

Oshiwambo



Okambo pukululi
komukuluntu
kena sha nelongo
lyokanona
lyopetameko



Republic of Namibia



Kuuyelele wiihwapo kombinga yiipopiwa mbika talelapo epandja lyetu lyopaungomba:

www.RightStart.com.na

www.unicef.org/parenting/

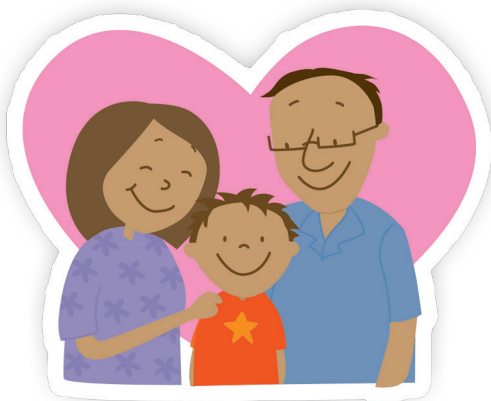
<http://www.mgecw.gov.na/>

<http://www.mhss.gov.na/>

<https://www.moe.gov.na/>

Nenge talelapo okaclinic keli popepi nangwye nenge ombelewa yelongo kuuyelele owindji.

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Oshinyanyangidhwa shika oshafutilwa kehanga lyuukumwe wa Europa.



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Oomvula dhopetameko dhokanona odho dhasimana unene mokupendula uuluyi wokanona, uuluyi ohautameke okukoka okuza pevalo na etameko lyakola lyonkalamwenyo yokwiilonga sha, uukolele nuukalinawa ohautotwapo nenge okungongwa omanga okanona inakatameka osikola.

Sho osho shasimana opo oonkantu dhopetameko dhikale dhili mondjila oshoka otashipe okanona ompito ombwaanawa yokwiilonga nuupu mosikola nokukala kena uukolele nokanyanyukwa.

Okuninga oomvula dhopetameko dhili nawa inashi pumbwa okukosha ondilo nenge okukala sha kitakana. Otashi vulu okutulwa miitopolwa ngaashi tayilandula:

- ✓ **Uukole**
- ✓ **likulya yuukolele**
- ✓ **Elongo lyopetameko**
- ✓ **Esiloshimpwiyu lyomondjila**
- ✓ **Onkalonawa neGameno**



Uukole



Oomeme yena ukolelele oyena ompito ombwaanawa okumona/okupulumutha uunona wuna ukolelele

- Inda kokapangelo uuna wuwete kutya owafa wuna etegelelo. Okuya kokapangelo kuyele otashikukwathele opo wukale wamona omayakulo gopaunamiti ngoka gapumpiwa na otashikwathele woo oomeme mboka yena ombuto yo HIV/AIDS yamone omayambidhidho gagwedhwapo.
- Methimbo alihe dyoka una etegelelo kala hotalelepo okapangelo ngaashi walombwelwa komuunilonga guundjolowele.
- Ninga omalongekidho geli mondjila opo wukale waka pulumuthila mehala lina uuyogoki nolyagamenwa naashika otashi kwathele woo opo okanona koye kamone onzapo yevalo pwaana uupykadhi.

Etuntilo

- Uunona wuli kofi yoomvula 5 owapubwa omatuntilo gayooloka opo wukale muukolele. Kala wasa oshimpwiyu opo okanona koye kamone omatuntilo agehe okuza pevalo.
- Kala wakoneka kutya okanona koye okena okakalata koshipangelo na kala woo wakoneka esiku lyetuntilo lya landulako.

Uuyogoki

- Oshasimana unene wiikaleke mwene , okanona koye noshowoo omudhingoloko gwoye gwayogoka.
- Yoga iikaha yoye aluhe unene tuu konima yokulongitha okadjugo , nenge okushendja omilambo oshowo manga inoolongekidha iikulya .
- Kaleka iikulya nOmeya gasiikilwa aluhe.
- Iyageka okwiiwatelela kehe mpoka ,ngele otashi shuwa , tungeni okandjugo.

