

*Ezona zinkulu iimvakalelo  
ezintlanu*



*nomaqhingashe  
wentsholongwane.*

*Ngokubhalwe nguSiobhán Sweeney*



## **Bantu abadala, ndicela ukuba nifundeni apha kuqala:**

### **Bazali, bakhathaleli babantwana nabantu abadala ababekekileyo**

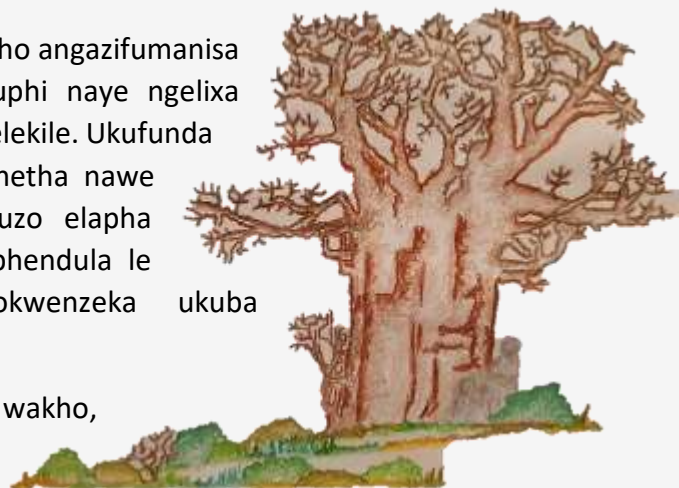
*Ninjani?*

Ndiyacinga ukuba eli lixesha elinzima kakhulu kuni nakwiintsana zenu. Amaxesha amfiliba kunye notshintsho ziveza iimvakalelo ezininzi. Iimvakalelo zabantwana ziluhlaza kwaye nendlela abaziva ngayo bayiveza ngamandla amakhulu. Ungaziva ngathi uyafuthaniseleka ungazi neyona ndlela iyiyi yokumelana nazo. The ncwadi yimvuno yomnqweno wokunceda abantwana nabantu abadala ababakhathaleleyo ngeendlela zokumelana neemvakalelo abanazo. Ndinomnqweno wokuba ndinike abantwana isixhobo – ibali elithetha ngeemvakalelo zabo ngeli lixa libalisa ibali elingeemvakalelo zabo kubantu abadala ababakhathaleleyo.

*Ezona zinkulu iimvakalelo ezintlanu nomaqhingashe wentsholongwane* yincwadi enemizobo emalunga nezinto abaye bazive ngaphathi kubo abantwana kula maxesha ahlukileyo entlekele siphila phantsi kwawo. Ngokusebenzisa abalinganiswa abangumboniso, aluphawu kubantwana boMzantsi Afrika, le ncwadi ineenjongo zokubonisa indlela elitshintshe ngayo ihlabathi emntwaneni. Isifo sikazwelonke sentsholongwane yeKhorona size nezithintelo kwihlabathi lonke, ukwenzakala kuthi sonke neendlela ezininzi zokulahlekelwa. Uninzi lwabantu abadala nelabo bafikisayo luyakwazi ukusebenzisa amazwi ukuchaza xa benenkxalabo naxa bedidekile. Abantwana abancinci bona benza unxibelelwano ngoko kubaxhalibisayo nokubadidekiswa ngendlela abaziphatha ngayo nangokusebenzisa imizimba yabo. Le ncwadi ayijolisanga ekubeni ibe yincwadi yokufunda yabantwana nje ngezo zesiqhelo kodwa ijolise ekubeni ibe sisixhobo sokunceda ukwalatha nokunika igama iimvakalelo ezo abantwana banzo. Le ncwadi ichaza iimvakalelo, iingcinga nezimilo onokuthi uziqaphele ebantwaneni abancinci ngelixesha lentandabuzo, ikwa khangelana ukuba utshintsho kwizimilo neendlela zokukhula kungasixelela ntoni na ngokwenzekayo ngokweemvakalelo nokungaphathi emntwaneni. Umnqweno wam ngowokuba le ncwadi inganceda abazali, abakhathaleli babantwana, ootitshala okanye naye namphi umntu omdala ukuqonda ukuba umntwana uzama ukunxibelela ntoni ngendlela aziphatha ngayo okanye ngokubonisa ukubuyela umva nangezikhazazo ezibangelwa kukuzinzisa ingqondo yakhe kwingxaki ethile. Ngaphezulu, le ncwadi inika izimvo eziyinkxaso neengcinga malunga nokumelana nokwenzekayo kubantwana nakubantu abadala ababalulekileyo ebomini babo.

Kungabakhona iindawo apha ebalini apho umntwana wakho angazifumanisa zinzima ukuziva nokuziqonda, ngoko ke ukuhlala kufuphi naye ngelixa umfundela kungamnika intuthuzelo kumenze azive ekhuselekile. Ukufunda kunye nawe kunganika umntwana wakho ithuba lokuthetha nawe ngeemvakalelo zakhe, ingakumbi xa niphendula imibuzo elapha encwadini. Kulungile nokuba umntwana akafuni ukuyiphendula le mibuzo. Nokuba abaphenduli ngamazwi, kusenokwenzeka ukuba bayayinakana le mibuzo ngaphakathi kubo.

Nje ngomntu omdala obalulekileyo ebomini bomntwana wakho, ndiyaqonda ukuba unenkxalabo ngentlalontle



yomntwana wakho kwaye ufuna ukwazi oko akucingayo okanye oko akuvayo ukuze ukulungise. Kungabakho amaxesha ekubanzima ngawo ukuva iimvakalelo zomntwana kuba oku kuvuselela ezakho iimvakalelo. Iinjongo zokufundwa kwale ncwadi kukunika uncedo kwindlela esibona ngayo izinto ezenzekayo ngokwenza indawo ekhuselekileyo, engumfuziselo apho kungabakho incoko ngeengcinga nangeemvakalelo phakathi kwabantwana nabakhathaleli babantwana. Ukuhlala ndawonye nibonisa iimvakalelo zenu ngamathuba abaluleke kakhulu ongawanika umntwana. Ukuba kukho amathuba apho kubanzima khona ukuzibamba iimvakalelo zenu, bonisa uvelwano nomonde kuwe nakumntwana wakho. Ukuba umntwana ufuna ukuba niyeke ukufunda okwethutyana, landela inkokhelo yakhe niphumle okwethutyana. Ukuba unenxalabo ngamandla anawo okumelana nokwenzekayo umntwana wakho okanye uva ngathi wena okanye umntwana wakho angazuza nzulu ngokufumana uncedo olungolunye okanye olungaphuzulu kolu, iinkcukacha zoqhagamshelwano zezixhobo eziluncedo zidweliswe kwiphepha elilandelayo.

