ukuba izimilo ezingalunganga ziyaqhubeka okanye ziyakhula, cinga ngokufuna uncedo lwengcali . Isazi ngengqondo yomntwana okanye umcebisi unokubonelela ngenkxaso kunye nezicwangciso ezilungele iimfuno zomntwana wakho kunye nemingeni yeemvakalelo.

UKULAWULA UKUZIVA UNETYALA EBANTWANENI

Abantwana badla ngokuziva benetyala ngexesha nasemva kokwahlukana kwabazali, bekholelwa ukuba basenokuba noxanduva lokutshintsha kweentsapho zabo .

Kubalulekile ukulungisa ezi mvakalelo ukubanceda baqonde ukuba ukwahlukana akulotyala labo.

1. Ukuziva Unetyala

- Zivume iimvakalelo Zabo: Qinisekisa iimvakalelo zomntwana wakho zokuba netyala ngokumvuma . Bazise ukuba kuqhelekile ukuziva ngolu hlobo ngexesha lotshintsho olubalulekileyo kwaye kulungile ukuthetha ngezo mvakalelo.
- Xoxa ngobume bobutyala: Nceda umntwana wakho aqonde ukuba yintoni na kwaye kutheni enokuba netyala . Cacisa ukuba ukuziva unetyala kudla ngokuvela xa sibakhathalele abanye yaye oko akuthethi ukuba babekek' ityala.

2. Mqinisekise Umntwana Wakho

- Qinisekisa Indima Yabo: Mqinisekise umntwana wakho ukuba akanatyala ngokwahlukana . Sebenzisa ulwimi olulula ukucacisa ukuba abantu abadala ngamanye amaxesha benza ukhetho olungahambelani nokuziphatha komntwana.
- Nikeza iSiqinisekiso sothando: Rhoqo qinisekisa uthando lwakho kunye nenkxaso kumntwana wakho . Bakhumbuze ukuba bobabini abazali bayabathanda yaye ukwahlukana akuluguquli olo thando.

3. Khuthaza unxibelelwano oluvulekileyo

- Lungiselela iincoko: Khuthaza umntwana wakho ukuba athethe ngeemvakalelo zakhe zokuziva benetyala . Babuze ukuba yintoni kanye kanye ebona bazive benetyala, kwaye niphonononge ezo mvakalelo kunye.
- Mamela Ngaphandle Kwesigwebo: Yenza indawo ekhuselekileyo yokuba umntwana wakho abelane ngeemvakalelo zakhe ngaphandle kokoyika ukugwetywa okanye ukukhalinyelwa . Oku kuvuleleka kunokunceda ukunciphisa iimvakalelo zokuziva unetyala.

4. Bancede Bagxininise Kwiziphumo Eziyakhayo

- Hlaziya Imeko: Nceda umntwana wakho abone iinkalo ezintle zale meko, njengokuchitha ixesha nomzali ngamnye ngokwahlukileyo kunye nokwakha ubudlelwane obuluqilima . Bakhuthaze ukuba banikele ingqalelo kwiingenelo zokuba namakhaya amabini anothando.

6. Funa Inkxaso xa Ifuneka

- Zibandakanye neeNgcali: Ukuba iimvakalelo zokuziva unetyala ziba nzima okanye ziyaqhubeka, cinga ngokufuna inkxaso kumntwana wengqondo okanye umcebisi onokunika izicwangciso zokulawula ezi mvakalelo.

UKUPHEPHA UKUBEKA UMNTWANA PHAKATHI

Enye yezona nkalo zilucelomngeni zokuba ngumzali omnye kukuphepha imeko apho umntwana azive ephakathi kwengxabano yabazali . Ukukhusela umntwana kwiingxabano zabazali kubalulekile ukuze aphile ngokweemvakalelo.

1. MISEKA IMIDA ECACILEYO

- **HLALA IYAHLUKANA NEMIBA:** Kuphephe ukuxubusha imiba yabantu abadala, ukungavisisani okanye iingxabano phambi komntwana wakho . Yahlula ngokucacileyo imiba yobuzali kwiingxabano zobuqu.
- **ZIBEKELE IMIDA NGONXIBELELWANO:** Xa unxibelelana nomzali wakho, gcina iingxoxo zijoliswe kwimibandela yokubambisana nomzali uze uphephe ukuxoxa ngezikhhalazo zobuqu ezisenokubandakanya umntwana.

2. KHUTHAZA UKUSEBENZA NGENHLONIPHO

- **UMZEKELO OKUZIPHATHA OKUMHLE:** Thetha ngembeko nokusombulula iingxabano phambi komntwana wakho . Ukubonisa ububele nentlonelo komnye umzali komeleza emntwaneni ukuba kulungile ukuthanda abazali bobabini.
- **AMAHLUKO ENGAHLUKANISWA NGAMNYE:** Ukuba kuvela ukungavisisani, kuxubusheni ngasese kungekho mntwana abekho . Le ndlela inceda ekukhuseleni umntwana kwiingxabano zabazali kunye noxinzelelo.

3. YOMZA UNYEMBEKO NOTHANDO

- **KHUTHAZA UBUDLELWANE NABAZALI ABABINI:** Khumbuza umntwana wakho ukuba kulungile ukubathanda abazali bobabini nokuba nolwalamano nabo bobabini. Kuphephe ukubenza bazive benetyala ngokuchitha ixesha nomnye umzali.
- **KUPHEPHE UKUTHETHA OKUNGENZI:** Kuphephe ukuthetha kakubi ngomnye umzali phambi komntwana . Oku kunokudala iingxabano zokunyaniseka kwaye kubeke umntwana kwindawo engathandekiyo.

4. YENZA UMPHAMI OMANYENEYO

- **SEBENZANISANANI KWIZIGQIBO:** Xa kunokwenzeka, yenzani izigqibo kunye malunga nezicwangciso zokukhulisa abantwana . Ukunikela intetho emanyeneyo kunceda ekunciphiseni ukubhideka kuze kubethelele umyalezo wokuba bobabini abazali bazinikele kwimpilo-ntle yomntwana.
- **IINTLANGANISO ZOKUXHUMANA NGUMZALI:** Qwalasela iintlanganiso zarhoqo zokuba ngumzali omnye ukuze kuxoxwe ngeeshedyuli, iindlela zokuziphatha, nazo naziphi na izinto ezixhalabisayo . Oku kunokunceda bobabini abazali bahlale belungelelene kwaye bejolise kwiimfuno zomntwana.

5. UFOSTER UVULA UNXIBELELWANO NOMNTWANA

- **MKHUTHAZE UKUBA ATHETHE:** Yenza imeko apho umntwana wakho azive ekhululekile ukuvakalisa iimvakalelo neembono zakhe . Bazise ukuba banokuthetha naye nawuphi na umzali ukuba baziva bexinezelekile.
- **MAMELA UZE UQINISEKISE:** Xa umntwana wakho esabelana ngeemvakalelo zakhe, mphulaphule ngenyameko kwaye uqinisekise iimvakalelo zakhe . Oku kubonisa ukuba uyawahlonela amava abo yaye uyabakhuthaza ukuba banxibelelane ngokukhululekileyo.

UKUDIBANISA UBUDLELWANE OBUTSHA OKANYE ISTEP-PARENTS

Ukudibanisa ubudlelwane obutsha okanye inyathelo-abazali kwintsebenziswano yobuzali kunokuba ngumngeni kodwa kubalulekile ekudaleni imeko-bume yosapho exhasayo. Nazi ezinye izicwangciso zokulawula ngempumelelo olu tshintsho:

1. UNXIBELELWANO NGUMNTU

- **XOXA NGOKUCHULEKILEYO UTSHINTSHO:** Ncokola nomntwana wakho ngolwalamano olutsha ngendlela engqalileyo nefanele ubudala . Bakhuthaze ukuba bavakalise iimvakalelo zabo nezinto ezibaxhalabisayo.
- **IBANDAKANYA OMNYE UMZALI:** Nanini na kunokwenzeka, xubusha ulwalamano olutsha nomzali wakho . Ukubagcina benolwazi kunokunceda ukunciphisa unguqulwano olunokubakho kunye nokukhuthaza ukumanyana.

