



# IGITABO CY'UHUGURA



*Imbonerahamwe y'Imfashanyigisho z'Ubujanama ku  
Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto  
Zigenewe Abajyanama b'Ubuzima*

*Ukwakira 2011*





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Abajyanama b'Ubuzima*

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Ibikubiye muri iki Gitabo cy'Uhugura, akaba ari na kimwe mu bigize *Imbonerahamwe y'Imfashanyigisho z'Ubujyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto Zigenewe Abajyanama b'Ubuzima*, bireba gusa Minisiteri y'Ubuzima mu Rwanda, bikaba biterekana byanze bikunze ibitekerezo by'Ikigo cya Leta Zunze Ubumwe z'Amerika Gitsura Amajyambere Mpuzamahanga (USAID) cyangwa ibya Guverinoma ya Leta Zunze Ubumwe z'Amerika.

## IJAMBO RY'IBANZE

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Iki gitabo, hamwe n'ibindi bikoresho bigiherekeje, cyanditswe ku bufatanye bwa Leta y'u Rwanda n'abafatanyabikorwa bayo banyuranye bafite uruhare mu guteza imbere imirire mu Rwanda, ariko cyane cyane abafatanyabilkorwa bafite uruhare mu kunoza imirire y'umwana muto. Bakoze batizigama umwaka ushize wose, barangajwe imbere na Minisiteri y'Ubuzima, kugirango babashe kugera ku mfashanyigisho yuzuye izifashishwa mu kubonera umuti ibibazo by'imirire ingo z'Abanyarwanda zihura nabyo. Imirire iboneye y'umubyeyi, konsa no kugaburira neza umwana muto ni inkingi ya mwikorezi mu mikurire, ubuzima bwiza no kubaho k'umwana. Iyi mbonerahamwe y'imfashanyigisho iteza imbere kandi igashyigikira konsa gusa mu mezi atandatu ya mbere, ibyo bigakurikirwa no guha umwana ibiryo by'inyunganirabere bisukuye kandi byuzuye, ndetse agakomeza konka kugeza yujuje imyaka ibiri cyangwa ayirengeje.

Abana benshi ntibagaburirwa nk'uko amabwiriza y'ighugu abisaba kubera kutagira ubumenyi buhagije kw'ababyeyi n'abandi babitaho, ibyo bigatuma barwara indwara z'imirire mibi. Muri iki gihe, abana 38% bafite kuva ku munsi umwe kugeza ku mezi atandatu nibo bonyine bagaburirwa hakoreshejwe uburyo bwo konsa gusa (CFVA, 2009), naho ku bana bari mu nsi y'imyaka itanu, 44% baragwingiye, icyo akaba ari ikimenyetso cy'imirire mibi y'umwana kuva akiri muto cyane. Indwara z'imirire mibi umwana atangiranye akivuka zifite uruhare rungana na hafi kimwe cya kabiri cy'impfu z'abana bakiri bato. Iyo umwana amaze kuzuza imyaka ibiri kandi ataragaburiwe neza, imirire mibi iba yararangije kubangamira bikabije imikurire ye, iyi akaba ariyo mpamvu iyi mbonerahamwe y'imfashanyigisho yibanda ku bana bari mu nsi y'imyaka ibiri.

Amakuru arebana n'uburyo bwo kugaburira umwana muto aturuka ku myemerere y'imiryango, ku migenzereze y'abantu ya buri munsi, no ku bujyanama butangwa n'impuguke mu by'ubuzima. Kenshi byagiye biba ingorabahizi ku mpuguke mu by'ubuzima kuganira n'imiryango ku buryo buboneye bwo kugaburira abana bato kubera amakuru aba ariho ateye urujijo, rimwe na rimwe anavuguruzanya. Kutagira ubumenyi nyakuri ku buryo bwo konsa, ku biribwa by'ifashabere biboneye n'uburyo bwiza bwo kubigaburira umwana, kimwe n'isuku ihagije ni zo ntandaro zikomeye z'indwara z'imirire mibi kurusha ibura ry'biribwa ubwaryo.

Birihutirwa guhugura abantu bose batanga ubujyanama ku mirire y'umubyeyi, konsa no kugaburira umwana muto kugira ngo bahabwe ubushobozi bwa ngombwa bwo guteza imbere imigenzo myiza irebana no konsa no guha umwana ifashabere iboneye. Iyi mbonerahamwe y'ihugura yibanda ku buryo bukwiye bwo gukoresha ibikoresho byifashishwa mu biganiro, ikubiye imfashanyigisho z'ubujyanama zateguve mu mabara anyuranye, zoroshye gukoreshwa, depuliya zitahanwa, byose bizafasha abantu bose babishinzwe guha ubujyanama bufite ireme ababyeyi, abagabo babo ndetse n'abandi bita ku bana.

Kurwanya indwara zituruka ku mirire mibi ni kimwe mu bikorwa byihutirwa Leta y'u Rwanda iyemeje. Tuboneyeho gusaba abo bireba bose gukoresha ku nzego zose izi mfashanyigisho zo mu rwego rw'ighugu kugira ngo babashe kubaka ubushobozi bwa ngombwa bwo guhashya indwara z'imirire mibi.

**Dr Agnes BINAGWAHO**  
**Minisitiri w'Ubuzima**

## GUSHIMIRA

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Iki gitabo *cy'Uhugura ni igice kimwe mu bigize Imbonerahamwe y'Ibikoresho mu Rwego rw'Igihugu ku Bujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto Zigenewe Abajyanama b'Ubuzima*. Zateguwe ku bufatanye bwa Ministeri y'Ubuzima n'abafatanyabikorwa bayo b'ibanzé muri urwo rwego. Iyi mbonerahamwe yateguriwe abajyanama b'ubuzima igizwe *n'Igitabo cy'Uhugura, Imigereka, ndetse n'imfashanyigisho zikoreshwa mu mahugurwa y'abajyanama b'ubuzima, Igitabo cy'Uhugurwa gikubiyemo incamake zagenewe abahugurwa ndetse n'impapuro zikoreshwa mu gukurikirana porogaramu, Imfashanyigisho 28 hamwe n'ubutumwa bw'ingenzi buziherekeje, Positeri 2 na Depuliyi 3.*

Ibikoresho binyuranye bigize iyi *Mbonerahamwe mu Rwego rw'Igihugu ku Bujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto Zigenewe Abajyanama b'Ubuzima* bishingiye cyane cyane ku mbonerahamwe y'ubujyanama ku mirire y'abana bato yagenewe abajyanama b'ubuzima yateguwe ku bufatanye bwa UNICEF, Nutrition Policy Practice na University Research Co, LLC/Center for Human Services (URC/CHS) igatangazwa mu 2010. Iyi mbonerahamwe yahujijwe n'imiterere y'u Rwanda, ikorwa hifashishijwe imfashanyigisho zari zisanzwe zikoreshwa mu Rwanda, ikorerwa igerageza, kandi inononsorwa hagendewe ku murongo wumvikanyweho n'ababigizemo uruhare bose.

Itegurwa ry'iyi *Mbonerahamwe y'Ibikoresho mu Rwego rw'Igihugu ku Bujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto Zigenewe Abajyanama b'Ubuzima* ryayobowe n'ishami rishinzwe imirire muri Minisiteri y'Ubuzima, babitewe mo inkunga na RBC/IHDPC n'abafatanyabikorwa bose mu by'imirire y'abana bato mu Rwanda, Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), Program PATH, EIP, RRP+, WVI, PSI, UNICEF, WHO, CRS, WFP, ICAP, FHI, IntraHealth na MCHIP.

Ministeri y'Ubuzima irashimira ibi bigo byose n'abafatanyabikorwa bayo kubera inkunga ikomeye bayiteye, harimo gutegura izi mfashanyigisho no kugira uruhare mu nama za tekiniki zazinononsoye, kuzigerageza aho zizakoreshwa ndetse no kuzemeza. Minisiteri irashimira by'umwihariko umuryango EGPAF uterwa inkunga n'Abanyamerika binyujijwe mu kigo cyabo gitsura amajyambere (USAID) ku buryo bw'inkunga ya Perezida w'Amerika yagenewe kurwanya SIDA (PEPFAR), kubera inkuga y'amafaranga no mu bya tekiniki uwo muryango wayiteye. Minisiteri irashimira kandi umuryango PATH nawo uterwa inkunga na USAID, kubera inkunga ikomeye watanze mu bya tekiniki no mu bakozi mu gutegura iyi mbonerahamwe y'ubujyanama, ndetse no mu korohereza guhuza abantu bose bagize uruhare mu kuyitegura.

Turashimira kandi abajyanama b'ubuzima, ababyeyi n'abakozi bo kwa muganga batanze ibitekerezo by'ingirakamaro kugira ngo izi mfashanyigisho zirusheho kunoga.

Reka dusoze dushimira byimazeyo abafatanyabikorwa bose n'ibigo nterankunga kubera ubwitange badahwema kugaragaza mu gushygikira Leta y'u Rwanda mu nzira yo guteza imbere ubuzima bwiza bw'Abanyarwanda.

## **AMAGAMBO AHINNYE**

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ADRA	Adventist Development and Relief Agency
AIDS	Acquired Immune Deficiency Syndrome
ANC	Antenatal Care
ARI	Acute Respiratory Infection
AROM	Artificial Rupture Of Membranes
ARVs	Anti-Retroviral Drugs
CC	Counselling Cards
CHW	Community Health Worker
CMAM	Community Management of Acute Malnutrition
CRS	Catholic Relief Services
EBF	Exclusive Breastfeeding
EGPAF	Elizabeth Glaser Pediatric AIDS Foundation
EIP	Expanded Impact Project
ENA	Essential Nutrition Actions
FHI	Family Health International
GMP	Growth Monitoring and Promotion
HIV	Human Immunodeficiency Virus
IHDPC	Institute of HIV/AIDS, Diseases Prevention and Control
IMCI	Integrated management of childhood illness
ITNs	Insecticide Treated Nets
IYCF	Infant and Young Child Feeding
LAM	Lactation Amenorrhoea Method
LBW	Low Birth Weight
LQAS	Lot Quality Assurance Sampling
MAM	Moderate Acute Malnutrition
MCHIP	Maternal Child Health Integrated Program
MIYCN	Maternal, Infant and Young Child Nutrition
MTCT	Mother-To-Child Transmission of HIV
MUAC	Mid-Upper Arm Circumference
NGO	Non-Governmental Organization
OTP	Outpatient Therapeutic Programme
PEPFAR	U.S. President's Emergency Plan for AIDS Relief
PMTCT	Prevention of Mother-To-Child Transmission of HIV
PSI	Population Service International
RBC	Rwanda Biomedical Centre
RRP+	Rwanda network for people living with HIV
RUTF	Ready-to-Use Therapeutic Food
SAM	Severe Acute Malnutrition
SFP	Supplementary Feeding Programme
STI	Sexually Transmitted Infection
TB	Tuberculosis
UNICEF	United Nations Children's Fund
USAID	United States Agency for International Development
WFP	World Food Programme
WHO	World Health Organization
WVI	World Vision International

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## IRIBURIRO

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Incamake y'Imbonerahamwe y'Imfashanyigisho z'Ubujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto Zigenewe Abajyanama b'Ubuzima

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*Imbonerahamwe y'Imfashanyigisho z'Ubujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto* yagenewe guha ubushobozi abajyanama b'ubuzima, abakozi bo mu bigo nderabuzima, ngo babashe kugira inama ababyeyi, abagabo babo n'abandi bita ku bana ku buryo bunoze bwo kugaburira abana babo. Igice cy'iyi mbonerahamwe kirebana no guhugura kigamije gutegura abajyanama b'ubuzima kibaha ubumenyi mu bya tekiniki burebana no konsa abana bafite kuva ku munsi umwe kugeza ku mezi 24 ndetse no kubaha ifashabere iboneye, kigamije kandi kongera ubushobozi bwabo mu bujyanama, mu gukemura ibibazo no kugera ku mwumvikano, ndetse no kubategura mu gukoresha neza ibikoresho by'ubujyanama n'ibindi bikoresho bijyanye nabyo.

Muri iki Gitabo cy'Uhugura, abigisha bitwa Abahugura naho abiga bakiwa Abahugurwa.

### Ibikoresho

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*Imbonerahamwe y'Ubujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto igizwe n'ibi bikoresho bikurikira:*

1. **Igitabo cy'Uhugura** cyateguriwe gukoreshwa mu guhugura abajyanama b'ubuzima ku bumenyi bw'ingenzi burebana n'imiriire y'umubyeyi, konsa no kugaburira umwana muto, ku bushobozi bw'ibanze mu gutanga ubujyanama no ku mikoreshereze ikwiye y'ibikoresho by'ubujyanama, kimwe n'ibindi bikoresho bigendana.
2. **Igitabo cy'Uhugurwa** cyirimo ubumenyi bw'ingenzi butangwa mu mahugurwa ( “impapuro ” zavanywe mu Gitabo cy'Uhugura) kimwe n'amafishi akoreshwa mu bujyanama buhabwa umubyeyi/ umugabo we/ uwita ku mwana no kumwana ubwe, amafishi agenewe gukurikirana no guteza imbere imikurire y'umwana, ndetse n'andi agenewe imirimo y'ikurikiranabilorwa ry'ubujyanama.
3. **Imfashanyigisho z'Ubujuyanama 28 ku mirire y'umubyeyi, konsa no kugaburira umwana muto zanditseho n'Ubutumwa bw'Ingenzi** zerekana mu buryo bugaragara cyane amashusho ari mu mabara agaragaza ingingo z'ingenzi n'imyitwarire iboneye ku mirire y'umubyeyi n'umwana muto abajyanama b'ubuzima bagomba kugeza ku babyeyi, abagabo babo n'abandi bita ku bana. Izi mfashanyigisho zagenewe gukoreshwa ahantu hose umujyanama w'ubuzima ahurira n'ababyeyi, abagabo babo, ndetse n'abandi bita ku bana, ashingiye ku kintu kigaragaye cyihutirwa kuuyaho inama n'umuntu kurusha ibindi igehe cyose bahuye. **Ku ruhande rw'inyuma rwa buri mfashanyigisho y'ubujyanama, hariho ubutumwa bw'ingenzi bugenewe abajyanama b'ubuzima.**
4. **Depuliya 3 zitahanwa** zakozwe kugira ngo zuzuze ubutumwa buri mu mfashanyigisho z'ubujyanama kandi zikoreshwa nk'ibikoresho by'umuntu ku giti cye byo kwibutsa ababyeyi, abagabo babo, n'abandi bita ku bana ibyerekerye no konsa, guha umwana ifashabere n'imiriire y'umubyeyi. Amashusho y'amabara acyeye aboneka kuri buri depuliya agamije kongerera buri wese uzikoresha ubushobozi bwo gusobanukirwa kurushaho ubutumwa buzrimo no guteza imbere imyitwarire myiza.
5. **Positeri 2** nazo ni amashusho y'amabara acyeye cyane yakorewe gushimangira ubutumwa ku kamaro ko kwipimisha inda no konsa gusa. Zizamanikwa ahantu nyabagendwa hanyura abantu benshi.

6. *Imfashanyigisho z'Amahugurwa* zakozwe kugira ngo zuzuze ibiganiro bitangwa mu mahugurwa. Zirimo amashusho afasha abahugurwa gufata kandi ntibibagirwe ubumenyi n'ubusobanuro bahawe.

## Gutegura amahugurwa

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Hariho intambwe nyinshi zo gutegura igikorwa cy'amahugurwa zigomba kwitabwaho cyane (reba *Intambwe 7 zo gutegura igikorwa cyo guhugura/ kwiga* mu mugereka wa 1, n'*Uruhare n'inshingano mbere y'amahugurwa, igihe cy'amahugurwa na nyuma yayo* mu mugereka wa 2).

## Intego zihariye z'amahugurwa

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Igitabo cy'Uhugura cyateguwe hashingiwe ku kurobanura neza ibigomba kukijyamo ndetse no ku buryo bwo guhugura biberanye n'abajyanama b'ubuzima. Ibigikubiyemo byibanda ku buryo bwo konsa, gutanga ifashabere, imirire y'umubyeyi, imirire y'abana bato bafite indwara zimirire mibi cyangwa izindi ndwara, kugenzura no guteza imbere imikurire y'umwana , kwita ku bana bafite indwara zimirire mibi mu rwego rw'umudugudu, imirire y'abana bavuka ku babyeyi babana na virusi itera SIDA, akarima k'igikoni no guteza imbere ubworozi bwamatungo magufi.

Nyuma y'amahugurwa, abahuguwe bazaba bashobora gukora ibi bikurikira:

- Gusobanura impamvu Imirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto ari ikintu cy'ingenzi
- Kugaragaza mu bikorwa ubushobozi mu gutanga ubujyanama (*Gutega amatwi no kwiga; Kubaka ikizere no Gutanga ubufasha* [amasomo arebana no kwimenyereza]) no gukoresha Imfashanyigisho z'Ubujuyanama
- Gukoresha *Intambwe 3 mu gutanga inama ku mirire y'umwana muto* ('Suzuma, Sesengura, hanyuma Ukor') ku mubyeyi, umugabo we, cyangwa undi wita ku mwana.
- Gusobanura imirire ikwiye ku mwana muto mu myaka ibiri ya mbere y'ubuzima; gukoresha ingingo z'ubujyanama zishobora kunguranwaho ibitekerero no kumenya kwifashisha ibikoresho by'ubujyanama
- Gusobanura uburyo bwo konsa
- Kumenya uburyo bwo gukumira no gukemura ingorane zikunze kugaragara zижана no konsa
- Gusobanura ibantu byose bijyana n'uburyo bukwiye bwo guha umwana ifashabere kuva ku mezi 6 kugeza kuri 24
- Gusobanura uburyo bwo kugaburira umwana urwaye n'umwana ufite indwara zimirire mibi
- Kuyobora ikiganiro cy'itsinda ry'abantu bagamije igikorwa runaka n'amatsinda y'ubufasha y'umubyeyi ku wundi bungurana ibitekerzo ku mirire y'umwana muto
- Gusobanura ubumenyi bw'ibanze ku mirire y'umwana uvuka ku mubyeyi ubana na virusi itera SIDA
- Kugaragaza ibibazo by'ingenzi bijyane nimirire y'umwana muto mu bihe by'ibiza
- Gukora igenzura ry'imikurire y'umwana no kuvuga uburyo n'igihe umwana akeneye gukurikiranirwa
- Kumenya ibimenyetso byerekana ko umwana agomba koherezwa kwa muganga

## Abo amahugurwa agenewe

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Aya mahugurwa agamije kwigisha abajyanama b'ubuzima ndetse n'abandi bantu bashinzwe imirire y'umwana muto mu rwego rw'umugugudu hibandwa ku buzima bw'umwana n'ubw'umubyeyi. Abakozi bo mu bigo nderabuzima, abagenzuzi ndetse n'abakozi b'imishinga abajyanama b'ubuzima boherereza abarwayi bagomba nabo guhugurwa. Birumvikana ko abahugurwa bagomba nibura kuba bazi gusoma no kwandika.

Amahugurwa ayoborwa n'abahugura 3 nibura . Bibaye byiza habaho uhugura umwe ku itsinda rigizwe n'abahugurwa 3 kugeza kuri 5. Iyo uwo mubare urenze ntibishoboka gukurikirana neza uko abahugurwa bagenda bunguka ubushobozi bukenewe kugira ngo bazabashe kurangiza inshingano zabo. Abahugura bagomba kuba ari inzobere mu bijyanye n'imirire y'Umubyeyi, Konsa no

Kugaburira Umwana Muto, bafite inararibonye n'ubushobozi bwo gukorana n'abaturage kandi bamenyereye guhugura abajyanama b'ubuzima.

### **Imiterere y'amahugurwa**

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Lisiti y'ibikoresho byifashishwa mu mahugurwa iri mu mugerekwa wa 3. Igitabo cy'Uhugura kigabanyijemo amasomo 20 amara hagati y'imnoti 30 n'amasaha 4, agatangwa mu gihe cy'iminsi 5. Ibirebana n'igenzura ry'amahugurwa bikubiyemo ibirebana n'igenzura ryo gufasha, amafishi y'inyoboragenzura n'ibindi bikoresho byifashishwa mu igenzura rikorwa n'umuyobozi wa porogaramu; biri mu mugerekwa wa 4 witwa "Igenzura"

Buri somo rigaragaza ibi bikurikira:

- Intego z'isomo, impapuro zijiya nazo mu ***Gitabo cy'Uhugurwa, Imfashanyigisho z'Ubujyanama n'Ubutumwa bw'Ingenzi bugendanye nazo ndetse na depuliya byifashishwa kuri ryo somo, Ibikoresho by'Amahugurwa*** bikoreshwa mu cyumba cy'amahugurwa cyangwa mu myimenyerezo mu mudugudu.
- Urutonde rw'ibikoresho
- Ibigomba gutegurwa mbere y'amahugurwa
- Igihe isomo rimara
- Ingero z'imirimo ishobora gukorwa n'uburyo bwo guhugura bushingiye kuri buri ntego y'isomo hamwe n'amabwiriza agenewe uhugura/abahugura
- Amakuru y'ingenzi hamwe n'ibisobanuro ku bikubiye mu isomo

Igitabo cy'Uhugura cyateguriwe gukoreshwa n'Abahugura nk'igikoresho kibayobora mu itegurwa n'ishyirwa mu bikorwa ry'amahugurwa, ariko ntabwo kigenewe guhabwa abahugurwa. *Ibikoresho by'Amahugurwa* ni ibikoresho abahugura bifashisha mu gihe cy'amahugurwa gusa. Abahugurwa bahabwa Igitabo cy'Uhugurwa, Imfashanyigisho z'Ubujyanama ziriho ubutumwa bw'ingenzi ku rupapuro rw'inyuma rwa buri mfashanyigishondetse n'amakopi ya depuliya 3 zitahanwa.

### **Icyitonderwa: Mu Gitabo cy'Uhugura**

- Kuva kuri 0 kugeza ku mezi 6 bivuga kimwe no kuva ku 0 kugeza ku mezi 5 CYANGWA kuva kuri 0 kugeza ku mezi 5,9 (igihe cy'amezi 6 yuzuye)
- Kuva ku mezi 6 kugeza ku 9 bivuga kimwe no kuva ku mezi 6 kugeza ku 8 CYANGWA kuva ku mezi 6 kugeza ku 8,9 (igihe cy'amezi 3)
- Kuva ku mezi 9 kugeza kuri 12 bivuga kimwe no kuva ku mezi 9 kugeza kuri 11 CYANGWA amezi 9 kugeza kuri 11,9 (igihe cy'amezi 3)
- Kuva ku mezi 12 kugeza kuri 24 bivuga kimwe no kuva ku mezi 12 kugeza kuri 23 CYANGWA amezi 12 kugeza kuri 23,9 (igihe cy'amezi 12)

Mu mbonerahamwe y'*Imfashanyigisho z'Ubujyanama ku mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto*, amagambo 0 kugeza ku mezi 6, amezi 6 kugeza ku 9, amezi 9 kugeza kuri 12, n'amezi 12 kugeza kuri 24 akoreshwa iyo bashaka kuvuga ibyerekeranye n'ikigero cy'umwana muto.

### **Uburyo bwo Guhugura**

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Ikigamijwe ku mahugurwa y'abajyanama b'ubuzima ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto ni ughuhindura imyitwarire y'bahugurwa kimwe n'iy'ababyeyi n'abandi bita ku bana baha ubujyanama. Amahugurwa azibanda ku kwimenyereza akazi, ashyira ingufu nyinshi ku bushobozi bw'ubujyanama no gukoresha uko bikwiye imfashanyigisho z'ubujyanama na depuliya zitahanwa. Uburyo bwo gutanga ubumenyi n'ubushobozi buteganyijwe mu Gitabo cy'Uhugura bushingiye ku guhugura uhugurwa abigizemo uruhare, bwimakaza amahame y'ingenzi ku guhinduka mu myitwarire, bushyira ingufu ku guteza imbere ibikorwa bito bishoboka no kwemera bisesuye ko abantu bakuru bazi ibintu byinshi kandi ko biga neza iyo bafashijwe gutekereza ku byo bo bazi babonye (reba umugerekwa wa 5: *Amahame agenga imyigire y'abantu bakuru*)

Ubu buryo bwo guhugura bukoresha kwiga uwiga yimenyereza kandi bugategura abahugurwa kugira ubushobozi bwo gutanga umusaruro ku kazi. Mu gutanga amasomo ari muri iki gitabo hakoreshwa uburyo bwo guhugura bunyuranye, harimo gukoresha imfahanyigisho z'ubujyanama, amashusho, kwerekera, ibiganiro mu matsinda, gusesengura inkuru-nyigwaho, udukinamico no kwimenyereza (reba umugereka wa 6: *Uburyo bwo guhugura: Inyungu. Inzitizi, n'Inama ku kunoza uburyo bwo guhugura*). Ku rundi ruhande, uhugurwa wese aba ari umuntu ngishwanama kuri mugenzi we, kandi buri wese avoma ubumenyi mu byo akorera muri rubanda mu gihe akorana n'ababyeyi bonsa, abagore batwite n'abandi babyeyi bafite abana bato, abagabo babo n'abandi bantu bita ku bana bato (reba umugereka wa 7: *Ingero z'imyitozo y'amahugurwa, Udukino dutuma abantu baruhuka (kubaka amatsinda n'amakipe), Gugenzura ko abahugurwa banyuzwe n'amasomo y'umunsi hakoreshejwe amashusho agaragaza mu maso h'umuntu wishimye, uwo bitagize icyo bibwiye n'ubabaye*).

Amahugurwa ashingiye ku buryo bwo guhugura bwagaragaje akamaro butuma uwiga agira uruhare mu biba burimo ibi bikurikira:

- Gukoresha uburyo bwo gushishikaza uhugurwa
- Gukoresha uburyo bwo kwiga ushingiye ku inararibonye (ibyo wabonye, uzi)
- Guhugura ukoresheje uburyo bwo gusuzuma ikibazo runaka no kugikemura
- Gufata no gukoresha imbumbe y'ubushobozi n'ubumenyi mu gihe kimwe
- Guhuza uburyo bwo guhugura bushyashya n'ukuri kw'ibiba ku kazi kimwe n'imiterere y'akazi uhugurwa akora
- Kwimenyereza ubushobozi bushya kw'uhugurwa bigendanye no kugenzurwa/gufashwa n'uhugura ibyo bigakurikirwa kandi no kwimenyereza hamwe n'ababyeyi cyangwa abandi bita ku bana kugira ngo byongere icyizere mu bahugurwa ko bazashobora gukora neza akazi kabo nyuma y'amahugurwa
- Uburyo bwo kugenzura cyangwa gukurikirana bwatekerejweho mu buryo bwitondewe kugira ngo bifashe abajyanama gukomeza no kunoza imikorere yabo igihe kirekire.

#### Imikoreshereze y'Imfashanyigisho z'Ubujuyanama n'Ubutumwa bw'Igenzi bigendanye

Intambwe 3 z'ubujyanama ku mirire y'umwana muto zituma uhugurwa yinjira mu ntera 3 z'ingenzi mu gihe atanga ubujyanama bwihariye kuri buri mubyeyi n'umwana cyangwa uwita ku mwana n'umwana ubwe.

