



Co-Parenting Guide

2024

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Isingeniso

Lo mbhalo wakhiwe ngabakwa-NICRO ngokwesicelo sabahlomuli bethu. Yenziwa itholakale emphakathini jikelele njengengxenye yenkonzo yethu yokunqanda ubugebengu nodlame. Abantu ngabanye nezinhlangano zingase zisebenzise lo mbhalo ngezinjongo ezingenzi nzuzo nezemfundo.

Lo mhlahlandlela uhlukaniswe izigaba ezimbili: umfundi oqukethe amathiphu nezeluleko, kanye nesigaba esiqukethe izifanekiso namakhasi okusebenzela abazali nezingane.

Izisekelo Zokuzalana Ngokubambisana

INCAZELO NOKUBALULEKA KOKUBAMBISANA NOMZALI

Ukuba nomzali oyedwa kusho umthwalo wemfanelo ohlanganyelwe wokukhulisa ingane ngabazali ababili abangasahileleki kwezothando . Le ndlela igcizelela ukubambisana nokusebenzisana, ukuqinisekisa ukuthi bobabili abazali bahlala bematasatasa empilweni yengane . Ukubambisana komzali kubalulekile ngoba:

- Kuyasiza ekugcineni isibopho esiqinile, esiqhubekayo phakathi kwengane nabo bobabili abazali.
- Inikeza ukuzinza kwemizwelo, inciphisa umthelela omubi wokuhlukana noma isehlukaniso.
- Ikhuthaza isimo esihle, lapho izingane zingaphumelela khona ngisho nalapho abazali behlala ngokuhlukana.

Ukuba nomzali oyedwa okuphumelelayo kubeka inhlalakahle yengane kuqala kunezingxabano zomuntu siqu, okuvumela bobabili abazali ukuba bagxile endimeni yabo ekusekeleni ukukhula kwengane.

KUNGANI KUNEZINDABA EZIPHUMELELAYO ZOKUBAMBISANA NOMZALI

Ukuba nomzali oyedwa okuphumelelayo kubalulekile ngoba kudala isimo esizinzile, esisekela izingane ngemva kokuhlukana noma isehlukaniso . Ngokulondoloza ubuhlobo obuhle phakathi kwabazali abakanye nabo, izingane zingabhekana nokulondeka ngokomzwelo, ukucindezeleka okuncishisiwe, nomuzwa onamandla wokuqhubeka phakathi kwamakhaya . Lapho abazali besebenza ndawonye, bayisibonelo sokukhulumisana okunempilo, ukuxazulula izingxabano, nokusebenzisana, okusiza izingane zivumelane nezinguquko zokwakheka komkhaya wazo.

IZITAYELA ZOKUBAMBISANA UMZALI: UKUBAMBISANA, UKUFANA, KANYE NEZINGXABANO

UKUBAMBISANA KOMZALI

- Lesi sitayela sihlanganisa ukuxhumana okuphezulu nokusebenzisana phakathi kwabazali.
- Bobabili basebenza ndawonye ukuze benze izinqumo ezihlanganyelwe, baxhumanise amashejuli, futhi bagcine imithetho efanayo kuyo yonke imizi.
- Ukusebenzisana ngokubambisana komzali kuyisimo esihle njengoba kuthuthukisa ukungaguququki nokuvikeleka ngokomzwelo enganeni.

UKUXHUMANA NOMZALI

- Abazali bagcina ukuxhumana okulinganiselwe futhi bagxile ekuphatheni amakhaya abo ngokuzimela.
- Benza izinqumo ngokwehlukana ngesikhathi sabo nengane, ngokusebenzisana okuncane.
- Nakuba kungafaneleki kangako kunokubambisana ngokubambisana komzali, kungasebenza lapho abazali bekuthola kunzima ukukhulumisana ngaphandle kokungqubuzana kodwa bebeke inhlalakahle yengane kuqala.

OKUXHUMANAYO NOMZALI

- Ebonakala ngezingxabano eziqhubekayo, ukukhulumisana okubi, nokuntuleka kokubambisana phakathi kwabazali.
- Lesi sitayela sithinta kabi impilo engokomzwelo yengane, sibangele ukucindezeleka nokudideka.
- Ukuqhela ebuhlotsheni obunezingxabano kuyisihluthulelo sokubambisana okuphumelelayo komzali.

IZINZUZO ZENGANE NABAZALI

FOR THE INGANE

- **UKUPHEPHA EMZWENI:** Lapho izingane zibona bobabili abazali bebambisana, zizizwa zilondeke kakhudlwana futhi zingakhathazeki kakhulu ngezinguquko ezenzeka emkhayeni wazo.
- **IMISEBENZI ENGAPHAMBILI:** Ukuba nomzali oyedwa kusiza ekusunguleni izinqubo ezivamile, kunikeza izingane umuzwa wokuzinza phakathi kwemizi yomibili.
- **UBUDLELWANE OBUYIMPILO:** Ukuba nomzali oyedwa okuphumelelayo kukhuthaza ubudlelwane obuhle phakathi kwengane nabo bobabili abazali, kunciphisa imizwa yecala noma isidingo "sokukhetha izinhlangothi."
- **UKUTHUTHUKISWA OKUNGCONO:** Izingane zivame ukwenza kangcono ezifundweni, emphakathini, nangokomzwelo lapho abazali bazo besebenza ndawonye, okunciphisa ukungqubuzana.

KWABAZALI

- **UKUCINDEZELEKA OKUNYIPHILE:** Ukukhulumisana okucacile kanye nezibopho ezihlanganyelwe kunciphisa ukungezwani nokucindezeleka, okwenza ukuba umzali oyedwa akwazi ukulawula.
- **ISIBOPHO ESILINGANISILE :** Bobabili abazali baneqhaza ekukhuliseni ingane, baqinisekise ukuthi akekho ozizwa ecindezelwe yonke imithwalo yemfanelo.
- **UBUDLELWANE OBUYIMPILO:** Ukuba nomzali oyedwa kubeka inkundla yokukhulumisana okuhle nokuxazulula izinkinga, kudala ubuhlobo obushelelezi phakathi kwabazali ngemva kokuhlukana.
- **Gxila ENGANENI:** Ngokubeka inhlalakahle yengane kuqala, abazali bagwema izingxabano ezingadingekile, beyivumela ukuba igxile kulokho okubaluleke ngempela.

UKUBEKA OKULINDELEKILE OKUNGOKOQOBO

Kunoma iliphi ilungiselelo lokuba umzali oyedwa, ukubeka okulindelekile okungokoqobo kubalulekile . Ukwahlukana kungaletha izinselele ezingokomzwelo nezokusebenza , futhi ukulindela ukuphelela kungaholela ekukhunganatheni. Ngokubeka okulindelekile okungokoqobo, abazali ababambisene bangakha ubuhlobo obunobunye obuzuzisa wonke umuntu ohilelekile, ikakhulukazi ingane.

- **UKWAMUKELA UKUNGAPHELELI:** Qonda ukuthi bobabili abazali bayowenza amaphutha; okubalulekile ukugcina inhlalakahle yengane nokufunda kulawo maphutha.
- **UKUZIVUMA:** Impilo iyashintsha, kanjalo nelungiselelo lakho lokuba umzali oyedwa . Vuleleka ekulungiseni amashejuli noma izindlela lapho izidingo zengane zithuthuka.

- **UKUGXILA ENGANENI:** Gcina izingxabano zomuntu siqu eceleni futhi ugxilise imizamo yakho kulokho okulungele ingane, ngisho noma kusho ukuyekethisa nomunye umzali.

Izingxenye Zokubambisene Nomzali

UKUCACA EZINDIMENI ZOKUBA UMZALI

Ukuba neqhaza elicacile lobuzali kubalulekile ekukhuliseni ngokubambisana okuphumelelayo . Lapho bobabili abazali beqonda izibopho zabo nalokho abakulindele, kunciphisa ukungqubuzana, kuthuthukisa ukubambisana, futhi kuqinisekise ukuthi izidingo zengane zihlangatshezwana ngokuphumelelayo . Nansi indlela yokuthola ukucaca ezindimeni zobuzali:

1. CHAZA IZIBOPHO EZINKULU ZOKUBA UMZALI

- Thola Izindawo Eziwumgogodla: Izindawo ezibalulekile zingabandakanya imfundo, ukunakekelwa kwezempilo, ukuziphatha, imisebenzi yangaphandle kwesikole, ezokuthutha, kanye nemisebenzi yansuku zonke (isb., isikhathi sokulala, ukudla).
- Cacisa Izindima Zokuthatha Izinqumo: Nquma ukuthi yiziphi izinqumo okudingeka zenziwe ngokuhlanganyela (isb, ukunakekelwa kwezokwelapha, ukukhetha imfundo) futhi ezingasingathwa ngokuzimela umzali oyedwa (isb, izinqumo zansuku zonke).
- Bhala Izindima: Ukuba nencwadi ebhaliwe echaza lezi zibopho kungavimbela ukungezwani futhi kunikeze ukucaciseleka kwabo bobabili abazali.

2. QONDANA KUMAFILOSOFI OMKHULU OMZALI

- Vumelana Ngesiyalo Nemithetho: Ukuze kunikeze ukungaguquququki kwengane, bobabili abazali kufanele babe sekhasini elifanayo mayelana nezindlela zokuziphatha, imithetho yesikhathi sesikrini, isikhathi sokulala, nezinqubomgomo zomsebenzi wesikole.
- Ungaguquququki Phakathi Kwemikhaya: Nakuba umndeni ngamunye ungase ube nokuhluka okuncane, izinqumo ezinkulu njengesikhathi sokubuya ekhaya, okulindelekile emfundweni, nezindinganiso zokuziphatha kufanele zihambisane ukuze kuvinjelwe ukudideka kwengane.

3. GCINA UKUGUQUKA

- Vumelanisa Lapho Udingeka: Ukuphila kuyashintsha, kanjalo nemithwalo yemfanelo . Bobabili abazali kufanele bahlale bevumelana nezimo lapho kwenzeka izenzakalo ezingalindelekile, njengezinguquko ezinhlelweni zomsebenzi, ukugula, noma izimo eziphuthumayo . Ikhono lokuzulazula ngaphandle kokungqubuzana liyisihluthulelo sokukhulisa izingane eziphumelelayo.

UKUDALA ISIGABA ESIFANELEKILE SEZABASEBENZI

Ukuqinisekisa ukuhlukaniswa okufanele kwemisebenzi yomzali kusiza ukugwema ukutubeka nokucasuka . Lapho imithwalo yemfanelo yabelwa ngokulinganayo, bobabili abazali bangazizwa bematasa kakhulu futhi besekelwe ezindimeni zabo.

1. HLOLA IMISEBENZI EKHONA

- **Faka Uhlu Lwemisebenzi Yamanje:** Dala uhlu lwayo yonke imisebenzi yobuzali, efana nokushiya isikole, izikhathi zokubona udokotela, ukulungiselela ukudla, usizo lomsebenzi wesikole wasekhaya, nemisebenzi yangemva kwesikole.
- **Cabangela Eminye Izibopho:** Isici esizibophezelweni somsebenzi, imisebenzi yasekhaya, nesikhathi somuntu siqu somzali ngamunye . Lokhu kunikeza isithombe esicacile salokho umzali ngamunye asekwenzayo kakade nalapho kungase kudingeke khona ukulungisa.

2. DALA UHLELO OLULINGANAYO

- **Hlukanisa Imisebenzi Ngokusekelwe Ekutholakaleni:** Yabela imisebenzi ngokusekelwe kokuthi ubani onesikhathi esiningi noma ovumelana nezimo phakathi nezinsuku ezithile noma amaviki . Ngokwesibonelo, uma umzali oyedwa eneshejuli yomsebenzi ebikezelwa kakhudlwana, angase asingathe imisebenzi eminingi yejwayelo, kuyilapho omunye umzali enza imisebenzi phakathi nezimpelaviki noma kusihlwa.
- **Phinda Uhlole Ngezikhathi:** Izimo zempilo ziyashintsha, ngakho-ke kubalulekile ukuthi ngezikhathi ezithile ubuyekeze ukuhlukaniswa kwabasebenzi futhi ulungise njengoba kudingeka. Njengoba izingane zikhula, izidingo zazo nazo ziyashintsha, okungase kudingekile ukushintsha kwemithwalo yemfanelo.

3. LINGISA IMISEBENZI EMIKHULU KANYE EMINCANE

- **Gwema Ukungalingani:** Qinisekisa ukuthi umzali oyedwa akagcini enza yonke imisebenzi emincane, evame kakhulu (isb, ilondolo, usizo lomsebenzi wesikole wasekhaya), kuyilapho omunye ephethe imicimbi emikhulu kuphela (isb, imihlangano yesikole noma amaholide). Lokhu kungaholela ekusabalaleni okungalingani kwabasebenzi.
- **Hlonipha Igalelo Lomzali Ngamunye:** Yomibili imisebenzi emikhulu nemincane ibaluleke ngokufanayo ekukhuliseni ingane . Bobabili abazali kufanele baqaphele futhi bahloniphe imizamo eyenziwa omunye, ngisho noma imisebenzi yomzali oyedwa ingabonakali kancane.

UKUKHOMBA AMANDLA NOBUTHAKATHAKA BOMZALI NGAMUNYE

Ukuqaphela amandla nobuthakathaka bomzali ngamunye kuvumela ukuhlukaniswa okuphumelelayo kakhudlwana kwemisebenzi yobuzali . Ngokudlalela amandla omzali ngamunye, ungaqinisekisa ubambiswano lomzali oyedwa olinganiselayo.

1. HLOLA AMANDLA EZINDLELA ZOKUKHULA

- **Thola Amakhono Emvelo:** Umzali oyedwa angase aphumelele ekuhleleni imicimbi yesikole nasekulawuleni isimiso, kuyilapho omunye engase akwazi ukuphatha ukusekelwa ngokomzwelo noma imisebenzi yokudala . Xoxa futhi usebenzise lawa mandla.
- **Sebenzisa Amakhono Ukuze Uzuze:** Ngokwesibonelo, uma umzali oyedwa esebenza kahle ekusingatheni izinkinga zezokwelapha noma ukuya kuma-aphoyintimenti, angalawula izinqumo eziphathelene nempilo, kuyilapho omunye ephethe imisebenzi yezemfundo.

2. BONGA UBUTHAKATHAKA FUTHI WEKA OKULINDELEKILE

- **Thembeka Ngokulinganiselwa:** Uma umzali oyedwa edonsa kanzima ngemisebenzi ethile (isb, ukuphatha izimali zezindleko ezihlobene nesikole noma ukuhlala unolwazi ngomsebenzi wesikole wasekhaya), kubalulekile ukwethembeka futhi uthole indlela yokudlulisela noma ukusekela lobo buthakathaka.
- **Nikeza Ukusekela Lapho Kudingeka Khona:** Ukuqaphela ubuthakathaka akusho ukuthi omunye umzali kufanele athathe izintambo ngokuphelele. Ukunikeza ukwesekwa, njengezikhumbuzo noma ukuhlukanisa umsebenzi ube izingxenye ezincane, ezilawulekayo, kungasiza ekudambiseni ukucindezeleka kubo bobabili abazali.

3. THUTHUKANISA IZITAYELA ZOKUBA UMZALI

- **Thola Ibhalsi:** Uma umzali oyedwa enesandla esiqinile kuyilapho omunye egobile, thola indawo emaphakathi ezuzisa ingane. Izindlela ezihlukene zokukhulisa izingane zingaphelelisana, kodwa bobabili abazali kudingeka bakhulume futhi bavumelane ngendlela yokubhekana nezimo ezihlukahlukene.
- **Sebenzisa Amandla Angokomzwelo:** Uma umzali oyedwa enozwela noma evumelana nemizwelo, angase akwazi ukusingatha kangcono izidingo ezingokomzwelo zengane phakathi nezikhathi ezinzima . Omunye umzali angase aphumelele ngokwengeziwe ekubekeni imithetho nezinqubo, anikeze ukwakheka lapho kudingeka.

UKWAKHA ISHEDULI YABAZALI

Isheduli egxile enganeni, evumelana nezimo ibalulekile ekuqinisekiseni ukuthi izidingo zengane yakho zihlala zizeza kuqala kuyilapho bobabili abazali bengakwazi ukwabelana ngesikhathi nemithwalo yemfanelo . Kufanele kugxilwe ekudaleni isimiso esisekela inhlalakahle, ukuzinza nenjabulo yengane.

1. BHEKA KUQALA UHLELO NEZIDINGO ZINGANE

- **Gcina Ukuzinza Engqondweni:** Izingane zikhula kahle ngesimiso, ngakho kubalulekile ukwakha isimiso esigcina ukungaguquguquki emisebenzini yazo yansuku zonke, njengesikole, umsebenzi wesikole, isikhathi sokulala, nezinye izifundo.
- **Cabangela Izigaba Zokuthuthuka:** Iminyaka yengane, isikole, kanye nemisebenzi yomphakathi kufanele iqondise isimiso . Ezinganeni ezincane, ukuzinza nokuguquka njalo kungase kubaluleke kakhulu, kuyilapho izingane ezindala zingase zibe nesikole esimatasa namakhalenda omphakathi okufanele ziwaphathe.

2. THUTHUKISA UHLELO LWESISEKO ESULEKILE

- **Qala ngezinsuku zeviki nangezimpelaviki:** Thola ukuthi ingane izoba kuphi ngezinsuku zesikole uma iqhathaniswa nangezimpelasonto . Ezinye izinhlelo ezivamile ukushintshana ngezimpelaviki noma ukuhlukanisa isonto (isb., umzali oyedwa unengane kusukela ngoMsombuluko kuya kuLwesithathu, kanti omunye unolwesine kuya ngeSonto).

- **Yabelana Ngemisebenzi Yansuku zonke Ebalulekile:** Uma bobabili abazali beseduze, cabanga ukwabelana ngezibopho ezifana nokushiya isikole, ukuyolanda, noma ukuya emisebenzini yangemva kwesikole.

3. VUMELA UKUZIVUMA

- **Yakha Ngesikhathi Se-Flex:** Shiya igumbi kushejuli ukuze wenze izinguquko ngenxa yezehlakalo ezingalindelekile, njengamaphrojekthi wesikole, imicimbi yezemidlalo, noma izinguquko kumashejuli omsebenzi . Ukuvumelana nezimo kuvimbela ukungqubuzana lapho kudingeka izinguquko.
- **Lungiselela Izinguquko Empilweni Yengane:** Njengoba ingane yakho ikhula, imisebenzi yayo nemibuthano yomphakathi izothuthuka, okungenzeka kudingeke ukuthi kulungiswe ishejuli ngokuhamba kwesikhathi . Vulelekile ekusebenzeni kabusha isimiso ukuze uvumelane nezimo ezintsha.

1. SHEJULA UKUHLOLA NJALO

- **Buyekeza Ishejuli Ngezikhathi:** Misa izikhathi ezivamile (isb, njalo ezinyangeni eziyisithupha) ukuze ubuyekeze ishejuli nozakwabo ongumzali . Lokhu kuqinisekisa ukuthi bobabili abazali basekhasini elifanayo futhi bangabhekana nanoma yiziphi izidingo eziguqakayo.

UKUPHATHA AMAHOLIDE, IZINSUKU ZOKUZALWA, NAMAHOLIDE

Izikhathi ezikhethekile njengamaholide, izinsuku zokuzalwa, namaholide ngokuvamile zidinga ukusebenzelana okwengeziwe phakathi kwabazali abakanye nabo . Ukumisa iziqondiso ezicacile kusengaphambili kusiza ukugwema ukungezwani futhi kuvumela ingane ukuba ijabulele lezi zenzakalo nabazali bobabili.

