

Setswana



Itsholelo
ya batsadi
mo
kgodisong
ya bana



Republic of Namibia



Go itse go feta mo, etela ko:

www.RightStart.com.na

www.unicef.org/parenting/

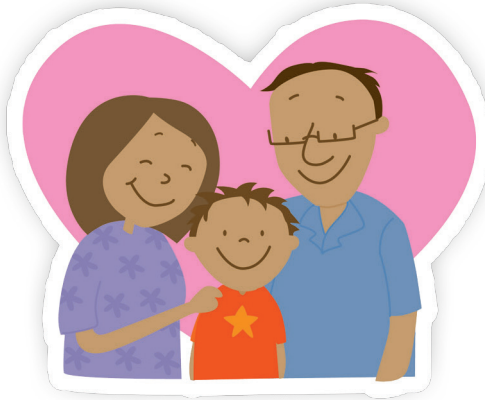
<http://www.mgecw.gov.na/>

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

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

Kana etela kokelwana ee gaufi, lekalana la ba boipelego kana ba tsa dithuto go itse le go feta.

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Tiro e, e rotloeditswe ke ba European Union.



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Di nopola

tse di ka thusang go
netefatsa gore dikgato tsa
ntlha tsa ngwana wa gago, ke
tse di siameng

Di ngwaga tsa ntlha tsa botshelo jwa ngwana wa gago ke tse di botlhokwa thata go ka godisa tlhaloganyo ya ngwana.

Tlhaloganyo e simolola go tllhabologa fa ngwana a ise a tsholwe le tshimololo ya go ithutela botshelo jobo hapele, botsogo le boitekanelo di setse di le teng pele ga ngwana a simolola sekole.

Ke se goleng botlhokwa go ka simolola dingwaga tsa ntlha tsa ngwana sentle, ka gone go ba neela tshono ya go ka iteka mo sekoleng, ba nale botsogo le ba itumetse:



Tsa Botsogo



Dikotla



Go ithuta gosale kgale



Tlhokomelo e e tseneletseng



Pabalesego le Tshireletso



Botsogo



Bomme baba itekanetseng ganntsi ba nale bana baba ite

- Ya kwa kokelong ka bonako ha o sena go lemoga gore o mo mmeleng. Se se ka thusa go bona di thuso tsa bo ngaka tse o ditlhokang le go netefatsa gore bomme baba naleng mogare wa HIV/AIDS ba bone dithuso tse di maleba.
- Mo sebakeng sotlhe sa boimana netefatsa gore o etela kwa kokelong jaaka ba diri ba botsogo ba laetse.
- Baakanya mogo tlhokahalang gore o belege ko kokelong. Se se thusa gore o kwadise matsalo a ngwana.

Mekento

- Bana baba ko tlase ga dingwaga tse tlhano ba tlhoka mekento ee malwa gore ba itekanele. Netefatsa gore ba bona mekento yotlhe eo e tlhokang ga ngwana a sena go belegwa.
- Netefatsa gore ngwana o nale karata ya sepatela le go nna mo dinakong gore mekento e e latelang ke leng.

Bophepa

- Go botlhokwa go baya wena, ngwana le tikologo phepa.
- Tlhapa mabogo kgapetsa kgapetsa fa o sena go dirisa ntlwana ya boiteketo kana o sena go fetola metseto ya ngwana le pele ga o bakanya dijo.
- Khurumetsa dijo le metsi sentle.
- Se gase metseto epa lehuti fa go kgonagala.

Dikotla

Go amusa ka lebele

- Go amusa ka lebele go siametse ngwana le mmagwe. Ngwana o gola a nna motona abo a nonofa le gonna le masole a mmele aa itekanetseng fa mmagwe a fokotsegelwa ke kgonagalo ya go tsenwa ke kankere.
- Go amusa ka lebele go tshwanetse go tswelala sebaka sese telele se se kgonagalang, gongwe ngwaga tse pedi.
- Kgweedi tse thataro tsa ntlha tsa botshelo jwa losea, losea lo tshwanetse go nwa mashi a lebele hela. Se ga se a tshwanelwa ke go emelwa ke metsi kana tee ka se ka senya moteng ga mogodu wa ngwana.



