

Rukwangali



Kambapiragona
koku gava magano
kovakurona
kuhamena kukura
ko momunona



Republic of Namibia



Moku gwanako mapukuro:

www.RightStart.com.na

www.unicef.org/parenting/

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

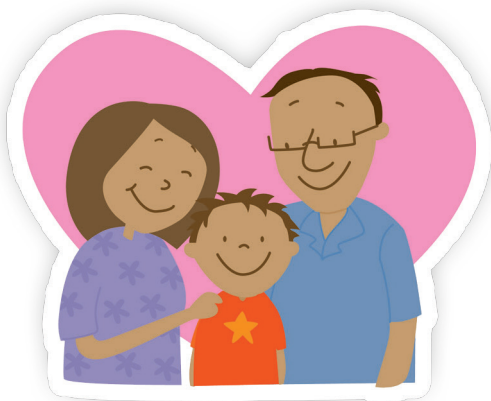
<http://www.mhss.gov.na/>

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

Ndi zende kosipangero sa kukarera pepi, ko murugani monkarapamwe ndi mberewa zerongo o gwane mapukuro.

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Esi sirugana kuna gwana mvatero ko European Union.



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Nomvhura de petamekero lyeparu lyamunonge mulyo unene konondunge dendi. Uruvi womunona kuvareka kukura apa ava vareke kukara ozina nezimo. Evarekero lyo kulironga, ukanguki no ukali-nawa womunona ku karapo nare komenho zoku ninka asi aka tameke sure.

Eyi yiyo nye yakarera mulyo unene kupa munona etameko lina kara montenta morwa etameko lyewa kuninkisa munona aka rugane nawa momalirongo gendi kumwe hena noku kamukaresa moukangure kumwe no ruhafo.

Evareko lyewa lyene-lyene ngano kapi lyakara udigu ndi walye asi li kose unene. Alyo kuvhura nye kulihangura momaruha aga:

- ✓ **Ukanguki**
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- ✓ **Elirongo lyepetameko**
- ✓ **Egawo uteku**
- ✓ **Ekungo ne Popero**



Ukanguki



Vazinya vakanguka nkene apa kugwana vakeke wokukanguka

- Zende ko sipangerogona esi sa kukarera pepi nsene kuna kara nomarutu gavali. Kuza kosipangero mulyo unene morwa toka gwana uhaku owo ono hepa, ntani hena, vazinya ava vakara no mukisi go HIV/AIDS kugwana evatero eli vahepa kosipangero.
- Siruwo nasinye esi ono kara nomarutu gavali, zende kosipangero ngamomu tupu vakutantera varugani wopauhaku.
- Komeho zo kuhampuruka kara ono divilisa asi ove popepi nosipangero ono kara. Kuhampurukira kosipangero kurerupika etjangeso lyamunoge.

Vendwatinkito

- Vanona wonomvhura ntano yigurumwise kwa hepa vendwatintiko yipo vakare vana kanguka. Didilika asi munoge agwane etinkiko eli gahepa pooopo tupu age ntani vana kumureta.
- Munoge gahepa kukara no mpabira zo sipangero.

Ukuhuki

- Mulyo unene kuzereka rutu roge, rutu rwamunoge ntani neveango lyoge.
- Kuhwa mawoko goge konyima zokuruganesa kasaise ndi konyima zo kuhandurura mukeke ntani komeho zo kuwapaika yokulya.
- Kudumina mema go kunwa nonondya nkenye apa.
- Hagekesapo kulikwasera moyinhwa. Kambadara kutunga kasaise nampili kekero.

Nondya

Kuzamweka

- Kuzamweka mulyo unene komunona nOzina. Masini gOzina kupamekesa mukeke kumwe hena nokumupa ukanguki zuni. Kuzamweka hena kugusapo siponga so mukisi go Kankera kovagolikadi.
- Munona gahepa kuzamwa masini gOzina ure wo nomvhura mbali.
- Mukeke gahepa kunwa masini gelike ure wo makwedi 6 konyima zehampuruko lyendi. Masini yigo naga kwateramo mema. Mukeke kapi gawapera kunwa mema ndi tee momakwedi ogo 6 morwa kuvhura yika yipike mezimo lyendi.



Kulisa munoge

- Konyima zo makwedi 6, munona kuvhura nye kumupa nondya nado peke. Ado kuvhura nye dikare yisima, nonyango edi va myona ntani yikwa-ehidi. Ano nsene tolisa munona yisima, yaha kara mema-mema(likare embobo lina kukakatera nawa korutugo).
- Munonagona kapi kumusigilira a lye mwene morwa kapi ta vhuru kulya nawa nondya dinagwanene.
- Munona gahepa kulya nondya domarudi gokulisiga-siga yipo a gwane mo yihepwa yorutu nayinye. Nondya dapo dahepa kukara edi dina kukwamako: enyango lyokulisiga-siga, yikwahidi, mboroto, yisima, roso, nomfi, nyama, makunde ntani yikwamagadi yakanguka. Nondya domagadi unene ntani nedi dakara no suka zonzi da hepa kudi sesupika (nondya ngwendi mauerke, yikunwa yakara no ntutu ntani nondya do kukanga).
- Vanonagona vahepa kulya nkenye apa yipo asi marutu gawo noma ruvi gawo ga kure nawa.



