



Into enokwenziwa ngabazali ukulwa nokwenziwa kwabantwana izigculelo

- ✓ Yilindele into yokuba kungenzeka ukuba umntwana wakho wenziwa isigculelo.
- ✓ Ukuba ukrokrela ukuba kukho into engalunganga – buza.
- ✓ Mmamele umntwana wakho.
- ✓ Yinike ingqwalasela into akuxelela yona ungayibethisi ngoyaba.
- ✓ Ungaze umbeke izityholo umntwana – akanguye unobangela woku.
- ✓ Mqinisekise ukuba wenze into elungileyo ngokukwazisa.
- ✓ Musa ukumthembisa ukuba uza kuyigcina ilihlebo le nto.
- ✓ Xoxa naye malunga neendlela ezisebenzayo zokusombulula le ngxaki.
- ✓ Mfundise ukuzithemba umntwana wakho, akwazi ukuzimela nokuzithethelela, umfundise nezinye izakhono zokujongana neemeko ezinje.
- ✓ Mbhalisele ukuthatha inxaxheba kwimisebenzi nemidlalo yokuphuma kwesikolo ukumnceda ukuba andise abantu anokuhlobana nabo.
- ✓ Khuthaza ingxoxo efemelini malunga nemiba enjena.
- ✓ Ungaze ulindele ukuba abantwana mabakwazi ukulwa ingxaki enje bebodwa.
- ✓ Thetha nootitshala nabanye abazali – ukuba kukho umntwana omnye obhulishwayo, baza kubakhona nabanye.



Amanyathelo amathathu okulwa nokugculela

Ukufumanisa ukuba umntwana wakho wenziwa isigculelo kungakuphatha kakubi kakhulu. Ungaziva uphelelwe ngamandla, unoloyiko, ulusizi, unesazela, unomsindo okanye ungazi ukuba mawuthini. Ungaziva ngathi ulixhoba wena ngokunokwakho.

Nazi izixhobo, amaqhinga neengcebiso ezinokukunceda ukuba wenze izicwangciso zexeshana kunye nezexesha elizayo zokukhusela umntwana wakho ekubeni enziwe isigculelo ngabanye.



1 Okokuqala, qinisekisa ukuba ukugculela asiyonto eqhelekileyo emntwaneni wakho.

Kukugculela ukuba isenzo sivisa umntwana ubuhlungu, sesangabom kwaye siyaphindaphindwa, ingakumbi xa omnye enamandla angaphaya kunawomnye. Ngamanye amaxesha abantwana bayoyika ukuthetha ngokugculelwa. Ukuba ukrokrela ukuba umntwana wakho wenziwa ixhoba lokugculelwa, usengathanda ukuzama ezi ndlela zingezantsi ukufumanisa nokuqinisekisa ngalo mba. Buza yaye umamele:

- Ingaba kukho umntu okuviswe ubuhlungu ngabom?
- Ingaba lo mntu mkhulu kunawe yaye uyoyikisa?
- Ingaba lo mntwana uyazi ukuba ubuviswa ubuhlungu?

Qwalasela iimpawu ezifana nezi:

- Umntwana uzama iindlela zokungayi esikolweni okanye ukhangeleka esoyika ukuya esikolweni
- Ukhalaza ngesisu esibuhlungu nentloko ebuhlungu
- Utshintsha ixesha lakhe lesiqhelo lokulala okanye usoloko ebanomsindo



Ukuba umntwana wakho wenziwa isigculelo, ungathatha amanyathelo okumnceda ukuba afunde ukujongana nemeko enje kakuhle.

Mfundise iindlela ezithe ngqo nezingathanga ngqo zokumelana nabagculeli.

Usengathanda ukukhuthaza umntwana wakho ukuba enze oku:

- Ukuba ahambele kude kwiimeko/kwiindawo ekugculelwayo kuzo.
- Ukuhambela kude nomgculeli nokuchitha ixesha nomnye umfundi weklasi yakhe okanye umhlobo okanye umntwana wakokwabo.
- Ukungamhoyi umenzi wobubi, ukungabonisi umsindo okanye uloyiko.
- Ukungaphindisi okanye abendlongondlongo.
- Ukuthetha notitshala okanye umntu omdala amthembayo.
- Ukufundisa umntwana wakho ukuzithemba nokusebenza ekwakheni ukuzithemba.

Khuthaza ukuzibandakanya neqela. Abantwana abasebenza nabanye abasoloko besenziwa izigculelo. Usengathanda ukunceda umntwana wakho ngolu hlobo:

- Ukumkhuthanza ukuba azibandakanye kwiinkqubo zemisebenzi yokuphuma kwesikolo
- Ukuphuhlisa izinto azithandayo ezimvumela ukuba anxibelelane nabanye



Ukuba umntwana wakho uyagculelwa esikolweni, ungasebenzisana nootitshala nabaphathi ukuzama ukuyila indawo ekhuselekileyo yabantwana.

Ncokola nootitshala nabaphathi.

- Bazise ngemeko enje ngokubabhalela. Izikolo kunyanzelekile ukuba zijongane neemeko zokugculelwa kwabafundi.
- Xoxani ngeendlela isikolo esingancedisa ngazo, ezifana nokuqulunqa iinkqubo zokufundisa abafundi ngokugculela.

Thatha inxaxheba esikolweni sabantwana bakho.

- Zibandakanye nePTA (iqela labazali nootitshala) ukuphuhlisa iinkqubo zokulwa nokugculela.
- Zinikele uthethe nebhodi yesikolo ube "yingcaphephe kwezokugculela".
- Ukuba umntwana wakho ukhubazekile, ungazama ukwenza izicwangciso zokulwa nokugculela kwinkqubo yemfundo ejongene ngqo nomntwana wakho (individualised education programme okanye i-IEP).



Uncedo lweeyure ezingama-24 lakwaCipla
malunga noXinzelelo lweNgqondo
0800 456 789
SMS 31393

