

MAELE GO BATSWADI mo nakong ya COVID-19



Sepedi



Tlhalosha ofe le Tsebisho

- **Shomisha polelo ya theresho go ya ka mengwaga e maleba ya ngwana**
- O se ke wa fihlela goba wa katela tsebo mo ngwaneng
- **Shomisha fela melaetsa e netefaditsweng** (Mmusho, World Health Organization, Babega Ditaba, Dipetlela)



Boloka

- **Efa ngwana wa gago kholofelo**
- Thekga maikutlo a gagwe ntle le go mokhuetsa a gago
- **Bontsha gore oitshereletsa bjang, barute go dira bjalo lebona**



Ge re le mmogo re na le matla

- **Tlhokomela batho kamoka ka gae ga re mmogo re na le matla**
- Beakanya lenaneo la go baa le bana, o motee ka nako ka metlha (metsotso e kaba 20)
- Ikgokaganye le ba lapa, bagwera ba o sa nneng le bona (bomakgolo, borakgolo le batho ba bagolo ba meloko)



Dumelela bophelo go sepela ka lebelo le le botse

- Beakanya merero ya letsatsi fela ebaa le nakwana ya dimakatso le lethabo
- **Beakanya ditiragalo tsa letsatsi go swana le go itshidulla, meraloka go apeya le tse dingwe**
- Bebefetsa mediro ya tlwaelo ya letsatsi (e.g go tlhwekisha)
- Hlokomela go re O fa motho nako ya go ba nnoshi



Laola dinako tsa go lebelela TV

- **Goikgokaganya ka le batho ka mokgwa wa "technology" go lokile, fela go bohlokwa go kgona go ikatolosa**
- Laola nako ya go lebelela diswatsho, divideo le meraloko ya TV
- Hlokomela gore gago laetswe ditaba tsa go tshosa ngwana