Uundjolowele wiikulya

Okuyamitha

- Okuyamutha oko okuwanawa kumeme nokanona, okanona otakakoko okanankondo naakwaita yolutu lwako otayakala aanankondo. ye meme otashunitha ompito yokukwatwa kokankela yokomagundji pevi.
- Yamutha uulethimbo ngaashi tashivulika, andola ngaa oomvula mbali (2).
- Oomwedhi 6 dhopetameko lyonkalamwenyo yokanona , okanona okapumbwa owala okulya nokunwa omahini gokontulo. Inakapumbwa okupewa sha shagwedhwapo nande oshoka otashikayona omdjandja gokanona.



Okulya kwokanona okashona

- Konima yoomwedhi hamano(6) , iikulya yagwedhwapo otaivulu nduno okupewa okanona, mwakwatela ngaashi oshithima, iihape niingumutulu yanyanyulwa noshowoo iikwamboga.
- Uunona inaupumbwa okupewa kuyakwawo oshoka shika otashi eta opo. okanona kakale inakapewa kakuta ngaashi hashiningwa komukuluntu.
- Uunona nawupewe iikulya yayooloka opo wuvule wiimonenemo oovitamine niitungilutu iikwawo. shika nashikwatelelemo embwinda lyiihape niingumutulu. litungi lutu ongashi mbika notayi adhika miikulya mbika.



Ostarches ohai adhika (momboloto, moshithima noshowo molwishi) Oprotein ohai adhika mo (oohi, onyama, omakunde. Iikulya yina omagadhi nosuuka oyindji oyapumbwa okungambekwa ngaashi uuleke, iikunwa yatalalekwa nosho woo iikulya yakangwa.

- Uunona uushona owapubwa okulya olwindji opo omalutu nuuluyi wawo wukoke.

Elongolyopevi



Okwiilonga okupitila muudhano

- Uunona ohau ilongo nuupu ngele taudhana.
- Mokupitila muudhano ,uunona otawu ilongo okupotokonona ,okudhiladhila meendelelo, uunongo womalaka ,okukala nayakwawo nosho tuu.
- Eilongo okupitila muudhano ohakutamekele megumbo uuna okanona takadhana,takiilongo nokukoka neyambidhidho lyaavali yako, omusilishimpwiyu , amwaayina aakuluntu nenge aanegumbo.
- Okudhana ohakuningilwa pegumbo ,nenge pomahala gokukokela uunona oshowo kenongelo.
- Okudhana okwasimana woo mokwiilonga nependulepo lyuunona wuna omaulema .oshasimana opo uunona wuna omaulema wukuthe ombinga momaudhano noshowoo iinima yapamba oshigwana.
- Uunona auhe naumone ompito yafaathana mokukoka noshowo menongelo poomvula dhopetameko.
- Illongithomwa yopetameko ohai adhika momagumbo noshowo momidhingoloko dhetu.Otatu bulu okuyalula omakunde nuunona, tatupangele uudhanitho ngashi uuhauto woodhalate nosho woo okuninga uunona woondunga nokwiimba uuyimbilo nokudhana woo uunyandwa mboka taukwathele okanona opo kiilonge kombinga yomalwaala,omitholomo nuunene wiinima.

Omahala gelongo lyopevi

- Okufala uunona komahala gelongo lyopevi otashiyakwathele opo yakokeke uunongo wawo wopevi mokalamwenyo noshowo momidhingoloko dhawo.
 - Kakele nee, hamahala agehe gelongo lyopevi gethike pamwe, onkene aakuluntu oyapumbwa yatale nawa mpoka tayatula uunona wawo ngele opwayela, opena egameno na otapugandja ompito yelongo okupitila muudhano kokanona ke.
- 4 Omahala gelongo lyopetameko nagakale giishangitha nuuministeli Wuuthike pamwe nonkalonawa yuunona.



