



Go somarela tshiamiso ya kgolafalo ya leoto

Kaedi ya kgato ka kgato ya go tsenya setlhako sa tshiamiso



We will walk with you

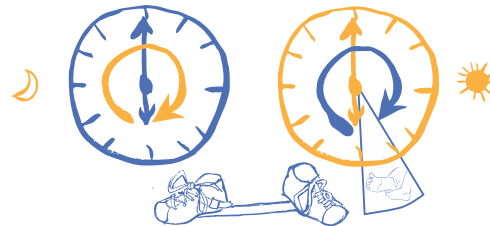
GO SOMARELA TSHIAMISO YA KGOLAFALO YA LEOTO

- Morago ga legato la go tsenya samente, maoto a lesea la gago a tlaa tlhamalala.
- Go bothokwa go ela tlhoko gore kalafi ga e ise e fele mo kgatong e.
- Kgolafalo ya leoto e na le tšhono e e kwa godimo ya go boelela go fitlhelela ngwana wa gago a nna le dingwaga tse nne.
- Legato la tshomarelo ke la go tshola leoto le tlhamaletse.
- Fa go ntshiwa samente sa bofelo, ngwana wa gago o tlaa tsenngwa setlhako sa tshiamiso.
- Go bothokwa thata go latela ditaello tsa go rwala setlhako sa tshiamiso kgotsa leoto le ka retologela mo teng mme lesea la gago le tlaa tshwanela go simolola kalafi gape

LENANEO LA MAGARENG LA SETLHAKO SA TSHIAMISO

KGWEDI1/KGWEDI2/KGWEDI3 – diura tse 23 ka letsatsi

Ura e le nngwe kwa ntle ga setlhako sa tshiamiso, e ka yone o ka tlhapisang lesea la gago

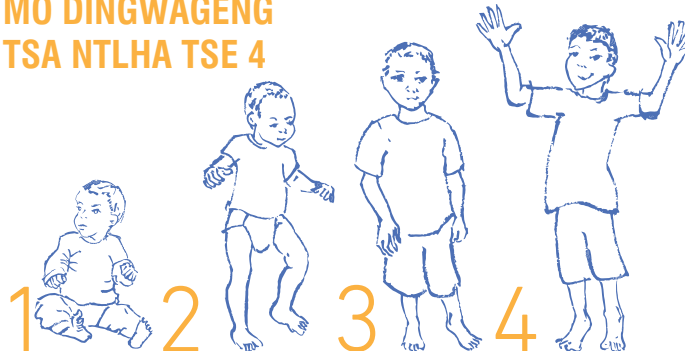


MORAGO GA DIKGWEDI TSE 3 – diura tse 14 – 16 ka letsatsi

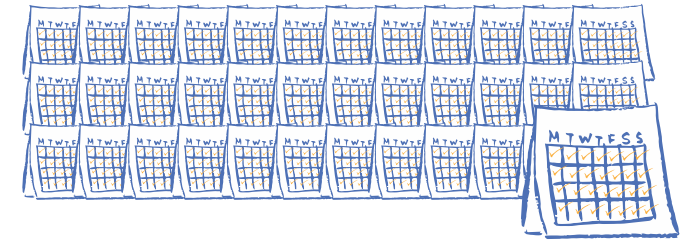
Lelea la gago le tshwanetse go rwala setlhako sa tshiamiso maitseboa le fa le robetse ka nako e khutshwane