2. YAZISA NGOKUQHELEKILEYO

- **THATHA IXESHA:** Yazisa iqabane elitsha okanye umzali wesibini ngokuthe ngcembe, uvumela umntwana ukuba aziqhelanise nengcamango ngaphambi kokuba nidibane ngokobuqu. Cinga ngokuxoxa ngokulindelekileyo kunye nemida kunye neqabane lakho elitsha.
- **CWANGCISA IMILINGANISELO YOXINEZELEKO ELIPHANSI:** Lungiselela uhambo oluqhelekileyo, olunoxinzelelo oluphantsi ukuququzelela intshayelelo yendalo . Imisebenzi yosapho inokunceda ukuthomalalisa ukungavisisani kwaye yenze wonke umntu akhululeke ngakumbi.

3. UBUDLELWANE ONGAKHOYO

- **KHUTHAZA UBUDLELWANO:** Mnike ixesha lokuba umntwana wakho asondelelane neqabane elitsha okanye umzali wesibini . Banike amathuba okuba bachithe ixesha elisemgangathweni kunye ngaphandle koxinzelelo.
- **INKXA YOKUSEBENZA OKUHLE:** Khuthaza intsebenziswano entle kwaye uqinise ubudlelwane obutsha ngokugqamisa iingenelo zokuba namanani axhasayo awongezelelweyo ebomini babo.

4. HLONIPHA IMIDA

- **CHAZA IMISEBENZI NGOKUCACILEYO:** Misela iindima ezicacileyo kunye nolindelo kwiqabane elitsha okanye umzali wesibini , uqinisekise ukuba wonke umntu uyayiqonda indawo yakhe kusapho oluguqukayo. Oku kunceda ukuthintela ukungaqondani kwaye kukhuthaze intsebenziswano.
- **ZIBEKELE IMIDA EKUBANDAKANYENI:** Qonda ukuba iqabane elitsha lisenokuba neendlela ezahlukeneyo zobuzali okanye imida . Xoxani nivumelane ngendlela abaya kubandakanyeka ngayo kwizigqibo zobuzali.

6. HLOLA IINKQUBO ZEMVAKALELO

- **KHAWUBE NOMNTWANA WAKHO:** Mbuze rhoqo umntwana wakho indlela abavakalelwa ngayo ngolwalamano olutsha . Banike indawo ekhuselekileyo yokuvakalisa iimvakalelo zabo, kwaye uqinisekise iimvakalelo zabo.
- **QAPHELA UTSHINTSHO:** Lumkela naziphi na iimpawu zonxunguphalo okanye utshintsho kwindlela umntwana wakho aziphatha ngayo . Sombulula nayiphi na inkxalabo ngokukhawuleza kwaye unikeze isiqinisekiso.

UKUPHATHA UKUFUDUSWA OKANYE IZIGANEKO EZIBALULEKILEYO ZO BOMI

Ukufuduka okanye iziganeko ezibalulekileyo zobomi zinokuzisa uxinzelelo kunye nokungaqiniseki kwiimeko zokuba ngumzali omnye . Nantsi indlela yokulawula olu tshintsho ngokusebenzayo:

1. NXIBELELANA KWASEKUSHESHA KANYE KANINZI

- Thetha ngeentshukumo ezinokuthi zihambe: Ukuba ukufuduka sele kusondele, kuxubushe nomzali osebenza naye kunye nomntwana kwangethuba . Ukungafihli kunceda ukulungiselela wonke umntu utshintsho.
- Bandakanya Umntwana Wakho: Khuthaza umntwana wakho ukuba abelane ngeengcinga kunye neemvakalelo zakhe malunga nokuhamba okunokwenzeka . Ukuzazi izinto ezibaxhalabisayo kubalulekile ukuze bahlangabezane nazo.

2. YENZA ISICWANGCISO SOKUTSHINTSHA

- I-Outline Logistics: Sebenzisani kunye ukwenza isicwangciso sotshintsho esineenkukacha esijongana nemiba yolungiselelo, efana neendawo zokuhlala, iishedyuli zotyalelo, kunye nezothutho.
- Misela iindlela ezitsha zendlela yokufundisa: Misela umntwana wakho iindlela ezintsha zesiqhelo kwindawo yakhe entsha, kuquka isikolo, imisebenzi kunye nobuhlobo . Ukuqhelana kunokunceda ukwenza lula utshintsho.

3. QAPHELA IMPEMBELELO YOMVO

- Ziqonde Iimpembelelo Zeemvakalelo: Qonda ukuba ukufuduka kunokuvusa iimvakalelo ezahlukeneyo ebantwaneni, kuquka usizi, ixhala, nemincili . Yiba nomonde kwaye ubaxhase njengoko bejonga ezi mvakalelo.
- Khuthaza Ukuthetha: Nika umntwana wakho iindawo zokuvakalisa iimvakalelo zakhe, enoba kungezobugcisa, ukubhala okanye incoko . Oku kunokubanceda ukuba bajongane neemvakalelo zabo ngempumelelo.

4. GCINA UZINZI

- Qhubeka ubambelele kwiZivumelwano Esole Zikho: Zama ukugcina amalungiselelo nezivumelwano zabazali ezisele zikho ukuze unike umoya wozinzo ngexesha lotshintsho.
- Gxininisa kuKungaguququki: Ukungaguququki kwizinto zesiqhelo kunye nonxibelelwano kubalulekile . Mqinisekise umntwana wakho ukuba bobabini abazali baya kuqhubeka bekunye nabo nangona kukho utshintsho.

5. IBANDAKANYA AMAQELA ESITHATHU XA KUFUNEKA

- Funa isikhokelo sobuNgcali: Ukuba utshintsho lubonakalisa umngeni ngakumbi, cinga ngokubandakanya ingcali yosapho okanye umcebisi ogxile kwimiba yokufuduka.
- Sebenzisa linkonzo Zolamlo: Ukuba kukho ukungavisisani malunga nokufuduswa, ulamlo lunokunceda ukuququzelela iingxoxo nokufikelela kwizivumelwano ezisebenza kubazali bobabini.

UKUZIQHELANISA NEENGUQU KWIIMFUNO ZOMNTWANA WAKHO NJENGOKO EKHULA

Njengoko abantwana bekhula, iimfuno zabo ziyakhula, nto leyo efuna abazali bahlehlengise iindlela zabo zokukhulisa abantwana ngokufanelekileyo . Nantsi indlela yokujongana ngempumelelo nolu tshintsho:

1. HLALA ULWAZI NGEZIGABA ZOPHUHLISO

- **Zifundise:** Ziqhelanise namanqanaba okukhula komntwana wakho ukuze uqonde iimfuno zabo ezikhulayo . Olu lwazi lunokukunceda ukuba ulindele imingeni kwaye ulungelelanise indlela yakho yobuzali.
- **Funa Izixhobo:** Sebenzisa iincwadi, amanqaku, kunye nemithombo yokukhulisa abantwana enika ulwazi malunga nophuhliso lomntwana . Cinga ngokujoyina amaqela okanye iiforam zabazali ukuze ufumane inkxaso neengcebiso.

2. GCINA UNXIBELELWANO OLULEKILEYO

- **Khuthaza Ukungena Rhoqo:** Yenza inkqubo yokungena kunye nomntwana wakho ukuze nixoxe ngeemvakalelo zakhe, izinto anomdla kuzo, nalo naluphi na utshintsho anokuthi alwenze . Oku kukhuthaza unxibelelwano oluvulekileyo kwaye komeleza ubudlelwane bakho.
- **Phulaphula Ngenkuthalo:** Yiba ngumphulaphuli okhuthelayo xa uncokola nomntwana wakho . Qinisekisa iimvakalelo zabo kwaye unike isiqinisekiso njengoko bejonga amava amatsha kunye nemingeni.