Esiloshimpwiyu lyomondjila



Ohole negameno

- Okuulikila okanona ohole oshapumbiwa mekoko lyomaiyuvo gokanona. Shika otashiyakwathele opo yakale yena uukuume wakola monkalamwenyo yawo.
- Papatela nokuyalombwela kutya owuyahole nokuyapandula woo uuna yalonga nawa.
- Uukolokohi momudhingoloko gwokanona kaushi uuwanawa na ohaungambeke ekoko lyuuluwi wokanona na ohashi ka eta woo okanona kakakale okakolokohi monakuyiwa.
- Aakuluntu nayakale hayapopi naanona yawo etayagandja woo omagando kaageshi owawinayi mpoka okanona kaningi epuko.
- Kehe efeekelo yokuninga nai okanona naliloptwe kopolisi nenge komuniilonga gwonkalonawa.

Egameno moshigwana

- Kehe okanona okena uuthemba wokukala nedhina noshowoo uukwashigwana. Kala washangitha okanona koye opokamone onzapo yevalo
- Uunona wumwe, unene tuu mboka aankuluntu yawo yena iiyemo yili pevi, mboka wuna omaulema nosho woo mboka waana aayambidhidhi ohaya mono oshimaliwa shokwiikwathela okuza kepangelo, oyapumbwa ashike okwiishangitha nuuministeli wuuthikepamwe nesiloshimpwiyu lyaanona.

Ekuthombinga lyaTate gwokanona

- Aakuluntu ayehe oyapumbwa okukalapo mekoko lyokanona.
- Aanona mboka ootate yawo yelipo oyena ompito ombwaanawa okukala yanyanyukwa, yena ukolele na otayayi komeho nawa.
- Nonando aavali kayeli we pamwe Mohole, oshapumbiwa yakalepo mekoko lyokanona ayehe. Okugandja iimaliwa yokuyambidhidha okanona oshapumbilwa ndele unene ethimbo olya simana oshoka otalitungu woo ekwatathano pokati kokanona nomukuluntu gwako.
- Ootategona noomemegona nayakale woo taya ihumbatele uunona auhe shithike pamwe megumbo.



Egameni nuukalinawa



Omudhingoloko gwayela nogwagamenwa

- Uunona ohawuvulu okukwatwa koshivu nenge okumona iiponga mbala onkene oshasimana ehala lyokudhanena nalikale aluhe lyayela nolili monkalo ombwaanawa.
- Uunona nawukalekwe kokule nomahala gonyata na kaleka woo omudhingoloko gwawo gwayela nokukeelela okwiiwatelela kehe mpoka.
- Kaleka omudhingoloko gwayela kiinima ngaashi omakende gatataka, iikwamalusheno noshotuu kehe shoka Shanika oshiponga kokanona.
- Longa woo uunona kombinga yegameni lyo moopate etoya keelele woo yaahakale moopate dhi ipyakidhila.

Uukolokoshi

- Uukolokoshi oshinima oshiwiniyayi momidhingoloko dhetu. Kaleka aanona kokule niikolokosha nokuyagamena okuyapa ohole nesiloshimpwiyu.
- Popya naanona kombinga yeningo nai lyaanona etoya pula woo opo yekulombwe kehe shoka hashiya uvitha nai.
- Longa uunona kombinga yiilyo yomalutu gawo byoka yopaumwene ngaashi iilyo yopaivaitho eto ya uvuko woo uuna tayekulombwele kutya opena omaiyuvo gontumba omalimbiliki.
- Dhimbulukwa , oshapumba wu adhe andola okanona taka fundju kombinga yeningo lyonai, na olundji eningo lyonai lyokanona ohali ningwa kwaamboka yeshiwiki kokanona (omuntu gwomegumbo, omukuluntu iinekelwa nenge kuume kokanona).