1. SHINA NOMA YABELANA NGAMAHOLIDI AMAKHULU

- **Okunye Njalo Ngonyaka:** Indlela evamile ukushintshanisa amaholide amakhulu unyaka ngamunye (isb, umzali oyedwa unoKhisimusi ngisho neminyaka, kanti omunye unoKhisimusi eminyakeni eyinqaba).
- **Hlukanisa Usuku:** Ngamaholide afana nePhasika noma uKhisimusi, abanye abazali abakanye nabo bakhetha ukuhlukanisa usuku ukuze ingane ichithe ingxenye yosuku nomzali ngamunye . Lokhu kusebenza kangcono uma abazali behlala eduze komunye nomunye futhi bekwazi ukuxhumana kahle.
- **Cabangela Amasiko:** Yazisa amasiko omkhaya womzali ngamunye futhi uzame ukuwenza . Uma umndeni womzali oyedwa unesiko lesikhathi eside ngehoholide elithile, cabanga ukuwuvumela lolo suku nokwenza isikhathi nomunye umzali ngesikhathi esihlukile.

2. HLELA AMAVAKASHI KUSEKUDALA

- **Setha Izikhathi Zokuvakasha:** Nquma ukuthi isikhathi seholide sizohlukaniswa kanjani . Isibonelo, umzali ngamunye angathola amasonto amabili esikhathi sokuphumula esingaphazamiseki nengane ngesikhathi sehlobo noma sekhefu lesikole.
- **Khuluma Kusenesikhathi:** Yazisa omunye umzali kusenesikhathi ngezinhlelo zeholide ukuze ugweme ukuhlala izingxabano . Cacisa ngezinsuku, izindawo, nolwazi lokuxhumana phakathi nohambo.

- **Hlonipha Isikhathi Somunye Umzali :** Gwema ukuhlela amaholide aphazamisa isikhathi esihleliwe somunye umzali, ngaphandle kwalapho bobabili abazali bevumelana noshintsho.

3. GUBHA IZINSUKU ZOKUZALWA NGOKUBAMBISANA

- **Cabangela Imikhosi Ehlanganyelwe:** Uma kungenzeka, abazali ababambisene bangagubha usuku lokuzalwa lwengane ndawonye, ikakhulukazi ezinganeni ezincane ezingase zizizwe zikhululekile ukuba nabazali bobabili bekhona.
- **Okunye noma Hlukanisa Usuku:** Uma umgubho ohlanganyelwe ungenzeki , shintsha ukuthi ubani othola ingane ngosuku lwayo lokuzalwa unyaka ngamunye, noma uhlukanise usuku ukuze bobabili abazali bachithe isikhathi begubha.
- **Gubha Ngezinsuku Ezihlukene:** Uma kudingekile, umzali oyedwa angagubha usuku lokuzalwa lwengane ngosuku olwandulela noma ngemva kosuku lwangempela, okuvumela bobabili abazali ukuba babe nesikhathi esinengqondo nengane.

4. DALA UHLELO LWEHOLIDI KANYE NEVACATION NGOKUBHALWA

- **Kubeke Ohlelweni Lokuba Ngumzali Ohlangene:** Bhala phansi izivumelwano zeholide, usuku lokuzalwa, neholide ohlelweni lwakho lokuba umzali ngokubambisana ukuze unciphise izingxabano ezizayo.
- **Lungisa Imicimbi Ekhethekile:** Vuleleka ekushintsheni amaholide noma isikhathi seholide lapho kuphakama imicimbi ekhethekile, njengokuhlangana kabusha komndeni, imishado, noma ukuthweswa iziqu.

UKUBHEKANA NEZINGUQUKO ZESHEJULI YEMINITHI YOKUGCINA

Ukuphila akubikezeleki, futhi izinguquko zomzuzu wokugcina azinakugwenywa ekukhuliseni ndawonye . Ukuba nohlelo lokusingatha lezi zimo kuqinisekisa ukuthi bobabili abazali bahlala bevumelana nezimo futhi bagwema ukungqubuzana okungadingekile.

1. XHUMANA NEZINGUQUKO KUSESHESHA NGAKHONA

- **Yazisa Umzali Okanye Naye Ngokushesha:** Uma udinga ukwenza ushintsho kushejuli, yazisa omunye umzali ngokushesha ngangokunokwenzeka . Lokhu kubanikeza isikhathi sokulungisa ezabo izinhlelo.
- **Chaza Isizathu Ngokucacile:** Cacisa ukuthi kungani kudingeka ushintsho lwesimiso . Kungakhathaliseki ukuthi kungenxa yomsebenzi, ukugula, noma isenzakalo esingalindelekile, ukubeka izinto obala kusiza ukwakha ukwethembana.

2. YIBA NGOKUQONDISA FUTHI UGUBHE

- **Vuleleka Ezicelweni:** Uma umzali osebenza naye ecela ushintsho, qonda futhi uzimisele ukukwamukela lapho kungenzeka . Ukuvumelana nezimo kuyisihluthulelo sokulondoloza ubuhlobo obuhle bomzali obambisene.
- **Vumelana Ngesikhathi Sokwenza:** Uma umzali oyedwa edinga ukuphuthelwa isikhathi esihleliwe nengane ngenxa yoshintsho lwangomzuzu wokugcina, xoxani ngokuthi ningasenza kanjani lesi sikhathi . Lokhu kungase kusho ukulungisa ishejuli kamuva evikini noma ukwelula isikhathi sempelaviki.

3. FAKA IZIHLEHLANDLELA ZEZIPHUTHUMAYO

- **Dala Inqubomgomo Yomzuzu Wokugcina:** Nquma kusengaphambili ukuthi uzozisingatha kanjani izimo eziphuthumayo noma izicelo zomzuzu wokugcina . Ngokwesibonelo, vuma ukuthi izinguquko ezingaphuthumi kufanele zicelwe okungenani kusasele amahora angu-24, kuyilapho izinguquko eziphuthumayo (isb., ngenxa yokugula noma izimo eziphuthumayo zomsebenzi) zingasingathwa ngendlela evumelana nezimo.
- **Yiba Nohlelo Lokwenza Ikhophi Yasenqolobaneni:** Thola ukuthi ubani ozosingatha ingane uma kwenzeka bobabili abazali bengakwazi ukuyinakekela ngesikhathi esithile ngenxa yezimo eziphuthumayo (isb., uqobo noma umkhulu noma ilungu lomndeni elithenjwayo).

4. GCINA INGANE YAZI

- **Khulumisana Nezinguquko Enganeni Ngokufanelekile:** Lapho kunoshintsho lweshejuli, luchazele ingane ngendlela ehambisana neminyaka . Bazise ukuthi kungani ushintsho lwenzeka nokuthi bazophinde bambone nini omunye umzali, ukuze kuvinjelwe ukudideka noma ukukhathazeka.

5. SEBENZISA UBUCHWEPHESHE UKUZE IZIBUYEKEZO EZISHESHAYO

- **Dala ikhalenda ye-Google eyabelwe :** ikhalenda elabelwe eliqukethe zonke izinsuku ezibalulekile nemicimbi empilweni yomndeni obanzi, kanye nezinsuku zemicimbi yesikole, ukuvakasha kodokotela, ama-aphoyintimenti nokuvakasha kokugcinwa.
- **Qinisekisa Izinguquko Ekubhaleni:** Ngisho noma izinguquko kuxoxwa ngazo ngocingo, kuyasiza ukulandela ngesiqinisekiso esibhaliwe (isb, ngombhalo noma nge-imeyili) ukuze ugweme ukudideka ngokuhamba kwesikhathi.

UKUCATSHANGELWA KWEZIZIMALI

Ukuphatha izindleko ezihlobene nengane, ukuphatha izindleko ezingalindelekile, kanye nokusungula izivumelwano zesondlo sezingane kuyizici ezibalulekile zokusebenzelana nomzali okuphumelelayo . Ngokwenza uhlelo olucacile lwezezimali, ukukhuthaza ukukhulumisana okukhululekile, nokuhlala bevumelana nezimo, bobabili abazali bangaqinisekisa ukuthi izidingo zengane ziyahlangatshezwa kuyilapho belondoloza ubuhlobo obunempilo bomzali oyedwa . Ukucaca nokungakhethi ezibopweni zezezimali akusekeli nje kuphela inhlalakahle yengane kodwa futhi kunomthelela ekuguquguqukeni okuvumelana kokukhulisa izingane . Ukuzivakashela njalo lezi zivumelwano namasu kuvumela ukuzivumelana nezimo njengoba izimo zishintsha, kuqinisekiswa ukuthi bobabili abazali bahlala behambisana ekuzibophezeleni kwabo ekusekeleni ingane yabo.

UKUPHATHA IZINDLEKO EZIHLOBENE NEZINGANE

Ukuphatha izindleko ezihlobene nengane yakho kuyingxenye ebalulekile yokuba nomzali ohlanganyela naye . Ukuba nohlelo olucacile kusiza ekugwemeni izingxabano futhi kuqinisekisa ukuthi bobabili abazali banesandla esifanelekile enhlalakahleni yengane . Ukuhlela kahle izimali nakho kunikeza ingane ukuzinza nokuvikeleka.

1. KHOMBA IZINDLUMO EZIPHATHELENE NEZINGANE NJALO

- **Izidingo Eziyisisekelo:** Lezi zihlanganisa izindleko zansuku zonke ezinjengokudla, izingubo zokugqoka, indawo yokuhlala, nezinto zokuhamba.

- **Imfundo:** Lokhu kuhlangukisa ukufundiswa kwesikole, izinsiza, imisebenzi yangaphandle, nokufundisa . Ungakhohlwa uhambo, umfaniswano wesikole, noma amakilasi akhethekile.
- **Ukunakekelwa kwezempilo:** Lokhu kuhlangukisa amaphrimiyamu omshwalense wezokwelapha, ukuvakasha kodokotela okujwayelekile, ukunakekelwa kwamazinyo, imithi kadokotela, kanye nokwelashwa okuphuthumayo.
- **Ukunakekela izingane:** Cabangela ukunakekelwa kwasemini, izinhlelo zangemuva kwesikole, nabazanyana uma bobabili abazali besebenza.
- **Ukuzijabulisa Nemisebenzi Yomphakathi:** Ezemidlalo, izinto zokuzilibazisa, izifundo (isb, umculo noma umdanso), kanye nemicimbi yokuzijabulisa kufanele kubalwe ohlelweni lwakho lwezezimali.

2. DALA UHLELO Lwezindleko Ezabiwe

- **Hlela Isabelomali:** Abazali abakanye nabo kufanele bavumelane ngesabelomali sanyanga zonke noma sonyaka sezindleko ezihlobene nengane . Lokhu kubandakanya ukulinganisa izindleko zempahla yesikole, izingubo zokugqoka, ukunakekelwa kwezempilo, nemisebenzi.
- **Hlukanisa Izindleko Ngokufanelekile:** Nquma ukuthi uzozihlukanisa kanjani izindleko . Abanye abazali bakhetha ukuhlukanisa izindleko u-50/50, kuyilapho abanye behlukanisa izindleko ngokusekelwe emalini abayitholayo . Ngokwesibonelo, uma umzali oyedwa ehola kakhulu, angase akhokhe iphesenti eliphezulu lezindleko ezithile . Gcina lokhu kusobala futhi kulungile ukuze ugweme izingxabano ezizayo.
- **Landelela Izindleko:** Sebenzisa amathuluzi ezezimali okwabelwana ngawo avumela ukulandelela izindleko ezihlobene nengane . Lokhu kuqinisekisa ukuthi bobabili abazali bahlala benolwazi futhi bangakwazi ukulandelela iminikelo yabo.

3. CACA UBANI UKHOKHELA UKUTHI

- **Yabela Isibopho:** Nquma ukuthi ubani ozokhokhela izindleko ezithile . Ngokwesibonelo, umzali oyedwa angase akhokhele izinto zesikole, kuyilapho omunye ephatha izindleko zezokwelapha . Ukhokhanyiswa okucacile kwezibopho kuvimbela ukudideka nezingxabano.
- **Sebenzisa Uhlelo Lokubuyisela:** Uma umzali oyedwa ekhokhela izindleko ezinkulu (isb, izifundo, isikweletu sezokwelapha), kufanele kube nesivumelwano esicacile sokuthi omunye umzali uzoyibuyisela kanjani ingxenye yakhe . Lokhu kungenziwa nyanga zonke noma ngekota ukuze kube lula ukuhleleka kokukhokha.

AMASU OKUPHATHA IZINDLEKO EZINGALINDELEKILE

Izindleko ezingahleliwe azinakugwenywa ekukhuliseni ndawonye . Kungakhathaliseki ukuthi isimo esiphuthumayo sezokwelapha, imali yesikole engalindelekile, noma isenzakalo sangemva kwesikole ngomzuzu wokugcina, bobabili abazali kudingeka babe namasu okusingatha izimo ezinjalo ngokuthula nangempumelelo.

1. DALA ISIKHWAMA ESIPHUTHUMAYO

- **I-JOINT EMERGENCY FUND:** Cabangela ukusetha i-akhawunti yokonga ehlanganyelwe ezindlekweni ezingalindelekile ezihlobene nengane . Bobabili abazali banganikela njalo (isb, nyanga zonke) ukuze bakhe isigcinalwazi sezimo eziphuthumayo njengezindleko zezokwelapha, uhambo oluphuthumayo, noma izindleko zesikole ezingalindelekile.
- **IZIMALI ZOMUNTU EZISIPHUTHUMAYO:** Ngaphandle kwalokho, umzali ngamunye angakwazi ukunakekela isikhwama sakhe sezimo eziphuthumayo . Lapho kuphakama izindleko ezingalindelekile, bobabili abazali bangasebenzisa kulawa ma-akhawunti ukuze baphathe izindleko ngokulinganayo.

2. UHLELO NGEZITHUTHUKO ZEZOKWELASHWA

- **UMSHUWALENSE WEZOKWELASHWA:** Qinisekisa ukuthi ingane ikhokhelwa umshwalense wezempilo ofanele . Nquma ukuthi ubani ozokhokhela amaphrimiyamu omshwalense nokuthi izindleko eziphuma ephaketheni zizohlukaniswa kanjani . Abanye abazali bangase banqume ukuhlukanisa izindleko zezokwelapha ngokulinganayo, kanti abanye bangase bazihlukanise ngokusekelwe emalini engenayo noma ezinye izici.
- **LUNGISELELA IZINDLEKO EZINGATHOLAKALE:** Akuzona zonke izindleko zezokwelapha ezingakhokhelwa umshwalense (isb . Yiba nesivumelwano esikhona sendlela yokuphatha lezi zindleko uma zivela, njengokuhlukanisa izindleko ngokusekelwe kumaphesenti anqunywe kusengaphambili noma imali engenayo.

3. SETHA IZIHLAHLANDLELA ZEZINDLEKO EZINGALINDELEKILE ZESIKOLE KANYE NOMSEBENZI

- **XHUMANA KUSHESHA:** Lapho kuphakama izindleko zesikole ezingalindelekile noma zomsebenzi (isb., uhambo lwekilasi noma imali yokubhalisa ezemidlalo), yazisa omunye umzali ngokushesha ngangokunokwenzeka . Ukuxhumana ngokukhululekile kuyisihluthulelo sokulawula izindleko ezingalindelekile kanye nokunciphisa ukungqubuzana.
- **XOXA NGEZINKETHO ZOKUMNIKEZELA:** Vumelanani ngohlelo lokuthi lezi zindleko zingenziwa kanjani uma zivela . Ngokwesibonelo, bobabili abazali bangavuma ukuhlukaniswa kwamaphesenti anqunywe kusengaphambili nganoma yiziphi izimali zesikole ezingalindelekile, noma umzali oyedwa angase asingathe izinhlobo ezithile zezindleko kuyilapho omunye ekhokhela ezinye.

4. SUNGULA UKUXHUMANA OKUCACA

- **DALA UHLELO LWEZZISO:** Misa indlela yokwazisana ngezindleko ezingalindelekile . Lokhu kungase kube ngombhalo, i-imeyili, noma uhlelo lokusebenza olwabelwe lokuba umzali oyedwa lapho izindleko zingangena futhi kuxoxwe ngazo.
- **SEBENZISA IFOMU ENGAPHAMBILI:** Lapho wazisa omunye umzali ngezindleko ezingalindelekile, faka yonke imininingwane edingekayo: uhlobo lwezindleko, inani, nanoma imaphi amadokhumenti asekelayo (isb., izikweletu, amarisidi) .

Lokhu kubeka izinto obala kusiza ekuphatheni nasekubhekaneni nezindleko ngendlela efanele.

5. IXOXISANA FUTHI NEBHEKENE

- **ZIMISELE UKUXOXISANA:** Uma kuphakama izindleko ezingalindelekile futhi umzali oyedwa engakwazi ukukhokhela isabelo sakhe, vulekele izingxoxo . Ngokwesibonelo, umzali oyedwa angase avume ukukhokha kancane ngalesi sikhathi ukuze abhekane nezindleko ezengeziwe esikhathini esizayo.
- **SUNGULA INQUBO YOKUXAZULULWA KOMBANGO:** Vumelanani ngendlela yokuxazulula izingxabano ngezindleko ezingalindelekile . Lokhu kungase kuhlangukise ukulamula noma ingxoxo nomuntu wesithathu ongathathi hlangothi uma ukungaboni ngaso linye kuvela njalo.

ISONDLO SENGANE

Umthombo: Isizindalwazi soMnyango Wezobulungiswa (<https://www.justice.gov.za/vg/mnt.html>).

Isondlo siyisibopho sokuhlizeka omunye umuntu, isibonelo ingane encane, indawo yokuhlala, ukudla, izingubo zokugqoka, imfundo nokunakekelwa kwezokwelapha, noma izindlela ezidingekayo ukuze kuhlinzekwe umuntu lezi zinto ezibalulekile . Lo msebenzi osemthethweni okufanele ugcinwe ubizwa ngokuthi 'umsebenzi wokunakekela' noma 'umsebenzi wokuxhasa'.

UBANI OKUFANELE AHLINZEKE NGESONDLO?

Isibopho sokulondoloza sisekelwe ebuhlotsheni begazi, ukutholwa, noma iqiniso lokuthi abathintekayo bashadile.

Ingane kufanele yondliwe noma yondliwe:

- abazali bakhe, kungakhathaliseki ukuthi bashadile, behlala ndawonye, behlukene noma behlukanisile, kuhlangukise nabazali abamukele ingane; kanye/noma
- ugogo nomkhulu wakhe, kungakhathaliseki ukuthi abazali bomntwana babeshadile noma cha . Kodwa-ke, lokhu kuyahlukahluka kuye ngecala ngalinye.
- Umthwalo wokondla ilungu lomndeni awugcini nje ngokondla ingane . Noma yiliphi ilungu lomndeni, kungakhathaliseki ubudala balo, lingacela noma yiliphi ilungu lomndeni ukuthi limondle noma limondle, inqobo nje uma lezi zimo ezimbili ezilandelayo ziyahlangatshezwana nazo:
 - Ilungu lomndeni elifuna ukwesekwa alikwazi ukuzondla.
 - Ilungu lomndeni okufunwa kulo isondlo liyakwazi ukukhokhela isondlo esibangwayo.
 - Imfuneko eyinhloko yokuhlolwa kwezindlela ukuthi umuntu okufanele akhokhe isondlo kufanele ABE NEZINKONDLO futhi isicelo sesondlo esifunwayo kufanele sibe ESIZATHU.

YIZIPHI IZINDLEKO EZINGAFUNWA?

Ungafuna isondlo esifanele esidingekayo ukuze unikeze ingane noma omunye umuntu onelungelo lokondliwa ngendlela efanele futhi akhuliswe ngayo . Lokhu kuhlenganisa ukuhlinzeka ngezidingo ezifana nokudla, izingubo zokugqoka kanye nezindlu, kanye nokukhokhela imfundo efanele.

