



Brazelton Centre UK

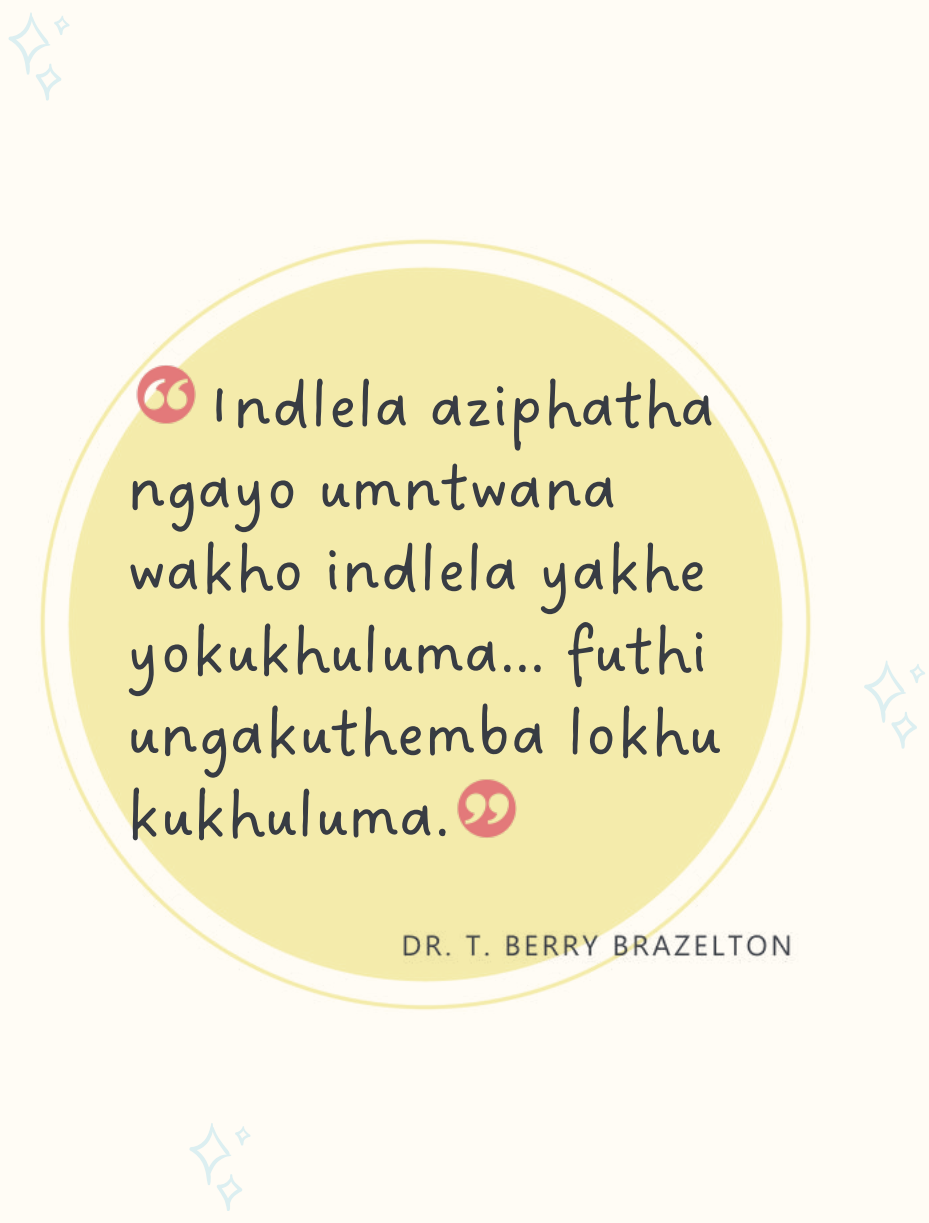
understanding baby behaviour

UBUBELE



Indlela yokukhuluma yomntwana wakho

Ukuchaza ukuziphatha, ukukhuluma nezenzo zomntwana kusuka ekuzalweni kwakhe kuya ezinyangeni ezintathu.



“Indlela aziphatha
ngayo umntwana
wakho indlela yakhe
yokukhuluma... futhi
ungakuthemba lokhu
kukhuluma.”

DR. T. BERRY BRAZELTON

Indlela yami yokukhuluma

Umntwana wakho ukhuluma nawe kusukele ezelwe.

Umntwana wakho usebenzisa izenzo nokuziphatha ukukubonisa ukuthi uzizwa kanjani nokuthi ufisa ini kuwe. Ukuziphatha igama elichaza indlela anyakaza ngayo umntwana wakho, imisindo ayenzayo, izimpendulo kanye nakubonisa ngobuso bakhe.

Ungabuka futhi ubhekisise umntwana wakho ubone lokho asuke ekukhuluma nawe. Ayikho into ayenzayo eyize- konke akwenzayo kunomlayezo othize!

