



Lokho abazali abangakwenza ngokuxhashazwa.

- ✓ Kulindele ukuthi kungenzeka ukuba ingane yakho iyaxhashazwa.
- ✓ Uma usola ukuthi kukhona okungahambi kahle – buza.
- ✓ Lalela umntwana wakho.
- ✓ Kusukumele akushoyo.
- ✓ Ungayisoli ingane - akusilo iphutha layo. Ituse ukuthi yenze kahle ngokukwazisa.
- ✓ Ungethembisi ukukucina kuyimfihlo lokho.
- ✓ Xoxani ngezindlela eningazisebenzisa ukuxazulula le nkinga.
- ✓ Ifundise ukuzethemba, ukumela ekholelwa kukho, kanye namakhono okuhlalisana nabanye.
- ✓ Bhalisa abantwana emidlalweni ehlukeni ukuze bandise abantu abaxhumana nabo.
- ✓ Khuthaza ingxoxo yomndeni.
- ✓ Ungalindeli ukuthi abantwana bazixazululele bona ngokwabo.
- ✓ Xoxa nothisha nabanye abazali uma kukhona ingane eyodwa exhashazwayo, zingaba khona nezinye.



Isu lakho lezinyathelo ezintathu zokunqanda ukuxhashazwa

Ukuthola ukuthi umntwana wakho uyaxhashazwa kungakuphatha kabi kakhulu. Ungazizwa udidekile, wethukile, udumele, unecala, uthukuthele noma ungenamandla. Kungenzeka uzizwe uyisisulu kwawena.

Nanka amasu, izindlela nezincwadi ezingakusiza ukwakha amasu esikhathi esifushane neside ukuvikela ingane yakho ekuxhashazweni.



1 Okokuqala, yenza isiqiniseko ukuthi nikhuluma ngokuxhashazwa hhayi ngengxabano yobungane ejwayelekile.

Yikuxhashazwa uma isenzo silimaza, sihlosiwe futhi siphindwaphindwa, futhi ngokwamandla izingane zingalingani. Ngenye inkathi izingane ziyesaba noma zibe namahloni okukhuluma ngokuxhashazwa. Uma usola ukuthi ingane yakho iyisisulu sokuxhashazwa, ungafisa ukusebenzisa lezi zindlela ukwenza isiqiniseko ngalokhu.

Buza futhi ulalele:

- Ingabe kukhona okulimaze ngenhloso?
- Ingabe lowo ubemkhulu kunawe noma ekwesabisa?
- Ingabe leyo ngane ibonile ukuthi iyakulimaza?

Bheka izimpawu ezinjengalezi:

- Ingane ithola noma yenza izizathu zokungayi esikoleni noma ibonakala yesaba ukuya esikoleni.
- Iba nezinhlungu zesisu ezingacacile noma iphathwe yikhanda.
- Kunezinguquko ezikhathini zokulala nesimo esingokomzwelo.



Uma umntwana wakho exhashazwa, thatha izinyathelo zokumsiza ekhaya ukuze akwazi ukubhekana nesimo ngokufanele.

Mfundise amasu aqondile nangaqondile ngqo okubhekana nabaxhaphazi.

Ungafisa ukukhuthaza umntwana ngalokhu okulandelayo:

- Gwema izimo lapho ukuxhashazwa kwenzeka khona.
- Zama ukugwema umxhaphazi uhlale nalabo ofunda nabo, abangane, ontanga noma abakwenu.
- Ungamnaki umxhaphazi, ungakhombisi ntukuthelo noma ukwesaba.
- Ungaphindisi ngokuhlukumeza noma ukuba nodlame.
- Bikela uthishela noma omdala omethembayo.
- Fundisa umntwana ukuzethemba nokukhulisa ukuzazi yena.

Mkhuthaze ukuba ahlanganyele eqenjini. Abantwana abahlanganyela nontanga abavamile ukuxhaphazeka. Ungafisa ukumsiza umntwana:

- Akahlanganyele ezinhlelweni noma kokwenziwa emva kokuphuma kwesikole.
- Hlela okokuzilibazisa okumvumela ukuba ahlanganyele nabanye.



Uma umntwana wakho exhashazwa esikoleni, ungasebenzisana nothisha nabaphathi ukwenza indawo ibe ngephephile.

Khuluma nothisha nabaphathi.

- Bazise ngalesi simo.
- Izikole ziphoqekile ukuthatha izinyathelo ngokuxhashazwa.
- Xoxa ngezindlela isikole esingasiza ngazo, njengokwakha uhlelo lokuqwashisa ngokuxhashazwa.

Yiba yingxenye yesikole somntwana wakho.

- Joyina i-PTA uphakamise ukuxhashazwa njengodaba olumqoka.
- Zinikele ukukhuluma nomkhandlu wokuphatha isikole ube "nguchwepheshe wezokuhlukumezeka". Uma umntwana wakho enokukhubazeka, ungafaka nezinhlalelo zokuvikela ukuhlukumezeka ohlelweni lwemfundo oluqondene nomntwana (IEP).



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