Mu rwego rwo gutuma abahugurwa bamenya gukusanya amakuru ku mwana na nyina mu bijyane n'imirire y'umwana muto, abahugurwa bifashisha ifishi y'ikusanyamakuru ibafasha kumva neza no kwibuka amakuru bagomba gukura ku mubyeyi cyangwa uwita ku mwana, bitegereza kandi baganira, mbese bakoresha ubushobozi busabwa mu gutanga ubujyanama bamaze kwimenyerezaho.

Iyo bamaze kubona amakuru bakeneye, abahugurwa biga gufata umwanya wo gusesengura kugira ngo batekereze ku byo bamenye/babonye ku mwana na nyina cyangwa ku mwana n'undi muntu umwitaho. Ubwo nibwo bashobora kumenya niba imirire y'umwana ikwiranye n'ikigero cye cyangwa niba hari izindi ngorane zijyanye n'imirire afite.

Iyo hari ingorane zirenze imwe, umujyanama azishyira ku murongo akurikije izihutirwa kurusha izindi, agahitamo 1 cyangwa 2 akaziganiraho n'umubyeyi cyangwa uwita ku mwana mu gihe cy'intambwe yo gukora. Umujyanama ahitamo amakuru macye akwiye akayaganiraho n'umubyeyi kugira ngo barebere hamwe niba hari igikorwa gito gishoboka umubyeyi cyangwa uwita ku mwana yabasha kugerageza mu gihe gito.

Iyo hari imfashanyigisho y'ubujyanama cyangwa depuliya ishobora gufasha umujyanama gusobanura neza ibijyane n'imirire myiza cyangwa ubushobozi runaka, iyo mfashanyigisho cyangwa depuliya bishobora kwifashishwa muri icyo kiganiro.

Umujuyanama agomba kwerekana amashusho ari mu mfashanyigisho kugira ngo ashimangire amakuru ari gutanga. Iyo bibaye ngombwa, umujuyanama aha umubyeyi cyangwa uwita ku mwana depuliya nk'igikoresho cye cyihariye kimufasha kwibuka igikorwa gito gishoboka ndetse n'andi makuru umujuyanama yamuhyae.

Iyo icyo gikorwa gito kimaze kumvikanwaho, umujuyanama ashobora gутегура undi munsi wo guhura n'umubyeyi n'aho bazahurira kugira ngo barebere hamwe niba cya gikorwa kigenda neza cyangwa niba hagomba gushakwa ikindi gikorwa gito gishoboka cyatuma umubyeyi n'umwana babasha gutera intambwe iganisha ku mirire ikwiye.

Imirimo ikorwa muri buri somo ry'amahugurwa igamije gufasha mu buryo bwihariye abahugurwa kumva, kwicengezamo no kwibuka amakuru bafashe aturutse ku mashusho ari kuri buri mfashanyigisho y'ubujyanama. Iyo amaze guhugurwa hakoreshejwe ubu buryo, umujuyanama ashobora guhitamo imfashanyigisho y'ubujyanama ikwiye kurusha izindi n'amakuru yo kuganiraho n'umubyeyi cyangwa uwita ku mwana. Imfashanyigisho y'ubujyanama ishobora kandi gukoreshwa mu gihe cyo guhugura amatsinda (amatsinda agamije igikorwa runaka) no mu gihe cy'imirimo y'ubufasha bw'umubyeyi ku mubyeyi. Mu gihe cyo kubara inkuru cyangwa nyuma yayo, igihe cyo gukina agakinamico cyangwa cyo kuganira ku nsanganyamatsiko mu itsinda ry'ubufasha, imfashanyigisho z'ubujyanama zishobora kwifashishwa mu kuyobora ikiganiro cyangwa mu kwerekana no kuganira ku makuru yose arebana n'insanganyamatsiko runaka.

### Aho amahugurwa n'imyimenyerezo bikorerwa

Aho amahugurwa yaba ateganyijwe gukorerwa hose, haba kwa muganga cyangwa mu mudugudu, hagomba kuba ari ahantu bigaragara ko hashobora gukorerwa ubujyanama kandi hatuma abajya inama bagera ku mvumvikano. Mu gihe cyo kwimenyereza, abahugurwa bakorana n'ababyeyi/ abagabo babo/ abita ku bana kugira ngo barebere hamwe ibikorwa bito bishoboka byafasha kunoza imirire y'umwana muto. Ahakorerwa imyimene yerezo hagomba gутегура ku bufatanye bw'abateguye amahugurwa, ivuliro n'ubuyobozi bw'ibanze mbere y'uko abahugurwa bahagera kugira ngo haboneke ahantu hahajje hazakorerwa iyo myimenyerezo.

### Ikurikirana rya nyuma y'amahugurwa

Ibigamije kugerwaho n'*Imbonerahamwe y'Imfashanyigisho z'Ubujuyanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto zagenewe Abajyanama b'Ubuzima ni ugushyira* mu bikorwa mu buryo bukwiye kandi buhoraho ubushobozi n'ubumenyi bushya, ibyo bigatumab abajyanama b'ubuzima n'abo baha ubujyanama bakanakurikirana bose babasha kurangiza neza inshingano zabo. Uko Abahugurwa bungutse ubumenyi bushya bishobora gupimwa ako kanya hifashishijwe isuzumabumenyi rya mbere n'iryu nyuma y'amahugurwa byateguve muri iki gitabo.

Kugira ngo abahuguwe/abajyanama b'ubuzima bashobore gufashwa/gushyigikirwa no gusuzuma uko bakoresha mu kazi kabo mu midugudu ubumenyi n'ubushobozi mu bujyanama bungukiye mu mahugurwa, abahuguye (bashobora kuba ari abagenzu ba porogaramu cyangwa ataribo) bagomba kwitegereza no kugenzura abahuguwe aho bakorera ku buryo bwihutirwa bishoboka nyuma yo kurangiza amahugurwa, byibura mu gihe bitarenze amezi 3 nyuma yayo. Byaba byiza kurushaho, abahuguye bagiye batanga ubufasha basanze abahuguwe ku kazi kandi bagafasha abajyanama gukemura ibibazo bahura nabyo mu bihe nk'ibi bikurikira:

- i) Mu gihe batanga ikiganiro cy'ubujyanama ku mubyeyi n'umwana/se w'umwana n'umwana/ uwita ku mwana n'umwana mu mudugudu cyangwa mu rugo;
- ii) Mu gihe cyo guhugurana mu matsinda (amatsinda agamije igikorwa runaka), no
- iii) Mu gihe cy'ibiganiro mu matsinda y'ubufasha.

Gukurikirana abahuguwe nyuma y'amahugurwa bizafasha uhugura cyangwa abashinzwe porogaramu kumenya aho bagomba gushyira imbaraga mu gushimangira ubumenyi cyangwa

ubushobozi bw'uwahuguwe binyuze mu yandi mahugurwa yo kwibutsa cyangwa mu igenzura ryo  
gufasha abahuguwe rihoraho.

Ikurikirana rihoraho rikorwa binyuze mu buryo bwemewe bwo kugenzura/gukurikirana rizafasha  
abahugura cyangwa abayobozi ba za porogaramu kugenzura niba abajyanama b'ubuzima barafashe  
cyangwa baribagiwe ibyo bahuguwemo, kandi bibafashe no guteza ubushobozi imbere mu gihe  
kizaza, kwibanda ku igenzura ryo gufasha rihoraho no gukemura ibibazo kugira ngo ibikenewe byose  
na buri mujyanama w'ubuzima bibashe kuboneka. Aho bidashoboka kugenzura no gukurikirana  
umujyanama w'ubuzima buri wese ku gitit cye, hashobora gukoreshwa uburyo bw'ibiganiro no  
kuyoborana bikozwe n'urungano mu itsinda ry'abajyanama b'ubuzima.

## GAHUNDA Y'AMAHUGURWA – IMBONERAHAMWE Y'IMFASHANYIGISHO Z'UBUJYANAMA KU MIRIRE Y'UMUBYEYI, KONSA NO KUGABURIRA UMWANA MUTO

IGIHE	UMUNSI WA 1	UMUNSI WA 2	UMUNSI WA 3	UMUNSI WA4	UMUNSI WA 5
08:15–08:30	<b>AMATANGAZO NO KUMENYESHA NA GAHUNDA ZA BURI MUNSI</b>				
08:30–10:30	<p><b>Isomo rya 1:</b> Isaha n'igice. Kwibwirana, isuzumabumenyi ribanziriza amahugurwa, amahame ngenderwaho mu mahugurwa, ibitegerezwe n'abahugurwa n'intego z'amahugurwa</p> <p><b>Isomo rya 2:</b> iminota 30. Impamvu zo kwita ku mirire y'umubyeyi, konsa no kugaburira umwana muto</p>	<p><b>Isomo rya 7:</b> amasaha 2. Imirire ikwiye y'Abana Bato</p> <ul style="list-style-type: none"> <li>Guha abana ifashabere kuva ku mezi 6 kugeza kuri 24</li> <li>Imyemerere ku ifashabere</li> </ul>	<p><b>Isomo rya 10:</b> amasaha 2. Uko batanga ubujyanama: Igice cya II</p> <ul style="list-style-type: none"> <li>Imikoreshereze y'ifishi y'isuzuma ry'umwana na nyina mu bijyanye n'imirire y'Umwana Muto</li> </ul>	<p><b>Isomo rya 13:</b> amasaha 2</p> <ul style="list-style-type: none"> <li>Isura ry'ahakorerwa akazi Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</li> <li>Ikiganiro mu itsinda rigamije igikorwa runaka/itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto</li> </ul>	<p><b>Isomo rya 17 :</b> amasaha 2. Imirire y'umwana muto mu gihe hariho ikibazo cya virusi itera SIDA</p>
10:30–10:45	<b>GUFATA IFUNGURO RITO</b>				
10:45–12:45	<p><b>Isomo rya 2 (ibikurikira):</b> iminota 30. Impamvu zo kwita ku mirire y'umubyeyi, konsa no kugaburira umwana muto</p> <p><b>Isomo rya gatatu:</b> iminota 30. Imyemerere ijyanye no konsa</p> <p><b>Isomo rya 4:</b> isaha 1. Uko batanga ubujyanama: Igice cya I</p> <ul style="list-style-type: none"> <li>Ubushobozi bwo gutega amatwi no kwiga</li> <li>Intambwe ziterwa mu ihinduka ry'imiyitarire</li> </ul>	<p><b>Isomo rya 8:</b> amasaha 2. Gukurikirana no guteza imbere imikurire y'umwana</p>	<p><b>Isomo rya 11 :</b> amasaha 2.</p> <ul style="list-style-type: none"> <li>Isura ry'ahakorerwa akazi Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</li> <li>Ibyavuye mu isura</li> </ul>	<p><b>Isomo rya 13 (ibikurikira) :</b> amasaha abiri</p> <ul style="list-style-type: none"> <li>Isura ry'ahakorerwa akazi Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</li> <li>Ikiganiro mu itsinda rigamije igikorwa runaka/itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto</li> </ul>	<p><b>Isomo rya 18:</b> isaha 1. Kwinjiza ubufasha mu bijyanye n'imirire y'umwana muto muri servisi zitangirwa mu mudugudu n'ibigomba gukorwa mu gihe cy'ibiza</p> <p><b>Isomo rya 19:</b> iminota 30 Amafishi akesherwa muri gahunda z'imirire y'umwana muto: ubujyanama, ibiganiro mu matsinda, amatsinda y'ubufasha n'amafishi ngenderwaho agenzurirwaho ibyakozwe</p> <p><b>Isomo rya 20:</b> iminota 30. Isuzumabumenyi n'igenzura rya nyuma y'amahugurwa</p>
12:45–13:45	<b>IFUNGURO RYA SAA SITA</b>				

<b>IGIHE</b>	<b>UMUNSI WA 1</b>	<b>UMUNSI WA 2</b>	<b>UMUNSI WA 3</b>	<b>UMUNSI WA4</b>	<b>UMUNSI WA 5</b>
13:45–15:45	<p><b>Isomo rya 4 (ibikurikira): iminota 30.</b> Uko batanga ubujyanama: Igice cya I</p> <ul style="list-style-type: none"> <li>Ubushoboz bwo gutega amatwi no kumva</li> <li>Intambwe ziterwa mu ihinduka ry'imyitwarire</li> </ul> <p><b>Isomo rya 5:</b> isaha 1. Imirire ikwiye y'Umwana Muto: Konsa</p> <p><b>Isomo rya 6:</b> iminota 30. Uburyo bwo konsa</p> <ul style="list-style-type: none"> <li>Imiterere n'imikorere y'ibere</li> <li>Gushyira umwana ku ibere neza no kumufata</li> </ul>	<p><b>Isomo rya 8 (ibikurikira) :</b> amasaha 2 Gukurikirana no guteza imbere imikurire y'umwana</p>	<p><b>Isomo rya 11(ibikurikira) :</b> isaha 1. Isura ry' ahakorerwa akazi lbyavuye mu isura</p> <p><b>Isomo rya 12 :</b> isaha 1. Uburyo bwo kuyobora ibiganiro by'amatsinda agamije igikorwa runaka, amatsinda y'ubufasha mu by'imirire y'abana bato n'isura mu ngo</p>	<p><b>Isomo rya 14:</b> isaha imwe. Imirire y'abagore</p> <p><b>Isomo rya 15:</b> iminota 30 Akarima k'igikoni no guteza imbere ubworoz bwamatungo magufi</p> <p><b>Isomo rya 16:</b> iminota 30 Kugaburira umwana urwaye</p>	<p><b>Isomo rya 20 (ibikurikira): iminota 30.</b> Isuzumabumenyi n'igenzura rya nyuma y'amahugurwa .</p> <p><b>Imihango yo gusoza amahugurwa</b></p>
15:45–16:00	<b>IKIRUHUKO CYO GUFATA ICYAYI</b>				
16:00–16:30	<p><b>Isomo rya 6 (ibikurikira): iminota 30.</b> Uburyo bwo konsa:</p> <ul style="list-style-type: none"> <li>Imiterere n'imikorere y'ibere Gushyira umwana ku ibere neza no kumufata</li> </ul>	<p><b>Isomo rya 9:</b> iminota 30. Ibibazo bikunze kugaragara bijyana no konsa: ibimenyetso, gukumira, n'ibigomba gukorwa</p> <ul style="list-style-type: none"> <li>Ibimenyetso, gukumira, n'ibigomba gukorwa</li> </ul>	<p><b>Isomo rya 12 (ibikurikira): iminota 30.</b> Uburyo bwo kuyobora ibiganiro by'amatsinda agamije igikorwa runaka, amatsinda y'ubufasha mu by'imirire y'abana bato n'isura mu ngo</p>	<p><b>Isomo rya 16 (ibikurikira):iminota 30</b> Kugaburira umwana urwaye</p>	
<b>ISUZUMA RYA BURI MUNSI (AMASURA)</b>					

**ISOMO RYA 1: KWIBWIRANA, ISUZUMABUMENYI RIBANZIRIZA  
AMAHUGURWA, AMAHAME NGENDERWAHO MU MAHUGURWA,  
IBITEGEREJWE N'ABAHUGURWA N'INTEGO Z'AMAHUGURWA**

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gutangira kuvuga amazina ya bagenzi be bahugurwa, ay'abahugura, n'ay'abandi bantu bafite uruhare mu mahugurwa.	Agakino ko guhuza ibice by'amashusho bigendanye	Amashusho 16 ahuzwa uduce tubiri tubiri yavanywe mu Mfashanyigisho z'Ubujuyanama.
2. Kungurana ibitekerezo ku byo abahugurwa bategereje ku mahugurwa, kubigereranya n'intego z'amahugurwa, ndetse no kugaragaza neza iby'ibanze byo kwibandaho mu mahugurwa.	Kwibwirana	
3. Kugaragaza ingufu n'intege nke z'abahugurwa mu bijyanye n'ubumenyi bwabo ku mirire y'umubyeyi, konsa no kugaburira umwana muto.	Isuzumabumenyi ribanziriza amahugurwa ridakoresheje kwandika	Ibibazo by'isuzumabumenyi ribanziriza amahugurwa bikoreshwa n'abahugura
4. Kwerekana no kunyura mu Mfashanyigisho z'Ubujuyanama na Depuliya.	Amatsinda mato y'abahugurwa 3	<ul style="list-style-type: none"> <li>• Imfashanyigisho z'Ubujuyanama</li> <li>• Depuliya</li> </ul>

**Ibikoresho:**

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + na papier collant)
- Udupapuro duto duto duhabwa uhugurwa wese akandikaho izina rye
- Amafaridi y'abahugurwa
- Ingengabihe y'amahugurwa

**Imyiteguro :**

- Fulipucati: Intego z'amahugurwa ( urupapuro rwa 2 rw'Iriburiro)

**Igihe isomo rimara:** Isaha imwe n'igice

**Intego ya 1 y'isomo:** Gutangira kuvuga amazina ya bagenzi be bahugurwa, ay'abahugura, n'ay'abandi bantu bafite uruhare mu mahugurwa.

**Uburyo bwo guhugura:** Agakino ko kwimenyerezanya

**Amabwiriza:**

1. Koresha amashusho yo mu Mfashanyigisho z'Ubujuyanama (afunikishiye plasitiki niba bishoboka) akaswemo ibice bibiri; buri muntu uhugurwa ahabwa igice cy'ishusho noneho agasabwa gushakisha mugenzi we ufite ishusho ijjane n'eye; abahugurwa babiri babiri baribwirana, bakavuga izina buri wese yifuza ko bamwita mu mahugurwa, umudugudu bakomokamo, umurimo wabo muri gahunda y'imirire y'Ababyeyi, Konsa no Kugaburira Umwana Muto (ikintu kimwe buri wese ategereje ku mahugurwa, n'ikindi kintu akunda mu buzima (ibiro bakunda kurusha ibindi, ibbarangaza nyuma y'imrimo cyangwa ibara bakunda kurusha ayandi, n'ibindi).
2. Uhugura yandika ibyo abahugurwa bategereje ku mahugurwa kuri fulipucati.
3. Uhugura asaba abahugurwa gutekereza no kuvuga amahame ngenderwaho mu mahugurwa; uhugura abikorera urutonde kuri fulipucati kandi urwo rutonde rugahora rumanitse kugeza igihe amahuurwa arangiriye.

**Intego ya 2 y'isomo:** Kungurana ibitekerezo ku byo abahugurwa bategereje ku mahugurwa, kubigereranya n'intego z'amahugurwa, ndetse no kugaragaza neza iby'ibanze byo kwibandaho mu mahugurwa.

**Uburyo bwo guhugura:** Kwibwirana

**Amabwiriza:**

1. Uhugura avuga intego z'amahugurwa (agashyiramo intego rusange ya buri somo yamaze kwandikwa kuri fulipucati), noneho akazigereranya n'ibyo abahugurwa bategereje ku mahugurwa.
2. Uhugura yongeramo izindi ngingo atekereje:
  - Ushobora gukora ibinyuranye n'ibikorwa mu mudugudu wanyu!
  - Ufite uruhare mu biba kandi wifashishiye ubumenyi n'ubushobozi uzakura muri aya mahugurwa uzabasha gufasha ababyeyi, abana bato, n'imiryango muturanye.
  - Turifuza ko wiyumva mo ubushobozi n'imbaraga kuko ukora umurimo w'ingenzi mu baturanyi bawe – ababyeyi, abana bato ndetse n'imiryango bazarushaho kugira ubuzima bwiza.
3. Ibyo abahugurwa bategereje ku mahugurwa ndetse n'intego z'amahugurwa bizahora bizirikanwaho mu gihe cyose cy'amahugurwa.

**Intego ya 3 y'isomo:** Kugaragaza ingufu n'intege nke z'abahugurwa mu bijyanye n'ubumenyi bwabo ku mirire y'umubyeyi, konsa no kugaburira umwana muto.

**Uburyo bwo guhugura:** Isuzumabumenyi ribanziriza amahugurwa ridakoresheje kwandika

**Amabwiriza:**

1. Gusobanura ko abahugurwa bazabazwa ibibazo 16 kandi ko mu gusubiza bazajya bazamura ikiganza gifunguye igihe batekereza ko igitubizo ari yego, bakazamura igipfunsi igihe batekereza ko igitubizo ari oya, cyangwa bakazamura ikiganza berekana intoki 2 igihe batazi cyangwa batizeye igitubizo cyabo.
2. Saba abari mu mahugurwa gukora uruziga no kwicara bateye umugongo hagati mu ruziga.
3. Umwe mu bahugura asoma ibibazo biri ku rupapuro rw'isuzumabumenyi rya mbere y'amahugurwa naho mugenzi we akandika umubare w'ibisubizo runaka bitanzwe kandi akagaragaza ibibazo biteye urujijo niba bihari.
4. Menyesha abahugurwa ingingo zikubiye mu isesengurabumenyi rya mbere y'amahugurwa zizaganirwaho birambuye mu mahugurwa.

**CYANGWA**

**Isuzumabumenyi rya mbere y'amahugurwa rikoresheje kwandika**

1. Hereza abahugurwa kopi z'amafishi y'isuzumabumenyi rya mbere y'amahugurwa kandi ubasabe kuyuzuza buri wese ku gitи cye.
2. Saba abahugurwa kwandika kuri ayo mafishi inomero zabo (bahawe mu buryo bwa tombora). Basabe kandi kutibagirwa izo nomero kuko zizakoreshwa mu isuzumabumenyi rya nyuma y'amahugurwa. Abahugurwa bashobora kandi gukoresha ikimenyetso bo uwabo bihitiyemo- ikintu cyose bazabasha kwibuka kugirango isuzumabumenyi rya mbere y'amahugurwa n'irya nyuma yayo ashobore guhuzwa.
3. Ihutire gukosora ayo masuzumabumenyi uwo munsi. Garagaza ingingo zitumvikanyweho cyangwa zateye urujijo zigomba kwibandwaho. Abahugurwa bagomba kumenyeshwa ko ari byiza kuzanononsora izo ngingo mu buryo bwimbitse mu mahugurwa.

**Intego ya 4 y'isomo:** Kwerekana no gusubiramo imfashanyigisho z'ubujyanama zose hamwe n'ubutumwa bw'ingenzi buzikubiyemo ndetse na za depuliya

**Uburyo bwo guhugura:** Amatsinda y'ibiganiro y'abantu 3 bahugurwa

**Amabwiriza:**

1. Hereza buri wese mu bahugurwa Imfashanyigisho z'Ubujujanama na za depuliya kandi ubasabe gukora amatsinda y'abantu 3.
2. Basobanurire ko izo mfashanyigisho z'ubujyanama n'izo depuliya ari ibikoresho byabo bazagumana kandi ko bagiye gufata iminota micye kugira ngo barebe ubutumwa buriho.
3. Buri tsinda rigomba gushaka ishusho ryerekana igice cy'urubuto rwo mu mfashanyigisho y'ubujyanama no muri depuliya zitahanwa.
4. Saba itsinda kuzamura imfashanyigisho z'ubujyanama na depuliya zigaragaza iyo ngingo.

5. Baza andi matsinda niba abyemera, atabyemera se, cyangwa niba yifuza kongeraho indi mfashanyigisho y'ubujyanama cyangwa indi depuliya.
  6. Subiramo iki gikorwa wifashishije ingingo zisigaye.
  7. Shaka ahari :
    - umujyanama w'ubuzima uvugana n'umubyeyi
    - ikimenyetso kigaragaza ko hari ikintu gishobora kuba ku manywa cyangwa ninjoro.
    - ikimenyetso kigaragaza ko umwana yagombye kugaburirwa cyangwa guhabwa ifunguro rito hagati y'amafunguro manini.
    - ikimenyetso kigaragaza ko umwana muto yagombye kugaburirwa incuro 3 ku munsi kandi agahabwa amafunguro mato 2 hagati y'amafunguro manini.
    - umwana muto urwaye ufite munsi y'amezi 6
    - imfashanyigisho iriho ubutumwa buvuga ko "ari ngombwa gukaraba intoki ukoreshje isabune n'amazi meza'
    - imfashanyigisho y'ubujyanama iriho ubutumwa buvuga ko umwana muto adakeneye guhabwa amazi yo kunywa
  8. Basubiriremo ko imfashanyigisho z'ubujyanama na depuliya bizaba ibikoresho bazajya bifashisha.
- Umukoro utahanwa:**
- Gusoma ubutumwa bw'ingenzi buri inyuma ku mfashanyigisho ya 1- 8, n'iya 17.

### **Isuzumabumenyi rya mbere y'amahugurwa: Ubu tuzi iki?**

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#		Yego	Oya	Simbizi
1.	Akamaro k'itsinda ry'ubufasha mu bijyanye no kugaburira umwana muto (IYCF) ni ukungurana inararibonye ku byerekeranye n'imigenzereze yo kugaburira abana bato.			
2.	Kugaburira umwana nabi mu myaka 2 ya mbere y'ubuzima bwe bigira ingaruka ku mikurire ye n'iy'ubwonko bwe.			
3.	Umwana ufile hagati y'amezi 6 n'amezi 9 akenera kurya byibura inshuro 3 ku munsi ziyongera ku kumwonsa.			
4.	Umagore utwite akenera kurya indi ndyo imwe ku munsi yiyongera ku byo yari asanzwe arya.			
5.	Impinja zimaze amezi 4 zivutse, zikenera amazi n'ibindi binyobwa byiyongera ku mashereka.			
6.	Kubwira gusa umubyeyi uko agomba kugaburira umwana we ni bwo buryo bukwiye bwo guhindura imigenzereze ikoreshwa mu kugaburira abana bato.			
7.	Umagore urwaye indwara z'imirire mibi ashobora kugira amashereka meza bihagije yo konsa umwana we.			
8.	Uko umwana arushaho konka amashereka menshi, ni ko umubiri w'umubyeyi urushaho gukora amashereka menshi.			
9.	Umubyeyi ufile umwana urwaye agomba gutegereza ko umwana akira kugirango abone kumugaburira ibiryo bifashe.			
10.	Igihe umwana agejeje ku mezi atandatu, ibiryo bya mbere ahabwa bigomba kuba byoroshye nk'amashereka kugirango atagira ingorane zo kubimira.			
11.	Mu mezi atandatu ya mbere, impinja ziba mu duce dushyuha zikenera kunywa amazi yiyongera ku mashereka.			
12.	Umwana muto (ufite guhera ku mezi 6 kugeza kuri 24) ntagomba kugaburirwa ibiryo bikomoka ku matungo nk'amagi cyangwa inyama.			
13.	Uruhinja rukimara kuvuka rugomba buri gihe konswa amashereka y'umuhondo.			
14.	Umubyeyi wanduye virusi itera SIDA ntagomba konsa na rimwe.			
15.	Abagabo bagomba kugira uruhare rukomeye mu bijyanye no kugaburira abana bato.			
16.	Kwitatibira buri gihe ibikorwa byo gukurikirana no guteza imbere imikurire y'umwana utarageza ku myaka 2 bishobora gutuma ibibazo afite mu rwego rw'imirire bimenyekana.			

## ISOMO RYA 2: IMPAMVU ZO KWITA KU MIRIRE Y'UMUBYEYI, KONSA NO KUGABURIRA UMWANA MUTO

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura amagambo Imirire y'Umwana Muto, konsa gusa, n'inyunganirabere.	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Kwigisha</li> </ul>	Amashusho: umwana ufile ubuzima bwiza n'imirire myiza, umubyeyi uri guha umwana we inyunganirabere, umubyeyi uri konsa akikijwe n'umuryango we, umugabo n'umugore bajyanye umwana wabo kwa muganga, n'amazi/isukura.
2. Kumenya ibyangombwa byose bikenerwa ngo umwana agire ubuzima bwiza n'imirire myiza	Kwigisha buri wese abigizemo uruhare	
3. Kwerekana imibare yo mu gihugu ku mirire y'umwana muto.	Kwigisha buri wese abigizemo uruhare (gukoresha ibishyimbo mu kwerekana imibare)	Udupaki tw'ibishyimbo 100 duhabwa buri tsinda mu matsinda 5.