GO TSENYA SETLHAKO SA TSHIAMISO MO DINGWAGENG TSA NTLHA TSE 4

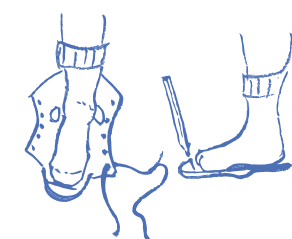


MATLHABABOTLHALE A DITLHAKO TSA TSHIAMISO



- Lelea la gago le tlaa tlhoka malatsi a le mmalwa go tlwaela setlhako sa tshiamiso
- O se ka wa ntsha setlhako sa tshiamiso fa lelea la gago le lela
- Dira gore setlhako sa tshiamiso e nne karolo ya mokgwatlwaelo wa lelea la gago go simolola kwa tshimologong
- Netefatsa gore o tsenya setlhako sa tshiamiso ka tsela e e nepagetseng
- Setlhako sa tshiamiso se tshwanetse go rwalwa letsatsi le letsatsi mo seleanong se se tshwanang sa nako
- Ditlhako di tshwanetse go rwalwa di na le tshipinyana
- Tshameka ka tshipinyane fa e le rwelwe, e sutisetse kwa godimo le kwa tlase, bontsha lelea la gago gore le sutise jang maoto ka bobedi ka nako e le nngwe mme o obe mangole mo teng setlhako sa tshiamiso
- Nna le tshomamo mme lelea la gago le tlaa tlwaela tshipinyana ka bonako
- Boela kwa tleliniking fa o tlhoka thuso.
- O se ka wa emisa go dirisa setlhako sa tshiamiso fa e le gore o na le mathata!

GO TSENYA SETLHAKO SA TSHIAMISO



- Letlalo le le mo dinaong le tshwanetse go nna phepa e bile le omile
- O se ka wa tshasa kherime epe mo maotong
- Dirisa dikausu tsa khothene
- Rwea leoto le le masisi thata pele
- Bula setlhako gothelele
- Koba lengole mme o gatelele kwa tlase fa o tsenya setlhako gore serethe se nne kwa tlase
- Go rwala setlhako la ntlha: Thala letshwao ka pene mo pele ga menwana ya maoto jaaka kaedi
- Netefatsa gore serethe se kwa morago ga setlhako
- Tobetsa monwana wa gago wa kgonjwe mo gare ga leoto go tshwara leoto ka go le tsetsepela fa o gagamatsa megala
- Netefatsa gore megala ga e a bofologa kgotsa ga e a gagamala thata
- Tshwara setlhako ka tsetsepalo mo seatleng sa gago fa o ogogela lengole le le kobilweng kwa godimo go netefatsa gore leoto ga le sute mo teng ga setlhako
- Gagamatsa megala le go feta fa go tlhokega jalo



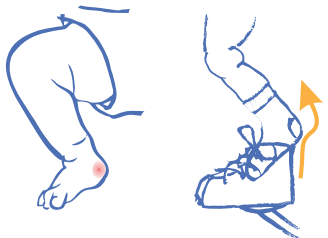
- Netefatsa gore serethe se sa ntse se le kwa tlase mo setlhakong (go na le maroba mo ditlhakong tse dintsi go bona serethe)
- O tshwanetse go kgona go bona mola o o thadileng mo pele ga menwana
- Fa serethe se se mo maemong a a siameng kgotsa o sa kgone go bona mola, ntsha setlhako mme o simolole gape
- O se ka wa tshaba mme dira se gape go fithelela go siama
- Morago ga makgetho a le mmalwa go tlaa nna bonolonyana go rwesa ditlhako le go nna karolo ya mokgwatlwaelo wa gago.
- Morago ga malatsi a ntlha a le mmalwa a tlwaelo, ngwana wa gago o tshwanetse go rwala setlhako sa tshiamiso sentle

SETLHAKO SA TSHIAMISO GA SE KITLA SE THIBELA NGWANA WA GAGO GO GAGABA, GO EMA LE GO TSAMAYA.