Young child feeding

- Morago ga kgweedi tse thataro dijo tse di kgonang go jisiwa ngwana di tshwana le motogo, maungo le merogo ee sidilweng. Fa losea lo jesiwa motogo netefatsa gore motogo gao metsi thata (ga waa tshwanelwa go tshologa mo leswaneng).
- Bana ga ba tshwanelwa go tlogelwa ba ijesa ka se se ba baya mo dipahtseng tsa gosa je mo go lekaneng.
- Bana ba tshwanetse go ja dijo tse di nang le dikotla go netefatsa fa ba tsaya divithamini le di minerale. Se se tshwanetse go akaretse merogo le maungo, di starch (borotho, paleche le rice), di protaine (nama, tlhapi le dinawa) le mafura aa naleng dikotla. Dijo tse di naleng sukiri ee ntsi le mafura di tshwanetse go fokodiwa (di tshwana le di monamone, dino tse di naleng gase le dijo tse di apeilweng ka mafura).
- Bana ba banye ba tshwanetse go ja kgapetsa kgapetsa gore mebele le tlhaloganyo tsa bone di gole.



Go ithuta gosale kgale



Thuto ka motshameko

- Bana ba ithuta bontle ha ba tshameka.
- Ka go tshameka bana ba ithuta go rarabolola mathata, go akanya ko teng, ditsela tsa go buisana, go itse go tsalana le go tlwaela diemo.
- Thuto ka metshameko e simolola ka batsadi ko lwapeng kwa bana ba tshamekang, ba ithuta le go tlhaloganya ka thotloetso gotswa batsading, batlhokomedi le losika.
- Tshameko e tshwanetse go diragala kwa lapeng, mafelo a itloso bodutu le kwa sekolong sa bone se se botlana.
- Go tshameka go siametse go ithuta le go tlhabolola bana ba banaleng bogole. Go botlhokwa go netefatsa gore bana ba banaleng bogole ba nale karolo me sechabeng.
- Bana botlhe ba tshwanetse go nale seabe sese tshwanang sa go ithuta le go tlhabologa ha sale bale botlana.
- Di diriswa tsa go ithuta go sale kgale di ka bonwa ko malwapeng le mo sechabeng. Re kgona go bala dinawa le bana, re dira tse di tshamekang tsa maloba jaaka dikoloi tsa ditini, bo mpopi ka dinatse tsa makalani, go opela dipina le go tshameka mo go thusang ban aka mebala, dipopego le bogolo kana bonnye.

Mafelo a tlhokomelo ya bana

- Go tsenya bana mo mafelong a, go ba letlelela go aga kitso ya bone gotswa mo tikolong ya sechaba.
- Le fa gontse jalo, gase mafelo otlhe a tlhokomelo ya bana a tshwanang ebile bastadi ba tshwanetse go ela tlhoko gore mafelo a a phepa, a sireletsegile ebile a rotloetsa bana gore ba ithute bantse ba tshameka.
- Mahelo a tlhokomelo ya bana a tshwanetse go bo a kwadisitswe mo tlase ga lephata la tekatekanyo ya bana ebile le tshwanetse go na mo seemong sa mafelo a tlhokomelo ya bana ya lehatshe.