### Ibikoresho:

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + na papier collant)
- Amashusho: umwana ufile ubuzima bwiza n'imirire myiza, umubyeyi uri guha umwana we ifashabere, umubyeyi uri konsa akikijwe n'umuryango we, umugabo n'umugore bajyanye umwana wabo kwa muganga, n'amazi/isukura.
- Amapaki 5 y'ibishyimbo 100

### Imyiteguro y'isomo:

- Fulipucati: Amakuru akurikira (yo mu rwego rw'ighugu cyangwa mu karere):
  - Abashyira umwana ku ibere bakibyara (mu isaha ya mbere)
  - Konsa gusa (mu mezi 6 ya mbere)
  - Guha umwana ifashabere (kuyimutangiza ku gihe cyangwa utinze, inshuro agaburirwa, ingano y'ibiryo, uko bigomba kuba bifashe, ubwoko bwabyo).
  - Indwara z'imirire mibi (ibiro bycle, kugwingira, indwara y'imirire mibi ikabije, indwara y'imirire mibi idakabije, umubyibuho urengeje)
  - Kuvukana ibiro bycle

*Igihe isomo rimara:* Isaha imwe

**Intego ya 1 y'isomo:** Gusobanura amagambo imirire y'umwana muto, konsa gusa, n'ifashaberea.

**Uburyo bwo guhugura:** Gutekereza; kwigisha

**Amabwiriza:**

1. Andika kuri fulipucati umanuka amagambo: Imirire , Umwana muto, Konsa gusa, Ifashabere
2. Baza abahugurwa kuvuga (uhugura yandika kuri fulipucati igisobanuro cya buri jambo/magambo):
  - Gusobanura ijambo imirire
  - Gusobanura ijambo umwana muto
  - Gusobanura amagambo konsa gusa
  - Gusobanura ijambo ifashabereGusobanura amagambo ibiribwa by'ifashabere
3. Uhugura aha agaciro ibivuzwe byose, agakosora amakosa/ kandi akongeramo ibibura.
4. Abahugura bishyiriraho uburyo bworoshye bwo kwerekana imibare n'imigenzereze ku konsa no guha abana ifashabere mu rwego rw'ighugu n'urw'akarere (reba ingero hasi).
5. Nimubiganireho (Kungurana ibitekerezo)

### Ubumenyi bw'ingenzi

Umwana muto (iyo bijyanye n'imirire y'abana bato) = umwana ukivuka kugeza ku myaka 2  
 ‘Infant’ (Uruhinja?) = Umwana ukivuka kugeza yujuje umwaka 1

Ubusobanuro	Bisaba ko umwana ahabwa	Biremewe ko umwana ahabwa na muganga wemewe	Birabujijwe guha umwana
Konsa gusa	Amashereka (harimo n'amashereka umubyeyi yikamye cyangwa undi mugore wonsa umwana)	Imiti, vitamini n'imyunyu ngugu	Ikindi kintu icyo ari cyo cyose

### Igice cya 1. Ubusobanuro

*Imyanzuro yumvikanyweho mu nama yabereye i Washington DC, muri Leta Zunze Ubumwe z'Amerika kuva tariki 6 kugeza ku ya 8 Ugushyingo 2007.*

**Ifashabere:** Igikorwa gitangira ige amashereka yonyine cyangwa amata yatunganyirijwe mu nganda yonyine atacyujuje ibyangombwa umwana muto akeneye mu rwego rw'imirire, bityo hakaba hakenewe ubundi bwoko bw'ibiryo n'ibinyobwa byiyongera ku mashereka cyangwa ku mata y'insimburamashereka. Muri rusange, ige nyacyo cyo guha umwana ifashabere ni ukuva umwana agize amezi 6 kugeza agize 24.<sup>1</sup>

**Ibiribwa by'ifashabere:** Ibiribwa ibyo ari byo byose, byaba ibyatunganyirijwe mu nganda cyangwa ibyatateguriwe mu karere bishobora gukoreshwa mu kunganira amashereka cyangwa insimburamashereka ige nyacyo kimwe muri ibyo kitagishoboye kuzuza ibyangombwa umwana muto akeneye mu rwego rw'imirire.<sup>2</sup>

<sup>1</sup> WHO, UNICEF. Strengthening action to improve feeding of infants and young children 6-23 months of age in nutrition and child health programmes Geneva, 6-9 October 2008. REPORT OF PROCEEDINGS

<sup>2</sup> Ibid

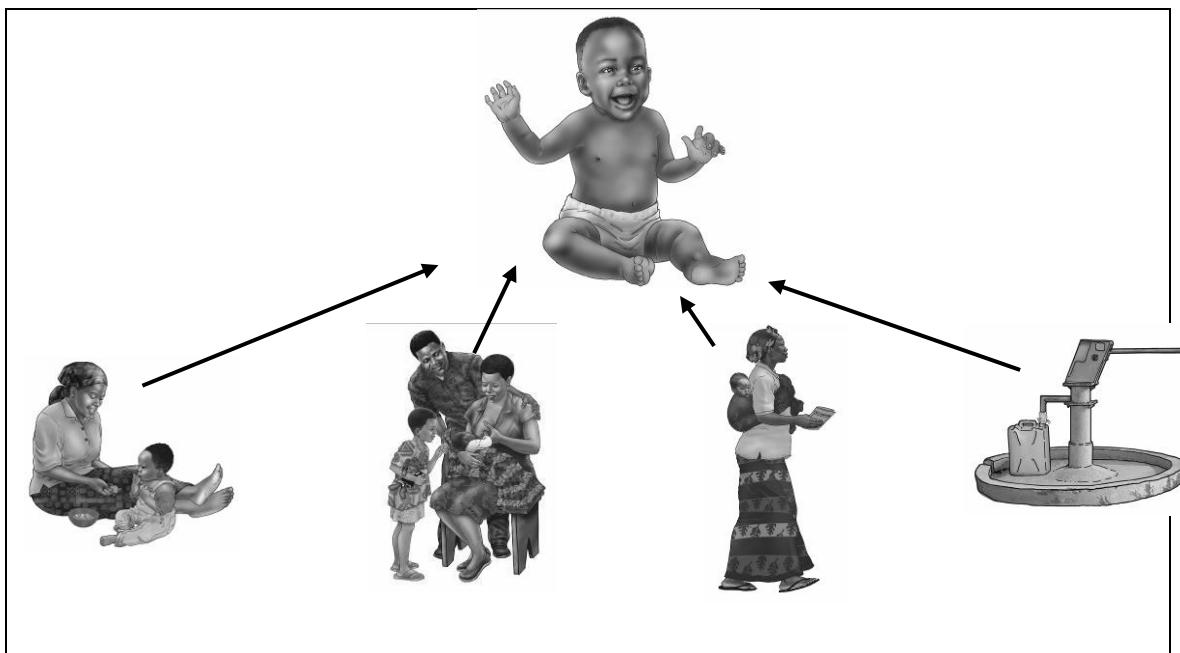
**Intego ya 2 y'isomo:** Kumenya ibyangombwa byose bituma umwana agira ubuzima bwiza, imirire myiza

**Uburyo bwo guhugura:** Kwigisha buri wese abigize mo uruhare

**Amabwiriza:**

1. Manika ishusho y'umwana ufile ubuzima bwiza , imirire myiza. Saba abahugurwa kureba ishusho y'umwana ufile imirire myiza mu mfashanyigisho z'ubujyanama zabo.
2. Saba abahugurwa kuvuga ibantu byose bya ngombwa bituma umwana agire ubuzima bwiza. Uko abahugurwa bazajya bavuga ibiryo, amazi, isuku n'isukura, kwitabwaho no kuvuzwa, bereke ishusho bijyanye kandi uyimanike kuri fulipucati
3. Ca imirongo y'utwambi iva ku mashusho uyerekeze ku mwana ufile ubuzima bwiza, imirire myiza (reba amashusho akurikira)
4. Nimubiganireho kandi ukore incamake

Ubumenyi bw'ingenzi



**Ibiribwa**

**Kwitabwaho**

**Kuvuzwa**

**Amazi,  
isuku n'isukura**

**Intego ya 3 y'isomo:** Kwerekana imibare yo mu gihugu ku mirire y'umwana muto  
**Uburyo bwo guhugura:** Kwigisha buri wese abigize mo uruhare (gutanga ibishyimbo)

**Amabwiriza:**

1. Wifashishiye ibishyimbo, erekana imibare yo mu gihugu ku byerekeranye no kugaburira abana bato wanditse kuri fulipucati wateguye: gushyira umwana ku ibere mu isaha ya mbere akivuka.
2. Saba abahugurwa gukora amatsinda 5. Saba buri tsinda kwifashisha ibishyimbo bakerekana iyindi mibare yo mu gihugu kubyerekeranye no kugaburira umwana muto:
  - Konsa gusa
  - Gutanga ifashabere
  - Konsa no gutanga ifashabere
  - Abana bafite indwara z'imiriye mibi
3. Uhoreye ku mibare kuri buri buryo bwo kugaburira umwana, vuga ingaruka zihari ku mwana.

### “Rwanda Demographic Health Survey 2010”

#### **1. Konsa gusa**

Ijanisha ry'abana bato bafite kugeza ku mezi 5 bonka gusa:

- Abafite musi y'amezi 2: 91%
- Abafite kuva ku mezi 2 kugeza ku mezi 3: 90%
- Abafite kuva ku mezi 4 kugeza ku mezi 5: 76%
- Abafite musi y'amezi 6 bose hamwe: 85%

#### **2. Ifashabere**

Ijanisha ry'abana bari munsi y'imyaka 2 babana n'ababyeyi babo, bonka kandi bakabona ifashabere.

- Kuva bavutse kugeza ku kwezi 1: 1%
- Kuva ku mezi 2 kugeza kuri 3: 1%
- Kuva ku mezi 4 kugeza kuri 5 : 8%
- Kuva ku mezi 6 kugeza ku 8: 62%
- Kuva ku mezi 9 kugeza kuri 11 : 91%
- Kuva ku mezi 12 kugeza kuri 17: 93%
- Kuva ku mezi 18 kugeza kurii 23: 85%

#### **3. Konsa n'ibiryo by'ifashabere**

	Ikigero	
	Amezi 0-5 (%)	Amezi 6-9 (%)
Abana bonka bakabona n'ifashabere	4	70
Abana bonka bagahabwa n'ubundi bwoko bw'amata	3	6
Abana bonka bagahabwa n'ibindi binyobwa bitari amata nk'umutobe	6	6
Abana bonka bakanywa n' amazi gusa	2	2
Abana bonka gusa	85	16
Abana batonka	1	2

**4. Abana bafite indwara zimirire mibi**

	Barazingamye (%)	Barananutse (%)	Bafite ibiro bidahagije (%)
<i>Abana bari ku ntera 2 munsi y'umurongo w'abana bakura neza ushingiye ku bipimo by'imikurire y'abana byemejwe n'Umuryango Mpuzamahanga w'Ubuzima mu mwaka w'2006</i>	44	3	11
<i>Abana bari ku ntera 2 munsi y'umurongo w'abana bakura neza ushingiye ku bipimo by'imikurire y'abana by'Umuryango Mpuzamahanga w'Ubuzima byakoreshwaga mbere y'umwaka w'2006</i>	37	4	15

### **ISOMO RYA 3. IMYEMERERE IJYANYE NO KONSA**

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gutandukanya imyemerere myiza ijyanye no konsa n'emyemerere ikwiye guhinduka, kuganira ku ngamba zafatwa kugira ngo bene iyo myemerere ihinduke.	Gushoza ibitekerezo	Ntazo
2. Kuganira ku biribwa bizirizwa ku mugore utwite cyangwa uwonsa.	Gushoza ibitekerezo	Ntazo

**Ibikoresho:**

- Impapuro za fulipucati n'igikoresho cyabugenewe bazifatishaho (+ marikeri + papier collant) fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)

**Igihe isomo rimara:** Iminota 30

**Intego ya 1 y'isomo:** Gutandukanya imyemerere myiza ijyanye no konsa n'emyemerere ikwiye guhinduka, kuganira ku ngamba zafatwa kugirango bene iyo myemerere ihinduke.

**Uburyo bwo guhugura:** Gutekereza

**Amabwiriza:**

1. Uhugura agabanya fulipucati mo ibice 3 bihagaze: imyemerere myiza ijyanye no konsa, imyemerere mibi ijyanye no konsa, n'emyemerere itagize icyo itwaye (idateye ibibazo)
2. Bari mu matsinda manini, abahugurwa batekereza ku myemerere ijyanye no konsa ifite uruhare ku buryo bwo konsa mu midugudu yabo
3. Bari mu matsinda manini, abahugurwa bemeza igice bagomba gushyiramo imyemerere iyi n'iyi ijyanye no konsa
4. Abahugurwa batanga ibitekerezo ku birebana n'uburyo bene iyo myemerere mibi ijyanye no konsa yahinduka (kandi bitabangamiye imyemerere y'abandi), no ku byerekeranye n'umuntu nyakuri mu rugo cyangwa muri rubanda ushobora gutuma impinduka iba (urugero:nyogokuru, se w'umwana, amatsinda y'abihayimana, amatsinda y'ubufasha)
5. Abahugurwa batanga ibitekerezo ku butumwa bwatangwa mu rwego rwo guhindura imwe muri iyo myemerere mibi igira ingaruka ku myokereze
6. Nimubiganireho kandi ukore incamake

## Ubumenyi bw'ingenzi

*Imwe mu myemerere ijyanye no konsa ishobora kugira ingaruka mbi ku myonkereze myiza (iratandukanye bitewe n'akarere). Imyemerere ikurikira ni ukuri (ni myiza). Ese mu karere kanyu hari imyemerere imeze nk'iyi?*

- Amashereka y'umuhondo ntabwo agomba kubogorwa (ntabwo atera guhitwa kandi nta n'ubwo aba afite umwanda).
- Umubyeyi urakaye cyangwa ufite ubwoba ashobora konsa.
- Umubyeyi ufite indwara isanzwe agomba konsa.
- Umubyeyi utwite ashobora konsa.
- Umubyeyi wonsa ashobora gukora imibonano mpuzabitsina ikingiye.
- Amashereka aba arekuye kandi yenda gusa n'ubururu cyane cyane iyo konsa bitangiye.
- Umubyeyi ashobora kugumya konsa kabone n'ijo yaba yari amaze igihe atabana n'umwana.
- Umwana wonka utarageza ku mezi 6 uba ahantu hashyuha ntacyenera kunywa amazi.
- Umubyeyi wonsa ashobora gufata imiti hafi ya yose yandikiwe (kugisha muganga inama).
- Umwana urwaye agomba konka kenshi kurushaho.
- Umubyeyi agomba gutangira konsa mu gihe cy'isaha ya mbere akibyara (mbere y'uko amashereka ye aza cyangwa yikama).
- Umubyeyi ufite ikibazo cy'imire mibi ashobora kugira amashereka ahagije umwana we.

**Icyitonderwa:** indi nzitizi ijyanye n'uburyo bukwiye bwo kugaburira abana bato ni ingaruka zikomoka ku nsimburabere zicuruzwa mu karere kanyu.

**Intego ya 2 y'isomo:** Kungurana ibitekerezo ku biribwa bizira ku mugore utwite cyangwa uwonsa.

**Uburyo bwo guhugura:** Gutekereza

1. **Amabwiriza:** Uhugura agabanya fulipucati mo ibice 4 bihagaze: Ibiribwa biziririzwa ku mugore utwite: Kuziriza gufite ‘ingaruka nziza’ no Kuziririza gufite ‘ingaruka (mbi)’; Ibiribwa biziririzwa ku mugore wonsa: Kuziriza gufite ‘ingaruka nziza’ no Kuziririza gufite ‘ingaruka (mbi)’
2. Mu matsinda manini, abahugurwa batekereza ku biribwa biziririzwa ku mugore utwite cyangwa uwonsa bituma imigenzereze mu mirire ihinduka mu midugudu yabo.
3. Mu matsinda manini, abahugurwa bemeza igice cya fulipucati ibiribwa biziririzwa bishyirwamo: Kuziriza gufite ‘ingaruka nziza’ no Kuziririza gufite ‘ingaruka (mbi)’
4. Abahugurwa bashishikarizwa gushyigikira kuziririza gufite ‘ingaruka nziza’
5. Abahugurwa batanga ibitekerezo ku birebana n'uburyo kuziririza gufite ingaruka mbi kwavaho (ariko hubahirizwa imyemerere y'abandi), no ku byekeranye n'umuntu nyakuri mu rugo cyangwa muri rubanda ushabora gutuma impinduka iba (urugero: nyogokuru, se w'umwana, amatsinda y'abihayimana, amatsinda y'ubufasha)
6. Abahugurwa batanga ibitekerezo ku butumwa bwatangwa mu rwego rwo guhindura bene iyo myemerere igira ‘ingaruka (mbi)’ ku mirire y'ababyeyi mu midugudu yabo.
7. Nimubiganireho kandi ukore incamake

### **Ubumenyi bw'ingenzi**

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*Ingero za bimwe mu biribwa biziririzwa (bigiye bitandukana bitewe n'akarere).  
Imyemerere ikurikira ni ukuri. Ese mu karere kanyu hari imyemerere imeze nk'iyi?*

- Ababyeyi bashobora guhabwa imbuto nshyashya n'imboga bamaze kubyara.
- Nta kiribwa cyangwa indyo yihariye iba ngombwa kugira ngo umubyeyi agire amashereka meza kandi ahagije.
- Gukora amashereka k'umubiri w'umubyeyi ntibiterwa n'indyo afata.
- Nta bwoko bw'ibiryo bubujijwe. Ariko kunywa ibinyobwa bisindisha igihe umugore atwite cyangwa yonsa byo birabujijwe.
- Ababyeyi bonsa bacyenera ibiryo byinshi.
- Ababyeyi bagomba gushishikarizwa kurya byinshi kugira ngo babungabunge ubuzima bwite bwabo.
- Ababyeyi bagomba gushishikarizwa kunywa amazi menshi.

**Icyitonderwa:** Shishikariza guha ababyeyi ibyo kurya byinshi igihe batwite n'igihe bonsa.

**ISOMO RYA 4. UKO BATANGA UBUJYANAMA: IGICE CYA I**

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kumenya ingingo zigize ubushobozi bwo <i>gutega amatwi n'ubwo kwiga</i> .	<ul style="list-style-type: none"> <li>• Gukorera mu matsinda</li> <li>• Kwerekera</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'uhugurwa 11.1: <i>Igenzura ry'umwana na nyina ku birenaba n'imirire y'abana bato</i></li> <li>• Igitabo cy' Uhugurwa 4.1: <i>Ubushobozi mu bujyanama</i></li> </ul>
2. Sobanura impamvu guhindura imyitwarire biruhije.	<ul style="list-style-type: none"> <li>• Kwigisha buri wese abigizemo uruhare</li> <li>• Gukorera mu matsinda</li> </ul>	
3. Gutekereza ku ruhare rw'abagabo mu mirire y'ababyeyi n'iy'abana.	Amatsinda y'ibiganiro agizwe n'abantu 3	<ul style="list-style-type: none"> <li>• Imfashanyigisho z'ubujyanama zose zigaragaraho abagabo: <i>Uruhare rw'abagabo mu mirire y'ababyeyi n'iy'abana.</i></li> </ul>

**Ibikoresho:**

- Impapuro za fulipucati fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Ingero ku byabaye byatumye haba ihinduka ry'imyitwarire

**Imyiteguro:**

- Gushushanya kuri fulipucati intambwe z'ihinduka ry'imyitwarire (utanditse mo amagambo)
- Abahugura bereka abahugurwa mu mwitozo uko *Igenzura ry'umwana na nyina ku birebana n'imirire y'abana bato rikorwa* (Ubushobozi bwo *gutega amatwi no kwiga*)
- Fulipucati: *Ubushobozi bwo gutega amatwi no kwiga*
- Fulipucati: Uruhare rwa ba se b'abana/abagabo mu mirire y'abagore babo n'iy'abana bato

**Igihe isomo rimara:** Isaha imwe n'igice

**Intego ya 1 y'isomo:** Kumenya ingingo zigize ubushobozi bwo gutega amatwi n'ubwo kwiga

**Uburyo bwo guhugura:** Gukorera mu matsinda; kwerekera

**Amabwiriza:**

**Gutega amatwi:**

1. Shyira abahugurwa mu matsinda ya babiri babiri. Saba umwe muri babiri babiri kubarira mugenzi we inkuru kandi amatsinda yose abikorere icyarimwe mu gihe cy'imnoti 2.
2. Noneho garuka mu itsinda rinini:
  - (Baza umwe/bamwe mu bavugaga): Wiyumvaga ute igihe wabariraga inkuru mugenzi wawe uvugira icyarimwe n'abandi?
  - (Baza umwe/bamwe mu babwirwaga): Ese hari icyo wigeze ukura mu nkuru yakubwiraga?
3. Muri ya matsinda ya babiri babiri subirishamo uwo mwitoto, ariko noneho usabe buri wese gutega amatwi mugenzi we yitonze cyane (basabe kutagira icyo bandika ahubwo batege amatwi cyane).
4. Noneho bwira umwe muri babiri babiri kubarira mugenzi we inkuru (mu gihe cy'umunota umwe).
5. Mu itsinda rinini, uhugura abaza ibi bikurikira:
  - Mugenzi wawe yumvise ibantu bingana iki mu nkuru yawe?
  - Wumvise umerewe ute igihe wabaraga inkuru ubona umuntu uuguteze amatwi?
6. Ni iki wakoze kugira ngo wizere ko mugenzi wawe aguteze amatwi?
7. Komeza ubabaze kugeza igihe ingingo zigize ubushobozi bwo gutega amatwi no kwiga zikurikira zivuzwe noneho uzikorere urutonde kuri fulipucati:
  - a) Kuganira kudakoresheje amagambo
    - Mu buryo bwo kwicara, kwishyira mu rwego rumwe n'uwo mujya inama
    - Gukurikira witonze (kureba mu maso uwo mujya inama)
    - Kuvanaho ibantu byose bibatandukanya (ameza, kwandika)
    - Gufata umwanya uhagije
    - Niba ukoze ku mubyeyi/uwita ku mwana cyangwa umwana, bikore uko bikwiye utarengereye
  - b) Gukoresha ibisubizo n'ibimenyetso bigaragaza ko ushishikajwe n'ibiru gukorwa
8. Sobanura ko ubushobozi bwo gutega amatwi n'ubwo kwiga ari cyo cyiciro cya mbere cy'ubushobozi bugomba kwigwa no kwitozwa.
9. Saba abahugurwa kwitegerezza igifuniko cy'imfashanyigisho z'ubujyanama no kuvuga ubushobozi bwo gutega amatwi no kwiga babona kuri iyo shusho.
10. Nimuganire ku bushobozi bunyuranye bwo gutega amatwi no kwiga kandi ubikorere incamake.

**Kubaza ibibazo:**

1. Buri wese ashobora kumbaza ikibazo kimwe (uhugura). Uhugura azasubiza ibibazo avugisha ukuri. Ahagarika uhugurwa amaze kubaza ikibazo kimwe gusa.
2. Ni iki mwakuye muri uyu mwitoto? (Ibibazo bimwe bitanga amakuru kurusha ibindi).
3. Ni ikihe kintu kindi wakora kugirango urusheho kubona amakuru?
  - a) Subiramo/Ifashishe ibyo nyina w'umwana/ se w'umwana/ uwita ku mwana avuga
  - b) Tega amatwi ibibazo bya nyina w'umwana/ se w'umwana/ uwita ku mwana
  - c) Irinde amagambo anenga cyangwa ashima

**Kwerekera:**

**Icyitonderwa:** Abahugura babiri bashobora gukora bonyine uyu mwitoto wo kwerekera mbere yo kuwukorera mu ruhame (umwe mu bahugura aba "umubyeyi", naho undi akaba "umuujyanama") bakoresha ubushobozi bwo gutega amatwi no kwiga (reba Igitabo cy'Uhugurwa: 4.1; n'intambwe 3

z'ubujyanama: isomo rya 11)

1. Saba abahugurwa kwitegereza uburyo umujyanama aganira n'umubyeyi mu gakinamico gakurikira:
  - Igana ubushobozi bwo gutega amatwi no kwiga hagati y'umubyeyi (Mukamana) ufite umwana w'umuhungu w' amezi 7 (Murenzi) n'umujyanama ukurikije Igitabo cy'Uhugura 11.1: *Igenzura ry'umwana na nyina ku birebana n'imirire y'umwana muto*
  - Uhugura/ Umubyeyi (Mukamana): yonsa Murenzi igihe cyose aririye; atekereza ko nta mashereka ahagije afite, amugaburira igikoma kirekuye incuro 2 ku munsi (igikoma cyateguve mu binyampeke bisanzwe, urugero: igikoma cy'ibigori); nta bundi bwoko bw'amata cyangwa ikinyobwa aha Murenzi
  - Nyuma yo kuberekera, baza abahugurwa iki kibazo: "Ikiganiro cy'umubyeyi n'umujyanama mwakibonye mute?"
  - Komeza ubabaze kugeza igihe bavugiye ubushobozi bwo gutega amatwi no kwiga bwakoreshejwe.