Inkantolo ingase futhi iyalele ubaba ukuthi afake isandla ekukhokhweni kwezindleko zokulalisa kanye nesondlo kusukela ngosuku lokuzalwa kwengane kuze kube usuku okukhishwa ngalo umyalelo wesondlo.

Inkantolo ingase futhi inikeze umyalelo wokukhokhwa kwezindleko zokwelashwa , noma ingayala ukuba ingane ibhaliswe ohlelweni lwezokwelapha lomunye wabathintekayo njengomuntu obondliwayo. Ukuze inkantolo ikwazi ukunikeza umyalelo wesondlo esifanele, bobabili abathintekayo kufanele banikeze inkantolo ubufakazi bezindleko zabo.

Umbono wakho ngokuziphatha komunye umzali awunamthelela elungelweni lezingane zakho lokondla . Kusafanele ukhokhe isondlo, ngisho noma omunye umzali:

- ukuzisola
- uhileleke kobunye ubuhlobo
- ayikuvumeli ukuthi ubone izingane noma
- uma noma yiliphi iqembu kamuva libe nezingane eziningi.

Umsebenzi wakho wokukhokha isondlo kanye nelungelo lakho lokufinyelela ezinganeni zakho kuyizindaba ezimbili ezihlukene ngokuphelele futhi eyodwa ayihlobene nenye . Ngaphezu kwalokho, izingane zanoma yiliphi iqembu aziwuthinti umsebenzi wokondla . Kodwa-ke, inani lesondlo okufanele likhokhwe lingachitshiyelwa yinkantolo uma omunye wezinhlangothi kufanele alethe lesi sicelo.

IZINYATHELO OKUMELE UZILANDELE UKUZE UFAKE ISICELO SESONDLO

- Faka isicelo sesondlo enkantolo kamantshi esifundeni ohlala kuso.
- Uma ungabaza, inkantolo yangakini izokutshela ukuthi iyiphi inkantolo okufanele ufake isicelo sesondlo.
- Yiya enkantolo efanele ugcwalise bese uhambisa [i-J101, Ifomu A: Isicelo somyalelo wesondlo](#).
- Ngaphezu kwefomu eligcwalisiwe, thumela ubufakazi beholo lakho lanyanga zonke kanye nezindleko, njengamarisidi okuthenga ukudla, ugesi kanye/noma izinkokhelo zezikweletu zerenti.
- Inkantolo izobeka usuku lapho wena nommangalelwa (umuntu ofisa ukumkhokhela isondlo) niye enkantolo.
- Isikhulu sesondlo kanye nomphenyi bazophenya isicelo sakho bese bebhaka izimo zakho.

- Inkantolo izokhipha amasamanisi (incwadi eyala umuntu ukuba eze enkantolo) kummangalelwa (umuntu okulethwa ngaye isimangalo) ukuba avele enkantolo ngosuku oluqondile lokudingida udaba.
- Ummangalelwa ube esekwazi ukukhetha phakathi kokuvuma ukukhokha isondlo njengoba efunwa, noma ukuphikisa udaba enkantolo.
- Uma ummangalelwa evuma ukukhokha isondlo njengoba efunwa, imantshi izobuyekeza imibhalo efanele . Uyobe esekhipha umyalelo, futhi anganquma ukwenza lokho ngaphandle kokudinga ukuthi abathintekayo bavele enkantolo.
- Uma umuntu okusolwa ukuthi kufanele akhokhe isondlo engavumi ukukhishwa komyalelo, kumele avele enkantolo, lapho kuzolalelwa khona ubufakazi obuvela kuzo zombili izinhlangothi kanye nofakazi babo.
- Uma inkantolo ithola ukuthi umuntu kufanele akhokhe isondlo, iyokhipha umyalelo wokuthi imali yesondlo ikhokhwe. Inkantolo iyophinde inqume ukuthi izinkokhelo zesondlo kufanele zenziwe nini futhi kanjani.
- Inkantolo ingayalela ukuthi imali yesondlo ikhokhwe ngenye yalezi zindlela ezilandelayo:
 - Ehhovisi likamantshi wendawo noma elinye ihhovisi likahulumeni eliqokelwe lokhu
 - Ebhange noma i-akhawunti yenhlangano yokwakha eqokwe ngumuntu othintekayo
 - Ngokuqondile kumuntu onelungelo lokuthola imali
 - Ngomyalelo oyalela umqashi womuntu onesibopho sokukhokha isondlo ukuthi adonse inkokhelo yesondlo ngokuqondile eholweni lomsebenzi, ngokuhambisana noMthetho Wesondlo Ka-1998 omusha.

UKUSHINTSHA INANI LESONDLO

Ungacela ukuthi imali ekhokhelwe yesondlo inyuswe noma yehliswe, ngenxa yokuthi ayisanele noma ngenxa yokuthi awusakwazi ukukhokha leyo mali yesondlo.

Izinyathelo okumele uzilande

- **Uma ungumuntu othola isondlo:**
 - Faka isicelo enkantolo kamantshi esesifundeni lapho wena njengomfakisicelo kanye nengane nihlala noma nihlala kuyo.
 - Gcwalisa ifomu lesicelo elifanele bese ulithumela, kanye nesitatimende semali engenayo nesezindleko, kumphathi wesondlo.
- **Uma ungumuntu okhokha isondlo kodwa ungasakwazi ukukhokhela le mali:**
 - Faka isicelo somyalelo wokunciphisa/wokushintsha ehhovisi likamantshi lapho umyalelo wakho wesondlo wenziwe khona.
 - Gcwalisa ifomu elifanele bese ulithumela kumphathi wesondlo.

- Thumela isitatimende esiphelele semali engenayo nezindleko, kanye nesitatimende esichaza izizathu zesicelo, kusiphathimandla sesondlo kungakhathaliseki ukuthi ungumamukeli noma umkhokhi wemali yesondlo . Kuyobe sekulandelwa inqubo efanayo nalapho isicelo sesondlo siqala ukufakwa.

UKUBALULEKA KWEMINGCELE KU-CO-PARENTING

Ukubeka imingcele ecacile ekukhuliseni ngokubambisana kubalulekile ekudaleni ubuhlobo obunempilo, obusebenzayo phakathi kwabazali ngemva kokuhlukana noma isehlukaniso . Imingcele isiza ukuchaza izindima, ukubeka imingcele, nokugcina inhlonipho, konke lokhu okunomthelela ekunciphiseni ukungqubuzana nokuthuthukisa indawo enhle enganeni.

Imingcele iyisisekelo sokukhulisa izingane ngendlela ephumelelayo ngoba ivumela bobabili abazali ukuba babambisane ngendlela evikela ingane, enciphise ukungqubuzana, futhi igcine ukhloniphana . Bakha isakhiwo, bakhuthaze impilo engokomzwelo, futhi banikeze uhlaka oludingekayo lobudlelwano obuphumelelayo bomzali oyedwa.

1. KUTHUTHUKISA UKUZINDLA EMZWENI

Imingcele ivumela abazali ukuthi balawule izimpendulo zabo zemizwa ngokudala iziqondiso ezicacile mayelana nokuziphatha okwamukelekayo . Lokhu kuvimbela ukuthintana kwemizwelo noma izinkinga zobudlelwano obudala ukuthi zingaphinde zivele, kusiza abazali ukuthi bagxile emgomweni wabo owabelwe: inhlalakahle yengane yabo.

2. YEHLISA UKUXHUMANA

Imingcele echazwe kahle inciphisa ukungezwani nokungaxhumani kahle . Lapho bobabili abazali bekwazi okulindeleke kubo, mancane amathuba okuba beqe imigqa engase ibangele izingxabano noma izingxabano ezingadingekile . Isibonelo, imingcele mayelana nokukhulumisana (isb., ukukhawulela izingxoxo ezindabeni ezithinta izingane) ivimbela izingxoxo ekubeni zibe ezomuntu siqu futhi zikhule zibe izingxabano.

3. IVIKELA INGANE

Izingane ziyazuza ekungaguququki nasekuvikelekeni ngokomzwelo, okuyinto imingcele esiza ekuhlinzekeni . Ngokugcina izindaba zabantu abadala zihlukene kanye nokuqinisekisa ukuthi umzali ngamunye uyasihlonipha isikhathi negunya lomunye umzali, imingcele ivimbela izingane ukuba zingabambeki noma zichayeke ezingxabanweni zabazali.

4. UMISA INDIMA NEZIBOPHO EZICALULEYO

Imingcele iyichaza ngokucacile indima yomzali ngamunye ekuphileni kwengane . Lokhu kuhlanganisa izibopho ezifana nokuthi ubani ophethe izici ezithile zokunakekelwa kwengane (isb., izinqumo zezokwelapha, imfundo) kanye neminingwane yokuhleleka efana nesikhathi sokuba umzali noma iminikelo yezimali . Lapho lezi zindima sezimi kahle, abazali abakanye nabo bangasebenza ndawonye ngokushelela ngaphandle kokudlula ngokweqile noma ukudala ukudideka.

5. KUKHUTHAZA UKUXHUMANA OKUNEMPILO

Uma kunemingcele, ukuxhumana phakathi kwabazali abakanye nabo kuba okuhlelekile futhi kugxile kakhulu . Iziqondiso ezicacile mayelana nendlela, nini, nokuthi yini okufanele baxoxisane ngayo zingasiza bobabili abazali bahlale besendleleni, baqinisekise ukuthi izingxoxo zihlala zinenhlonipho futhi zigxile enganeni .

6. ISEKELA IMPILO YOMUNTU

Imingcele ivikela inhlalakahle yomzali ngamunye ngokuqinisekisa ukuthi banendawo yokuphila kwabo ngaphandle kokuba umzali . Zisiza ukugwema ukutubeka ngokuchaza lapho umzali ngamunye “esemsebenzini” nalapho engekho, okubavumela ukuthi bashaje futhi balawule izidingo zabo zomuntu siqu.

7. KUSIZA UKUPHATHA UBUDLELWANE BUSHA

Uma ubudlelwano obusha noma abazali abangabazali bethulwa, imingcele iba ebaluleke kakhulu. Baqinisekisa ukuthi uguquko olusha aluphazamisi ilungiselelo elikhona lomzali oyedwa, okuvumela isikhala kozakwethu abasha kuyilapho kugcinwa ubuhlobo bomzali nengane.

Ukuphatha Nokugcina Ukubambisana Okuphumelelayo

AMASU OKUXHUMANA ASEBENZAYO OKUKHULISANA NOMZALI

Ukukhulumisana okucacile nenhlonipho kubalulekile ekukhuliseni ndawonye ngempumelelo . Ngokusebenzisa amasu okuxhumana aphumelelayo, abazali abakanye nabo banganciphisa ukungezwani, banciphise ukungqubuzana, futhi baqinisekise ukuthi izidingo zengane zibekwa kuqala ngokuqhubekayo . Nawa amanye amasu abalulekile okuthuthukisa ukuxhumana okunempilo phakathi kozakwabo osebenza nabo:

1. GCINA UKUXHUMANA KUPHAKATHI KWENGANE

Inhloso eyinhloko yazo zonke izingxoxo zomzali oyedwa kufanele kube inhlalakahle yengane.

- **Gxila Emgomweni Wakho Owabelana Ngayo:** Ngaso sonke isikhathi beka izingxoxo ezimayelana nezidingo zengane, izinqubo, kanye nemisebenzi . Gwema ukuveza izindaba zomuntu siqu noma izinkinga zobudlelwano obudlule . Ngokwesibonelo, esikhundleni sokuthi, "Awufiki ngesikhathi," yithi, "Ingane yethu izuza emikhubeni engaguququki, ngakho ukugcina isikhathi kubalulekile kuyo."
- **Sebenzisa Ulimi Olumaphakathi:** Gwema ulimi olugcwele imizwa noma olusolayo olungase luqalise ukuzivikela . Isibonelo, ithi "Ake sikhulume ngokuthi singayithuthukisa kanjani ishejuli" esikhundleni sokuthi "Uhlala uncolisa ishejuli."

2. KHETHA INDLELA EYIYO YOKUXHUMANA

Ukusebenzisa indlela efanele yokuxhumana ezimweni ezehlukene kusiza ukugwema ukungezwani nokugcina izinto zihlelekile.

- **Umbhalo noma I-imeyili Yezindaba Ezivamile:** Lezi zindlela zivumela bobabili abazali ukuthi bakhulume ngokucacile futhi babhale izinqumo . Baphinde banikeze isikhathi sokucabanga ngaphambi kokuphendula, okunciphisa amathuba okusabela ngokuxhamazela noma okungokomzwelo.
- **Ucingo noma mathupha ngezindaba eziphuthumayo:** Ezimweni eziphuthumayo noma eziphuthumayo, ukuxhumana okuqondile kungase kusebenze kahle . Setha ithoni enenhlonipho futhi uhlale ugxile ekuxazululeni inkinga obhekene nayo.
- **Izinhlelo zokusebenza ezikhulisa izingane ngokuhlanganyela:** Cabangela ukusebenzisa izinhlelo zokusebenza ezikhulisa izingane njenge-OurFamilyWizard noma Abazali Abakhulumayo, ezisiza ukuqondisa ukuxhumana ngokuhlela amashejuli, ukwabelana ngolwazi, nokugcina irekhodi lakho konke ukusebenzelana.

3. MISA IMIKHAWULO YEKUXHUMANA ESILILE

Ukubeka imingcele kusiza ukuqinisekisa ukuthi izingxoxo zihlala zinenhlonipho futhi zikhiqiza.

- **Vumelana Ngokuthi Kukhulunywa Nini Futhi Kanjani:** Misa imithetho yokuxhumana, njengokuvuma ukuphendula ezindabeni ezingaphuthumi phakathi kwamahora angu-24 noma ukhawule ukuxhumana ngezikhathi ezithile zosuku . Lokhu kuvimbela ukuthumela imiyalezo kwasebusuku kakhulu noma ukuphazamiseka okungadingekile.
- **Gcina Izingxoxo Zimfushane Futhi Ziqonde Ephuzwini:** Hlala ugxilile esihlokweni esiseduze futhi ugweme ukunyakaziswa okude noma okuthinta imizwa . Sebenzisa amaphoyinti ezinhlamvu noma uhlu kuma-imeyili ukuze ugcine ukuxhumana kuhlelekile futhi kucacile.

4. ZIJWAYELEKILE UKULALELA NGENXA

Ukukhulumisana okuphumelelayo akukhona nje ukukhuluma; kumayelana nokulalela, futhi.

- **Lalela Ngaphandle Kokuphazamisa:** Vumela omunye umzali aveze okumkathazayo noma imibono ngaphandle kokugxumela noma ukumphazamisa . Ukulalela ngokugcwele kungakusiza uqonde kangcono umbono wabo.
- **Zindla Futhi Ucacise:** Ngemva kokulalela, fingqa okuzwile ukuze uqinisekise ukucaca . Isibonelo, "Ngakho-ke, uthi ungathanda ukulungisa isikhathi sokushiya ngenxa yeshejuli yakho entsha yomsebenzi?"
- **Qinisekisa Okukukhathazayo:** Yazisa imizwa yomzali okanye nawe, ngisho noma ungavumelani . Lokhu kukhombisa inhlonipho futhi kubenza bazizwe bezwakala . Isibonelo, ithi, "Nginyaqonda ukuthi ukhungathekile mayelana nezinguquko zeshejuli, futhi ngizosebenzisana nawe ukuze ngithole isisombululo."

5. SEBENZISA IZITATIMENDE "NGI"

Ukusebenzisa izitatimende ezithi "Mina" esikhundleni sokuthi " wena " kuvimbela ukusola futhi kunciphisa ukuzivikela.

- **Veza Izidingo Zakho Ngokucacile:** Kunokuba uthi "Awukaze ungilalele," yibeke kabusha ngokuthi "Ngizizwa ngikhungathekile lapho singavumelani ngesimiso." Lokhu kugxila emizweni yakho kunokusola omunye umzali.
- **Hlala Ugxile Kwisixazululo:** Isibonelo, esikhundleni sokuthi, "Uhlala wenza isinqumo ngaphandle kwami," zama, "Ngingathanda ukuthi sobabili sibe nokufaka lapho sinquma ngemisebenzi yangemva kwesikole yengane yethu."

6. YIHLONIPHELE KANYE NOCWEPHESHE

Phatha ubudlelwano bomzali oyedwa njengobudlelwane bebhizinisi obugxile enhlalakahleni yengane.

- **Gwema Ukugxekwa Komuntu Siqu:** Gcina ingxoxo mayelana nezinkinga zokukhulisa izingane futhi ugweme ukugxeka impilo yomuntu siqu yomzali wakho noma indlela yokuziphatha yangaphambilini.
- **Hlala Uhloniphekile Futhi Unesizotha:** Ngisho noma kuvela ukungezwani, gcina izwi elinenhlonipho . Bonga omunye umzali lapho besiza noma bevumela izinguquko, futhi ubonise ukwazisa ngokubandakanyeka kwabo ekuphileni kwengane.
- **Sebenzisa Ukuqinisa Okuhle:** Mncome omunye umzali lapho enza okuthile kahle noma asingathe isimo ngomoya ophansi . Ukuqiniswa okuhle kusiza ukudala indawo yokubambisana.

7. NAMELA EMAQINISENI

Gwema ukuvumela imizwa ilawule ingxoxo ngokugxila olwazini oluyiqiniso .

- **Yiba Umgomo:** Gxila ekuhleleni izinto, njengeshejuli yengane, imicimbi yesikole, noma izikhathi zokwelashwa . Ngokwesibonelo, esikhundleni sokuthi, "Awunandaba nemfundo yengane yethu," yithi, "Uthisha usicele ukuthi sisayine leli phepha lomsebenzi wesikole masonto onke, ngakho kudingeka sikuhlanganise lokho."
- **Nikeza Ubufakazi Lapho Budingeka:** Uma kukhona amadokhumenti abalulekile, njengemibiko yesikole noma amafomu ezokwelapha, yabelana ngawo ukuze usekele ingxoxo futhi uqinisekise ukuthi bobabili abazali banokufinyelela olwazini olufanele.

8. BEKA UKUHLOLA NJALO

Ukuhlela ukungena okuvamile, okuhlelekile kungavimbela izinkinga ukuthi zingakheki ngokuhamba kwesikhathi.

- **Hlela Kusengaphambili Ngezibuyekezo Ezivamile:** Kungakhathaliseki ukuthi masonto onke, ama-biweekly, noma nyanga zonke, setha isikhathi sengxoxo emfushane noma umlayezo ukuze nibuyekezane nganoma yiziphi izinguquko, izinkinga, noma imicimbi ezayo.
- **Gcina Imihlangano Ifushane Futhi Ikhiqiza:** Vumelana nge-ajenda ngaphambi kokungena, futhi unamathele kuyo. Gwema ukulungisa kabusha ukungezwani okudala, futhi ugxile ekwenzeni izinqumo zesikhathi esizayo.

9. GUQUKA FUTHI UVULELE UKUKHIPHATHA

Ukuba nomzali oyedwa ngokuvamile kudinga ukuvumelana nokuzivumelanisa nezimo, ikakhulukazi lapho izimo zishintsha.

- **Bonisa Ukuzimisela Ukulungisa:** Ukuphila kungase kungabikezeleki, ngakho ukuvumelana nezimo nezimiso nezinqumo kusiza ekuthuthukiseni ubuhlobo bokubambisana . Isibonelo, uma umzali osebenza naye edinga ukushintshanisa izimpelaviki ngenxa yezibopho zomsebenzi, zama ukumvumela uma kungenzeka.
- **Bheka Izixazululo Zokunqoba:** Gxila ekudaleni izixazululo ezisebenzela bobabili abazali futhi ezizuzisa ingane . Isibonelo, uma kudingeka ushintsho lweshejuli, xoxa ngezindlela zokulinganisela isikhathi nengane ukuze bobabili abazali bazizwe belungile .

