



Imirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto



Imfashanyigisho z'igihugu zigenewe abajyanama mu mudugudu



Ugushimira

Iyi mbonerahamwe ivuguruye ikubiyemo *Imfashanyigisho z'Igihugu z'Ubujyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto* zakozwe mu mwaka w' 2012. Imbonerahamwe yo muri 2012 ndetse n'iyi ivuguruye zishingiye cyane ku mbonerahamwe y'ubujyanama ku mirire y'abana bato yakozwe bwa mbere mu mwaka w'2010, ikaba yarateguwe ku bufatanye bwa UNICEF ya New York (muri Leta Zunze Ubumwe za Amerika), Nutrition Policy Practice na University Research Co, LLC/Center for Human Services (URC/CHS).

Mu mwaka w'2012, imbonerahamwe ya UNICEF yahujijwe n'imiterere y'u Rwanda, ikorwa hifashishijwe imfashanyigisho zari zisanze zikoreshwa mu Rwanda, ikorerwa igerageza, kandi inononsorwa hagendewe ku murongo wumvikanyweho n'ababigizemo uruhare bose. Imirimo y'itegurwa ry'imbonerahamwe y'imfashanyigisho mu rwego rw'igihugu k'ubujyanama ku mirire y'umubyeyi, konsa no kugaburira umwana muto yo muri 2012 yayobowe na Minisiteri y'Ubuzima binyujijwe mu ishami ryari rishinzwe imirire muri icyo minisiteri, babitewe mo inkunga na RBC/ IHDPC n'abafatanyabikorwa bo ku ruhembe mu by'imirire y'abana bato mu Rwanda, harimo Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), PATH, EIP, RRP+, WVI, PSI, UNICEF, WHO, WFP, CRS, ICAP, FHI, IntraHealth na MCHIP. Ivugurwa ry'iyi mbonerahamwe ryatewe inkunga n'Ikigo cya Leta Zunze Ubumwe z'Amerika Gitsura Amajyambere Mpuzamahanga (United States Agency for International Development — USAID).

Iyi mbonerahamwe y'*Imfashanyigisho z'Igihugu z'Ubujyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto* yavugururwe mu mwaka w'2019, imirimo yo kuyivugurura yayobowe na Gahunda Mbenezamukurire y'Abana Bato (National Early Childhood Development

Program —NECDP), irebererwa na Minisiteri y'Uburinganire n'Iterambere ry'Umuryango (MIGEPROF), ku bufatanye n'ubwitange bw'itsinda ry'impuguke mu birebana n'ibiribwa n'imirire mu rwego rw'igihugu (Food and Nutrition Technical Working Group (F&NTWG), riyoborwa na Gahunda Mbenezamukurire y'Abana Bato. Iri tsinda ryari rigizwe n'abahagarariye Minisiteri y'Uburinganire n'Iterambere ry'Umuryango, Minisiteri y'Ubuhinzi, Minisiteri y'Ubuzima, Ikigo cy'igihugu gishinzwe ubuzima (Rwanda Biomedical Center—RBC), Minisiteri y'Uburezi, UNICEF, WHO, WFP, USAID, n'ibindi bigo binyuranye n'abaterankunga mu birebana n'imirire, harimo Catholic Relief Services (CRS), Three Stones International, n'Inshuti mu Buzima (Partners in Health—PHI). Ivugururwa ry'iyi mbonerahamwe ryatewe inkunga mu bya tekini ndetse n'iy'amafaranga na UNICEF ndetse n'Ikigo cya Leta Zunze Ubumwe z'Amerika Gitsura Amajyambere Mpuzamahanga (USAID) kiyinyujije mu mushinga wacyo "USAID Advancing Nutrition".

Minisiteri y'Uburinganire n'Iterambere ry'Umuryango irashimira iyi miryango n'abaterankunga bayo ku bwitange n'ubufatanye bagize muri iki gikorwa, haba mu bitekerzo batanze no kugira uruhare mu nama za tekini zanononsoye izi mfashanyigisho, kuzigerageza aho zizakoreshwa mu midugudu, ndetse no mu kuzemeza.

Turashimira kandi byimazeyo UNICEF na USAID, abafatanyabikorwa bose n'ibigo nterankunga kubera ubwitange badahwema kugaragaza mu gushyigikira Leta y'u Rwanda mu nzira yo guteza imbere ubuzima bwiza bw'Abanyarwanda. Turashimira nanone abajyanama b'ubuzima, ababyeyi ndetse n'abakozi bo kwa muganga batanze ibitekerezo by'ingirakamaro kugira ngo izi mfashanyigisho zirusheho kunozwa.



Amashakiro

1 Abagavu bakeneye indyo yuzuye ngo bakure byuzuye

2 Abagore batwite n'abonsa bakeneye indyo yuzuye

3 Konsa umwana akimara kuvuka ni ingenzi

4 Mu mezi 6 ya mbere, onsa GUSA

5 Onsa gusa mu mezi 6 ya mbere

6 Onsa umwana igihe cyose abisabiye, amanywa n'ijoro

7 Hari uburyo bwinshi bwo gushyira umwana ku ibere

8 Gutamika umwana ibere neza ni ingenzi

9 Impinja zavukanye ibiro bike zikeneye kwitabwayo

10 Kwikama amashereka ukayaha umwana mu gakombe

11 Ha umwana amashereka n'igihe utari mu rugo

12 Tangira guha umwana ifashabere ku mezi 6

13 Ifashabere kuva ku mezi 6 kugeza ku 9

14 Ifashabere kuva ku mezi 9 kugeza kuri 12

15 Ifashabere kuva ku mezi 12 kugeza kuri 24

16 Gaburira umwana wawe ibiribwa binyuranye

17 Hinga akarima k'igikoni, unatere ibiti by'imbuta

18 Umwana wawe akeneye ibiribwa bikomoka ku matungo

19 Shyira Ongera Intungamubiri mu biryo by'umwana

20 Gaburira umwana wawe ufite urugwiro

21 Uri umwarimu w'ibanze w'umwana wawe

22 Hand washing helps prevent disease

23 Ita ku isuku y'ibiribwa n'iy'amazi

24 Itwararike ku isuku yo mu rugo

25 Niba umwana wawe arwaye, gisha inama

26 Impamvu zatumye uyu umwana kw'umuganga

27 Uko wagaburira umwana urwaye ufite muni y'amezi 6

28 Uko wagaburira umwana urwaye urengeje amezi 6

29 Uko wagaburira umwana wabuze apati

30 Gukurikira buri gihe imikurire y'umwana ni ingenzi

31 Kingiza umwana akivuka, ubikomeze uko agenda akura

32 Kuboneza urubonyo byongera ubuzima no kuramba

33 Uko wagaburira abana bato mu bihe bidasanze

34 Kugaburira umwana utonka ufite amezi 6 kugeza 24



Uburyo bwiza bwo gutanga ubujyanama

Izi mfashanyigisho zateguwe kugirango zigufashe guha ababyeyi n'abandi bita ku bana ubujyanama ku buryo bwo kugaburira umubyeyi utwite n'uwonsa, ndetse no kugaburira umwana muto. Ubushobozi mu gutanga ubujyanama buzagufasha kurangiza neza akazi kawe. Bumwe mu buryo bw'ibanze ni ugutega amatwi no kwiga, kimwe no kubaka icyizere ndetse no gutanga ubufasha.

Ubushobozi bwo gutega amatwi no kwiga

- Koresha uburyo bwo kuganira budakoresha amagambo
- Ishyire ku rwego rumwe n'umubyeyi cyangwa uwita ku mwana
- Kurikira neza (murebe mu maso)
- Vanaho ibintu byose bibatandukanya (ameza, kwandika, gusoma)
- Fata umwanya uhagije
- Niba ukoze ku mubyeyi/uwita ku mwana cyangwa umwana, bikore uko bikwiye utarengereye
- Baza ibibazo bifunguye kugirango uhabwa ubujyanama abashe kwisobanura
- Ibisubizo utanga n'ibimenyetso ukoresha bigomba kwerekana ko ushishikajwe n'ibyo ukora/uvuga
- Ifashishe/subiramo ibyo umubyeyi w'umwana cyangwa umwitaho avuga
- Irinde amagambo aca urubanza

Uburyo bwo kubaka icyizere no gutanga ubufasha

1. Emera ibyo umubyeyi cyangwa uwita ku mwana atekereza cyangwa yiyumvamo. Mureke abanze avuge ibibazo bye mbere yo gukosora amakuru atanze. Ibi bituma habaho icyizere.
2. Umva neza ibibazo/ingorane z'umubyeyi cyangwa uwita ku mwana.
3. Emera kandi ushimagize ibyo nyina/ se w'umwana/ umwitaho n'umwana bakora mu buryo bukwiye.
4. Tanga ubufasha bushoboka.
5. Tanga amakuru macye, akwiye kandi ku gihe
6. Koresha imvugo yoroshye kugira ngo yumvikane.
7. Koresha imfashanyigisho cyangwa depuliya zikwiye.
8. Tanga inama imwe cyangwa ebyiri, aho gutanga amabwiriza.



Intambwe 3 z'ubujyanama ku konsa no kugaburira umwana muto

Intambwe 3 z'ubujyanama zikurikira zigufasha guha ababyeyi (abita ku bana) ubujyanama ku bijyanye no konsa no kugaburira umwana muto. Izo ntambwe 3 ni Ukugenzura, Gusesengura no Gukora.

Intambwe ya 1: Genzura: baza, tega amatwi kandi witegereze

- Suhuza umubyeyi cyangwa uwita ku mwana ukoresheje imvugo n'ibimenyetso bigaragaza urukundo.
- Tangira ubaza ibibazo bituma umuntu avuga.
- Umva ibiri kuvugwa kandi witegereze neza ibiri kuba ukoresheje ubushobozi bwawe bwo gutega amatwi no kwiga, kubaka icyizere no gutanga ubufasha.
- Genzura imigaburire ikwiranye n'ikigero umwana agezemo kimwe n'ubuzima bw'umwana, umubyeyi cyangwa uwita ku mwana.

Intambwe ya 2: Sesengura: shakisha ahari ikibazo kandi niba hari ibibazo byinshi, hitamo ikigomba gukemurwa mbere.

- Emeza niba imigaburire ubona ikwiranye n'ikigero cy'umwana kandi niba ubuzima bwe, ubwa nyina cyangwa ubw'umwitaho ari bwiza.
- Niba usanze ari nta bibazo bigaragara, shimira umubyeyi cyangwa uwita ku mwana noneho wibande ku gutanga amakuru ya ngombwa ku ntambwe ikurikira ku mikurire y'umwana.
- Niba hari ikibazo/ibibazo cyangwa se niba umwana,

umubyeyi cyangwa uwita ku mwana bafite ibibazo by'ubuzima, kora gahunda y'uko ibyo bibazo bigomba gukurikirana mu kubikemura.

- Subiza ibibazo by'umubyeyi cyangwa uwita ku mwana niba bihari.

Intambwe ya 3: Kora: ganira, tanga amakuru macye akwiye, noneho mwumvikane ku kigomba gukorwa.

- Bitewe n'ibyasesenguwe haruguru, hitamo amakuru macye ajyanye n'uburyo ibintu byifashe maze uyageze ku mubyeyi cyangwa uwita ku mwana.
- Kora ibishoboka byose maze ushimire umubyeyi cyangwa uwita ku mwana kubyo akora neza.
- Tanga inzira zinyuranye zo gukemura ikibazo cy'imirire cyangwa cy'ubuzima bw'umwana cyangwa ubw'umwitaho uvuga udukorwa duto dushoboka. Utwo dukorwa tugomba gukorwa mu gihe runaka (iminsi cyangwa ibyumweru bike bikurikira).
- Ha amakuru ya ngombwa umubyeyi cyangwa uwita ku mwana wifashishije imfashanyigisho z'ubujyanama na depuliya zitahanwa zikwiye, kandi usubize ibibazo igihe cyose bibajijwe.
- Fasha umubyeyi cyangwa uwita ku mwana guhitamo uburyo bumwe yemera gukoresha mu rwego rwo gukemura ikibazo cyangwa kurwanya uburwayi bwagaragaye. Ibi byitwa kugera ku bwumvikane.
- Rangira umubyeyi cyangwa uwita ku mwana aho ashobora kuvana ubundi bufasha. Murangire ivuriro riri hafi niba ari ngombwa kandi umushishikarize kwitabira amahugurwa cyangwa kujya mu Matsinda y'Ubufasha ku bijyanye no konsa no kugaburira umwana muto ku rwego rw'umudugudu.
- Menya neza niba umubyeyi cyangwa uwita ku mwana azi aho azashakira umujyanama w'ubuzima cyangwa umukozi wo kwa muganga.
- Shimira umubyeyi cyangwa uwita ku mwana kuba yigomwe igihe cye.
- Mwumvikane igihe muzongera guhurira niba bibaye ngombwa.



Abangavu bakeneye indyo yuzuye ngo bakure byuzuye



IMFASHANYIGISHO YA 1





Imfashanyigisho ya 1

Abangavu bakeneye indyo yuzuye ngo bakure byuzuye

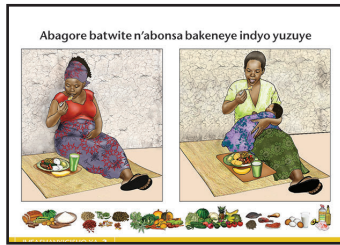
- * Abangavu n'ingimbi baba bakura vuba cyane, bityo bakeneye ibiryo byinshi kugirango bagumye bakure hitawe ku mpinduka ziri kuba mu mubiri wabo.
- * Abangavu n'ingimbi bakeneye indyo yuzuye kugirango bakure byimazeyo — ku mubiri, mu bwenge n'amarangamutima.
- * Igihe kiri hagati y'imyaka 10 na 19 ni igihe gikomeye ngo wubake umubiri ukomeye kandi uzira umuze kuko uba witegura kuba umuntu mukuru.
- * Ihatire kumenya akamaro k'indyo yuzuye ku buzima n'imikurire kandi ubisangize inshuti zawe n'umuryango wawe.
- * Sobanukirwa neza n'ubwoko ndetse n'ingano y'ibiribwa ufata.
- * Ihatire kurya ibiribwa bifite intungamubiri nyinshi. Gabanya ibiribwa bifite intungamubiri nkeya, ibyo ni nka Fanta n'imitobe yo mu nganda, amafiriti, keke, amandazi na biswi. Hari imvugo iri mu bihugu n'imico binyuranye igira iti: "Uwo uri we, bituruka mubyo urya" ndetse ahandi bakavuga ko "abatekereza neza barya neza"
- * Fata amafunguro nibura 3 ku munsu, kandi ufate ibiribwa binyuranye kuri buri funguro.
- * Ibiryo byiza harimo amata, imbuto n'imboga bishyashya, inyama (harimo n'izo mu nda nk'umwijima, umutima n'impiko), ifi, amagi, ibinyampeke, ubunyobwa, ibishyimbo n'amashaza, amavuta aturuka ku bihingwa.
- * Rya buri munsu ibiribwa binyuranye bifite amabara nk'ibijumba by'umuhondo, imboga gakondo zifite ibara ry'icyatsi cyijimye (imbwija, dodo), amapapayi, imyembe, ibihaza na epinari.
- * Rya ibiribwa bikungahaye ku butare bwa feri, birimo inyama zo mu nda nk'umwijima, umutima n'impiko. Feri ni intungamubiri y'ingenzi ku bakobwa no ku bagore kuko bayitakaza buri kwezi mu gihe cy'imihango.
- * Ibiribwa bikomoka ku bihingwa nk'imboga z'icyatizi kibisi, inyanya, imyembe, amapapayi n'amatunda bikungahaye kuri vitamin nazo zifasha mu gukumira ibura ry'amaraso. Ni byiza kurira icyarimwe ibiribwa bikungahaye kuri vitamini n'ibikungahaye kuri feri.
- * Rya ibiribwa bikungahaye ku byubaka umubiri nk'amata, inyama (iz'inka, ihene, ingurube n'inkoko), amagi, ibishyimbo, amashaza n'ubunyobwa.
- * Kunywa icyayi n'ikawa uri kurya bibangamira umubiri mu gukoresha feri.

Ibindi wamenya:

- * Abagore bato mwifuza gusama, byaba byiza mwishakiye ibinini bya aside foliki kuko bikumira ubumuga ku mwana uzatwita. Gufata aside foliki bifasha mu gukumira ibura ry'amaraso mu gihe utwite.
- * Mu gihe utekereza ko utwite, ihutire hakiri kare ku kigo nderabuzima baguhe ibinini bya feri na aside foliki.
- * Kora imyitozo ngororamubiri. Kubaho udakora imyitozo ngororamubiri byongera ibiro bitari ngombwa bigatera n'umubyibuho ukabije.





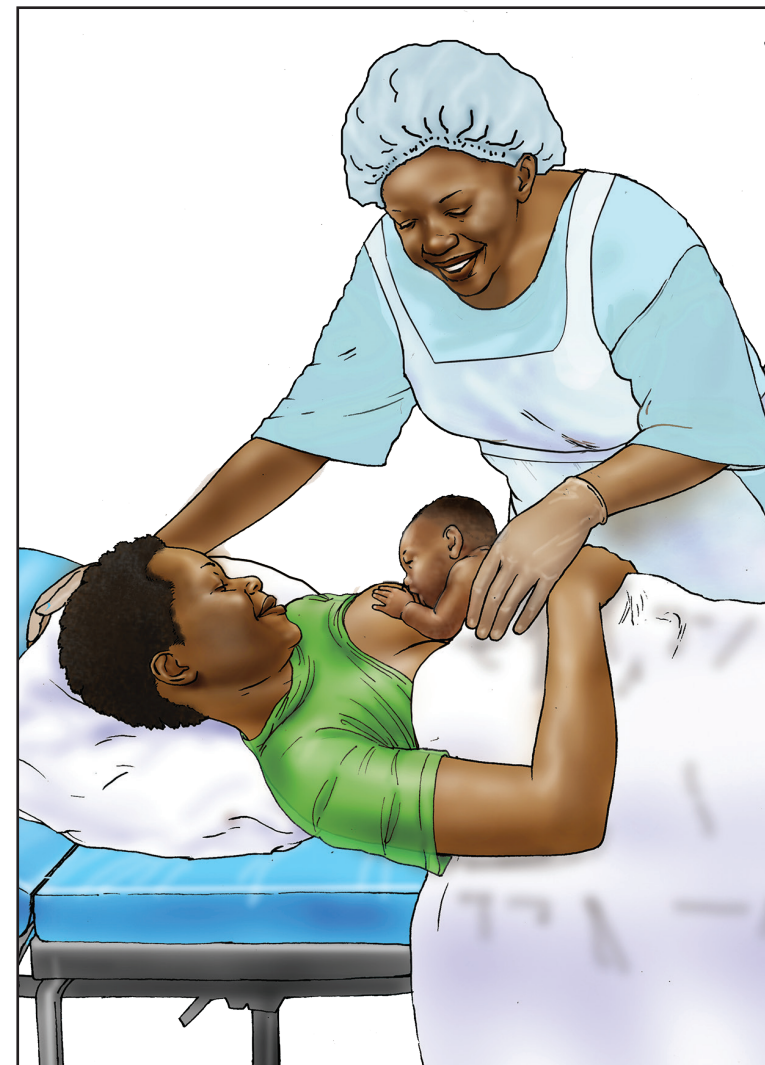


Imfashanyigisho ya 2

Abagore batwite n'abonsa bakeneye indyo yuzuye

- * Mu gihe utwite, fata buri muni ifunguro rito ry'inyongera hagati y'amafunguro manini, kugirango wowe n'umwana wawe uri gukura mugire imbaraga zihagije n'imirire myiza.
- * Mu gihe wonsa, fata buri muni amafunguro yoroheje 2 y'inyongera hagati y'amafunguro manini kugirango wowe n'umwana wawe uri gukura mugire imbaraga zihagije n'imirire myiza.
- * Ukeneye ibiribwa byose ushobora kubona bikungahaye ku ntungamubiri kurusha ibindi harimo amata, imbuto n'imboga bishyashya, inyama (harimo inyama zo mu nda nk'umwijima, umutima n'impayiko), amafi, amagi, ibinyampeke, ubunyobwa, amashaza n'ibishyimbo.
- * Ukeneye kunywa bihagije, igihe cyose ufite inyota.
- * Kunywa icyayi cyangwa ikawa mu gihe cyo kurya bishobora kugira ingaruka k'uburyo umubiri wawe ukoreshe ibiryo. Gabanya ingano y'icyayi n'ikawa unywa.
- * Ntukanywe ibisindisha, itabi n'ibiyobyabwenge mu gihe utwite.
- * Mu gihe utwite cyangwa wonsa, intungamubiri zihariye zizafasha umwana gukura neza no kugira ubuzima bwiza.
- * Fata ibinini bya feri n'asidi foliki mu gihembwe cya mbere utwite. Ibi bizakurinda kubara umwana ufite ubumuga.
- * Jya ukoresha umunyu urimo iyode kugirango ubwonko n'umubiri by'umwana bikure neza.
- * Mu gihe utwite ipimishe byibura inshuro 4, uhagaze igihe muganga yemeje ko utwite. Kwipimisha ni ingenzi kuko bigufasha kumenya uko ubuzima bwawe bumeze n'uburyo umwana utwite akura.
- * Fata ibinini by'inzoka kugirango ukumire ibura ry'amaraso.
- * Kugirango ukumire malariya, ryama buri joro mu nzitiramibu iteye umuti. Uzakenera kuruhuka kurushaho mu mezi 3 ya nyuma mbere yo kubara, ndetse no mu kwezi kumwe nyuma yo kubara.
- * Menya uko uhagaze ku byerekeranye na virusi itera SIDA, kandi ufate imiti nk'uko muganga yayikwandikiye.
- * Ababyeyi b'abangavu: ukeneye kwitabwaho by'umwihariko, ibiryo byinshi kurusha ababyeyi bakuru, ndetse no kuruhuka. Ukeneye kugaburira umubiri wawe kuko ugikura n'uw'umwana utwite nawe ubwawo uri gukura.
- * Karaba intoki n'isabune ukoresheje amazi meza atemba mbere yo gutegura ibiribwa, kurya, uvuye mu bwiherezo cyangwa gusukura umwana.