3. LUNGISA AMAQHINGA OMZALI

- **Lungisa Amacebiso Okuqeqesha:** Njengoko abantwana bekhula, kusenokufuneka iindlela ezahlukeneyo zoqeqesho . Lungisa indlela yakho ngokweminyaka yabo, ubuntu, kunye neemfuno zeemvakalelo.
- **Ukubonelela ngokuzimela:** Khuthaza ukuzimela ngokuvumela umntwana wakho ukuba enze ukhetho olufanele iminyaka yobudala . Oku kubanceda bakhe ukuzithemba kwaye baphuhlise izakhono zokuthatha izigqibo.

4. SEBENZA NOMZALI WAKHO

- **Lungelelanisa iindlela zokuSebenza:** Sebenzisana nomnye umzali wakho ukuqinisekisa ukungaguquququki kubuchule bokukhulisa abantwana kunye nolindelo . Le ndlela imanyeneyo inceda umntwana wakho azive ekhuselekile kwaye exhaswa.
- **Xoxa ngeemfuno eziTshintsho :** Xoxa rhoqo ngalo naluphi na utshintsho kwiimfuno zomntwana wakho okanye ukuziphatha kunye nomzali wakho ukulungelelanisa iindlela zomzali ngokufanelekileyo.

5. YILUNGISELELA IINGXAKI ZOKUTSHINTSHA

- **Yamkela Ucelomngeni:** Qonda ukuba ukuqhelana neemfuno zomntwana wakho ezitshintshayo kunokuba lucelomngeni . Yiba nomonde kuwe kunye nomntwana wakho njengoko uhamba ngolu tshintsho.
- **Cinga ngeNkxaso yobuGcisa :** Ukuba umntwana wakho ulwa neenguqu ezinkulu okanye imingeni yophuhliso, cinga ngokufuna uncedo lwengcali kwingcali okanye umcebisi okhethekileyo ekuphuhliseni umntwana.

IINGCEBISO EZISEBENZAYO ZOKWAKHA USAPHO OLU DIBENEYO

Ukudibanisa iintsapho kunokuba yinkqubo enomvuzo kodwa entsonkothileyo, njengoko ibandakanya ukudibanisa izinto ezahlukeneyo zosapho, izithethe, kunye nobuntu . Nanga amanye amacebiso asebenzayo okunceda ukuqinisekisa inguqu egudileyo kunye nokudala usapho oludityanisiweyo oluhambelanayo:

1. Nxibelelana Ngokukhululekileyo nangokunyaniseka

- Khuthaza Ingxoxo: Yenza indawo evulekileyo apho onke amalungu osapho aziva ekhululekile ukwabelana ngeengcinga neemvakalelo zawo . Iintlanganiso zentsapho ezithe rhoqo zinokwenza kube lula ukunxibelelana.
- Seta Okulindelekileyo: Xoxa ngokulindelwe lilungu ngalinye kulwakhiwo olutsha losapho, kuquka iindima noxanduva.

2. Thatha ixesha lakho

- Vumela Uhlahlengiso: Qonda ukuba ukudibanisa iintsapho kuthatha ixesha . Yiba nomonde omnye komnye kwaye uvumele ubudlelwane bukhule ngokwemvelo.
- Kuphephe ukungxama: Musa ukunyanzela intsebenziswano phakathi kwabantakwenu okanye phakathi kwabantwana kunye namaqabane amatsha. Vumela uqhagamshelwano lukhule ngesantya salo.

3. Misela iindima ezicacileyo kunye nemida

- Chaza iindima Zokuba Ngumzali: Yichaze ngokucacileyo indima yomzali ngamnye kwisakhiwo esitsha sentsapho . Xoxa ngendlela uxanduva lobuzali oluya kwahlulwa ngayo ukuthintela ukubhideka nokungqzulana.
- Misela imida: Misela imida yabantwana ngokuphathelele ukubandakanyeka kwabazali bomtshato wesibini . Qinisekisa ukuba abantwana bayayiqonda kwaye bayayihlonipha le mida.

4. Yenza izithethe zoSapho

- Qala izithethe ezitsha: Phuhlisa amasiko osapho amatsha okanye izithethe ezibandakanya wonke umntu . Oku kusenokunceda ekukhuthazeni imvakalelo yokunxulumana nomanyano phakathi kwamalungu entsapho.
- Dibanisa izithethe ezisuka kusapho ngalunye ukwenza imvakalelo yokuqhubekeka kunye nentlonipho yemvelaphi yomntu wonke.

6. Khuthaza imisebenzi yoQhagamshelwano

- Ceba liholide Zentsapho: Lungiselelani izinto eziza kuvumela amalungu entsapho ukuba ancokole ngendlela eyonwabileyo nekhululekileyo . Oku kunokubandakanya ukuphuma, ubusuku bomdlalo, okanye ukupheka kunye.
- Zibandakanye kwiZinto zokuzonwabisa ekwabelwana ngazo: Chonga imidla efanayo phakathi kwamalungu osapho kwaye nizibandakanye kwizinto zokuzonwabisa ekwabelwana ngazo okanye imisebenzi yokomeleza ubudlelwane.

7. Foster Ubudlelwane bomntu ngamnye

- Chitha ixesha elinye-ngelinye: Khuthaza unxibelelwano lomntu ngamnye phakathi kwabantwana abancinci kunye nabazali. Oku kunceda ukwakha ukuthembana kunye nokwenza nzulu ubudlelwane.

- Hlonipha Umntu Ngamnye: Qonda kwaye uxhase ubuntu bomntwana ngamnye kunye neemfuno zakhe, uvumele ukuba azive exatysiswe njengabantu ngabanye.

8. Zixhase Iimvakalelo Zabantwana Bakho

- Zivume Iimvakalelo: Qonda ukuba abantwana basenokuba neemvakalelo ezahlukahlukeneyo, eziquka usizi, ikhwele, okanye ukudideka . Qinisekisa iimvakalelo zabo kwaye unike isiqinisekiso.
- Khuthaza Ukuthetha Ngokuvulelekileyo: Yenza indawo ekhuselekileyo yokuba abantwana baveze iimvakalelo zabo kunye nokubaxhalabisayo malunga nenkqubo yokudibanisa.

9. Ukujongana Nengxabano Ngokwakhayo

- Misela amaqhinga okusombulula iingxwabangxwaba: Misela izikhokelo zendlela yokusingatha ukungavisisani . Khuthaza amalungu entsapho ukuba anxibelelane ngokukhululekileyo nangentlonelo.
- Kuphephe Ukukhetha: Baphathe bonke abantwana ngokulinganayo nangobulungisa . Kuphephe ukubonisa umkhethe, njengoko oku kunokukhokelela kwingqumbo nongquzulwano.

10. Zilumkele Izimbo Zokuba Ngumzali

- Lungelelanisa Iindlela: Xoxa ngeentanda-bulumko zobuzali kwaye uzame ukulungelelanisa iindlela zakho . Ukungaguquququki ekuqeqesheni nasekulindeleni kunokunceda ukudala imeko-bume ezinzileyo.
- Lihloneleni Igunya Lomnye: Lihloneleni yaye nilihlonele igunya lomnye njengabazali . Xhasani izigqibo zomnye phambi kwabantwana.

11. Funa Uncedo Lobuchwephesha Ukuba Kuyafuneka

- Qwalasela iNgcebiso kuSapho: Ukuba ukudibanisa iintsapho kuba lucelomngeni ngakumbi, cinga ngokufuna uncedo lwengcali yosapho okanye umcebisi ogxile kwiintsapho ezixubeneyo.
- Iindibano zocweyo kunye namaQela eNkxaso: Thatha inxaxheba kwiindibano zocweyo okanye amaqela enkxaso agxile ekudibaniseni iintsapho ukuze ufumane ulwazi kunye nokwabelana ngamava nabanye.

