

Umvundlana



The little hare

Ezi ncwadi ziphuhliswe liqela labantu abavela kumacandelo ngamacandelo oku bekwenza ngentsebenziswano noRhulumente woMzantsi Afrika kunye ne-UNICEF.

Iqela labavelisi: Jane Ballot (wenkampani iVideo Diary)
Kgashane Malesa (weBaagi People's Arts)
Marvin Mathibe (we-ABC uLwazi)
Adele Mostert (we-ABC Ulwazi)

Ingcali kwimfundo ejongene nokukhula kwabantwana (ECD/OVC) kunye nomcebeisi wabantwana kumajelo osasazo: Barbara Kolucki

Uququzelelo lophuhliso noveliso lwencwadi: IProjekthi yoPhando ngeMfundo engenye eMzantsi Afrika (PRAESA, UCT)

Umcebisi ngendlela abafunda ngayo abantwana: Carole Bloch (PRAESA, UCT)

Imizobo: Alzette Prins

Uyilo, ulungelelwaniso kunye noveliso: Reviva Schermbrucker

Inguqulelo: nguXolisa Guzula (PRAESA, UCT)

Uhlelwe: nguPamella Maseko kunye noNtombizanele Nkence (PRAESA, UCT)

Imibulelo:

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Production team: Jane Ballot (Video Diary cc)
Kgashane Malesa (Baagi People's Arts)
Marvin Mathibe (ABC Ulwazi)
Adele Mostert (ABC Ulwazi)

ECD/OVC and Children's Media Consultant: Barbara Kolucki

Co-ordination of Book Development and Production: Project for the study of Alternative Education in South Africa (PRAESA), University of Cape Town (UCT).

Technical and Early Literacy Advisor: Carole Bloch (PRAESA, UCT)

Illustration: Alzette Prins

Design, layout and production: Reviva Schermbrucker

Translation: Xolisa Guzula (PRAESA, UCT)

Edited by: Pamella Maseko and Ntombizanele Nkence (PRAESA, UCT)

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The little hare

Kudala-dala kwaye kukho umvundlana
owayengaziva mnandi.



There was once a little hare who wasn't
feeling very good.



Wayesoloko ediniwe ngalo lonke ixesha -
edinwe kanye njengendlela oye uzive ngayo
xa ubugrumba intlabathi imini yonke.



He was tired all the time – just as tired as
you feel when you have been digging in
the sand all day.

Amehlo akhe ayebuhlungu – ebuhlungu
kanye njengendlela amehlo akho aba bu-
hlungu ngayo xa engenwe luthuli.



His eyes were very sore – just as sore as your
eyes feel when they have some dust in
them.

Wayesoyika kakhulu – esoyika kanye nje-
ngendlela owoyika ngayo xa ulahlekile.



He was very scared – just as scared as you
feel when you are lost.

Wayelusizi kakhulu – elusizi kanye nje-
ngendlela oba lusizi ngayo xa kungekho
mntu ufuna ukudlala nawe.



He was very sad – just as sad as you feel
when no-one wants to play with you.

Udade bomvundlana wabuza, “Ndingenza ntoni ukukunceda uzive ngcono?”

Umvundlana omncinci waphendula wathi, “Masizobe umfanekiso.”

Inene, benza kanye oko.



The little hare’s sister asked, “What can I do to help you feel better?”

The little hare replied, “Let’s draw a picture.”

And so they did.

Oku kwamenza umvundlana ukuba
azive ngcono.



That made the little hare feel a bit better.

Utatomkhulu womvundlana wabuza,
“Ndingeza ntoni ukukunceda ube ngcono?”
Umvundlana waphendula wathi, “Masidlale.”
Inene, benza kanye oko.



The little hare’s grandpa asked, “How can I help you to feel better?”
The little hare replied, “Let’s play a game.”
And so they did.

Oku kwamenza umvundlana azive ngcono nangakumbi.



That made the little hare feel even better.

Umama wakhe umvundlana wamanga.

Wabuza wathi, “Ndingenza ntoni ukukunceda ube ngcono?”

Umvundlana omncinci waphendula wathi, “Ndicela ukusingatha kuwe, ze ndikuculele ingoma.”

Inene, wenza njalo.



The little hare’s mother gave him a hug.
She asked him, “How can I help you to feel better?”

The little hare replied, “Let me sit on your lap and sing a song.”

And so he did.



*“Ndiziva ndikhethekile,” wacula,
“Kwaye ndiyazi ukuba niya kusoloko nikhathala
ngam.*

*Andisokuze ndibe lilolo
Kuba niyandithanda.”*



*“I’m special,” he sang,
“And I know you will always care.
I’ll never be alone
Because you love me.”*

Oku kwamenza umvundlana azive ngcono
kakhulu!



And that made the little hare feel best of all!

Amanqaku kumntu onakekela abantwana

Siphila kwixesha apho abantwana abancinci abaninzi bagula zizigulo ezinganyangekiyo okanye abaya kuphila nazo ubomi babo bonke. Le ncwadi inceda abantwana abagulayo ukuba baqonde ukuba ababodwa, kwaye bazi ukuba bakhona abantu abanokubanceda ukudambisa iintlungu zabo noloyiko lwabo. Iyabakhumbuza ukuba kukho abantu ababathandayo nababaxabisileyo.

Funda nomntwana wakho ngobunono nangendlela ezolileyo nebonisa inkathalo. Thethani ngemifanekiso. Thethani ngezinto ezenziwa ngumvundlana nangendlela oziva ngayo. Thethani nangezinto ezizenza azive ngcono umntwana wakho.

Abantwana abagulayo bayakudinga ukuchithiswa isithukuthezi, beve nokuphathwa ngabanye abantu kanye njengendlela abakudinga ngayo ukunakekelwa ngokwenyama. Baphulule, ubabonise rhoqo ukuba uyabathanda. Baculele iingoma, ubabalisele okanye ubafundele amabali, uze udlale nabo.

Khumbula ukuba abantwana abancinci bayaziqonda izinto eziqhubekayo nangaphezu kokuba thina sicinga ngamanye amaxesha. Ukugula nokunyangelwa isigulo onaso kuyoyikisa. Bamamele into abayithethayo, uze uyiphendule imibuzo yabo ngendlela abanokuyiqonda nenyanisekileyo.

Musa ukuyibethisa ngoyaba indaba yokuthetha ngokufa ukuba abantwana bayathetha ngako. Thetha ngento oyikholelwayo. Mqinisekise umntwana wakho ukuba uyamthanda, umxelele ukuba akusokuze umshiye yedwa.

Yifunde le ncwadi nomntwana wakho, nabelane nomntwana wakho ngemiba ekuyo nanini na xa efuna.

Note for caregiver

We live in a time when many young children have to deal with being chronically or even terminally ill. This book helps sick children understand that they are not alone and that someone will help to ease their discomfort and fear.

It reminds them that there are people who love and value them.

Read with your child in a gentle, sensitive way. Talk about the pictures. Talk about what the little hare does, and how he feels. Talk about what makes your child feel better too. As well as physical care, sick children need company and human touch. Massage and cuddle them often. Sing songs, tell and read stories and play games with them.

Remember that young children understand a lot more than we sometimes think. Illness and medical treatment can be frightening. Listen to what they have to say and answer their questions simply and honestly.

Do not avoid talking about death if children bring up the topic. Talk about what you believe.

Assure your child that you love him or her and that you will not leave him or her alone.

Share this book together as often as your child wants.



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