Umba wokugqibela endufuna uwunike ingqalelo ngowokuba aba balinganiswa bakule ncwadi ayingabo abenyani kwaye ukukho bungqina obukhoyo obucebisa ukuba izilwanyana zidlala indima ekusasazeni iCOVID-19. Ngokutshiwo ngumbutho *iWorld Health Organisation (WHO, April 2020)*, iCOVID-19 isasazwa ngokusulelana komntu nomnye umntu. Ungandwendwela ezi dilesi zeintanethi, CDC (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>), NSPCA (<https://nspca.co.za/news/covid-19-and-animals/>), ne WHO (<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>) ukufumana iinkcukacha ezithe vetshe nolwazi olutsha ngeCOVID-19 nezilwanyana. Imithombo enolwazi olubanzi malunga nentsholongwane yeKhorona neCOVID-19 zinikiwe kwiphepha elilandelayo.

Le ncwadi nobukho bakho iqinisekisa, iqaphela ikwavuma indlela abantwana abancinci abasokola ngayo ukumelana neemvakalelo zabo ngokungaphakathi nangokungaphandle. Iinjongo zam kweli bali kukubonisa indlela esingaqonda ngayo ukuba abantwana bahlangabezana njani neengxaki, abakudingayo ngokwasengqondweni nendima *ebalulekileyo* ongayidlala njengomntu abasondelelene kuye. Ndithemba ukuba le ncwadi inganegalelo ekukhuthazeni ukuba sizithathele ingqalelo iimvakalelo zomntu wonke kula maxesha angaqhelekanga nanzima.

Ze nizikhathalele, nikhuseleke kodwa khumbula ukuba le asiyonto ofanele ukuba umelane nayo uwedwa.

Siza kudlula koku kunye!

Ngeminqweno emihle



Iinjongo zombhali kukuba le ncwadi isasazwe simahla nje ngendlela yokunika inkxaso kuluntu lwaseMzantsi Afrika olujongene nesifo sikazwelonke iCOVID-19, kunye neziphumo ezinzima ezinxulumene nale ngxaki. Le ncwadi iyafumaneka nangezi lwimi: isiNgesi, isiBhulu nesiZulu. Ukuba unemibuzo okanye ufuna ukufumana ulwazi ngokusasazwa kwale ncwadi, ngeelwimi eguqulelwe kuzo nangokuyiguqulela kwezinye iilwimi, ungaqhagamshelana nombhali, uSiobhán Sweeney ([siobhan@humannature.co.za](mailto:siobhan@humannature.co.za)).



**linkcukacha zoqhagamshelwano zezixhobo eziluncedo kunye nenkxaso:**

*SADAG: The South African Depression and Anxiety Group*

Helplines and telephonic counselling (24 hours): 0800 21 22 23 / 0800 70 80 90 / 0800 456 789

SMS 31393 / 32312 (24 hours) for a counsellor to call you.

Suicide Helpline: 0800 567 567

<http://www.sadag.org>



*FAMSA: Families South Africa Western Cape*

Face to face counselling (Observatory): 021 447 0170

Face to face counselling (Khayelitsha): 021 361 9098

Online counselling: 067 082 1567

<https://www.famsawc.org.za>



*The Parent Centre*

Parenting counselling: [counselling@theparentcentre.org.za](mailto:counselling@theparentcentre.org.za)

<https://theparentcentre.org.za>

*JPCCC: JHB Parent and Child Counselling Centre*

Online Counselling: [gaby@jpccc.org.za](mailto:gaby@jpccc.org.za) or WhatsApp messages to 071 608 9361

<http://www.jpccc.org.za>

*CTCAPG: The Cape Town Child and Adolescent Psychotherapy Group*

<https://capechildadolescentpsychotherapy.co.za/find-a-therapist.html>

*Childline:*

Helpline (24 hours): 08 000 55 555

Online Counselling chatrooms: <https://www.childlinesa.org.za/contact-us/>

<https://www.childlinesa.org.za>

*WCAIMH: Western Cape Association of Infant Mental Health*

WCAIMH Covid-19 Support Efforts: <https://www.infantmentalhealth.co.za/covid19.html>

*Centre for Early Child Development*

COVID19 Resources: <https://cecd.org.za/news/covid19resources/>

**Ulwazi olongezelelweyo olumalunga neCOVID-19 lungafunyanwa kule mithombo ilandelayo:**

National Institute of Communicable Disease. COVID-19 Guidelines. Available on

<https://www.nicd.ac.za/diseases-a-z-index/covid-19/covid-19-guidelines/>

National Department of Health. Corona Virus (COVID-19) – Updated. Available on

<http://www.health.gov.za/index.php/outbreaks/145-corona-virus-outbreak/465-corona-virus-outbreak>

COVID-19 Corona Virus South African Resource Portal. Available on

<https://sacoronavirus.co.za>

And WhatsApp Support Line: 0600-123456

World Health Organisation: Q&A on coronaviruses (COVID-19). Available on

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>



# HELLO! MOLO! WELKOM!

Eli libali elimalunga nabona bakhulu abahlobo abahlanu bam nezona zinkulu iimvakalelo ezintlanu zabo.

Uyazazi ezona zinkulu izilwanyana ezintlanu? Ingaba zingabahlobo bakho nawe?

Mhlawumbi nawe uyaziva ezi mvakalelo zinkulu zintlanu bazivayo? Nam ndiyaziva noxa ndimdala.



Makhe ndinibalisela ibali, wena kunye nomntu omdala okukhathaleleyo, ibali elingezona zinkulu izilwanyana ezintlanu. Uze ujonge ukuba ngaba unazo na nawe ezi mvakalelo zifana nezabo.