Elirongo lyepetameko



Kulirongera moudano

- Vanona kulirongera nawa moudano!
- Moudano yimo ava lirongere vanona kukohonona po maudigu, maganokona-kono, eraka, udivi wonkarapamwe ntani eliyikiso.
- Kulironga komoudano kembo aku varekere kumwe novakurona. Membo yimo ava danene vanona kumwe no kulironga ntani nokukura metekuro lyovakurona vawo, vareli vawo, vakuru vawo ntani kumwe novanekoro.
- Udano wa hepa kukarera membo, ko mavango go ECD ntani nosure dosipilili.
- Udano kuvatera unene vanona vakara no urema yipo valironge nawa kumwe nokukura montenta. Mulyo unene kuhamesera mo vanona vena vakara nourema.
- Vanona navenye vahepa kugwana nompito dinahetakana petameko yipo vakure nawa.
- Yihepwa yokulirongesa kuyi gwana momambo nomonkarapamwe. Kuvhura tuvarure makunde kumwe novanona, kuvhura hena kurugana yidanesa yopampo ngwedi: matuwa goyindorohwa ntani yipopisa yonondunga, kudimba kumwe nonsumo ntani kumwe noku dana udano wokuhamena mavara, yifanekeso ntani ehetakaneso nomusika.

Mavango go ECD

- Kutjangesa vanona koMavango go ECD kuvapa mpito valironge udivi nkarapamwe no maparambo gawo.
- Ano nye mavango go ECD naganye kapi gahetakana. Vakurona vahepa kutara asi evango lyo ECD lipilyo lyompora, lyazera, ntani kugava mpito kavanona vadane kumwe nokulironga nawa.
- Mavango go ECD nagenye gahepa ku gatjangesa ko uMinistri wo Gender ntani gahepa kukwama yiturwapo yo mavango go ECD mwaza sirongo.

Egawo uteku



Eharo nepopero

- Kulikida mumona eharo mulyo unene kokukura kwendi kopaunandunge. Eyi kuvatera vanona vakakare nouholi wosili kumwe nomalikwatakano gokupama meparu lyawo.
- Dingira munoge mawako nkenye apa, mutantero asi wamuhara, ntani hena ove o mukangange kwa nkenye eyi ana rugana nawa.
- Kutoona munona kuyipika nondunge dendi kumwe nokumupa marwanambo.
- Vakondi vahepa kuuyungisa vana vawo nawa kumwe nokuvanyokera ponkedi zopambili, kipasi dogoro kwa kwata porutu.
- Nkenye eli ehepeko lyomunona lyahepa kulirapota kovaporosi ndi komurugani gomonkarapamwe.

Epopero pankarapamwe

- Vanona navenye java tumbukira yoku kara nedina ntani no unamvharerwa. Kara ono divilisa asi munoge gagwana mbapira zomvharerwa.
- Vanona vamwe, unene ava vakara asi vakurona vawo kapi ava gwana yiwizamo zuni, ava vakara nourema ntani vansigwe kwava tumbukira mbatero zepangero. Vanona ava vangesi vahepa kuvatjangesa ko uMinistri wo Gender.

Elihameseromo lyo vaguhya

- Vakurona womunona navenye mouvali wavo vahepa kulihamesera mo metekuro lyamunawo.
- Vanona ava vakara asi vaguhyawo kulihamesera momaparu gawo nkenye apa kukara moruhafo ntani yininke kuva wapa meparu.
- Nampili ndi asi vakurona kipasi kumwe vakara, navenye vahepa kulihamesera mo meparu lyamunawo. Nampili yikare asi kufuta yimaliwa yetekuro mulyo unene, simpe vaguhya vahepa kukara pamwe novana vawo yipo valiyike.
- Vaguhya wo situmbwena vahepa kupakera sinka vanona vemembo navenye pontambo zoku hetakana.

Ekungo nepopero



Maparambo gokuzera, gompora

- Vanona kukagura mauvera usimbu ntani awo hena kuremana usimbu. Yiyo yokarera mulyo unene mokuzereka mavango aga ava kara vanona (eyi kuna tamba nye mambo, mavango go ECD, maharango gokudanena, ntani ponze zembo).
- Nomena nawa asi vanona kapi gana vakarere mema gondova pepi ntani kwato ogo ana kulikwafere pepi nopo ava danene.
- Kandanapo yiponga nayinye popepi nevango lyovanona (yiponga ngwendi: makende gokutauka, nomutji ntani marutjeno).
- Ronga vanona kuhamena ekandanopo yiponga yomononzira.