**Intego ya 2 y'isomo:** Sobanura impamu guhindura imyitwarire biruhije.

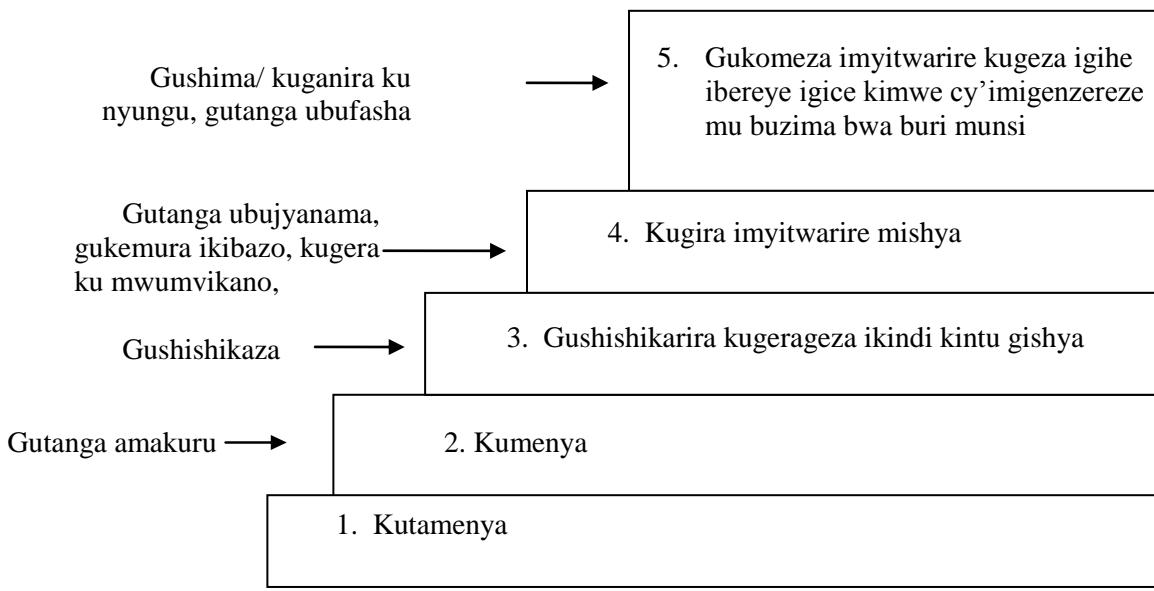
**Uburyo bwo guhugura:** Kwigisha buri wese abigizemo uruhare no gukorera mu matsinda

**Amabwiriza:**

1. Shushanya intambwe z'ihinduka ry'imyitwarire (zanditse ahakurikira) kandi ufatanye n'abahugurwa gutekereza k'ukuntu umuntu muri rusange anyura muri izo ntambwe zose mu nzira y'ihinduka ry'imyitwarire (fata konsa gusa ho urugero).
2. Baza abahugurwa: Ni iki gifasha umuntu gukora ziriya ntambwe zose?
3. Andika ibisubizo by'abahugurwa kuri fulipucati: amakuru, gushishikaza, ubufasha no gushima – umuntu utanga ibingibi ni umuhinduramyitwarire; abajyanama b'ubuzima ni abahinduramyitwarire
4. Saba abahugurwa guhumiriza no gutekereza ku myitwarire bari kugergeza guhindura. Basabe kuvuga intambwe bagezecho n'impamu. Babaze icyo batekereza ko bazakenera kugira ngo bagere ku ntera ikurikiraho.
5. Kungurana ibitekerezo (baza niba hari abahugurwa bashaka kugeza ku bandi ibyo bo bazi (expérience personnelle).
6. Shyira abahugurwa mu matsinda 5 – Ha buri tsinda inkuru-nyigwaho eshatu. Kuri buri kibazo cyo kwigwaho, itsinda risubiza ikibazo kivuga ngo "Umubyeyi ageze ku yihe ntambwe mu guhindura imyitwarire?"
7. Nimubiganireho mu itsinda rinini.

## Ubumenyi bw'ingenzi

### Intambwe umuntu cyangwa itsinda rikora kugirango imigenzereze ihinduke, n'uruhare rw'umuujyanama w'ubuzima



**Icyitonderwa:** Muri iyo nzira yose y'ihindura ry'imyitwarire, umujyanama w'ubuzima akoresha ubushobozi bwo gutega amatwi no kwiga, ubwo kubaka ikizere no gutanga ubufasha. Inzira y'intambwe 3 y'ubujyanama ku mirire y'abana bato: Kugenzura, Gusesengura, no Gukora (gushyira mu bikorwa) isaba ko umujyanama aganira n'umubyeyi/ se w'umwana/ uwita ku mwana kugirango ibibazo bimenyekane, bishakirwe umuti kandi bagere ku mwumvikano.

## Inkuru-nyigwaho ku ihinduka ry'imyitwarire

1. Umugore utwite yumvise amakuru mashya ku bijyanye no konsa, n'umugabo we na nyirabukwe nabo bari kubiganiraho. Uwo mugore ari gutekereza kugerageza uburyo bwo konsa gusa kuko akeka ko ari bwo buryo bwiza ku mwana we.
2. Umubyeyi yazanye umwana we w'amezi 8 kumupimisha ibiro. Umwana agaburirwa igikoma kirekuye kuko nyina atekereza ko ari cyo kijyanye n'ikigero cy'umwana. Umwana yarananutse. Umujyanama w'ubuzima aramushishikariza kugaburira umwana igikoma gifashe aho kumuha igikoma kirekuye kuko umwana atari gukura.
3. Mu kwezi gushize, umujyanama w'ubuzima yaganiriye n'umubyeyi ku bijyanye no gutangira kugaburira umwana we w'amezi 7 buhoro buhoro inshuro 3 ku munsi aho kumugaburira inshuro 1 gusa. Umubyeyi yatangiye guha umwana ifunguro rikuru agakurikizaho ifunguro rito ndetse agera aho yongeraho irindi funguro rya gatatu. Ubu noneho umwana ashaka kurya incuro 3 ku munsi bityo nyina akamugaburira gatatu kandi iminsi yose.

### Ingero z'inkuru-nyigwaho ku ihinduka ry'imyitwarire (urufungozo rw'ibisubizo)

1. Gushishikarira kugerageza ikintu gishya
2. Kugira amakuru (yarabyumvise noneho)
3. Gufata/gutangira imyitwarire mishya

**Intego ya 3 y'isomo:** Gutekereza ku ruhare rw'abagabo mu mirire y'ababyeyi n'iy'abana.

**Uburyo bwo guhugura:** Amatsinda y'ibiganiro y'abantu 3

**Amabwiriza:**

1. Saba amatsinda y'ibiganiro kwitegerezza neza imfashanyigisho z'ubujyanama no kureba abagabo bagaragara kuri izo mfashanyigisho. Basabe kuvuga uruhare ababyeyi b'abagabo/abagabo bafite mu mirire y'abagore babo/ abo babana nabo n'iy'abana babo; ni iki bagombye gukora?
2. Mu itsinda rinini, amatsinda abwirana ibyo yabonye.
3. Nimubiganireho kandi wuzuze ibibuze

### Ubumenyi bw'ingenzi

Ababyeyi b'abagabo/abagabo bashobora kugira uruhare rukomeye mu kunoza imirire y'abagore babo n'iy'abana babo muri ubu buryo:

- Guherekeza umugore kwa muganga igihe cyo kwipimisha mbere yo kubyara , amwibutsa kunywa ibnini bya feri n'ibya aside folike
- Guha abagore babo ibiryo by'inyongera igihe batwite cyangwa bonsa
- Kubafasha mu mirimo yo mu rugo itarebana no kwita ku mwana mu rwego rwo kubaruhura
- Gukora ibishoboka byose ngo umugore abone umukurikirana wabyigiye mu gihe cyo kubyara
- Gutegura uburyo bwizewe bwo gutwara umubyeyi kwa muganga (igihe bibaye ngombwa).
- Gushishikariza umugore gushyira umwana kw'ibere ako kanya akimara kubyara
- Gushishikariza umugore guha uruhinja amashereka ya mbere y'umuhondo afashe
- Kuganira na nyina (nyirabukwe w'umugore) ku byerekeranye na gahunda y'imirire, imyemerere n'imico
- Gukora ibishoboka byose ngo uruhinja rwonke gusa mu mezi 6 ya mbere y'ubuzima
- Guha umwana urengeje amezi 6 ubwoko bunyuranye bw'ibiribwa. Kugaburira umwana ni bwo buryo bwa mbere butuma ababyeyi b'abagabo basabana n'abana babo
- Gutanga ubufasha mu kugaburira umwana urengeje amezi 6 uko abishatse, inshuro nyinshi ku munsi (kugenda wongera inshuro n'ibyo umuha uko agenda akura).
- Guherekeza umugore kwa muganga igihe umwana arwaye
- Guherekeza umugore kwa muganga muri gahunda yo kugenzura no guteza imbere imikurire y'umwana no kumukingiza
- Gushakira umuryango inzitiramibu no gukora ibishoboka byose ngo umugore n'abana bato bayiraremo buri joro.
- Gushyigikira uburere bwiza bw'abana be b'abakobwa no kubera urugero rwiza abana be b'abahungu.

## Igitabo cy'uhugurwa 4.1: Ubushobozi mu bujyanama

### Ubushobozi bwo gutega amatwi n'ubwo kwiga<sup>3</sup>

1. Kuganira kudakoresheje amagambo
  - Mu buryo bwo kwicara, kwishyira mu rwego rumwe n'uwo mujya inama
  - Gukurikira witonze (kureba mu maso uwo mujya inama)
  - Kuvanaho ibintu byose bibatandukanya (ameza, kwandika)
  - Gufata umwanya uhagije
  - Niba ukoze kuri nyina w'umwana/uwita ku mwana cyangwa umwana, bikore uko bikwiye utarengereye
2. Baza ibibazo bituma umubyeyi/ se w'umwana/ uwita ku mwana atanga amakuru arambuye
3. Koresha ibisubizo n'ibimenyetso bigaragaza ko ushishikajwe n'ibiriki kuba
4. Tega amatwi ibibazo bya nyina/ se w'umwana/ uwita ku mwana
5. Subiramo/Ifashishe ibyo nyina / se w'umwana/ uwita ku mwana avuga.
6. Irinde amagambo anenga cyangwa ashima



<sup>3</sup> WHO/UNICEF. Infant and Young Child Feeding Counselling: An Integrated Course. 2006

## ISOMO RYA 5. IMIRIRE IKWIYE Y'UMWANA MUTO: KONSA

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura akamaro ko konsa ku mwana muto, umubyeyi, umuryango, ndetse no kuri rubanda/ ighugu	Gukorera mu matsinda no kuzengurutsa fulipucati	Igitabo cy'uhugurwa 5.1: <i>Akamaro ko konsa ku mwana muto, umubyeyi, umuryango na rubanda/ighugu</i>
2. Kumenya uburyo bwo konsa bukwiye.	Gukorera mu matsinda	<ul style="list-style-type: none"> <li>• Igitabo cy'uhugurwa 5.2: <i>Imyonkereze ikwiye n'ingingo zishobora kuganirwaho mu rwego rw'ubujyanama</i></li> <li>• Igitabo cy'uhugurwa 5.3: <i>Gahunda y'isura ikwiye kuva umwana akivuka kugera ku mezi 6</i></li> <li>• Imfashanyigisho z'ubujyanama ku myonkereze ikwiye: kuva ku ya 1 kugeza ku 5 ; iya 20</li> <li>• Depuliya: Uko wakonsa Umwana mu mezi 6 ya mbere; Imirire y'umugore utwite n'uwonsa</li> </ul>
3. Gutekereza ku gihe n'aho ubujyanama ku buryo bwo konsa bukwiye bubera	Gushoza ibitekerezo	

### Ibikoresho:

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + na papier collant)
- Imfashanyigisho nini (½ cya A4) cyangwa izindi mpapuro zifite icyo kigero

*Igihe isomo rimara:* Isaha 1

**Intego ya 1 y'isomo:** Gusobanura akamaro ko konsa ku mwana muto, umubyeyi, umuryango, ndetse no kuri rubanda/igihugu

**Uburyo bwo guhugura:** Gukorera mu matsinda no kuzengurutsa fulipucati

**Amabwiriza:**

1. Shyira abahugurwa mu matsinda 4.
2. Manika mu cyumba cy'amahugurwa fulipucati 4 zifite imitwe ivuga ngo: *Akamaro ko konsa ku mwana, Akamaro ko konsa kuri nyina w'umwana, Akamro ko konsa ku muryango, Akamaro ko konsa kuri rubanda/ igihugu*
3. Buri tsinda rifata iminota 3 yo kwandika kuri buri fulipucati ingingo nyinshi zishoboka ritekereza (birinda gusubiramo izarangije kwandikwa), noneho amatsinda akajya kuri fulipucati ikurikiraho bakongera bagatangira umwitotozo.
4. Gira icyo ubivugaho kandi ukore incamake mu itsinda rinini (Ingaruka ku mwana no ku mubyeyi zo kutonsa nazo ziganirwaho.)
5. Ha abahugurwa ibiri mu Gitabo cy'Uhugurwa 5.1: *Akamaro ko konsa ku mwana muto, umubyeyi, umuryango, no kuri rubanda/ igihugu (Vuga urupapuro ibyo bibonekaho mu Gitabo cy'uhugurwa). Nimubiganireho.*

## Ubumenyi bw'ingenzi

### Ingaruka zo kutonsa

**Ku mwana:**

- Ibyago byo gupfa biriyongera (mu mezi 6 ya mbere umwana utonkejwe aba ashobora guhura n'byago byo gupfa byikubye incuro 14 umugereranyije n'umwana wonka gusa.)
- Amata y'abana yatunganyirijwe mu nganda nta basirkari agira bo kurinda umwana indwara; umubiri w'umubyeyi ukora amashereka afite abasirkari barinda umwana indwara runaka
- Ntashobora kubona "urukingo rwa mbere" akura mu mashereka y'umuhondo
- Birushya igifu cye kugogora amata y'abana yakorewe mu nganda: ayo mata sibyo biryo bikwiye kugaburirwa impinja.
- Impiswi ya hato na hato, kurwaragurika no kuremba (abana bataruzuza amezi 6 bonka kandi bakagaburirwa n'ibindi, bahabwa amazi yanduye, amata yatunganyirijwe mu nganda yagenewe abana ndetse n'ibiryo ni bo barwaragurika kurusha abandi)
- Indwara zifata imyanya y'ubuhumekero za hato na hato
- Ibyago byo kurwara indwara z'imirire mibi biriyongera cyane cyane ku mpinja
- Nanone ibyago byo kurwara indwara z'imirire mibi ziriyongera kuko umuryango ushobora kubura ubushobozi bwo kubona amata yatunganganyirijwe mu nganda yagenewe abana ahagije
- Kudakura neza: kudindira mu mikurire, kutagira ibirobihagije, kuzingama, kunanuka bitewe no kurwara kenshi indwara zandura nk'impiswi n'umusonga
- Umushyikirano /Urukundo/ mucye hagati y'umubyeyi n'umwana bituma yumva adafite umutekano uhagije
- Amanota macye mu bipimo by'ubwenge n'ubushobozi bucye bwo gukurikira neza mu ishuli
- Akunze kugira ibiro birengeje
- Ibyago byo kurwara indwara y'umutima, diyabete, kanseri, asima, n'indwara z'amenyo biriyongera.

**Icyitonderwa:** Uko umwana ari muto, ni nako ziriya ngaruka tuvuze haruguru zirushaho kwiyongera.

**Ku mubyeyi:**

- Umubyeyi ashobora gusama igihe kitaragera
- Umubyeyi ashobora kugira amaraso macye igihe adatangiye konsa hakiri kare (arushaho kuva nyuma yo kubyara)
- Ingaruka ku mushyikirano / urukundo byagombye kuba biri hagati ye n'umwana
- Ibyago byo kuzahara mu mitekerereze bya nyuma yo kubyara biriyongera) (post- partum depression)
- Indwara ya kanseri y'agasabo k'intanga ngore n'iy'amabere iboneka gake mu babyeyi bonsa.

**Intego ya 2 y'isomo:** Kugaragaza uburyo bwo konsa bukwiye.

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

**A. Kugaragaza uburyo bwo konsa bukwiye binyuze mu kungurana ibitekerezo**

1. Shyira abahugurwa mu matsinda y'abantu 4
2. Hereza buri tsinda amakarita cyangwa impapuro 10
3. Uhugura atanga urugero rw'uburyo bwo konsa bukwiye nko gushyira umwana ku ibere mu isaha ya mbere akivuka
4. Buri tsinda ryandika uburyo bwo konsa bukwiye kuri buri karita, abarigize bakungurana ibitekerezo noneho bagahuriza hamwe ayo makarita
5. Buri tsinda rimanika ku gikuta amakarita yaryo ku buryo bwo konsa bukwiye
6. Hitamo itsinda rimwe rijye kumanika amakarita yaryo ku kibaho/ fulipucati imbere y'abahugurwa bose , bazimanike ku murongo uhagaze kandi abagize itsinda basomere abandi uburyo bwo konsa bukwiye babonye
7. Uhoreye ku buryo bwa mbere butanzwe, baza andi matsinda nayo yavuze ubwo buryo kumanika ikarita yabo/urupapuro hejuru iruhande rw'iya bagenzi babo
8. Saba andi matsinda kumanika ubundi buryo bwiyongera ku buryo itsinda rya mbere ryatanze noneho mubyunguraneho ibitekerezo.
9. Vanaho amakarita/impapuro zifite amakuru atari yo
10. Gumisha ku gisika uburyo bwo konsa bukwiye
11. Uhugura akora incamake kandi akuzuza ibibuze kugira ngo yinjizemo uburyo bwo konsa bukwiye.

**B. Kugaragaza uburyo bwo konsa bukwiye ukoresheje Imfashanyigisho z'Ubujuyanama**

1. Ukoresheje ya matsinda yo haruguru, saba abahugurwa kwitegerezza imfashanyigisho z'ubujyanama zikurikira:
  - Imfashanyigisho 1: Imirire y'umugore utwite n'uwnosa
  - Imfashanyigisho ya 2: *Konsa umwana akimara kuvuka*
  - Imfashanyigisho ya 3: Mu mezi 6 ya mbere, onsa *GUSA*
  - Imfashanyigisho ya 4: *Konsa gusa mu mezi 6 ya mbere*
  - Imfashanyigisho ya 5: *Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro*
  - Imfashanyigisho ya 20: *Kugaburira umwana urwaye uri munsi y'amezi 6*
  - *Depuliya: Uko wakonsa umwana mu mezi 6 ya mbere*
  - *Depuliya: Imirire y'umugore utwite n'uwnosa*
2. Saba amatsinda guhuza imfashanyigisho z'ubujyanama na za depuliya n'uburyo bwo konsa bukwiye aho humanitse

3. Saba amatsinda kuvuga ingingo nkuru z'ubujyanama zo kunguranaho ibitekerezo/gutangaho ubutumwa zigaragra mu mfashanyigisho z'ubujyanama na depuliya
4. Saba buri tsinda kubwira ayandi ingingo z'ubujyanama zo kunguranaho ibitekerezo/ gutangaho ubutumwa ryabonye kuri imwe muri izo mfashanyigisho 4 na depuliya.
5. Andi matsinda azongeraho izindi ngingo za ngombwa

### C. Igitabo cy'uhugurwa

1. Ha abahugurwa ibiri mu gitabo cy'uhugurwa 5.2: *Imyonkereze ikwiye n'ingingo zishobora kuganirwaho mu rwego rw'ubujyanama* (cyangwa ubarangire urupapuro bijyanye mu gitabo cy'uhugurwa); nimubisubiremo mwese hamwe kandi mubigereranye n'ingingo z'ubujyanama zo kunguranaho ibitekerezo/ gutangaho ubutumwa zavuzwe n'amatsinda. Ifashishe ibyo usanzwe uzi wakuye mu bushakashatsi cyangwa wagiye uhura nabyo mu gihe cyashize. Ni izihe ngingo zo kunguranaho ibitekerezo zigomba kongerwamo?
2. Yobora abahugurwa ku butumwa bw'ingenzi buri inyuma kuri buri mfashanyigisho y'ubujyanama.
3. Menyesha abahugurwa ko izi ari ingingo zo kunguranaho ibitekerezo zikaba n'ubutumwa bw'ingenzi bazajya bakoresha baha umubyeyi/ umuryango ubujyanama ku buryo bukwiye bwo konsa
4. Gira icyo ubivugaho kandi ukore incamake

**Intego ya 3 y'isomo 3:** Gutekereza ku gihe n'aho ubujyanama ku buryo bwo konsa bukwiye bibera

**Uburyo bwo guhugura:** Gutekereza

#### Amabwiriza:

1. Saba abahugurwa gutekereza ku bihe abajyanama b'ubuzima bashobora guha ababyeyi ubujyanama ku buryo bukwiye bwo konsa
2. Kora urutonde kuri fulipucati noneho ubigereranye n'ubusobanuro bw'ingenzi buri hasi
3. Ongeraho gahunda y'amasura ikwiye hagati y'umubyeyi n'umuujyanama w'ubuzima kuva agisama kugeza ku mezi 12
4. Ha abahugurwa ibiri mu gitabo cy'uhugurwa 5.3: *Gahunda y'isura ikwiye kuva umwana akivuka kugera ku mezi 6.*
5. Subiramo ingingo z'ubujyanama zigomba kunguranwaho ibitekerezo igihe cy'amasura ateganyijwe.
6. Gira cyo ubivugaho kandi ukore incamake

#### Ubumenyi bw'ingenzi

##### Ibihe/Aho ubujyanama butangirwa (kwa muganga cyangwa hanze muri rubanda):

- Igihe cyo kwipimisha inda n'igihe cyose uhuye n'umugore utwite
- Igihe cyo kubyara cyangwa nyuma gato bishoboka
- Kongera mu cyumweru yabyayemo (umunsi wa 2 cyangwa wa 3, umunsi wa 6 cyangwa uwa 7)
- Mu bindi bihe muhuye bya nyuma yo kubyara (urugero ku cyumweru cya 4 n'icya 6), mu bihe byo kuza kuboneza urubyaro no mu bihe byose umubyeyi ahuye n'ikibazo
- Buri kwezi mu mezi 6 ya mbere yo konsa; ku kwezi kwa 9, ukwa 12, n'ukwa 18
- Igihe cyo gukurikirana no guteza imbere imikurire y'umwana
- Igihe cyo gukingiza

- Igihe cyose cyo kubonana n'ababyeyi cyangwa abita ku bana barwaye
- Ahantu h'ihuriro ku bana b'abanyabibazo, nk'abana bavuka ku babyeyi babana na virusi itera SIDA cyangwa abana ubwabo babana nayo
- Ikurikirana ry'abana rikorerwa mu mudugudu
  - Igihe cy'inama y'itsinda iganisha ku bikorwa
  - Amatsinda y'ubufasha mu bijyanye n'imirire y'abana bato
- Mu bitaro no muri za serivisi zindi cyangwa ibigo byita ku bana bafite indwara z'imirire mibi ikabije
- Aho imirimo yo kwita ku bana bafite indwara z'imirire mibi ikabije ikorerwa mu midugudu cyangwa se mu gihe cyo gusuzuma abana indwara z'imirire mibi
- Aho gahunda zishinzwe uwunganizi mu by'imirire zikorera (SFP)
- Mu gihe cyo guhuza nyina w'umwana/ se w'umwana/ uwita ku mwana n'umuujyanama

## Igitabo cy'uhugurwa 5.1: Akamaro ko konsa ku mwana muto, umubyeyi, umuryango na rubanda/igihugu

### Akamaro ko konsa ku mwana muto

#### Amashereka:

- Akiza ubuzima bw'abana bato.
- Afite ibantu byose impinja muntu zikenera
- Ni indyo yuzuye ku bana bato kandi afite ibyo impinja zikenera byose mu rwego rw'imirire kugeza ku mezi 6.
- Atuma mwana akura neza kandi agakomera, bityo bigatuma atagwingira
- Ahora buri gihe asukuye.
- Afite abasirikari barinda umubiri indwara cyane cyane nk'impiswi n'indwara zifata imyanya y'ubuhumekero.
- Aboneka buri gihe kandi ku gipimo cy'ubushyuhe gikwiye.
- Byorohera igifu n'ubura kuyagogora kandi intungamubiri zayo zinjira byoroshye mu mubiri.
- Afite amazi ahagije uruhinja.
- Afasha imisaya n'amenyo gukura no gukomera; konka bituma mu maso n'urwasaya by'umwana bikomera.
- Atuma habaho urukundo hagati y'umubyeyi n'umwana, bigatuma kandi umwana akura mu bijyanye n'imitekerereze, gukora kw'ingingo z'umubiri no kugenda, kugira umushyikirano no kubana n'abandi.
- Agabanya ibyago byo kuzagira umubyibaho ukabije no kurwara diyabete (mu bihe bizaza cyera).

**Icyitonderwa:** Uruhinja rukura byinshi mu mashereka y'umuhondo kuko arurinda indwara (amashereka y'umuhondo ni amashereka aza mbere afite ibara ry'umuhondo cyangwa risa na zahabu uruhinja rwonka mu minsi micye ya mbere rukimara kuvuka. Aba ari macye. Afite intungamubiri nyinshi, atuma umwana yituma, bityo agasukura mu gifu cy'ruuhinja).

### Akamaro ko konsa ku mubyeyi

- Konsa ni uburyo bwo kuboneza urubyaro bwizewe ku kigero cya 98% mu mezi 6 ya mbere niba umubyeyi akoresha konsa gusa ijoro n'amanywa kandi mu gihe atarasubira mu mihangi.
- Gushyira umwana ku ibere ako kanya akivuka bituma iya nyuma izi kubera ko konka k'umwana bituma nyababyeyi ifunguka.
- Konsa bigabanya ibyago byo kuva nyuma yo kubyara.
- Iyo umubyeyi ahaye umwana ibere akibyara, agira amashereka.
- Konsa aho kanya kandi buri gihe bituma amabere adatarirana (atuzurirana)
- Konsa bituma imirimo y'umubyeyi igabanuka (nta gihe gitakara umubyeyi ajya gushaka amata y'abana yatunganirijwe mu nganda, mu guteka amazi, gutashya inkwi cyangwa gutegura bene ayo mata).
- Amashereka aba ariho igihe icyo ari cyo cyose n'ahantu aho ari ho hose; ahora asukuye, akungahaye ku ntungamubiri kandi ari ku gipimo cy'ubushyuhe gikwiye.
- Konsa birahendutse: amata y'abana yatunganirijwe mu nganda arahenda, kandi uruhinja rutonkejwe cyangwa rwahawwe amashereka n'ibindi biribwa/amata rurarwaragurika kurusha urwonkejwe gusa, bityo bigatuma hasohoka andi mafaranga yo kuruvuza.
- Konsa bituma uruhinja rugirana urukundo na nyina.
- Konsa bigabanya ibyago byo kurwara kanseri y'ibere n'iy'agasabo k'intanga ngore.



## Akamaro ko konsa ku muryango

- Ababyeyi n'abana babo bagira ubuzima bwiza.
- Nta mafaranga asohoka yo kuvuza umwana indwara zishobora gukomoka ku bundi bwoko bw'amata yahawé.
- Nta mafaranga asohoka yo kugura ubundi bwoko bw'amata, inkwi cyangwa ibindi bicanwa byo guteka amazi, amata cyangwa ibikoresho.
- Imbyaro ziringanizwa neza mu gihe umubyeyi akoresha uburyo bwo konsa gusa mu mezi 6 ya mbere ijoro n'amanywa kandi mu gihe atarasubira mu mihangó.
- Habaho kunguka igihe kuko ari nta mwanya utakara mu kugura no gutegura ubundi bwoko bw'amata, kuvoma amazi no gutashya, kandi ingendo zo kujya kwa muganga kuvuza umwana ziragabanuka.

**Icyitonderwa:** Imiryango igomba gufasha umubyeyi gutunganya imirimbo isanzwe yo mu rugo.

## Akamaro ko konsa kuri rubanda/igihugu

- Abana bazima ni igihugu kizima.
- Amafaranga yagombaga kugenda mu kuvuza abana arazigamwa kuko indwara zabo zigabanuka.
- Bituma abana babaho kuko konsa bituma abana batarwaragurika, bikagabanya no gupfa kwabo.
- Birengera ibidukikije (ibiti ntibitemwa mu gushakisha inkwi zo guteka amazi y'amata n'ibikoresho, nta bikopo n'ibikarito bijugunywa hirya no hino). Amashereka ni ikiribwa kamere gihoraho.
- Kutagura hanze amata yo mu nganda yakorewe abana bituma hazigamwa amafaranga akoreshwa mu bindi bintu bifitiye igihugu akamaro.