10. SEBENZISA AMAKHONO OKUXAZULULWA KWEZIMBANGO

Ukungqubuzana akunakugwenywa, kodwa indlela okusingatha ngayo kwenza umehluko omkhulu ekugcineni ukuguquguquka okuhle komzali oyedwa.

- **Hlala Uzolile Ngesikhathi Sokungavumelani:** Uma kuphakama ingxabano, donsa umoya bese ume kancane ngaphambi kokuba uphendule . Gwema ukusabela ngokuxhamazela noma ukuvumela intukuthelo iqhube ingxoxo.
- **Funa Ukulamula Uma Kudingeka:** Uma ukungqubuzana kungenakuxazululwa ngokuxhumana okuqondile, cabangela ukubandakanya umuntu wesithathu ongathathi hlangothi, njengomxazululi, ukusiza ukuqondisa ingxoxo nokuthola izixazululo.

UKUSINGATHA UKUNGQUBUZANA PHAKATHI KWABAZALI ABASEBENZISANAYO

Ukuhlonza imithombo yokungqubuzana, ukusebenzisa amathuluzi okwehlisa izingxabano, kanye nokufuna ukulamula lapho kudingekile kuyizici ezibalulekile zokukhulisa izingane eziphumelelayo . Ngokuxazulula izingxabano ngokuqhubekayo nokugcina ukukhulumisana okukhululekile, abazali bangakha ubuhlobo obuvumelanayo bomzali oyedwa obubeka kuqala inhlalakahle yengane yabo . Ukusebenzisa la maqhinga akunciphisi nje kuphela ukungezwani kodwa futhi kukhuthaza isimo sokubambisana, ekugcineni kuzuzise bobabili abazali nezingane njengoba bebhekana nezinselele zokuhlukana.

UKUHLONZA IMITHOMBO YOKUNGQUBUZANA

Izingxabano ekukhuliseni ndawonye ngokuvamile zivela emibonweni ehlukeneyo yokuthi zingakhuliswa kanjani izingane, izinkinga zomuntu siqu phakathi kwabazali, noma ubunzima ekukhulumisaneni . Ukuhlonza imithombo eyinhloko yokungqubuzana kuyisinyathelo sokuqala ekulawuleni nasekuyixazululeni ngempumelelo.

1. IMITHOMBO EVAMILE YOKUXHUMANA

- **Izitayela Zokukhulisa Umzali** : Izindlela ezihlukene zokuyala, izinqubo, noma amafilosofi avamile okukhulisa izingane zingaholela ekungavumelani.
- **Ukuhlela Izingxabano:** Izingxabano mayelana nesikhathi esichithwa nengane, amaholide, noma izinguquko zomzuzu wokugcina ohlelweni zingadala ukukhungatheka.
- **Izinkinga Zezezimali:** Ukungaboni ngaso linye ngezindleko ezihlobene nengane noma imibono ehlukene mayelana nokusetshenziswa kwezimali kungadala ukungezwani.
- **Ukuhlukana Kwezokuxhumana:** Ukungaqondi kahle, ukuntula ukucaciseleka, noma izindlela zokuxhumana ezingezinhle kuvame ukuba nomthelela ekungqubuzaneni okuqhubekayo.
- **Izinsalela Zomzwelo Ebudlelwaneni:** Izinkinga ezingokomzwelo ezingaxazululiwe phakathi kwabazali, njengemizwa yokucasuka, umhawu, noma intukuthelo, zingabhebhethekisa izingxabano phakathi komzali oyedwa.

2. UKUZIZINDLA

- **Thola Izimbangela:** Zindla ngezinto ezikubangelayo imizwa yakho . Ukuqonda ukuthi yiziphi izenzo ezithile noma amagama adala ukukhungatheka kwakho kungakusiza ubhekane nokungqubuzana nokuzazi okwengeziwe.
- **Bona Amaphethini:** Bheka amatimu aphindelelayo ezingxabanweni zakho nozakwabo ongumzali . Ingabe zikhona izimo ezithile ezivame ukuholela ezingxabanweni ? Ukuhlonza la maphethini kungasiza ekuxazululeni umsuka wezingxabano.

AMATHULUZI OKUNCIPHISA IZINGXABANO

Uma izingxabano ziphakama, kubalulekile ukuthi ube namathuluzi namasu okwehlisa izingxabano ngaphambi kokuba zibe nomthelela omubi ebudlelwaneni bomzali oyedwa noma ingane. Nawa amanye amasu asebenzayo:

1. HLABA UZOLE UQINISE

- **Thatha Ikhefu:** Uma imizwa ikhuphuka, hlehla esimweni . Ikhefu elifushane linganikeza isikhathi sokuphola nokuthola umbono.
- **Sebenzisa Izindlela Zokugxilisa:** Zijwayeze amasu okumisa phansi njengokuphefumula okujulile, ukubala uze ufike eshumini, noma ukubona ngeso lengqondo indawo ezolile ukuze usize ukuphatha impendulo yakho yomzwelo.

2. JIKELELE UKULALELA NGENXA

- **Lalela Ukuze Uqonde:** Gxila kulokho omunye umzali akushoyo ngaphandle kokulungiselela ukuphikisa kwakho . Bonisa ukuthi uzama ngobuqotho ukuqonda umbono wabo.
- **Hlanganyela futhi uzindle:** Phinda lokho okuzwile ngamazwi akho. Lokhu kubonisa ukuthi uyanaka futhi kusiza ekucaciseni ukungaqondi kahle.

3. Gxila EZithakaselelweni Ezinhle Kakhulu ZOMNTWANA

- **Gcina Ingane Esikhungweni:** Zikhumbuze wena kanye nozakwenu ukuthi okuyinhloko kufanele kube inhlalakahle yengane yakho . Hlela izingxoxo mayelana nokuthi yini engcono kakhulu kubo.
- **Sebenzisa Izitatimende Ezithi "Mina":** Esikhundleni sokusola omunye umzali, veza imizwa nezidingo zakho usebenzisa izitatimende ezithi "Mina" . Isibonelo, ithi "Ngizizwa ngikhathazekile ngeshejuli" esikhundleni sokuthi "Uhlala ushintsha ishejuli."

4. BEKELA IMIKHAWULO

- **Chaza Imingcele Yezingxoxo:** Misa imithetho yokuxhumana ngenhlonipho, njengokungamemezi, ukuthukana, noma ukuphazamisa . Vuma ukumisa ingxoxo uma kushisa kakhulu.
- **Khawulela Izihloko :** Vumelanani ngezihloko ezithile okufanele nixoxe ngazo phakathi nezingxoxo zomzali oyedwa, ukugwema izikhalazo zomuntu siqu ezingase zikhulise ukungezwani.

5. FUNANI IZIXAZULULO NGOKUBAMBANA

- **Hlanganyela Ezixazululweni:** Esikhundleni sokugxila ezinkingeni, sebenzani ndawonye ukuze nithole izixazululo ezingokoqobo . Xoxa ngemibono futhi uvulekele ukuvumelana.
- **Hlala Ugxilile Isixazululo:** Gcina ingxoxo iqondiswe ekuxazululeni inkinga kunokuhlehlisa izikhalazo ezedlule.

UKUBHEKANA NOMZALI OSEBENZA NAYE OKUNZIMA

Ukuzulazula ebudlelwaneni bomzali oyedwa kungase kube inselele, ikakhulukazi uma usebenzelana nomzali oyedwa onzima noma onengxabano enkulu . Lesi sigaba siveza amasu okuphatha lezi zimo ngempumelelo, ukuzivikela wena kanye nengane yakho ngokomzwelo, nokwazi ukuthi ungalufuna nini ukusekelwa okwengeziwe.

UKUZULAZULA EBUDLELWANENI OBUNEZINGXABANO EZIPHEZULU

Izimo ezihambisana nomzali oyedwa ezingqubuzanayo zingadala isimo esicindezelayo kubo bobabili abazali nezingane . Nawa amanye amasu okuzulazula kulobu budlelwano ngempumelelo:

1. Misa Imingcele Ecacile

- **Chaza Imithetho Yokuxhumana:** Misa imingcele mayelana nokuthi uxhumana kanjani futhi nini nomzali osebenza naye . Isibonelo, nquma ukuthi usebenzise umbhalo noma i-imeyili ukuxhumana, njengoba lawa mafomethi anganciphisa ukukhuphuka kwemizwelo uma kuqhathaniswa nezingxoxo zobuso nobuso noma zocingo.
- **Nciphisa Izingxoxo:** Gxila ezingxoxweni ngokuqinile ezindabeni zabazali, ugwema izihloko zomuntu siqu ezingaholela ekuxabaneni.

2. Hlala Upholile Futhi Uzinzile

- Phatha Ukusabela Kwakho: Gcina imizwa yakho ilawula ngesikhathi sokusebenzelana . Uma umzali wakho eqala ukuzonda noma enolaka, zijwayeze ukuphefumula okujulile noma uthathe ikhefu engxoxweni ukuze uphinde uzolile.
- Zijwayeze Ukuxhumana Ngokuqiniseka: Sebenzisa ulimi olucacile noluhloniphekile lapho uveza imicabango yakho . Gwema izitayela zokuxhumana ezingenzi lutho noma ezinolaka ezingase zibhebhethekise ukungqubuzana.

3. Bhala Konke

- Gcina Amarekhodi: Bhala konke ukuxhumana nozakwethu ongumzali, okuhlanganisa ama-imeyili, imilayezo yombhalo, namanothi avela ezingxoxweni zocingo . Lokhu kungaba usizo uma ukungqubuzana kudlondlobala noma uma udinga ukufuna iseluleko sezomthetho esikhathini esizayo.
- Qaphela Izehlakalo Ezibalulekile: Gcina ilogu yemicimbi ebalulekile, njengokuvakasha okuphuthelwe noma izingxoxo zezezimali, ukuze ulandelele amaphethini okungenzeka adinge ukusingathwa kamuva.

4. Sebenzisa "Mina" Izitatimende

- Veza Izidingo Zakho Ngokucacile: Hlanganyela okukukhathazayo nezidingo zakho usebenzisa izitatimende ezithi "I" ukuze unciphise ukuzivikela . Isibonelo, ithi "Ngizizwa ngikhungathekile lapho izinhlelo zishintsha ngomzuzu wokugcina" esikhundleni sokuthi "Uhlala ushintsha izinhlelo ngaphandle kokungitshela."

UNGAZIVIKELA KANJANI WENA NENGANE YAKHO NGOKOMZWELO

Ukuvikela inhlalakahle yakho engokomzwelo neyengane yakho kubalulekile esimweni esinengxabano enkulu yokuba nomzali oyedwa . Nazi ezinye izindlela zokuqinisekisa ukuphepha ngokomzwelo:

1. BHEKA EKUQALENI UKUZINAKEKELA

- Gxila Emihleni Yakho: Zibandakanye emisebenzini yokuzinakekela ethuthukisa impilo yakho engokwengqondo nengokomzimba, njengokuzivocavoca, ukuzilibazisa, noma ukuchitha isikhathi nabangane nomndeni abakwesekayo.
- Funa Ukusekelwa: Khuluma nabangane, umndeni, noma umelaphi mayelana nolwazi lwakho . Ukuba nesistimu yokwesekwa kungakunikeza ngendawo ephephile ukuze uvule futhi uthole umbono.

2. VIKELA INGANE YAKHO EKUXHUBENI

- Gwema Ukuhilela Ingane Yakho: Ungabelani ngezinkinga zabantu abadala noma izingxabano nengane yakho . Gcina izingxoxo mayelana nezindaba zokubambisana phakathi kwakho nozakwethu ukuze ugweme ukubeka ingane phakathi.
- Khuthaza Ukuxhumana Okukhululekile: Yenza kube sendaweni lapho ingane yakho izizwa iphephile ukuveza imizwa yayo . Bazise ukuthi bangakhuluma nawe nganoma yikuphi okubakhathazayo ngaphandle kokwesaba ukubangela ukungqubuzana.

3. ISIBONELO UKUZIPHATHA OKUNEMPILO

- Bonisa Ukuzola: Bonisa ukuziphatha okuzolile nenhlonipho phambi kwengane yakho, ngisho nalapho usebenza nomzali okanye naye onzima . Lokhu kusiza ukufundisa ingane yakho indlela yokusingatha izingxabano ngokuvuthwa.
- Khuthaza Ukuveza Imizwelo: Khuthaza ingane yakho ukuba iveze imizwa yayo ngendlela enempilo . Bafundise amasu okubhekana nesimo, njengokubhala iphephabhuku noma ukukhuluma ngemizwa yabo.

4. BEKA OKULINDELEKILE NGEMPELA

- Yamukela Imikhawulo: Qaphela ukuthi awukwazi ukushintsha ukuziphatha komzali okanye nawe kodwa ungakwazi ukulawula ukusabela nezimpendulo zakho . Ukubeka okulindelekile okungokoqobo kunganciphisa ukukhungatheka nokukhathazeka.

ISIKHATHI SOKUBANDAKANYA UMUNTU WANGAPHANDLE NOMA USEKELO LWEZOMTHETHO

Kwezinye izimo, kungase kudingeke ukuthi kuhileleke omunye umuntu noma ufune usizo lwezomthetho ukuze uzivikele wena nengane yakho . Nazi izinkomba zokuthi usithatha nini lesi sinyathelo:

1. UKUPHIKISANA OKUPHELELE

- Ubutha obuqhubekayo: Uma ukungaboni ngaso linye kuba iphethini futhi kudlulela ekubeni ubutha obuqhubekayo, kungase kube isikhathi sokufuna ukulamula kochwepheshe ukuze kube lula ukuxhumana nokuxazulula izinkinga.
- Ukuntula Ukubambisana: Uma umzali wakho ehlala enqaba ukubambisana noma ukuxhumana ngokuphumelelayo mayelana nemithwalo yemfanelo yokuba umzali, ukulamula kunganikeza indawo ehlelekile yokuxoxisana.

2. IZIKHATHAZO ZOKUPHEPHA

- Izinsongo noma Ukuhlukumeza: Uma kukhona noma yiziphi izinsongo zokulimala ngokomzimba, ukuhlukumeza ngokomzwelo, noma ukukhathazeka ngokusetshenziswa kabi kwezidakamizwa, kubalulekile ukufuna iseluleko sezomthetho noma uxhumane neziphathimandla ngokushesha ukuze uzivikele wena nengane yakho.
- Izinkinga Zokuxhashazwa Kwezidakamizwa: Uma umzali wakho enomlando wokusebenzisa kabi izidakamizwa okuthinta ikhono lakhe lokunakekela ingane, ukungenelela kwezomthetho kungase kudingeke ukuze kuqinisekise ukuphepha.

3. IMIBHALO YOMTHETHO

- Isidingo Sokulungiswa: Uma udinga ukulungisa amalungiselelo okugcinwa, amashejuli okuvakasha, noma isondlo sengane ngenxa yezinguquko ezimweni, ukusekelwa kwezomthetho kungasiza ukuqinisekisa ukuthi lezi zinguquko zibhaliwe futhi ziyasebenziseka.

- Ukuphoqelela Izivumelwano: Uma umzali wakho okanye naye engahambisani nezinhlelo okwavunyelwana ngazo ngaphambili (isb., ilungelo lokugcina ingane noma isondlo sengane), kungase kudingeke usizo lwezomthetho ukuze kuphoqelelwe lezo zivumelwano.

UKUFUNA UKULAMULA UMA KUDINGEKA

Uma ukungqubuzana kuba yinselele kakhulu ukuba kungaphathwa ngokuzimela, ukufuna ukulamula kungaba yindlela ephumelelayo yokuxazulula izingxabano nokuthuthukisa ukuxhumana.

1. QONDA UKUXOXA

- **Incazelo Yokulamula:** Ukulamula kuhilela umuntu wesithathu ongathathi hlangothi osiza abazali bakhulume ngokuphumelelayo futhi bathole izixazululo ezivumelanayo . Umxazululi akathathi hlangothi kodwa uqhuba ingxoxo.
- **Izinzuzo Zokulamula:** Ukulamula kungaholela ekukhulumisaneni okungcono kakhulu, ukunciphisa ukungqubuzana, nezixazululo eziklanyelwe ukuhlangabezana nezidingo eziqondile zabo bobabili abazali nengane.

2. UMA UFUNA UKUXOXA

- **Izingxabano Eziqhubekayo:** Uma ukungezwani kuvame futhi kungaxazululeki, ukulamula kunganikeza indawo ehlelekile yokuxoxisana.
- **Ukuhlukana Kokuxhumana:** Uma ukuthola kunzima ukuxhumana nozakwethu ngaphandle kokungqubuzana, umxazululi angakwazi ukugqogquzela izingxoxo ezikhiqizayo.
- **Izinguquko Ezibalulekile:** Cabangela ukulamula phakathi nezinguquko ezinkulu zempilo, njengezinguquko ezinhlelweni zesitokisi noma izibopho zezezimali.

3. UMTHOLA KANJANI UMHLELI

- **Ucwaningo Abalamuli Abafanelekayo:** Funa abalamuli abasebenza ngokukhethekile ezindabeni zomndeni noma eziphathelene nomzali oyedwa . Kufanele babe neminingwane efanele kanye nolwazi olufanele.
- **Cela Izincomo:** Funa izincomo kubangani abathembekile, umndeni, noma ochwepheshe bezomthetho abanolwazi lokuxoxisana nomzali oyedwa.

4. LUNGISELELA IZIHLANGANO ZOKUXHUMANA

- **Thola Imigomo:** Ngaphambi kweseshini, cacisa ukuthi yini othemba ukuyifinyelela ngokulamula . Chaza amaphuzu abalulekile nezinto ezikukhathazayo ofuna ukuzilungisa.
- **Hlala Uvulekile Emcabangweni:** Sebenzisa ukuxoxisana ngokuzimisela kokuyekethisa nokusebenzisana . Ukuvuleleka emibonweni eyahlukene kungasiza imiphumela engcono.

• LANDELA NGEMVA KOKUXHUMANA

- **Dala Isivumelwano Sokuba Nomzali Oyedwa:** Ngemva kokulamula, bhala noma yiziphi izivumelwano ezenziwe phakathi neseshini . Lokhu kusiza ukunikeza ukucaca nokuziphendulela ukuya phambili.
- **Qhubeka Ukuxhumana:** Gcina imigudu yokuxhumana evulekile ngemva kokuxoxisana . Ngena njalo ukuze uqinisekise ukuthi bobabili abazali banamathela ezivumelwaneni futhi babhekane nanoma yikuphi ukukhathazeka okusha okuvelayo.

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UNGAZISINGATHA KANJANI IZINGXABANO NGOKUZOLA EKUKHULISENI NGOKUBAMBISANA

Ngisho noma kunezinhloso ezinhle, ukungezwani kuzokwenzeka . Ukwazi ukuthi ungazisingatha kanjani lezi zingxabano ngomoya ophansi kubalulekile ukuze ugcine ubudlelwano obuhle bomzali oyedwa.

1. HLABA UZOLE FUTHI LAWULA IMIZWA YAKHO

- Yima isikhashana ngaphambi kokuphendula: Thatha isikhashana ukuphefumula ngaphambi kokusabela, ikakhulukazi uma okuthile kuvusa imizwa enamandla . Lokhu kuzokuvimbela ukuthi ungasho into ongase uzisole ngayo.
- Gcina Izwi Lakho Lingathathi hlangothi: Ngisho nalapho uzizwa ukhungathekile, gcina ithubo yakho izolile . Ukuphakamisa izwi lakho noma ukusebenzisa iphimbo eliqinile kungabhebhethekisa ukungqubuzana.