Ukwazi indlela umntwana wakho enza ngayo izinto nokuziphatha kwakhe kuyakulekelela ukufezekiseni izidingo zakhe nokumazi kangcono- njengomuntu oyigugu, ohlukile anguye.



Isimo akuso umntwana wakho

Isiqalo esiwusizo ukuthi uzame ukwazi indlela umntwana wakho aziphatha ngayo uma efuna ukudlala, ukulala, ukuphumula nokulala.

Ukuqonda isimo akuso umntwana wakho kungakusiza ukuqonda indlela azizwa ngayo nokuthi wena kumele uphendule kanjani ezikhathini ezahlukene.

Nazi izimo ezahlukene nokuthi zibukeka kanjani.



Isimo sokulala

Ukulala zwi

Amehlo ami avalekile awanyakazi.

Ngiphefumulela phansi ngendlela ejwayelekile.

Umzimba wami awunyakazi, kodwa nginganyakazi kancane noma ngenze umsindo wokudonsa ngezindebe.



Ukulala ukubalulekile emntwaneni wakho njengoba kuyisikhathi sokukhula. Zama ukungamuvusi umntwana wakho uma elele zwi.

Ukulala kancane

Amehlo ami avalekile noma ayaphayiza. Ungabona amehlo ami evuleka ngaphansi kwezinkophe.

Kungenzeka nginyakazise umzimba noma ubuso.

Ngingaphefumula ngendlela esheshayo noma ezahlukeni.



Ngalesisikhathi mhlawumbe zama ukunciphisa imisindo noma ikuphi okunye ukungaba isiphazamiso uma usafisa umntwana alale ngoba angaphazamiseka kalula.

Ukozela

Amehlo ami avuliwe noma avaluwe, izinkophe zami ziwugqinsi.

Nginyakaza kancane, kungenzeka ngidonse ngezindebe.

Ngizozwa ngiphendule uma kunomsindo noma ngithintwa.



Ngalesi sikhathi umntwana wakho angadlulela esimweni sokulala kancane noma aphaphame, noma avuke abe nguye. Bheka, ulinde ubone ukuthi uzokwenzani umntwana wakho.

Isimo sokuphaphama

Ukuphaphama
ethulile

Amehlo ami avulekile ayakhanya.

Umzimba wami uphumulile anginyakazi kakhulu.

Ngiyabhekisisa ngibonise nokuthakasela ubuso, amazwi nezinto ezisondele nami.

Ngingamoyizela noma ngenze imiswindwana yobuntwana.



Lesi isikhathi sokujabulela ukuxoxa nokudlala nomntwana wakho okubaluleke kakhulu emqondweni wakhe okhulayo. Khumbula ukuthi umntwana wakho usamncane ngakho ke lesi sikhathi sizoba sifushane, uzokubonisa uma esedinga ikhefu (bheka 'Ukusiza umntwana wakho athathe ikhefu').



Ukungenami

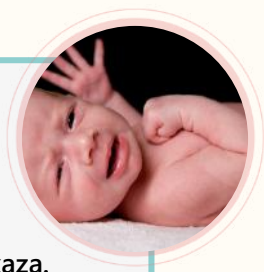
Umzimba wami uzonyakaza kakhulu.

Ngingenza imisindo yokungenami.

Kungenzeka ngingayithandisi kahle imisindo nokunyakaza.



Le indlela yomntwana wakho yokukutshela ukuthi kukhona angakuthandi futhi kumele kube noshintsho. Zama ukupholisa isimo noma nime ngenye indlela. Kungenzeka umntwana wakho ulambile, ukhathele noma udinga ukushintsha inabukeni. Noma ufuna nixoxe futhi.



Ukukhala

Amehlo ami aqinile, ubuso bami buyahlina.

Umzimba wami unyakaza kakhulu.



Umntwana wakho ukwazisa ukuthi kukhona okuhlukile. Akukho lula ukwazi ukuthi umntwana wakho ucasulwe yini nokuthi wenzeni. Ngokuzama ukwazi umntwana wakho ngokuhamba kwesikhathi, uzama wenza amaphutha, ungagcina wazi okusuke kudingwa umntwana wakho. (Bheka 'Ukuthuthuzela nokuthulisa umntwana wami').





Uthoyizi elithandwa kakhulu ngumntwana wakho

- Abantwana balangazelela ubudlelwane futhi badinga ukuba nengxoxo nabazali babo abanothando noma labo ababanakekelayo.
- Umntwana wakho uyabazi ubuso bakho nezwi lakho- sebenzisa isikhathi lapho bethulile bevukile ukuxhumana nabo.
- Kusukela ezalwa umntwana wakho uyakuthakasela ukubheka ubuso bakho nezimo ozenza ngabo kanye nokuxoxa nawe.
- Lesi sikhathi esiyinqayizivele nindawonye sisiza ingqondo yomntwana wakho ukuthi ikhule..
- Wenza isisekelo sobudlelwane bempilo yenu yonke.