## Ingaruka zo kugaburira umwana ibindi biryo/amata bitari amashereka (abana bagaburiwe ibindi bitari amashereka)

- Ibyago byo gupfa biriyongera (mu mezi 6 ya mbere umwana utonkejwe aba ashobora guhura n'byago byo gupfa byikubye incuro 14 umugereranyije n'umwana wonka gusa.)
- Amata y'abana yatunganyirijwe mu nganda nta basirikari agira bo kurinda umwana indwara; umubiri w'umubyeyi ukora amashereka afite abasirikari barinda umwana indwara runaka
- Kudashobora kubona urukingo rwa mbere umwana akura mu mashereka y'umuhondo
- Birushya igifu cye kugogora amata y'abana yakorewe mu nganda: ayo mata sibyo biryo bikwiye kugaburirwa impinja.
- Impiswi ya hato na hato, kurwaragurika no kuremba (abana bataruzuza amezi 6 bonka kandi bakagaburirwa n'ibindi, bahabwa amazi yanduye, amata yatunganyirijwe mu nganda yagenewe abana ndetse n'ibiryo ni bo barwaragurika kurusha abandi)
- Indwara zifata imyanya y'ubuhumekero za hato na hato
- Ibyago byo kurwara indwara z'imirire mibi biriyongera cyane cyane ku mpinja
- Nanone ibyago byo kurwara indwara z'imirire mibi ziriyongera kuko umuryango ushobora kubura ubushobozi bwo kubona amata yatunganganyirijwe mu nganda yagenewe abana ahagije
- Kudakura neza: kudindira mu mikurire, kutagira ibiro bihagije, kuzingama, kunanuka bitewe no kurwara kenshi indwara zandura nk'impiswi n'umusonga
- Umushyikirano (urukundo) mucye hagati y'umubyeyi n'umwana bituma yumva adafite umutekano uhagije
- Amanota macye mu bipimo by'ubwenge n'ubushobozi bucye bwo gukurikira neza mu ishuli
- Akunze kugira ibiro birengeje
- Ibyago byo kurwara indwara y'umutima, diyabete, kanseri, asima, no indwara z' amenyo ziriyyongera.

**Icyitonderwa:** Uko umwana ari muto, ni nako ziriya ngaruka tuvuze haruguru zirushaho

## Ingaruka zo kuvangira umwana

### Abana bagaburiwe bahabwa amashereka n'ibindi biryo/amata mu mezi 6 ya mbere:

- Baba bashobora gupfa kurusha abandi
- Bararwaragurika kandi bakaremba kurusha abonka gusa, cyane cyane iyo barware impiswi kubera kunywa amata n'amazi byanduye
- Baba bashobora gufatwa n'indwara z'imirire mibi: igikoma kigira intungamubiri nke, amata y'abana yatunganyirijwe mu nganda kenshi bayashyiramo amazi menshi kandi byombi bigasimbura amashereka nyamara ari yo afite akamaro kanini mu rwego rw'imirire.
- Babona amashereka macye kubera ko bonka incuro nke.
- Amara yabo arangirika kabone n'yo bashyiramo ikindi kintu gito cyane kitari amashereka kuko aba atarakomera.
- Baba bashobora kwandura virusi itera SIDA kurusha abana bonka gusa kubera ko amara yabo ananizwa n'ubundi bwoko bw'ibinyobwa n'ibiribwa bityo bikorohereza virusi itera SIDA kwinjira.

## Igitabo cy'Uhugurwa 5.2: Imyonkereze ikwiye n'ingingo zishobora kuganirwaho mu rwego rw'ubujyanama

Uburyo bwo konsa bukwiye	<b>Ingingo z'ubujyanama zishobora kuganirwaho</b> <b>Icyitonderwa: hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kuganiraho ushingiye ku buryo uzi akarere</b>
Huza umwana na nyina umubiri ku wundi ako kanya umwana akivuka	<ul style="list-style-type: none"> <li>• Guhuza umwana na nyina umubiri ku wundi bituma umwana wavutse agira ubushyuhe kandi bigatuma habaho urukundo hagati y'umwana na nyina ndetse n'ubwonko bwe bugakura.</li> <li>• Guhuza umwana na nyina umubiri ku wundi bituma amashereka amashereka aza.</li> <li>• Birashoboka ko hatagira amashereka aza mu masaha ya mbere. Ndetsse ku bagore bamwe bishobora no gufata umusi cyangwa iminsi ibiri kugira ngo amashereka aze. Ni ngombwa kugumya gushyira umwana ku ibere ngo umubyeyi azane amashereka.</li> <li>• Umuhondo ni amashereka afashe ya mbere asa n'umuhondo arinda umwana indwara.</li> <li>• Imfashanyigisho ya 2: <i>Konsa umwana akimara kuvuka</i></li> </ul>
Tangira konsa umwana mu isaha ya mbere ukibyara  	<ul style="list-style-type: none"> <li>• Kora ibishoboka byose ngo ushyire umwana ku ibere neza</li> <li>• Amashereka ya mbere yitwa umuhondo. Afite ibara ry'umuhondo kandi afite abasirikari barinda umwana wawe.</li> <li>• Umuhondo uha umwana urukingo rwa mbere rw'indwara nyinshi.</li> <li>• Imfashanyigisho ya 2: <i>Konsa umwana akimara kuvuka</i></li> <li>• Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> </ul>
<b>Icyitonderwa:</b> Konsa mu minsi micye ya mbere	<ul style="list-style-type: none"> <li>• Konsa kenshi umwana akivuka bituma amenya gufata ibere hakiri kare bikanabuza amabere guitarirana (kuzurirana) n'ibindi bibazo.</li> <li>• Mu minsi micye ya mbere, umwana ashobora konka incuro 2 kugeza kuri 3 ku munsi. Niba umwana agisinziriye ku munsi wa 2, umubyeyi ashobora gukama umuhondo noneho akawumuhesha igikombe.</li> <li>• Wigira ikindi kintu na kimwe uha umwana – nta mazi, nta mata y'abana atunganyirijwe mu nganda, nta bundi bwoko bw'ibiryo cyangwa bw'ibinyobwa bihabwa umwana ukimara kuvuka.</li> </ul>
Onsa gusa (nta budi bwoko bw'ibiryo cyangwa bw'ibinyobwa) kuva umwana avutse kugeza ku mezi 6.  	<ul style="list-style-type: none"> <li>• Amashereka ni cyo kintu cyonyine umwana akenera mu mezi 6 ya mbere.</li> <li>• Wigira ikindi kintu uha umwana, habe yewe n'amazi.</li> <li>• Amashereka afite amazi yose umwana akenera niyo yaba aba ahantu hashyushe.</li> <li>• Guha umwana amazi bituma inda ye yuzura ibyo bigatuma atonka uko bikwiye; haza kandi n'amashereka macye.</li> <li>• Amazi n'ubundi bwoko bw'ibinyobwa n'ibiribwa bishobora gutera impiswi umwana utaruzuza amezi 6.</li> <li>• Imfashanyigisho ya 3: <i>Mu mezi atandatu ya mbere, onsa GUSA;</i> Imfashanyigisho ya 4: <i>Konsa gusa mu mezi 6 ya mbere</i></li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>

<b>Uburyo bwo konsa bukwiye</b>	<b>Ingingo z'ubujyanama zishobora kuganirwaho Icyitonderwa: hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kuganiraho ushingiye ku buryo uzi akarere</b>
Onsa umwana wawe kenshi ku manywa na ninjoro 	<ul style="list-style-type: none"> <li>Nyuma y'iminsi mike bayutse, abana bashaka konka incuro nyinshi, incuro 8 kugeza kuri 12 ku munsi. Konka kenshi bituma umubyeyi agira amashereka menshi.</li> <li>Igihe konsa bimaze guhamma neza, onsa umwana wawe incuro 8 cyangwa hejuru yazo ku manywa na ninjoro kugirango ukomeze kugira amashereka menshi. Iyo umwana yonka ari ku ibere neza, agahaga kandi akunguka ibiro, umubare w'incuro yonka siwo ngombwa.</li> <li>Konka kenshi (umwana ari ku ibere neza) bituma haza amashereka menshi.</li> <li>Imfashanyigisho ya 5: <i>Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro</i></li> <li>Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> </ul>
Onsa umwana buri gihe uko abishatse	<ul style="list-style-type: none"> <li>Kurira k'umwana ni ikimenyetso cya nyuma kigaragaza ko yashonje.</li> <li>Ibimenyetso bya mbere byerekana ko umwana ashaka ibere: <ul style="list-style-type: none"> <li>Gushikagurika</li> <li>Kwasama no guhindukiza umutwe hirya no hino</li> <li>Gusohora ururimi mu kanwa no kurwinjiza</li> <li>Konka intoki cyangwa ibipfunsi</li> </ul> </li> <li>Imfashanyigisho ya 5: <i>Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro</i></li> </ul>
Reka umwana yonke ahumuze ibere rimwe aryikureho we ubwe mbere yo kumuha irindi	<ul style="list-style-type: none"> <li>Kwaka umwana ibere ukamuhereza irindi bituma atabasha konka amashereka y'inuma akungahaye ku ntungamubiri</li> <li>Amasherekaaza mbere aba afite amazi menshi akamara umwana inyota, naho aza nyuma akagira ibinure byinshi akamara umwana inzara.</li> <li>Imfashanyigisho ya 5: <i>Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro</i></li> </ul>
Gufata no guha umwana ibere neza	<ul style="list-style-type: none"> <li>Ibimenyetso 4 bigaragaza ko umwana afashwe neza: umwana agomba kuba <u>arambuye</u> kandi <u>areba ibere imbere ye</u>, agomba kuba <u>yegereye</u> umubyeyi we, kandi umubyeyi agomba kuba <u>afashe</u> umubiri w'umwana wose, ntafate umutwe n'intugu gusa akoresheje ikiganza n'igice cyo hasi cy'ukuboko gusa.</li> <li>Ibimenyetso 4 bigaragaza ko umwana afashe ibere neza: agomba kuba yafunguye umunwa cyane,akananwa gakora ku ibere, ikiziga cy'ibere kigaragara hejuru kurusha uko kigaragara mu nsi y'imoko kandi umunwa wo hasi ukaba usohoka inyuma.</li> <li>Imfashanyigisho ya 6: <i>Hariho uburyo bunyuranye bwo gushyira umwana ku ibere</i></li> <li>Imfashanyigisho ya 7: <i>Gushyira umwana kuibere neza ni ingenzi</i></li> </ul>
Komeza konsa umwana wawe kugeza yujuje cyangwa arengeje imyaka 2	<ul style="list-style-type: none"> <li>Amashereka agumya gutanga igice kigaragara cy'imbaraga n'intungamubiri umwana akenera mu gihe ahabwa ifashabere kandi akamurinda indwara.</li> <li>Imfashanyigisho ya 13 kugeza ku ya 17: Imfashanyigisho z'ubujyanama ku ifashabere</li> </ul>

<b>Uburyo bwo konsa bukwiye</b>	<b>Ingingo z'ubujyanama zishobora kuganirwaho Icyitonderwa: hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kuganiraho ushingiye ku buryo uzi akarere</b>
Gukomeza konsa n'igihe umwana cyangwa nyina barwaye	<ul style="list-style-type: none"> <li>Onsa umwana wawe kenshi kurushaho igithe arwaye.</li> <li>Intungamubiri n'urukingo rw'indwara bitangwa n'amashereka ni ingenzi ku mwana muto igihe umubyeyi we cyangwa we ubwe barwaye.</li> <li>Amashereka atuma umwana urwaye yumva amerewe neza.</li> <li>Imfashanyigisho ya 18: <i>Niba umwana wawe arwaye, gisha inama</i></li> </ul>
Umubyeyi agomba kurya no kunywa kugira ngo ashire inzara n'inyota	<ul style="list-style-type: none"> <li>Nta biryo cyangwa indyo byihariye bibaho bituma umubyeyi agira amashereka menshi kandi meza.</li> <li>Kugira amashereka ntibiterwa n'indyo umubyeyi afata.</li> <li>Nta bwoko bw'ibiryo bubujijwe.</li> <li>Ababyeyi bagomba gushishikarizwa kurya ibiryo byinshi kugira ngo babungabunge ubuzima bwabo.</li> <li>Imfashanyigisho ya 1: <i>Imirire y'umugore utwite n'uwnosa</i></li> <li>Depuliya: <i>Imirire y'umugore utwite n'uwnosa</i></li> </ul>
Irinde za bibero	<ul style="list-style-type: none"> <li>Ibiryo cyangwa ibinyobwa bigomba gutangwa hakoreshejwe ibikombe kugira ngo umwana atazitiranya imoko na bibero bigatumya yanga ibere cyangwa akandura indwara</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Amazi asukuye n'isuku yo mu rugo</i></li> <li>Imfashanyigisho ya 13 kugeza ku ya 17: Imfashanyigisho z'ubujyanama ku nyunganirabere</li> </ul>

### Igitabo cy'Uhugurwa 5.3: Gahunda y'isura ikwiye kuva umwana akivuka kugera ku mezi 6

	Ryari	Kungurana ibitekerezo
Mbere yo kubyara	Amasura ya mbere yo kubyara 	<ul style="list-style-type: none"> <li>Gufata no gushyira umwana ku ibere neza</li> <li>Gutangiza umwana ibere hakiri kare (kumuha umuhondo)</li> <li>Konsa mu minsi mike ya mbere</li> <li>Konsa gusa kuva umwana avutse kugeza yujuje amezi 6 (kwirinda ubundi bwoko bw'ibiryo cyangwa ibinyobwa harimo n'amazi)</li> <li>Konsa uko umwana abishatse kugeza ku ncuro 12 ku manywa na ninjoro</li> <li>Umubyeyi akenera kurya ibiryo by'inyongera no kunywa ibinyobwa byinshi kugira ngo agire ubuzima bwiza</li> <li>Kwitabira gahunda y'itsinda ry'ubufasha hagati y'ababyeyi</li> <li>Uko umubyeyi ashobora kugera ku mujyanama w'ubuzima igahe bibaye ngombwa</li> </ul>
Igihe cyo kubyara	Igihe cy'ibise no kubyara	<ul style="list-style-type: none"> <li>Guhuza umwana na nyina umubiri ku wundi</li> <li>Gufata no gushyira umwana ku ibere neza</li> <li>Gutangiza umwana ibere hakiri kare (kumuha umuhondo, kwirinda amazi n'ibindi binyobwa)</li> <li>Konsa mu minsi mike ya mbere</li> </ul>
Nyuma yo kubyara	Mu cyumweru cya mbere nyuma yo kubyara (iminsi 2 cyangwa 3 n'iminsi 6 cyangwa 7)	<ul style="list-style-type: none"> <li>Gufata no gushyira umwana ku ibere neza</li> <li>Konsa mu minsi mike ya mbere</li> <li>Konsa gusa kuva umwana avutse kugeza yujuje amezi 6</li> <li>Konsa uko umwana abishatse kugeza ku ncuro 12 amanywa n'ijoro</li> <li>Gukora ibishoboka byose ngo umubyeyi amenye kwikama amashereka</li> <li>Gukumira ibibazo bijyanye no konsa (guitarirana kw'amabere, udusebe no gusatagurika kw'imoko)</li> </ul>
	Ku kwezi kumwe <ul style="list-style-type: none"> <li>Gukingiza</li> <li>Gukurikirana no guteza mbere imikurire y'umwana</li> </ul>	<ul style="list-style-type: none"> <li>Gufata no gushyira umwana ku ibere neza</li> <li>Konsa gusa kuva umwana avutse kugeza yujuje amezi 6</li> <li>Konsa uko umwana abishatse kugeza ku ncuro 12 ku manywa na ninjoro</li> <li>Ibibazo bijyana no konsa (imiyoboro izibye ishobora gutera indwara ya masitite, no kutagira amashereka ahagije)</li> </ul>
	Ku byumweru 6 <ul style="list-style-type: none"> <li>Kuringaniza urubyaro</li> <li>Gukurikirana no guteza imbere imikurire y'umwana</li> <li>Gusuzumisha umwana urwaye</li> <li>Gukurikirana umwana mu mudugudu</li> </ul>	<ul style="list-style-type: none"> <li>Kongera amashereka</li> <li>Kugumana amashereka</li> <li>Gukomeza konsa igahe umwana cyangwa nyina barwaye</li> <li>Kuboneza urubyaro</li> <li>Kwitwararika ku kuvuza umwana</li> </ul>
	Kuva ku mezi 5 kugeza kuri 6 <ul style="list-style-type: none"> <li>Gukurikirana no guteza imbere imikurire y'umwana</li> <li>Gusuzumisha umwana urwaye</li> <li>Gukurikirana umwana mu mudugudu</li> </ul>	<ul style="list-style-type: none"> <li>Umujuyanama w'ubuzima ntagomba kugerageza guhindura uburyo bwo gufata umwana igahe umwana mukuru (mukuru we) nta bibazo afite</li> <li>Gutegura umubyeyi ku byerekeranye n'impinduka azahura nazo umwana namara kuzuza amezi 6 (ku mezi 6)</li> <li>Ku mezi 6, gutangira guha umwana ibiryo incuro 2 kugeza kuri 3 ku munsi – mutangize buhoro buhoro bwoko bunyuranye bw'ibiribwa (ibiryo by'ibanze, imboga, imbuto, n'ibikomoka ku matungo) kandi akomeze konka.</li> </ul>

## ISOMO RYA 6. UBURYO BWO KONSA

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura mu magambo ahinnye imiterere y'ibere n'uburyo rikora amashereka.	Gukorera mu matsinda	Igitabo cy'Uhugurwa 6.1: <i>Imiterere y'ibere ry'umugore</i>
2. Kwerekana uburyo bwo gufata no gushyira umwana ku ibere neza.	<ul style="list-style-type: none"> <li>• Udukinamico</li> <li>• Gukorera mu matsinda</li> <li>• Kwitegerezza</li> <li>• Kwimenyerezza</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 6.2: <i>Gushyira umwana ku ibere neza no kurimushyiraho nabi</i></li> <li>• Imfashanyigisho ya 6: <i>Hariho uburyo bunyuranye bwo gushyira umwana ku ibere</i></li> <li>• Imfashanyigisho ya 7: <i>Gushyira umwana ku ibere neza ni ingenzi</i></li> <li>• Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> <li>• Imfashanyigisho ya 8: <i>Konsa no kwita ku ruhinja rwavukanye ibiro bituzuye</i> <b>Icyitonderwa:</b> <i>Ubutumwa bw'ingenzi buboneka inyuma ya buri mfashanyigisho y'ubujyanama</i></li> </ul>
3. Gukora urutonde rw'uburyo bufasha umubyeyi kuzana no kugumana amashereka.	Gushoza ibitekerezo	
4. Gusobanura uburyo bwo kwikama amashereka no kuyabika; no guhesha umwana igikombe.	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Kwerekera</li> <li>• Kwimenyerezza</li> </ul>	<ul style="list-style-type: none"> <li>• Imfashanyigisho ya 9: <i>Uko wakwikama amashereka ukayaha umwana ukoreshje agakombe</i></li> <li>• Imfashanyigisho ya 10: Ha umwana amashereka n'igihe utari mu rugo</li> </ul> <p><b>Icyitonderwa:</b> <i>Ubutumwa bw'ingenzi buboneka inyuma ya buri mfashanyigisho y'ubujyanama</i></p>
<b>Umurimo w'inyongera ku bahugura abahugura abandi gusa:</b> Gukora amapupe n'udushushanyabere (breast models)	Amatsinda afashanya gukora amapupe n'udushushanyabere	Igitabo cy'uhugurwa 6.3: <i>Amabwiriza yo gukora udushushanyabere mu myenda</i>

### **Ibikoresho:**

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Amapupe cyangwa ibitambaro by'amazi bizinze
- Ibikombe byitorezwaho n'amatsinda y'abahugurwa mu kugaburira abana hakoreshejwe udukombe
- Imfashanyigisho: *Gushyira umwana ku ibere neza no kumushyiraho nabi; imiterere y'ibere (imbere)*

### **Imyiteguro:**

- Tumira abagore bensi bafite impinja kugira ngo werekane uburyo bwo gufata no gushyira umwana ku ibere neza n'uburyo bwo gukama amashereka (niba bishoboka kandi umuco ukaba ubyemera)
- Abahugura bimenyereza kwerekana uburyo bwo gufata umwana no kumushyira ku ibere neza (umubyeyi n'umujyanama)

### **Imirimo y'inyongera: Gukora amapupe n'udushushanyabere**

- Ku mapupe: umutwe uba ukozwe mu mpapuro zizinze nk'umupira kandi ukaba ufunze mu gikoresho kimwe n'igikoze umubiri; agacupa gato kuzuye amazi ni ko gakora igihimba cy'ipupe, za elasitike zo gufasha kwerekana ijos, amaboko n'amaguru, imyenda isanzwe y'uruhinja niba ihari, n'umwenda cyangwa akaringiti ko gutwikira ipupe.
- Ku gashushanyabere: koresha amasogisi 2, isogisi rimwe risa n'umubiri kugirango rigaragaze inyuma h'ibere, n'irindi sogisi ryo kugaragaza imbere mu ibere.  
Igitabo cy'uhugurwa 6.3: *Amabwiriza yo gukora udushushanyabere mu myenda*

**Igihe isomo rimara:** Isaha (isaha n'igice ku mahugurwa y'abahugura abandi)

**Intego ya 1 y'isomo:** Gusobanura mu magambo ahinnye imiterere y'ibere n'uburyo ibere rikora amashereka.

**Uburyo bwo guhugura:** Gukorera mu matsinda

### **Amabwiriza:**

1. Saba abahugurwa gukora amatsinda y'imirimo kandi buri tsinda rishushanye:
  - Ibere nk'uko rigaragara inyuma
  - Ibere nk'uko rigaragara umuntu arirebeye imbere
2. Mu itsinda rinini, saba buri tsinda gusobanura ibishushanyo byaryo no kwerekana uburyo ibere rikora amashereka
3. Gereranya ibishushanyo by'abahugurwa n'Igitabo cy'Uhugurwa 6.1: *Imiterere y'ibere ry'umugore*, werekana ibyakozwe neza unakosora ibitari byo.
4. Yobora ibiganiro mu itsinda rinini, ukosora ibitari byo kandi usubiza ibibazo
5. Sobanura ko gukura amashereka menshi mu ibere bituma rirushaho gukora andi.
6. Baza abahugurwa iki kibazo: "Ese uko umubyeyi ariye ibiryo byinshi niko arushaho kuzana amashereka menshi?" Kurikirana kugeza igithe abahugurwa basubije ngo: kuzana amashereka biterwa no kuvana amashereka menshi mu ibere buri gihe – uko umubyeyi avanye amashereka menshi mu ibere ni nako arushaho kuyazana.
7. Abahugurwa ibiri mu Gitabo cy'Uhugurwa 6.1: *Imiterere y'ibere ry'umugore* (cyangwa barangire urupapuro biriho mu gitabo cy'uhugurwa)
8. Nimubiganireho kandi ukore incamake

### **Ubumenyi bw'ingenzi**

- Iyo umwana yonse ibere, kunyunuza imoko bituma ibere rikora amashereka kandi akamanuka.
- Konka no gukurura amashereka menshi mu ibere ni ingenzi cyane mu ikorwa ry'amashereka.

- Niba uruhinja rudakuruye amashereka menshi mu ibere, umubyeyi azagira amashereka macye muri iryu bere kuko kuba harimo amashereka biburizamo ikorwa ry'andi mashereka.
- Kurekura amashereka bishobora kugabanuka bitewe n'amarangamutima y'umubyeyi – ubwoba, inkeke, akababaro, no kujijirwa (kutamenya icyo umuntu afata n'icyo areka).

**Icyitonderwa:** Amashereka ya mbere aba akungahaye ku amazi menshi kandi amara umwana inyota. Amashereka ya nyuma yo aba akungahaye ku binure akamara umwana inzara.

**Intego ya 2 y'isomo:** Kwerekana uburyo bwo gufata umwana no kumushyira ku ibere neza.

**Uburyo bwo guhugura:** Udukinamico, gukorera mu matsinda, kwitegerezza, kwimenyereza

#### **Amabwiriza ku murimo wa mbere:**

##### **Udukinamico**

1. Kwifashisha umubyeyi nyirizina (niba bishoboka), uhugura asobanura ibimenyetso 4 biranga gushyira umwana ku ibere neza akanerekana uburyo bwo gufata umwana (asobanura ko umubyeyi atagomba gutsindagira umwana we ku ibere kandi ko atagomba gufatira umwana ku ruhande cyane) – uburyo bunyuranye bwo gushyira umwana ku ibere neza bwerekana nyuma.
2. Niba ari nta mubyeyi uhari uftite umwana byerekantishe igipupe. Uhugura umwe afasha mugenzi we gukora agakinamico gafasha umubyeyi gushyira umwana ku ibere neza yifashishije igipupe cyangwa ibitambaro bizinze.