Tlhokomelo ee tseneletseng



Go rata le go sireletse

- Go supa lerato le kamo mo baneng go bothokwa go tllabolola maikutlo a bana. Se se thusa bana gore ba age botsalano le tirisano moogo ee tileng.
- Haka bana ba nyena, ba boleleleng gore lea ba rata le ba rotloetsa ha ba dirile sentle.
- Go kgerisa le go betsa bana go ka dira gore ngwana a nne tlhogo e thata go bo go felela go dira gore ngwana anne thumulano.
- Batsadi ba tshwanetse go bua le bana le go ba othaya mo go seng ga lekgeriso ha ba dira sengwe se se sa siamang.
- Fa ngwana a belaelega gore gaa tsewe sentle o tshwanetse o itsise ba sepodisi kana ba boipelego.

Tshireletso mo sechabeng

- Bana botlhe ba nale tshwanelo ya go nna le leina le boagedi. Netefatsa gore o kwadisa matsalo a ngwana o bone setlankana sa matsalo a gagwe.
- Bana bangwe, jaaka ba batsadi ba bone ba sa itsholelang, ba ba naleng bogole le di khutsana ba tshwanelwa ke go ikwadisetsa katso ya bana le ba lephata la tekatekano ya bong le tshireletso ya bana.

Karolo ya borre

- Batsadi botlhe ba tshwanetse gonna le seabe mo kgolong ya ngwana.
- Bana ba borra bone ba tsayang kgato mo kgolong ya bone ba ka nna ba itumetse ba itekanetse babo ba atlega.
- Le fa batsadi ba se mo leratong, ba tshwanetse go amana le ngwana, go duela madi a tlhokomelo ya ngwana go bothokwa mme bo rrabone ba tshwanetse go tsaya nako le bana ba bone le go ba nonotsha mo moweng.
- Batsadi ba ba fitlhelang bana ba tshwanetse go tsaya bana botlhe ka tekatekano mo lwapeng.

Pabalesego le Tshireletso



Tshireletso le bophepa mo tikologong

- Bana ba tshabelelwa ke go lwala le go gobala ka mong tikologo ya bana e tshwanetse go nna phepha le go sireletsega (go akaretsa malwapa, mafelo a ECD, mafelo a itloso bodutu, le kwa patlelong)
- Netefatsa gore bana ba sireletsegile mo metsing a leswe le mahuti aa sa katelwang mo tikologong.
- Kgapha dilo tsemi diphatsa (digalase tse di thubegileng, metswako ee bogale le megala ya motlakase).
- Ruta bana ka ipabalelo tseleng le go ba sireletsa mo ditseleng tsemi mosuke.