2. Gxila EZIXAZULULWENI, HHAYI IZINKINGA

- Yibone Ngokucacile Inkinga: Qiniseka ukuthi bobabili abazali bayakhuluma mayelana nokuthi kuyini ukungqubuzana . Gwema izinkinga eziseceleni noma izikhalazo zesikhathi esidlule ezingahlobene.
- Sebenzela Ukuyekethisa: Gxila ekutholeni indawo ephakathi nendawo . Zibuze wena kanye nozakwenu ukuthi yiziphi izixazululo ezingase zisebenzele izinhlangothi zombili kanye nengane.
- Cela Usizo Uma Udingeka: Uma ukungqubuzana kunzima kakhulu ukukuxazulula uwedwa, cabanga ukuletha umuntu wesithathu ongathathi hlangothi, njengomlamuli noma umeluleki womndeni, ukuze asize ekutholeni isisombululo.

3. UNGAYIHLANGANISI INGANE EZIMBANGAnweni

- Vikela Ingane Ekucindezelekeni: Ungalokothi uxabane phambi kwengane yakho noma uyisebenzise njengesigijimi phakathi kwabazali . Izingane akufanele neze zibe nomuzwa wokuthi kufanele zikhethe izinhlangothi.
- Gcina Izingxoxo Ziyimfihlo: Xoxisanani ngokungqubuzana ngaphandle kwendlebe enganeni , futhi niqinisekise ukuthi ayivezwa ukucindezeleka kwezinkinga zabantu abadala.

2. ISIKHATHI SOKUPHUMELA IMIZWA

- Thatha Ikhefu Engxoxweni: Uma imizwa iphakama, vuma ukuhamba isikhathi esimisiwe (okungukuthi, "Asiphinde sikuvakashele lokhu emahoreni angama-24") . Lokhu kuvumela bobabili abazali ukuba behlise umoya futhi bacabange ngokuhluzekile.

UKUGWEMA IZIMBANGELA ZEMIZWELO NGESIKHATHI SOKUXHUMANA KOMZALI OHLANGENE

Izimbangela ezithile ezingokomzwelo zingaphazamisa izingxoxo zomzali oyedwa, zenze ukukhulumisana kungabi nazithelo noma kushube . Ukwazi lezi zimbangela nokufunda ukuthi ungazilawula kanjani kubalulekile.

1. KHOMBA IZINTO EZIKUSHUBELA EMZWENI

- Yazi Okukucunulayo: Cabangela ukuthi yiziphi izihloko noma ukuziphatha okuvela kumzali okanye nawe okubangela ukusabela okunamandla kwemizwelo (isb., ukuzizwa ungahlonishwa, ugxeke, noma ungazikwa).
- Qonda Umthombo: Izinto eziningi ezivusa imizwa zisuka ezindabeni zobudlelwane obudlule . Ukuqaphela ukuthi ukusabela kwakho kungase kusekelwe kulokho okwenzeka esikhathini esidlule kunesimo samanje kungakusiza ukuba ubhekane nendaba ngomoya ophansi.

2. UNGAKUTHATHI NGOKWAKHO

- Imizwa Ehlukene Yokuba Ngumzali Ohlangene: Zikhumbuze ukuthi ubuhlobo bomzali oyedwa bumayelana nengane yakho, hhayi ukuxazulula izingxabano zomuntu siqu ezindala . Gxila ezindabeni zokukhulisa izingane futhi uzame ukungavumeli imizwa yobuhlobo bothando bangaphambili ithonye ukusabela kwakho.
- Thatha Inhloso Enhle: Esikhundleni sokugxumela eziphethweni, thatha ngokuthi izenzo noma amazwi omzali wakho avela endaweni yokukhathazeka ngengane, hhayi isifiso sokukucasula.

3. SEBENZISA IZINDLELA ZOKUGQILA

- Ukuphefumula Futhi Ugxilise Kabusha: Uma uzizwa uqala ukuphefumula, sebenzisa izivivinyo zokuphefumula ezijulile ukuze wehlise umoya . Zigxilise ngokugxila enhlalakahleni yengane yakho kunemizwelo yakho.
- Thatha Isinyathelo Emuva: Uma isihloko esithile sivusa amadlingozi kakhulu ukuthi singasingathwa ngaleso sikhathi, sivume futhi uphakamise ukuthi nixoxe ngaso kamuva lapho uzizwa ukhululekile.

4. GWEMA IZIMPENDULO ZAMADOLO

- Zinike Isikhathi: Uma uthola umlayezo noma amazwana avusa imizwa, ungaphenduli ngokushesha. Zinike isikhathi sokucubungula ulwazi bese ubhala impendulo ezolile necabangelayo.
- Okusalungiswa bese ubuyekeza Izimpendulo: Ezingxoxweni ezinzima, cabanga ukubhala impendulo bese uyibuyekeza kamuva . Lokhu kukuvumela ukuthi uhlele noma yiluphi ulimi olusebenzayo noma oluthinta inhliziyu.

Ukusiza Izingane Ukuzijwayelana Nokubambisana Kwabazali

Ukushintsha kungase kube inselele ezinganeni, ikakhulukazi esimweni sokuba nomzali oyedwa lapho kungase kudingeke ukuthi zijwayelane nemikhuba emisha, izinhlelo zokuhlala, noma izinguquko zomndeni . Ukunikeza ukwesekwa ngalezi zikhathi kubalulekile ekusizeni izingane zikwazi ukubhekana nezinguquko ngokushelela futhi zigcine ukuzinza kwemizwelo.

Ukubhekana nokuziphatha okungalungile okubangelwa ukuhlukana, ukulawula imizwa yecala ezinganeni, nokugwema ukubeka ingane phakathi kuyizici ezibalulekile zokukhulisa umzali okuphumelelayo . Ngokukhuthaza ukukhulumisana okukhululekile, ukunikeza isiqinisekiso, nokugcina imingcele ecacile, abazali bangasiza izingane zabo zikwazi ukubhekana nezinselule ezingokomzwelo zokuhlukana . Ukusekela izingane ekuvezeni imizwa yazo kanye nokuqinisa ubuhlobo obuhle nabo bobabili abazali akugcini nje ukufaka isandla enhlalakahleni yabo engokomzwelo kodwa futhi kuqinisa ubuhlobo bomzali oyedwa . Ekugcineni, ukudala indawo ekhulisayo nesekeleyo kusiza izingane ukuba ziphumelele phakathi nezinguquko nokungaqiniseki.

1. LUNGISELELA KUSEKUDALA IZINGUQUKO

- **Xoxa Ngezinguquko Ezizayo:** Khuluma nengane yakho mayelana noshintsho oluzayo kusenesikhathi . Lokhu kungase kuhlenganise izinguquko ezifana nokuthuthela ekhaya elisha, ukuqala isikole esisha, noma ukujwayela ukushintsha komndeni okusha . Chaza ukuthi kuzokwenzekani nokuthi kungani, usebenzisa ulimi olufanele iminyaka yabo.
- **Sebenzisa Izinsiza-kufundisa:** Ezinganeni ezincane, izinsiza-kubuka ezifana namashadi noma amakhalenda zingazisiza ziqonde umugqa wesikhathi wenguquko . Maka izinsuku ezibalulekile futhi unikeze isethulo esibonakalayo salokho ongakulindela.

2. DALA UKUZINZA KANYE NOMGWAQO

- **Misa Imizila Engaguququki:** Ukungaguququki kubalulekile ekusizeni izingane zizizwe zivikelekile phakathi noshintsho . Zama ukugcina isimiso esivamile sokudla, izikhathi zokulala, nemisebenzi yansuku zonke, ngisho naphakathi kwezinguquko.
- **Gcizelela Ukujwayelana:** Gcina izici ezithile ezijwayelekile empilweni yengane . Lokhu kungaba amathoyizi abawathandayo, izindaba ngaphambi kokulala, noma izinqubo ezibakhumbuza indawo yabo yangaphambilini, ezinikeza induduzo phakathi nesikhathi sokulungisa.

3. KHUTHAZA UKUXHUMANA OKUVULEKILE

- **Yenza Indawo Ephemile Yengxoxo:** Dala indawo lapho izingane zizizwa ziphephile ukuveza imizwa yazo nokukhathazeka kwazo . Bakhuthaze ukuthi babelane ngemicabango yabo mayelana noguquko, kungakhathaliseki ukuthi bajabule, bethukile, noma badidekile.

- **Qinisekisa Imizwa Yabo:** Vuma futhi uqinisekise imizwa yengane . Bazise ukuthi kuvamile ukuzwa ingxube yemizwa phakathi noshintsho nokuthi ukhona ukuze ubasekele.

4. BEKEZA FUTHI UQONDE

- **Zinike Isikhathi Sokulungisa :** Qonda ukuthi izinguquko zingathatha isikhathi . Ezinye izingane zingase zijwayelane ngokushesha, kuyilapho ezinye zingadinga isikhathi esengeziwe sokuzizwa zikhululekile . Yiba nesineke futhi unikeze isiqinisekiso phakathi nesikhathi sokulungiswa.
- **Ngena Njalo:** Hlola njalo nengane yakho ukuze ubone ukuthi izizwa kanjani mayelana nezinguquko . Lokhu kukhombisa ukuthi uyabakhathalela futhi ukhona ukuze ubasekele ngenguquko.

5. FUNA USIZO LOBUCHWEPHESHE UMA UDINGEKA

- **Cabangela ukwelulekwa:** Uma ingane yakho idonsa kanzima ngenguquko, cabanga ngokufuna usizo kuchwepheshe wezengqondo yezingane noma umeluleki . Bangakunikeza ukwesekwa okwengeziwe namasu okusiza ingane yakho ukuba ibhekane nakho.

UKUSIZA IZINGANE ZIVEZE IMIZWA YAZO

Ukweseka izingane ngesikhathi soshintsho nokuzisiza ukuthi ziveze imizwa yazo kuyizici ezibalulekile zokuba nomzali oyedwa ophumelelayo . Ngokulungiselela izinguquko, ukulondoloza ukuzinza, ukukhuthaza ukukhulumisana ngokukhululekile, nokufundisa ukufunda ngokomzwelo, abazali banganikeza indawo ekhuthazayo ekhuthaza ukukhuthazela nokuphila kahle ngokomzwelo . Le mizamo ayisizi nje kuphela izingane ukuthi zikwazi ukubhekana nezinselele zokuba umzali oyedwa kodwa futhi inikela ekukhuleni kwazo kanye nenjabulo yazo . Ekugcineni, indlela esekelayo yokuba nomzali oyedwa iqinisa ubuhlobo bomzali nengane futhi ihlomisa izingane ngamakhono eziwadingayo ukuze ziveze imizwelo yazo kukho konke ukuphila kwazo.

1. FUNDISA ISIGAMA ESEMWENI

- **Yethula Amagama Athinta Imizwa:** Siza ingane yakho ukuba ikhulise amagama ayo athinta imizwelo ngokuyifundisa amagama azochaza imizwa ehlukene, njengokujabula, ukudabuka, ukukhungatheka, ukujabula, nokwesaba . Ungasebenzisa izincwadi, amashadi, noma amakhadi emakhadi ukuze ukwenze kujabulise futhi kuhehe.
- **Isibonelo Sokuvezwa Kwemizwa:** Bonisa ukuvezwa kwemizwa okunempilo ekuhlanganyeleni kwakho . Yabelana ngemizwa yakho ngokukhululekile futhi ubonise ukuthi ungayiveza kanjani ngezindlela ezakhayo . Isibonelo, uma uzizwa ucindezekile, khuluma ngakho futhi uchaze ukuthi uhlela ukubhekana kanjani nesimo.

2. DALA AMATHUBA OKUSHIWO

- **Sebenzisa Ubuciko Nokudlala:** Khuthaza izingane ukuba ziveze imizwa yazo ngokusebenzisa izinto zobuciko ezinjengokudweba, ukudweba, noma ukudlala

ngamathoyizi . Le misebenzi ingasebenza njengendlela yokuthi izingane zikhulume imizwelo okungenzeka kube nzima ukuyiveza ngomlomo.

- **Ukuxoxa Indaba Nokudlala Indima:** Sebenzisa ukuxoxa indaba noma ukulingisa ukuze usize izingane ziveze imizwa yazo . Dalani izimo ndawonye lapho abalingisi babhekana khona nezinselele ezihlukahlukene, niqhubekisele phambili izingxoxo ngokuthi labo balingisi bangase bazizwe kanjani futhi baphendule.

3. KHUTHAZA INGXOXO NGEMIZWA

- **Buza Imibuzo Evuleleke:** Bandakanya ingane yakho ezingxoxweni ngemizwa yayo ngokubuzo imibuzo evulekile njengokuthi, "Kukwenze wazizwa kanjani lokho?" noma "Ucabangani ngalesi simo?" Lokhu kubakhuthaza ukuba babelane ngemicabango nemizwa yabo ngokujulile.
- **Ukulalela Ngenkuthalo:** Zijwayeze ukulalela ngokucophelela ngokunaka ingane yakho ngokugcwele lapho ikhuluma . Bonisa uzwela nokuqonda , futhi ugweme ukuphazamisa noma ukuyichitha imizwa yabo. Lokhu kuqinisa umuzwa wabo wokuzwakala nokwazisa.

4. JUMISA UKUVEZWA KOMZWELO

- **Qinisekisa Imizwa Yayo:** Yazisa ingane yakho ukuthi kulungile ukuzwa izinhlobonhlobo zemizwa, okuhlanganisa ukudabuka, intukuthelo, noma ukukhungatheka. Ukwenza le mizwa ibe ngokwejwayelekile kusiza ekunciphiseni ukucwaswa futhi kukhuthaza izingane ukuba ziveze ezikuyo ngokukhululekile.
- **Yabelana Ngemizwa Yakho:** Yabelana ngemizwa yakho nengane yakho ngendlela evumelana neminyaka, ubonise ukuthi wonke umuntu uba nemizwa nokuthi ukuyiveza kunempilo futhi kuvamile.

6. HLANGANISA AMATHULUSI ASEKELA

- **Amashadi Emizwa:** Dala ishadi lomzwelo lapho ingane yakho ingakhomba khona noma ikhethe imizwa enayo . Lolu hlelo lokusebenza lungabasiza ukuthi bakhulume imizwa yabo kalula.
- **Ukwenza ijenali:** Khuthaza izingane ezindala ukuthi zigcine ijenali lapho zingabhala khona ngemizwa yazo kanye nolwazi lwazo . Ukwenza ijenali kungaba yindlela yokwelapha yokuthi izingane zicubungule imizwa yazo ngasese.

UKUBHEKANA NOKUPHIKISWA KWENGANE NOMA IZINGXABANO ZOBUQOTHO

Izingane zingase zibonise ukuziphatha okungalungile ngenxa yengcindezi nezinguquko eziza nokuhlukana kwabazali . Ukuqonda nokubhekana nalokhu kuziphatha kubalulekile ukuze usize izingane zilawule imizwa yazo futhi zigcine ubudlelwano obunempilo nabo bobabili abazali.

1. Thola Izimbangela Eziyisisekelo Zokuziphatha Okubi

- **Vuma Umthelela Wokuhlukana:** Qaphela ukuthi ukuziphatha okungalungile kungase kubangelwa imizwa yokudabuka, intukuthelo, noma ukudideka mayelana nokwehlukana . Izingane zingase zingasiqondi ngokugcwele isimo futhi zingase ziveze imizwa yazo ngokulingisa.

- **Bheka Izibangeli:** Naka izimo ezithile noma izehlakalo ezibonakala zivusa ukuziphatha okungalungile, njengokushintsha kwesimiso, ukusebenzisana nontanga, noma izikhumbuzo zokuhlukana . Ukubona lezi zibangela kungasiza abazali baxazulule izinkinga eziwumsuka.

2. Gcina Ukuxhumana Okuvulekile

- **Khuthaza Ukuveza Imizwa:** Nikeza indawo ephephile ukuze izingane ziveze imizwa yazo . Buza imibuzo evulekile mayelana nendlela abazizwa ngayo mayelana nokwehlukana futhi uqinisekise imizwa yabo.
- **Xoxa Ngemikhuba Emibi Ngokuzola:** Uma kwenzeka ukuziphatha okubi, khuluma nakho ngomoya ophansi futhi ngendlela eyakhayo . Xoxa ngokuthi kungani ukuziphatha kuyinkinga futhi uhlole imizwa ngemuva kwakho, usize ingane ukuthi ixhumanise imizwa yayo nezenzo zayo.

3. Beka Imingcele Ecacile Nokulindelwe

- **Misa Imithetho Engaguquguquki:** Misa imithetho nemiphumela ecacile mayelana nokuziphatha kuyo yomibili imizi . Ukungaguquguquki kusiza izingane ziqonde okulindelekile futhi kunciphisa ukudideka.
- **Khuthaza Ukuziphatha Okuhle:** Gcizelela ukuziphatha okuhle ngokuncoma nemivuzo . Vuma lapho ingane yakho isingatha imizwa yayo ngendlela efanele, uyikhuthaze ukuba iveze imizwa yayo ngezindlela ezinempilo.

4. Sebenzisa Amasu Okumelana Nesimo

- **Fundisa Izindlela Zokubhekana Nezimo:** Siza ingane yakho ithuthukise amasu okubhekana nesimo okulawula imizwelo yayo, njengokuphefumula okujulile, ukubhala ijenali, noma ukusebenzisa ubuciko ukuveza imizwa . Lawa mathuluzi angabanikeza izinkulumo ezakhayo zemizwa yabo.
- **Imodeli Yokubhekana Nempilo Enempilo:** Bonisa izindlela zokubhekana nesimo esinempilo ekuziphatheni kwakho . Bonisa ingane yakho indlela okusingatha ngayo ukucindezeleka noma ukukhungatheka, uyikhuthaze ukuba ilingise amasu aqondile okubhekana nesimo.

5. Funa Usizo Lochwepheshe Uma Kudingeka

- **Cabangela ukwelulekwa:** Uma ukuziphatha okubi kuqhubeka noma kwanda, cabanga ngokufuna usizo lochwepheshe . Isazi sokusebenza kwengqondo yezingane noma umeluleki angakunikeza ukwesekwa namasu aklanyelwe izidingo eziqondile zengane yakho nezinsalele ezingokomzwelo.

UKULAWULA IMIZWA YECALA EZINGANENI

Izingane zivame ukuzizwa zinecala phakathi nangemuva kokuhlukana kwabazali, zikholelwa ukuthi zingase zibe nesibopho ngezinguquko eziguquguqukayo zomkhaya wazo . Kubalulekile ukubhekana nale mizwa ukuze ubasize baqonde ukuthi ukwehlukana akulona iphutha labo.

1. Yenza Imizwa Yecala Ijwayele

- Yazisa Imizwa Yabo: Qinisekisa imizwa yecala yengane yakho ngokuyivuma . Bazise ukuthi kuvamile ukuzizwa ngale ndlela phakathi nezinguquko eziphawulekayo nokuthi kulungile ukukhuluma ngaleyo mizwa.
- Xoxisanani Ngesimo Sokuba Necala: Siza ingane yakho iqonde ukuthi liyini icala nokuthi kungani ingase ibe nalo . Chaza ukuthi umuzwa wecala uvame ukucela lapho sikhathalela abanye futhi akusho ukuthi banephutha.

2. Qinisekisa Ingane Yakho

- Qinisekisa Indima Yabo: Qinisekisa ingane yakho ukuthi ayinacala ngokuhlukana . Sebenzisa ulimi olulula ukuchaza ukuthi abantu abadala kwesinye isikhathi benza izinqumo ezingahlangene nokuziphatha kwengane.
- Nikeza Isiqinisekiso Sothando: Njalo qinisekisa uthando lwakho nokusekela ingane yakho . Bakhumbuze ukuthi bobabili abazali bayabathanda futhi ukhuluka kwabo akulushintshi lolo thando.