#### **Amabwiriza ku murimo wa kabiri :**

##### **Umurimo w'itsinda**

1. Kora amatsinda y'abantu 3 noneho uyasabe kureba ku mfashanyigisho y'ubujyanama ya 6: *Hari uburyo bunyuranye bwo gushyira umwana ku ibere no ku ya 8: Konsa no kwita ku ruhinja rwavukanye ibiro bituzuye*
2. Saba itsinda rimwe gusobanura imfashanyigisho y'ubujyanama ku bijyanye n'uburyo bunyuranye bwo gushyira umwana ku ibere (Imfashanyigisho ya 6) – ibyo babona, uhugura aba yerekana uburyo bunyuranye bwo gushyira umwana ku ibere kandi akanabusobanura uko ari bune.
3. Saba irindi tsinda gusobanura uburyo bwo gushyira ku ibere neza uruhinja rwavukanye ibiro bituzuye – ibyo babona, no kuvuga uburyo bwo kwita ku mwana bwitwa “Uburyo bwa Kanguru” (Imfashanyigisho ya 8); uhugura n'abahugurwa buzuza ibibuzemo.
4. Bwira abahugurwa ko hari ubutumwa bw'ingenzi buri inyuma ku mfashanyigisho z'ubujyanama

#### **Amabwiriza ku murimo wa gatatu:**

##### **Kwitegerezza (uburyo bwo gushyira umwana ku ibere)**

1. Ha abahugurwa ibiri mu gitabo cy'uhugurwa 6.2 : *Gushyira umwana ku ibere neza no kurimushyiraho nabi* (cyangwa ubarangire ku urupapuro bihuye mu gitabo cy'abahugurwa)
2. Baza abahugurwa iki kibazo: Mu kanwa k'umwana bigenda *bite igihe ashyizwe ku ibere neza n'igihe ashyizwe ku ibere nabi?* Sobanura aho bitandukaniye.
3. Baza Abahugurwa ‘Bigenda bite iyo umwana ashyizwe ku ibere nabi (umwana ntafashe ibere neza)?’
4. Kora amatsinda y'abantu 3 noneho uyabaze kwitegerezza imfashanyigisho ya7: *Gushyira umwana ku ibere neza ni ingenzi*

5. Saba itsinda rimwe gusobanurira abandi imfashanyigisho y'ubujyanama ku bijyanye no gushyira umwana ku ibere neza (Imfashanyigisho ya 7)- ibyo babona, bibanda ku bimenyetso 4 bigaragaza gushyira umwana ku ibere neza
6. Yobora Abahugurwa ku butumwa bw'ingenzi buri inyuma ku mfashanyigisho y'ubujyanama

### Amabwiriza ku murimo wa kane:

#### Kwimenyereza

1. Saba abahugurwa kwishyira mu matsinda y'abantu 3 (umubyeyi, umujyanama w'ubuzima, n'indorerezi).
2. Hakoreshejwe ibipupe cyangwa ibitambaro bizinze: Abahugurwa bimenyereza gufasha “umubyeyi” gufata umwana neza (ibimenyetso 4) no gushyira umwana ku ibere neza. Buri wese uhugurwa akina kuri buri mwanya (role). ( Abahugurwa bashobora kwimenyereza gufata umwana neza kandi bagafasha umubyeyi kubikora, ariko ntibashobora kwimenyereza nyakuri gushyira umwana ku ibere neza kerekere ikihe bazaba bari kumwe n'umubyeyi n'umwana by'ukuri.)
3. Abahugura baritegereza kandi bakabwira amatsinda y'abantu 3 uko bimeze. Ibutsa abahugurwa ko umujyanama agomba kuganira n'umubyeyi akoresha “amagambo n'ijwi bimushyigikira kandi bimushikaza” kugirango abashe kumusobanurira intambwe za ngombwa zo gufata umwana neza cyangwa kumushyira ku ibere neza (aho kwaka umubyeyi umwana maze uhugurwa akabyikorera ubwe).
4. Saba amatsinda kuvuga uko babibonye: Ni ikihe kintu cyari gishya? Ni iki cyari kiruhije?
5. Kora incamake y'ingingo z'ingenzi mu itsinda rinini

### Ubusobanuro bw'ingenzi

- Reba Imfashanyigisho ya 6: *Hariho uburyo bwinshi bwo gufata umwana umwonsa* n'Imfashanyigisho ya 7: *Gushyira umwana ku ibere neza ni ingenzi*
- Reba Igitabo cy'Uhugurwa 6.2: *Gushyira umwana ku ibere neza no kurimushyiraho nabi*

### Umurimo wa mbere: Udukinamico

**Wafasha ute umubyeyi gufata umwana neza no kumushyira ku ibere** (ni ingenzi cyane ku mpinja zikivuka; niba umwana mukuru ashayirwa ku ibere neza, kumufata neza si byo byihutirwa) –Rangira abahugurwa Imfashanyigisho ya 6: *Hari uburyo bonyuranye bwo gushyira umwana ku ibere*

- Umubyeyi agomba kumva amerewe neza
- Ingingo 4 z'ingenzi ku byerekeranye no gufata umwana ni izi: kuba **arambuye**, amaso ye **ateganye n'aya nyina**, **yegereye** nyina kandi umubiri we **ushyigikiwe** n'amaboko ya nyina:
  - Umubiri w'umwana ugomba kuba **urambuye**, ataryamye cyangwa yihinnye, ahubwo umutwe we usa naho uraramye buhoro
  - Mu maso h'umwana hagomba kuba **hateganye** n'ibere kandi ashobora kureba mu maso ha nyina atamutsindagiye ku gituza cyangwa ku nda bye.
  - Umwana agomba kuba **yegereye** nyina.
  - Umubyeyi agomba **gushyigikira** umubiri wose w'umwana akoresheje ibice by'amaboko ye by'epfo aho gufata ijosi n'intugu gusa.
- Umwana ajyanwa ku ibere (si ibere rijyanwa ku mwana)
- Yobora abahugurwa ku butumwa bw'ingenzi bw'inyuma kuri buri mfashanyigisho y'ubujyanama

## Umurimo wa 2: Gukorera mu matsinda

**Kwerekana uburyo bunyuranye bwo gufata umwana umwonsa** (Rangira abahugurwa ku mfashanyigisho ya 6: *Hari uburyo bunyuranye bwo gushyira umwana ku ibere*)

1. Konsa umwana, umutwe werekeye mu kwaha kwawe (ni uburyo bukunze gukoreshwa)
2. Konsa umwana amaguru ari munsi y'ukwaha kwawe ashyigikiwe n'ukuboko. Ni bwo buryo bwiza ku bana bakivuka, bato cyangwa bafite intenge nke, cyangwa undi mwana wese ufite ibibazo byo konka.
3. Konsa umwana uryamiye urubavu
  - Ubu buryo bwo konsa ni bwo bubereye umubyeyi umaze kubyara kandi bumufasha kuruhuka igihe ari konsa.
  - Umubyeyi n'umwana bombi baba baryamiye imbavu zabo umwe areba mu maso h'undi.
4. Konsa umwana umufatiye mu kwaha
  - Ubu buryo bukoreshwa cyane cyane:
    - Nyuma yo kubyara ubazwe,
    - Igihe imoko zibabaza umubyeyi
    - Ku bana bato
    - Mu konsa impanga
  - Umubyeyi aba yicaye atengamaye afite umwana we munsi y'ukuboko. Umubiri w'umwana unyura ku ruhande rumwe rwa nyina naho umutwe we ukaba uringaniye n'ibere.
  - Umubyeyi ashyigikira umutwe n'umubiri by'umwana akoresheje ibiganza n'ibice by'amaboko ye by'epfo.
5. Konsa impanga

### ***Uburyo bwa Kanguru:***

- Umwana wambaye ubusa (usibye agakariso n'akagofero) ashyirwa umubiri ku wundi hagati y'amabere ya nyina yambaye ubusa. Amaguru y'umwana agomba kuba ahinnye kandi umwana agahekeshwa umwenda ucigatiye umubiri wose kugeza ku matwi. Umwenda ugomba kuba upfunditse ku ijosi ry'umubyeyi.
- Ubu buryo butuma umubyeyi ahuza umubiri n'umwana, bugatanga ubushyuhe kandi bugatuma umwana ashobora kwegera ibere rya nyina. Ubu buryo butuma imihumekere y'umwana no gutera k'umutima we bigenda neza. Umwuka w'umubyeyi, kumukoraho, ubushyuhe bwe, ijwi rye, ndetse n'uburyohe bw'amashereka bifasha umwana konka neza.
- Uburyo bwa kanguru bufasha umubyeyi gukoresha uburyo bwo konsa gusa hakiri kare, byaba konsa umwana mu buryo busanzwe cyangwa kwikama amashereka aha umwana akoresheje igikombe, kandi n'umwana akonka incuro nyinshi kuko we na nyina baba badakunda gutandukana.
- Abarera abana nabo bashobora kwifashisha ubu buryo bwa kanguru mu kazi kabu ko kurera abana.
- Yobora Abahugurwa k'ubutumwa bw'ingenzi buri inyuma kuri buri mfashanyigisho y'ubujyanama.

### Umurimo wa 3: Kwitegereza (Uburyo bwo gushyira umwana ku ibere neza)

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#### *Ishusho #1 Gushyira umwana ku ibere neza (reba imbere mu kanwa k'umwana)*

- Umwana yatamiye igice kinini cy'ikiziga cy'ibere kimwe n'ibice byaryo birimo imbere
- Umwana yakuruye ibere ku buryo bugaragara
- Imoko igize gusa kimwe cya gatatu cy'igice yatamiye (yakuruye)
- Umwana ari konka ibere ntabwo ari konka imoko
- Aho ururimi rw'umwana ruherereye: rusohoka imbere, hejuru y'ishinya yo hasi kandi hasi y'ikiziga cy'ibere. Ururimi mu by'ukuri ruteze munsi y'igice cy'ibere umwana yatamiye. (Ibyo ntimushobora kubibona kuri iyi shusho, ahubwo mushobora kubibona mwitegereje neza umwana uri konka).
- Hari umuvumba uvuka mu rurimi rw'umwana ukagenda uva imbere ujya inyuma. Uwo muvumba utsindagira imoko y'ibere ku gisenge cy'akanwa k'umwana kandi ukagenda ukandakanda. Ibyo bituma amashereka ava mu miyoboro akajya mu kanwa k'umwana akabona kuyamira.

#### *Ishusho ya #2 Gushyira umwana ku ibere nabi (reba imbere mu kanwa k'umwana)*

- Imoko yonyine ni yo iba iri mu kanwa k'umwana, ikindi gice cy'ibere ari ntakirimo
- Imiyoboro y'amashereka iri hanze y'umunwa w'umwana kandi ururimi rwe ntirushobora kuyishykira
- Uririmi rw'umwana ruri inyuma mu kanwa kandi ntirushobora gukanda imiyoboro y'amashereka.
- **Icyitonderwa:** Ingaruka zo gushyira umwana ku ibere nabi:
  - Imoko zicika udusebe, zirasatagurika
  - Uburibwe butuma amashereka ataza neza kandi agabanuka

### Umurimo wa 4: Kwimenyereza

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*Uburyo bwo gufasha umubyeyi gushyira umwana ku ibere neza* (Yobora abahugurwa ku mfashanyigisho ya 7: *Gushyira umwana ku ibere neza ni ingenzi na Depuliya: Uko wakonsa umwana mu mezi 6 ya mbere*)

- Suhuza umubyeyi, mwibwire
- Niba umwana ashizwe ku ibere nabi, baza umubyeyi niba hari ubufasha akeneye kugirango uburyo bwo kurimushyiraho butungane
  - Reba niba umubyeyi yicaye neza afite umutuzo kandi yumva yisanzuye
  - Nawe ubwawe ishyire mu mutuzo kandi wumve wisanzuye
- Sobanura ibimenyetso 4 bigaragaza ko umwana ashizwe ku ibere neza:
  1. Umwana agomba kuba yegereye ibere, (asatiriye rwose umubyeyi ariku ku buryo amazuru ye aba areba hejuru adapfukiranwe n'ibere) kandi umunwa we ugomba kuba ufunguye cyane ku buryo abasha gutamira igice kinini cy'ikiziga cy'ibere aho gutamira imoko gusa.
  2. Akananwa kagomba gukora ku ibere (ibi bituma umuntu abasha kwizera ko ururimi rw'umwana ruri munsi y'ikiziga cy'ibere ku buryo abasha gukurura amashereka ari hasi.
  3. Ikiziga cy'ibere kigomba kugaragara hejuru y'umunwa w'umwana kurusha uko kigaragara munsi yawo; kandi

4. Ugomba kubasha kubona ko umunwa wo hasi w'umwana ugaruka hanze (ariko biragoye kubona ko akananwa kegereye ibere – wikuraho ibere kugirango ubirebe kuko ibi bishobora gutuma ibere rijya kure y'umwana).
- Mu gutangira gushyira umwana ku ibere, imoko y'umubyeyi igomba kuba itunze ku izuru ry'umwana
- Umwana namara kwasama cyane, muzamure umushyikirize ibere (aho kugirango ibere ariryo umanura urimwegereza)
- Ereka umubyeyi uburyo agomba gufata ibere intoki ze zimeze nk'izikora inyuguti ya C, igikumwe kiri hejuru y'ikiziga cy'ibere naho izindi ntoki ziri munsi. Intoki zigomba kuba zirambuye ku gituza kugirango zatabuza umwana uburyo. Reba neza niba intoki zitari hafi cyane y'ikiziga cy'ibere kugirango umwana abashe gutamira ibere bihagije. Intoki ntabwo zigomba kuba zifunguye nk'imakasi (gufata ibere hagati ya musumbazose na mukubitarukoko) kuko ubu buryo usanga bushobora gukanda imiyoboro y'amashereka kandi bugatuma imoko isohoka mu kanwa k'umwana.
- Sobanura uburyo ashobora kwegereza imoko y'ibere umunwa w'umwana kugirango umwana ashobore kwasama
- Sobanura ko agomba gutegereza ko umwana yasama cyane
- Sobanurira umubyeyi uburyo yakwegereza umwana ku ibere (yegereza neza imoko y'ibere rye umunwa wo hasi w'umwana ku buryo imoko yerekera hejuru mu kanwa k'umwana naho akananwa ke ko kagakora ku ibere) - umwana agomba kwegera ibere, izuru rigakora ku moko y'ibere.
- Itegerezze uburyo umubyeyi abyakira
- Shaka ibimenyetso bigaragaza ko umwana ari ku ibere neza
- Niba umwana atari ku ibere neza, ongera ugerageze (wishikuza umwana kuko ibi bishobora gutuma ibere ryangirika cyangwa bikababaza umubyeyi)
- Gushyira neza umwana ku ibere ntabwo bibabaza; gushyira umwana ku ibere neza bituma umwana yonka neza (yonka amashereka menshi yitonze agacishamo akaruhuka)
- Shaka ibimenyetso bigaragaza ko umwana yonka neza: konka yitonze no gucishamo akaruhuka; ushobora kubona cyangwa kumva amira. Amatama aba aburungushuye, ntaba aciyemo utunogo cyangwa ibyena. Ibi bimenyetso byerekana ko umwana aba ari kubona amashereka ahagije.

**Intego ya 3 y'isomo:** Gukora urutonde rw'uburyo bufasha umubyeyi kuzana no kugumana amashereka.

**Uburyo bwo guhugura:** Gutekereza

**Amabwiriza:**

1. Saba Abahugurwa kuvuga uburyo bwakoreshwa kugirango ufashe umubyeyi kuzana no kugumana amashereka
2. Uhugura yuzuza ibibuze yifashishije ubusobanuro bw'ingenzi
3. Nimubiganireho kandi ukore incamake

### Ubumenyi bw'ingenzi

- Guhuza umwana na nyina umubiri ku wundi ako kanya umwana akivuka- wikuagira amabere y'umubyeyi cyangwa intoki z'umwana – bityo umwana azashobora kumenya aho amabere aherereye kubera impumuro (kimwe no kubona ikiziga cy'ibere).
- Konsa umwana ako kanya akivuga mu gihe cyose yiteguye konka. Umwana ashobora we ubwe kwishyira ku ibere.
- Gusuzuma ko umwana afashe ibere neza ( ibimenyetso 4)
- Konsa buri gihe: uko umwana arushaho konka ni ko umubyeyi arushaho kuzana amashereka.
- Kureka umwana agahumuza ibere rya mbere ukabona kumuha irindi
- Guha umwana amashereka gusa (nta bindi binyobwa, ibiribwa cyangwa amazi) mu mezi 6 ya mbere
- Kuba hafi y'umwana cyangwa kumufata umubiri ku mubiri ku buryo umubyeyi abasha konsa umwana igihe cyose abishakiye kugeza igihe aryikuriyeho.
- Konsa na ninjoro
- Kwikama amashereka igihe utandukanye n'umwana ku buryo umwana ashobora kugaburirwa ayo mashereka kandi n'amabere ntatarirane (ntiyuzurirane)
- Ababyeyi bonsa bagomba kunywa ibinyobwa byinshi kandi bagafata ifunguro rito rimwe ku munsi rikungahaye ku ntungaubiri.
- **Icyitoderwa ku Mujuyanama w'Ubuzima:** Shishikariza umubyeyi konsa , umushyigikire mu ngorane zose kandi umwubakemo icyizere.

**Intego ya 4 y'isomo:** Gusobanura uburyo bwo kwikama amashereka no kuyabika; no kuyahesha umwana igikombe.

**Uburyo bwo guhugura:** Gutekereza; kwerekera ; kwimenyereza

#### Amabwiriza:

1. Saba Abahugurwa kuvuga impamvu umubyeyi ashobora gukenera kwikama amashereka kandi uzandike kuri fulipucati
2. Uhugura yerekana uburyo bwo gukama amashereka akoresheje agashushanyabere
3. Bifashishije agashushanyabere, Abahugurwa bari mu itsinda ry'abantu batatu “bimenyereza” gukama amashereka: Bagenda bafata igihe cyo gusobanurirana uburyo umubyeyi yikama amashereka n'uburyo bwo kuyabika.
4. Erekana uburyo bagaburira uwana bakoresheje igikombe.
5. Amatsinda y'abantu batatu “yimenyereza” uburyo bwo kugaburira umwana ukoresheje igikombe.
6. Ayo matsinda ya batatu asubiramo imfashanyigisho ya 9: *Uko wakwikama amashereka ukayaha umwana ukoresheje agakombe n'imfashanyigisho* ya 10: *Ha umwana amashereka n'igihe utari mu rugo;* nimuganire kandi ku biri kuba kuri buri shusho.
7. Saba Abahugurwa babiri kuvuga ibyo bari kubona noneho Uhugura yuzuze ibiburamo yifashishije Ubumenyi bw'ingenzi
8. Yobora Abahugurwa ku butumwa bw'ingenzi buri inyuma kuri buri mfashanyigisho y'ubujyanama
9. Nimubiganireho kandi ukore incamake

## Ubumenyi bw'ingenzi

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### *Rimwe na rimwe umubyeyi akenera gukamira umwana we amashereka:*

- Uruhinja rushobora kuba ari nta ntege zihagije rufite cyangwa ari ruto cyane rutabasha konka uko bikwiye
- Iyo uruhinja ruri gutinda kumenya konka; urugero ni nk'igihe imoko z'amabere zidasohotse neza
- Kugaburira umwana wavukanye ibiro bituzuye utabasha konka (reba Imfashanyigisho ya 8)
- Kugaburira umwana urwaye
- Kugirango umubyeyi agumane amashereka igihe umubyeyi cyangwa umwana barwaye
- Kugirango arekure amashereka yuzuriranye cyangwa azibure imiyoboro yazibye
- Igihe umubyeyi agomba gutandukana n'umwana we igihe cy'amasaha menshi
- Ingingo zo kwibandaho iyo umubyeyi yatandukanyi n'umwana:
  - Kwiga kwikama amashereka ukibyara.
  - Konsa umwana gusa kandi kenshi igihe cyose uri kumwe nawe.
  - Kama amashereka kandi uyabike mbere yo kuva mu rugo ku buryo urera umwana ashobora kuyamugaburira igihe udahari.
  - Ikame amashereka igihe uri kure y'umwana wawe kabone n'yo waba utabasha kuyabika. Ibi bizatuma ukomeza kugira amashereka kandi bibuze n'ibere kubyimba.
  - Igisha urera umwana wawe kubika amashereka wakame no gukoresha igikombe gifunguye kandi gisukuye igihe amugaburira wagiye.
  - Fata umwanya ugaburire umwana mbere y'uko mutandukana na nyuma ugarutse.
- Ongera inshuro ugaburira umwana igihe muri kumwe. Ibi bivuga kongera inshuro umwonsa ninjoro n'iminsi y'ikiruhuko.
- Niba bishoboka, jyana umwana aho ukorera (cyangwa igihe cyose ugomba kuva mu rugo ugatinda). Niba ibi bidashoboka, shaka umuntu amukuzanire umwonse mu gihe cy'ikiruhuko.
- Ifashishe umuryango wawe mu kwita ku ruhinja n'abandi bana bato, banagufashe gukora imirimo yo mu rugo.

**Umurimo w'inyongera:** Gukora amapupe n'udushushanyabere

**Uburyo bwo guhugura:** Gukorera mu matsinda, abahugurwa bafashanya gukora amapupe n'udushushanyabere

**Amabwiriza:**

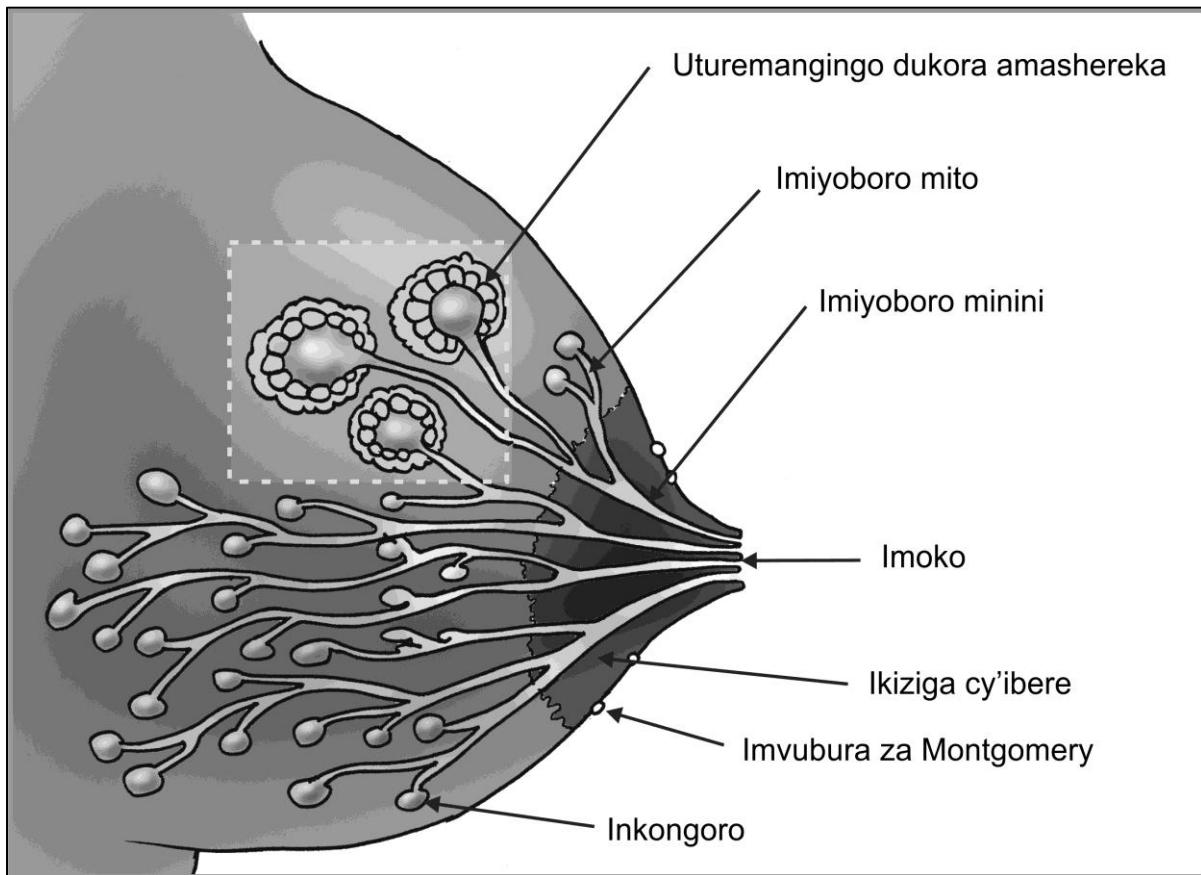
1. Erekana uburyo bakora ipupe mu bikoresho bisanzwe (umutwe uba ukozwe mu mpapuro zizingazinze nk'umupira kandi ufunze mu gikoresho kimwe n'igikoze umubiri, igihimba cy'igipupe kiba kigizwe n'icupa rito ryuzuye amazi cyangwa gikozwe mu bitambaro, lasitiki yo gufasha kwerekana ijosí, amaguru n'amaboko, imyenda isanzwe y'uruhinja niba hari ihari, n'umwenda cyangwa ikiringiti cyo korosa igipupe). Reba ifoto.



2. Abahugurwa bafatanya gukora amapupe yabo.
3. Erekana uburyo bakora udushushanyabere mu bikoresho bisanzwe (amasogisi 2 : isogisi rimwe risa n'umubiri w'umuntu kugirango ryerekane inyuma h'ibere, n'irindi rigaragaza imbere h'ibere – Igitabo cy'Uhugurwa 6.3: Amabwiriza yo gukora udushushanyabere tw'emyenda

**Icyitonderwa:** Buri tsinda ry'ihugura rigomba gukora byibura igipupe kimwe cyo kuzifashisha igihe bazaba bakoresha amahugurwa.

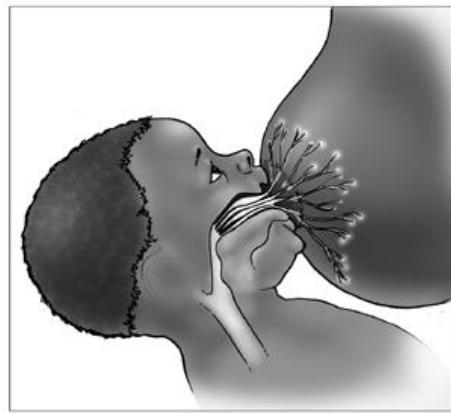
### Igitabo cy'Uhugurwa 6.1: Imiterere y'ibere ry'umugore<sup>4</sup>



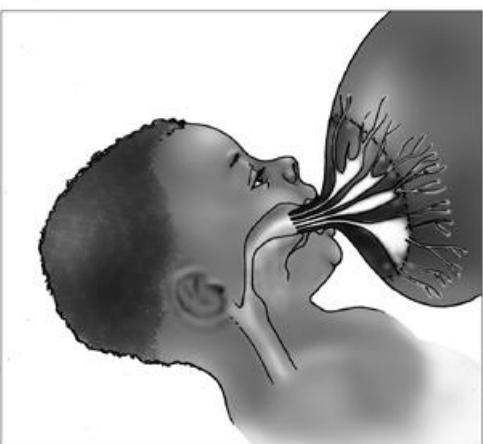
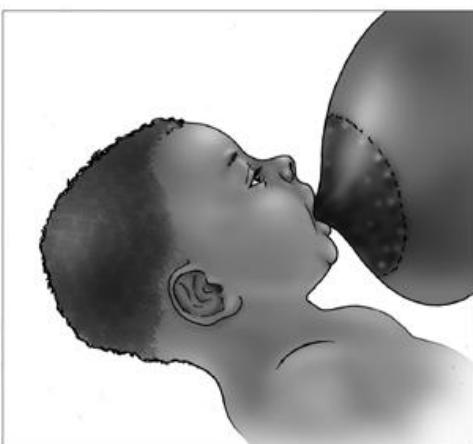
<sup>4</sup> WHO/UNICEF. Infant and Young Child Feeding Counselling: An Integrated Course. 2006

Igitabo cy'uhugurwa 6.2: Gushyira umwana ku ibere neza no kurimushyiraho nabi

**Gushyira umwana ku ibere neza<sup>5</sup>**

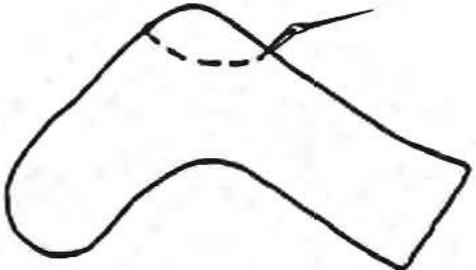
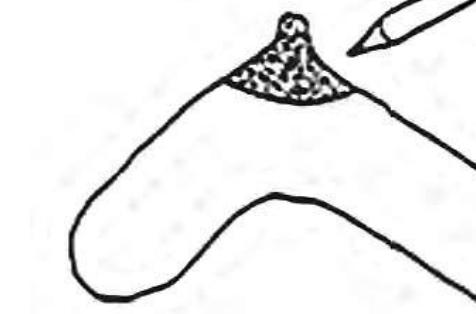
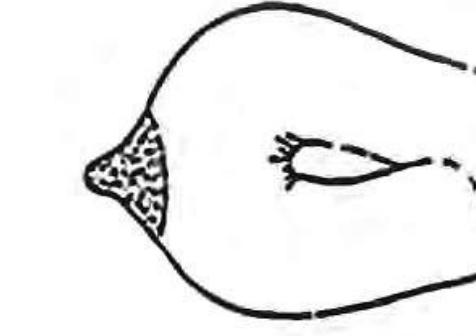


**Gushyira umwana ku ibere nabi**



<sup>5</sup> WHO/UNICEF. Infant and Young child Feeding Counselling: An Integrated Course. 2006.