12. Ziqhelise ukuba bhetyebhetye kunye nokuguququka

- Vula Ukutshintsha: Qonda ukuba ukudibanisa iintsapho kunokufuna ukuba bhetyebhetye kwiinkqubo kunye nolindelo . Zilungelelanise njengoko kuyimfuneko ukuze kuhlangatyezwane neemfuno zomntu wonke.
- Hlala ulungile: Gcina imbonakalo entle kwaye uzimisele ukuhlengahlengisa izicwangciso njengoko ulwando lwentsapho luguquka ngokuhamba kwexesha.

ISIKHOKELO SOMNTWANA SOKUBAZALI NGOKUBAMBISANA

1. Yintoni i-Co-Parenting?

Ukuba ngumzali omnye kuthetha ukuba bobabini abazali bakho bayasebenzisana ukuze bakunyamekele, nangona bengasahlali kunye . Oku kumalunga nokuqinisekisa ukuba uziva uthandwa kwaye uxhaswa ngabo bobabini .

2. Kutheni Abazali Bam Behlalisana?

Maxa wambi, abazali bagqiba kwelokuba kulunge ngakumbi ukuba bahlale kumakhaya awahlukahlukeneyo. Oku akutshintshi indlela abakuthanda ngayo. Bafuna ukuqiniseka ukuba wonwabile kwaye usempilweni, kwaye ukuba ngumzali omnye yindlela yokwenza oko.

3. Indlela Ovakalelwa Ngayo Ibalulekile

Yinto eqhelekileyo ukuba neemvakalelo ezininzi ezahlukeneyo ngeli xesha. Usenokuziva ulusizi, ubhidekile, okanye ude ube nomsindo . Kubalulekile ukukhumbula ukuba iimvakalelo zakho zifanelekile. Thetha ngazo nomntu omthembileyo, njengomzali, utitshala, okanye umhlobo osenyongweni.

4. Ukuqonda Inkqubo Yakho Entsha

Ukuba ngumzali omnye kuthetha ukuba unokuba nocwangciso olutsha . Usenokuchitha iintsuku nomzali omnye nezinye iintsuku kunye nomnye . Ukuba nenkqubo yesiqhelo kukunceda ukwazi ukuba ulindelelwa ntoni . Ukuba akuqinisekanga ngocwangciso lwakho, buza abazali bakho okanye nijonge ikhalenda kunye.

5. Ukutyelela uMama noTata

Xa utyelela umzali ngamnye, lithuba lokuchitha ixesha elisemgangathweni kunye nabo. Unokuba nemisebenzi eyahlukeneyo kwindlu nganye, enokuba mnandi ! Khumbula, bobabini abazali bafuna ukonwaba nawe kwaye bakwenze uzive ukhethekile.

6. Ukunxibelelana Nabazali Bakho

Kubalulekile ukwabelana ngeengcinga neemvakalelo zakho nabazali bobabini. Unga:

- Sebenzisa Amagama Akho: Ukuba kukho into ekukhathazayo, bazise.
- Buza Imibuzo: Ukuba ubhidekile yinto ethile, musa ukulibazisa ukubuza.
- Zichaze Iintswelo Zakho: Ukuba kukho into oyifunayo, xelela abazali bakho indlela abanokukunceda ngayo.

7. Ukudlula Ngamaxesha Anzima

Ngamanye amaxesha, izinto zinokuziva zinzima, kwaye kulungile . Nanga amanye amacebisu okukunceda umelane noku:

- Thetha Ngayo: Yabelana ngendlela oziva ngayo nomntu omthembileyo.

- **Gcina Umbhalo: Ukubhala kunokukunceda uchaze indlela ovakalelwa ngayo.**
- **Thatha Ukuphefumula Okunzulu: Xa uziva ukhululekile, thatha umzuzwana uphefumle ngokunzulu kwaye uphumle.**

8. Ukonwabela Abazali Bobabini

Zama ukufumana iindlela zokunandipha ixesha nabazali bobabini . Unga:

- **Cwangcisa Imisebenzi Ndawonye: Nokuba kukudlala imidlalo, ukuya epakini, okanye ukubukela imuvi, fumana izinto ezonwabisayo eninokuzenza kunye.**
- **Bhiyozela iiNtsuku eziKhethekileyo: Khumbula ukuba bobabini abazali bafuna ukubhiyozela imihla yakho yokuzalwa kunye neeholide, ke qiniseka ukuba ucwangcisa imisebenzi yolonwabo kunye.**

9. Yintoni omawuyenze xa uziva ukhathazekile

Ukuba uziva ukhathazekile okanye ukhathazekile, zama ezi zicwangciso:

- **Thetha Nomntu: Thetha nomntu omdala omthembileyo ngendlela ovakalelwa ngayo.**
- **Zoba okanye uyile: Ubugcisa bunokunceda ukuvakalisa iimvakalelo zakho xa amagama kunzima ukuwafumana.**
- **Hlala usebenza: Ukuphuma ngaphandle uyokudlala okanye ukhwele ibhayisekile yakho kunokukunceda uphakamise umoya wakho.**

10. Iingcebiso eziluncedo kwiMpumelelo yokuBambisana noBazali

- **Yiba Nembeko: Baphathe ngobubele nangentlonelo abazali bobabini . Inceda ukudala imeko-bume entle kumntu wonke.**
- **Yiba bhetyebhetye: Ngamanye amaxesha izicwangciso ziyatshintsha, kwaye kulungile . Zama ukulungelelanisa kwaye uhambe nokuhamba.**
- **Hlala Uqinisekile: Gxininisa kwizinto ezilungileyo ngokuba namakhaya amabini kunye neentsapho ezimbini ezikunyamekelayo.**

Izakhelo ze-Co-Parents

ULAWULO LWE PHEPHA LE NDLEKO EZI NXULUMENE NO MNTWANA

Imiyalelo:

1. **Dwelisa zonke iindleko ezinxulumene nomntwana:** Bhala phantsi zonke iindleko ezinxulumene nomntwana/abantwana bakho . Oku kunokuquka iindleko zenyanga kunye neendleko zamathuba athile okanye ezexesha elinye.
2. **Yahlula iindleko:** Sebenzisa iindidi ezinikiweyo ukukunceda ulungelelanise inkcitho yakho.
3. **Khangela indlela oyisebenzisa ngayo imali:** Sebenzisa icandelo lokugqibela ukuze ucebe uze uhlolisise indlela oyisebenzisa ngayo imali kwinyanga ezayo.

1. IiNdleko eziNxulumene noMntwana qho ngenyanga

Udidi lweendleko	Inkcazo yenkcitho	Imali yenyanga	Amanqaku
Izindlu	Irenti/i-Mortgage		
Izinto eziluncedo	Umbane, amanzi, ipetroli, i-intanethi		
Ukutya	Ukutya, ukutya		
Impahla	Iimpahla ezintsha, izihlangu		
Imfundo	Umnyhadala wesikolo, izixhobo, ukufundisa		
Ukhathalelo lwempilo	I-inshurensi, ukutyelela ugqirha, i-meds		
Izinto ozenza ngaphaya kwemisebenzi	Imidlalo, umculo, umdaniso		
Ezothutho	Ipetroli, izithuthi zikawonke-wonke, iindleko zemoto		
Ukunyamekela abantwana	Ukunyamekela abantwana, ukugcina umntwana		
Iintlobo ngeentlobo	Izipho, ukuzonwabisa, imisebenzi		
Iindleko zeNyanga zizonke			

2. Iindleko zexesha elinye

Inkcazo yenkcitho	Isixa	Imihla	Amanqaku
Umzekelo: Itheko lomhla wokuzalwa			
Iindleko zexesha elinye zizonke			

3. Iindleko ezingalindelekanga

Dwelisa naziphi na iindleko ezingalindelekanga ezinxulumene nomntwana onokuzilindela:

1. _____
2. _____
3. _____

4. UCwangciso loHlahlo-lwabiwo-mali lweNyanga

Sebenzisa eli candelo ukucwangcisa ibhajethi yakho yenyanga ngokusekelwe kwiindleko zakho kunye nomvuzo.

