



Tlhalosa o be o itsise

- **Dirisa puo ee maleba ka dingwaga, ya nnete, e bile e tshaloganyega**
- Se fitlhe sepe, itsise bana tshedimose tso yotlhe
- **Dirisa tshedimose tso e e rebotsweng fela** (puso, Mokgatlo wa lefatshe wa boitekanelo, dikgatiso tse ditona, dikokelo)



Bolokesega

- **Netefaletsa ngwana wa gago, o le maleba**
- Baakanya maikutlo a gagwe o sa bontshe a gago thata
- **Ba bontshe gore o itshireletsa jang, le bone o ba rute**



Lo tiile mmogo

- **Efa botlhe monyetla ko gae – lo tiile lo le mmogo!**
- Rulaganya nako, 1:1 le ngwana o mongwe le o mongwe ka letsatsi (mo fe metsotso e 20)
- Golagana le batsadi, ditsala le masika a a godileng mme le sa nne mmogo



Itekanye morwalo wa letsatsi

- Rulaganya letsatsi la gago, mme o iphe nako ya boikhutso le se se ka tlhagang
- **Rulaganya difiro, jaaka metshameko, go itshidila, go apaya, jalojalo**
- Fokotsa tse di tlwaelegileng jaaka go phepafatsa
- Netefatsa gore batho ba nna le nako ya go ikhutsa



Fokotsa nako pele ga television le smart phone

- **Go tlhaeletsana ka megala go siame, mme go botlhokwa go iphokotsa mo go yona**
- Fokotsa nako ya go lebelela television le dipapadi tsa video
- Tlhokomela gore go se utlwale dikgang mo lemoragong tse di tla tlisang letshogo