### Igitabo cy'Uhugurwa 6.3: Amabwiriza yo Gukora Udushushanyabere mu myenda

<p>Koresha amasogisi 2: isogisi rimwe rifite ibara ry'ikigina cyangwa irindi rifite ibara risa n'umubiri w'umuntu kugirango rigaragaze inyuma h'ibere, n'isogisi ry'umweru kugirango rigaragaze imbere haryo.</p>	<p><b>Isogisi rifite ibara ry'umubiri</b> Tera ku gatsinsino k'isogisi inzira izengurutse ifite umurambararo wa cm 4 (ukoreshje urudodo rw'umupira). Yigabanye igire umurambararo wa cm 1 ½ kandi uyitsindagiremo udupapuro cyangwa ibindi bintu kugirango bikore "imoko". Doda intoboro nke ku ntangiriyo y'imoko kugirango impapuro zifate. Koresha ikaramu yandika neza ushushanye ikiziga cy'ibere iruhande rw'imoko.</p> 
<p><b>Isogisi ry'umweru</b> Koresha ikaramu yandika neza ushushanye ku gatsinsino k'isogisi imiterere isanzwe y'ibere: inkongoro, imiyoboro, utwenge tw'imoko.</p>	
<p><b>Guhuriza amasogisi hamwe</b> Tsindagira mu isogisi ry'umweru ikintu icyo aricyo cyose cyorohereye. Fatanya impera z'amasogisi yombi inyuma noneho ukore agatsinsino ku kigero kandi ukurikije uko ibere riteye. Ushobora kwerekana ubwoko bunyuranye bw'amabere. Kurura isogisi risa n'umubiri rize hejuru y'ibere wakoze ku buryo imoko iba hejuru y'imyenge.</p>	
<p><b>Gukora amabere</b> Iyo amabere yombi amaze gukorwa, ushobora kuyambara inyuma y'imyenda noneho ukerekana uburyo bwiza bwo gufata no gushyira umwana ku ibere. Bifatishe ikintu kiziritse mu gituza. Ushobora kandi kwerekana uko intoki ziba zimeze igithe umubyeyi aba ari kwikama amashereka.</p>	

**ISOMO RYA 7: IMIRIRE IKWIYE Y'ABANA BATÓ: IFASHABERE KU BANA  
BAFITE KUVA KU MEZI 6 KUGEZA KURI 24**

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura akamaro ko gukomeza konsa umwana amaze kuzuza amezi 6.	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Kwerekera</li> </ul>	Ibirahure 3 birimo amazi: kimwe cyuzuye neza, icyrimo ½, n'ikindi kirimo 1/3
2. Kuvuga imyemerere igomba guhinduka ku bijyanye n'ifashabere n'uburyo yahinduka	<ul style="list-style-type: none"> <li>• Ikiganiro</li> </ul>	Ntayo
3. Gusobanura uburyo bwo guha umwana ifashabere ukoreshheje ibiribwa biboneka mu rugo	<ul style="list-style-type: none"> <li>• Ikiganiro</li> <li>• Kwerekera</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 7.1: <i>Uburyo bukwiye bwo guha umwana ifashabere</i></li> <li>• Igitabo cy'Uhugurwa 7.2: <i>Ubwoko bunyuranye bw'ibiribwa biboneka mu karere</i></li> <li>• Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>• Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>• Imfashanyigisho ku biryo by'ifashabere kuri buri kigero cy'umwana: Imfashanyigisho ya 13 kugeza 17</li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> <li>• Imfashanyigisho ya 18: <i>Niba umwana wawe arwaye, gisha inama</i></li> <li>• <b>Icyitonderwa:</b> Ubutumwa bw'ingenzi inyuma h'imfashanyigisho z'ubujyanama</li> </ul>
4. Guha umubyeyi/ se w'umwana/ uwita ku mwana inama ishoboka mu bijyanye no gutegurira umwana ufite hejuru y'amezi 6 ibiribwa by'ifashabere, muganira ku nteguro z'ibiryo ziboneka mu karere.	<ul style="list-style-type: none"> <li>• Gukorera mu matsinda</li> <li>• Kwerekana</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 7.2: <i>Ubwoko bunyuranye bw'ibiribwa biboneka mu karere</i></li> <li>• Igitabo cy'Uhugurwa 7.3: <i>Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo</i></li> <li>• Ubwoko bunyuranye bw'ibiribwa: ibiribwa by'ibanze, ibinyamishogwe n'ibinyampeke, imbuto n'imboga zikungahaye kuri vitaminini A, ubundi bwoko bw'imbuto n'imboga, ibiribwa bikomoka ku matungo n'amavuta</li> </ul>

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
5. Kuvuga imigenzereze ikwiye n'ingingo zo kunguranaho ibitekerezo kubyerekerekye no kugaburira umwana ufite amezi 6 kugeza kuri 24.	<ul style="list-style-type: none"> <li>Ibiganiro mu matsinda, abahugurwa bagiramo uruhare</li> </ul>	<ul style="list-style-type: none"> <li>Integuro z'ibiryo ziboneka mu karere</li> <li>Igitabo cy'Uhugurwa 7.1: <i>Uburyo bukwiye bwo guha umwana ifashabere</i></li> <li>Igitabo cy'Uhugurwa 7.2: <i>Ubwoko bunyuranye bw'ibiribwa biboneka mu karere</i></li> <li>Igitabo cy'Uhugurwa 7.3: <i>Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo</i></li> <li>Igitabo cy'Uhugurwa 7.4: <i>Gutahura ibimenyetso ko umwana ashaka kurya no kumushishikaza Amashusho agaragaza uburyo igikoma kigomba kuba gifashe (igikombe n'ikiyiko)</i></li> <li>Amashusho y'ibiribwa biboneka mu karere</li> <li>Amashusho yerekana amatsinda y'ibiribwa (ibiribwa by'ibanze, ibinyamishogwe n'ibinyampeke, imbuto n'imboga zikungahaye kuri vitamini A, ubundi bwoko bw'imbuto n'imboga, ibiribwa bikomoka ku matungo n'amavuta)</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>Imfashanyigisho ku biryo by'ifashabere kuri buri kigero cy'umwana: Imfashanyigisho ya 13 kugeza 17</li> <li>Imfashanyigisho ya 18: <i>Niba umwana wawe arwaye, gisha inama</i></li> <li>Ibihe byihariye – Imfashanyigisho ya 3: <i>Abana batonka bafite hagati y'amezi 6 kugeza kuri 24</i></li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
6. Kungurana ibitekerezo ku ngorane zirebana n'ifashabere n'imigenzereze idahwitse bijyanye.	<ul style="list-style-type: none"> <li>Gukorera mu matsinda</li> </ul>	Ntayo

### Ibikoresho:

- Amashusho agaragaza uburyo igikoma kigomba kuba gifashe (igikombe n'ikiyiko)
- Fulipucati: Inzira zihagaze 7 zifite imitwe yitwa ngo: Ikigero cy'umwana (amezi) , Inshuro agaburirwa, Ingano y'ibiryo, Uko bifashe, Ibyo babiteguyemo, Gufasha no gushishikariza umwana kurya n'isuku; Inzira zitambitse 3 zitwa : kuva ku mezi 6 kugeza ku mezi 9, kuva ku mezi 9 kugeza kuri 12, kuva ku mezi 12 kugeza kuri 24.
- Amashusho agaragaza ubwoko bw'ibiribwa biboneka mu karere n'amatsinda y'ibiribwa (ibiribwa by'ibanze, ibinyamishogwe n'ibinyampeke, imbuto n'imboga zikungahaye kuri vitamini A, ubundi bwoko bw'imbuto n'imboga, ibiribwa bikomoka ku matungo n'amavuta)

### Imyiteguro:

- Ibirahure 3 n'amazi: ikirahure cyuzuye, ikindi kigeze muri  $\frac{1}{2}$ , n'ikindi kigeze muri  $\frac{1}{3}$ .
- Fulipucati n'ibiyanditseho nk'uko byasobanuwe mu nt ego ya 3 y'isomo, #2 na #3.
- Ingero z'ibiribwa biboneka mu karere (cyangwa amashusho y'amatsinda y'ibiribwa cyangwa ibiribwa biboneka mu karere) zo gushyira mu mbonerahamwe iboneka mu gitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*

**Igihe isomo rimara:** amasaha 2

**Intego ya 1 y'isomo:** Gusobanura akamaro ko gukomeza konsa umwana amaze kuzuza amezi 6.

**Uburyo bwo guhugura:** Gutekereza; kwerekera

### Amabwiriza:

1. Baza Abahugurwa: Amashereka atanga imbaraga zingana iki ku mwana muto:
  - Ukivuka kugeza ku mezi 6
  - Ufite kuva ku mezi 6 kugeza kuri 12
  - Ufite kuva ku mezi 12 kugeza kuri 24
2. Andika kuri fulipucati “ Imbaraga zikenerwa n'uburyo bwo kugaburira umwana” ku mwana ukivuka kugeza yujuje amezi 6, amezi 6 kugeza kuri 12, na 12 kugeza kuri 24 ukoresheje imbonerahamwe ifite inzira 3 zihagaze (Ikigero, Imbaraga zikenewe ziva mu mashereka, Uburyo bwo kugaburira umwana); reka ubumenyi bw'ingenzi bukurikira bugume humanitse ku kibambasi mu gihe cyose cy'amahugurwa
3. Erekana nanone ubwo bumenyi wifashishije ibirahure 3: icyuzuye amazi, icyrimo  $\frac{1}{2}$ , n'icya nyuma cyrimo  $\frac{1}{3}$ .

### Ubumenyi bw'Ingenzi

- Kuva akivuka kugeza yujuje amezi 6, umwana akura imbaraga zose akenera mu mashereka.
- Kuva ku mezi 6 kugeza kuri 12, umwana akomeza gukura  $\frac{1}{2}$  cy'imbaraga akenera mu mashereka; ikindi gice gisigaye agikura mu biryo by'ifashabere

- Kuva ku mezi 12 kugeza kuri 24, umwana akomeza gukura 1/3 cy'imbaraga akenera mu mashereka; imbaraga zisigaye akazikura mu mfashabere
- Usibye kuba ari uburyo bwo kumugaburira, konsa bigumya kurinda umwana indwara nyinshi, bigatuma agirana urukundo na nyina, bikamufasha kumva amerewe neza, ndetse akumva ari kumwe n'undi muntu, ibyo bigatuma akura neza muri rusange.

**Intego ya 2 y'isomo:** Kuvuga imyemerere ku bijyanye n'ifashabere igomba  
guhinduka n'uburyo yahinduka

**Uburyo bwo guhugura:** Ikiganiro abahugurwa bagiramo uruhare

**Amabwiriza:**

1. Manika fulipucati ifite inzira zihagaze wise: Ikigero cy'umwana (amezi), Inshuro agaburirwa, Ingano y'ibiryo, Uko bifashe, Ibyo babiteguyemo, Gufasha no gushishikariza umwana kurya n'isuku; Inzira zitambitse 3 wise : kuva ku mezi 6 kugeza ku mezi 9, kuva ku mezi 9 kugeza kuri 12, kuva ku mezi 12 kugeza kuri 24
2. Gumya wibuke ikigero cy'umwana (amezi) n'ibiranga imfashabere kuri icyo kigero: inshuro umwana agaburirwa, ingano y'ibiryo, uko bifashe, ibyo biteguwemo, gufasha no gushishikariza umwana kurya n'isuku. Saba Abahugurwa kuvuga imyemerere igendanye n'ifashabere iboneka iwabo mu midugudu igira ingaruka mbi ku mirire y'abana.
3. Abahugurwa batanga ibitekerezo byabo ku buryo bene iyo myemerere igira ingaruka mbi ku mirire y'abana yahinduka (ariko nanone iyo myemerere ikaguma kubawa), bakavuga n'umuntu mu rugo cyangwa mu mudugudu watuma habaimpinduka (urugero: Ba nyogokuru, se w'umwana, abihayimana, amatsinda y'ubufasha)
4. Abahugurwa batanga ibitekerezo ku butumwa bw'ingenzi bugamije guhindura imwe mu myemerere y'ingenzi ibangamira uburyo bwo guha umwana ifashabere mu midugudu yabo.
5. Nimubiganireho kandi ukore incamake.

**Intego ya 3 y'isomo:** Gusobanura uburyo bwo guha umwana ifashabere ukoresheje  
ibiribwa biboneka mu rugo

**Uburyo bwo guhugura:** Ikiganiro abahugurwa bagiramo uruhare; kwerekera

**Amabwiriza:**

**A. Ibiribwa biboneka mu rugo**

1. Wifashishije ingeri z'ibiribwa nyakuri (niba hari ibihari) cyangwa amashusho y'ibiribwa cyangwa y'amatsinda y'ibiribwa biboneka mu karere (mu isoko cyangwa mu rugo), baza Abahugurwa guhitamo ibiribwa batekereza ko ari iby'ibanze noneho babishyire mu itsinda cyangwa mu cyiciro kimwe.
2. Saba Abahugurwa kwerekana ibiribwa biboneka mu karere kabot bafata nk'ibinyamishogwe kandi babishyire mu itsinda cyangwa icyiciro kimwe.
3. Saba Abahugurwa kwerekana imbuto cyangwa imboga ziboneka mu karere no kuzishyira mu itsinda cyangwa mu kiciro kimwe. Muhereye kuri icyo kiciro, mukore itsinda cyangwa ikiciro kihariye cy'izo mbuto batekereza ko zikungahaye kuri vitamini A (harimo amapapayi, imyembe, maracuja, amacunga). Nimukore ikindi cyiciro cy'izo mboga

- batekereza ko zikungahaye kuri vitamini A (harimo imboga rwatsi, karoti, ibihaza, ibijumba by'umuhondo, kandi mubikorere itsinda cyangwa icyiciro kihariye).
4. Saba Abahugurwa kwerekana ibiribwa biboneka mu karere bikomoka ku matungo (birimo inyama, inkoko, amafi, umwijiima, amagi n'amata, n'ibiryo bikomoka ku mata birimo nka foromaje cyangwa yawurute) kandi babishyire mu itsinda cyangwa icyiciro kimwe.
  5. Ha abahugurwa ibiri mu gitabo cy'Uhugurwa 7.2: *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
  6. Subiramo, gira icyo ubivugaho, kandi Uhugura akosora cyangwa akongeramo ibibuze.
  7. Shyira Abahugurwa mu matsinda 5 noneho usabe buri tsinda kwiga Imfashanyigisho ya 13 kugeza kuya 17 zirebana no gutanga ifashabere no kwiga Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu*
  8. Saba buri tsinda kugira icyo rivuga ku mfashanyigisho imwe
  9. Andi matsinda yongeraho izindi ngingo
  10. Gira icyo uvuga ku butumwa buri inyuma h'Imfashanyigisho z'Ubujuyanama
  11. Nimubiganireho kandi ukore incamake

### Ubumenyi bw'ingenzi

Komeza konsa umwana wawe (imyaka 2 byibura) kandi umuhe ubwoko bw'ibiribwa bunyuranye aribyo byitwa indyo inyuranye y'ibiribwa bigaburirwa umwana muto nk'ifashabere. Indyo inyuranye ikorwa bongeramo ibiribwa byo mu byiciro bikurikira:

- Ibiribwa bikomoka ku matungo : inyama, inkoko, amafi, umwijiima, amagi n'amata, n'ibiribwa bikomoka ku mata
- Ibiribwa by'ibanze: ibinyampeke, ibinyamizi, ibinyabijumba
- Ibinyamishogwe: ibishyimbo, lantiye, amashaza
- Imbuto/ imboga; cyane cyane imbuto zikungahaye kuri vitamin A – ipapayi, imyembe, maracuja, amacunga; n'imboga zikungahaye kuri vitamini A – imboga rwatsi, karoti, ibihaza, ibijumba by'umuhondo
- *Ibiribwa bikomoka ku matungo ni ingenzi cyane* kandi umuntu ashobora kubigaburira abana bato. Bigomba kuba bitetse neza kandi bicagaguyemo uduce duto tutaniga abana.
- *Gaburira umwana wawe ifunguro rito rimwe cyangwa abiri buri munsi.* Hagati y'ifunguro n'irindi, gaburira umwana wawe ibiryo by'inyongera byoroshye gutegura, bifite isuku, bitanduye, biboneka mu karere, kandi bishoboka ko umwana abirya acoresheje intoki. Amafuguro mato ashobora kuba agizwe n'ibice by'imyembe ihiye, amapapayi, imineke, avoka, ubundi bwoko bw'imbuto n'imboga, imigati isanzwe n'ibiribwa bifitanye isano n'imigati bitetse mu mavuta, ikirayi gitetse mu mazi, ikijumba cy'umuhondo
- Koresha umunyu urimo iyode

**Icyitonderwa:** Ibisuguti, icyayi n'ikawa, ntibikoreshwa nk'ifashabere; kubera iyo mpamvu ntibikwiye kugaburirwa abana bato.

- Irinde guha umwana wawe ibinyobwa birimo amasukari n'imitobe yatunganyirijwe mu nganda, koresha imitobe ikorewe mu rugo
- Sobanurira ababyeyi uburyo bashobora kongera ku ndyo y'umwana ubwoko bumwe gusa bw'ikiribwa buri cyumweru
- Ibiryo by'ifashabere by'abana bato bigomba gutegurwa mu buryo bunyuranye n'ubwo bateguramo iby'abakuru. Ibi bifasha abana kuva buhoro buhoro ku ibere ryonyine bagatangira kumenyera ibiryo bimwe nk'iby'abantu bakuru bagize imyaka 2.

- Reba Igitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*
- Reba Igitabo cy'Uhugurwa 7.2 *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
- Reba Imfashanyigisho ya 13 kugeza ku ya 17 ku mirire y'ifashabere
- Reba ubutumwa bw'ingenzi inyuma h'imfashanyigisho
- Reba Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu*

**Intego ya 4 y'isomo:** Guha umubyeyi/se w'umwana/uwita ku mwana inama ishoboka mu bijyanye no gutegurira umwana ufite hejuru y'amezi 6 ibiryo by'ifashabere.

**Uburyo bwo guhugura:** Gukorera mu matsinda no kwerekera

**Amabwiriza:**

1. Erekera Abahugurwa uko bateka igikoma gifashe
2. Shyira abahugurwa mu matsinda 4
3. Ha buri tsinda ubwoko bw'ibiribwa biboneka mu karere, bashobora kubona, bidahenda kandi byera mu gihembwe runaka cy'ihinga (ibiribwa by'ibanze, ibinyamishogwe n'ibinyampeke, imbuto n'imboga zikungahaye kuri Vitaminini A, ubundi bwoko bw'imbuto n'imboga, ibiribwa bikomoka ku matungo), n'amavuta.
4. Saba Abahugurwa kureba Igitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo* n'Igitabo cy'Uhugurwa 7.2: *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
5. Saba buri tsinda gutegurira ibiryo by'ifashabere umwana uri muri kimwe mu byiciro bikurikira:
  - Ku mezi 6
  - Kuva ku mezi 6 kugeza ku mezi 9
  - Kuva ku mezi 9 kugeza kuri 12
  - Kuva ku mezi 12 kugeza kuri 24
6. Saba buri tsinda kwerekana no gusobanurira Abahugurwa bose ibiryo byateguwe, rivuga imiterere y'ibiryo by'ifashabere ryateguye ku kigero cy'umwana: inshuro umwana agaburirwa, uko ibyo agaburirwa bingana, uko biba bifashe, ibiribwa biba biteguyemo, gufasha no gushishikariza umwana kurya, n'isuku.
7. Saba abahugurwa gutekereza ku ngingo 5 zituma ibiryo bidatera ibibazo (isuku ihagije).
8. Nimubiganireho kandi ukore incamake

Ubumenyi bw'ingenzi

- Reba Igitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*
- Reba Igitabo cy'Uhugurwa 7.2: : *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
- Reba Imfashanyigisho 13–17 ku biryo by'ifashabere
- Reba Ibihe byihariye –Imfashanyigisho ya 3: *Kugaburira abana batonka bafite hagati y'amezi 6 na 24.*
- Reba ubusobanuro bw'ingenzi inyuma h'imfashanyigisho z'ubujyanama
- Reba Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu.*

### **Ku mezi 6**

- Abana baba bafite udufu duto kandi bakarya ibiryo bike uko bariye. Bityo , ni ngombwa kubagaburira kenshi ku munsi (reba Igitabo cy'Uhugurwa 7.1)
- Tangirira ku kinyampeke/ikinyabijumba cy'ibanze mu gutegura igikoma (urugero: amasaka, ibigori, ingano, umuceri, ibirayi)
- **Ibiribwa bikomoka ku matungo ni ingenzi cyane** kandi bishobora kugaburirwa impinja n'abana bato. Biteke neza kandi ubicagagagure cyane.
- Igikoma kigomba kuba gifashe cyane ku buryo umuntu ashobora kukigaburira umwana akoresheje intoki
- Igihe bishoboka, koresha amata mu guteka igikoma aho gukoresha amazi.
- Koresha umunyu urimo iyode mu guteka igikoma
- Gumya wonse umwana wawe kugeza yujuje amezi 24 cyangwa ayarengeje.
- Ibiryo bigenewe umwana bigomba buri gihe kubikwa no guteguranwa isuku kugirango bitandura bikamutera impiswi n'izindi ndwara

### **Kuva ku mezi 6 kugeza ku mezi 9**

- Igifu cy'mwana w'amezi 8 kijyamo ml 200 cyangwa ibantu bicye bitakuzura itasi.
- Ongeramo ubwoko bw'ibiribwa by'ambara kugirango bikungahaze ku ntungamubiri ibiribwa by'ibanze. Muri iki cyiciro harimo: ibishyimbo, ubunyobwa, amashaza, lantiye ; amacunga/imbuto n'imboga z'umutuku cyangwa umuhondo (nk'imyembe ihiye, amapapayi, na karoti kimwe n'ibihaza); imboga zifite amababi y'icyatsi kibisi cyijimye (imbwija, imbogeri, isombe), avoka. Inika ibishyimbo n'ibinyamishogwe bindi mbere yo kubiteka kugirango birusheho kunogera abana mu mirire yabo.
- Ongeramo ibiribwa bikomoka ku matungo: inyama, inkoko, amafi, umwijima, amagi n'amata, n'ibiribwa bikomoka ku mata (igihe cyose bishobora kuboneka).
- Nomba kandi woroshye ibyo biryo wongeyemo ku buryo umwana wawe abasha kubikanjakanja no kubimira.
- Igihe umwana yujuje amezi 8, yagombye kuba yabasha gutangira kurya ibiryo birishwa intoki. Ni ngombwa kugaburira umwana ibiribwa birishwa intoki akabyirisha ubwe, ariko gusa igihe amaze kumenya kwicara.
- Koresha umunyu urimo iyode
- Komeza konsa
- Ushobora kumuha amafunguro y'inyyongera (nk'imbuto, umugati cyangwa umugati usize akanyiga k'ubunyobwa) inshuro imwe cyangwa 2 ku munsi uko abyifuza.
- Ibiryo bigenewe umwana bigomba buri gihe kubikwa no guteguranwa isuku kugirango bitandura bikamutera impiswi n'izindi ndwara

### **Kuva ku mezi 9 kugeza ku mezi 12**

- Ongeramo ubwoko bw'ibiribwa by'ambara kugirango bikungahaze ku ntungamubiri ibiribwa by'ibanze. Muri iki cyiciro harimo: ibishyimbo, ubunyobwa, amashaza, lantiye cyangwa ; amacunga/imbuto n'imboga z'umutuku cyangwa umuhondo (nk'imyembe ihiye, amapapayi, na karoti kimwe n'ibihaza); imboga zifite amababi y'icyatsi kibisi cyijimye (imbwija, imbogeri, isombe), avoka.
- Ongeramo ibiribwa bikomoka ku matungo: inyama, inkoko, amafi, umwijima, amagi n'amata, n'ibiribwa bikomoka ku mata (igihe cyose bishobora kuboneka).
- Gaburira umwana wawe udufunguro duto kamwe cyangwa 2 buri munsi; umuhe nk'imyembe cyangwa ipapayi ihiye, avoka, imineke, ubundi bwoko bw'imbuto n'imboga, imigati mishyashya cyangwa ibiribwa bifitanye isano n'imigati bitetswe mu mavuta, ibirayi bitetse mu mazi, ibijumba.
- Koresha umunyu urimo iyode

- Komeza konsa
- Ibirylo bigenewe umwana bigomba buri gihe kubikwa no guteguranwa isuku kugirango bitandura bikamutera impiswi n'izindi ndwara

#### **Kuva ku mezi 12 kugeza ku mezi 24**

- Ongeramo ubwoko bw'ibiribwa by'amabara kugirango bikungahaze ku ntungamubiri ibiribwa by'ibanze. Muri iki cyiciro harimo: ibishyimbo, ubunyobwa, amashaza, lantiye cyangwa ; amacunga/ imbuto n'imboga z'umutuku cyangwa umuhondo (nk'imyembe ihiye, amapapayi, na karoti kimwe n'ibihaza); imboga zifite amababi y'icyatsi kibisi cyijimye (imbwija, imbogeri, isombe), avoka.
- Ongeramo ibiribwa bikomoka ku matungo: inyama, inkoko, amafi, umwijima, amagi n'amata, n'ibiribwa bikomoka ku mata buri munsi byibura mu ndyo imwe (cyangwa inshuro 3 byibura mu cyumweru)
- Gaburira umwana wawe amafunguro mato rimwe cyangwa 2 buri munsi; muhe nk'imyembe cyangwa ipapayi ihiye, avoka, imineke, ubundi bwoko bw'imbuto n'imboga, imigati mishyashya cyangwa ibiribwa bifitanye isano n'imigati bitetswe mu mavuta, ibirayi bitetse mu mazi, ibijumba
- Koresha umunyu urimo iyode
- Komeza konsa kugeza ku mezi 24 cyangwa uyarenze
- Ibirylo bigenewe umwana bigomba buri gihe kubikwa no guteguranwa isuku kugirango bitandura bikamutera impiswi n'izindi ndwara

**Icyitonderwa:** Karaba intoki ukoreshje amazi meza n'isabune mbere yo gutegura ibiryo no kugaburira umwana

**Icyitonderwa:** Rangira Abahugurwa mu Gitabo cy'Uhugurwa 7.1 *Uburyo bukwiye bwo guha umwana imfashabere* mu rwego rwo kubona ibikenewe bikomoka ku mata kimwe n'ibindi binyobwa ku mwana utonka.

- Ha umwana insimburamashereka gusa kuva akivuka kugera ku mezi 6
- Guhera ku mezi 6, ongeraho ibi bikurikira:
  - Ifunguro rimwe cyangwa 2 ukana muha ifunguro rito 1 cyangwa 2 (cyane cyane ibiribwa bikomoka ku matungo) ni ukuvuga amagaburo 4 ku munsi y'ibiryo biribwa mu rugo
  - Igikombe 1 cyangwa 2 by'amata ku munsi
  - Muhe ibikombe bigera kuri 2 by'ibinyobwa by'inyongera ku munsi (byiyongera ku gikombe kuva kuri 1 kugeza kuri 3 by'amazi ku munsi bikomoka mu mata ubwayo n'ubundi bwoko bw'ibiribwa mu turere dufutse, n'ibikombe 3 kugeza kuri 4 ku munsi mu turere dushyuha).

#### **Ingingo 5 zituma ibiryo bidatera ibibazo**

1. Kugira isuku (intoki, aho ukorera, ibikoresho)
2. Gutandukanya ibiryo bitetse n'ibidatetse harimo n'ibikoresho n'ibyo babibikamo
3. Koresha ibiryo bikiri bishyashya kandi ubiteke witonze (cyane cyane inyama, inkoko, amagi n'amafi)
4. Bika ibiryo aho bidashobora kwangizwa n'ubushyuhe
5. Koresha amazi asukuye

**Intego ya 5 y'isomo:** Gusobanura imigenzereze ikwiye n'ingingo zo kunguranaho ibitekerezo kubyerekeranye no kugaburira umwana ufite kuva ku mezi 6 kugeza kuri 24.