Konsa umwana akimara kuvuka ni ingenzi





Imfashanyigisho ya 3

Konsa umwana akimara kuvuka ni ingenzi

- * Ukimara kubyara, iyegereze umwana wawe ako kanya umubiri ku wundi. Ibi bituma agumya gushyuka no guhumeka neza. Mufashe gutamira ibere bikwiye, bityo umwana nawe ubwawe mwumve muri kumwe.
- * Konsa umwana igihe cyose abishakiye, ku manywa na ninjoro, gufata umwana uko bikwiye igihe uri kumwonsa no kumutamika ibere neza byose ni ingenzi kugirango uhembere neza (Reba Imfashanyigisho ya 6 n'ya 7).
- * Shyira umwana ku ibere mu isaha ya mbere ukimara kubyara. Guhita wonsa bifasha uruhinja kwiga konka hakiri kare kandi bikagabanyiriza umubyeyi kuva.
- * Amashereka y'umuhondo afitiye akamaro uruhinja rwawe.
- * Amashereka y'umuhondo arinda uruhinja indwara kandi akanavana mu nda y'uruhinja umwanda wa mbere.
- * Onsa kenshi kugirango uhembere kandi ugire amashereka ahagije.
- * Kirazira guha uruhinja rukivuka amazi cyangwa ibindi binyobwa mu minsi ya mbere akivuka, cyangwa igihe icyo aricyo cyose mu mezi 6 ya mbere. Umwana ntakeneye ibyo binyobwa mbere y'uko yuzuza amezi 6. Si ngombwa rwose ahubwo bishobora kumugirira nabi.
- * Mu minsi mike ya mbere uruhinja rukivuka, icyo rukeneye gusa ni amashereka y'umuhondo. Igifu cy'uruhinja kiba kikiri gito cyane.
- * Amashereka afite intungamubiri zose n'amazi umwana wawe akeneye mu mezi atandatu avutse.
- * Ita ku mwana wawe. Murebe mu maso kandi umuvugishe. N'umwana ukivuka ashimishwa no kukumva no kukubona mu maso.

Ibindi wamenya:

- * Igihe runaka hagati y'umunsi umwe n'ibiri umwana yonka inshuro 2 cyangwa 3 ukabona ko yonse amashereka make cyane. Ibi birasanzwe. Nyuma y'iminsi mike umwana yagombye kuba yonka neza. Shyira umwana ku ibere kenshi kugirango umumenyereze konka. Konsa kenshi bihembera amashereka.



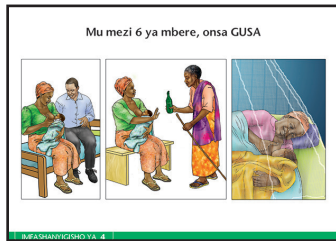


Mu mezi 6 ya mbere, onsa GUSA



IMFASHANYIGISHO YA 4





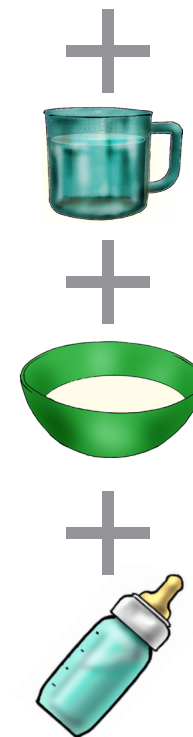
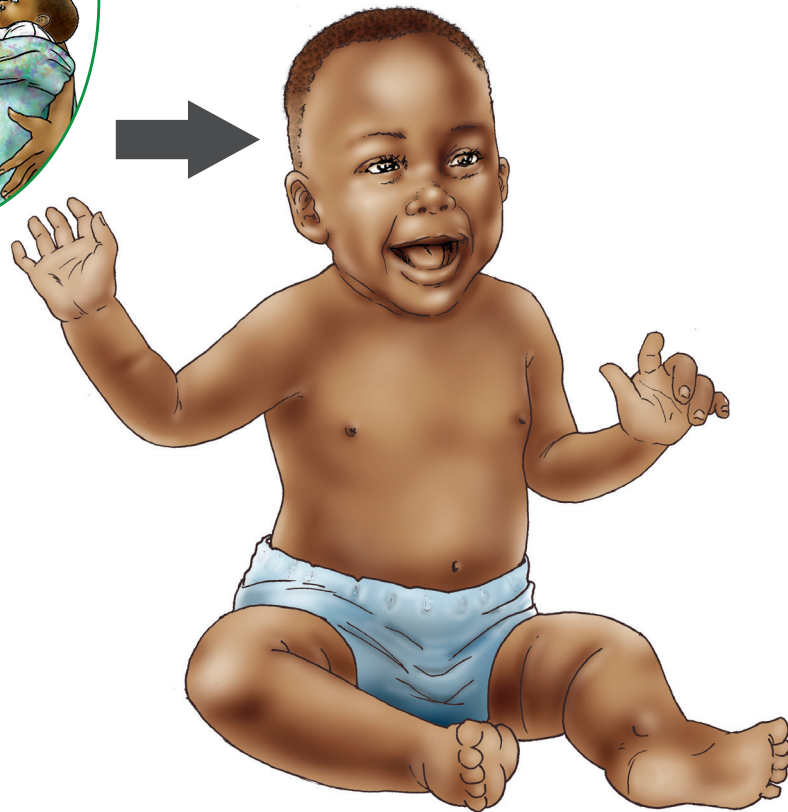
Imfashanyigisho ya 4

Mu mezi 6 ya mbere, onsa GUSA

- * Amashereka atanga intungamubiri zose n'amazi umwana akenera mu mezi 6 ya mbere.
- * Ntukagire ikindi uha umwana wawe mu mezi 6 ya mbere, kabone n'amazi.
- * No mu gihe cy'ubushyuhe, amashereka azamara inyota umwana wawe.
- * Guha umwana wawe ikindi kintu kitari amashereka bituma atonka kenshi kandi n'amashereka akagabanuka.
- * Amazi, ibindi binyobwa cyangwa ibindi biribwa bishobora gutera umwana wawe uburwayi.
- * Ushobora guha umwana imiti iyo wabibwiwe na muganga GUSA.
- * Mu gihe uri konsa, reba umwana wawe mu maso. Muvugishe, musekere umukorere n'utundi tumenyetso. Umwana wawe ashobora kukureba mu maso no kumva ijwi ryawe.
- * Icara ahantu wumva utekanye igihe uri konsa, kandi wumve ko amaboko yawe afashe neza kandi ko wafashe umwana uko bikwiye.
- * Umwana agomba kuba ashobora gukoresha amaboko n'amaguru bye uko abishaka, kandi ashobora kugukoraho. Muhe umutekano, mukorakore kandi umufate neza. Umubiri ku wundi bifasha kenshi guhembera amashereka.

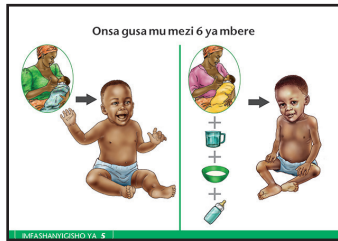


Onsa gusa mu mezi 6 ya mbere



IMFASHANYIGISHO YA **5**





Imfashanyigisho ya 5

Onsa gusa mu mezi 6 ya mbere

- * Konsa gusa bisobanura kutagira ikindi uha umwana mu mezi 6 ya mbere USIBYE amashereka.
- * Amashereka atanga intungamubiri n'amazi umwana wawe akeneye mu mezi 6 ya mbere.
- * Konsa gusa mu gihe cy'amezi 6 ya mbere birinda umwana wawe indwara nyinshi, nk'impiswi n'indwara zifata imyanya y'ubuhumekero.
- * Kuvangira umwana bivuga kumuha amashereka n'ibindi binyobwa, ibiryo byo mu nganda by'abana, amata cyangwa amazi.
- * Kuvangira umwana bishobora kumutera uburwayi butandukanye nk'impiswi, umusonga n'indwara z'imirire mibi.
- * Kuvangira umwana mbere y'amezi 6 bishobora kumwangiriza igifu. Bimugabanyiriza ubudahangarwa mu kurwanya indwara butangwa no konsa gusa, ndetse n'izindi nyungu zitangwa n'amashereka.
- * Kora ibyangobwa byose bituma umwana akubona, yumva ijwi ryawe, akumva no ku mubiri ndetse agukoraho.
- * Mwenyurana kandi usekane n'umwana wawe. Muvugishe, kandi usubire mu byo avuga cyangwa akora.
- * Shishikariza umwana wawe gukina unyuza imbere y'amaso ye ibintu bifite amabara kugirango abibone anagerageze kubikoraho. Gerageza gukoresha igikoreshe kijegera cyangwa akaziga kaziritse ku mugozi unyuza imbere y'amaso ye.

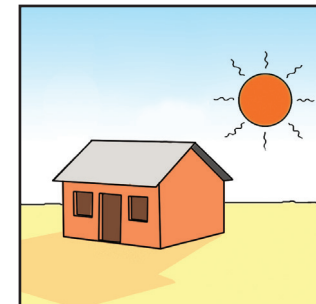
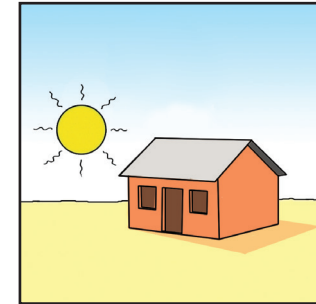
Ibindi wamenya:

- * Niba bigaragara ko umwana wawe ashobora kuba afite ingorane mu gutamira ibere cyangwa kumira, gergeza ubundi buryo bwo kumufata umwonsa nko kumufata amaguru ari muni y'ukwaha kwawe ashyigikiwe n'ukuboko, cyangwa umufatiye muni y'ukwaha (Reba Imfashanyigisho ya 7), mujyane kandi ku kigo nderabuzima bamusuzume. Hari abana baba bafite ingorane mu gutamira ibere bitewe n'uko ururimi rwabo rugobwe n'akantu gato gashobora gukatwa. Hari abandi bana ariko bo bafite ubumuga bukomeye bubabuzira rwose konka. Abana bafite ingorane mu kurya bashobora kugwa mu mirire mibi byihuse, bityo ni ngombwa ko bakurikiranwa na muganga.
- * Niba umubyeyi abana n'ubwandu bwa virusi itera SIDA, reba Imfashanyigisho #33.



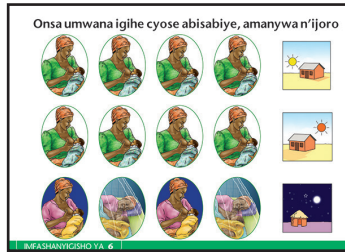


Onsa umwana igihe cyose abisabiye, amanywa n'ijoro



IMFASHANYIGISHO YA 6





Imfashanyigisho ya 6

Onsa umwana igihe cyose abisabiye, amanywa n'ijoro

- * Onsa umwana igihe cyose abishakiye ku manywa na ninjoro. Uko umwana arushaho gukurura ibere kandi arifashe uko bikwiye bituma haza amashereka menshi. Witegereza ko umwana arira kugira ngo umwonse. Kurira ni ikimenyetso cya nyuma kigaragaza ko yashonje.
- * Ibimenyetso bya mbere bigaragaza ko umwana ashonje ni ibi bikurikira:
 - Kudatuza
 - Kwasama no guhindukiza umutwe hirya no hino
 - Kurabya indimi
 - Konka intoki n'ibipfunsi
- * Kurira ntibivuga ko umwana arwaye cyangwa ashonje byanze bikunze. Ntukamuhe imiti ya kinyarwanda, amata y'abana yakorewe mu nganda, andi mata cyangwa icyayi. Niba umwana ari kurira, ashobora kuba abangamiwe akeneye ko umwitaho. Suzuma niba asukuye kandi ntakimubangamiye.
- * Guhinduranya amabere hato na hato si byiza. Reka umwana ahumuze ibere rya mbere ubone kumuha irindi. Ibi bituma umwana abona amashereka ya mbere n'aya nyuma. Amashereka ya mbere aba arimo amazi menshi akamara umwana inyota. Amashereka ya nyuma aba arimo amavuta menshi akanamara umwana inzara.
- * Niba umwana arwaye cyangwa asinziriye, ushobora kumukangura kugirango umwonse kenshi. Impinja zikenera konka kenshi, buri masaha 2 cyangwa 3.
- * Fata umwana uhagije wo konsa. Reba ahantu wumva utekanye. Ushobora kwicara cyangwa kuryama igihe wonsa, mwereke ko umwitayeho. Mube hafi ku manywa na ninjoro.
- * Mu gihe uri konsa, reba umwana wawe mu maso. Muvugishe, musekere umukorere n'utundi tumenyetso. Umwana wawe ashobora kukureba mu maso no kumva ijwi ryawe.
- * Umwana agomba kuba ashobora gukoresha amaboko n'amaguru bye uko abishaka, kandi ashobora kugukoraho. Muhe umutekano, mukorakore kandi umufate neza. Umubiri ku wundi bifasha kenshi guhembera amashereka.

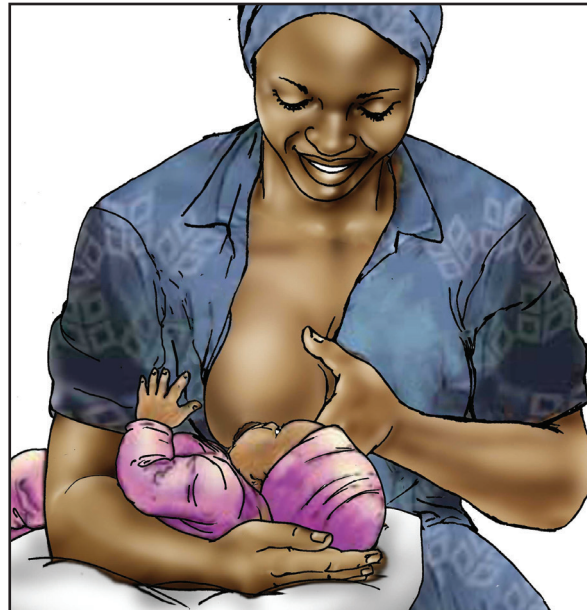
Ibindi wamenya:

- * Niba umubyeyi ahangayikishijwe no kwiyumvamo ko atabonera umwana amashereka ahagije, mufashe kwiremamo icyizere. Mwerekere uko bafata umwana uri kumwonsa n'uko bamutamika ibere uko bikwiye. Muganirize ku ndyo y'umubyeyi n'imiterere y'imirimo akora. Humuriza umubyeyi umubwira ko umwana we abona amashereka ahagije igihe :
 - Yiyongera ibiro
 - Niba ibyo akora n'uko yitwara bihuje n'ikigero cye
 - Anyara inkari zerurutse inshuro 6 cyangwa zirenga igihe yonka gusa
- * Reba ifishi y'ubuzima bw'umwana. Gira umubyeyi inama ku byerekeranye no konsa. Niba ufite impungenge z'uko umwana atiyongera ibiro neza cyangwa niba hari izindi mpungenge ufite ku buzima bwe, ohereza umwana ku ivuliro riri hafi.



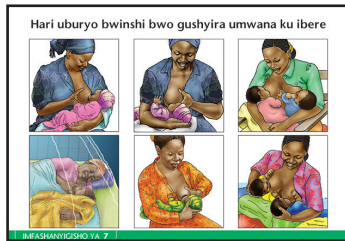


Hari uburyo bwinshi bwo gushyira umwana ku ibere



IMFASHANYIGISHO YA 7





Imfashanyigisho ya 7

Hari uburyo bwinshi bwo gushyira umwana ku ibere

- * Gufata umwana neza igihe umwonsa bimufasha konka neza n'umubyeyi bikamufasha kuzana amashereka ahagije.
- * **Ibintu bine by'ingenzi birebana no gufata umwana uri kumwonsa:** kuba arambuye, akureba, akwegereye, kandi ashyigikiwe.
- * Umubiri w'umwana ugomba kuba urambuye cyangwa atihinnye, umutwe we usa n'aho uraramye buhoro.
- * Mu maso h'umwana hagomba kuba hateganye n'ibere kandi utamutsindagije ku gituzo no ku nda byawe kandi akureba mu maso.
- * Umwana agomba kuba akwegereye.
- * Ugomba kuba ufashe neza umwana wese, ukoresheje ibiganza byawe n'ibice by'amaboko by'epfo aho gufata ijosi n'intugu gusa.
- * **Hari uburyo bwinshi bwo gufata umwana wawe:**
 - Gushyira umwana ku ibere, umutwe werekeye mu kwaha kwawe (ni uburyo bukunzwe gukoreshwa)
 - Konsa umwana uryamiye urubavu (bukoresheya igihe uruhuka cyangwa uryamye ninjoro)
 - Konsa umwana amaguru ari muni y'ukwaha kwawe ashyigikiwe n'ukuboko (ni uburyo bwiza ku bana b'ibiro bike)
 - Konsa umwana umufatiye mu kwaha, umutwe ushyigikiwe n'ikiganza cyawe (bukoresheya n'umubyeyi wabazwe abyara, iyo yonsa impanga cyangwa umwana w'ibiro bike)
 - Konsa impanga – uburyo busanzwe
 - Konsa impanga uzifatiye muni y'ukwaha
- * Niba ubabara imoko cyangwa amabere igihe wonsa, reba uburyo umwana afashe ibere, noneho ugerageze kumufata mu bundi buryo.
- * Umubyeyi uri konsa agomba kuba atekanye.
- * Igihe uri konsa, reba umwana wawe mu maso.
- * Sekera umwana; muvugishe cyangwa umurimbire igihe uri kumwonsa – umwana ashobora kukureba mu maso no kumva ijwi ryawe.

Ibindi wamenya:

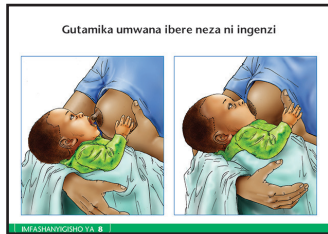
- * Niba umwana atangiye gukura kandi akaba yonka neza, nta mpamvu yo guhindura uko umufata igihe umwonsa.





Gutamika umwana ibere neza ni ingenzi





Imfashanyigisho ya 8

Gutamika umwana ibere neza ni ingenzi

- * Onsa umwana mu isaha ya mbere ukibyara.
- * Ukoumwana akurura ibere kenshi (bisaba kuba warimutamtse neza), niko umubiri wawe urushaho gukora amashereka.
- * Gutamika umwana ibere neza bituma imoko zitazaho udusebe.
- * Konsa ntibyagombye kubabaza.
- * Niba wonsa ukababara, gisha inama uko watamika umwana ibere neza.

Hari ibimenyetso 4 byerekana ko umwana atamiye ibere neza:

1. Umwana aba afunguye umunwa bihagije.
2. Ikiziga cy'ibere kiba kigaragara hejuru y'umunwa w'umwana kurusha muni yawo.
3. Umunwa wo hasi n'uwo hejuru y'umwana iba igaruka hanze.
4. Akananwa k'umwana kaba gakora ku ibere.