**Bamba isandla somntu omdala okukhathaleleyo siye ehlathini!**

Kule ndawo ikhethekileyo – ethi yoyikise ngamanye amaxesha – kuhlala ezona zinkulu izilwanyana ezintlanu:

Ingwe uLena,



inyathi uBulumko,



ingonyama uLerato,



indlovu uEnzokuhle



nomkhombe uRudi.



Ezona zinkulu izilwanyana ezintlanu zixakekile zenza izinto ezininzi kunye – izinto ezibonwabisayo nezo zingabonwabisiyo ezifana nokuba sesikolweni imini yonke!

Izinto ezonwabisayo kukudlala ngokukhululekileyo phandle elangeni okanye emvuleni, nje ngoLena okhwela emithini.

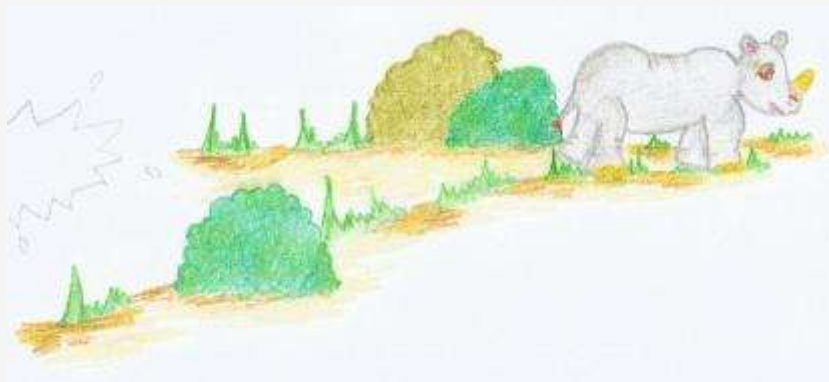


ULerato eziqikila engceni nabanakwabo noodadewabo.

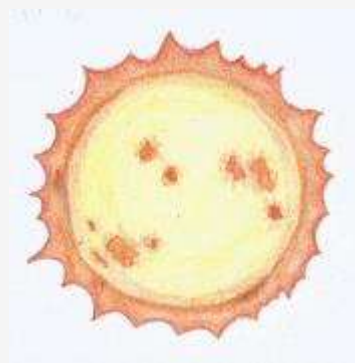
UBulumko endwendwela oomawokhulu bakhe. UENZOKUHLE egxabha-gxabhaza nomhlambi equleni,



uRudi ehamba zolileyo ngaphandle komzala wakhe othanda ukufundekela!

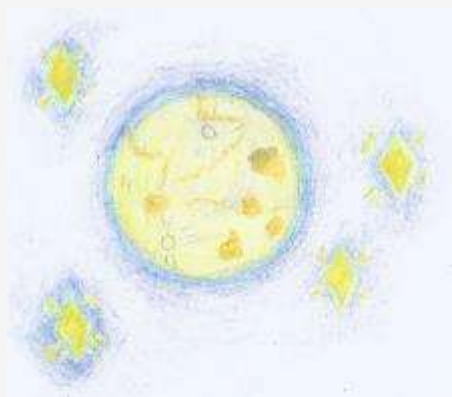


linyanga ezininzi ehlathini ziyonwabisa. Iintsuku ezininzi baziva bonwabile. Mihla yonke abona bakhulu abahlobo abahlanu badlala kunye. Xa omnye kwaba bahlobo eba nosuku olubi, usuku olulusizi okanye usuku olucaphukisayo, aba bahlobo bahlangana ndawonye ukuze babe kunye nomhlobo wabo.



Ezinye iintsuku sibamnandi kanti ezinye azibi mnandi tu. Kodwa ithemba lokuba kuza kuphinda kubekho iintsuku

ezonwabisayo lenza kube lula ukumelana nezoo ntsuku zimbi.



Ngaminazana ithile, into embi yatshintsha izinto ezininzi yenza mbi iintsuku ezininzi.

Phambi kokuba siqhubele phambili, ungafuna ukuqinisekisa ukuba wena nomntu omdala okukhathaleleyo nihleli kunye nisondelelene. Mhlawumbi ufuna ukuhlala phezu kwakhe akusingathe okanye ukubamba isandla sakhe? Kulungile ukwenza oku ngelixa sifunda.

***Ingaba ukulungele ukuba sifunde?***

***Kuhle! Nam ngokunjalo.***



Ekuqaleni, izinto ezimbi bezingabonakali zimbi kakhulu kubahlobo abakhulu abahlanu. Abanye bebengazi ukuba izilwanyana kwezinye iindawo emhlabeni ziyagula. Kodwa kwiindawo ezikude, izilwanyana ziziva zingaphilanga. Zinomqala obuhlungu okanye intloko ebuhlungu. Okanye umfinya ongamanzi ozehlelayo. Okanye zisiva umzimba ushushu kunzima nokuphemfumla.



Abanye baya ezibhedlele apho oogqirha noomongikazi basebenza nzima bezama ukubanceda. Ezinye izilwanyana ziye zigule kakhulu phambi kokuba ziphile, ezinye ziye zingaphili.



Izilwanyana ezinkulu ehlathini zithetha ngesikhohlakali esingumaqhingashe sentsholongwane esityhutyha-tyhutyha ndawo zonke singabonwa mntu. Bayibiza ukuba **yintsholongwane yeKhorona** okanye **iCOVID-19**.



## Mhlawumbi ubukhe weva ngayo?

Izilwanyana ezincinci zididekile, “Ingasigulisa njani intsholongwane incinane engabonwayo kungekho mntu wazi nto?”

Le ntsholongwane inamaqhinga kuba intanta emoyeni xa abantu bekhohlela okanye bethimla. Kwaye itsiba isuka kwesinye isandla isiya kwesinye okanye itsiba isuka esandleni iye entweni ephathekayo.

