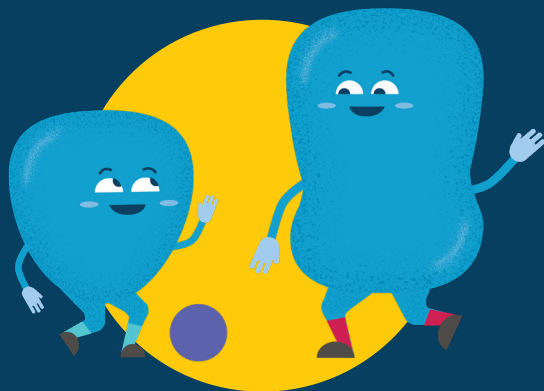


E dejako thaj dadesko aračhipe ano vakti COVID-eso-19

E dejako thaj dadeso aračhipe ano vakti COVID-19 šaj avel but pharo. Normalno si kaj sen tela izdraripe thaj zuralji emocionalno presia. Ake šov godaver lafora, sar te ločaren tumende thaj tumare čhavenđe.



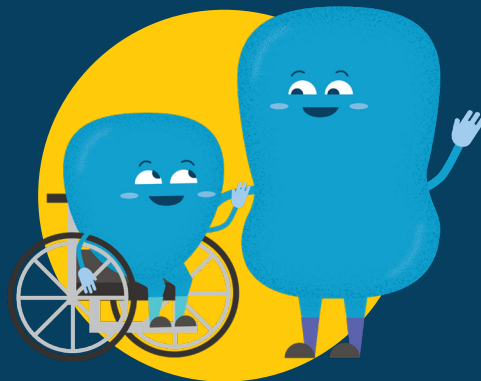
Nakhaven o vakti Tumare čhavenca po kvalitetno čhand.

Saa pand minutora ano dive čeren but. Agijate ka čeren te Tumaro čhavo hačarelpe importantno thaj kamlo.



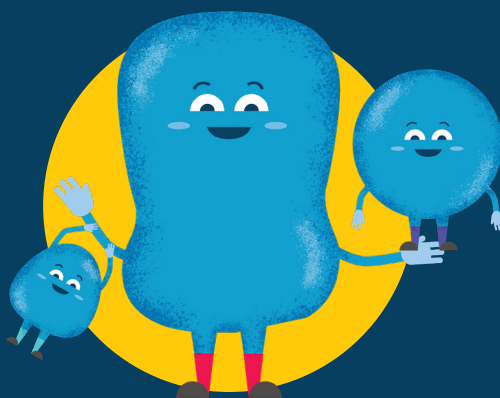
Čeren fleksibilno đivesesko đanipe, aj pe gova ačharen tumen.

Čeren đivesesko lačharipe Tumende thaj Tumare čhavenđe, an savo si than sar e lačardine aktivimatande, agijate vi e tromaline vaktese. Goljesa ka pomožisaren e čhavorende te hačarenpe, arakhadine thaj malače te ačardon.



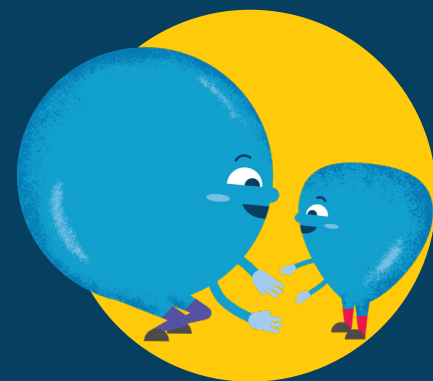
Najisisaren e čhavore kana lače ačhardolpe.

Ačhen pe gova, te najisisaren tumare čhave/terne देने, kana god khanči čerel sar kaj trubusarel. Von šaj naj te mothon kaj o najisisaripe si ljende lačo, aj goja buči paljem lače ka čeren. Gova ljen, vi agija ka pačvarel kaj Tumen dičhen ljengo ačharipe, thaj kaj Tumende ačhilo.



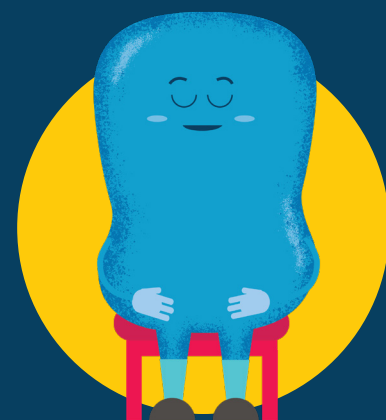
Đungalo ačharipe

Dičhen so maj anglal kana Tumaro čhavo đungalje ačharelpe thaj dromaren ljesko vardipe pe disavo interesantno ja čheljikano.



Mothon e čhavorese, savo ačharipe katar ljesto ašudaren

Koristisaren pozitivno lafora, kana e čhavorese vačaren so trubusarel te čerel, te phena: "Moljima tuče, crd čire šeja"



Aračhen tumen.

Vačaren khanikasa kana hačarentumen kaj sen korkoro. Ljen frima so maj hhor pand droma, kana sen tela izdraripe, ja holjarniko. Naj sen korkoro.

Čalaven akate, e majbut informaciende:

Godaver lafora SZO

Godaver lafora UNICEF-ese

Pe aver čhiba

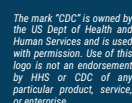
Fundo čačimatango



Scan the QR code for more information from www.covid19parenting.com



unicef
for every child



The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Wits Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and WellSpring Advisors.