Ukudlala, ukukhuluma nokuxhumana nawe kuyinto ayithokozela kakhulu umntwana wakho kangangokuthi kwesinye isikhathi uzodinga ikhefu elifushane. Vumela umntwana wakho abuyise amandla, akhokhe umoya ngaphambi kokudlala futhi uma esebonisa ukuthi usekulungele ukuqhubeka.

Ukusiza umntwana wakho athathe ikhefu



Umntwana wakho unezindlela zokukwazisa ukuthi uxinekile, ukhathele noma unengcindezi. Ngokubheka indlela yokuziphatha komntwana uzokwazi ukubona uma esekukhombisa ukuthi udinga ikhefu.

Uma ubona lokhu kuziphatha emntwaneni wakho cabanga ukuthi kungenzeka unengcindezi futhi udinga ikhefu. Yekani enikwenzayo noma hambisa umntwana endaweni ethulile. Noma umntwana wakho udinga ukudla noma ukulala.

Kunoshintsho emubaleni wesikhumba sami.

Nginengwici, ngiyathimula, ngiyazamula

Ngiphimisa ubisi oluncane

Umzimba wami uyaqina

Ngiyacaskwa ngikhale

Ngibheka eceleni noma ngivale amehlo

Ngiyaqhaqhazela noma ngethuke

Ukuphefumule kwami kuyashesha



Khumbula ukuthi yonke into eyenzekayo kulomhlaba yintsha emntwaneni wakho. Basebenzisa yonke imizwa yabo futhi basebenza kanzima ukuqonda konke okwenzekayo. Ukusiza ukwenza indawo ezothile futhi emesekayo kumusiza kakhulu umntwana wakho.



Ukuthuthuzela nokuthulisa umntwana wakho

Ukukhala indlela akhuluma ngayo nawe umntwana wakho.

Ukuzwa umntwana wakho ekhala kungaba nzima. Ngisho noma unganaso isiqiniseko sokuthi ukhalela ini, kubalulekile futhi kuyamududuza ukuthi ukhona futhi uyamunaka kwindlela azizwa ngayo.



Qiniseka ngokuthi awusoze waspoyila umntwana wakho ngokumunaka uma ekhala.



Nazi izindlela ongazizama ukuthuthuzela umntwana wakho.

Yenza okukodwa ngesikhathi bese uyabheka ukuthi kuyasiza na. Ukushintsha izinto ngokushesha kungaphazamisa umntwana wakho.



Ngaphezu kwalezindlela, kungenzeka uthole ezinye futhi ezizoba usizo ukuthuthuzela umntwana wakho uma ulokhu uchitha isikhathi naye. Uwena omazi kahle umntwana wakho.

Qala ukududuza umntwana wakho ngokumazisa ukuthi ukhona, mubonise ubuso bakho. Khuluma nomntwana wakho ngezwi elimtoti. Kungenzeka kudingeke ukhulumele phezu ukuze akuzwe ngesikhathi ekhala.



Uma lokhu kungasizi, zama ukubeka isandla sakho ngesinono esiswini somntwana wakho, ngesikhathi uqhubeka ukhuluma naye.



Uma lokho kunganele, buyisa izindla nezingalo zomntwana wakho zibe ngaphambili ziphambane.



Uma umntwana wakho esacukiwe, muthathe, uqhubeke ukhulume naye. Zama ukumuphatha unganyakazi noma umuthinte kancane kancane sakumuphulula ngezandla.



Ungazama ukumugoqa ngengubo yakhe ayithandayo, izandla zakhe zisondelane nomlomo- sicebisa ukuthi umuqaqe ngaphambi kokuthi umubeke phansi alale (Bheka 'lullabytrust.org.uk' ukubona izindlela eziphephile zokulalisa umntwana.)



Gqugquzela umntwana wakho ukuthi ancele okuthize, njengesandla sakhe.





Ukuthola ulwazi nezinsiza ngokukhuluma komntwana wakho, vakashela:

www.brazelton.co.uk

Leli bhukwana lishicilelwe yiBrazelton Centre UK.
Siyinhlangano kazwelonke esiza abantulayo ezinikele ekwesekeni ubudlelwana babazali nabantwana babo ngokuthi sikhuthaze ukuqondwa kwendlela abakhuluma ngayo abantwana. Ingxenywe enkulu yomsebenzi wethu iquka ukuqeqesha abasebenzi bezempilo ngokuziphatha kosana ukuze babe namakhono nolwazi ukweseka abazali bazi abantwana babo.



Brazelton Centre UK

understanding baby behaviour



www.ububele.org email: info@ububele.org

@ububeletrust



@BrazeltonUK



Registered Charity Number: 1158765

Siyabonga kubasebenzi bezempilo nabazali ababambe iqhaza.

Copyright © 2025 Brazelton Centre UK