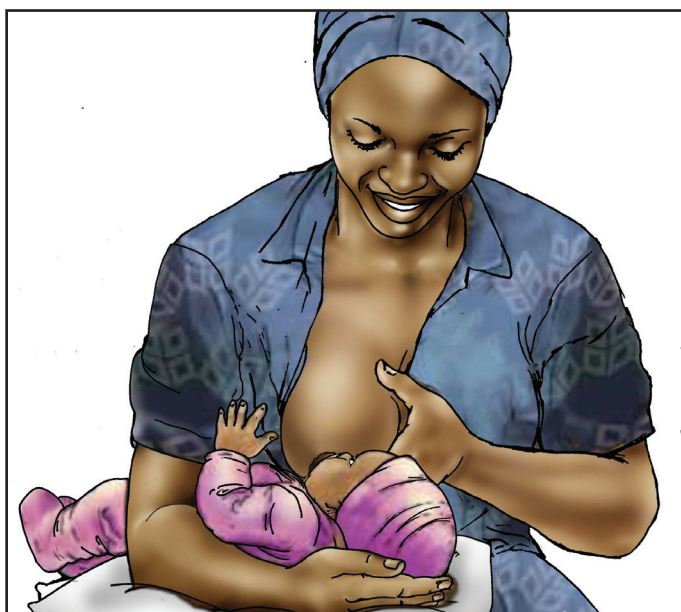
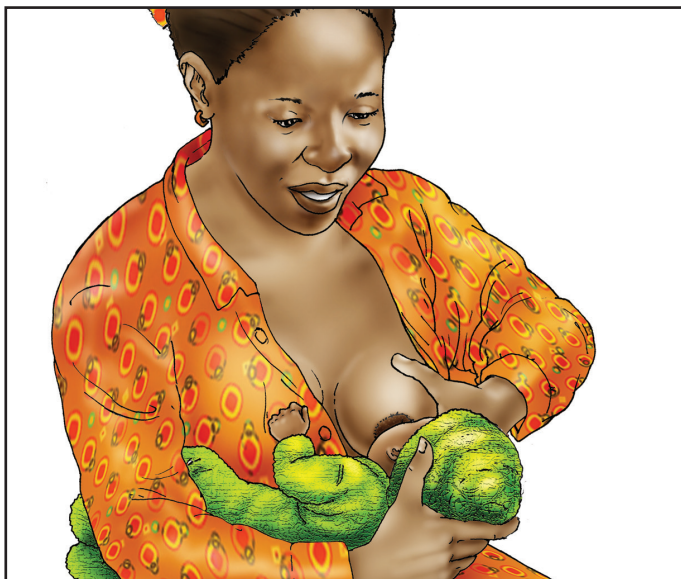
Ibimenyetso bigaragaza ko umwana ari gukurura amashereka neza:

- Umwana akurura amashereka menshi yitonze, agacishamo akaruhuka

- Ubona cyangwa wumva umwana amira amashereka nyuma yo gukurura 4 cyangwa 5
- Iyo umwana akurura amashereka bitera akanyamuneza kandi ntibibabaza
- Iyo umwana arangije konka, arekura ibere kandi ukabona anezerewe
- Iyo urangije konsa wumva ibere ritakiremereye

- * Konsa neza bituma uhembera amashereka ahagije umwana.
- * Iyo umwana amaze kurekura ibere rimwe, hita umuha irindi. Ibi bizatuma amashereka aza ahagije mu mabere yombi, kandi umwana abone intungamubiri zinyuranye.
- * Umubyeyi uri konsa agomba kuba atekanye.
- * Igihe uri konsa, reba umwana wawe mu maso.
- * Sekera umwana, muvugishe cyangwa umurimbire igihe uri kumwonsa. Umwana ashobora kukureba mu maso no kumva ijwi ryawe.

Impinja zavukanye ibiro bike zikeneye kwitabwayo





Imfashanyigisho ya 9

Impinja zavukanye ibiro bike zikeneye kwitabwayo

- * Amashereka yonyine ni yo akwiriye guhabwa uruhinja rwavukanye ibiro bituzuye, cyangwa urwavutse igihe kitageze.
- * Amashereka ni byo biryo byonyine binogeye impinja zivukana ibiro bituzuye.
- * Konsa umwana amaguru ari munsu y'ukwaha kwawe ashyigikiwe n'ukuboko, cyangwa umufatiye akaboko munsu ni bwo buryo bwiza bwo konsa abana bavukanye ibiro bituzuye.
- * Konsa kenshi bituma uruhinja rumenyera konka bigatuma n'amashereka aza ahagije.
- * Konsa umwana munini witonze ni byiza. Ni ingenzi kugumisha umwana ku ibere.
- * Jyana umwana wawe wavutse afite ibiro bike ku kigo nderabuzima kabiri mu kwezi kugirango bakurikirane imikurire ye.
- * Niba umwana asinzira igihe kirekire, ushobora kumworosora cyangwa kumwambura imwe mu myenda kugirango akanguke yonke.
- * Witegereza ko umwana arira kugirango umwonse. Kurira ni ikimenyetso cya nyuma cy'uko umwana yashonje.
- * Umwana ushonje agaragaza ibimenyetso BIKOMATANYE bikurikira: guhora yiteguye kugira icyo ashyira mu kanwa, kudatuza, kubumbura umunwa no gukubita umutwe hirya no hino, kurabya indimi, konka intoki cyangwa ibipfunsi.
- * Umubyeyi uri konsa agomba kuba atekanye.
- * Igihe uri konsa, reba umwana wawe mu maso.
- * Sekera umwana, muvugishe cyangwa umurimbire igihe uri kumwonsa. Umwana ashobora kukureba mu maso no kumva ijwi ryawe.

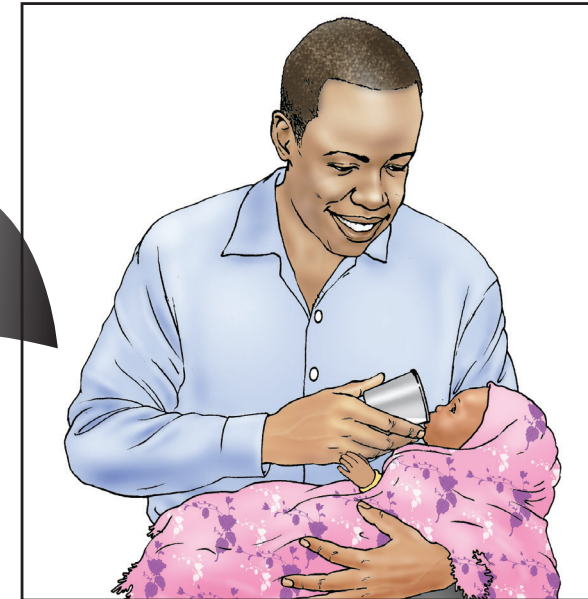
Ibindi wamenya:

- * Guha ibere umwana wavutse atujuje ibiro bishobora kudashoboka mu gihe cy'iminsi myinshi cyangwa ibyumweru byinshi. Ababyeyi bagomba kwigishwa gukama amashereka no kugaburira abo bana bakoresheje igikombe cyangwa ikiyiko.
- * Umwana na nyina bagomba kwitabwaho ku ivuliro.
- * Kwita ku mwana ukoresheje uburyo bwa Kanguru ufatira umwana mu gituzo, umubiri ku mubiri bitera umwana ubushyuhe bigakuzza n'urukundo hagati y'umwana na nyina.
- * Uburyo bwa Kanguru butuma umubyeyi atangira kare uburyo bwo konsa gusa, yaba atamika umwana ibere cyangwa amuha amashereka yikamye.
- * Abandi bantu bo mu muryango bashobora kwita ku mwana bakoresheje uburyo bwa Kanguru.



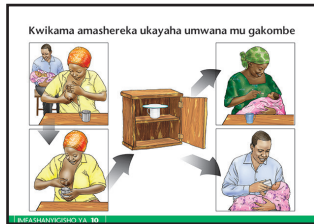


Kwikama amashereka ukayaha umwana mu gakombe



IMFASHANYIGISHO YA 10





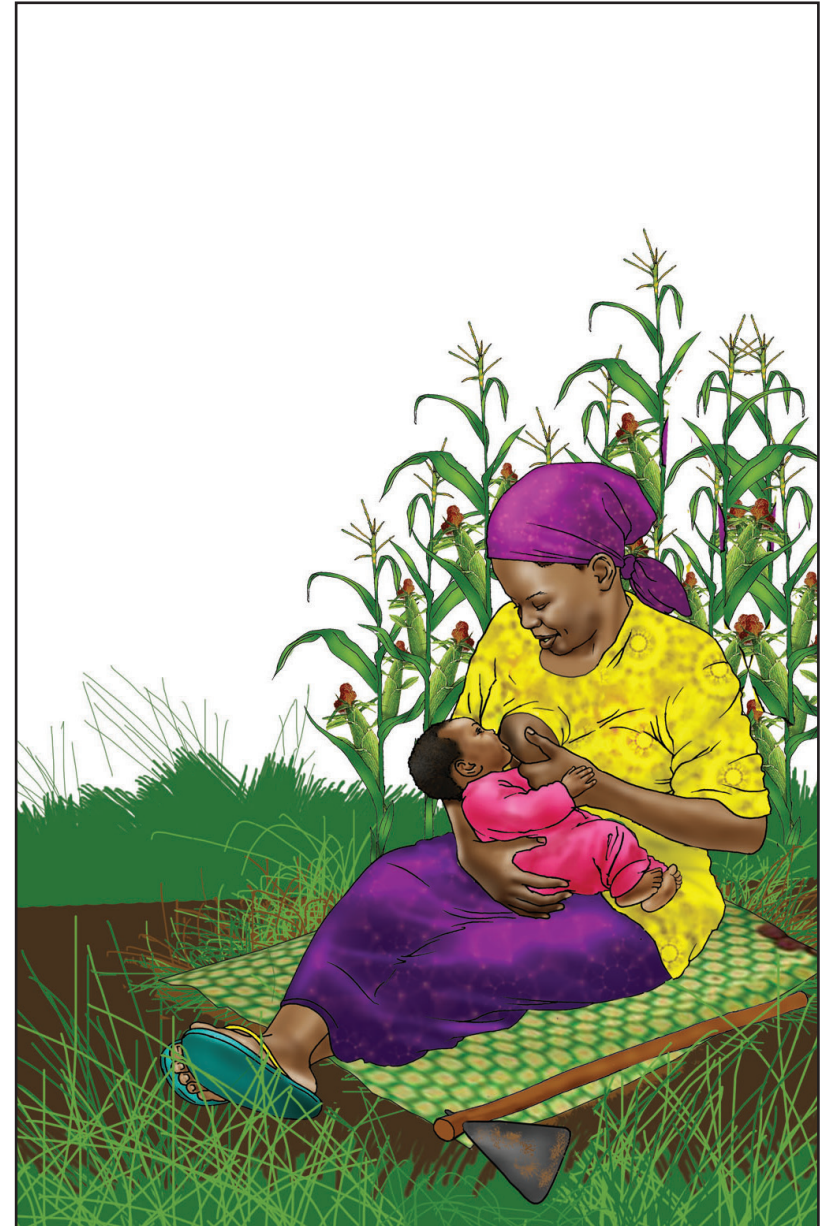
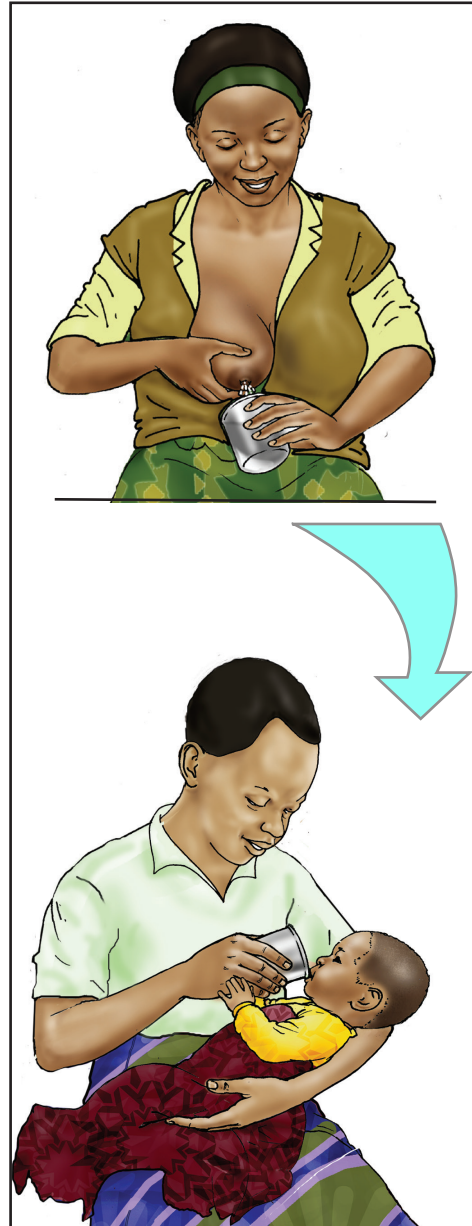
Imfashanyigisho ya 10

Kwikama amashereka ukayaha umwana mu gakombe

- * Itwararike ku isuku y'intoki n'ibikoresho.
- * Karaba intoki kandi usukure n'ibikoresho uri bukoresha ukoresheje isabune n'amazi atemba.
- * Oza kandi uteke igikoresho uza gukoresha wikama amashereka.
- * Icara neza kandi wumve utekanye.
- * Rimwe na rimwe birafasha kubanza gukandakanda amabere. Gushyira igitambaro gishyushye ku mabere bituma amashereka asohoka vuba.
- * Shyira urutoki rwawe rw'igikumwe haruguru y'ikiziga cy'ibere gikikije imoko, izindi ntoki uzishyire mu gice cyo muni y'ibere inyuma y'ikiziga.
 - Ukoresha igikumwe n'intoki 2 zindi, kandi ibere werekeza ku gituzo, hanyuma ukande werekeza imbere ku kiziga cy'ibere
 - Amashereka ashobora gutangira kuza ari ibitonyanga, cyangwa rimwe na rimwe ari menshi. Kamira amashereka mu kintu gifite isuku
 - Irinde gukuba uruhu rw'ibere kuko rushobora gukoboka, wirinde kandi gukanda imoko kuko bibuza amashereka kuza
 - Kandakanda uzengurutse igikumwe n'intoki ku ibere, ugenda urekura
- * Kama ibere rimwe mu gihe byibura cy'iminota 3-5 kugeza igihe amashereka atakiza neza. Fata irindi bere ubigenze nka mbere. Ongera usubiremo amabere yombi. Kwikama bigomba kumara hagati y'iminota 20 na 30.
- * Bika amashereka mu kintu gifite isuku, kandi gipfundikiye. Amashereka ashobora kubikwa mu gihe cy'amasaha 6 kugeza ku 8 ahantu hafutse no kugeza kuri 24 muri firigo.
- * Mu gihe wabitse amashereka wikamye, mbere yo kuyaha umwana yashyushye abe akazuyazi.
- * Igihe urimo guhera umwana amashereke mu gikombe, gikoze ku munwa wo hasi hanyuma umureke anywe make make ayakuraza ururimi. Wimusuka amashereka mu kanwa.
- * Suka mashereka ahagije ari mu gikoresho gipfundikiye mu gikombe uhisha umwana.
- * Si byiza gukoresha bibero cyangwa udukombe dupfundikirwa dufite imihoro kumunwa, kuko birushya kubyoza kandi bishobora kwanduza umwana indwara.
- * Karaba intoki ukoresheje isabune n'amazi atemba mbere yo kwikama amashereka.
- * Igihe uri guha umwana amashereka wikamye umuhesheje agakombe, murebe mu maso.
- * Sekera umwana, muvugishe cyangwa umurimbire igihe uri kumwonsa. Umwana ashobora kukureba mu maso no kumva ijwi ryawe.



Ha umwana amashereka n'igihe utari mu rugo



IMFASHANYIGISHO YA **11**





Imfashanyigisho ya 11

Ha umwana amashereka n'igihe utari mu rugo

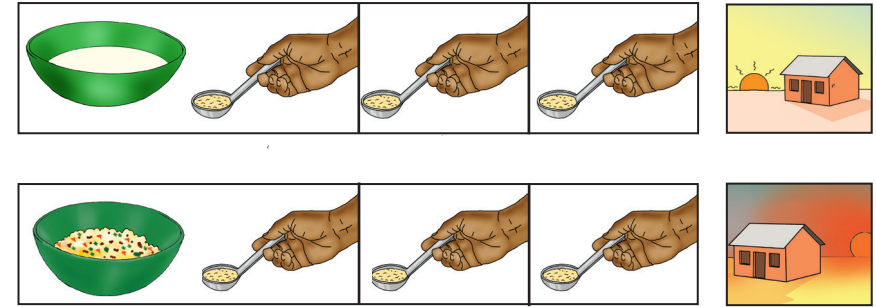
- * Iga kwikama amashereka ukimara kubyara. (Reba Imfashanyigisho ya 10.)
- * Onsa umwana wawe gusa ari nta kindi umuhaye kandi umwonse kenshi gashoboka igihe muri kumwe. Ibi bizatuma uhembera neza mu mezi 6 ya mbere.
- * Kama kandi ubike amashereka mbere y'uko uva mu rugo kugirango uwita ku mwana wawe aze kuyamuha igihe udahari.
- * Ikame amashereka igihe utari kumwe n'umwana wawe. Ibi bizatuma amashereka agumya kuza, bibuze n' ibere kwikama.
- * Igisha uwita ku mwana wawe uko agomba kugaburira umwana akoresheje igikombe kandi gisukuye igihe udahari.
- * Amashereka wikamye abikwa mu kintu gisukuye gipfundikiye. Amashereka ashobora kubikwa mu gihe cy'amasaha 6 kugeza ku 8 ahantu hafutse na 24 muri firigo.
- * Fata umwanya uhagije wo kugaburira umwana mbere y'uko mutandukana n'igihe wongeye kugaruka mu rugo.
- * Ongerera inshuro ugaburira umwana igihe muri kumwe. Ibi bivuga kongera inshuro umwonsa ninjoro n'iminsi y'ikiruhuko.
- * Igihe bishoboka, jyana umwana aho ukorera cyangwa urebe niba hari umuntu wahamukuzanira kugirango umwonse mu gihe cy'ikiruhuko.
- * Ifashishe umuryango wawe mu kwita ku ruhinja n'abandi bana bato, banagufashe gukora imirimo yo mu rugo.
- * Karaba intoki ukoresheje isabune n'amazi asukuye kandi atemba mbere yo konsa n'igihe uvuye mu bwiherero cyangwa umaze guhanagura umwana.
- * Igihe uri guha umwana amashereka wikamye umuhesheje agakombe, murebe mu maso.
- * Sekera umwana; muvugishe cyangwa umurimbire igihe uri kumwonsa. Umwana ashobora kukureba mu maso no kumva ijwi ryawe.

Ibyo umugore ukora agomba kwitaho:

- * Saba umukoresha wawe akwemerere konkereza ku kazi mu gihe cy'ikiruhuko kandi akorohereze na gahunda y'akazi.



Tangira guha umwana ifashabere ku mezi 6



IMFASHANYIGISHO YA 12





Imfashanyigisho ya 12

Tangira guha umwana ifashabere ku mezi 6

- * Umwana niyuzuzwa amezi 6, tangira umuhe ubundi bwoko bw'ibiribwa kandi ugumye umwonse uko abishatse, ku manywa na ninjoro.
- * Mu gihe uha umwana ibiribwa by'ifashabere, tekereza kuri ibi bikurikira: Inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko ashishikarira kurya, n'isuku.
 - **Inshuro:** Gaburira umwana wawe inshuro 2 ku munsu.
 - **Uko bingana:** Muhe ibiyiko 2 binini kugeza kuri 3 uko umugaburiye (cyangwa duke cyane ngo atangire yumve uko bimeze).
 - **Uko bigomba kuba bifashe:** Ibiryu uha umwana wawe (ndetse n'igikoma) bigomba kuba bifashe bihagije, ibyo bikagaragazwa n'uko bitivana ku kiyiko.
 - **Bigomba kuba binyuranye:** Ushobora gutangiza ibiribwa by'ibanze nk'igikoma gifashe (by'akarusho ukoresheje ifu yatunganirijwe mu nganda yongewemo intungamubiri, cyangwa iy'ibigori, ingano, umuceri, uburo, amasaka), ibitoki cyangwa ibirayi binombye.
 - **Uko umwana ashishikarira kurya:**
 - Ihangane, shishikariza umwana wawe kurya ubwitayeho. Wihatira umwana wawe kurya.
 - Koresha isahani yihariye kugirango wizere ko amaze ibiryo byose wamugeneye.
 - **Isuku:** Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara. Kurikiza inama nziza ku isuku ziboneka mu mfashanyigisho ya 22, 23 na 24. Bibero n'ibikombe bifite imihoro ku munwa ntibyizewe kuko bigoye kubisukura bityo bikaba byakurura indwara.
- * Komeza konsa umwana wawe kenshi kandi utangire kumuha ifashabere **kabiri ku munsu**, hagati y'igihe wamushyiriye ku ibere n'igihe wongera kurimuha. Tangirira ku tuyiko duto 2 kugeza kuri 3.
- * Komeza umuhe buri kiribwa gishyasya mu gihe cy'iminsi 2 kugeza kuri 3 kugirango umuhe amahirwe yo kwiga kurya ibyo biryo bishyashya.
- * Byihanganire kandi ushishikarize umwana wawe kurya ibyo biribwa bishyashya.
- * Nyuma y'iminsi 2 cyangwa 3, gerageza ikindi kiribwa. Ushobora kongeraho imboga cyangwa imbuto zoroshye gusya, nka karoti, ibihaza, imineke, amapapayi cyangwa avoka.
- * Ibiribwa bikomoka ku matungo bishobora kongerwa mu gikoma cyangwa muri pire y'imboga/imbuto. Tangiza akayiko gato k'igi ritogosheje wanombye, cyangwa k'ifu y'indagara, uzagende ubyongera buhoro buhoro. Ariko amata y'inka atari si meza ku mwana utaruzuzwa amezi 12 kubera ko urwungano ngogozi rwe ruba rutarakomera.
- * Niba umwana afite ingorane mu kurya cyangwa kumira, mujyane ku kigo nderabuzima bamusuzume. Abana bafite ingorane mu kurya bashobora kugwa mu mirire mibi byihuse, bityo ni ngombwa ko bakurikiranwa na muganga.