Lo maqhingashe wentsholongwane uhamba ngesantya esiphezulu afikelele kude. Inyubeleze apha ehlathini yagulisa izilwanyana ezininzi. Izilwanyana zizamile ukumnqanda lo maqhingashe wentsholongwane ukuba ungabandwendweli bona kunye neentsapho zabo nabahlobo babo. Zizame ngandlela zonke ukuzikhusela nokukhusela nabanye nokuzigcina zisempilweni.

## Ucinga ukuba benza ntoni ukuncedana?

Rhoqo xa bethe baphuma phandle okanye xa bethe baphatha into ephandle, abona bakhulu abahlobo abahlanu bahlamba izandla becula iculo.



Xa *kunyazelekile* khuphela, baye baphume phandle okanye bandwendwele iindawo zesidlangalala.



Okwexeshana bayeka ukuya esikolweni, ukudlala nabahlobo emakhayeni abo nokundwendwela izihlobo zabo ezingabantu abadala okanye abamelwane.



Ndixelele, wenza ntoni wena ukuzigcina ukhuselekile kwaye usempilweni?

Mhlawumbi ungasinika iingcebiso!

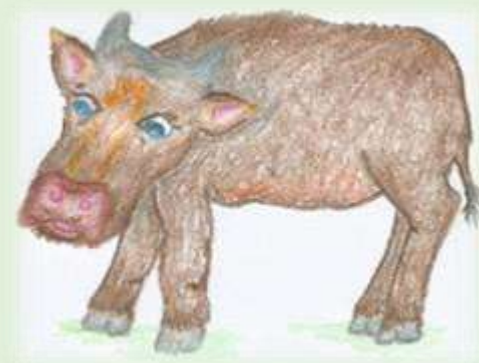
Iqale ngathi yiholide ende ekhaya kunye nosapho lwam. Bekusonwabisa oku!  
Kodwa, emva kwexeshana iintsuku zivakele zifana.

Ngoku ihlabathi lehlukile.

Iindawo ebebekade bezazi zivakala  
zingaqhelekanga.



Wonke ubani unxiba imaski xa bephuma emakhayeni  
abo,

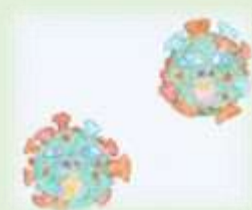


baqinisekisa ukuba abasondelelanani



kwaye xa abona bakhulu abahlobo abahlanu bebona  
umntu abamaziyo, abakwazi ukumanga okanye  
ukumxhawula isandla!

Maxa wambi kuyabacaphukisa ukunxiba imaski okanye ukuhlala ekhaya. Maxa  
wambi bayoyika ukuphuma phandle. Maxa wambi babalusizi kuba bengakwazi  
ukudlala nabahlobo babo.



Ngaphambi kokuba lo maqhingashe wentsholongwane afike ehlathini uRudi ebelala yedwa. Ngoku woyika ubumnyama, oku kumenza afune ukulala ecaleni kukamama wakhe ngelixa encanca nobontsi. Ebusuku uRudi uziva esoyika kwaye emncinane, kodwa emini uzenza ngathi ungumntu omdala, anike abanye imiyalelo yezinto amabazenzi.



Nje ngoRudi uBulumko uzama ukuphatha iinyathi endlwini yazo. UBulumko uba nomsindo xa iinyathi zishiya indlu yazo. Kwaye zange ayithande *tu* into yokuba ahambe aye kubona ugqirha!

Ingaba akhona amaxesha ongafuniyo ukuphuma phandle ngawo?

Yonke mihla uEnzokuhle usoloko ecela ukuba utatomkhulu wakhe amange amatyeli alishumi, ekhangela ukuba utatomkhulu akanamvakalelo zokugula. UEnzokuhle uyoyika, ucinga ukuba utatomkhulu wakhe uza kufa ukuba ufunyanwa ngulo maqhingashe wentsholongwane.



URudi ubukela iindaba amamele nezinto ezithethwa ngabantu abadala ngalo maqhingashe wentsholongwane. URudi uxelela usapho lwakhe yonke into ayaziyo ngalo maqhingashe wentsholongwane, futhi ayalele wonke umntu nje ngomphathi ukuba mabahlale beqelelene. Oku kuyamoyikisa umzala wakhe olusana, ze oku kumenze azive kakubi uRudi.



URudi uyoyika ukuba lo maqhingashe wentsholongwane uza kulonzakalisa usapho lwakhe. Ukwamenkhalabo yokuba lo maqhingashe wentsholongwane angatsibela kuye. Ndiyazibuza ukuba ingaba nawe kuyakoyikisa oku?

Umama kaRudi uthetha naye ngeemvakalelo zakhe, “Rudi mhlawumbi wenza zonke ezi zinto **ZINKULU** kuba usoyika kwaye uziva **umncinane** – nje ngomzala lo ulusana. Nam ndiziva ndisoyika ngamanye amaxesha.”

“Mhlawumbi ukwazi lukhulu nokuphatha abanye kukwenza uzive ngathi kukho into onokuyenza ngalo maqhingashe wentsholongwane woyikisayo.”



Umxelele ukuba uza kumbukelela iindaba aze amxelele ngolwazi acinga ukuba kufanele alwazi. Ekuqaleni uRudi wayenexhala ukuba oku kuza kumoyikisa umama, kodwa ngoku uyazi ukuba umama uza kuqubulisana nalo maqhingashe wentsholongwane.

URudi uyazama ukuzigcina ziyimfihlo iimvakalelo zakhe ezincinane ezimoyikisayo ukuze umzala wakhe acinge ukuba ukhulile kwaye uhlakaniphile. Kodwa ebusuku uRudi uziva emncinane ingakumbi xa ephupha amaphupha oyikisayo.