3. Khuthaza Ukuxhumana Okuvulekile

- Lungiselela Izingxoxo: Khuthaza ingane yakho ukuthi ikhulume ngemizwa yayo yecala . Babuze ukuthi yini ebona bazizwe benecala, futhi nihlale leyo mizwa ndawonye.
- Lalela Ngaphandle Kokwahlulela: Dala indawo ephephile yokuthi ingane yakho yabelane ngemizwa yayo ngaphandle kokwesaba ukwahlulelwa noma ukusolwa . Lokhu kuvuleleka kungasiza ekudambiseni imizwa yecala.

4. Basize Bagxile Emiphumeleni Emihle

- Hlela Kabusha Isimo: Siza ingane yakho ibone izici ezinhle zesimo, njengokuchitha isikhathi nomzali ngamunye ngokuhlukene nokwakha ubudlelwano obuqinile . Bakhuthaze ukuba bagxile ezinzuzweni zokuba namakhaya amabili anothando.

6. Funa Ukusekela Uma Kudingeka

- Bandakanya Ochwepheshe: Uma imizwa yecala iba namandla kakhulu noma iphikelela, cabanga ngokufuna ukusekelwa kusazi sokusebenza kwengqondo yezingane noma umeluleki onganikeza amasu okulawula le mizwa.

UKUGWEMA UKUFAKA INGANE PHAKATHI

Esinye sezici eziyinqinisekile kakhulu zokuba umzali oyedwa ukugwema isimo lapho ingane izizwa iphakathi nokungqubuzana kwabazali . Ukuvikela ingane ezingxabanweni zabazali kubalulekile enhlalakahleni yayo engokomzwelo.

1. MISA IMIQWELO ESEKILE

- **QAPHELA UKUHLUKANA KWEZINDABA:** Gwema ukuxoxa ngezindaba zabantu abadala, ukungezwani, noma izingxabano phambi kwengane yakho . Hlukanisa ngokusobala izindaba zobuzali nezingxabano zomuntu siqu.

- **BEKELA IMIGOMO EKUXHUMANENI:** Lapho ukhuluma nozakwenu, gcina izingxoxo zigxile ezindabeni ezithinta umzali oyedwa futhi ugweme ukuxoxa ngezikhalo zomuntu siqu ezingase zihilele ingane.

2. KHUTHAZA UKUSEBENZA NGENHLONIPHO

- **INDLELA YOKUZIPHATHA OKUMHLE:** Bonisa ukukhulumisana ngenhlonipho nokuxazulula izingxabano phambi kwengane yakho . Ukubonisa umusa nenhlonipho komunye umzali kuqinisekisa enganeni ukuthi kulungile ukuthanda bobabili abazali.
- **UMEHLUKO WAMAKHELI NGOKUSEMFIHLO:** Uma kuphakama ukungezwani, xoxani ngakho ngasese ngaphandle kokuba kube khona ingane . Le ndlela isiza ukuvikela ingane ekungqubuzaneni kwabazali nasekucindezelekeni.

3. QINISA UBUQOTHO NOTHANDO

- **KHUTHAZA UBUDLELWANE NABO BABAZALI ABABILI:** Khumbuza ingane yakho ukuthi kulungile ukuthanda bobabili abazali nokuba nobudlelwano nomuntu ngamunye. Gwema ukubenza bazizwe benecala ngokuchitha isikhathi nomunye umzali.
- **GWEMA Izinkulumo ezimbi:** Gwema ukukhuluma kabi ngomunye umzali phambi kwengane . Lokhu kungadala izingxabano zokwethembeka futhi kubeke ingane esimweni esingakhululekile.

4. DALA PHAMBILI ELIBUMBANE

- **SEBENZA NGEZINQUMO:** Uma kungenzeka, yenzani izinqumo ngokuhlanganyela mayelana namasu nezindlela zokukhulisa izingane . Ukwethula inkulumo ebumbene kusiza ekwehliseni ukudideka futhi kuqinisa umyalezo wokuthi bobabili abazali bazibophezele enhlalakahleni yengane.
- **IMIHLANGANO YOKUBAMBISANA NAMZALI:** Cabangela imihlangano evamile yomzali oyedwa ukuze kuxoxwe ngamashejuli, amasu okuziphatha, nanoma yikuphi ukukhathazeka . Lokhu kungasiza bobabili abazali bahlale bevumelana futhi begxile ezidingweni zengane.

5. UMFOSI UVULA UKUXHUMANA NOMNTWANA

- **BAKHUTHAZE UKUTHI BAKHULUME:** Dala indawo lapho ingane yakho izizwa ikhululekile ukuveza imizwa nemibono yayo . Bazise ukuthi bangakhuluma nanoma yimuphi umzali uma bezizwa becindezelekile.
- **LALELA FUTHI UQINISEKISE:** Uma ingane yakho ixoxa ngemizwa yayo, lalela ngokucophelela futhi uqinisekise imizwa yayo . Lokhu kukhombisa ukuthi uyaluhlonipha ulwazi lwabo futhi uyabakhuthaza ukuthi bakhulume ngokukhululekile.

UKUHLANGANISA UBUDLELWANO OBUSHA NOMA ABAZALI ONGAMZALI

Ukuhlanganisa ubudlelwano obusha noma abazali abangabangane babe namandla okuba umzali oyedwa kungaba inselele kodwa kubalulekile ekudaleni isimo somndeni esisekelayo. Nawa amanye amasu okuphatha ngempumelelo lolu shintsho:

1. UKUXHUMANA KUNGUkhiye

- **XOXA NGEZINGUQUKO EZIVULEKILE:** Khuluma nengane yakho ngobudlelwano obusha ngendlela eqondile nefanele ubudala . Bakhuthaze ukuthi baveze imizwa yabo nezinto ezibakhathazayo.
- **HLANGANISA OMUNYE UMZALI:** Noma nini lapho kungenzeka, xoxa ngobuhlobo obusha nozakwethu osebenza naye . Ukubagcina benolwazi kungasiza ekunciphiseni ukungqubuzana okungase kube khona futhi kukhuthaze ubumbene.

2. YETHULA KANCANE

- **THATHA ISIKHATHI SAKHO:** Yethula umlingani omusha noma usingamzali kancane, uvumele ingane ukuthi ijwayelane nombono ngaphambi kokuhlangana mathupha. Cabangela ukuxoxa ngalokho okulindele kanye nemingcele nomlingani wakho omusha.
- **HLELA IZILINGANISO ZOMSINDO OPHANSI:** Hlela uhambo oluvamile, olunengcindezi ephansi ukuze wenze isingeniso semvelo . Imisebenzi yomndeni ingasiza ekudambiseni ukungezwani futhi yenze wonke umuntu akhululeke kakhudlwana.

3. UBUDLELWANE BOKUMANGALISA

- **KHUTHAZA UKUBANDAKANYA:** Vumela ingane yakho isikhathi sokuba nesibopho nozakwethu omusha noma usingamzali . Nikeza amathuba okuba bachithe isikhathi esihle ndawonye ngaphandle kwengcindezi.
- **SEKELA UKUSEBENZA OKUHLE:** Khuthaza ukusebenzelana okuhle futhi uqinise ubudlelwano obusha ngokugqamisa izinzuzo zokuba nezibalo ezengeziwe ezisekelayo ekuphileni kwabo.

4. HLONIPHA IMIKHA

- **CHAZA INDIMA NGOKUCACILE:** Misa izindima ezicacile nezilindelwe kumlingani omusha noma usingamzali , uqinisekise ukuthi wonke umuntu uyayiqonda indawo yakhe kushintsho lomndeni. Lokhu kusiza ukuvimbela ukungezwani futhi kukhuthaze ukubambisana.
- **BEKELA IMIKHAWULO YOKUBANDAKANYA:** Qaphela ukuthi uzakwethu omusha angase abe nezitayela noma imingcele ehlukene yokuba umzali . Xoxani nivumelane ngokuthi bazobandakanyeka kanjani ezinqumweni zokukhulisa izingane.

6. QAPHELA UKUSUSELA KWEMIZWELO

- **HLOLA NENGANE YAKHO:** Njalo ubuze ingane yakho ukuthi izizwa kanjani ngobuhlobo obusha . Banikeze indawo ephephile yokuveza imizwa yabo, futhi uqinisekise imizwa yabo.
- **QAPHELA IZINGUQUKO:** Qaphela noma yiziphi izimpawu zokucindezeleka noma izinguquko zokuziphatha enganeni yakho . Bhokana nanoma yikuphi ukukhathazeka ngokushesha futhi unikeze isiqinisekiso.

UKUPHATHA UKUTHUTHA NOMA IMICIMBI EBALULEKILE YEMPILO

Ukuthuthela kwenye indawo noma izehlakalo zempilo ezibalulekile zingangenisa ingcindezi nokungaqiniseki ezimweni zomzali oyedwa . Nansi indlela yokuphatha lezi zinguquko ngempumelelo:

1. XHUMANA KUSHESHA KANYE KANYE KANYE

- Xoxa Ngezinyathelo Ezingenzeka: Uma ukuthuthela kwenye indawo sekuseduze, xoxa ngakho nozakwethu kanye nengane ngokushesha ngangokunokwenzeka . Ukubonisa ngale kusiza ukulungiselela wonke umuntu ushintsho.
- Bandakanya Ingane Yakho: Khuthaza ingane yakho ukuthi iveze imicabango nemizwa yayo mayelana nomnyakazo ongase ube nawo . Ukuqaphela ukukhathazeka kwabo kubalulekile ukuze ubasize babhekane nakho.

2. DALA UHLELO LWENGUQUKO

- I-Outline Logistics: Sebenzisani ndawonye ukuze nidale ipulani yenguquko eneminingwane eminingi ebhekana nezindaba zokuhleleka, njengendawo yokuhlala, amashejuli okuvakasha, nezinto zokuhamba.
- Misa Imijikelezo Emisha: Misa imizila emisha yengane yakho endaweni yayo entsha, okuhlanganisa izikole, imisebenzi, nobungane . Ukujwayelana kungasiza ekudambiseni uguquko.

3. QAPHELA EMZWENI

- Qaphela Izimpendulo Zemizwelo: Qonda ukuthi ukuthutha kungavusa imizwa eyahlukahlukene ezinganeni, okuhlanganisa ukudabuka, ukukhathazeka, kanye nesasasa . Yiba nesineke futhi usekele njengoba bezulazula kule mizwa.
- Khuthaza Ukuveza Imizwa: Nikeza indawo ukuze ingane yakho iveze imizwa yayo, kungaba ngobuciko, ngokubhala, noma ngengxoxo . Lokhu kungabasiza ukucubungula imizwa yabo ngempumelelo.

4. GCINA UKUZINDLA

- Namathela Ezivumelwaneni Ezikhona: Zama ukulondoloza amalungiselelo akhona okukhulisa izingane kanye nezivumelwano ngangokunokwenzeka ukuze unikeze umuzwa wokuzinza phakathi noshintsho.
- Gxila Ekuphileni: Ukungaguquguquki ezindleleni nasekuxhumaneni kubalulekile . Qinisekisa ingane yakho ukuthi bobabili abazali bazoqhubeka benayo naphezu kwezinguquko.

5. HLANGANISA AMAQEMBU ESITHATHU UMA KUDINGEKA

- Funa Isiqondiso Sobungcweti: Uma uguquko lubonisa inselele ikakhulukazi, cabanga ukubandakanya umelaphi womndeni noma umeluleki ogxile ezindabeni zokuthuthela kwenye indawo.
- Sebenzisa Izinkonzo Zokulamula: Uma kunezingxabano mayelana nokuthuthwa, ukulamula kungasiza ekuqhubekiseni izingxoxo futhi kufinyelelwe ezivumelwaneni ezisebenzela abazali bobabili.

UKUZIVUMELANISA NEZINGUQUKO EZIDINGWENI ZENGANE YAKHO NJENGOBA IKHULA

Njengoba izingane zikhula, izidingo zabo ziyashintsha, zidinga ukuthi abazali bavumelanise amasu abo okukhulisa izingane ngendlela efanele . Nansi indlela yokusingatha lezi zinguquko ngempumelelo:

1. HLABA ULWAZIWE NGEZIGABA ZOKUTHUTHUKISA

- **Zifundise:** Zijwayeze nezigaba zokukhula kwengane yakho ukuze uqonde izidingo zayo ezithuthukayo . Lolu lwazi lungakusiza ukuthi ulindele izinselele futhi uvumelanise nendlela yakho yokuba umzali.

- **Funa Izinsiza:** Sebenzisa izincwadi, izindatshana, nezinsiza zokukhulisa izingane ezinikeza imininingwane ekukhuleni kwengane . Cabangela ukujoyina amaqembu noma izinkundla zabazali ukuze uthole ukwesekwa nezeluleko.

2. GCINA UKUXHUMANA OKUVULIWE

- **Khuthaza Ukungena Njalo:** Dala isimiso sokungena nengane yakho ukuze nixoxe ngemizwa yayo, izintshisekelo zayo, nanoma yiziphi izinguquko okungenzeka inazo . Lokhu kukhuthaza ukuxhumana ngokukhululekile futhi kuqinisa ubuhlobo benu.
- **Lalela Ngenkuthalo:** Yiba yisilaleli esikhuthele phakathi nezingxoxo nengane yakho . Qinisekisa imizwa yabo futhi unikeze isiqinisekiso njengoba bezulazula kokuhlangenwe nakho okusha nezinselele.

3. LUNGISA AMASU OMZALI

- **Lungisa Izindlela Zokuziphatha Zokuziphatha:** Njengoba izingane zikhula, zingase zidinge izindlela zokuziphatha ezihlukene . Hlela indlela yakho yokuphila ngokusekelwe eminyakeni yabo, ubuntu, nezidingo ezingokomzwelo.
- **Nikeza Ukuzimela:** Khuthaza ukuzimela ngokuvumela ingane yakho ukuba yenze ukukhetha okuvumelana neminyaka yobudala . Lokhu kubasiza bakhe ukuzethemba futhi bathuthukise amakhono okwenza izinqumo.

4. SEBENZA NOMZALI WAKHO

- **Qondanisa Izindlela Zokusebenzisana:** Sebenza ndawonye nozakwenu ukuze uqinisekise ukungaguququki kumasu okukhulisa izingane kanye nalokho okulindele . Le ndlela ebumbene isiza ingane yakho ukuthi izizwe ivikelekile futhi isekelwe.
- **Xoxa Ngezidingo Zokushintsha:** Hlala uxoxisana nganoma yiziphi izinguquko ezidingweni zengane yakho noma ukuziphatha nomzali wakho ukuze ulungise amasu okuba umzali ngendlela efanele.

5. LUNGISELELA IZINSELELE ZOKUSHINTSHA

- **Vuma Izinselele:** Qaphela ukuthi ukuzivumelanisa nezidingo ezishintshayo zengane yakho kungaba inselele . Yiba nesineke kuwe kanye nengane yakho njengoba uzulazula kulezi zinguquko.
- **Cabangela Ukusekela Kochwepheshe:** Uma ingane yakho ihlushwa izinguquko ezinkulu noma izinselele zokuthuthuka, cabanga ngokufuna usizo lochwepheshe kumelaphi noma umeluleki ogxile ekukhuleni kwengane.

AMACEBISO AWUSIZO OKWAKHA UMNDENI OHLANGANISIWE

Ukuhlanganisa imindeni kungaba inqubo enomvuzo kodwa eyinkimbinkimbi, njengoba ihlanganisa ukuhlanganisa ukuguquququka komndeni okuhlukene, amasiko, kanye nobuntu . Nawa amanye amathiphu asebenzayo okusiza ukuqinisekisa inguquko ebushelelezi nokudala umndeni ohlangene ohlangene:

1. Khulumisana Ngokukhululekile Nangokweqiniso

- **Khuthaza Ingxoxo:** Dala indawo evulekile lapho wonke amalungu omndeni ezizwa ekhululekile ukwabelana ngemicabango nemizwa yawo . Imihlangano yomkhaya yasikhathi sonke ingenza kube lula ukukhulumisana.
- **Hlela Okulindelekile:** Xoxani ngalokho ilungu ngalinye elikulindele esakhiweni esisha somndeni, okuhlanganisa izindima nemisebenzi.

2. Thatha isikhathi sakho

- Vumela Ukulungiswa: Qonda ukuthi ukuhlanganisa imindeni kuthatha isikhathi . Yiba nesineke komunye nomunye futhi uvumele ubudlelwano buthuthuke ngokwemvelo.
- Gwema Ukujaha: Ungaphoqi ukusebenzisana phakathi kwezingane zakini noma phakathi kwezingane nozakwethu abasha. Vumela ukuxhumana kukhule ngejubane lakho.

3. Misa Izindima Nemingcele Ecacile

- Chaza Izindima Zokuba Umzali: Yisho ngokucacile indima yomzali ngamunye esakhiweni esisha somkhaya . Xoxani ngokuthi izibopho zobuzali zizohlukaniswa kanjani ukuze kugwenywe ukudideka nokungqubuzana.
- Misa Imingcele: Misa imingcele yezingane mayelana nokubandakanyeka kosingamzali . Qinisekisa ukuthi izingane ziyayiqonda futhi ziyayihlonipha le mingcele.

4. Dala Amasiko Omndeni

- Qala Amasiko Amasha: Yakha amasiko amasha omndeni noma amasiko afaka wonke umuntu . Lokhu kungasiza ekukhuthazeni umuzwa wokuzwana nobunye phakathi kwamalungu omkhaya.
- Faka Amasiko Akudala: Hlanganisa amasiko asuka emndenini ngamunye ukuze udale umuzwa wokuqhubeka nokuhlonipha izizinda zawo wonke umuntu.

6. Khuthaza Imisebenzi Yokuhlanganisa

- Hlela Ukuvakasha Komndeni: Hlela imisebenzi evumela amalungu omndeni ukuthi ahlanganyele endaweni ejabulisayo nenethezekile . Lokhu kungase kuhlanguke ukuphuma, ubusuku begeyimu, noma ukupheka ndawonye.
- Zibandakanye Ezintweni Zokuzilibazisa Ngokuhlanganyela: Thola izithakazelo ezifanayo phakathi kwamalungu omndeni futhi uhlanguke ezintweni zokuzilibazisa noma imisebenzi eyabelana ngayo ukuqinisa ubudlelwano.

7. Khulisa Ubudlelwano Bomuntu Ngamunye

- Chitha Isikhathi Somuntu Noyedwa: Khuthaza ukusondelana komuntu ngamunye phakathi kwezingane zakini nabazali. Lokhu kusiza ekwakheni ukwethembana futhi kujulise ubudlelwano.
- Hlonipha Umuntu Ngamunye: Yazisa futhi usekele ubuntu nezidingo eziyingqayizivele zengane ngayinye, uyivumele ukuba izizwe ibalulekile njengabantu ngabanye.

8. Yisekele Imizwa Yezingane Zakho

- Vuma Imizwa: Qaphela ukuthi izingane zingase zibe nemizwa eyahlukahlukene, ehlanganisa ukudabuka, umona, noma ukudideka . Qinisekisa imizwa yabo futhi unikeze isiqinisekiso.
- Khuthaza Inkulumo Evulekile: Dala indawo ephephile yokuthi izingane ziveze imizwa yazo nokukhathazeka kwazo mayelana nenqubo yokuhlanganisa.

9. Lungiselela Ukungqubuzana Ngokwakhayo

- Setha Amasu Okuxazulula Ukungqubuzana: Sungula imihlahlandlela yokuthi ungasingatha kanjani ukungezwani . Khuthaza amalungu omkhaya ukuba akhulume ngokukhululekile nangenhlonipho.

- Gwema Ukuchema: Phatha zonke izingane ngokulinganayo nangokungenzeleli . Gwema ukubonisa ukukhetha, ngoba lokhu kungaholela ekucasukeni nasekuxabaneni.