Umvuzo wenyanga	Isixa
Umzali 1 Umvuzo	
Umzali 2 Umvuzo	
Umvuzo opheleleyo	

Iindleko zeNyanga zizonke	
Uhlahlo-lwabiwo mali olusekhohlo (Umvuzo - Iindleko)	

5. Ukuphonononga Iindleko Zakho

1. Zeziphi iindleko ezinxulumene nomntwana okothuse kakhulu?

○ _____

2. Ngaba ikho indawo apho unokunciphisa khona iindleko?

○ _____

3. Ungacwangcisa njani ngcono iindleko ezingalindelekanga kwixesha elizayo?

○ _____

4. Xoxa nomzali osebenza naye ngendlela eniza kulawula ngayo ezi ndleko kunye.

○ _____

6. Amanyathelo esenzo

Ngokusekwe kuphononongo lwakho, dwelisa ubuncinci amanyathelo amathathu onokuthi uwathathe ukuze ulawule iindleko ezinxulumene nomntwana ngempumelelo ngakumbi:

1. _____

2. _____

3. _____

NGOKUDIBENEYO VS. IPHEPHA LOMSEBENZI LEZIGQIBO ZOMNTU NGAMNYE

Imiyalelo:

1. Sebenzisa eli phepha lomsebenzi ukuchonga izigqibo eziphathelele indlela akhuliswe ngayo umntwana wakho.
2. Xoxa ngento nganye nogxa wakho umzali uze ubahlele njengeSigqibo **esiDityanelweyo** okanye **iSigqibo soMntu** .
3. Sebenzisa isithuba esinikiweyo ukongeza naziphi na iinowuthsi ezongezelelweyo okanye iingqwalasela.

Iindidi zezigqibo

Indawo yesiGqibo	Isigqibo esithe ngqo/uMzekelo	Isigqibo esidityanelweyo (J)	Isigqibo soMntu (I)	Amanqaku/lingqwalasela
Imfundo	Ukhetho lwesikolo			
	limfuno zemfundo ezizodwa			
	Izinto ozenza ngaphaya kwemisebenzi			
	Ulindelomsebenzi wasekhaya			
Impilo kunye nokuba sempilweni	Ukhathalelo lwezonyango (ugqirha, ugqirha wamazinyo)			
	Ugonyo			
	Ukhetho lokutya			
	Inkxaso yempilo yengqondo			
Indlela yemihla ngemihla	Ishedyuli yexesha lokulala			
	linkqubo zakusasa			
	Imisebenzi kunye noxanduva			

Indawo yesiGqibo	Isigqibo esithe ngqo/uMzekelo	Isigqibo esidityanelweyo (J)	Isigqibo soMntu (I)	Amanqaku/lingqwalasela
	Imida yexesha lesikrini			
Iholide & nemibhiyozo	Ishedyuli zeeholide			
	Imihla yokuzalwa (izicwangciso zobhiyozo)			
	Izithethe zosapho (ezintsha okanye ezindala)			
	Iholide kunye nezicwangciso zokuhamba			
Ukuziphatha	Imithetho kunye nemida			
	Iziphumo zokungaziphathi kakuhle			
	Unxibelelwano malunga nokuziphatha			
	Ukukhuthaza kunye nokudumisa			
Ezemali	Inkxaso yabantwana kunye neminikelo yemali			
	Iindleko zemfundo (izifundo, izixhobo)			
	Iindleko zangaphandle (imidlalo, iinkampu)			
	Iindleko zonyango			

Indawo yesiGqibo	Isigqibo esithe ngqo/uMzekelo	Isigqibo esidityanelweyo (J)	Isigqibo soMntu (I)	Amanqaku/lingqwalasela
Okunye	Ukutshintsha kweendlela zokuhlala			
	Amandla osapho (amaqabane amatsha, abantwana bakowenu)			
	Ukufuduka (ukufudukela kwindawo entsha)			
	Iziganeko ezibalulekileyo zobomi (ukutshata kwakhona, njl.)			

Imibuzo yoCinga:

- Zeziphi izigqibo esikufumanisa kulucelomngeni ukuzixubusha okanye ukuvumelana ngazo?**
 - _____
- Sinokuluphucula njani unxibelelwano lwethu malunga nezigqibo ezidibeneyo nezomntu ngamnye?**
 - _____
- Ngaba kukho naziphi na izigqibo ezizayo ekufuneka sizilungise ? Ukuba kunjalo, zidwelise apha.**
 - _____
- Sinokuqinisekisa njani ukuba umntwana wethu uziva ekhululekile ukuvakalisa iingcinga zakhe ngezi zigqibo?**
 - _____

Isicwangciso sokwenza:

1. **Cwangcisa Intlanganiso:** Zibekeleni ixesha elikhethekileyo lokuhlolisisa nize nixubushe eli phepha kunye.
 - Umhla: _____ Ixesha: _____
2. **Yenza iNkqubo yokuLandelela:** Gqiba ukuba uya kuphinda undwendwele kangaphi eli phepha lomsebenzi ukuqinisekisa ukuba lihlala lifanelekile kwaye lihlaziywa .
 - Rhoqo: _____
3. **Cwangcisa iziKhokelo zoNxibelelwano:** Qinisekisa ukuba uya kunxibelelana njani malunga nezigqibo eziya phambili (umzekelo, ngetekisi, i-imeyile, okanye iintlanganiso zobuqu).
 - _____

IPHEPHA LOMSEBENZI LESHEDYULI YOBUZALI

Imiyalelo:

1. Gcwalisa iinkcukacha zomntwana wakho phezulu.
2. Sebenzisa ezi theyibhile zingezantsi ukubonisa ishedyuli yakho yobuzali.
3. Xoxa kwaye ugqibezele ishedyuli kunye nomzali osebenza naye.
4. Luhlolisise rhoqo ucwangciso uze uhlehlengise njengoko kuyimfuneko.

ULWAZI LOMNTWANA

Igama lomntwana:	
Umhla wokuzalwa:	
Igama Lesikolo/Emini:	

1. IShedyuli yeVeki yobuzali

Usuku lweVeki	Umzali 1	Umzali 2	Amanqaku
uMvulo			
uLwesibini			
uLwesithathu			
uLwesine			
uLwesihlanu			
uMgqibelo			
iCawe			

2. IShedyuli yeHolide kunye neMisitho eYodwa

IHolide/Umsitho	Imihla	Ngumzali onoxanduva	Amanqaku
iPasika			
Krisimesi			
Imihla yokuzalwa			
IiHolide zeZikolo			
Eminye Imisitho			

3. Ezothutho kunye neeNkcukacha zokuThatha/zokulahla

Isiganeko	Indawo	Ngumzali onoxanduva	Ixesha	Amanqaku
Ukuyeka isikolo				
Ukuthathwa kwesikolo				
Izinto ozenza ngaphaya kwemisebenzi				
Olunye Utyelelo				

4. Iingqwalasela eziKhethekileyo kunye namaNqaku

- UNxibelelwano oluKhetayo:

- Abafowunelwa ababalulekileyo:

- Gqirha: _____
- Uqhagamshelwano nesikolo: _____

- UQhagamshelwano oluNgxamisekileyo: _____
- Amanye Amanqaku/lingqwalasela:

5. Uphononongo kunye noLungiso

- Umhla woPhononongo lweShedyuli: _____
- Amanqaku asuka kuHlolo:

- Uhlengahlengiso luyafuneka:

IPHEPHA LOKUSEBENZELA LE MIDA YOBAZALI

Eli phepha lomsebenzi lenzelwe ukukunceda wena kunye nomzali osebenza naye nichonge, niseke, kwaye nigcine imida esempilweni eya kuphucula ubudlelwane benu bokuba ngumzali. Ngokugqibezela la manyathelo alandelayo, uya kwenza isakhelo esicacileyo esikhusela ubudlelwane bakho kunye nokuphila kakuhle komntwana wakho.