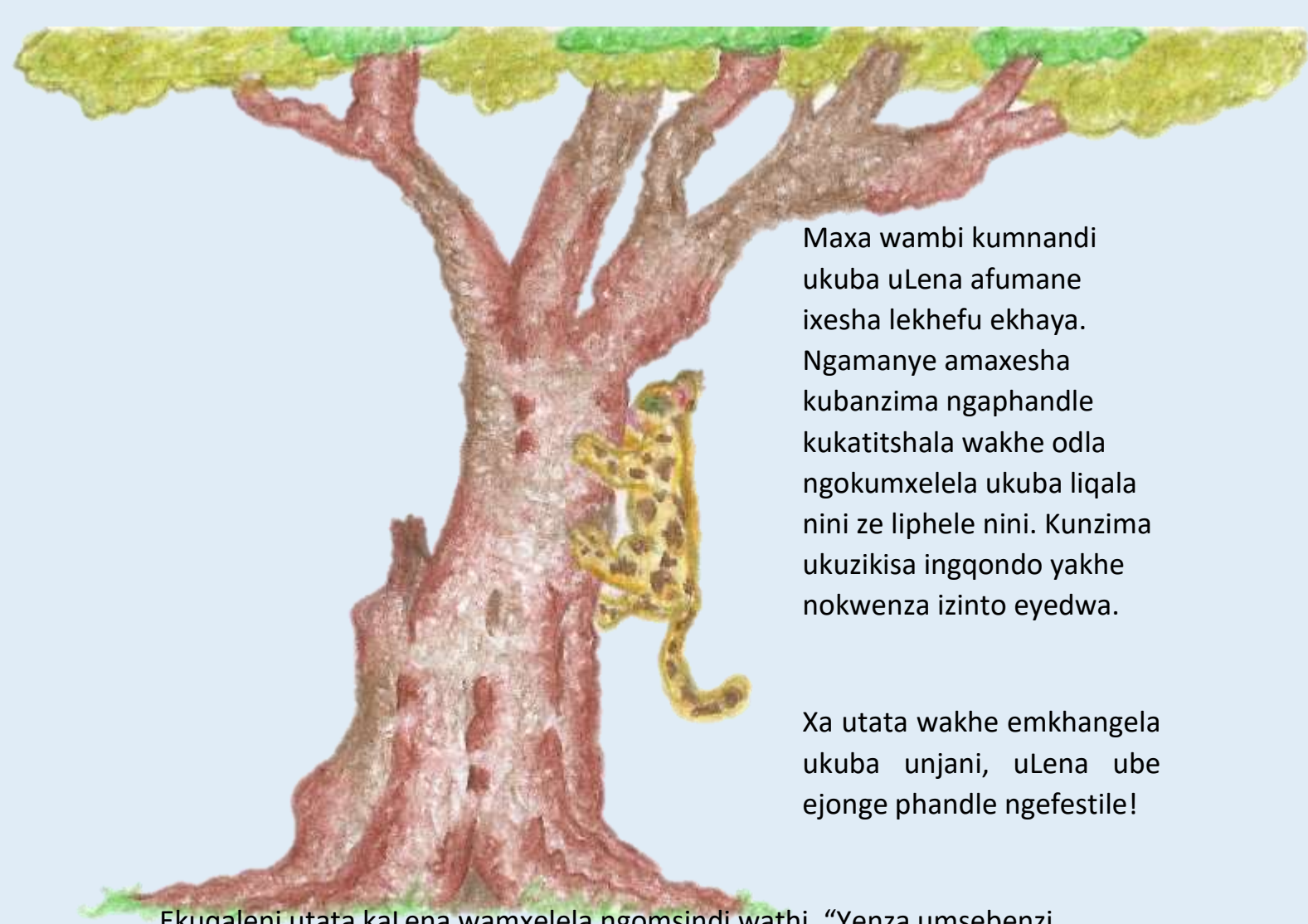


### **Ndiyazibuza ukuba wena ubukhe waphupha kakubi kutshanje?**

Kulungile ukuba ufuna ukuthetha ngawo ngoku. Singakulinda ukuze umntu omdala okukhathaleleyo amamele amabali akho. Kulungile nokuba uziva ungafuni ukuthetha, nokuba ufuna ukuqhubeka nokufunda ibali.

Amaphupha amabi ayamoyikisa kakhulu uRudi kodwa uyazi ukuba xa eziva esoyika okanye eziva ngathi mncinane angathetha nomama wakhe. Xa umama emanga uziva ekhuselekile kwakhona.

### **Ndiyazibuza ukuba wena udinga ntoni ukuze uzive ukhuselekile?**



Maxa wambi kumnandi ukuba uLena afumane ixesha lekhefu ekhaya. Ngamanye amaxesha kubanzima ngaphandle kukatitshala wakhe odla ngokumxelela ukuba liqala nini ze liphele nini. Kunzima ukuzikisa ingqondo yakhe nokwenza izinto eyedwa.

Xa utata wakhe emkhangela ukuba unjani, uLena ube ejonge phandle ngefestyle!

Ekuqaleni utata kaLena wamxelela ngomsindi wathi, “Yenza umsebenzi wakho!”

Emva kwexesha, wazibuza ukuba kutheni le nto uLena engakwazi ukuzikisa ingqondo yakhe. Izinto ezininzi zitshintshile kuye ngoku. ULena akangomntwana ogezayo, iimvakalelo zakhe zenza kubenzima ukuthatha ingqalelo entweni. Ukhathazekile kuba ukhumbula amaxesha onwabisayo.



ULena ujonga phandle ze utata wakhe abuze, “Lena, ucinga ntoni?”