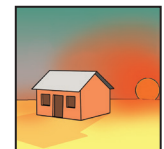
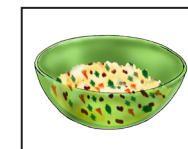
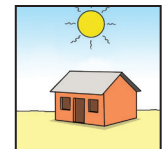
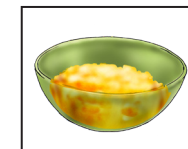
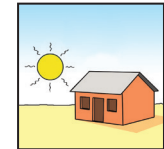
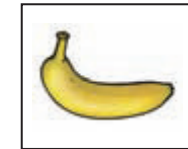
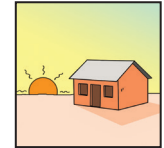
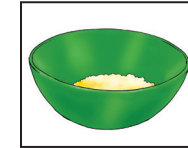
Ibindi wamenya:

- * Nyuma y'uko umwana agize amezi 6, ntushobora gukomeza gukoresha uburyo bwo konsa ngo wirinde gusama.
- * Ni ngombwa ko ukoresha ubundi buryo bwo kuringaniza urubyaro, n'iyo waba utarakurira umwana.
- * Hari uburyo bwinshi bwo kuringaniza urubyaro butabangamira konsa. Egera muganga agufashe guhitamo ubukubereye. (Reba Imfashanyigisho ya 32.)





Ifashabere kuva ku mezi 6 kugeza ku 9



IMFASHANYIGISHO YA 13





Imfashanyigisho ya 13

Ifashabere kuva ku mezi 6 kugeza ku 9

- * Komeza konsa umwana wawe ku manywa na ninjoro uko abishatse. Bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka aba akiri ingenzi mu bigize indyo y'umwana.
- * Amashereka atanga ibirenze bibiri bya gatatu (2/3) by'imbaraga umwana akeneye igihe afite amezi 6 kugeza ku 9. Ha umwana amashereka buri gihe mbere yo kumuha ibiryo. zi 6 kugeza kuri 12. Ha umwana amashereka buri gihe mbere yo kumuha ibiryo.
- * Igihe uha umwana ibiryo by'ifashabere, zirikana ibi bikurikira: inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko ushishikariza umwana kurya, n'isuku.
 - **Inshuro:** Gaburira umwana wawe ifashabere inshuro 2 kugeza kuri 3 ku munsu.
 - **Uko bingana:** Ongerera buhoro buhoro ingano y'ibyo umuha uzagere kuri kimwe cya kabiri (1/2) cy'igikombe (cya mililitiro 250) kuri buri gaburo: ereka umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye)
 - **Uko bigomba kuba bifashe:** Muhe ibiryo binombye ku biboneka mu muryango. Bigomba kuba bifashe bihagije ku buryo bitivana ku kiyiko. Ku mezi 8, umwana wawe ashobora gutangira kurya ibiryo bifatishwa intoki.
 - **Bigomba kuba binyuranye:** Tangiza ikiribwa kimwe gishyashya

hanyuma utegereze iminsi 2 kugeza kuri 3 ubone kumutangiza ikindi kiribwa gishyashya. Umwana wawe akeneye igihe kugirango amenyere icyanga cy'ikiribwa gishyashya. Buhorobuhoro, genda umuha ubundi bwoko bw'i biribwa bishyashya. (Reba Imfashanyigisho ya 16.)

• Uko umwana ashishikariza kurya:

- Ihangane, shishikariza umwana wawe kurya ubyitayeho. Wihatira umwana wawe kurya.
- Koresha isahani yihariye kugirango wizere ko amaze ibiryo byose wamugeneye.
- Shishikariza umwana wawe kurya yigana uko abandi bari kurya kandi umushimire.
- Sekera umwana wawe kandi umuganirize igihe umugaburira. Ite kubyo "avuga" cyangwa ubona yitayeho.

- **Isuku:** Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara. (Reba Imfashanyigisho ya 22, 23 na 24.) Bibero n'ibikombe bifite imihoro ku munwa ntibyzewe kuko bigoye kubisukura bityo bikaba byakurura indwara.

- * Ongerera agasashi ka "Ongerera intungamubiri" mu biryo bikeya umwana ashobora kumara. Muhe ongera 2-3 buri cyumweru. (Reba Imfashanyigisho ya 19.)

Ibindi wamenya:

- * Ibikombe byose byavuzwe mu mfashanyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugirango bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa igomba guhuzwa n'igikombe umwana asanzwe akoresha.
- * Irinde guha umwana ibiribwa bifite intungamubiri nkeya nk'icyayi, ikawa, ibinyobwa bivanze amasukari nka za fanta.
- * Rinda umwana kunywa imitobe y'imikorano ituma atarya ibindi biryo bifite intungamubiri.
- * Wikongera umunyu cyangwa isukari mu biryo no mu binyobwa by'umwana kugeza arengeje imyaka ibiri.

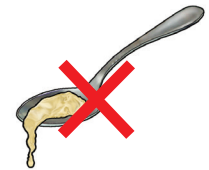
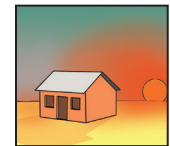
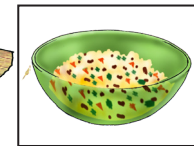
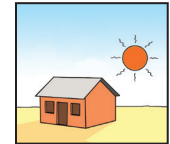
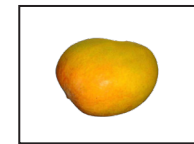
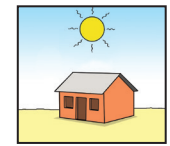
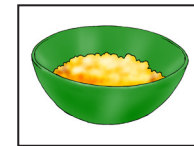
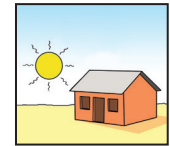
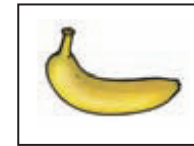
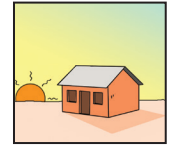
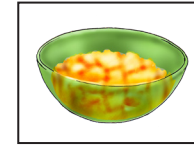
Nyuma y'uko umwana agize amezi 6, ntushobora gukomeza gukoresha uburyo bwo konsa ngo wirinde gusama.

- * Egera muganga agufashe guhitamo uburyo bwo kuringaniza urubyaro bukubereye. (Reba Imfashanyigisho ya 32.)





Ifashabere kuva ku mezi 9 kugeza kuri 12



IMFASHANYIGISHO YA 14





Imfashanyigisho ya 14

Ifashabere kuva ku mezi 9 kugeza kuri 12

- * Komeza konsa umwana wawe uko abishatse ku manywa na ninjoro. Ibi bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka aba akiri ingenzi mu bigize indyo y'umwana.
- * Amashereka atanga ibirenze kimwe cya kabiri (1/2) cy'imbaraga umwana akeneye igihe afite amezi 9 kugeza kuri 12. Ha umwana amashereka buri gihe mbere yo kumuha ibiryo.
- * Igihe uha umwana ibiryo by'ifashabere, zirikana ibi bikurikira: inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko ushishikariza umwana kurya, n'isuku.
 - **Inshuro:** Gaburira umwana wawe nibura inshuro 3 kugeza kuri 4 ku munsu.
 - **Uko bingana:** Zamura ingano y'ibyo umuha ugeze kuri kimwe cya kabiri (1/2) cy'igikombe (cya mililitiro 250) kuri buri gaburo: ereka umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye).
 - **Uko bigomba kuba bifashe:** Muhe ku ku biribwa n'abandi bafata mu rugo wakasemo uduce duto cyane. Ibiryo bigomba kuba bifashe cyane ku buryo bitakwivana ku kiyiko. Ku mezi 8 umwana wawe ashobora kurya ibiribwa bifatishwa intoki.
 - **Uko bigomba kuba binyuranye:** Umwana akeneye igihe kugirango

amenyere icyanga cya buri kiribwa gishyashya. Buhorobuhoro, genda umuha ubundi bwoko bw'i biribwa bishyashya. (Reba Imfashanyigisho ya 16).

• Uko umwana ashishikariza kurya:

- Ihangane, shishikariza umwana wawe kurya ubyitayeho. Wihatira umwana wawe kurya.
- Koresha isahani yihariye kugirango wizere ko amaze ibiryo byose wamugeneye.
- Shishikariza umwana wawe kurya yigana uko abandi bari kurya kandi umushimire.
- Sekera umwana wawe kandi umuganirize igihe umugaburira. Ite kubyo "avuga" cyangwa ubona yitayeho.

- **Isuku:** Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara. (Reba Imfashanyigisho ya 22, 23, 24.) Bibero n'ibikombe bifite imihoro ku munwa ntibyzewe kuko bigoye kubisukura bityo bikaba byakurura indwara.

- * Ongeraga agasashi ka "Ongeraga intungamubiri" mu biryo bikeya umwana ashobora kumara. Muhe ongera 2-3 buri cyumweru. (Reba Imfashanyigisho ya 19.)

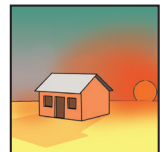
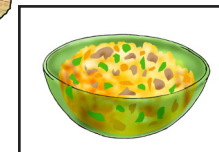
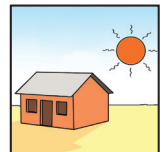
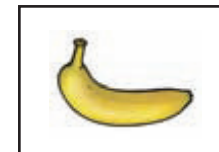
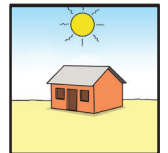
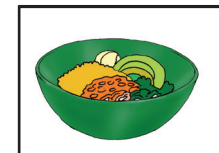
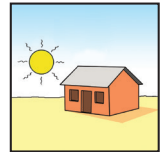
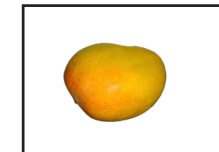
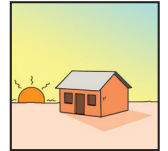
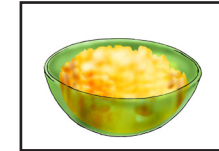
Ibindi wamenya:

- * Ibikombe byose byavuzwe mu mfashanyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugirango bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa igomba guhuzwa n'igikombe umwana asanzwe akoresha.
- * Irinde guha umwana ibiribwa bifite intungamubiri nkeya nk'icyayi, ikawa, ibinyobwa bivanzemo amasukari nka za fanta.
- * Rinda umwana kunywa imitobe y'imikorano ituma atarya ibindi biryo bifite intungamubiri.



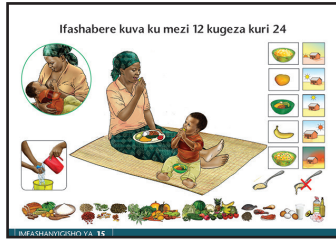


Ifashabere kuva ku mezi 12 kugeza kuri 24



IMFASHANYIGISHO YA 15





Imfashanyigisho ya 15

Ifashabere kuva ku mezi 12 kugeza kuri 24

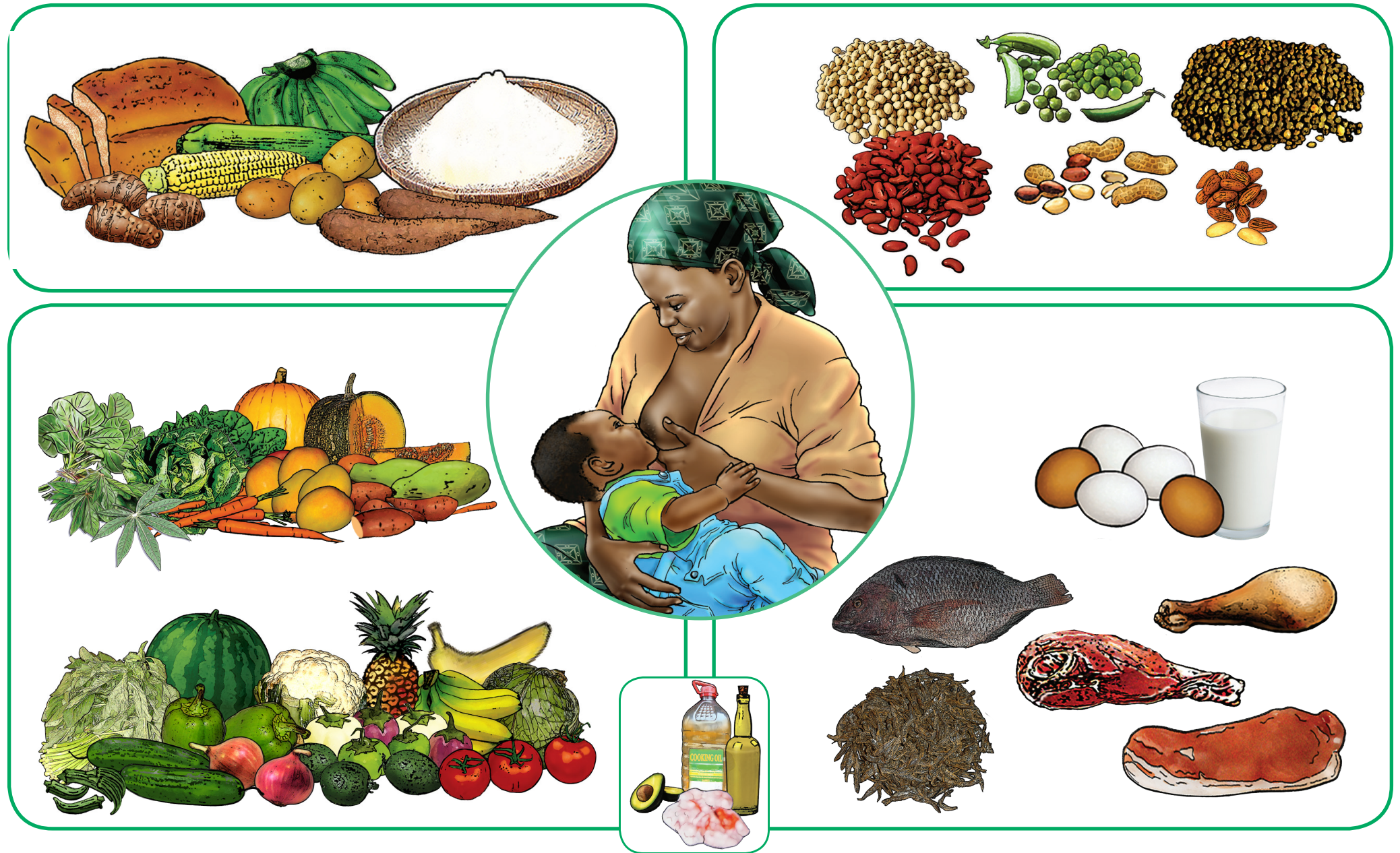
- * Komeza konsa umwana wawe ku manywa na ninjoro uko abishatse. Ibi bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka aba akiri ingenzi mu bigize indyo y'umwana wawe.
- * Uko umwana wawe agenda akura, amashereka akomeza gutanga hagati ya kimwe cya kabiri (1/2) na kimwe cya gatatu (1/3) cy'imbaraga umwana akeneye igihe afite amezi 12 kugeza kuri 24.
- * Igihe uha umwana ibiryo by'ifashabere, zirikana ibi bikurikira: inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko ushishikariza umwana kurya, n'isuku.
 - **Inshuro:** Gaburira umwana wawe ibiryo by'ifashabere inshuro 5 ku munsu.
 - **Uko bingana:** Zamura ingano y'ibyo umuha ubigeze kuri bitatu bya kane (3/4) by'igikombe (cya mililitiro 250) kuri buri gaburo: ereka umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye).
 - **Uko bigomba kuba bifashe:** Muhe ku biryo n'abandi mu rugo bafata, binombye cyane cyangwa bicagaguyemo uduce, ndetse n'ibiryo yafatisha intoki.
 - **Uko bigomba kuba binyuranye:** Gerageza kumugaburira ibiryo binyuranye kuri buri funguro. Urugero: Ibiryo bikomoka
- ku matungo (inyama nshyashya, amagi, n'ibikomoka ku mata), ibiryo by'ibanze (ibinyampeke, ibinyamizi n'ibinyabijumba), ibinyamishogwe, imboga n'imbutu zikunguhaye kuri vitamini A, n'izindi mboga n'imbutu. (Reba Imfashanyigisho ya 16).
- **Uko ushishikariza umwana kurya:**
 - Ihangane, shishikariza umwana wawe kurya ubyitayeho. Wihatira umwana wawe kurya.
 - Koresha isahani yihariye kugirango wizere ko amaze ibiryo byose wamugeneye.
 - Shishikariza umwana wawe kurya yigana uko abandi bari kurya kandi umushimire.
 - Sekera umwana wawe kandi umuganirize igihe umugaburira. Ite kubyo "avuga" cyangwa ubona yitayeho.
- **Isuku:** Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara. (Reba Imfashanyigisho ya 22, 23, 24.) Bibero n'ibikombe bifite imihoro ku munwa ntibyzewe kuko bigoye kubisukura bityo bikaba byakurura indwara.
- * Ongeraga agasashi ka "Ongeraga intungamubiri" mu biryo bikeya umwana ashobora kumara. Muhe ongera 2-3 buri cyumweru. (Reba Imfashanyigisho ya 19.)

Ibindi wamenya:

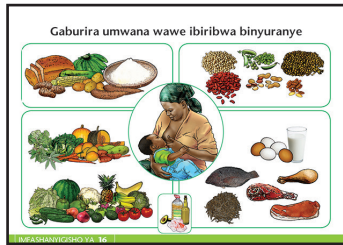
- * Ibikombe byose byavuzwe mu mfashanyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugirango bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa igomba guhuzwa n'igikombe umwana asanzwe akoresha.
- * Ibiribwa bikomoka ku matungo (harimo inyama zo munda nk'umwijima, umutima n'impiko) ni ingenzi cyane kandi bigomba guhabwa abana bato. Biteke bishye neza kandi ubicemo uduce duto cyane.
- * Amafunguro mato y'inyongeraga akungahaye ku ntungamubiri nk'uduce tw'imyembe ihiye neza, amapapayi, imineke, avoka, n'izindi mbuto n'imboga, ibirayi/ibijumba bitogosheje, umugati mushyashya bishobora guhabwa umwana inshuro 1 cyangwa 2 buri munsu.



Gaburira umwana wawe ibiribwa binyuranye



IMFASHANYIGISHO YA 16



Imfashanyigisho ya 16

Gaburira umwana wawe ibiribwa binyuranye

- * Komeza konsa umwana wawe kugeza agize imyaka 2 nibura ndetse urenze. Amashereka akomeza kuba ingenzi mu bitunga umwana.
- * Kuva yujuje amezi 6, gutangira kugaburira umwana ibiribwa binyuranye nabyo ni ingenzi.
- * Mu gufasha umwana wawe gukura neza, ukamurinda n'igwingira, itwararike mu kumuha buri munsu ibiribwa binyuranye utoranyije mu matsinda y'ibiribwa ari kuri iyi mfashanyigisho.
- * Buri tsinda ry'ibiribwa riha umwana wawe intungamubiri zihariye ndetse na za vitamini umwana akeneye cyane ngo akure neza.
- * Ibiribwa bikomoka ku matungo nk'inyama, inkoko, ifi, umwijima, amagi, amata n'ibiyakomokaho, ni ibiribwa bya "KURA" kuko bituma umwana akura mu burebure, akanakomera.
- * Ibiribwa by'ibanze nk'ibigori, ingano, umuceri, uburo n'amasaka; ibinyamizi n'ibinyabijumba nk'umyumbati, ibijumba n'ibirayi ni "GIRIMBARAGA", kuko biha umwana imbaraga akeneye.
- * Ibinyamishogwe nk'ibishyimbo, inkori, amashaza n'ubunyobwa cyangwa impeke nka sezame ni ibiribwa bya "KURA" na "GIRIMBARAGA" icyarimwe.
- * Imbuto n'imboga zikungahaye kuri Vitamini A nk'umyembe, amapapayi, maracuja/intababara, amacunga, imboga z'ibara ry'icyatsi cyijimye, karoti, ibijumba by'umuhondo n'ibihaza ni ibiribwa bya "ZIRUMUZE" bifite vitamini zihariye n'izindi ntungamubiri zirinda umwana indwara.
- * Izindi mbuto n'imboga nk'imineke, inanasi, wotameloni, itomati, avoka, intoryi n'amashu ni "ZIRUMUZE" na "GIRIMBARAGA" icyarimwe.
- * Akayiko gato 1/2 k'amavuta, avoka bishobora kongerwa mu biryo biri gutegurirwa umwana kugirango yongererwe imbaraga.

