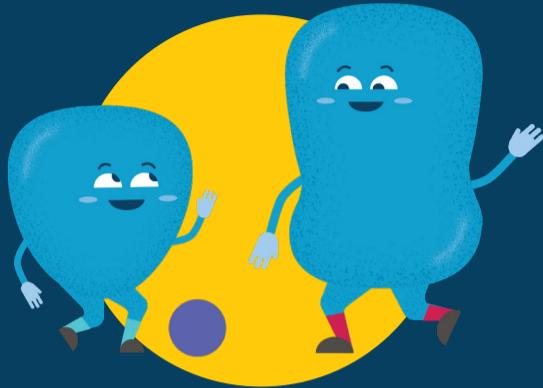


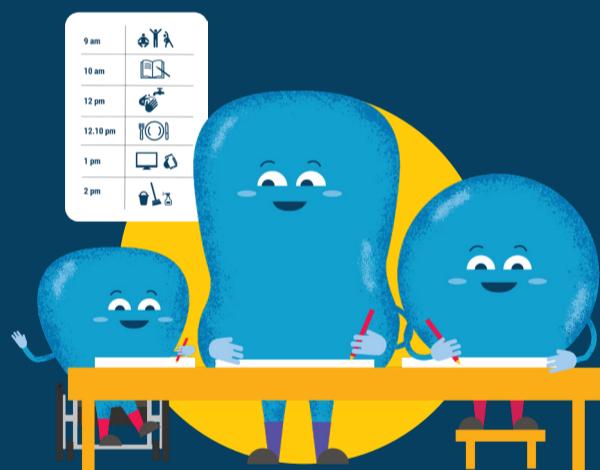
COVID-19 Ukuba ngumzali

Ukuba umzali ngesikhathi se COVID-19 kungaba nzima kakhulu. Kujwayelekile ukuzizwa unengcindesi futhi ukhungathekile. Nawa amathiphu awu 6 okwenza izinto zibelula kuwe nabantwana bakho.



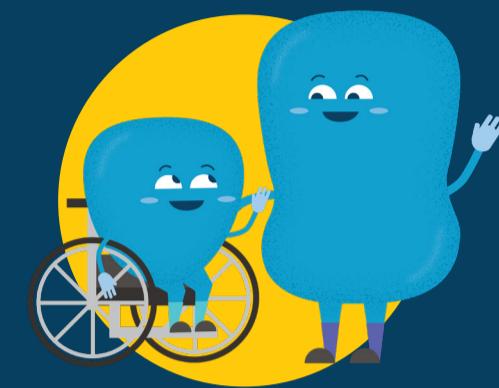
Chitha isikhathi esibalulekile nabantwana bakho.

Imizuwana emihlanu ngosuku ingenza umehluko omkhulu. Yenza ukuthi abantwana bazizwe bethandwa futhi bebalulekile.



Dala inqubo eguqukayo kodwa ehambisanayo yansuku zonke

Yenza isheduli yakho nezingane zakho enesikhathi semisebenzi ehlelekile nesikhathi samahhala. Lokhu kungasiza izingane zizizwe zivikeleke kakhulwana futhi ziziphathe kangcono.



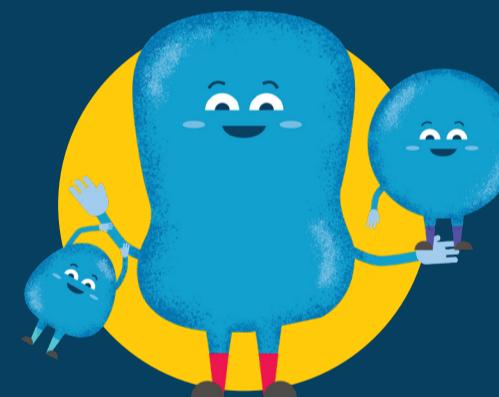
Dumisa ingane yakho uma iziphatha kahle

Zama ukudumisa ingane yakho noma osemusha ngento ethile abayenzile kahle. Kungenzeka bangakhombisi, kepha uzobabona besenza leyo nto enhle. Futhi kuzobaqinisekisa ukuthi uyabona futhi uyabakhathalela.



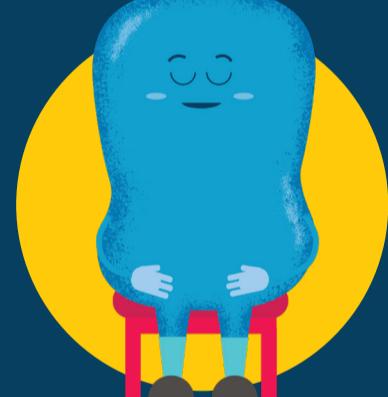
Isho indlela yokuziphatha ofuna ukubona

Sebenzisa amagama afanele lapho utshela ingane yakho ukuthi yenzeni; - njengokuthi 'Sicela ubeke izingubo zakho'.



Ukuziphatha Okubi.

Qaphela ukuziphatha okungekuhle kusaqala, bese ususa abantwane kuleso senzo ngokuthi benze okunomdladla nokujabulisayo.



Zinakekele.

Uma uzipha unomzwangedwa, thola umuntu ongakhulumu naye. Phefumula ngokujula amahlandlo amahlanu uma uzipha unengcindezi noma umsido. Awuwedwa.

Cindezela lapha ukuthola imininingwane epehele:

AMATHIPHU AVELA ku- WHO

AMATHIPHU AVELA ku UNICEF

EZINYE IZILIMI

UBUFAKAZI OBULHOLIWE



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