**“Ndicinga ngokukhwela owona wakhe wamkhulu umthi!”**

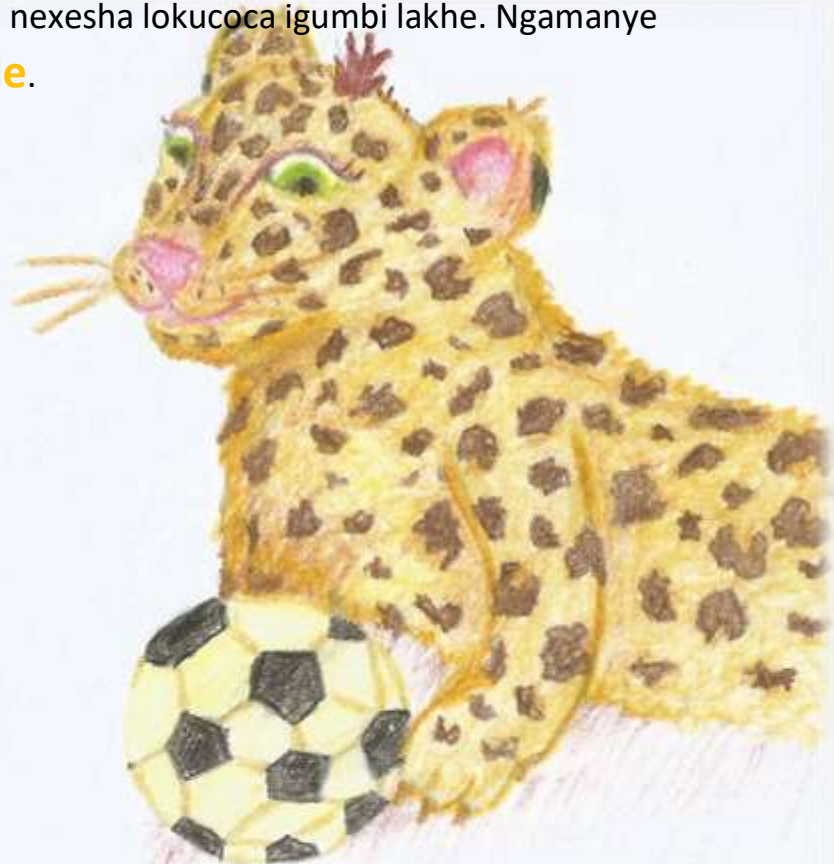
Ukuzibona ekhwela owona wakhe wamkhulu umthi kumkhumbuza ngamaxesha onwabisayo uLena: amaxesha awayeziva onwabile esenza izinto ayincutshe kuzo!

Xa utata kaLena embona ephupha ehleli kwakhona, uthetha naye ngoko kumkhathazayo uLena.

Xa uLena eqalisa ukucoca igumbi lakhe, ulibala ngako konke oko akwenzayo ze aqalise ukudlala ngeethoyi zakhe. Luthi luphela usuku libe igumbi lakhe lingcole kakhulu!

Utata kaLena uziva ezibuza ukuba ingqondo kaLena iyaphithizela na, isenza kubenzima ukuba abe nenyameko yokwenza into enye ngexesha. Ngamanye amaxesha uyamnceda ukuba azikise ingqondo yakhe uLena ukuze enze into enye ngexesha, kwaye abe necebo lokuba nexesha lokucoca igumbi lakhe. Ngamanye amaxesha uye amyeke ULena **adlale**.

Ukudlala kuye kumncede uLena ngeemvakalelo neengcinga zakhe.



ULena uyonwaba xa ekhwela emithini, xa ebalela naxa edlala imidlalo. Bobabini, uLena noyise badlala imidlalo yokushukumisa umzimba. Oku kumenza azive onwabile!



UBulumko unesisu esibuhlungu. Ugqirha uye wasinceda isisu sikaBulumko kodwa unentandabuzo ngeemvekalelo zikaBulumko.



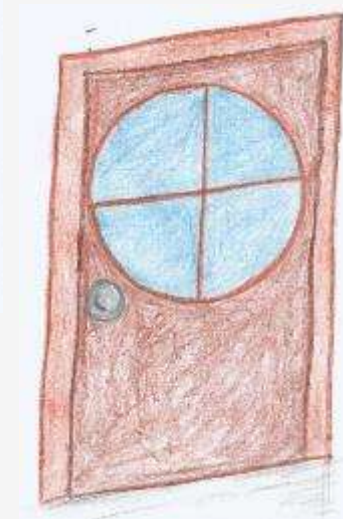
Uanti kaBulumko uyaqaphela ukuba isisu sakhe sibabuhlungu ngeentsuku angaziva mnandi ncam ngazo. Uhlale phantsi naye ezibuza ukuba ngaba isisu sikaBulumko asibaxeleli ukuba uyoyiya na. Mhlawumbi uyoyika kuba akakwazi ukuyinqanda le ntsholongwane ingumaqhingashe eyenza ezinye izinto ezonwabisayo zingabikho.

UBulumko uvele nje amamele. Udinwe kakhulu kunokuba athethe. Uziva engcono akubona ukuba uanti wakhe ucinga ngeemvakalelo zakhe kwaye uthetha ngazo. Kwaye kunceda *kakhulu* xa emanga emqinisile!

UBulumko iziva ngathi wenza iimpazamo ezininzi kumsebenzi wakhe wasekhaya. Uba nomsindo aze azibize ngamagama amabi. UBulumko uxelela uanti wakhe ukuba kubalulekile ukuba enze izinto “NGENDLELA EYIYO” nje ngokugcina usapho lwakhe lukhuselekile.



Uanti kaBulumko uyambona ukuba uva kakubi ngezinto ezimbi ezenzekayo.



Uthi kuye, “Ndiyaqonda ukuba uziva usoyika – izilwanyana ezininzi ziyoyika. Kodwa **wonke umntu** emhlabeni kumele adlale indima yakhe. Ukuba umntu uyagula, **wonke umntu** uza kusebenza nzima ukunceda.”

UBulumko uziva ngcono!

Xa uBulumko eziva esoyika okanye enomsindo, uanti wakhe uyamkhumbuza ngomonde ukuba izinto ezimbi emhlabeni azenziwanga nguye.

ULerato wonwabile. Kodwa ukuba umntu ukhe nje athethe okanye enze into angayithandiyo, uvele nje abenomsindo. Aqhashumbe iintlantsi oku komlilo onamalangatye!

**Wakhe wena waziva uvutha ngumsindo oku komlilo onamalangatye?**

Abazali bakhe bathi kuye, **“Yeka, oko!”**

**“Hlala phantsi!”**

**“Yithi tu!”**

Kodwa uziva engakwazi ukuzibamba.

Uvele naye aphendule ngomsindo ekhwaza alwe nabantakwabo noodadebakhe. Ngala maxesha uziva **EMKHULU** kwaye ephethe, egxotha iimvakalelo ezimenza azive **emncinane**.

Kungabonakala ngathi uLerato ngumntwana osileyo ongabakhathalelanga abanye okanye ongayikhathalelanga imithetho yasekhaya kodwa abazali bakhe bayabona ukuba izenzo zakhe ezibi zikhokelelwa ziimvakalelo anazo.