INYATHELO 1: UKUCINGA NGEIMFUNO ZAKHO

Ngaphambi kokuba uxoxe ngemida nomzali wakho, ziphe ixesha lokucingisisa ngezidingo zakho kunye nezinto ozilindeleyo . Phendula le mibuzo ilandelayo ukukunceda ukucacisa eyona nto ibalulekileyo kuwe.

1. Zeziphi iindawo eziphambili apho ndivakalelwa kukuba imida ibaluleke kakhulu? (umzekelo, unxibelelwano, ukwenza izigqibo, ulawulo lwexesha, indawo yobuqu)

2. Ngaba kukho iimeko ezithile ezibangele impixano okanye ukungakhululeki kwixesha elidlulileyo?

3. Yintoni endiyifunayo kumzali wam ukuze ndizive ndihlonitshiwe kwaye ndixhaswa kwindima yam?

4. Ndifuna ukuyiphatha njani imixholo yobuqu okanye iimvakalelo xa ndinxibelelana nomzali endisebenza naye?

INYATHELO LESI-2: CHANGELA IMIDA ENGUNDOQO YOKUBAMBISANA NOMZALI

Sebenza ngezi ndidi zilandelayo ukuze uchaze imida ethile eya kukhokela ubudlelwane bakho bomzali omnye . Qwalasela imbono yakho kunye noko kulungileyo kumzali osebenza naye.

1. IMIDA YONXIBELELWANO

Siza kunxibelelana njani ? (Khetha indlela: umbhalo, i-imeyile, ifowuni, iintlanganiso zobuqu, ii-apps zokuba ngumzali)

Siza kunxibelelana nini ? (Beka amaxesha okanye izikhokelo zemiba engangxamisekanga nengxamisekileyo)

Yeyiphi imida ekunokuxoxwa ngayo ? (Imiba yobuqu, imicimbi yobudlelwane bexesha elidlulileyo, njl.njl.)

Siya kukusingatha njani ukungavisisani ? (Amaqhinga okunciphisa, ukusetyenziswa kolamlo ukuba kuyimfuneko)

2. IMIDA YEXESHA LOBUZALI

Siya kuluphatha njani utshintsho lweshedyuli ? (Ubuncinane besaziso esifunekayo kutshintsho, ukubhetyebhetye okulindelweyo)

Ithini inkqubo yeeholide kunye nemisitho eyodwa ? (Ukucwangcisa iiholide, imihla yokuzalwa, iminyhadala yesikolo)

Yeyiphi imida yokutyhubela ixesha lobuzali ? (Ukundwendwela umntwana ngexesha lomnye umzali, ukwehla/ukuthathwa)

3. IMIDA YOKWENZA IZIGQIBO

Zeziphi izigqibo eziya kwenziwa ngokubambisana, kwaye zeziphi ezinokwenziwa ngokuzimeleyo ? (Ezobugqirha, ezemfundo, zangaphandle, ezenkolo)

Siya kukusingatha njani ukungavisisani ngezigqibo ezibalulekileyo ? (Ulamlo, ukufuna ingcebiso yomntu wesithathu, ukuyekelela)

4. IMIDA YOBUQU

Yeyiphi imida kunxibelelwano lomntu ? (Ukuxoxa ngobudlelwane obutsha, ukwabelana ngemidiya yoluntu, ukudibana namaqabane amatsha)

Sifuna ukugcina njani ubumfihlo bethu ? (Imicimbi yezemali, ubomi bomntu, intsebenziswano nabahlobo kunye nosapho)

INYATHELO LESI-3: UKUBEKA IMIDA YEMPILO YOMNTWANA

1. Siya kuqinisekisa njani ukuba umntwana wethu uyahambelana phakathi kwamakhaya ? (umzekelo, ixesha lokulala, ukuziphatha, imithetho yexesha lesikrini)

2. Singamgcina njani umntwana wethu ukuba angabanjwa phakathi kweengxabano ? (umzekelo, ukungaxoxi ngokungaboni ngasonye phambi komntwana)

3. Luluphi ulindelo ekwabelwana ngalo ekuxhaseni umntwana wethu ngokwasemoyeni ? (umzekelo, ukukhuthaza ubudlelwane obuhle nabazali bobabini)

INYATHELO 4: UKULONDOLOZWA KOMDA NOKUHLOLA

Ukumisela imida kuphela linyathelo lokuqala . Cinga ngendlela wena kunye nomzali wakho oza kuyigcina kwaye uhlehlengise le mida ekuhambeni kwexesha.

1. Siza kujonga kwaye siphinde sihlole njani imida yethu ? (Seta umda wexesha: ngekota, kabini ngonyaka, okanye ngonyaka)

2. Yintoni esiya kuyenza ukuba umda ugqitywe ? (Thetha ngeziphumo kunye nendlela yokujongana nayo nayiphi na imiba evelayo)

3. Sithini isicwangciso sethu sokujongana notshintsho kwiimeko zobomi ? (umz., amaqabane amatsha, ukufuduswa kwenye indawo, utshintsho kwiishedyuli zomsebenzi)

INYATHELO 5: ISIVUMELWANO NGEMIDA

Wakuba uligqibile iphepha lomsebenzi, dibana nomzali osebenza naye ukuze nixoxe kwaye nigqibezele imida yenu yokuba ngumzali omnye. Ungasebenzisa esi sithuba ukushwankathela izivumelwano zakho eziphambili:

IZIVUMELWANO ZONXIBELELWANO

IZIVUMELWANO NGEXESHA LOBUZALI

IZIVUMELWANO ZOKUTHATHA IZIGQIBO

IZIVUMELWANO ZEMIDA YOBUQU

ISICWANGCISO SOKUBA NGUMZALI NGOKUBAMBISANA

Esi sicwangciso sibonelela ngesakhelo esicwangcisiweyo sokunceda abazali baqhubele phambili ekukhuliseni ngokubambisana ngokufanelekileyo, beqinisekisa iimfuno zomntwana ngelixa beseka unxibelelwano olucacileyo kunye noxanduva.

Abazali :

Amagama omzali 1:

Amagama omzali 2:

Umntwana (abantwana):

Umntwana 1 Amagama (DOB):

Amagama ama-2 omntwana (DOB):

Amagama omntwana ama-3 (DOB):

Umhla weSivumelwano:

[Faka Umhla]

I. ISHEDYULI YEXESHA LOKUBA NGUMZALI

Ngeentsuku zeveki:

Ixesha lomzali 1: [Iintsuku kunye namaxesha]

Ixesha lomzali 2: [Iintsuku kunye namaxesha]

Ngempelaveki:

Ixesha lomzali 1: [Ujikelezo lwempelaveki ukuba lukhona, chaza amaxesha]

Ixesha lomzali 2: [Ujikelezo lwempelaveki ukuba lukhona, chaza amaxesha]

Iiholide:

Iminyaka Engaqhelekanga:

[umzekelo, i-Ista kunye noMzali 1, iKrisimesi kunye noMzali 2, njl.

Nangona iminyaka:
[umzekelo, i-Ista kunye noMzali 2, iKrisimesi kunye noMzali 1, njl.
Iholide:
Ixesha lomzali 1: [Iintsuku kunye namaxesha]
Ixesha lomzali 2: [Iintsuku kunye namaxesha]
2. Amathuba awodwa:
Imihla yokuzalwa:
Usuku lokuzalwa lomntwana luya kuchithwa kunye [chaza umzali okanye ujikelezisa] okanye kwabelwane phakathi kwabazali.
Usuku lokuzalwa lomzali 1: [Bandakanya iinkcukacha zeshedyuli].
Usuku lokuzalwa lomzali 2: [Bandakanya iinkcukacha zeshedyuli].
Izehlolo zeSikolo/IiNkcukacha zeSikole:
Bobabini abazali bayakhuthazwa ukuba baye kwimisitho yesikolo, kwimidlalo yeqonga nakwimisebenzi yasemva kweeyure zesikolo, ngaphandle kokuba kuvunyelwene ngenye indlela.