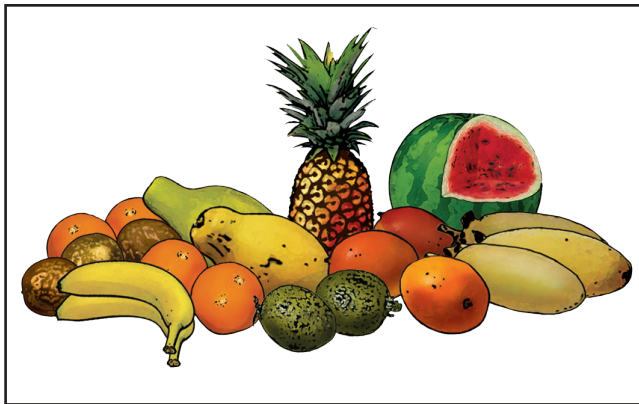
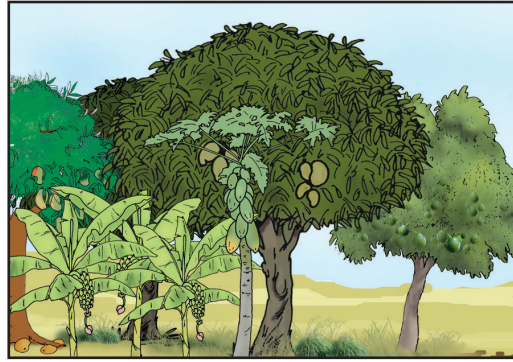
Ibindi wamenya:

- * Ushobora gutangira guha umwana ibiribwa by'ifashabere cyangwa kumwongerera ibishya ku bisanzwe mu buryo bunyuranye. Nta mabwiriza avuga ko ikiribwa runaka aricyo umwana agomba gutangiraho.
- * Ha umwana wawe ibiribwa bikomoka ku matungo akiri muto (hakiri kare) kandi ubimuhe kenshi gashoboka. Teko ibiribwa bikomoka ku matungo bishye neza, ubicemo uduce duto cyane cyangwa ubinombe kugirango umwana abirye bitamuniga.
- * Amafunguro matoya (amafunguro aza hagati y'amanini) nk'uduce tw'umwembe uhiye neza, ipapayi, umuneke, avoka, izindi mbuto cyangwa imboga, ikijumba/ikirayi gitogosheje cyangwa umugati mushyashya) bishobora guhabwa umwana rimwe cyangwa kabiri ku munsu.
- * Umwana wawe ntakeneye kongererwa isukari cyangwa umunyu mu biryo bye. Igihe utegura amafunguro y'umuryango, koresha buri gihe umunyu urimo iyode.





Hinga akarima k'igikoni, unatere ibiti by'imbuto





Imfashanyigisho ya 17

Hinga akarima k'igikoni, unatere ibiti by'imbuto

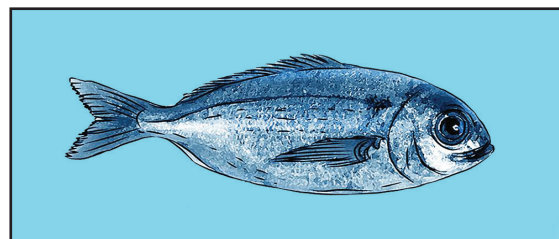
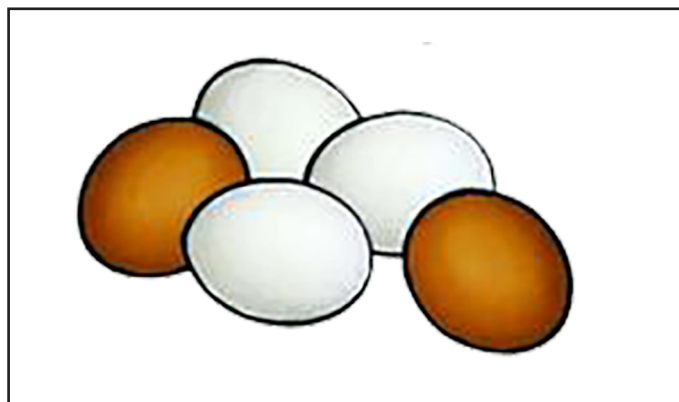
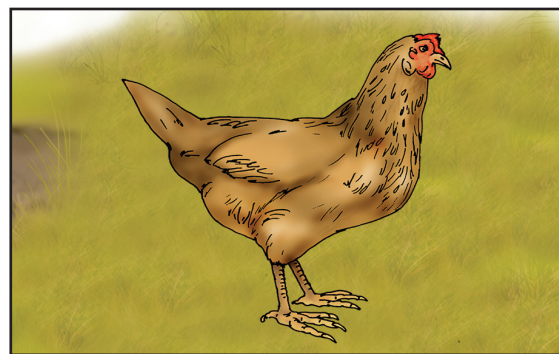
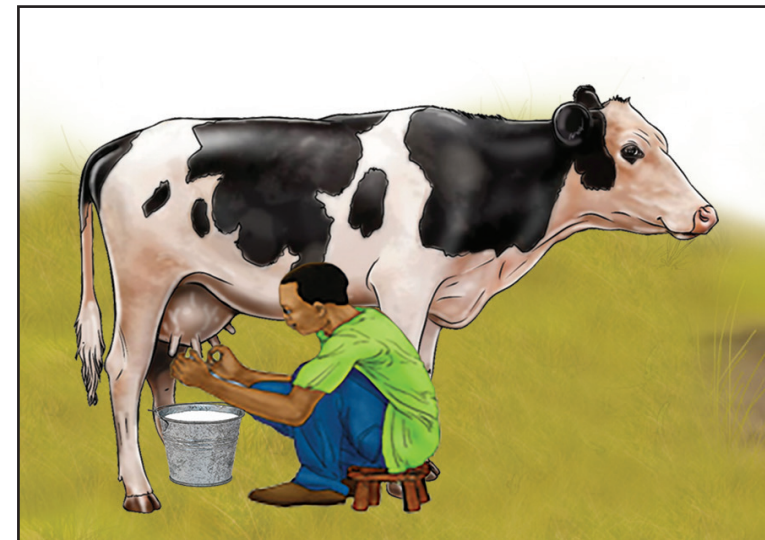
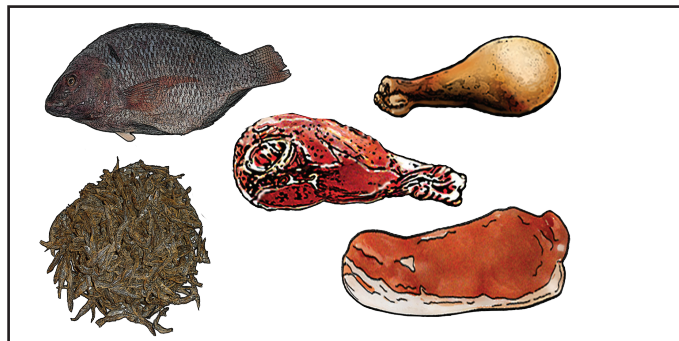
- * Kora akarima k'igikoni ku buryo ushobora guhingira umuryango wawe ubwoko bw'imboga binyuranye zigenewe kuribwa mu rugo umwaka wose.
- * Niba ufite ubutaka iruhande rw'urugo, hingamo imbwija, imbogeri, karoti n'imboga zifite ibibabi by'icyatsikibisi cyijimye nka epinari. Ubu bwoko bw'ibiribwa bukungahaye kuri vitamini n'izindi ntungamubiri zirinda umwana wawe kandi akeneye ngo akure mu burebure, anakomere.
- * Niba ufite aho gutera hahagije, ni ingenzi kugira byibura uturima 3 tunyuranye ushobora guhingamo mu bihe by'umwaka binyuranye

ugendeye ku bihe by'ihinga. Ibi bizafasha umuryango wawe guhorana imboga nshyashya umwaka wose.

- * Ushobora gukora uturima tw'igikoni ukoresheje ibikoresho bisanzwe kandi ukoze imirimo micye ishoboka. Ariko utwo turima dukenera kubagarwa, kuvomererwa, no kwitabwaho buri gihe.
- * Imbuto nk'imineke, imyembe, amapapayi, n'indimu bikungahaye kuri vitamini zinyuranye. Niba ufite umwanya uhagije mu murima wawe, tera ibiti by'imbuto binyuranye. Ibyo ni umushinga w'ingenzi ngo umuryango wawe urye neza kandi muzabone n'amafaranga mu gihe kizaza.



Umwana wawe akeneye ibiribwa bikomoka ku matungo





Imfashanyigisho ya 18

Umwana wawe akeneye ibiribwa bikomoka ku matungo

- * Mu gihe utwite cyangwa wonsa, ukeneye kurya buri munsu nibura ikiribwa kimwe gikomoka ku matungo kugirango ugumane ubuzima bwiza n'imbaraga.
- * Ingero nziza z'ibiribwa bikomoka ku matungo harimo amata, indagara, inyama, amagi, umwijima n'izindi nyama zo mu nda, ndetse n'utundi dusimba duto turibwa nk'isanani n'inswa.
- * Nyuma yo gutangira guha umwana ifashabere ku mezi 6, gaburira umwana wawe buri munsu nibura ikiribwa kimwe gikomoka ku matungo. Itwararike guteka neza icyo kiribwa, kugikatamo uduce, kugisya no kukinomba kugirango kibe cyoroshye maze umwana abashe kukimira. Ushobora kucyoroshya ukoresheje amata y'inka macyeya cyangwa amazi asukuye yo kunywa makeya.
- * Ha umwana wawe igi inshuro 3 cyangwa 4 buri cyumweru. Kenshi, biroroshye kubona amagi kurusha uko wabona ibindi biribwa bikomoka ku matungo, kandi kuritogosa no kurinomba biroroshye.
- * Tangiza umwana akayiko gatoya k'ikiribwa gikomoka ku matungo buri munsu, uhareye ku mezi 6. Genda wongera ubwinshi bwacyo buhorobuhoro, kandi ugende uhinduranya ibyo biribwa bikomoka ku matungo.

- * Umwana wawe nagira amezi 12, ushobora gutangira kumuha amata y'inka. Ayo mata y'inka ashobora kuba ari inshyushyu itetse, ikivuguto cyangwa yawuruti.
- * Komeza konsa umwana wawe kabone n'iyi yaba yaratangiye kunywa amata y'inka. Amashereka arinda umwana indwara, akagabanya n'ubwehe bwo guhura n'indwara z'imirire mibi.

Orora amatungo magufi n'amafi, kandi wite ku nka yawe

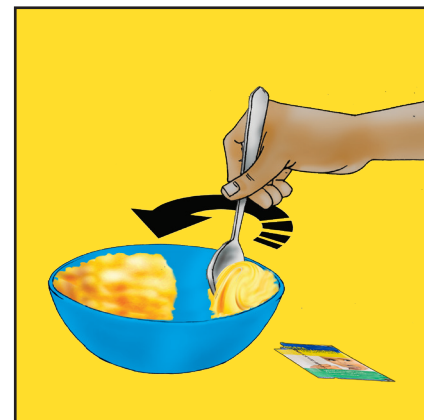
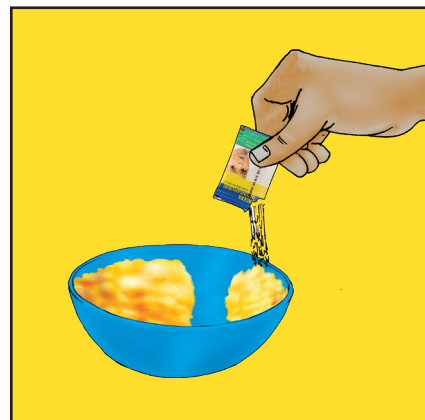
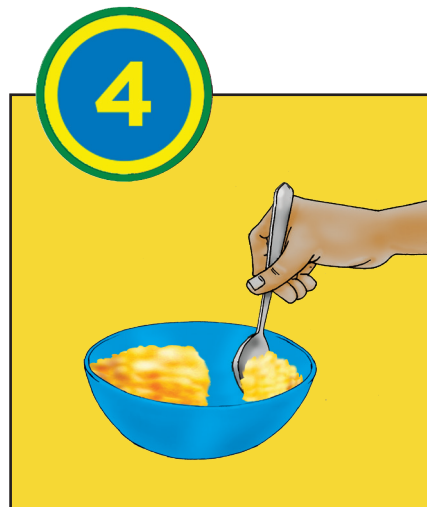
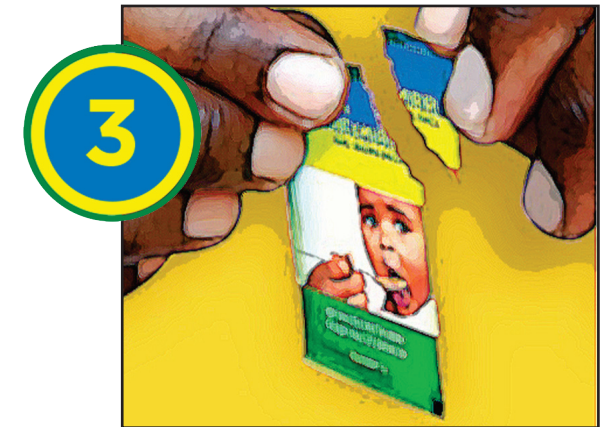
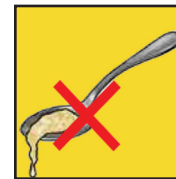
- * Gerageza korora amatungo magufi nk'inkwavu, imbeba za kizungu kuko zitanga inyama umuryango wawe ukeneye.
- * Uramutse woroye inkoko, wabona amagi n'inyama umuryango wawe ukeneye.
- * Bigukundiye ukagira icyuzi, orora amafi, mushobora kurya akiri mashyashya cyangwa mwarayumishije kugirango muzayakoreshe nyuma, cyangwa se mukayasekuramo ifu.
- * Uramutse ushatse inka kandi ukayitaho, wabona amata munywa mu rugo.

Ibindi wamenya:

- * Ni ingenzi kubikana isuku ibiribwa byose bikomoka ku matungo ndese n'amata. (Reba Imfashanyigisho ya 23).
- * Tekamata abire kugirango wizere ko nta ngaruka agira. Yafundikire umaze kuyateka, ureke ahore mbere yo kuyanywa, cyangwa kuyaha umwana wujuje nibura umwaka.
- * Amata atetse ashobora kubikika kugeza ku masaha 4 mu nzu ahantu hasanzwe, hafutse. Ashobora kubikwa kandi iminsi 5 kugeza kuri 7 muri firigo ku gipimo cy'ubukonje buri munsu ya 4.



Shyira Ongera Intungamubiri mu biryo by'umwana





Imfashanyigisho ya 19

Shyira Ongera Intungamubiri mu biryo by'umwana

* Ongera Intungamubiri ni iki?

- Ongera Intungamubiri ni ifu y'invange ya za vitamini n'imyungugu umwana wawe akeneye.

* Ni akahe kamararo kari mu guha umwana wawe Ongera?

- Ongera yongerera apeti umwana wawe.
- Ongera ituma umwana wawe agira ubuzima bwiza, imbaraga, kandi ukabona ashabutse.
- Ongera itanga za vitamini n'imyungugu umwana akeneye.
- Ongera igabanya kubura amaraso mu mubiri n'indwara.

* Ni ayahe makuru y'ingenzi ukeneye kumenya?

- Ongera ihabwa gusa abana bafite amezi 6 kugeza kuri 24.
- Ongera bayiduha mu dusashe duto.
- Bika Ongera ahantu hafutse, humutse kandi hafite isuku.
- Ha umwana wawe isashe imwe ya Ongera uyimuvangiye mu biryo, inshuro 2-3 mu cyumweru. Ibi bivuga inshuro imwe mu minsi 3, cyangwa inshuro imwe mu minsi ibiri.
- *Wiha umwana wawe isashe irenze imwe ku munsu wo kumuha Ongera.*
- *Wishyira Ongera mu biryo bishyushye. (Iyo ibiryo bishyushye, Ongera ihindura ibara ry'ibiryo n'icyanga cyabyo.)*

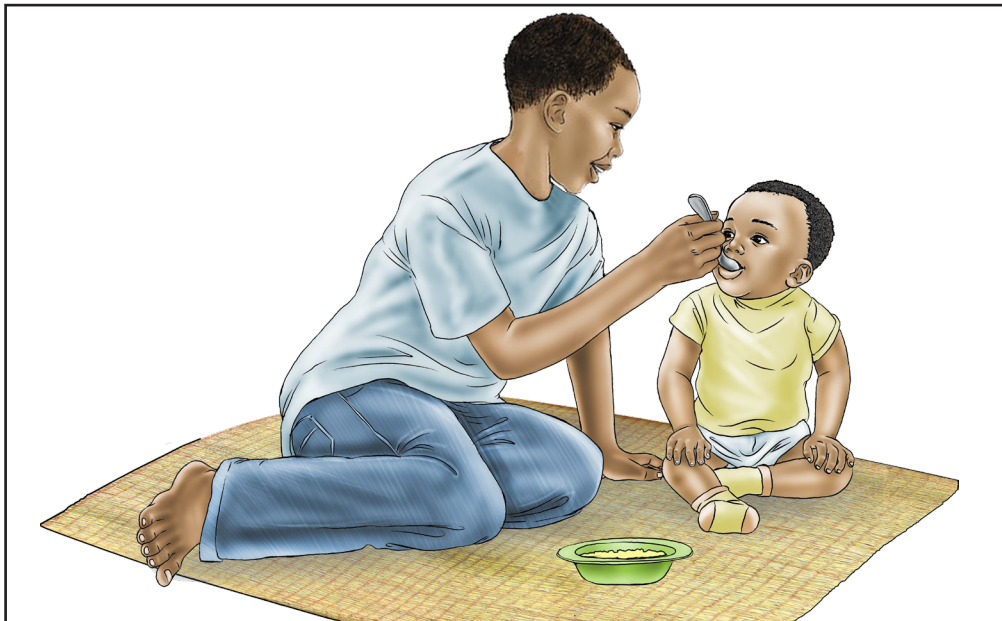
- *Wishyira Ongera mu binyobwa. Ni ukuvuga nko mu amazi, icyayi, igikoma cyoroshye. (Ibinyobwa bikonje bituma Ongera yirema mo intirima maze bigahindura ibara n'icyanga cy'ibiryo.)*

* Ni izihe ntambwe 5 ukurikiza mu gushyira Ongera mu biryo by'umwana?

1. Karaba intoki ukoresheje isabune n'amazi meza asukiriwe.
2. Arurira umwana ibiryo, bishobora kuba igikoma gifashe, ibirayi binombye, cyangwa ibindi biryo binombye ibyo aribyo byose.
3. Zunguza agasashe ka Ongera utaragafungura kugirago utubumbe twikozemo tuvunguke. Fungura witonze isashe mu nguni imwe.
4. Gabanya bya biryo binombye biri ku isahani, usunike bikeya ubishyire ku ruhande rumwe rw'isahane. Genzura niba ibiryo bidashyushye cyane mbere yo gushyiramo Ongera. Suka agasashe kose ka Ongera muri bya biryo bike washyize ku ruhande rumwe rw'isahani.
5. Gaburira umwana bya biryo bikeya wavanze Ongera abimare, hanyuma ukomeze umugaburire bya bindi byasigaye. Ibiryo byavanzwemo Ongera bigomba kugaburirwa umwana mu gihe kitarenze iminota 30.



Gaburira umwana wawe ufite urugwiro





Imfashanyigisho ya 20

Gaburira umwana wawe ufite urugwiro

- * Igihe cyo kugaburira umwana wawe ni igihe cy'amahirwe menshi yo kugirana urugwiro nawe no kumwigisha ikintu gishya. Vugisha kandi uririmbire umwana wawe igihe umwonsa cyangwa umuha ifashabere, kandi ugenzure uko umwana asubiza.
- * Ba hamwe n'umwana wawe umukorakora, ukoresha amagambo n'andi majwi, kandi ugumye umurebe mu maso igihe umugaburira.
- * **Kuva umwana akivuka kugeza ku mezi 6:** Umwana wawe akura vuba cyane, ariko agomba kwonsa gusa, ku manywa na ninjoro. (Reba Imfashanyigisho ya 4 kugeza kuya 11.) Ha umwana wawe ibere igihe cyose agaragaje ibimenyetso ko atangiye gusanza.
- * Iyo umwana atangiye gufata ibindi bintu abishyira ku munywa, aba akubwira ko ashonje. Ni byiza guha umwana ibere mbere y'uko atangira kurira.
- * **Tangira yujuje amezi 6,** uhe umwana ifashabere kandi ukomeze kumwonsa. Komeza kuvugana n'umwana ukoresheje uburyo bwose kandi umwereke urugwiro igihe cyose umugaburira. (Reba Imfashanyigisho ya 12.)
- * Uko umwana agenda akura bigaragazwa n'uko agenda yongera ububasha mu gukoresha umubiri no kuvuga, igihe cyo kumugaburira kirushaho gushimisha.
- * **Hagati y'amezi 6 – 9,** genda wongera ubwoko bw'ibibwira uha umwana n'ubwinshi bwabyo. Gumisha umwana wawe hafi cyangwa unagenzure niba yicaye neza mu gihe ari kurya.
- * **Hagati y'amezi 9 – 12,** umwana ashobora gutangira kurya ku biryo byatekewe abari mu rugo bose. Buhorobuhoro ongera amoko y'ibiryo umuha n'ubwinshi bwabyo. Mugaburirire ku isahane ye wenyine. Komeza kuvugana nawe mu buryo bunyuranye kandi umushishikarize kurya. Komeza kumwonsa kenshi. (Reba Imfashanyigisho ya 14 na 19).

- * **Hagati y'amezi 12 - 24,** umwana wawe akomeza gukura vubavuba kandi akeneye kurya ubwoko bunyuranye bw'ibibwira inshuro nyinshi ku munsu. Mugaburirire ku isahane ye wenyine. Komeza konsa umwana wawe mu mwaka wa kabiri w'ubuzima bwe ndetse unarenze. (Reba Imfashanyigisho ya 15 n'ya 19.)