ULerato ucaphukiswa yile mithetho mininzi – ekhaya nangaphandle kwekhaya! Uva ngathi akavumelekanga ukwenza nanye into ayifunayo. Oku kumenza azive emncinane kwaye esoyika. Abazali bakhe bamkhumbuza ngokuzolileyo bathi, “Izinto zitshintshile phandle kodwa ikhaya nosapho lona alutshintshanga.”

ULerato uziva kakubi ngendlela aphenndule ngayo, ngoko ke abazali bakhe bamanga ukumbonisa ukuba basamthanda. Bamnceda ukuba acinge ngezinye iindlela zokusebenzisa iimvakalelo zakhe zomsindo – nje ngokusebenzisa amagama ukuchaza iimvakalelo zakhe nokuphumla okwethutyana esenza izinto zokumenza ukuba azole.

**Ndiyazibuza ukuba ngaba zeziphi izinto ezizolileyo wena othanda ukuzenza?**



Ngamanye amaxesha, uLerato uhlala yedwa egumbini lakhe, engafuni ukuba namntu. Akuqhelekanga ukuba uLerato athule kangaka.



Xa utata kaLerato emkhangela, uvele ajonge phantsi. ULerato akazazi ukuba uvakalelwa njani. Utata wakhe uyamnceda ukuba azichaze iimvakalelo zakhe ngokuzinika amagama. “Mhlawumbi ukhathazekile kuba ungakwazi ukudlala nabahlobo bakho nje ngaphambili? Mhlawumbi ukwakhathazwa yinto yokuba awukwazi ukukutshintsha oku?” Kuyanceda xa utata kaLerato ehlala phantsi naye, amxelele nokuba kulungile ukuziva ekhathazekile.

Xa eziva elungile, bacinga izinto ezonwabisayo angazenza uLerato – ezifana nokuthetha nabahlobo bakhe, ukubona utitshala wakhe nokuchitha ixesha nosapho lwakhe.



Ehleli ekupheleni kwesitulo, uEnzokuhle ukhangele izinto ezoyikisayo. Utshintsho ebomini bakhe lumenza ave esoyika. Akayazi ukuba kuza kubanjani esikolweni ngoku. Kwaye uyoyika ukushiya oomawokhulu bakhe.

UEnzokuhle uziva ngathi lusana oluncinci olungakwazi kuzenzela nto. Oku kumenza azive kakubi ngesiqu sakhe.

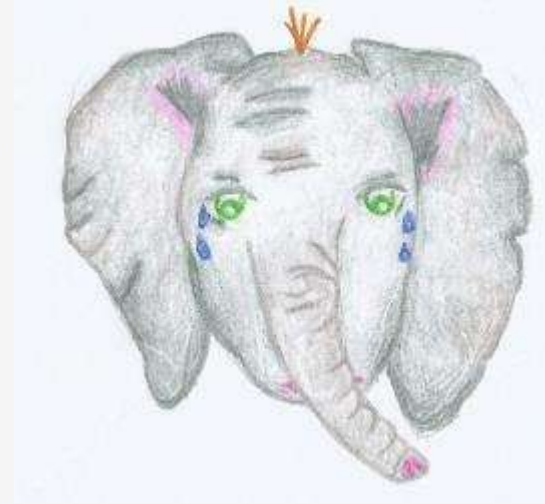


Ngamanye amaxesha akazivi elambile okanye efuna ukunxiba iimpahla zakhe. Oomawokhulu bakhe bayamncedisa ukwenza izinto ebekwazi ukuzenza ngaphambili – ezinje ngokutya ukutya kwakhe nokuzinxibela iimpahla zakhe. Umakhulu wakhe ucinga ukuba ufana nesithunzana apha esithile esimana simlandela yonke indawo. Ukuba usekhitshini, naye ukwalapho. Ukuba usegumbini lakhe lokulala, uphinde abe kwalapho!

Umakhulu wakhe uthetha naye ngobubele athi, “Kuyakoyikisa ukuba wedwa okwangoku, ngoko ke kulungile ukuba ufuna ukuba nathi ixesha elininzi.” Uyazi ukuba xa ekufuphi kwenza uEnzokuhle azi ukuba ukho. Uye azi ukuba akukho nto eza kumehlela. Ngeli lixa bakunye, umakhulu wakhe uye amkhuthaze ukuba azenzele ngokwakhe ezinye izinto. UEnzokuhle uye azive **emkhulu** kwaye **emncinane** ngaxesha linye!

UENZOKUHLE uye akhale kakhulu xa ekowabo. Uziva ekhathazekile. Uyazi ukuba oomawokhulu bakhe baxhalabile. Kuvakala ngathi yonke nje into iyaphasalaka. Ukuphasalaka kwezinto kuyoyikisa.

Ngamanye amaxesha, olu tshintsho luninzi luyadidekisa. Kuvakala ngathi umhlaba lo ebewazi ulahlekile. Ayiselilo tu ihlathi eli ebelazi. Oku kumenza azive **ekhathazekile** uENZOKUHLE.



Xa ezisondeza bamwole uENZOKUHLE oomawokhulu bake uye azive ezolile kwaye ekhuselekile. Oku kumenza **onwabe**. Oomawokhulu bakhe bayabona ukuba udinga ukuba bamange ukuze azive ekhuselekile.



UENZOKUHLE uyazikhumbula kakhulu ezinye izilwanyana equleni. Uyazi ukuba oomawokhulu bakhe bakunye naye kodwa ngezinye iintsuku uziva eyedwa.



Xa emanga utatomkhulu uye amxelele uENZOKUHLE ukuba naye uyawukhumbula umhlambi equleni.

Xa beziva bebodwa, baye benze umfanekiso-ngqondweni wabo bekunye nomhlambi weendlovu kwakhona. Bacinga ngamaxesha onwabisayo, kwaye bazikhumbuze ukuba baza kuphinde babenowa kwakhona amaxesha onwabisayo kunye!



Ngenye imini, ezona zinkulu izilwanyana ezintlanu zincokola kunye – ewe, zincokola kunye zithe qelele!

ULerato ubaxelela ngeemvakalelo zakhe zomsindo nengqumbo.