II. UNXIBELELWANO PHAKATHI KWABAZALI

1. Unxibelelwano ngokubanzi:

- a. Abazali bayavuma ukunxibelelana ngentlonelo ngayo yonke imibandela ephathelele umntwana . Zonke izigqibo eziphambili ziya kuxoxwa ngaphambi kokuba zenziwe.

2. Iindlela ezikhethwayo:

- a. [I-imeyile, i-app yoNxibelelwano, Isicatshulwa, iFowuni, okanye ngokobuqu]
- b. Ixesha lokuphendula: Bobabini abazali bayavuma ukuphendula ngaphakathi [kweeyure ezingama-24 okanye ezingama-48] kwimiba engangxamisekanga.

3. Unxibelelwano oluNgxamisekileyo:

- a. Kwimeko yonxunguphalo ngokuphathelele umntwana, umzali onomntwana uya kuqhagamshelana nomnye umzali ngoko nangoko esebenzisa [iFowuni, iTeksi, njl.njl.].

4. Igunya lokuthatha izigqibo:

- a. Izigqibo eziBalulekileyo (umzekelo, iMfundo, uNyango, iNkolo):

- i. Bobabini abazali bamele bavumelane ngezigqibo ezibalulekileyo eziphathelele imfundo yomntwana, iimfuno zonyango, okanye indlela akhuliswe ngayo ngonqulo.
- ii. Ukuba kuvela ukungavisisani, abazali baya kufuna ukulamla.

b. Izigqibo zemihla ngemihla:

- i. Umzali ngamnye unokumenzela izigqibo zemihla ngemihla umntwana ngexesha lokuba ngumzali (umz., ukutya, ixesha lokulala, imisebenzi).

III. IMPILO YOMNTWANA NOLUNGISO

1. Ukuhambelana Kuwo onke Amakhaya:

- a. Bobabini abazali bayavuma ukwenza imekobume ezinzileyo nengaguququkiyo yomntwana . Izinto ezisisiseko ezifana nexesha lokulala, umsebenzi wesikolo owenzelwa ekhaya, noqeqesho zifanele zifane nokunciphisa uxinezeleko emntwaneni.

2. Inkxaso yoMvakalelo:

- a. Bobabini abazali bayavuma ukuxhasa umntwana ngokweemvakalelo ngexesha leenguqulelo phakathi kwamakhaya . Akukho namnye umzali oya kuthetha kakubi ngomnye phambi komntwana okanye abandakanye umntwana kwimicimbi yabantu abadala.

3. Ukugcina uBudlelwane:

- a. Bobabini abazali baya kukhuthaza umntwana ukuba abe nobudlelwane obuhle nomnye umzali kunye nosapho olongezelelekileyo (umz., oomakhulu nootatomkhulu, oomakazi/oomalume) . Ukufowuna okanye ukuncokola ngevidiyo nomnye umzali kuya kuvunyelwa ngamaxesha afanelekileyo ukuba umntwana uyathanda.

IV. UXANDUVA LWEZIMALI

1. Inkxaso yabantwana:

- a. Inkxaso yomntwana iya kuhlawulwa ngokomyalelo wenkundla.
- b. Naluphi na utshintsho kwinkxaso yomntwana kufuneka kuvunyelwane ngalo okanye kusingathwe ngamajelo asemthethweni.

2. Iindleko ekwabelwana ngazo:

- a. Bobabini abazali bayavuma ukwabelana ngeendleko ezinxulumene noku:
 - i. Iindleko zonyango (ezingaqinisekiswa): Yahlula [50/50] okanye enye ipesenti.
 - ii. Iindleko zemfundo: Yahlula [50/50] okanye enye ipesenti.
 - iii. Imisebenzi eyongezelelweyo: Yahlula [50/50] okanye enye ipesenti.
 - iv. Impahla Nezinto Eziyimfuneko: [Indlela eziya kwabelwana ngayo iindleko okanye ukuba umzali onelungelo lokugcina umntwana uya kuyisingatha njani loo nto.]

3. Iindleko zifanele zibhalwe phantsi, kwaye imbuyekezo kufuneka yenziwe zingaphelanga iintsuku [X] zokufumana ubungqina beendleko.

V. UKUSOMBULULWA KWEINGXAKI

1. Usombululo lwengxabano:

- a. Ukuba kuvela ukungavisisani abazali abangenako ukukucombulula bebedwa, bayavuma ukuba baqale bacele uxolo ngaphambi kokuba bathabathe amanyathelo asemthethweni . Ulamlo luyakwenzeka phakathi [kweentsuku ezingama-30] zokubela kwengxabano.

2. Ukulungiswa kweSicwangciso soBuzali-ndawonye:

- a. Olu cwangciso lunokutshintshwa ukuba iimfuno zomntwana ziyatshintsha okanye ukuba kuvela iimeko . Naluphi na utshintsho kufuneka kuvunyelwane ngalo ngembalelwano ngabazali bobabini.

VI. EZINYE IZIVUMELWANO

1. Ukufuduswa:

- a. Ukuba omnye umzali uceba ukufuduka ngaphezu [kweekhilomitha ezi-X], kufuneka anike [iintsuku ezingama-60 okanye ezingama-90] isaziso komnye umzali . Umzali ofudukayo makacebise kwakhona ishedyuli ehlaziyiweyo yobuzali ukulungiselela utshintsho kwindawo.

2. Intshayelelo yabaSebenzi abatsha:

- a. Bobabini abazali bayavuma ukulinda [iinyanga ezi-X] ngaphambi kokuba bazise iqabane elitsha emntwaneni . Bobabini abazali baya kunxibelelana ngesi sigqibo kwangaphambili ukuqinisekisa ukuba uhlehlengiso lomntwana lubekwe phambili.

3. Imidiya yokuncokola:

- a. Iifoto kunye neenkukacha malunga nomntwana aziyi kufakwa kwimidiya yoluntu ngaphandle kwemvume yabazali bobabini.

VII. ISIVUMELWANO SOKUGQIBELA KUNYE NEZISAYININI

Thina, abasayiniweyo apha ngezantsi, siyavuma ukuthobela imiqathango echazwe kolu cwangciso lonxulumano kwaye sibeka phambili impilo-ntle yabantwana bethu ngaphezu kwako konke.

Umzali 1 Umsayino:

Umhla: _____

Utyikityo lomzali 2:

