

UKUJONGANA NOXINZELELO NJE NGOMAMA KWELIXESHA LE COVID-19

Xa ungu mama awukhathaleli wena kuphela, ukhathalela abantwana bakho, kunye nabanye abantu abase khayeni. Lonto ithi, isenokwenzeka ukuba ujongene noxinezelelo namaxhala kwelixesha le COVID-19.

Use nokuba neengcinga ezikoyikisayo ngofumana intsholongwane ucinge “Kungathini na ukuba kungenzeka into ebantwaneni bam?” okanye “Ukuba ndingagula, ngubani ozogcina abantwana bam?”.

Xa kuvalwa ii-creche nezikolo, ungabanoxinzelelo olongezekileyo olusukela ekubeni abantwana besekhaya, kwaye nihleli kunye imini yonke.

Omama abaninzi banexhala lokuba bazaku jongana njani nezinto ezidibene nemali, bayazi buza “Ndizokwenza njani xa ndingazo kwazi uphangela?” okanye, “Umlingane wam okanye isihlobo sam sizo kwazi ukuqhubeka sirhola?”, “Ndizobondla njani abantwana bam ndibhatale indleko zekhaya?”

Ezizoyiko unazo ziqhelekile. Awuwedwanga. Abantu abaninzi bana lamaxhala. Ingaba yintoni onoyenza ukuze uthobe umoya kwaye uphathe uxinzelelo lwakho kwelixesha?

Vuma ukuba ewe uyaziva ezizinto uzivayo entliziyweni yakho

Iimvakalelo, iingcinga nezinye izinto ezitshintshileyo oomama ekunokuthi bazive ngelixesha le ntsholongwane i-corona zezi:

Uloyiko, uxinzelelo lomphfumlo, ukucapuka msinya, umsindo, ukusokoloa ukulala, ingcinga ezininzi engqondweni ngexesha elinye, ukuziva ungenancedo. Kwaba bathsayayo nabasela utywala, okanye umntu ulikhoboka lweziyobisi okanye enye into, bangazibhaqa besenza ezozinto ngoko ngezilekileyo.

Ezi ziindlela eziziqhelekileyo kwi meko engaqhelekanga. Qaphela ukuba yintoni le uyivayo emva koko uyinike igama lonto uthe wayiva. Usenako noyibhala phantsi iimivo leyo. Awuphambani. Ziphe ububele.

Ukubanexhala kunye ne ntsholongwane ye Corona zinempawo ezifanayo

Oomama abaninzi bazijongile bona nabantwana babo ngamehlo abomvu bejongisisa iimpawo zokuba abaguli na. Khumbula, ukuxinzeleka noku banovalo zineempawo ezifanayo nezi zentsholongwane iCorona, umzekelo isifuthufuthu, ukubila, ukuphefumla okufutshane, nokuba neentlungu ezithile. Qala uzame iindlela lokwehlisa ixhala ubone ke ukuba ezompawu azibingcono na.

Uyalidinga ulwazi, kodwa hayi kakhulu

Kubalulekile ukufumana olwazi olungileyo uzokwazi uhlala ukhuselekile kwaye, amanye amaxesha ulwazi luyathsintsha. Lonke olulwazi kungenzeka lubeninzi kakhulu. Kwaye, waqaphele amarhe neendaba ezingeyonyani. Endaweni yalonto, vela uziyele ngqo apho ulwazi lukhiwa khona (ku WhatsApp ka National Department of Health +27 60 012 3456 ngoba thumela u “hi” ungene) uze ufumane ulona lwazi kukhoyo.

Ziphazamise

Sonke siya zidinga iziphazamise ngelishesha siphumze iingqondo zethu koluxinzelelo. Bhala zonke izinto wena nekhaya lakho eninzenza ngelithuba. Bukelani iishow kumabonakude, cocisisa ikhaya lakho, pheka, dlalani imidlalo yekhompuyutha, thunga, dlalani imidlalo yabantwana, zivocavoe umzimba, tyala imifuno, onwabela umculo – noba yintoni na onoyenza ezokuncedisa ucitha elishesha. Eli lixesha onolisebenzisa ukwenza iizinto ekhayeni ubunga fane ubenalo.

Nceda abanye abantu

Ukunceda abanye abantu kungakwenza uzive ngcono. Zibandakanye ekuncedeni uluntu lujongange nophilisana neCOVID-19. Wonke umntu unegalelo anolenza. Khangela abahlobo bakho, ifemeli nomakhelwane bakho ubone ukuba ningancedana njani na. Umzekelo, tshinthisisanani ukuyogrosara. Buza kumbutho okhoyo ekuhlaleni ukuba abadingi ncedo na. Ngokuqinisekileyo, indlela onokwenza oku ixhomekeke ekubeni sitsixe ngaphakathi na okanye hayi.

Cela uncedo

Sukubane ntloni ukucela uncedwa. Ncokola nesihlobo, isilamane okanye umntu okucebisayo (counsellor) ngefowuni. Ulutho lwemibutho yabantu abacebisayo baya fumaneka kwi intanethi nasefownini. Nantsi imibutho engakwazi ukukumamela ikuphe uxhaso – jonga ezantsi.

Ungenza lento!

Azange sayi bona into enje singumphakathi. Njengomntu ongumama, ndiyacinga ukuba hleze sowukhe jongane nezinto ezininzi ezixinzelayo ngaphambi koku. Ukuxinzeleka kusinyazela ukuba sifunde iindlela ezintsha zokujongana nezimo esizibona sikuzo. Imeko ezinoxinzelelo ngamanye amaxesha zisenza sibengabantu abomeleleyo, kwaye abangcono. Unako ukuyiNQOBA lento!

Phinda ujonge olunye ulwazi esize nalo olwenzelwe oomama ngojongana noxinzeleka umphefumlo, ixhala, ukuxhomekeka kwiziyobisi noku jonganga nobudlobongela bosapho ngelishesha leCOVID-19.

Iinombolo: (Qhubeka uzama hleze babambekile)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za or www.pmhp.za.org