10. Qaphela Izitayela Zokukhulisa Umzali

- Qondanisa Izindlela: Xoxa ngamafilosofi okukhulisa izingane bese uzama ukuvumelanisa izindlela zakho . Ukungaguquguquki ekuziphatheni nasekulindelweni kungasiza ekudaleni indawo ezinzile.
- Hlonipha Igunya Lomunye: Qaphela futhi uhloniphe igunya lomunye njengabazali . Sekelanani izinqumo zomunye nomunye phambi kwezingane.

11. Funa Usizo Lochwepheshe Uma Udingeka

- Cabangela Ukwelulekwa Komndeni: Uma ukuhlanganisa imindeni kuba yinselele ikakhulukazi, cabanga ngokufuna usizo lomelaphi womndeni noma umeluleki ogxile emindenini exubile.
- Imihlangano yokucobelelana ngolwazi namaQembu Okusekela: Bamba iqhaza ezingxoxweni noma emaqenjini okusekela agxile ekuhlanganiseni imindeni ukuze uthole ukuqonda nokwabelana nabanye ngolwazi.

12. Zijwayeze Ukuguquguquka Nokuvumelana nezimo

- Vuleleka Ukuze Ushintshe: Qonda ukuthi ukuhlanganisa imindeni kungase kudinge ukuguquguquka ezimisweni nasekulindelweni . Zivumelanise nezimo njengoba kudingeka ukuze kuhlantshezwane nezidingo zawo wonke umuntu.
- Hlala Unempilo: Gcina umbono omuhle futhi uzimisele ukulungisa amasu njengoba amandla omndeni ashintsha ngokuhamba kwesikhathi.

UMHLAHLANDLELA WENGANE WOKUKHULISWANA NOMZALI

1. Kuyini I-Co-Parenting?

Ukuba umzali ngokubambisana kusho ukuthi bobabili abazali bakho bayasebenzisana ukuze bakunakekele, nakuba bengasahlali ndawonye . Lokhu kumayelana nokwenza isiqiniseko sokuthi uzizwa uthandwa futhi wesekwa yibo bobabili .

2. Kungani Abazali Bami Behlala Ngokuhlukana?

Ngezinye izikhathi, abazali banquma ukuthi kungcono kakhulu ukuba bahlale emakhaya ahlukene. Lokhu akushintshi indlela abakuthanda ngayo. Bafuna ukwenza isiqiniseko sokuthi ujabule futhi unempilo, futhi ukuba nomzali oyedwa kungenye yezindlela zokwenza lokho.

3. Imizwa Yakho Ibalulekile

Kuvamile ukuba nemizwa eminingi ehlukenegalesi sikhathi. Ungase uzizwe udabukile, udidekile, noma uthukuthele . Kubalulekile ukukhumbula ukuthi imizwa yakho ilungile. Khuluma ngazo nomuntu omethembayo, njengomzali, uthisha, noma umngane oseeduze.

4. Ukuqonda Indlela Yakho Entsha

Ukuba nomzali oyedwa kusho ukuthi ungase ube neshejuli entsha . Ungase uchithe izinsuku nomzali oyedwa nezinye izinsuku nomunye . Ukuba nesimiso kukusiza ukuthi wazi ukuthi yini okufanele uyilindele . Uma ungaqiniseki ngesimiso sakho, buza abazali bakho noma nibheke ikhalenda ndawonye.

5. Ukuvakashela umama nobaba

Lapho uvakashela umzali ngamunye, kuyithuba lokuchitha isikhathi esihle naye. Ungase ube nemisebenzi eyahlukene endlini ngayinye, okungajabulisa ! Khumbula, bobabili abazali bafuna ukuzijabulisa nawe futhi bakwenze uzizwe ukhethekile.

6. Ukuxhumana Nabazali Bakho

Kubalulekile ukwabelana ngemicabango nemizwa yakho nabazali bobabili. Ungakwazi:

- Sebenzisa Amazwi Akho: Uma kukhona okukukhathazayo, bazise.
- Buza Imibuzo: Uma udidekile ngokuthile, ungangabazi ukubuza.
- Veza Izidingo Zakho: Uma udinga okuthile, tshela abazali bakho ukuthi bangasiza kanjani.

7. Ukudlula Ezikhathini Ezinzima

Ngezinye izikhathi, izinto zingase zizizwe zinzima, futhi lokho kulungile. Nawa amanye amathiphu angakusiza ukuthi ubhekane nesimo:

- Khuluma Ngayo: Yabelana ngendlela ozizwa ngayo nomuntu omethembayo.
- Gcina Ijenali: Ukubhala kungakusiza uveze imizwa yakho.

- Thatha Ukuphefumula Okujulile: Uma uzizwa ucindezekile, thatha isikhashana ukuphefumula ujule futhi uphumule.

8. Ukuzijabulisa Nabo Bobabili Abazali

Zama ukuthola izindlela zokujabulela isikhathi nabazali bobabili . Ungase:

- Hlelani Imisebenzi Ndawonye: Kungakhathaliseki ukuthi nidlala imidlalo, ukuya epaki, noma nibukele imuvi, tholani izinto ezijabulisayo eningazenza ndawonye.
- Gubha Izinsuku Ezikhethekile: Khumbula ukuthi bobabili abazali bafuna ukugubha izinsuku zakho zokuzalwa namaholide, ngakho qiniseka ukuthi nihlela imisebenzi ejabulisayo ndawonye.

9. Okufanele Ukwenze Uma Uzizwa Uphatheke Kahle

Uma uphatheke kabi noma uphatheke kabi, zama lawa maqhinga:

- Khuluma Nothile: Khuluma nomuntu omdala omethembayo ngendlela ozizwa ngayo.
- Dweba noma Dala: Ubuciko bungasiza ukuveza imizwa yakho lapho amagama kunzima ukutholakala.
- Hlala Ukhuthele: Ukuphumela ngaphandle uyodlala noma ugibele ibhayisikili lakho kungasiza ukuphakamisa umoya.

10. Amacebiso Awusizo Empumelelo Yokuba Umzali Obambisene

- Yiba Nenhlonipho: Phatha bobabili abazali ngomusa nangenhlonipho . Kuyasiza ukudala indawo enhle yawo wonke umuntu.
- Yiba Ovumelana nezimo: Ngezinye izikhathi izinhlelo ziyashintsha, futhi lokho kulungile. Zama ukuzivumelanisa nezimo futhi uhambe nokugeleza.
- Hlala Unempilo: Gxila ezintweni ezinhle ngokuba nemizi emibili nemindeni emibili ekunakekelayo.

Izifanekiso Zabazali Ababambisana

UKUPHATHA IZINDLEKO EZIHLOBENE NEZINGANE ISHIDI LOKUSEBENZA

Imiyalelo:

1. **Bhala zonke izindleko ezihlobene nengane:** Bhala phansi zonke izindleko ezihlobene nengane(izingane) zakho . Lokhu kungase kuhlangele izindleko zanyanga zonke kanye nezindleko zezikhathi ezithile noma zesikhathi esisodwa.
2. **Hlela izindleko:** Sebenzisa izigaba ezinikeziwe ukuze usize ukuhlela indlela osebenzisa ngayo imali.
3. **Landelela indlela osebenzisa ngayo imali:** Sebenzisa isigaba sokugcina ukuze uhlele futhi ubuyekeze indlela osebenzisa ngayo imali enyangeni elandelayo.

1. Izindleko Zanyanga Zonke Ezihlobene Nengane

Isigaba Sezindleko	Incazelo Yezindleko	Inani lanyanga zonke	Amanothi
Izindlu	Qasha/Imalimboleko		
Izinsiza	Ugesi, amanzi, uphethiloli, i-inthanethi		
Ukudla	Igrosa, ukudla		
Izingubo	Izingubo ezintsha, izicathulo		
Imfundo	Umkhosi wesikole, izinsiza, ukufundisa		
Ukunakekela impilo	Umswalense, ukuvakashelwa udokotela, imithi		
Imisebenzi Yangemva Kwesikole	Ezemidlalo, umculo, umdanso		
Ezokuthutha	Uphethiloli, izithuthi zomphakathi, izindleko zemoto		
Ukunakekela izingane	Inkulisa, ukugada izingane		
Okunhlobonhlobo	Izipho, ukuzijabulisa, imisebenzi		
Izindleko Zanyanga Zonke Ziphelele			

2. Izindleko Zesikhathi esisodwa

Incazelo Yezindleko	Inani	Izinsuku	Amanothi
Isibonelo: Iphathi yosuku lokuzalwa			
Izindleko Zesikhathi Esiphelele Ziphelele			

3. Izindleko Ezingalindelekile

Bhala noma yiziphi izindleko ezingalindelekile ezihlobene nengane ongase uzicabange:

1. _____
2. _____
3. _____

4. Ukuhlelwa kwesabelomali sanyanga zonke

Sebenzisa lesi sigaba ukuhlela isabelomali sakho sanyanga zonke ngokusekelwe ezindlekweni zakho kanye nemali engenayo.

Iholo Lenyanga	Inani
Umzali 1 Imali engenayo	
Umzali 2 Imali engenayo	
Iholo Eliphelele	

Izindleko Zanyanga Zonke Ziphelele	
Isabelomali Kwesokunxele (Imali Engenayo - Izindleko)	

5. Ukubuyekeza Izindleko Zakho

1. Yiziphi izindleko ezihlobene nengane okumangaze kakhulu?

○ _____

2. Ingabe ikhona indawo lapho onganciphisa khona izindleko?

○ _____

3. Ungahlela kanjani kangcono izindleko ezingalindelekile esikhathini esizayo?

○ _____

4. Xoxisanani nozakwenu ukuthi nizoziphatha kanjani lezi zindleko ndawonye.

○ _____

6. Izinyathelo Zesenzo

Ngokusekelwe ekubuyekazweni kwakho, bhala okungenani izinyathelo ezintathu zezinyathelo ongazithatha ukuze ulawule izindleko ezihlobene nengane ngempumelelo kakhudlwana:

1. _____

2. _____

3. _____

OKUHLANGENE VS. IPHEPHA LOKUSEBENZA LEZINQUMO ZOMUNTU NGAMUNYE

Imiyalelo:

1. Sebenzisa leli phepha ukuze ubone izinqumo ezihlobene nokukhulisa ingane yakho.
2. Xoxa ngento ngayinye nozakwenu futhi uzihlukanise njengesinqumo **Esihlanganyelwe** noma **Isinqumo Somuntu Ngamunye** .
3. Sebenzisa isikhala esinikeziwe ukwengeza noma imaphi amanothi engeziwe noma ukucatshangelwa.

Izigaba zezinqumo

Indawo Yesinqumo	Isinqumo Esiqondile/Isibonelo	Isinqumo Esihlanganyelwe (J)	Isinqumo Somuntu Ngamunye (I)	Amanothi/Imicabango
Imfundo	Ukukhetha kwesikole			
	Izidingo zemfundo ekhethekile			
	Imisebenzi yangemva kwesikole			
	Okulindelwe umsebenzi wasekhaya			
Impilo Nokuphila	Ukunakekelwa kwezempilo (udokotela, udokotela wamazinyo)			
	Imithi yokugoma			
	Izinketho zokudla			
	Ukwesekwa kwezempilo yengqondo			
Umjikelezo Wansukuzonke	Isheduli yesikhathi sokulala			
	Izindlela zasekuseni			
	Imisebenzi kanye nezibopho			
	Imikhawulo yesikhathi sesikrini			
Amaholid e	Amashejuli amaholide			

Indawo Yesinqumo	Isinqumo Esiqondile/Isibonelo	Isinqumo Esihlanganyelwe (J)	Isinqumo Somuntu Ngamunye (I)	Amanothi/Imicabango
Nemikhosi	Izinsuku zokuzalwa (izinhlelo zokugubha)			
	Amasiko omndeni (amasha noma amadala)			
	Amaholide nezinhlelo zokuhamba			
Isiyalo	Imithetho nemingcele			
	Imiphumela yokungaziphathi kahle			
	Ukuxhumana mayelana nesiyalo			
	Isikhuthazo nokudumisa			
Ezezimali	Isondlo sezingane kanye neminikelo yezimali			
	Izindleko zemfundo (izifundo, izinsiza)			
	Izindleko zangaphandle (ezemidlalo, amakamu)			
	Izindleko zokwelashwa			
Okunye	Izinguquko ekuhlelweni kokuhlala			
	Amandla omndeni (abalingani abasha, izingane zakubo)			
	Ukuthutha (ukuthuthela endaweni entsha)			

Indawo Yesinqumo	Isinqumo Esiqondile/Isibonelo	Isinqumo Esihlanganyelwe (J)	Isinqumo Somuntu Ngamunye (I)	Amanothi/Imicabango
	Izehlakalo zempilo ezibalulekile (ukushada kabusha, njll.)			

Imibuzo Yokuzindla:

1. **Yiziphi izinqumo esikuthola kuyinselele kakhulu ukuxoxa noma ukuvumelana ngazo?**
 - _____
2. **Singakuthukisa kanjani ukuxhumana kwethu mayelana nezinqumo ezihlangene nezomuntu ngamunye?**
 - _____
3. **Ingabe zikhona izinqumo ezizayo okufanele sizilungise ? Uma kunjalo, zibhale lapha.**
 - _____
4. **Singaqinisekisa kanjani ukuthi ingane yethu izizwa ikhululekile ukuveza imicabango yayo ngalezi zinqumo?**
 - _____

Uhlelo lokusebenza:

1. **Hlela Umhlangano:** Bekani isikhathi esiqondile sokubukeza nokuxoxa ngaleli phepha lokusebenza ndawonye.
 - Usuku: _____ Isikhathi: _____
2. **Dala Uhlelo Lokulandelela:** Nquma ukuthi uzophinde uvakashele kangaki leli phepha ukuze uqinisekise ukuthi lihlala libalulekile futhi lisesikhathini samanje .
 - Amafrikhwensi: _____
3. **Setha Izinkombandlela Zokuxhumana:** Thola ukuthi uzoxhumana kanjani ngezinqumo eziya phambili (isb, ngombhalo, i-imeyili, noma imihlangano yomuntu siqu).
 - _____

ISHIDI LOKUSEBENZA LOHLELO LWABAZALI

Imiyalelo:

1. Gcwalisa imininingwane yengane yakho phezulu.
2. Sebenzisa amathebula angezansi ukuze uveze uhlelo lwakho lokukhulisa izingane.
3. Xoxa futhi uqedele uhlelo nozakwenu umzali.
4. Buyekeza isimiso njalo futhi ulungise njengoba kudingeka.

ULWAZI LWENGANE

Igama Lengane:	
Usuku lokuzalwa:	
Igama Lesikole/Nsuku:	

1. Isheduli Yamaviki Onke Abazali

Usuku Lweviki	Umzali 1	Umzali 2	Amanothi
UMsombuluko			
ULwesibili			
ULwesithathu			
ULwesine			
NgoLwesihlanu			
NgoMgqibelo			
NgeSonto			

2. Isheduli Yeholide Nemicimbi Ekhethekile

Iholide/Umcimbi	Izinsuku	Umzali Onomthwalo wemfanelo	Amanothi
Iphasika			
Ukhisimusi			
Izinsuku zokuzalwa			
Amaholide Esikole			
Eminye Imicimbi			

3. Ezokuthutha kanye Neminingwane Yokuthatha/Yokushiya

Umcimbi	Indawo	Umzali Onomthwalo wemfanelo	Isikhathi	Amanothi
Ukushiya isikole				
Ukulandwa Kwesikole				
Imisebenzi Yangemva Kwesikole				
Okunye Ukuvakasha				

4. Ukucatshangelwa Okukhethekile Namanothi

- Izintandokazi Zokuxhumana:

- Oxhumana nabo ababalulekile:
 - Udokotela: _____
 - Othintana naye esikoleni: _____
 - Othintana Naye Nezimo Eziphuthumayo: _____
- Amanye Amanothi/Ukucatshangelwa:

5. Ukubuyekeza kanye nokulungiswa

- Buyekeza Usuku Lweshejuli: _____
- Amanothi asuka ku-Buyekeza:

- Kudingeka Ukulungiswa:

ISHIDI LOKUSEBENZA LEMINGCELE YOMZALI OBAMBISENE

Leli phepha lokusebenzela liklanyelwe ukukusiza wena nozakwenu nihlonze, nimise, futhi nigcine imingcele enemphilo ezothuthukisa ubuhlobo benu bomzali oyedwa. Ngokuqedela izinyathelo ezilandelayo, uzodala uhlaka olucacile oluvikela kokubili ubudlelwano bakho kanye nenhlalakahle yengane yakho.

ISINYATHELO 1: UKUZINDLA NGEZIDINGO ZAMUNTU

Ngaphambi kokuxoxa ngemingcele nozakwenu, zinike isikhathi sokucabangisa ngezidingo zakho kanye nalokho okulindele. Phendula le mibuzo elandelayo ukusiza ukucacisa ukuthi yini ebalulekile kuwe.

1. Yiziphi izindawo ezibalulekile lapho nginomuzwa wokuthi imingcele ibaluleke kakhulu?
(isb, ukuxhumana, ukwenza izinqumo, ukuphatha isikhathi, indawo yomuntu siqu)

2. Ingabe zikhona izimo ezithile ezidale ukungqubuzana noma ukungakhululeki esikhathini esidlule?

3. Yini engiyidinga kumzali engikanye naye ukuze ngizizwe ngihlonishwa futhi ngisekelwe endimeni yami?

4. Ngifuna ukuphatha kanjani izihloko zami siqu noma imizwa lapho ngixhumana nozakwethu engisebenza naye?

ISINYATHELO ESI-2: KHOMBA IMIKHAWULO EYINHLOKO YOMZALI KANYE NOMZALI

Sebenzisa lezi zigaba ezilandelayo ukuze uchaze imingcele ethile ezoqondisa ubuhlobo bakho bomzali oyedwa. Cabangela kokubili umbono wakho siqu nokuthi yini efanelekile kumzali osebenza naye.

1. IMIGOMO YOKUXHUMANA

Sizoxhumana kanjani? (Khetha indlela: umbhalo, i-imeyili, ifoni, imihlangano yomuntu mathupha, izinhlelo zokusebenza zokukhulisa izingane)

Sizoxhumana nini? (Setha izikhathi noma imihlahlandlela yezindaba ezingaphuthumi neziphuthumayo)

Iyini imingcele okufanele ixoxwe ? (Izindaba zomuntu siqu, izindaba zobudlelwano obudlule, njll.)

Sizokusingatha kanjani ukungezwani ? (Amasu okwehlisa izinga, ukusetshenziswa kokulamula uma kunesidingo)

2. IMIBANDELA YESIKHATHI SOKUZALI

Sizozisingatha kanjani izinguquko zeshejuli ? (Kudingeka isaziso esincane soshintsho, okulindeleke ukuba nezimo nezimo)

Ithini inqubo yamaholide nemicimbi ekhethekile ? (Ukuhlela amaholide, izinsuku zokuzalwa, imicimbi yesikole)

Iyini imingcele yokugqagqana kwesikhathi sokuba umzali ? (Ukuvakashela ingane ngesikhathi somunye umzali, ukuyoshiya/ukuyolanda)

3. IMIBANDELA ETHATHA IZINQUMO

Yiziphi izinqumo ezizothathwa ngokuhlanganyela, futhi yiziphi ezingathathwa ngokuzimela ? (Ezokwelapha, ezemfundo, zangaphandle, ezenkolo)

Sizokusingatha kanjani ukungaboni ngaso linye ezinqumweni ezibalulekile ? (Ukulamula, ukufuna iseluleko esivela eceleni, ukuyekethisa)

4. IMIGWELO YOMUNTU

Iyini imikhawulo ekuhlanganyeleni komuntu siqu ? (Ukuxoxa ngobudlelwano obusha, ukwabelana ngenkundla yezokuxhumana, ukuhlangana nozakwethu abasha)

Sifuna kanjani ukugcina ubumfihlo bomuntu siqu ? (Izindaba zezimali, impilo yomuntu siqu, ukuxhumana nabangane nomndeni)

ISINYATHELO ESI-3: UKUBEKA IMIQWELO ENGENHLEKILEYO YENGANE

1. Sizoqinisekisa kanjani ukuvumelana kwengane yethu phakathi kwamakhaya ? (isb, izindlela zokulala, isiyalo, imithetho yesikhathi sesikrini)

2. Singenza kanjani ukuthi ingane yethu ingabanjwa phakathi kwezingxabano ? (isb, ukungaxoxi ngokungaboni ngaso linye phambi kwengane)

3. Yiziphi izinto esizilindele ngokuhlanganyela ekusekeleni ingane yethu ngokomzwelo ? (isb, ukukhuthaza ubudlelwano obuhle nabazali bobabili)

ISINYATHELO 4: UKUNAKEKISWA KOMNQANDA NOKUBUYEKEZWA

Ukumisa imingcele kuyisinyathelo sokuqala kuphela . Cabangela ukuthi wena nozakwenu nizoyigcina futhi nilungise kanjani le mingcele ngokuhamba kwesikhathi.