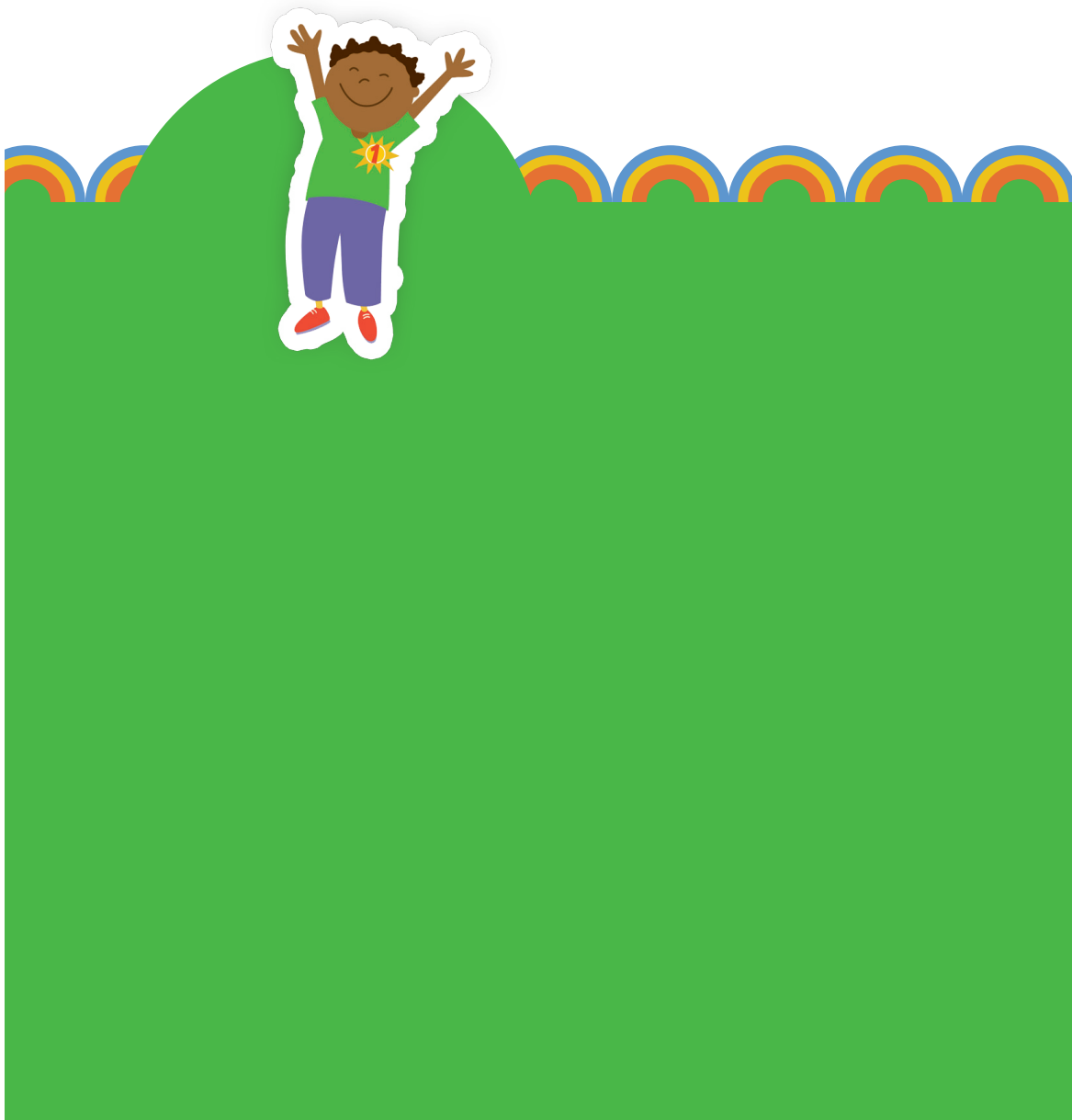
Marwanambo

- Marwanambo yiwo udigu umwe tuna kara nawo mononkarapamwe detu. Popera vanona komarwanambo mokuvapa eharo netekuro nkenye apa.
- Uyungisa vana woge kuhamena ehepeko lyavanona kumwe noku vakorangeda vakutantere nkenye eyi yinakupira kuvahafesa.
- Ronga vana woge kuhamena yilyo yawo ove hena o vapurakene nsene tava yakutantere kuhamena nonkedi do morupe rwahana kuwapera.
- Diworoka – Munona kapi gahwa kutanta yimpepa kuhamena ehepeko. Nkeneye apa ehepeko lyovanona kutunda komuntu ogo vadiva (gekoro, mukondi ogo vahuguvara, muholi).

Marovhu no yikwa-epangwe

- Unkorwe wokupitakanena kumwe neruganeso yikwa-epangwe kugwederera ehepeko lyovanona momambo, eyi ayi twaredesa ko munona aka pire kukura nawa.
- Waha nwa marovhu ndi asi orugenese yikwa-epangwe nsene no marutugavali ono kara.
- Waha likida vanona morovhu no yikwa-epangwe ndi ova likide vakurona ava vana kunwa.
- Popera vanona komarovhu mononkarapamwe ove hena o vature ure nonombaha.





EUROPEAN UNION

INTER  TEAM

unicef 
for every child


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