MATHATA KA SETLHAKO SA TSHIAMISO



- Go bothokwa thata go ikgolaganya le ngaka ya gago kgotsa boela kwa tleliniking fa e le gore ngwana wa gago o na le mathata mangwe ka setlhako sa tshiamiso
- Bothata ka setlhako sa tshiamiso go ka raya:
 - Bophara jwa tshipinyana e e tsenang mo setlhakong bo bokhutshwane thata
 - Ditlhako di dinnye thata
 - Leoto le retologela mo teng gape kgotsa ga le a siamisiwa sentle
- Fa setlhako se sa lekane ka nepagalo, se ka baka mathata. Ikgolaganye le tleliniki ya gago ka bonako fa:
 - Go nna le matshwao a mahibidu a kgatelelo, diso kgotsa matsadi mo maotong a gago
 - Leoto le relela le tswela kwa ntle ga setlhako le fa o se gagamadiitse ka tsela e e nepagetseng

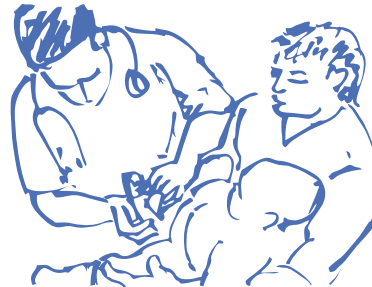


GO TLHOBABELA MO BOROKONG



- Fa, morago ga go tlwaela setlhako sa tshiamiso, lesea la gago le na le tlhobaelo mo borokong mme le sa tsoga sentle kgotsa le medisa dinakaladi, jji., go na le dilo di le mmalwa tse o ka di lekang:
- Netefatsa gore ditlhako di sa ntse e le tsa bogolo jo bo nepagetseng. O ka nna wa tlhoka setlhako se segolwane sa tshiamiso.
 - Tshipinyana e ka nna tshesane thata fa ngwana wa gago a gola. Fa e le gore tshipinyana e ka baakanngwa go ka thusa go e bula go se kae.
 - Fa dialo tsa bolao tse di bofologileng di ikgolega ka setlhako sa tshiamiso, dirisa kgetsana ya go robala kgotsa kojana e e seng boima
 - Tsenya dilwana dingwe mo letlhakoreng la khoto fa e le gore setlhako sa tshiamiso se ngata mo go yone mme go dira gore lesea la gago le tsoge.
 - Sutisetsa ngwana yo mogolwane mo khotong ya kampa kgotsa bolao fa a tlhoka phatlha e kgothane ka ntlha ya setlhako sa tshiamiso

TATEDISO



- Tleliniki ya gago e tlaa rulaganya ditlhatlhobo tse di tseneletseng go tlhola maoto a ngwana wa gago le setlhako sa tshiamiso.
- O se ka wa tlhoka go ya kwa maotong a a tleliniki, le ga maoto a gago a lebege a siame.
- Palo e e kwa tlase ya bana e na le kgolafalo ya leoto e e palelang go siama e e boeelang fa ngwana a gola, mme seo se ka tlhoka go tsenngwa samente e ntsi kgotsa ka dinako tse dingwe karo. Ke lone lebaka le le dirang gore maoto a tleliniki a nne bothokwa.

Tshegetso le kgakololo?

- Ditleliniki ka bontsi di na le motho mongwe yo o tlaa tlhalosang kgolafalo ya leoto le kalafi.
- Ka malatsi a tleliniki o tlaa kopana le batsadi ba bangwe ba ba nang le masea le bana ba ba mo dikgatong tse di farologaneng tsa kalafi.
- Go na le ditlhopho tsa tshegetso tsa batsadi tsa inthanete le mekgathlo e e ka go thusang. Botsa kwa tleliniking go bona tshedimosetso e ntsi.

Jaaka motlhokomedi wa ngwana wa gago, o na le seabe se segolo mo katlegong ya kalafi. Fa o na le dipotso kgotsa matshwenyego, tsweetswee ikgolaganye le tleliniki ya gago kgotsa mogakolodi wa batsadi

Tshedimosetso ya Tleliniki



GO TSENYA SAMENTE

1	2	3	4	5

LETLHA



GO TSENYA SAMENTE

6	7	8	9	10

LETLHA



GO TSENYA SETLHAKO SA TSHIAMISO

1	2	3	4	5

LETLHA



GO TSENYA SETLHAKO SA TSHIAMISO

6	7	8	9	10

LETLHA