1. Sizohlola kanjani futhi siyihlole kanjani imingcele yethu ? (Setha umugqa wesikhathi: ngekota, kabili ngonyaka, noma ngonyaka)

2. Sizokwenzenjani uma umngcele weqiwa ? (Xoxani ngemiphumela kanye nendlela yokubhekana nanoma yiziphi izinkinga eziphakamayo)

3. Lithini isu lethu lokubhekana nezinguquko ezimweni zempilo ? (isb, ozakwethu abasha, ukuthuthwa, izinguquko kumashejuli omsebenzi)

ISINYATHELO 5: ISIVUMELWANO NGEMIKHA

Uma usuliqedile ishidi lokusebenza, hlangana nomzali osebenza naye ukuze nixoxe futhi niqedele imingcele yenu yokuba nomzali oyedwa. Ungasebenzisa lesi sikhala ukuze ufingqe izivumelwano zakho ezibalulekile:

IZIVUMELWANO ZOKUXHUMANA

IZIVUMELWANO NGESIKHATHI SOMZALI

IZIVUMELWANO ZOKUTHATHA IZINQUMO

IZIVUMELWANO ZEMIBANDELA YOMUNTU

UHLELO LOKUKHULISA IZINGANE NGOKUBAMBISANA

Lolu hlelo luhlinzeka ngohlaka oluhlelekile lokusiza abazali bazulazule ngendlela ephumelelayo yokuba umzali oyedwa, baqinisekise izithakazelo ezingcono kakhulu zengane kuyilapho besungula ukuxhumana okucacile nezibopho.

Abazali :

Amagama omzali 1:

Amagama Omzali 2:

Ingane(izingane):

Ingane 1 Amagama (DOB):

Ingane 2 Amagama (DOB):

Izingane 3 Amagama (DOB):

Usuku Lwesivumelwano:

[Faka Usuku]

I. UHLELO LWESIKHATHI SOMZALI

Izinsuku zeviki:

Isikhathi Somzali 1: [Izinsuku nezikhathi]

Isikhathi Somzali 2: [Izinsuku nezikhathi]

Izimpelaviki:

Isikhathi Somzali 1: [Ukuzungeza ngempelasonto uma kukhona, cacisa izikhathi]

Isikhathi Somzali 2: [Ukuzungeza ngempelasonto uma kukhona, cacisa izikhathi]

Amaholide:

Iminyaka Eyinqaba:

[isb, Iphasika Nomzali 1, Ukhisimusi Nomzali 2, njll.]
Ngisho Iminyaka:
[isb, Iphasika Nomzali 2, Ukhisimusi Nomzali 1, njll.]
Amaholide:
Isikhathi Somzali 1: [Izinsuku nezikhathi]
Isikhathi Somzali 2: [Izinsuku nezikhathi]
2. Izikhathi Ezikhethekile:
Izinsuku zokuzalwa:
Usuku lokuzalwa lwengane luzochithwa [chaza umzali noma uzungezisa] noma lwabiwe phakathi kwabazali.
Usuku lokuzalwa lomzali 1: [Faka imininingwane yeshejuli].
Usuku lokuzalwa lomzali 2: [Faka imininingwane yeshejuli].
Imicimbi Yesikole/Okwengeziwe:
Bobabili abazali bakhuthazwa ukuba baye emicimbini yesikole, amakhonsathi, nemisebenzi yangemva kwesikole, ngaphandle uma kuvunyelwana ngokuhlukile.

II. UKUXHUMANA PHAKATHI KWABAZALI

1. Ukuxhumana Okujwayelekile:

- a. Abazali bayavuma ukuxoxa ngenhlonipho ngazo zonke izindaba ezihlobene nengane . Zonke izinqumo ezinkulu kuzoxoxwa ngazo ngaphambi kokuthi zenziwe.

2. Izindlela Ezikhethwayo:

- a. [I-imeyili, uhlelo lokusebenza lokuzalanisa, umbhalo, ucingo, noma mathupha]
- b. Isikhathi sokuphendula: Bobabili abazali bayavuma ukuphendula phakathi [kwamahora angu-24 noma angu-48] ezindabeni ezingezona eziphuthumayo.

3. Ukuxhumana Kwezimo Eziphuthumayo:

- a. Esimeni esiphuthumayo mayelana nengane, umzali onengane uzoxhumana nomunye umzali ngokushesha esebenzisa [Ifoni, Umbhalo, njll.].

4. Igunya Lokwenza Izinqumo:

- a. Izinqumo Ezimqoka (isb., Ezemfundo, Ezokwelapha, Ezenkolo):

- i. Bobabili abazali kumelwe bavumelane ngezinqumo ezinkulu eziphathelene nemfundo yengane, izidingo zezokwelapha, noma ukukhuliswa okungokwenkolo.
- ii. Uma kuphakama ukungezwani, abazali bazofuna ukulamula.

b. Izingqumo zansuku zonke:

- i. Umzali ngamunye angenza izingqumo zansuku zonke zengane ngesikhathi sokubeletha (isb, ukudla, isikhathi sokulala, imisebenzi).

III. IMPILO KANYE NOKULUNGISWA KWENGANE

1. Ukuvumelana Kuyo yonke Izindlu:

- a. Bobabili abazali bayavuma ukudalela ingane indawo ezinzile, engaguququki . Izingqubo eziyisisekelo njengesikhathi sokulala, umsebenzi wesikole, nesiyalo kufanele zifane ukuze kuncishiswe ukucindezeleka enganeni.

2. Ukusekela Kwemizwa:

- a. Bobabili abazali bayavuma ukusekela ingane ngokomzwelo phakathi nezinguquko phakathi kwamakhaya . Akekho umzali ozokhuluma kabi ngomunye phambi kwengane noma afake ingane ezindabeni zabantu abadala.

3. Ukugcina Ubudlelwano:

- a. Bobabili abazali bazokhuthaza ingane ukuthi ibe nobudlelwano obuhle nomunye umzali kanye nomndeni owandisiwe (isb., ugo nomkhulu, ubabekazi/omalume) . Izingcingo noma izingxoxo zevidiyo nomunye umzali zizovunyelwa phakathi namahora anengqondo uma ingane ithanda.

IV. IZIBOPHO ZEZIMALI

1. Ukwesekwa Kwezingane:

- a. Isondlo sengane sizokhokhwa ngokomyalelo wenkantolo.
- b. Noma yiziphi izinguquko ekondleni kwezingane kufanele kuvunyelwane ngazo noma kusingathwe ngemigudu yezomthetho.

2. Izindleko ezabiwe:

- a. Bobabili abazali bayavuma ukwabelana ngezindleko ezihlobene nalokhu:
 - i. Izindleko zezokwelapha (ezingenamshwalense): Hlukanisa [50/50] noma amanye amaphesenti.
 - ii. Izindleko zemfundo: Hlukanisa [50/50] noma amanye amaphesenti.
 - iii. Imisebenzi yangemva kwesikole: Hlukanisa [50/50] noma amanye amaphesenti.
 - iv. Izingubo Nezimpahla: [Indlela izindleko ezizokwabelwa ngayo noma uma umzali onelungelo eliyisisekelo elizosisingatha.]

3. Izindleko kufanele zibhalwe phansi, futhi izimbuyiselo kufanele zenziwe zingakapheli izinsuku ezingu-[X] kutholwe ubufakazi bezindleko.

V. UKUXAZULULA IZIXINGA

1. Ukuxazululwa Kwengxabano:

- a. Uma kuphakama ukungaboni ngaso linye abazali abangakwazi ukukuxazulula ngokwabo, bayavuma ukuthi baqale bafune ukulamula ngaphambi kokuthatha noma yiziphi izinyathelo ezingokomthetho . Ukulamula kuzokwenzeka zingakapheli [izinsuku ezingama-30] ngemuva kokuvela kwengxabano.

2. Ukulungisa Uhlelo Lokukhulisa Ngokubambisana:

- a. Lolu hlelo lungashintshwa uma izidingo zengane zishintsha noma uma kuvela izimo . Noma yikuphi ukuguqulwa kufanele kuvunyelwane ngakho ngencwadi yibo bobabili abazali.

VI. EZINYE IZIVUMELWANO

1. Ukuthutha:

- a. Uma omunye umzali ehlela ukuhamba ibanga elingaphezu kuka-[X], kufanele anikeze [izinsuku ezingu-60 noma ezingu-90] isaziso komunye umzali . Umzali ohambayo kufanele futhi aphakamise uhlelo olubuyekeziwe lwabazali ukuze kuhlangukshwane noshintsho endaweni.

2. Ukwethulwa Kozakwethu Abasha:

- a. Bobabili abazali bayavuma ukulinda [izinyanga ezingu-X] ngaphambi kokwethula umlingani omusha enganeni . Bobabili abazali bazokhuluma ngalesi sinqumo kusengaphambili ukuze baqinisekise ukuthi ukulungiswa kwengane kuqala.

3. Inkundla yezokuxhumana:

- a. Izithombe nolwazi olumayelana nengane ngeke lufakwe ezinkundleni zokuxhumana ngaphandle kwemvume yabo bobabili abazali.

VII. ISIVUMELWANO SOKUGCINA KANYE NAMASIGINISHA

Thina, abasayine ngezansi, siyavuma ukuthobela imigomo ebekwe kulolu hlelo lokuzalanisa futhi sibeke kuqala inhlalakahle yezingane zethu ngaphezu kwakho konke.

Isiginesha yomzali 1:

Usuku: _____

Isiginesha yomzali 2:

Usuku: _____

UHLU LOKUHLOLA UKUBA NOMZALI OPHUMELELAYO

1. UKUXHUMANA	
<input type="checkbox"/>	Misa Ukuxhumana Okuvulekile: Vumelanani ngezindlela zokuxhumana ezikhethwayo (umbhalo, ucingo, i-imeyili).
<input type="checkbox"/>	Hlela Ukungena Njalo: Misa izikhathi ezivamile zokuxoxa ngezidingo zengane nanoma yiziphi izibuyekezo.
<input type="checkbox"/>	Sebenzisa Ulimi Oluhle: Gwema ukukhuluma kabi ngomunye nomunye phambi kwengane.
<input type="checkbox"/>	Ukulalela Ngenkuthalo: Yenzani umzamo oqotho wokulalela okukhathazayo kanye nemibono yomunye nomunye.
2. UHLELO LOBUZALI	
<input type="checkbox"/>	Dala Isheduli Yokukhulisa Umzali: Yakha ishejuli eneminingwane echaza amalungiselelo okukhulisa umntwana (masonto onke, nyanga zonke).
<input type="checkbox"/>	Bandakanya Amaholide Nemicimbi Ekhethekile: Hlela amaholide, izinsuku zokuzalwa, namaholide kusenesikhathi.
<input type="checkbox"/>	Izindawo Zokulanda/zokulahla Idokhumenti: Chaza ngokucacile lapho ukushintshana kuzokwenzeka khona.
<input type="checkbox"/>	Hlela Ukuvumelana nezimo: Bandakanya amalungiselelo ezinguquko zomzuzu wokugcina noma izimo eziphuthumayo.
3. IZIBOPHO ZEZIMALI	
<input type="checkbox"/>	Izivumelwano Zokusekela Ingane: Qinisekisa izivumelwano ezicacile mayelana nezinkokhelo zesondlo sezingane.
<input type="checkbox"/>	Yabelana Ngezindleko: Chaza ukuthi izindleko zizohlukaniswa kanjani (imfundo, ukunakekelwa kwezempilo, imisebenzi yangaphandle kwesikole).
<input type="checkbox"/>	Landelela Izindleko: Gcina irekhodi lezindleko neminikelo ehlobene nengane evela kubo bobabili abazali.
4. 4. UKUTHATHA IZINQUMO	
<input type="checkbox"/>	Izinqumo Ezihlanganyelwe: Thola izindawo ezibalulekile lapho kudingeka khona izinqumo ezihlanganyelwe (imfundo, ukunakekelwa kwezempilo, inkolo).
<input type="checkbox"/>	Ukuxazulula Ukungqubuzana: Sungula indlela yokuxazulula ukungezwani (ukulamula, ukweluleka).
<input type="checkbox"/>	Gcina Amarekhodi: Bhala izinqumo ezibalulekile nezivumelwano ozobuyela kuzo uma kudingeka.
5. IMIBANDELA NEMITHETHO	
<input type="checkbox"/>	Beka Imingcele Yokuba Umzali: Chaza ukuthi yini eyamukelekayo mayelana nezindima nemithwalo yemfanelo yomzali.

<input type="checkbox"/>	Imithetho Engaguququki: Vumelanani ngemithetho engaguquki nezindlela zokuziphatha ukuze udale indawo ezinzile yengane.
<input type="checkbox"/>	Hlonipha Isikhathi Somunye: Gwema iziphazamiso ezingadingekile phakathi nesikhathi sokuba umzali.
6. UKUBANDAKANYA EMPILWENI YOMNTWANA	
<input type="checkbox"/>	Yiba khona Emicimbini Ebalulekile: Bobabili abazali kufanele baye emicimbini yesikole, imisebenzi yangemva kwesikole, kanye nama-aphoyintimenti ndawonye lapho kungenzeka.
<input type="checkbox"/>	Sekelani Ubudlelwano Bomunye Nomntwana Nengane: Khuthaza ingane ukuthi ibe nobudlelwano obuqinile nabazali bobabili.
<input type="checkbox"/>	Faka Ubudlelwano Obusha: Xoxani ngokuthi ozakwethu abasha noma abazali bokutholwa bazobandakanyeka kanjani empilweni yengane.
7. UKUPHILA KWENGANE	
<input type="checkbox"/>	Beka Izidingo Zengane Eqhulwini: Ngaso sonke isikhathi cabangela izidingo zengane ezingokomzwelo nezingokomzimba lapho wenza izinqumo.
<input type="checkbox"/>	Khuthaza Inkulumo Evulekile: Vumela ingane ukuthi iveze imizwa yayo mayelana nelungiselelo lokuba umzali oyedwa.
<input type="checkbox"/>	Gada Ukulungiswa: Hlola nengane mayelana nendlela ezizwa ngayo mayelana noshintsho nokuvakasha.
8. IMIBHALO	
<input type="checkbox"/>	Isivumelwano Sokugcinwa Kwabantwana: Qinisekisa ukuthi kunesivumelwano esicacile nesibophezela ngokomthetho sokugcina izingane esikhona.
<input type="checkbox"/>	Oxhumana Nabo Abezimo Eziphuthumayo: Gcinani uhlu loxhumana nabo besimo esiphuthumayo futhi wabelane ngalo ngomunye nomunye.
<input type="checkbox"/>	Ulwazi Lwezokwelapha: Yabelana ngolwazi olufanele lwezokwelapha, okuhlanganisa nokungezwani komzimba nokudla okuthile, imithi, kanye neminingwane yokuxhumana nodokotela.
9. IZINHLELO ZOKUSEKELA	
<input type="checkbox"/>	Yakha Inethiwekhi Yokusekela: Khomba amalungu omndeni noma abangani abangasekela ilungiselelo lokuba umzali oyedwa.
<input type="checkbox"/>	Funa Usizo Lochwepheshe Uma Udingeka: Cabangela amakilasi okwelulekwa noma okukhulisa izingane ukuze uthuthukise ukuguququka kokukhulisa izingane.
10. UKUBUYEKEZWA NJALO	
<input type="checkbox"/>	Hlela Ukubuyekeza Okuvamile: Setha izikhathi zokubuyekeza futhi ulungise ilungiselelo lokuba umzali oyedwa njengoba kudingeka (njalo ezinyangeni ezi-3-6).

- Vuleleka Ngempendulo: Khuthazani impendulo eqotho komunye nomunye mayelana nokuthi yini esebenzayo nokuthi yini edinga ukuthuthukiswa.

Amakhasi Okusebenzela Ezingane

ISHIDI LOKUSEBENZELA IMIZWA: UKUVEZA IMIZWA NGOKUHLANGANYELA NOMZALI

Imiyalelo Yezingane:

1. Thatha isikhathi sakho ucabange ukuthi uzizwa kanjani ngokuhlala emakhaya amabili noma isimo sabazali bakho sokuba umzali ngokubambisana.
2. Sebenzisa leli phepha ukuveza imizwa yakho ngamagama nangemidwebo . Azikho izimpendulo ezilungile noma ezingalungile—vele uthembeke ngemizwa yakho.

YINI EKUJABULISAYO?

Bhala izinto ezintathu ezikwenza ujabule ngokuba nomzali oyedwa:

- 1.
- 2.
- 3.

YINI EKUDAKALISAYO?

Bhala izinto ezintathu ezikwenza uphatheke kabi noma uphatheke kabi ngokuba nomzali oyedwa:

- 1.
- 2.
- 3.

UKHATHAZA NGANI?

Bhala phansi noma yiziphi izinkathazo onazo mayelana nokuba umzali ohlanganyela naye:

-
-
-

UFUNANI?

Uma ubungashintsha into eyodwa ngalesi simo, bekungaba yini?

-
-
-
-

UNGENZA YINI?

Cabanga ngendlela ongabhekana ngayo nemizwa yakho . Bhala izinto ongazenza uma udangele noma ukhathazekile:

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

UBANI ONGASIZA?

Faka ohlwini abantu ongakhuluma nabo uma unemizwa enamandla:

-
-
-
-

INCWADI EYA KUBAZALI BAMI

Bhala incwadi emfushane eya kubazali bakho mayelana nemizwa yakho:

Mama noBaba abathandekayo,

UZIZWA KANJANI?

Bhala amagama ambalwa achaza indlela ozizwa ngayo ngamalungiselelo abazali bakho okuba ndawonye?

Izinsiza Ezengeziwe

1. [Incwadi Yokwenza Ushintsho Lomndeni Wami Yentsha \(Ebhekene Nedivosi\)](#)
2. [Incwadi Yokushintsha Umsebenzi Womndeni Wami Wezingane \(Ebhekene Nedivosi\)](#)
3. [Usuku Lokwanga Kabili \(Incwadi Yendaba Emayelana Nesehluhaniso\)](#)

4. [Ukukhulisa Umzali Kude: Umhlahlandlela Wabazali Abahlukene Abahlala Kude Nezingane Zabo](#)
5. [Incwadi yokusebenzela yemizwa yami: ukuqamba amagama nokuhlola imizwa](#)

9. DWEBA IMIZWA YAKHO

Dweba isithombe esibonisa indlela ozizwa ngayo ngokuhlala emakhaya amabili noma ngokuhlanganyela nabazali bakho:

(Dweba isithombe sakho lapha)



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