Ibintu by'ingenzi wakwitaho mu kugaburira umwana wawe:

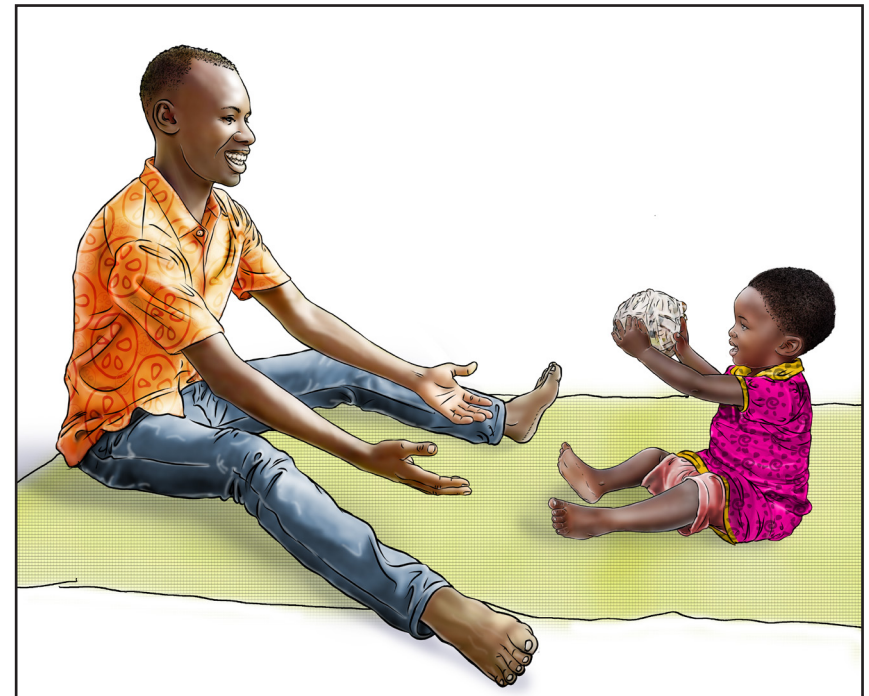
- * Igihe cyose cy'igaburo kigomba kuba igihe cy'ibyishimo, urugwiro no kwigisha umwana. Rinda umwana ibimuranga nka telefoni, televiziyo, imikino yo muri telefoni, igihe umugaburira, bwira umwana wawe amabara y'ibiryo uri kumuha, uko biteye. Ntukigere uhatira umwana kurya.
- * Uko umwana agenda akura amenya gukoresha ibice by'umubiri, mushishikarize gufata ibiryo mu ntoki, cyangwa gukoresha ikiyiko. Hafi ku mezi 9, ushobora guha umwana ibibwira birishwa intoki.
- * Gaburira umwana igihe n'abandi mu rugo bari gufata amafunguro kugirango umwubakemo imibanire myiza n'abandi.

Rimwe na rimwe biragora kugaburira umwana.

- * Hari igihe umwana akenera igihe kinini ngo arangize kurya, cyangwa bigasaba ko umuha udufunguro dutoduto, ariko kenshi.
- * Ha umwana ibiryo bishyashya inshuro nyinshi igihe bibaye ngombwa, kuko ashobora kutemera ikiribwa gishyashya umuhaye ubwa mbere. Gira kwihangana kandi ugerageze guhindura imisusire (texture) y'ibiryo kugirango urebe iby'umwana yishimiye, cyangwa ibimworoheye kurya.
- * Niba umwana afite ingorane mu kurya cyangwa kumira, mujyane ku kigo nderabuzima bamasuzume. Abana bafite ingorane mu kurya bashobora kugwa mu mirire mibi byihuse, bityo ni ngombwa ko bakurikiranwa na muganga.



Uri umwarimu w'ibanze w'umwana wawe





Imfashanyigisho ya 21

Uri umwarimu w'ibanze w'umwana wawe

- * Zirikana buri gihe ko ari wowe mwarimu w'ibanze w'umwana wawe. Umwana wawe abona urumuri akumva n'amajwi na mbere y'uko avuka. Kuva akivuka, umwana wawe ashobora kureba nta shiti ibintu, kumva ibimukozeho n'amajwi.
- * Burya n'impinja zikiri nto zishobora kuganira, zikoresheje kurira, kumwenyura no "guhira".
- * Abana benshi batangira kumva ubusobanuro bw'amagambo atari make mbere y'uko bamenya no kuvuga. Ganiriza umwana wawe kugirango yunguke andi magambo.
- * Abana biga bakina, bitegereza, bigana ndetse banagerageza ibintu bimwe na bimwe.
- * Ha umwana amahirwe yo kwitegereza isi imukikije. Ibi ni ingenzi mu mikurire y'umubiri n'ubwonko bye.

Uburyo bwo kwigisha umwana kuva akivuka kugeza ku mezi 6:

- * Tegura ibyangombwa byose byatuma umwana wawe areba ibintu, yumva ibintu, akoresha amaboko n'amaguru nta nkomyi. Ha umwana wawe uburyo bwo kugukoraho. Vugisha umwana wawe kenshi.
- * Witonze, kora ku buryo umwana wawe atuza, mukorakore hanyuma umufate umwiyegereze. Umubiri ku mubiri ni igihe cy'ingenzi cyo gukangura ubwonko bw'umwana.
- * Nyuza buhorobuhoro mu maso y'umwana wawe ibintu bifite amabara kugirango abirebe kandi abikoreho. Muhe ibikinisho byoroheje nk'ikinyuguri (kirajegera), cyangwa akaziga kanini kaziritse ku mugozi. Reba umwana wawe mu maso kandi umubwire ku bantu n'ibintu biri aho hafi.

Uburyo bwo kwigisha umwana ufite amezi 6 kugeza ku 9:

- * Ha umwana wawe ibikoresho biri mu rugo, bisukuye kandi bitagira icyo bimutwara abikoreho, abikomangeho, abiterure, abyitegereze. Ingero

z'ibikinisho byoroheje harimo nk'ibikopo byavuyemo ibintu, isafuriya umuhanye n'ikiyiko.

- * Subiza ku byo umwana avuga n'ibyo yitayeho. Muhamagare mu izina rye maze urebe igisubizo cye.

Uburyo bwo kwigisha umwana ufite amezi 9 kugeza kuri 12:

- * Hisha igikinisho cy'umwana mu mwenda, hanyuma urebe niba yashobora kugihisha. Mukinishe umukino wo kwihishana wipfuka igitambaro mu maso, ukakivanaho ukagisubizaho bityo bityo, cyangwa ugitwikiriza igikinisho cye.
- * Bwira umwana wawe amazina y'ibintu n'abantu abona. Ereka umwana wawe uko avugana n'abantu akoresheje ibimenyetso, nko kuvuga ngo "bayi bayi"

Uburyo bwo kwigisha umwana ufite amezi 12 kugeza kuri 24:

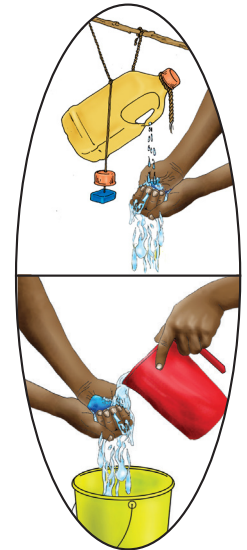
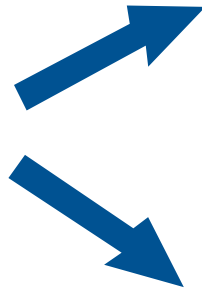
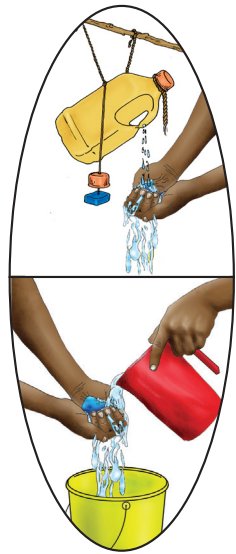
- * Ha umwana wawe ibintu yagereka ku bindi (gupanga), abishyira mu kintu anabivanamo. Urugero rw'igikinisho cyoroheje ni nk'igikombe cyuzuyemo utwuma dufata imyenda ku mugozi banikaho.
- * Igihe uri kugaburira umwana wawe, mubaze ibara ry'ibiriwa muri kurya.
- * Bwira umwana wawe udukuru buri munsu. Ibi bizatuma yiga kumva no kumenya amagambo mashyashya. Musomere ibitabo byoroheje, kandi mufatanye kureba amashusho mu gitabo.
- * Ereka umwana wawe urukundo, muvugishe umunsi wose, kandi umwereke urugwiro igihe umugaburira. (Reba Imfashanyigisho ya 20.)

Uburyo bukoreshwa ku bana bakeneye ibidasanzwe:

- * Abana bose, hatitawe ku byo bakeneye by'umwihariko cyangwa ibihe barimo, bagomba kugaragarizwa urugwiro kandi ugakina nabo. Ku mwana ufite ubumuga bw'ingingo, bisaba kwitonderwa kandi akitabwaho.



Gukaraba intoki bifasha gukumira indwara



IMFASHANYIGISHO YA 22





Imfashanyigisho ya 22

Gukaraba intoki bifasha gukumira indwara

- * Umuco mwiza wo kugira isuku, by'umwihariko gukaraba intoki ukoresheje isabune ni INGEZI ku buzima bw'umwana wawe n'ubw'umuryango wawe muri rusange. Gukaraba intoki buri munsu ukoresheje isabune mu bihe 5 by'ingenzi, bikumira impiswi n'izindi ndwara.
- * Buri gihe karaba intoki ukoresheje isabune n'amazi meza, asukiriwe:
 - Mbere yo gutekura amafunguro no kurya
 - Mbere yo konsa no kugaburira abana
 - Uvuye mu bwiherero
 - Nyuma yo gusukura umwana witumye
 - Nyuma yo kugira ibyo ukora ku matungo n'izindi nyamaswa

Intambwe zikurikizwa mu gukaraba intoki:

1. Tosa ibiganza ukoresheje amazi meza, asukiriwe.

2. Siga isabune ku biganza, ubivugutane imbere n'inyuma ku buryo haza urufuro.
3. Huza mu biganza byombi, ikiganza kimwe gikuba mu kindi.
4. Sobekeranya intoki hanyuma zimwe zikube ku zindi.
5. Kuba buri rutoki.
6. Kuba ubujana uzengurutsaho ikiganza kandi uzamure uganisha mu nkokora.
7. Sukura mu nzara.
8. Nyuma y'amadakika 20 ukaraba, unyuguzwa ibiganza byawe ukoresheje amazi meza asukiririwe.
9. Nyeganyeza ibiganza mu kirere kugirango byumuke cyangwa koresheje igitambaro gifite isuku.

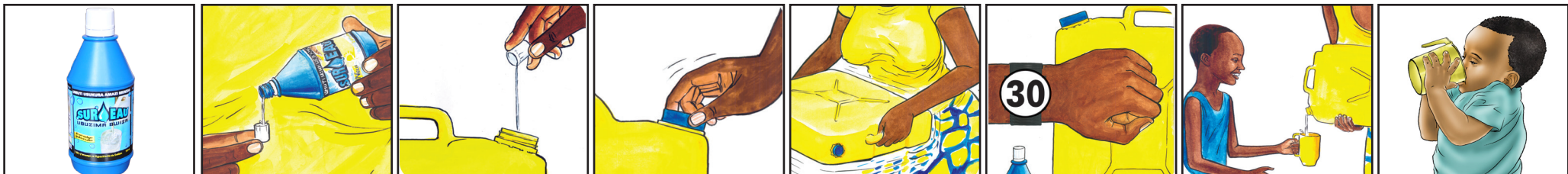
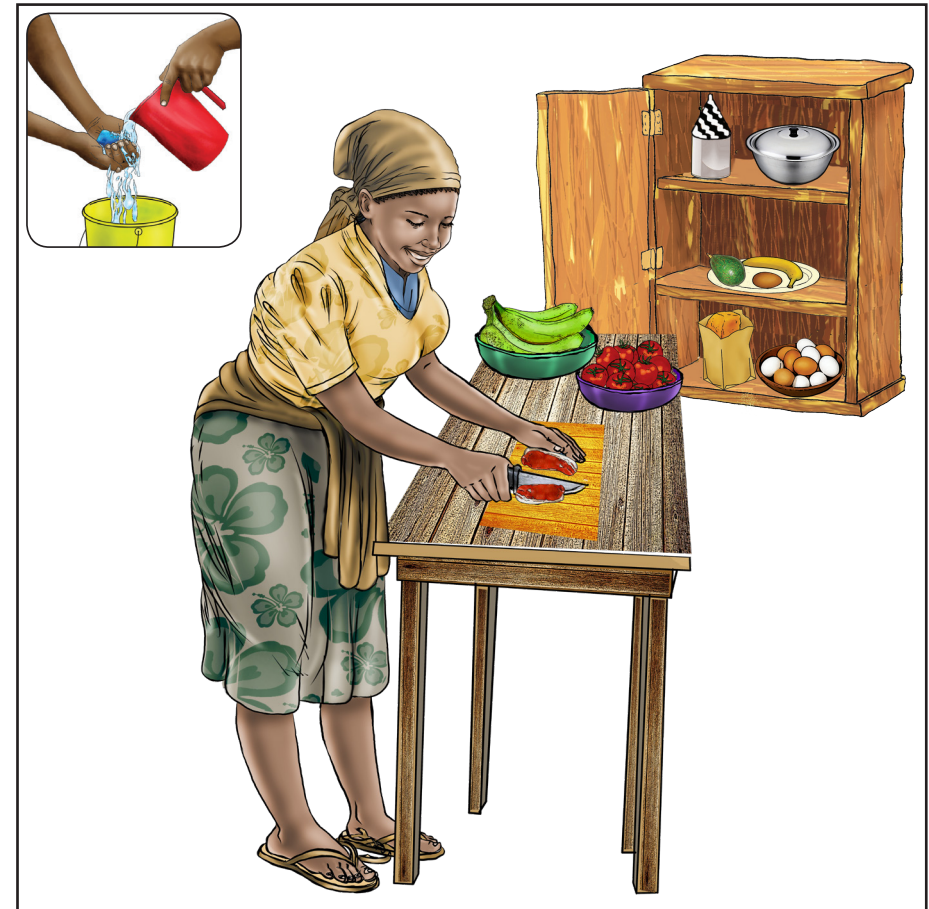
Ibindi wamenya:

- * Ushobora kubaka ikarabiro ry'intoki (tipitapu) hafi y'ubwiherero kandi hafi y'igikoni. Koresheje akajerikani gato wuzuzwa amazi buri munsu.
- * Itwararike kugira isabune kuri tipitapu. Ushobora kuyirinda ibyonnyi nk'ibiyoni kandi ukayirinda gukora ku butaka uyishumitse mu muguzi ahegereye tipitapu cyangwa kuri tipitapu ubwayo.





Ita ku isuku y'ibiribwa n'iy'amazi





Imfashanyigisho ya 23

Ita ku isuku y'ibiribwa n'iy'amazi

- * Isuku, kubika neza ibiribwa n'amazi asukuye yo kunywa ni ingenzi mu gukumira impiswi n'izindi ndwara.

Ha umuryango wawe amazi yo kunywa asukuye:

- * Amazi yo kunywa agomba gutekwa cyangwa agasukurwa ku bundi buryo, cyangwa se akayungururwa kugirango abe ari meza, asukuye kandi atatera impiswi. Kugirango amazi abe asukuye nyabyo, kora kimwe muri ibi bikurikira:
 - Teka amazi abire yature, uyagumishe ku ziko nibura umunota umwe akibira, hanyuma uyatwikire kugirango agumane ubuziranenge.
 - Koresha umuti nka siro (Sur'Eau) mu gusukura amazi yo kunywa, ariko itwararike ukurikize amabwiriza yanditse ku gikoresho kirimo uwo muti.
 - Koresha uburyo bwo kuyungurura amazi (filiteri).
 - Bika amazi mu gikoresho gifite isuku kandi gipfundikiye.

Kurikiza aya mabwiriza y'ibanze ku isuku y'ibiribwa:

- * Karaba intoki ukoresheje isabune n'amazi meza asukiriwe mbere yo gutegura amafunguro na mbere yo kugaburira umwana.
- * Itwararike ku buryo aho utegurira ibiribwa, ibintu ukatiraho ibiribwa, amasahani, amasafuriya (ibyombo), ibimamiyo n'ibindi bikoresho byogeshwa isabune n'amazi meza.
- * Tegura ibyo guteka ukoresheje icyuma n'ibindi bikoresho bifite isuku.
- * Koresha amazi atetse cyangwa ayo wasukuye ukoresheje siro mu kuronga imbuto n'imboga mbere yo kuzikata no kuzirya.
- * Amagi ashobora gukenera kurongwa.
- * Ibiribwa bikomoka ku matungo nk'inyama n'amafi bigomba kubikwa kure y'ibindi biribwa kugirango bitabyanduza.

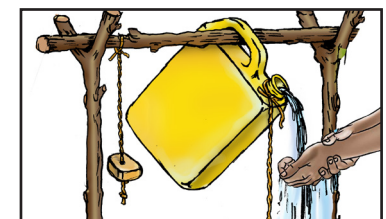
- * Teka inyama, amafi, amagi kugeza bihiye neza.
- * Hita ugabura ibiryo bigishya/ukimara kubitegura.
- * Ku buryo buhoraho, shyushya ibiryo byose bimaze isaha irenga biteguwe, mbere yo kubirya.
- * Karaba intoki ukoresheje isabune n'amazi meza asukiriwe mbere yo gutegura amafunguro na mbere yo kugaburira umwana.
- * Buri gihe, gira isuku y'intoki, iy'ibikombe n'ibindi bikoresho ukenera ugaburira umwana.
- * Buri gihe, koresha ikinyiko, igikombe cyangwa isahane bisukuye igihe uha umwana wawe icyo kunywa
- * Amacupa, bibero cyangwa udukombe dufite imihoro ku munwa ni ibikoresho bitari byiza ku mwana wawe kuko birushya kubyoza kandi bishobora kwanduza ikiribwa cyangwa ikinyobwa icyaricyo cyose ubishyizemo.
- * Igihe cyose, bika ibiryo bigenewe umwana wawe ahantu hafite isuku.

Bikana isuku ibiryo, amasahane n'ibikoresho byo ku meza:

- * Oza amasahane yose, ibikombe n'ibikoresho byo ku meza ukoresheje amazi meza asukiriwe, ubyumishe ku gatanda k'amasahani, kandi ubitwikire mbere yo kubikoresha.
- * Bika ibiryo byose ahantu hafite isuku. Kirazira kubika ibiribwa hasi ku butaka.
- * Niba utari buhite ugabura ibiryo wateguriye umwana wawe cyangwa abandi bari mu rugo, bibike mu kabati cyangwa ubitwikirize igitambaro gisukuye.

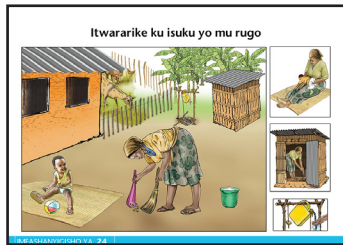


Itwararike ku isuku yo mu rugo



IMFASHANYIGISHO YA 24



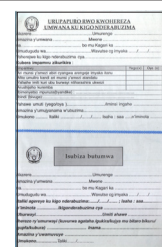


Imfashanyigisho ya 24

Itwararike ku isuku yo mu rugo

- * Ni ingenzi ku buzima bw'umwana wawe n'ubw'umuryango wawe muri rusange kugira isuku mu nzu no mu rugo rwawe, ukagira urugo ruzira umwanda ukomoka ku matungo n'ibishingwe.
- * Shyira amatungo ahantu hitaruye aho abantu mu rugo baba, kure kandi y'aho umwana wawe muto na bakuru be bakinira.
- * Amatungo ntagomba kurara mu nzu imwe n'abantu baba mu rugo.
- * Ibuka gukaraba intoki nyuma yo kugira ibyo ukora ku matungo n'izindi nyamaswa.
- * Tegura ahantu hizewe umwana wawe akinira kandi avumburira ibimukikije. Gerageza gushyira ikirago/umusambi aho umwana wawe akinira.
- * Ubwiherero bugomba kubakwa nibura muri metero 10 uvuye ku nzu ituwemo n'ababa mu rugo. Ubwiherero bugomba guhorana isuku kandi umwobo ugahora upfundikiye.
- * Ubaka ikarabiro ry'intoki (tipitapu) hafi y'ubwiherero kandi ushishikarize ababa mu rugo bose gukaraba intoki bakoresheje isabune n'amazi meza asukiriwe igihe bavuye mu bwiherero.
- * Gisha inama ku buryo bwo kubaka tipitapu niba wumva ushidikanya k'uburyo bikorwa.
- * Zirikana ko n'amabyi y'umwana ashobora gukwirakwiza indwara nk'uko ay'umuntu mukuru yabikora. Igihe umwana atarashobora kuba yakoresha ubwiherero, ni ngombwa kujugunya amabyi yitumye mu musarani cyangwa kuyataba.
- * Karaba intoki ukoresheje amazi meza asukiriwe nyuma yo gukarabya umwana witumye cyangwa umaze gushyira amabyi ye ahabigenewe.