Kgokgontsho

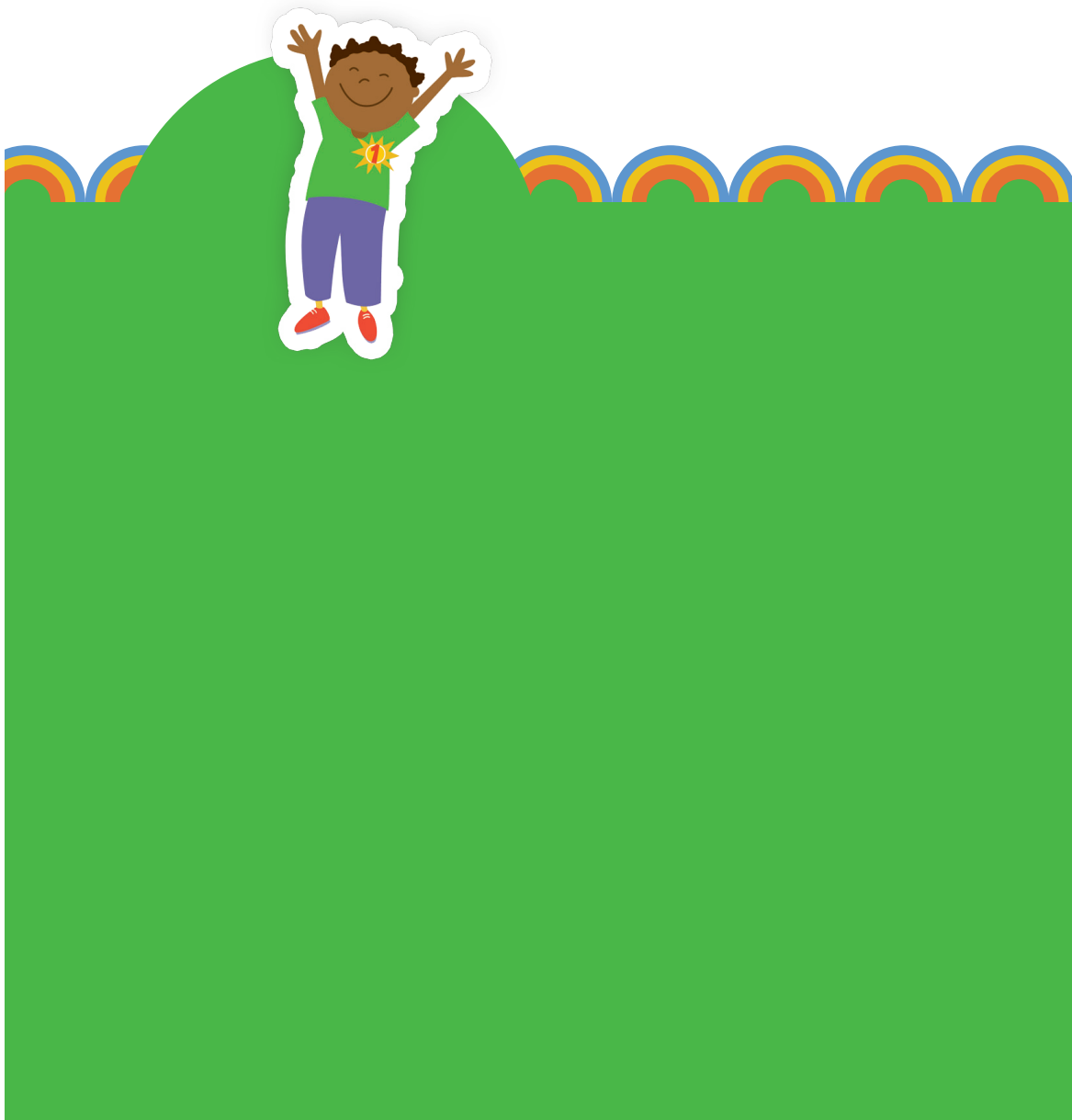
- Kgokgontsho ke bothata jo bo tona mo sechabeng. Sireletsa bana mo kgokgontshong le go kgaphela kgokgontsho kwa thoko ka go fa bana lorato le tlhokomelo.
- Bua le bana ba gago ka bodiphatsa jwa kgokgontso ya bana le go ba rotloetsa go go bolelela ka sengwe le sengwe sese sa ba tseyeng sentle.
- Ruta bana ba gago ka dikarolo tsa bohitha mo mebeleng ya bone (bonna/ bosadi le marago) le go ba dumela fa ba bega sengwe se se sa nnang sentle.
- Gakologelwa - ga go a tlwaelesaga gore bana ba ake ka kgokgontso, gape makgeto ale mantsi a kgokgontso ya bana e dirwa ke motho oo itsegeleleng mo ngwaneng (leloko la lelwapa, mogolo oo tshepagalang kana tsala).

Tiriso botlhaswa ya bojalwa le ditagi

- Tiriso botlhaswa ya bojalwa le ditagi mo malwapeng e oketsa kgonagalo ya gore bana ba seka ba tsewa sentle ebile e kgona go kgoreletsa kgolo ya ngwana.
- Seka wa nwa kana wa dirisa ditagi fa ole mo mmeleng kana o amusa ka lebele.
- Seka wa bontsha bana ditagi kana bojalwa kana mogolo oo ka fa tlase ga kgatelelo ya bojalwa kana ditagi.
- Sireletsa bana mo bojalweng mo sechabeng le go ba khapha mo dipotong.



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



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