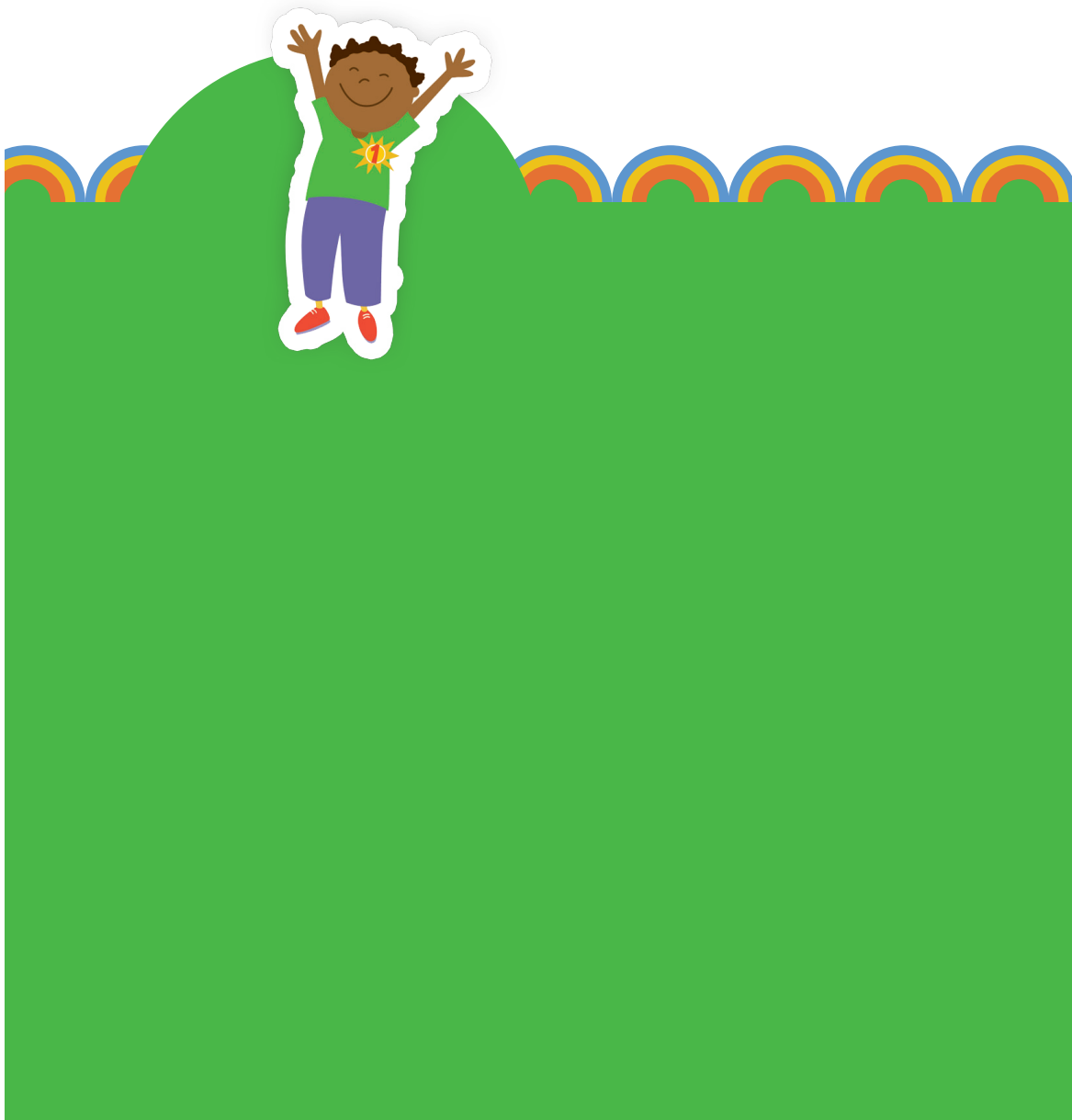
likolitha noshowo iingangamithi

- likolitha niingangamithi ohayi eta woo okuninga nai okanona megumbo naashika otashi nkundipaleke ekoko lyokanona.
- Inonwa iikolitha omanga wuna etegelelo nenge toyamutha
- Ino ethela okanona miikaha yomuntu eli kofi yiikolitha nenge keyilongithe kokene.
- Gamena uunona kiikolitha yili momudhingoloko noshowo inoya ethela poondingosho.





Right Start
make a child's first steps
the right steps.



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Right Start
make a child's first steps
the right steps.