Niba umwana wawe arwaye, gisha inama



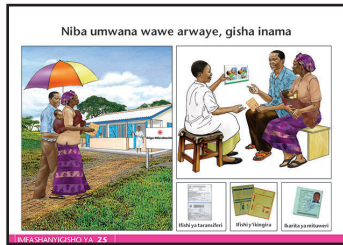
Ifishi ya taransiferi



Ifishi y'ikingira



Ikarita ya mituweri



Imfashanyigisho ya 25

Niba umwana wawe arwaye, gisha inama

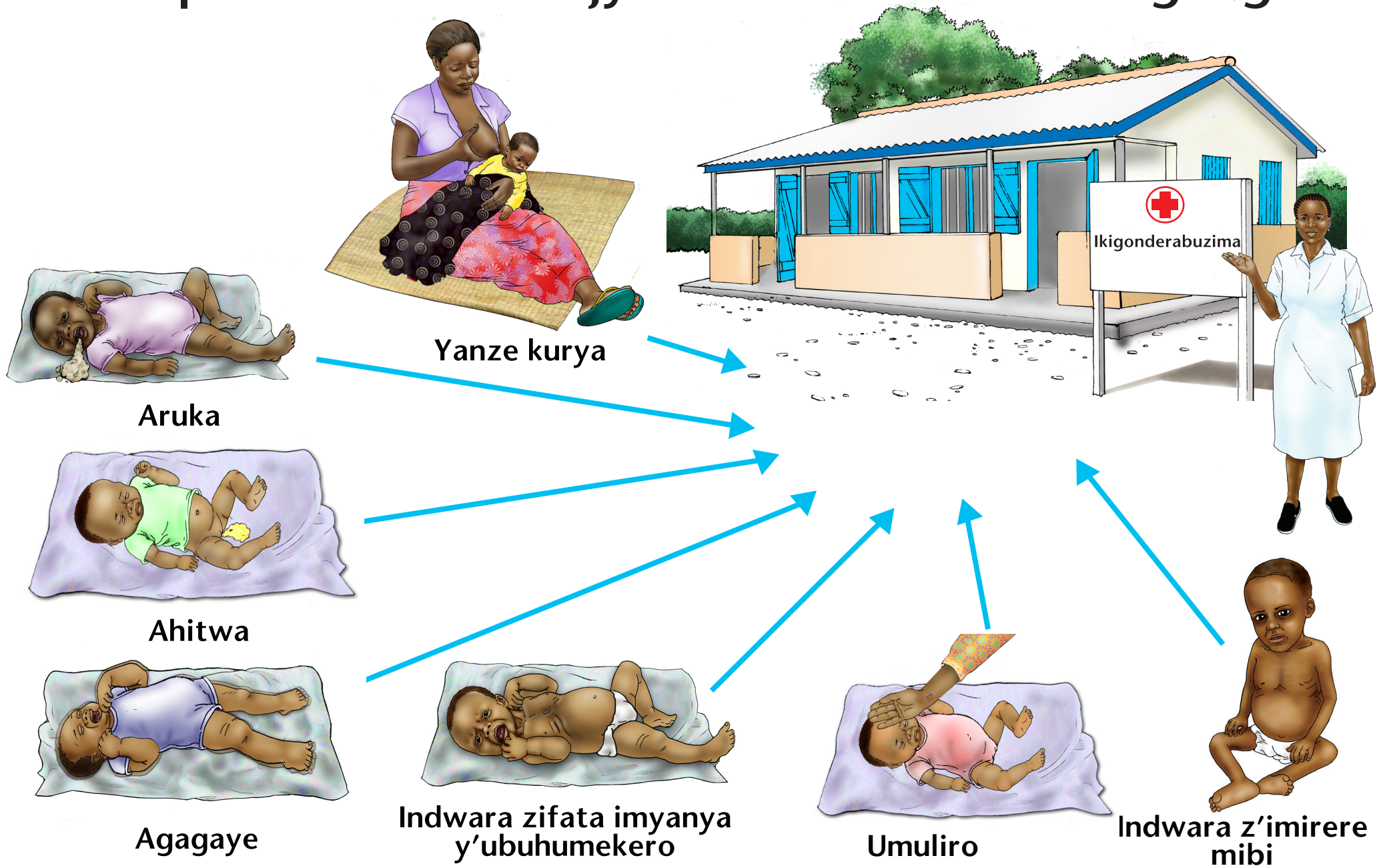
- * Niba umwana wawe afashwe n'uburwayi, ihutire kugisha inama umujyanama w'ubuzima.
- * Umujyanama w'ubuzima azagufasha kumenya niba umwana wawe agomba kujyanwa ku kigo nderabuzima cyangwa ku bitaro.
- * Indwara zimwe na zimwe cyangwa ibindi bibazo bisaba ko umwana asuzumwa ndetse agahabwa n'imiti yihariye yandikwa gusa na muganga.
- * Ibuka kwitwaza urupapuro rwa taransiferi, ikarita y'ubuzima bw'umwana, ikarita y'ubwishingizi igihe ugiye kwa muganga.
- * Ni ingenzi gukomeza konsa iyo umwana wawe arwaye. Mu by'ukuri amashereka afasha umwana wawe gukira.
- * Niba bigaragra ko umwana afite intege nke zo konka mu gihe arwaye, ikame amashereka, uyamuheshe agakombe cyangwa ikiyiko.
- * Ni ingenzi kandi gukomeza guha umwana ifashabere niba afite amezi 6 cyangwa arenga. N'ubwo apeti y'umwana ishobora kuba yagabanutse, gerageza kumushishikariza kurya. (Reba Imfashanyigisho ya 27 na 28.)

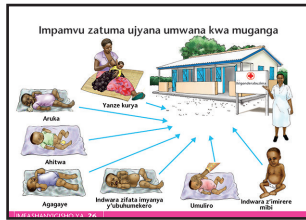
Ibindi wamenya:

- * Hashobora kuba mu mudugusu hari abana bafite ubumuga cyangwa izindi ngorane zagaragaye umwana ari mu nda cyangwa avuka. Aba bana bashobora kuba bafite ingorane mu konka, mu gukanjakanja, kumira cyangwa kugogora ibryo by'ifashabere.
- * Kubera ko ibi bibazo bishobora guhita bitera indwara z'imirire mibi cyangwa izindi ndwara, aba bana bagomba kwitabwaho by'umwihariko kandi bakoherezwa kwa muganga ngo basuzumwe kandi bitabweho, banakurikiranwe.



Impamvu zatumye umwana kumwanya muganga





Imfashanyigisho ya 26

Impamvu zatuma ujjana umwana kwa muganga

- * Ibimenyetso bimwe na bimwe byerekana ko umwana wawe akeneye kwitabwaho n'umuganga. Ihutire kujyana umwana wawe kwa muganga niba hari ibi bikurikira:
 - Umwana yanze kurya kandi afite intege nke
 - Umwana araruka kandi akagarura ikintu cyose ashyize mu nda
 - Umwana arahitwa (yituma inshuro zirenze 3 ku munsi mu gihe cy'iminsi ibiri cyangwa irenga, cyangwa hakanyongeraho amaraso mu byo yituma, amaso yahenengeye)
 - Umwana yagagaye (umubiri w'umwana uriyegegeranya ukanirekura vuba vuba kandi buri kanya, ukanatitira)
- Umwana arahumeka insigane (bivuzeko igice cyo hasi cy'igituza gihoberera imbere igihe umwana ahumeka cyangwa bikagaragara nk'aho igifu kijya hasi no hejuru, ibyo bikagaragaza indwara y'imyanya y'ubuhumekero)
- Umwana afite umuliro (ashobora kuba afite malariya)
- Umwana afite ndwara zikomoka ku mirire mibi (bigaragazwa no gutakaza ibiro cyangwa kubyimbagana)

Ibindi wamenya:

- * Hashobora kuba mu mudugusu hari abana bafite ubumuga cyangwa izindi ngorane zagagaraye umwana ari mu nda cyangwa avuka. Aba bana bashobora kuba bafite ingorane mu konka, mu gukanyakanja, kumira cyangwa kugogora ibryo by'ifashabere.
- * Kubera ko ibi bibazo bishobora guhita bitera indwara z'imirire mibi cyangwa izindi ndwara, aba bana bagomba kwitabwaho by'umwihariko kandi bakoherezwa kwa muganga ngo basuzumwe kandi bitabweho, banakurikiranwe.





Uko wagaburira umwana urwaye ufite munsu y'amezi 6





Imfashanyigisho ya 27

Uko wagaburira umwana urwaye ufite munsu y'amezi 6

- * Onsa kenshi kurusha ubusanzwe umwana wawe igihe afite indwara iyo ariyo yose harimo n'iyi guhitwa. Umwana wawe akeneye amashereka kugirango arwanye uburwayi, agabanye gutakaza ibiro, binamufashe gukira byihuse.
- * Konsa umwana urwaye bituma kandi yumva amereye neza. Niba umwana wawe yanze konka gerageza umuhendahende kugeza igihe yongeye gufatira ibere.
- * Ha umwana wawe amashereka n'imiti yategetswe na muganga gusa.
- * Niba umwana wawe adafite imbaraga zo konka, ikame amashereka umuhe, ukoresheje ikiyiko cyangwa agakombe. Kwikama amashereka bizatuma ukomeza guhembera binakurinde kurwara amabere. (Reba Imfashanyigisho ya 10.)
- * Igihe umwana akirutse indwara, ongera inshuro umwonsa kandi ubikore iminsi myinshi. Ibi bizamufasha kugarura ubuzima bwiza no kwiyongera mu biro.
- * Niba unafashwe n'uburwayi, ushobora kandi ugomba gukomeza konsa umwana wawe. Gusa muri ibyo bihe, ukeneye indyo y'inyongera n'inkunga y'umuryango wawe.
- * Ugomba kuba wumva utekanye mu gihe uri konsa umwana wawe, kandi ukamureba mu maso mwegeranye.
- * Sekera umwana wawe kandi umuvugishe cyangwa umurimbire igihe urikumwonsa. Ibuka ko umwana wawe ashobora kukureba mu maso no kumva ijwi ryawe.
- * Zirikana buri gihe y'uko isuku ari ingenzi kugirango ukumire impiswi n'izindi ndwara.
- * Niba wikamye amashereka, koresha ikiyiko gisukuye cyangwa agakombe kugirango uyahe umwana wawe.
- * Bika amashereka wikamye ahantu hafite isuku ihagije.
- * Karaba intoki ukoresheje isabune n'amazi meza asukiriwe mbere yo guha umwana wawe amashereka wikamye.

Uko wagaburira umwana urwaye urengeje amezi 6



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+



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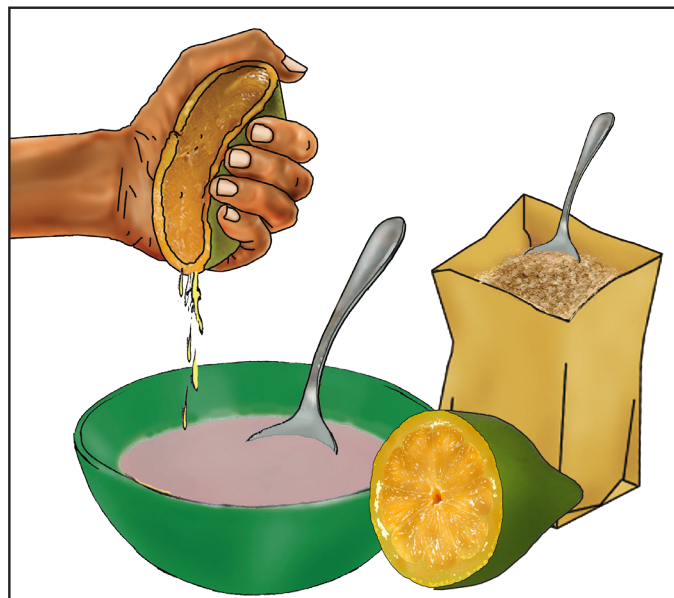
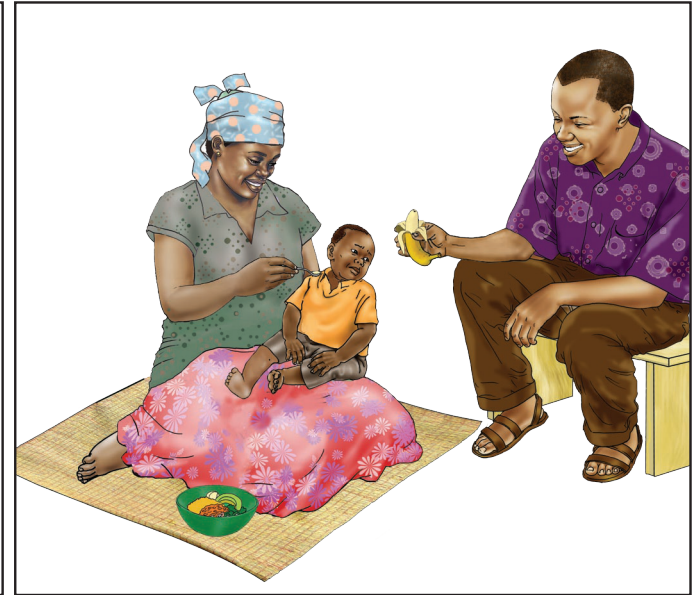
Imfashanyigisho ya 28

Uko wagaburira umwana urwaye urengeje amezi 6

- * Onsa kenshi kurusha ubusanzwe umwana wawe igihe afite indwara iyo ariyo yose harimo n'iyi guhitwa. Umwana wawe akeneye amashereka kugirango arwanye uburwayi, agabanye gutakaza ibiro, binamufashe gukira byihuse.
- * Konsa umwana urwaye bituma kandi yumva amerewe neza. Niba umwana wawe yanze konka gerageza umuhendahende kugeza igihe yongeye gufatira ibere.
- * Niba umwana ahitwa cyangwa aruka, muhe uruvange rw'imyungu yongera amazi mu mubiri, ibyo bikiyongera ku mashereka, kugirango umurinde umwuma. Kurikiza inama n'amabwiriza wahawe na muganga.
- * Irinde guha umwana wawe imiti ya kinyarwanda. Umwana wawe akeneye konka kurushaho, no guhabwa ibiryo n'ibinyobwa byinshi igihe arwaye.
- * Niba umwana wawe yabuze apeti, mushishikarize kurya, afate bike ariko inshuro nyinshi.
- * Ha umwana wawe ibiryo bisanzwe nk'igikoma kandi wirinde kumuha ibiryo birimo ibirungo n'ibinure. N'ubwo umwana yaba ahitwa, ni byiza kugumya kumugaburira.
- * Umwana namara gukira, mushishikarize ubwitayeho kurya buri munsu igaburo ry'inyongera rigizwe n'ibiryo bikomeye mu gihe cy'ibyumweru 2 bikurikiraho.
- * Ibi bizafasha umwana wawe kongera kunguka ibiro yatakaje no kugera ku kigero cy'ubukure yari yarabuze.
- * Niba urwaye, komeza wonse umwana wawe.
- * Ushobora gukenera indyo y'inyongera n'inkunga muri icyo gihe.
- * Mu gihe urwaye, ni ngombwa kunywa cyane.
- * Niba umwana wawe yarwaye ibicurane (yafunze), musukure mu mazuru ukoresheje amazi meza.
- * Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi indwara. (Reba Imfashanyigisho ya 22, 23, 24.) Bibero n'ibikombe bifite imihoro ku munwa ntibyizewe kuko bigoye kubisukura bityo bikaba byakurura indwara.



Uko wagaburira umwana wabuze apeti



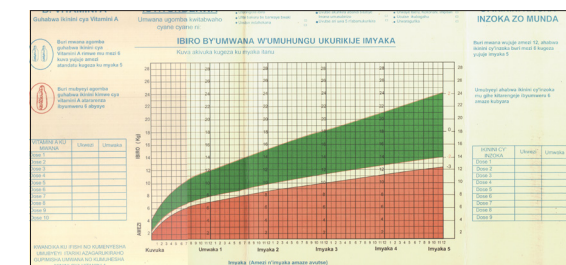


Imfashanyigisho ya 29

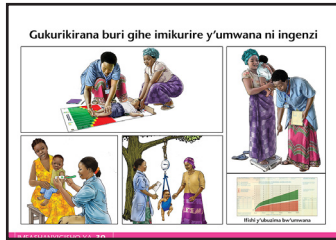
Uko wagaburira umwana wabuze apeti

- * Abana bakeneye kwiga kurya ubwoko bushya bw'ibiriwa, ariko hari igihe badakunda icyanga cyangwa imiterere y'ikiribwa gishyashya bahawe, bityo bakanga ibiryo birimo ikiribwa badakunda.
- * Niba ibi bibaye, gerageza guha umwana ubwoko bw'ibiriwa akunda. Mutangize ubwoko bushya bw'ibiriwa, kimwe kimwe kugirango ushobore kumenya ibyo akunze. Gerageza ibiryo nk'amagi, ibirayi bivanze n'akanyiga k'ubunyobwa, karoti zitetse zicagaguyemo uduce dutoya, ukurikije amezi umwana afite.
- * By'umwihariko mu mwaka wabo wa kabiri w'ubuzima, abana baca mu bihe bigaragara nk'aho badashaka kurya. Ababyeyi n'abandi bita ku bana bagomba kwihangana kandi ntibave ku izima mu kubagaburira. Iyo umwana aruhanya, abandi bantu baba mu rugo bagomba kugerageza gutanga inkunga yabo. Ihangane ugerageze, ariko ntuzigere na rimwe uhatira umwana kurya.
- * Kenshi, umwana azashaka gusangira n'umuvandimwe we mukuru aho gusangira na nyina. Gerageza ubundi buryo bwose bwo kumugaburira.
- * Emerera umwana kurya ibiryo bike, ariko umugaburire kenshi. Urugero, niba umwana aya ibiryo bike cyane ugereranyije n'ibyo yagombaga kuba yariye hagati mu muni, bibike ahantu hafite isuku, hanyuma uze kumuha ibindi hashize igihe. Aho kumugaburira 3 ku muni hiyongereyeho n'ifunguro rito 1 cyangwa 2, uyu mwana yagombye kurya bicye bicye byibura inshuro 6 ku muni.
- * Biba biteye inkeke iyo umwana ageze igihe agaragaza ko adashaka kurya cyangwa yatakaje apeti yose. Ibi bibaho iyo umwana yashonje bikabije.
- * Umwana watakaje apeti agomba kugaburirwa ibiryo bike byo mu bwoko bw'ibyo akunda nk'imbutu zikasemo uduce dutoya cyangwa igikoma cyoroshye cy'ubunyobwa.
- * Shishikariza umwana watakaje apeti kurya wihanganye, genda wongera buhorobuhoro urugero rw'ibiryo.
- * Ushobora gukangura apeti y'umwana wongera akunyu gacye mu biryo cyangwa agasukari cyangwa ukarishya ibiryo. Iyo wongeye isukari n'ikintu gikarishye nka yawuruti cyangwa imitonyi mike y'umutobe w'indimu mu biryo nk'umuceri cyangwa igikoma cyoroshye, biraryohera kandi bikazana ubusharire.
- * Komeza konsa umwana wawe, ari nako ukomeza kumushishikariza kurya ibiribwa by'ifashabere.
- * Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara. (Reba Imfashanyigisho ya 22, 23, 24.) Bibero n'ibikombe bifite imihoro ku munwa ntibyzewe kuko bigoye kubisukura bityo bikaba byakurura indwara.

Gukurikirana buri gihe imikurire y'umwana ni ingenzi



Ifishi y'ubuzima bw'umwana



Imfashanyigisho ya 30

Gukurikirana buri gihe imikurire y'umwana ni ingenzi

* Pimisha umwana wawe ibiro buri kwezi:

- Ni ingezi kwitabira buri kwezi igikoni cy'umudugudu, gupimisha no guhabwa inyigisho zo guteza imbere imikurire y'umwana kugirango barebe uko akura. Ibuka kwitwaza ifishi y'ubuzima bw'umwana igihe ugiye mu gikoni cy'umudugudu.
- Umujyanama w'ubuzima cyangwa umukozi wo kwa muganga azagufasha gupima umwana akoresheje umunzani umanikwa cyangwa uwo bahagararaho ukoresheje n'izuba cyangwa amabuye.
- Umwana ufite ubuzima bwiza kandi ukura neza yiyongera ibiro buri kwezi. Niba umwana wawe **ATYONGERA** ibiro bikwiye buri kwezi, cyangwa atakaza ibiro, hari ikibazo.

* Pimisha umwana wawe uburebure bakoresheje "agasambi":

- Guhera umwana amaze kuzuka amezi 3, umujyanama w'ubuzima cyangwa umukozi wo kwa muganga azapima uburebure bw'umwana wawe akoresheje "agasambi" gafite amabara y'icyatsi, umuhondo n'umutuku.
- Komeza ujyane umwana wawe kumupimisha uburebure buri mezi atatu kugeza umwana yujuje amezi 24.
- Umwana ufite ubuzima bwiza agomba kugira uburebure

yiyongeraho buri mezi 3. Niba umwana wawe **ADAKURA** uko bikwiye, cyangwa niba atagera ku burebure bwari bwitezwe ku mezi afite, hari ikibazo.