Umhla: _____

ULUHLU LOKUKHANGELA IMPUMELELO CO-PARENTING

1. UNXIBELELWANO	
<input type="checkbox"/>	Misela uNxibelelwano oluVulekileyo: Vumelanani ngeendlela zonxibelelwano ezikhethiweyo (umbhalo, ifowuni, i-imeyile).
<input type="checkbox"/>	Cwangcisa Ukungena Rhoqo: Misela amaxesha arhoqo okuxoxa ngeemfuno zomntwana kunye naluphi na uhlaziyo.
<input type="checkbox"/>	Sebenzisa Ulwimi Olulungileyo: Kuphephe ukuthetha kakubi omnye nomnye phambi komntwana.
<input type="checkbox"/>	Ukuphulaphula ngokukhuthelayo: Yenzani umgudu wokumamelana izinto ezixhalabisayo kunye neembono zomnye.
2. ISHEDYULI YOBUZALI	
<input type="checkbox"/>	Yenza Ucwangciso Lwabazali: Yenza ucwangciso oluneenkukacha oluchaza amalungiselelo okugcinwa komntwana (veki nganye, ngenyanga).
<input type="checkbox"/>	Bandakanya iiHolide kunye neMisitho eYodwa: Cwangcisa iiholide, imihla yokuzalwa, kunye neeholide kwangaphambili.
<input type="checkbox"/>	IiNdawo zokuThatha iiNgxelo/ zokuLahla: Chaza ngokucacileyo apho utshintshiselwano luya kwenzeka.
<input type="checkbox"/>	Isicwangciso Sokuguquguquka: Bandakanya izibonelelo zotshintsho lomzuzu wokugqibela okanye iimeko zikaxakeka.
3. UXANDUVA LWEZIMALI	
<input type="checkbox"/>	Izivumelwano zeNkxaso yoMntwana: Qinisekisa izivumelwano ezicacileyo malunga neentlawulo zenkxaso yomntwana.
<input type="checkbox"/>	Yabelana ngeeNdleko: Chaza ukuba iindleko ziya kwahlulwa njani (imfundo, ukhathalelo lwempilo, imisebenzi yangaphandle).
<input type="checkbox"/>	Landela iindleko: Gcina ingxelo yeendleko ezinxulumene nomntwana kunye neminikelo evela kubazali bobabini.
4. 4. UKUTHATHA IZIGQIBO	
<input type="checkbox"/>	Izigqibo eziManyeneyo: Chonga iindawo eziphambili apho izigqibo ezidibeneyo ziyimfuneko (imfundo, ukhathalelo lwempilo, inkolo).
<input type="checkbox"/>	Ukusonjululwa kongquzulwano: Misela indlela yokusombulula ukungavisisani (ulamlo, ingcebiso).
<input type="checkbox"/>	Gcina amarekhodi: Bhala izigqibo ezibalulekileyo kunye nezivumelwano oza kubuyela kuzo xa kuyimfuneko.
5. IMIDA NEMIGAQO	
<input type="checkbox"/>	Misela Imida Yokuba Ngumzali: Chaza oko kwamkelekileyo ngokuphathelele iindima neembopheleleko zobuzali.
<input type="checkbox"/>	Imithetho engaguqukiyo: Vumelanani ngemithetho engaguqukiyo kunye neendlela zokuziphatha ukudala imeko-bume ezinzileyo yomntwana.

<input type="checkbox"/>	Lihloneleni Ixesha Lomnye: Ziphephe iziphazamiso ezingeyomfuneko ngexesha lobuzali.
6. UKUBANDAKANYA KUBOMI BOMNTWANA	
<input type="checkbox"/>	Yiya Kwiziganeko Ezibalulekileyo: Bobabini abazali bafanele baye kwimisitho yesikolo, imisebenzi yasemva kweeyure zesikolo, namadinga kunye xa kunokwenzeka.
<input type="checkbox"/>	Xhasani uBudlelwane bomnye nomnye noMntwana: Khuthaza umntwana ukuba abe nobudlelwane obuqinileyo nabazali bobabini.
<input type="checkbox"/>	Bandakanya Ubudlelwane Obutsha: Xoxa ngendlela amaqabane amatsha okanye abazali besibini abaza kubandakanyeka ngayo kubomi bomntwana.
7. IMPILO YOMNTWANA	
<input type="checkbox"/>	Zibeke Phambili Iimfuno Zomntwana: Ngalo lonke ixesha qwalasela iimfuno zomntwana ezingokweemvakalelo nezomzimba xa usenza izigqibo.
<input type="checkbox"/>	Khuthaza Ukuthetha Ngokuvulelekileyo: Vumela umntwana ukuba aveze iimvakalelo zakhe malunga nelungiselelo lokuba ngumzali omnye.
<input type="checkbox"/>	Beka iliso uLungiso: Jonga kunye nomntwana malunga nendlela abaziva ngayo malunga notshintsho kunye notyelelo.
8. AMAXWEBHU	
<input type="checkbox"/>	ISivumelwano soGcino: Qinisekisa ukuba kukho isivumelwano esicacileyo nesibophelela ngokusemthethweni sogcino esikhoyo.
<input type="checkbox"/>	Abafowunelwa beNgxakeko: Gcina uluhlu lwabafowunelwa bexesha likaxakeka kwaye wabelane ngalo omnye nomnye.
<input type="checkbox"/>	Ulwazi lwezoNyango: Yabelana ngolwazi olufanelekileyo lwezonyango, kubandakanywa nokungalungi, amayeza, kunye neenkukacha zoqhagamshelwano nogqirha.
9. IINKQUBO ZOKUXHASA	
<input type="checkbox"/>	Yakha Uthungelwano Lwenkxaso: Chonga amalungu osapho okanye abahlobo abanokuxhasa ilungiselelo lokuba ngumzali omnye.
<input type="checkbox"/>	Funa Uncedo lobuNgcali ukuba luyafuneka: Qwalasela iingcebiso okanye iiklasi zokukhulisa abantwana ukuphucula amandla okuba ngumzali.
10. UKUHLOLA RHOQO	
<input type="checkbox"/>	Cwangcisa ukuphononongwa rhoqo: Misela amaxesha okuphonononga kwaye ulungelelanise ilungiselelo lokubambisana nomzali njengoko kufuneka (rhoqo kwiinyanga ezi-3-6).
<input type="checkbox"/>	Zivuleleke xa uphendula: Khuthazani ingxelo enyanisekileyo omnye komnye malunga nokuba yintoni na esebenzayo kwaye yintoni efuna ukuphuculwa.

Amaphepha okusebenzela aBantwana

IPHEPHA LOKUSEBENZELA LEE MVO: UKUVAKALISA UVAKALELO MALUNGA NOKUBA NGUBAZALI NGOKUBAMBISANA

Imiyalelo kubantwana:

1. Thatha ixesha lakho ucinge ngendlela oziva ngayo ngokuhlala kumakhaya amabini okanye imeko yabazali bakho yokuba ngumzali.
2. Sebenzisa eli phepha lomsebenzi ukuvakalisa iimvakalelo zakho ngokusebenzisa amagama kunye nemizobo . Akukho mpendulo zichanekileyo okanye zingalunganga-nje unyaniseke malunga neemvakalelo zakho.

YINTONI EKUNWANISAYO?

Dwelisa izinto ezintathu ezikwenza wonwabe ngokuba ngumzali omnye:

- 1.
- 2.
- 3.

YINTONI EKUNZA UBUHLUNGU?

Dwelisa izinto ezintathu ezikwenza ube lusizi okanye ucaphuke malunga nokuba ngumzali omnye:

- 1.
- 2.
- 3.

UKHAWULELWA YINTONI?

Bhala phantsi nawaphi na amaxhala onawo malunga nokuba ngumzali omnye:

-
-
-

INGABA UFUNA NTONI?

Ukuba unokutshintsha into enye malunga nale meko, ingaba yintoni?

-
-
-
-

UNGENZANI?

Cinga ngendlela onokuhlangabezana ngayo neemvakalelo zakho . Dwelisa ezinye izinto onokuzenza xa uziva ulusizi okanye ukhathazekile:

- 1.
- 2.
- 3.
- 4.

NGUBANI ONOKUNCEDA?

Dwelisa abantu onokuthetha nabo xa uneemvakalelo ezinamandla:

-
-
-
-

ILETA EYA KUBAZALI BAM

Bhalela abazali bakho ileta emfutshane malunga neemvakalelo zakho:

Abathandekayo uMama noTata,

UZIVA NJANI?

Bhala amagama ambalwa achaza indlela ovakalelwa ngayo ngamalungiselelo abazali bakho okuba ngumzali omnye?

Izibonelelo ezongezelelweyo

1. [Incwadi yoMsebenzi woSapho lwaM yoTshintsho kuLutsha \(Ijongene noqhawulo-mtshato\)](#)
2. [Incwadi yoMsebenzi woSapho Lwam oTshintshayo yaBantwana \(Ejongene noqhawulo-mtshato\)](#)
3. [Usuku lokuwolana kabini \(Incwadi yebali malunga noQhawulo-mtshato\)](#)
4. [Ukuba Ngumzali Kumgama: Isikhokelo Sabazali Abahlukeneyo Abahlala Kude Nabantwana Babo](#)
5. [Incwadi yomsebenzi yeemvakalelo zam: ukunika amagama kunye nokuphonononga iimvakalelo](#)

9. zoba uvakalelo lwakho

Zoba umfanekiso obonisa indlela oziva ngayo ngokuhlala kumakhaya amabini okanye abazali bakho ngokuba ngumzali omnye:

(Zoba umfanekiso wakho apha)



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