UBulumko yena uthi, “Oko kuvakala nje ngale ndlela ndiziva ngayo.” Abanye banqwala iintloko.



URudi uyambombozela, “Emva koko, ndiye ndive kakubi.” Zonke izilwanyana zizigquma ubuso zithi, “Nathi ngokunjalo ... siziva kakubi ngokonzakalisa abanye nokuba abanye bangonzakala.”



UENZOKUHLE uthethela phantsi, “Ndiba neentsuku apho ndiziva ndikhathazekile.” ULena noLerato bayasebeza, “Nathi siye sizive sikhathazekile ngamanye amaxesha.”

ULena uyongeza athi, “Kodwa ndiyakwazi nokuziva ndonwabile!”

ULerato, uBulumko, uRudi noEnzokuhle bagibiseleke ngelithi, “Ewe, ewe, ewe!”

Nabo babanazo iintsuku ezonwabisayo.



URudi wathethele phantsi exelela abahlobo bakhe ngokuziva esoyika, ngaxesha nye bonke bakhwaza bathi, “**NAM!**”

Abona bakhulu abahlobo abahlanu bahleka. Bonke beva iimvakalelo ezifanayo.

“Sonke sikhe sizive sinomsindo, sikhathazekile, kakubi, sonwabile okanye sisoyika!”

**“Ezi zezona zinkulu iimvakalelo ezintlanu!”**

Abantu abadala babuza abano bakhulu abahlobo abahlanu, “Yintoni enincedayo xa niziva ninomsindo, nikhathazekile, kakubi, nonwabile okanye nisoyika?”

### Uyayikhumbula wena into ekuncedayo?



URudi uyaphendula, “Ndiziva ngcono xa umama wam endixelesa ukuba uza kundigcina ndikhuselekile andikhusele nakwizinto ezimbi nezoyikisayo!” Izilwanyana nazo zicinga ukuba kuluncedo ukwazi umntu ongaya kuye xa uqala ukuva ezona zinkulu iimvakalelo ezintlanu.



“Ndiyathanda xa utata endimamela kwaye acinge ngoko ndikuvayo ngaphakathi,” kucacisa uLerato. “Naxa ndingazazi ncam iimvakalelo zam, utata uyazama ukuzinika igama iimvakalelo zam.”



“ngamanye amaxesha, nditsho nabantu abadala aba abazazi iimvakalelo ezingaphakathi kuthi!”

Zonke izilwanyana zahleka.

Kulungile xa kukho amaxesha apho abantu abadala bengazi nto kuba xa bejonge abantwana, basazibuza ukuba ngaba amazwi okanye izenzo okanye imizimba yabantwana ibaxelela ntoni na ngako oko bakuvayo.





Kuyazanceda izilwanyana ezincinci xa abantu abadala bekhona naxa **bedlala** nabo bebanika ixesha lokuba nabo.

ULena watsholo phezulu, “Ukudlala kunye kuyanceda ixesha elininzi! Kuyandanceda ukubonakalisa iimvakalelo zam kwaye ndizive ndonwabile kwakhona.”



ULerato uthi, “Kuba mnandi, ezinye izinto – nje ngemisebenzi yam yosuku, amaxesha nditsho nemithetho le zihleli ngolaa hlobo bezililo ngelixa ezinye izinto ezininzi zitshintshileyo!”

ULena wongeza ngelithi, “Utata wam uthi ukulala kakuhle nangokwaneleyo, ukushukushukuma nokutya ngokusempilweni kuyanceda.”



“Noanti wam uyazi ukuba ezinye iintsuku kulula ukwenza ezi zinto ngeli lixa ngezinye kubanzima ukuzenza. Oko kulungile,” kutsho uBulumko. “Kulungile ukuba andikwazanga ukwenza kakuhle yonke into okanye ukuba ndidinga ukunikwa ixesha. Uanti wam uthi kulungile ukuba neentsuku ezintle nokuba neentsuku ezimbi.”

Abantu abadala nabo bayazi ukuba kuyabanceda abantwana ukuba bahlale ndawonye neemvakalelo zabo okanye babenendawo apho bangathetha ngezinto ezinzima kubo. Oku kuyabanceda abantwana ukuba bafumane indlela yokumelana neemvakalelo zabo.

UENZOKUHLE uthi kubo, “Xa ndiziva ngathi andikwazi ukwenza izinto ezithile umakhulu uyandikhumbuza ngezinto endingazenza – undikhumbuza ukuba ndingenza izinto ezingaluncedo kum nakwabanye!”



“Ndiziva ndikhuselekile xa utatomkhulu endanga! Ndiyonwaba xa ndiva **ngithandwa!**”



Nje ngoko ixesha lidlula, ezinye izinto ezitshintshayo azivakali zimbi kakhulu. Umaqhingashe wentsholongwane wenza ezinye izinto nezinye izilwanyana zingabikho. Yenza ezinye izinto zahluke. Kodwa ezinye izinto ezintle zisahleli.



Ezona zinkulu iimvakalelo ezintlanu ziphinda zibuye kodwa ngoku abona bakhulu abahlobo abahlanu bayakwazi amabakwenze nokuba bangaya phi ukuya kufumana uncedo. Izilwanyana ezincinci nezo zinkulu zifunde iindlela ezintsha zokusebenzisa iimvakalelo zazo. Ngoku ziyazi ukuba zingakwazi ukumelana neemvakalelo zazo nakumaxesha anzima.

**Ingaba wena nomntu omdala okukhathaleleyo niyakhumbula ukuba yintoni enceda ezona zinkulu iimvakalelo ezintlanu?**

Ekugqibeleni, ezona zinkulu izilwanyana ezintlanu ziyazi ukuba ziza kusoloko zikhona iintsuku ezonwabisayo phakathi kwezo zimbi.

Iintsuku ezonwabisayo apho abona bakhulu abahlobo abahlanu bangadlala kunye, bathethe kunye kwaye babekunye.



**Unjani umbono wakho weentsuku zakho ezonwabisayo?**



***Ezona zinkulu iimvakalelo ezintlanu  
nomaqhingashe wentsholongwane.***

**Ibhalwe yazotywa nguSiobhán Sweeney**

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