* Pimisha umwana ubunuke hakoreshejwe MUAC:

- Umujyanama w'ubuzima ashobora kandi no gupima umuzenguruko w'ikizigira cy'akaboko k'umwana wawe akoresheje igipimisho cya MUAC, giifite ibice bigizwe n'amabara y'icyatsi, umuhondo n'umutuku.
- Igipimisho cya MUAC gikoreshwa kugirango igaragaze abana bananutse cyane kandi bakenewe kwitabwaho by'umwihariko.

* Gukurikirana buri gihe imikurire y'umwana no kugenzura ni ingenzi:

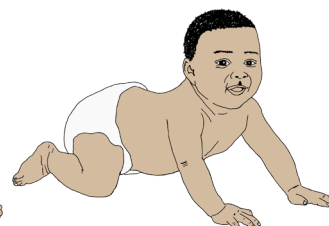
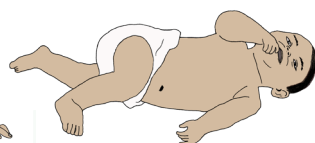
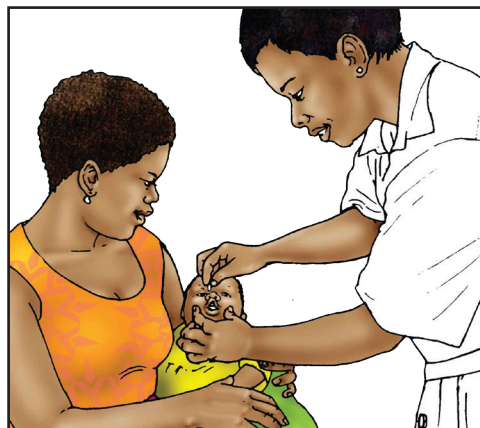
- Mu gihe cy'igikoni cy'umudugudu, ushobora kubaza ibibazo ku mikurire y'umwana wawe, ubuzima n'imire bya. Baza ibibazo byose ufite birebana no konsa no gutanga ifashabere. Saba inama zuma umwana wawe agumya gukura neza.
- Ugomba no kujyana umwana wawe ku kigo nderabuzima kugirango bamukingire, bamuhe Vitamini A, kandi barebe ko akura neza mu mikorere ye y'umubiri. (Reba Imfashanyigisho ya 31.)

Ibindi wamenya:

- Niba umwana ufite ubumuga atiyongera ibiro, atiyongera uburebure (ari mu muhondo cyangwa mu mutuku ku "agasambi"), cyangwa afite MUAC iri mu muhondo cyangwa umutuku, agomba koherezwa kwa muganga ngo asuzumwe kandi yitabweho, anakurikiranwe.



Kingiza umwana akivuka, ubikomeze uko agenda akura



Aba aryamye,
yegura
umutwe



Avutse
kugeza ku
mezi 1

Aba aryamye,
yegura umutwe,
yishingikiriza ku
maboko



Amezi 2
kugeza
kuri 3

Arihindukiza, afata
utuntu dufite
uburemere buke mu
ntoki

Amezi 3
kugeza
kuri 4

Yicara ntawe
umufashe



Amezi 6
kugeza
kuri 7

Atangira
gukambakamba

Amezi 6
kugeza
kuri 9

Arihagurutsa.
Ahagarara
afashe ku kintu



Amezi 8
kugeza
kuri 12

Ahagarara
neza wenyine.
Atangira kugenda
(gutaguza)

Amezi 10
kugeza
kuri 14

Atera udutambwe,
agatangira no
kwiruka



Amezi 14
kugeza
kuri 18

Amezi 24



Ivuka



0-6



6-9

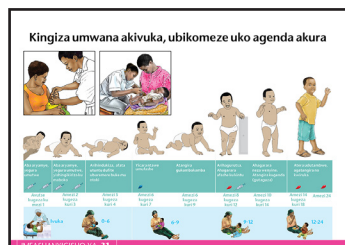


9-12



12-24

IMFASHANYIGISHO YA 31



Imfashanyigisho ya 31

Kingiza umwana akivuka, ubikomeze uko agenda akura

- * Umwana wawe akeneye guhabwa inkingo ziteganijwe kugirango agire ubuzima bwiza.
- * Umwana wawe hari inkigo azahabwa akimara kuvuka
- * Jyana umwana wawe ku kigo nderabuzima uko biteganijwe kugirango asuzumwe.
- * Kurikiza gahunda y'igihugu y'ikingira kugirango wizere ko umwana wawe abona inkingo ziteganijwe kandi ku gihe.
- * Umwana wawe akeneye Vitamini A afite amezi 6, 12, 18 na 24
- * Genzura ibi bihe by'ingenzi by'imikurire y'umwana wawe. Abana bakura ku muvuduko utandukanye, ariko genzura ibi bimenyetso bikurikira:
 - Abana batangira kwegura umutwe mu kwezi kwa mbere bavutse, kuko umugongo n'ijosi byabo biba bigenda birushaho gukomera (ivuka kugeza ku kwezi kumwe)
 - Yegura umutwe, agerageza gushinga amaboko (amezi 2 kugeza 3)
 - Arihindukiza, afata utuntu dufite uburemere mu ntoki (amezi 3 kugeza 4)
 - Yicara ntawe umufashe (amezi 6 kugeza 7)
 - Atangira gukambakamba (amezi 6 kugeza 9)
 - Atangira kugerageza guhagarara (amezi 8 kugeza 10)
 - Ahagarara afashe ku kintu (amezi 10 kugeza 12)
 - Ahagarara neza ubwe, agenda afashe ku kintu (amezi 10 kugeza 12)
 - Atangira kugenda wenyine (amezi 12 kugeza 14)
 - Atera intambwe, agatangira no kwiruka (14 amezi 18)
- * Niba ubonye umwana wawe adakora biriya bimenyetso ndangamukurire, baza muganga kugirango arebe niba nta kibazo afite.
- * Onsa gusa umwana wawe kuva akivuka kugeza yujuje amezi 6.
- * Tangira kumuha ifashabere ku mezi 6 kandi ukomeze kumwonsa kugeza agize imyaka ibiri cyangwa irenze.
- * Jyana umwana wawe kenshi barebe uko ubuzima bwe buhagaze barebe imikurire ye, uhabwe n'ubujyanama.
- * Fasha ubwonko bw'umwana wawe gukura ubukangura ukoresheje kumuganiriza no gukina nawe.



Kuboneza urubyaro byongera ubuzima no kuramba



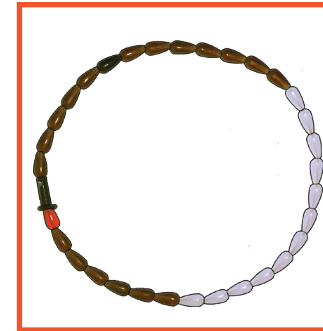
Kwirinda gusama
ukoresheje uburyo
bwo konsa



Agakingirizo k'abagabo
n'ak'abagore



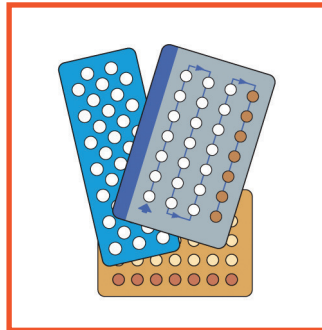
N'ubwo mwakundana
cyane, mukwiye
kwifata



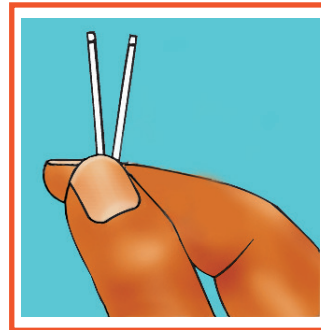
Urunigi



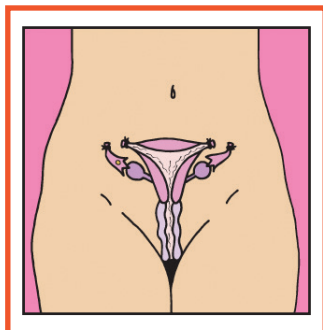
Urushinge



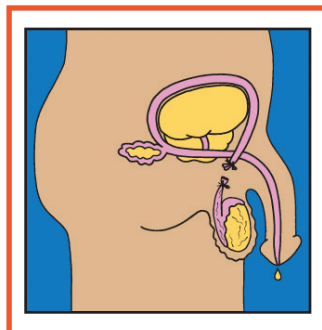
Ibinini



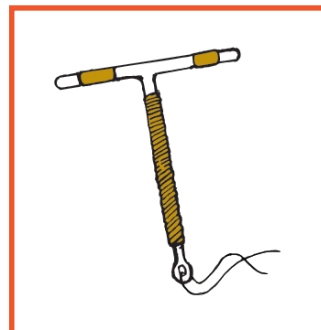
Agapira ko
mu kaboko



Kwifungisha burundu
k'umugore



Kwifungisha burundu
k'umugabo



Agapira ko mu mura





Imfashanyigisho ya 32

Kuboneza urubyaro byongera ubuzima no kuramba

- * Intera ikwiye yo gushyira hagati y'imbyaro ni ingenzi ku buzima bwiza bw'ababyeyi n'abana babo.
- * Intera ikwiye yo gushyira hagati y'imbyaro bivuga gutegereza nibura imyaka 2 cyangwa 3 mbere yo kongera gusama.
- * Gushyira intera hagati y'imbyaro ingana n'imyaka $2\frac{1}{2}$ cyangwa 3 itatu bituma:
 - Ugira igihe gihagije cyo konsa no kwita kuri buri mwana.
 - Umubiri wawe ugira igihe gihagije cyo kwisana hagati y'imbyaro.
 - Uzigama amafaranga kurushaho kubera ko ufite abana bake, ukanasohora amafaranga make yo kuriha amashuri, kugura imyenda n'ibiribwa, n'ibindi.
- * Konsa umwana gusa mu mezi 6 ya mbere bifasha mu kuringaniza imbyaro kandi bikagirira akamaro umwana nawe ubwawe.
- * Igihe wonsa gusa mu mezi 6 ya mbere, ushobora kwirinda gusama, ariko **GUSA** iyo wujuje ibi bintu bitatu bikurikira:
 - Wonsa umwana wawe gusa, ari nta kindi umuha, kenshi kandi ku manywa na ninjoro.
 - Nturakurira umwana (ntutarasubira mu mihango).
 - Umwana wawe ntaragira amezi 6.
- * Ubu buryo bwo kuringaniza imbyaro bwitwa uburyo bukoreshije konsa mu bihe umubyeyi atarakurira umwana (LAM).
 - L = Lactational (Mu gihe wonsa)
 - A = Amenorrhea (nta mihango)
 - M = Method (uburyo bwo kuringaniza urubyaro)
- * Iyo umwana wawe yujuje amezi 6, cyangwa iyo mu bindi bintu bibiri hari kimwe muri byo gihindutse, ntabwo uba ukirinzwe kongera gusama. Wowe cyangwa umugabo wawe muba mukeneye gukoresha ubundi buryo bwo kwirinda gusama. Gisha inama muganga ku byerekeranye n'uburyo bugezweho bwo kuringaniza urubyaro buboneka kandi bukubereye.
- * Niba nyuma yo kubyara uhisemo kudakoresha bwa buryo bwo konsa mu bihe umubyeyi atarakurira umwana (LAM), gisha inama muganga umenye n'uburyo bugezweho bwo kuringaniza imbyaro buboneka kandi bukubereye.
- * Hari uburyo bwo kuringaniza urubyaro bumara igihe kigufi n'uburyo bw'igihe kirekire, bwose butangwa ku bigo byinshi by'ubuvuzi. Hari kandi n'uburyo bwa burundu (kwifungisha ku bagore no ku bagabo) buhabwa abashakanye mu gihe bumva ko bamaze kubona abana bifuzaga. Baza muganga akugire inama.

Uko wagaburira abana bato mu bihe bidasanze





Imfashanyigisho ya 33

Uko wagaburira abana bato mu bihe bidasanze

Ibyo abakozi bo kwa muganga bamenya ngo bagire inama ababyeyi, imiryango, n'abarera abana mu bihe bidasanze:

- * Iyi mfashanyigisho ishobora gukoreshwa ku babyeyi n'abarera abana bafite muni y'amezi 24 mu bihe bidasanze bimwe na bimwe. Ibi bihe bidasanze harimo igihe umubyeyi abana n'ubwandu bwa virusi itera SIDA, igihe umubyeyi yarembye adashobora konsa, cyangwa se yarapfuye.
- * **Ku mubyeyi ubana n'ubwandu bwa virusi itera SIDA:**
 - Koresha iyi mfashanyigisho kugirango wibutse umubyeyi gufata imiti igabanya ubukana bwa virusi no konsa gusa umwana we kugeza ku mezi 6.
 - Guhumuriza umubyeyi ubana n'ubwandu bwa virusi itera SIDA kandi ufata imiti igabanya ubukana bwa virusi ko ashobora gukomeza konsa no guha umwana we ifashabere kugeza umwana yujuje amezi 24.
- * **Ku muryango ufite umwana nyina yitabye Imana cyangwa arwaye cyane ku buryo adashobora konsa no k'urera umwana w'imfubyi:**
 - Koresha iyi mfashanyigisho kugirango ushishikaze umuryango cyangwa urera umwana ko bashobora gushaka umuntu wo konsa umwana. Uyu ashobora kuba nyirakuru cyangwa nyirasenge/nyinawabo, cyangwa umuturanyi wa hafi cyangwa inshuti. Iki ni kimwe mu byakorwa by'ingenzi mu bihe bidasanze.
 - Koresha iyi mfashanyigisho ngo usangize amakuru umuryango cyangwa urera umwana ku kamaro ko gukoresha amata yo mu nganda yagenewe abana. Abana bari muni y'amezi 12 badashobora konka **kubera impamvu zinyuranye** bagomba guhabwa amata yo

mu nganda yagenewe abana.

- Reba Imfashanyigisho ya 34 irebana no kugaburira abana batonka bari hagati y'amezi 6 na 24.
- * **Kurikiza iyi nzira mu gutegura no kugaburira umwana amata yo mu nganda yakorewe abana:**
 - Soma kandi ukurikize witonze amabwiriza.
 - Karaba intoki ukoresheje amazi meza asukiriwe.
 - Oza neza kandi wumutse ibikoresho uvangiramo, ibikombe n'ibindi bikoresho.
 - Pima kandi ukoreshe urugero rw'amata rugenwe buri gihe uko uyateguriye umwana.
 - Pima kandi ukoreshe urugero rw'amazi asukuye rugenwe; ni amazi yatetswe cyangwa yasukuwe hakoreshejwe umuti wabigenewe. Wirenza urugero rw'amazi ushyira mu mata yakorewe mu nganda yagenewe abana. (Ushobora kubika amazi muri terimosi kugirango agumane ubuziranenge.)
 - Vanga amata n'amazi ukoresheje ikiyiko kugeza igihe intirima zose zishizemo.
 - Ha umwana amata ukoresheje agakombe cyangwa ikiyiko bifite isuku. Irinde gukoresha amacupa, bibero kuko bigoye gusukura neza.
 - Wibika kandi ntugahe umwana amata wakoze yasigaye. Wagombye kuyaha umwana ukiyakora, bitaba ibyo ukayamena. (Amata yasigaye ushobora kuyaha umwana mukuru cyangwa itungu).

Ibindi wamenya:

- * Niba hari Ebola: Umubyeyi ukekwa Ebola cyangwa uyirwaye agomba guhagarika konsa ku ikubitiro, hanyuma agakurikiza inama ahabwa n'inzobere ku ndwara ya Ebola.



Kugaburira umwana utonka ufite amezi 6 kugeza 24



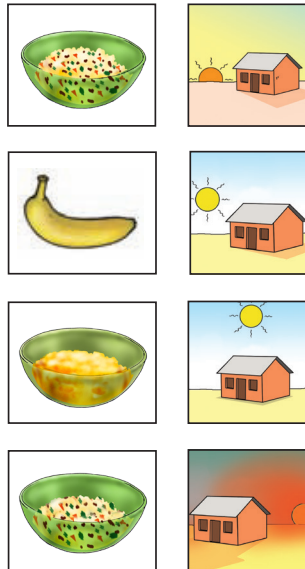
Amezi 6 kugeza
ku 9



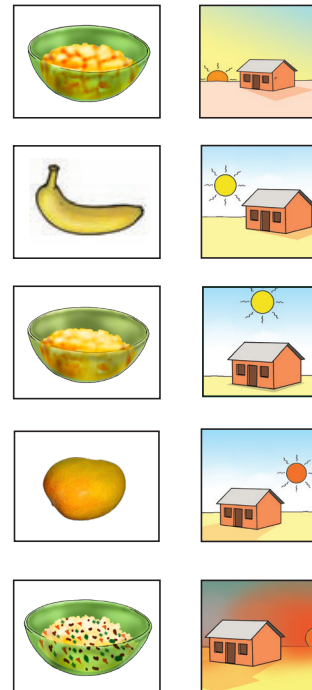
Amezi 9 kugeza
kuri 12



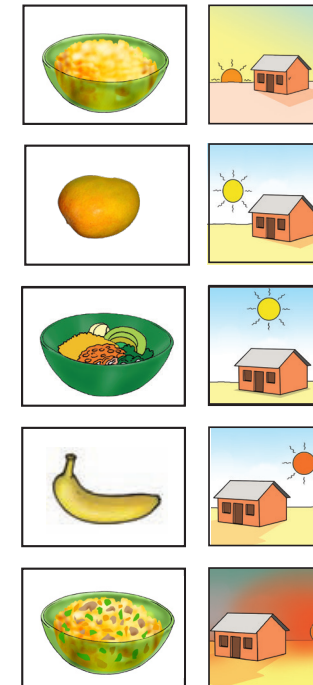
Amezi 12 kugeza
kuri 24



Buri umunsi ongeraho

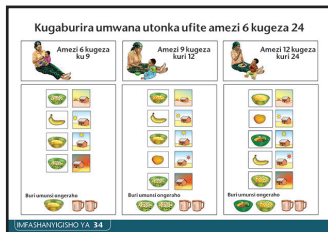


Buri umunsi ongeraho



Buri umunsi ongeraho





Imfashanyigisho ya 34

Kugaburira umwana utonka ufite amezi 6 kugeza 24

- * Abana bose bakeneye guhabwa ifashabere kuva bujuje amezi 6.
- * Niba umwana atonka, kurikiza amabwiriza ku itangwa by'ibiryo ry'ifashabere ku bana bonka, kubirebana n' Inshuro babihabwa ku munsu, uko bigomba kuba bingana, uko bigomba kuba bifashe, uko ibiribwa bigomba kuba binyuranye, uko umwana ashishikarizwa kurya, n'isuku. (Reba Imfashanyigisho za 12 – 16, bijyanye n'amezi umwana afite.)
 - Abana batonka bafite **amezi 6 – 9** bagomba guhabwa ibiryo ndetse n'amafunguro mato bingana n'iby'abana bonka bari mu kigero kimwe, ukabongerera ifunguro rito 1 n'ibikombe 2 by'amata buri munsu; ayo mata agomba kuba ari ayagenewe abana yakorewe mu nganda. (Igikombe 1= mililitiro 250).
 - Abana batonka bafite **amezi 9 – 12** bagomba guhabwa ibiryo ndetse n'amafunguro mato bingana n'iby'abana bonka bari mu kigero kimwe, ukabongerera amafunguro mato 2 n'ibikombe 2 by'amata buri munsu; ayo mata agomba kuba ari ayagenewe abana yakorewe mu nganda. (Igikombe 1= mililitiro 250).
- * Abana batonka bafite **amezi 12 – 24** bagomba guhabwa ibiryo ndetse n'amafunguro mato bingana n'iby'abana bonka bari mu kigero kimwe, ukabongerera amafunguro mato 2 n'ibikombe 2 by'amata buri munsu; ashobora kuba ari amata y'inka y'inshyushyu. (Igikombe 1= mililitiro 250).
- * Abana batarageza ku mezi 12 bagomba guhabwa amata yo mu nganda yakorewe abana, ategurwa ukurikije amabwiriza. ("NIDO" si amata yagenewe abana.)
- * Niba uhaye umwana amata y'inshyushyu, ni ngombwa buri gihe kubanza kuyateka, ukayahoza kandi ukayabikana isuku. Ushobora kuyaha umwana nk'ikinyobwa, ushobora no kuyavanga mu gikoma cyangwa mu bindi biryo.
- * Umwana yujuje amezi 6, ni ngombwa guha umwana ibikombe 2-3 by'amazi yo kunywa asukuye buri munsu, by'umwihariko iyo hashyushye cyane, (Reba Imfashanyigisho ya 23.)

Ibindi wamenya:

- * Koresha iyi mfashanyigisho ku babyeyi bafite abana bari hagati y'amezi 6 na 24 batonka, cyangwa ababarera. Rebana iyi karita n'ababyeyi cyangwa abarera abana witonze.
- * Abana batonka na gato batarageza ku mezi 12 bagomba guhabwa amata yo mu nganda yakorewe abana. "NIDO" si amata yagenewe abana.
- * Amata y'inka n'ubundi bwoko bw'amata cyangwa ibikomoka ku mata **NTIBIKWIRIYE** ku bana bataruzuzwa amezi 12
- * Ibi bikurikira bikomoka ku mata **NTA NA RIMWE BYEMEWE** ku bana: amata yagabanyijwe mo amazi, amata y'ifu, amata ya soya (keretse amata ya soya yakorewe mu nganda kandi yagenewe abana).