**Uburyo bwo guhugura:** Ikiganiro abahugurwa bagiramo uruhare gitangwa n'abagize amatsinda

**Amabwiriza:**

**A. Ikiganiro abahugurwa bagiramo uruhare gitangwa n'abagize amatsinda y'imrimo**

1. Shyira Abahugurwa mu matsinda 2
2. Tegura fulipucati 2 ziciyeho inzira zihagaze : Ikigero cy'umwana (amezi), Inshuro agaburirwa, Ingano y'ibyo agaburirwa, Uko bifashe; n'inzira zitambitse: Kuva ku mezi 6 kugeza ku mezi 9, kuva ku mezi 9 kugeza ku mezi 12, Kuva ku mezi 12 kugeza kuri 24
3. Hereza itsinda rimwe uduce tw'impapuro zakaswe mu rupapuro ruri mu Gitabo cy'Uhugurwa 7.1
4. Hereza irindi tsinda amashusho agaragaza amatsinda y'ibiribwa, cyangwa amashusho y'ibiribwa biboneka mu karere n'ibikoresho bihaboneka (cyangwa amafoto yabyo).
5. Saba amatsinda yombi kuzuza kuri fulipucati zabo: itsinda rimwe rimanika impapuro mu kazu gakwiye kari kuri fulipucati, naho irindi rikamanika amashusho y'ibiribwa biboneka mu karere cyangwa amatsinda y'ibiribwa, n'ibikoresho (cyangwa amafoto y'ibikoresho) na none mu kazu gakwiye kari kuri fulipucati.
6. Saba amatsinda gukomeza kugeza igihe imbonerahamwe yose yuzuriye
7. Saba itsinda rya mbere gusobanura ibyo bujuje kuri fulipucati
8. Saba itsinda rya kabiri gusobanura ibyo bujuje kuri fulipucati bifashishije ibiribwa n'ibikoresho
9. Saba amatsinda yombi kuvuga: ubwoko bw'ibiribwa bukungahaye kuri feri biboneka mu karere n'ubwoko bw'ibiribwa biboneka mu karere bikungahaye kuri vitaminini A.
10. Ha Abahugurwa urupapuro ruri mu Gitabo cy'Uhugurwa 7.1.: *Uburyo bukwiye bwo guha umwana ifashabere* (cyangwa ubarangire urupapuro bibonekaho mu Gitabo cy'Uhugurwa)
11. Abahugurwa bose hamwe bemeza ubutumwa/ ibiribwa/ ibikoresho bigomba kwongera gutondekwa kugirango bihure n'ibiri mu Gitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*
12. Nimubiganireho kandi ukore incamake

**B. Ibindi bikoresho**

1. Tanga Ishusho ya 1: *Ishusho igaragaza uburyo igikoma kigomba kuba gifashe (igikombe n'ikiyko)* kugirango werekane uburyo ibirylo by'ifashabere bigomba kuba bifashe
2. Ha Abahugurwa urupapuro ruri mu Gitabo cy'Uhugurwa 7.2: *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere* kandi ubasobanurire uko bunyuranye, unavuge akamaro ka feri na vitaminini A.
3. Ha Abahugurwa urupapuro ruri mu Gitabo cy'Uhugurwa 7.3 : *Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo* (cyangwa ubarangire urupapuro bibonekaho mu Gitabo cy'Uhugurwa). Yobora abahugurwa kandi wibande ku zindi ngingo z'ubujyanama zikwiye kunguranwaho ibitekerezo; saba Abahugurwa kuvuga izindi ngingo zo kunguranaho ibitekerezo baba bafite.
4. Ha Abahugurwa urupapuro ruri mu Gitabo cy'Uhugurwa 7.4: *Gutahura ibimenyetso ko umwana ashaka kurya no kumushishikaza* (cyangwa ubarangire urupapuro bibonekaho mu Gitabo cy'Uhugurwa)

### *Ubumenyi bw'ingenzi*

- Reba Igitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*
- Reba Igitabo cy'Uhugurwa 7.2: *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
- Reba Igitabo cy'Uhugurwa 7.3: *Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo*
- Reba Igitabo cy'Uhugurwa 7.4: *Gutahura ibimenyetso ko umwana ashaka kurya no kumushishikaza*
- Ishusho igaragaza uko igikoma kigomba kuba gifashe (igikombe n'ikiyiko)

### *Feri*

- Feri umwana avukana umubiri ugenda uyikoresha buhoro buhoro ikarangira mu mezi 6 ya mbere
- Mu mashereka habamo feri ncyeya (nubwo umubiri w'umwana uyakira mu buryo bworoshye). Nyuma y'amezi 6 umuringa umwana akenera ugomba kuva mu biryo arya.
- Ubwoko bwiza bw'ibiribwa bikungahaye ku feri ni ibiribwa bikomoka ku matungo nk'umwijima, inyama zidafite ibinure, n'amafi. Ibiribwa bimwe na bimwe bikomoka ku bimera nk'ibinyamishogwe nabyo bigira feri. Ahandi umuringa ushobora kuva ni mu biryo wongewemo cyangwa mu nyongera za feri (ibinini).
- Ibihingwa nk'ibishyimbo, amashaza, lantiye, n'imboga za epinari nabyo bikungahaye kuri feri.
- Gufata ibiribwa bikungahaye kuri vitamini C igihe uri kurya cyangwa ako kanya ukimara gufata ifunguro ryawe bituma byorohera umubiri kwakira feri. Kunywa icyayi cyangwa ikawa uri kurya bigabanya ubushobozi bw'umubiri bwo kwakira umuringa.

### *Vitamini A*

- Ibiribwa bikungahaye kuri vitamini A ni imbuto n'imboga zigira ibara ry'umuhondo cyangwa umutuku ( amapapayi, imyembe, maracuja, amacunga, karoti, ibihaza, ibijumba by'umuhondo); imboga zifite amababi y'icyatsi kibisi cyijimye , inyama zo munda zamatungo (umwijima), amagi, amata n'ibiyakomokaho nk'ikimuri, foromage, na yawurute; amata y'ifu , ndetse n'ibindi biribwa byongewemo vitamini A.

**Icyitonderwa:** Nyuma y'amezi 6, abana bagomba guhabwa vitamini A y'inyongera kabiri mu mwaka.

### **C. Imirimo y'amatsinda**

1. Shyira Abahugurwa mu matsinda 5 y'imirimo
2. Saba amatsinda y'imirimo kwitegerezza Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*, Imfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*, unabasabe kuvuga amakuru ari kuri izo mfashanyigisho
3. Saba buri tsinda gusobanura ibiranga imfashabere mu Mfashanyigisho z'Ubujuyanama zikurikira:
  - Imfashanyigisho ya 13: *Tangira guha umwana ifashabere ku mezi 6*
  - Imfashanyigisho ya 14: *Ifashabere kuva ku mezi 6 kugeza kuri 9*
  - Imfashanyigisho ya 15: *Ifashabere kuva ku mezi 9 kugeza kuri 12*
  - Imfashanyigisho ya 16: *Ifashabere kuva ku mezi 12 kugeza kuri 24*
  - Imfashanyigisho ya 17: *Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa*
4. Buri tsinda rizatanga mu ihuriro rinini ikiganiro ku mfashanyigisho 1 ku byerekeranye n'ibiranga inyunganirabere
5. Andi matsinda azajya avuga izindi ngingo z'inyongera; Uhugura akongeramo ibibuze
6. Yobora Abahugurwa ku butumwa bw'ingenzi buri inyuma h'imfashanyigisho z'ubujyanama

7. Saba amatsinda y'imirimo kwitegereza Imfashanyigisho ya 18: *Niba umwana wawe arwaye, gisha inama* na Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu* noneho ubasabe kuvuga amakuru ari ku mfashanyigisho y'ubujyanama no kuri depuliya
8. Gira icyo ubivugaho kandi ukore incamake

**Umukoro wo gutahana:**

- Musome ubutumwa buri inyuma h'imfashanyigisho z'ubujyanama kuva ku ya 12 kugeza ku ya 17, iya 18, n'Ibihe byihariye – Imfashanyigisho ya 3: *Kugaburira abana batonka bafite hagati y'amezi 6 na 24*

*Ubumenyi bw'ingenzi*

- Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*
- Imfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*
- Imfashanyigisho ya 13 kugeza ku ya 17: *Imfashanyigisho z'ubujyanama ku ifashabere*
- Imfashanyigisho ya 18: *Niba umwana wawe arwaye, gisha inama*
- Ibihe byihariye – Imfashanyigisho ya 3: *Kugaburira abana batonka bafite hagati y'amezi 6 na 24*
- Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu*

**Intego ya 6 y'isomo:** Kungurana ibitekerezo ku ngorane zижане n'ifashabere n'imigenzereze mibi bigendana

**Uburyo bwo guhugura:** Gukorera mu matsinda mato ( Abahugurwa 3)

**Amabwiriza:**

1. Bari mu matsinda y'ibiganiro, saba Abahugurwa: 1) gukora urutonde rw'ingorane zижане n'ifashabere n'imigenzereze mibi babona iwabo mu midugudu 2) kuvuga ingaruka zikomoka ku gutanga ifashabere mu buryo budatunganye
2. Saba amatsinda anyuranye kubwirana urutonde bakoze ku ngorane bakoze zижане n'ifashabere kimwe n'ingaruka zikomoka ku gutanga ifashabere mu buryo budatunganye (Uhugura abyandika kuri fulipucati)
3. Saba n'andi matsinda kuvuga izindi ngorane nshya zitavuzwe
4. Nimubiganireho kandi ukore incamake

*Ubumenyi bw'Ingenzi*

**Ingoranе zижане n'Ifashabere n'Ingaruka ku Bana Bato n'Ababyeyi**

	<b>Abana Bato</b>	<b>Ababyeyi</b>
<b>Ingoranе</b>	<ul style="list-style-type: none"> <li>• Kubura apeti</li> <li>• Gutangiza umwana ifashabere igihe kitaragera CYANGWA cyararenze</li> <li>• Kugaburira umwana inshuro nke</li> <li>• Ingano idahagije y'ibiryo umwana ahabwa cyangwa aryा</li> <li>• Uburyo ibiryo bigomba kuba bifashe</li> </ul>	<ul style="list-style-type: none"> <li>• Kutagira igihe gihagije cyo gutegura ibiryo</li> <li>• Ububiko n'umwanya wo kubikamo bidakwiye</li> <li>• Kubura amafaranga yo kugura uwoko bunyuranye bw'ibiryo</li> <li>• Kudasobanukirwa no kutita ku bimenyenjetso umwana yerekana</li> </ul>

	<p>budakwiye</p> <ul style="list-style-type: none"> <li>• Ibiryo bifite intungamubiri nkeya</li> <li>• Vitamini n'imyuniyu-ngugu nkeya mu biryo</li> </ul>	<p>igihe agabururirwa</p> <ul style="list-style-type: none"> <li>• Kudashishikaza abana bato igihe barya</li> <li>• Kuziririza ibiribwa ibi n'ibi</li> <li>• Kubura ubufasha ku bijyanye no gukomeza konsa</li> </ul>
<b>Ingaruka</b>	<ul style="list-style-type: none"> <li>• Kwiyongera kw'ibyago byo kurwara</li> <li>• Igabanuka ry'amashereka umwana yonka</li> <li>• Kubura intungamubiri zihagije</li> <li>• Kudindira mu mikurire</li> <li>• Kurwara no gupfa</li> <li>• Biragorana cyane ngo umwana azongere akure neza nyuma</li> </ul>	<ul style="list-style-type: none"> <li>• Konsa biragabanuka</li> <li>• Gusama igihe kitaragera</li> <li>• Hakenerwa byinshi igihe umwana arwaye</li> </ul>

**Icyitonderwa:** Abana bakivuka kugeza ku mezi 24 baba bari mu kigero bagombye guhabwa amahirwe yose (idirishya ry'amahirwe). Iyo abana bo muri iki kigero bagaburiwe nabi, biragorana bikomeye cyane kugirango bazazibe icyo cyuho nyuma mu buzima bwabo.

**Igitabo cy'Uhugurwa 7.1: Uburyo bukwiye bwo guha umwana ifashabere<sup>\*6</sup>**

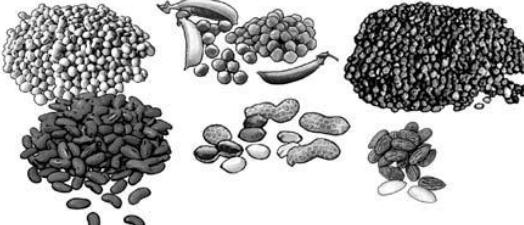
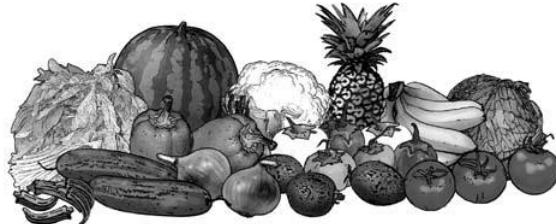
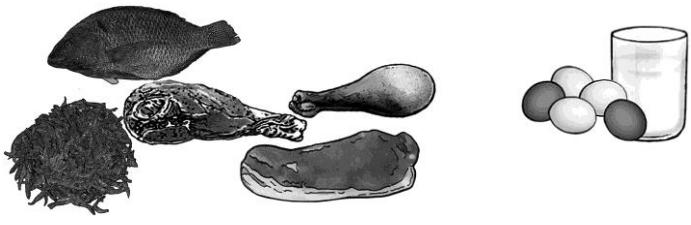
Ikigero	Ibikwiye gukorwa (ibisabwa)			
	<b>Inshuro (ku munsi)</b>	<b>Ingano y'ibiryo umwana muri rusange azajya arya uko agaburiwe (byiyongera ku mashereka)</b>	<b>Uko ibiryo bifashe</b>	<b>Ibigize indyo</b>
Tangiza umwana ibiryo by'inyunganirabere igihe yujuje amezi 6 	Amagaburo 2 kugeza kuri 3 ukongeraho kumwonsa kenshi	Mutangize ibiyiko 2 kugeza kuri 3  Tangira umwumvisha uburyohe noneho ujye ubyongera buhoro buhoro	Igikoma gifashe	Konsa (umwana yonswa igihe cyose abishakiye) + Ibiryo bikomoka ku matungo (ingero ziboneka mu karere)
Kuva ku mezi 6 kugeza ku mezi 9 	Amagaburo 2 kugeza kuri 3 ukongeraho kumwonsa kenshi  Mwongerereho igaburo rito 1 cyangwa 2	Ibiyiko 2 kugeza kuri 3 kuri buri gaburo  Jyenda wongera buhoro buhoro kugeza kuri ½ cy'igikombe/ igikombe cya ml 250	Igikoma gifashe/ ibiryo binombye biribwa mu rugo	+ Ibiryo by'ibanze (igikoma, ingero ziboneka mu karere) + Imboga (ingero ziboneka mu karere) +
Kuva ku mezi 9 kugeza ku mezi 12 	Amagaburo 3 kugeza kuri 4 hakiyongeraho konsa  Mwongerereho kumuha igaburo rito 1 cyangwa 2	½ cy'igikombe / igikombe cya ml 250	Ibiryo byo mu rugo bicagaguye neza  Ibiryo byo mu rugo bicagaguye neza	Imbuto/Imboga (ingero ziboneka mu karere)
Kuva ku mezi 12 kugeza ku mezi 24 	Amagaburo 3 kugeza kuri 4 hakiyongeraho konsa  Mwongerereho igaburo rito 1 cyangwa 2	¾ by'igikombe/ igikombe cya ml 250 kugeza ku gikombe/ igikombe cyose	Ibiryo byo mu rugo bicagaguye neza	

<sup>6</sup> Adapted from WHO Infant and Young Child Feeding Counselling: An Integrated Course (2006)

<b>Ikigero</b>	<b>Ibikwiye gukorwa (ibisabwa)</b>			
<b>Icyitonderwa:</b> Niba umwana atonka kandi ataruuzuza amezi 24	Ongeraho igaburo 1 cyangwa 2 y'inyongera  Mwongerereho igaburo rito 1 cyangwa 2	Kimwe no hejuru ukurikije ikigero cy'umwana	Kora kimwe no hejuru ukurikije ikigero cy'umwana	Kora kimwe no hejuru, ongeraho igikombe 1 cy'amata cyangwa 2 ku munsi + Ibikombe 2 kugeza kuri 3 by'ibinyobwa by'inyongera cyane cyane igihe hashyushye
Menya kandi wite ku bimenyetso byerekana ko umwana yiteguye kurya; mushishikarize kurya ubiyatayeho, ariko ntubimuhatre)	<ul style="list-style-type: none"> <li>Ihangane kandi ushishikarize umwana wawe kurya byinshi bishoboka ubishyizeho umwete.</li> <li>Niba umwana wawe muto yanga kurya, mushishikarize kurya inshuro nyinshi, gerageza umukikire igihe uri kumugaburira, cyangwa umujye imbere igihe akikiwe n'undi muntu.</li> <li>Mugaburire ubwoko bushya bw'ibiryo inshuro nyinshi, abana hari ubwo badahita bakunda cyangwa ngo bemere ubwoko bushya bw'ibiryo iyo bakibibaha.</li> <li>Ibihe byo kugaburira umwana ni ibihe yigiramo kandi aboneramo urukundo. Muganirize kandi ugabanye ibighuza igihe ugaburira umwana.</li> <li>Wimuhatira kurya</li> <li>Fasha umwana wawe mukuru kurya.</li> </ul>			
Isuku	<ul style="list-style-type: none"> <li>Gaburira umwana wawe ukoreshheje igikombe gisukuye n'ikiyiko; ntugakoreshe biberi kuko irushya kuyoza bikaba byatera umwana wawe impiswi.</li> <li>Karaba intoki ukoreshheje isabune n'amazi mbere yo gutegura ibiryo, mbere yo kurya, na mbere yo kugaburira abana bato</li> <li>Karabya umwana intoki n'isabune mbere y'uko arya.</li> </ul>			

\* Hindura imbonerahamwe kugirango ubashe gukoresha igikombe/isahane bikwiye gukoreshwa mu karere mu kugena ingano y'ibiryo: ibiryo bitangwa bigomba kuba bifite ibiterimbaraga bitanga ibipimo bya kilokalori 0,8 kuri garama 1 y'ibiryo; koresha umunyu urimo iyode igihe utegura ibiryo byo mu rugo.

### Igitabo cy'Uhugurwa 7.2: Ubwoko bunyuranye bw'ibiribwa biboneka mu karere

<b>Ibiribwa by'ibanze</b> birimo ibinyampeke nk'ibigori, ingano, umuceri, n'amasaka, n'ibinyamizi n'ibinyabijumba nk'imyumbati n'ibirayi.	
<b>Ibinyamishogwe</b> , nk'ibishyimbo, lantiye, amashaza, ubunyobwa n'impeke nka sezame.	
<b>Imbuto n'imboga zikungahaye kuri vitamini A</b> nk'imyembe, amapapayi, maracuja, amacunga, imboga zifite amababi y'icyatsi kibisi cyijimye, karoti, ibijumba by'umuhondo, n'ibihaza.	
<b>Ubundi bwoko bw'imbuto n'imboga</b> nk'imeke, inanasi, avoka, imyungu, itomati, intoryi, n'amashu.  <b>Icyitonderwa:</b> Ongeramo uwoko bw'imbuto buboneka mu mashyamba n'ibindi bilingwa.	
<b>Ibiribwa bikomoka ku matungo</b> birimo inyama, inkoko, amafi, umwijima, amagi n'amata ndetse n'ibikomoka ku mata  <b>Icyitonderwa:</b> Umwana agomba gutangizwa ibiryo bikomoka ku matungo agize amezi 6.	
<b>Amavuta n'ibinure</b> , nk'ubuto, marigarine, ikimuri n'amavuta y'inka atunganyijwe iyo ashyizwe mu mboga no mu bindi biryo bituma umubiri wakira ku buryo bworoshye ubwoko bumwe na bumwe bwa vitamini, akanatanga n'ingufu z'inyongera. Impinja zikenera gusa macye cyane (atarenze agace k'akayiko gato ku munsi).	

### Igitabo cy'Uhugurwa 7.3: Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo

Uburyo bukwiye bwo guha umwana ifashabere	Ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo Icyitonderwa: Hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kunguranaho ibitekerezo ushingiye ku buryo uzi akarere
Umwana wawe niyuzuza amezi 6, uzamutangize ifashabere yiyongera ku mashereka (nk'igikoma gifashe inshuro 2 kugeza kuri 3 ku munsi).	<ul style="list-style-type: none"> <li>Tanga ingero zo mu karere z'ubwoko bw'ifashabere zihaboneka.</li> <li>Niba bishoboka, tekesha igikoma amata, aho gukoresha amazi.</li> <li>Amashereka ashobora kwifashishwa kugirango igikoma kirekure</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>Imfashanyigisho ya 13: <i>Tangira guha umwana ifashabere ku mezi 6</i></li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
Uko umwana agenda akura, ongera inshuro umugaburira, ingano y'ibyo umuha, ubikomeze kandi ubinyuranye	<ul style="list-style-type: none"> <li>Genda wongera buhoro buhoro incuro umugaburira, ingano y'ibyo umuha, uko bifashe, uko bigiye binyuranye, cyane cyane ibikomoka ku matungo</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>Imfashanyigisho ya 13 kugeza ku ya17: <i>Imfashanyigisho z'ubujyanama ku ifashabere</i></li> </ul>
Ifashabere kuva ku mezi 6 kugeza kuri 9: onsa umwana kandi umuhe amagaburo 2 kugeza kuri 3 n'igaburo rito 1 kugeza kuri 2 ku munsi	<ul style="list-style-type: none"> <li>Mutangize ibiyiko byo ku meza 2 kugeza kuri 3 by'igikoma gitetse cyangwa ibiryo binombye (tanga ingero z'ibinyampeke n'ibiryo biribwa mu rugo).</li> <li>Ku kigero cy'amezi 6, ibi biryo biba bimeze nk'ibyo kumviraho uburyohe gusa aho kuba amafunguro nyirizina.</li> <li>Shigisha igikoma ukoresheje amata, ariko cyane cyane amashereka; ifu y'ubunyobwa busekuye (hashobora kongerwamo utuvuta ducye)</li> <li>Ongeran ingano yabyo buhoro buhoro kugeza kuri 1/2 cy'igikombe cya ml 250. Erekana ingano wifashishije igikombe cyazanywe n'umubyeyi</li> <li>Nta bwoko na bumwe bw'ibiryo butahabwa umwana ufite amezi 6 bipfa gusa kuba binombye/ bicagaguye. Abana si ngombwa ko bagira amenyo kugirango barye ibiryo nk'amagi, inyama, n'imboga rwatsi.Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>Imfashanyigisho ya 14: <i>Guha umwana ifashabere kuva ku mezi 6 kugeza kuri 9</i></li> <li>Imfashanyigisho ya 17: <i>Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa</i></li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
Ifashabere kuva ku mezi 9 kugeza kuri 12: onsa umwana kandi umuhe amagaburo 3 kugeza kuri 4 n'igaburo rito 1 kugeza kuri 2 ku munsi	<ul style="list-style-type: none"> <li>Gaburira umwana ibiryo bicagaguye, binombye neza, n'ibiryo biribwa bakoresheje intoki</li> <li>Ongeran ingano yabyo buhoro buhoro kugeza kuri 1/2 cy'igikombe cya ml 250. Erekana ingano wifashishije igikombe cyazanywe n'umubyeyi</li> <li>Ibiryo bikomoka ku matungo ni ingenzi kandi bashobora kubiha abana bato: biteke neza noneho ubicemo uduse dutoya cyane.</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>Imfashanyigisho ya 15: <i>Guha umwana ifashabere kuva ku mezi 9 kugeza kuri 12</i></li> <li>Imfashanyigisho ya 17: <i>Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa</i></li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>



Uburyo bukwiye bwo guha umwana ifashabere	<b>Ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo</b> <b>Icyitonderwa: Hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kunguranaho ibitekerezo ushingiye ku buryo uzi akarere</b>
Inyunganirabere kuva ku mezi 12 kugeza kuri 24: ha umwana amagaburo 3 kugeza kuri 4 n'igaburo rito 1 kugeza kuri 2 ku munsi, kandi ukomeze kumwonsa  	<ul style="list-style-type: none"> <li>• Muhe ibiryo biribwa mu rugo</li> <li>• Muhe ibiryo ku kigero cya <math>\frac{3}{4}</math> by'igikombe/ isahani ya ml 250 kugeza ku gikombe cyose/isahani yose.</li> <li>• Ibiryo bihabwa umwana bigomba gutegurwa kandi bikabikwa ahantu hasukuye kugirango bitamutera impiswi cyangwa izindi ndwara.</li> <li>• Ibiryo byabitswe ku kigero cy'ubushyuhe busanzwe bigomba gukoreshwa bitarenze amasaha 2 biteguwe.</li> <li>• Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>• Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>• Imfashanyigisho ya 16: <i>Guha umwana inyunganirabere kuva ku mezi 12 kugeza kuri 24</i></li> <li>• Imfashanyigisho ya 17: <i>Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa</i></li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
Buri gihe uko ugaburiye umwana wawe, muhe ubwoko 2 cyangwa 3 bw'ibiryo biribwa mu rugo: ibiribwa by'ibanze, imboga, imbuto kimwe n'ibiryo bikomoka ku matungo	Buri gihe umugaburiye, gerageza umuhe ibiryo byo mu bwoko bw'ibiribwa bunyuranye. Urugero: <ul style="list-style-type: none"> <li>• Ibiryo bikomoka ku matungo: ibiryo bifitanye isano n'inyama nk'inkoko, amafi, umwijima, n'amagi, amata n'ibiryo bikomoka ku mata</li> <li>• Ibiryo by'ibanze: ibinyampeke nk'ibigori, ingano, umuceri, n'amasaka, kimwe n'ibinyamizi n'ibinyabijumba nk'ibijumba n'ibirayi</li> <li>• Imboga nk'ibishyimbo, lantiye, amashaza, ubunyobwa, kimwe n'impeke nka sesame</li> <li>• Imbuto n'imboga zikungahaye kuri vitamini A nk'imyembe, ipapayi, amatunda, maracuja, amacunga, imboga rwatsi, karoti, ibijumba by'umuhondo, ibihaza, kimwe n'imbuto n'imboga nk'imeke, inanasi, imyungu, amatomati, avoka, intoryi, n'amashu</li> <li>• Ongeramo amavuta make kugirango wongerere umwana imbaraga (si ngombwa kongeramo amavuta mu gihe waba uhaye umwana ibiryo n'ubundi byatetswe mu mavuta, cyangwa se niba umwana bigaragara ko ameze neza/abyibushye.)</li> <li>• Imfashanyigisho ya 13–17: Imfashanyigisho z'ubujyanama ku mfashabere</li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i> <b>Icyitonderwa:</b> Ushobora kongeraho ubundi bwoko bw'ibiribwa mu buryo bunyuranye ukabasha kugera ku ndyo/ ifunguro ryuzuye. Ni ingenzi cyane kongeraho ibiryo bikomoka ku matungo.</li> </ul>
Komeza konsa kugeza umwana agize imyaka ibiri ndetse unarenze	<ul style="list-style-type: none"> <li>• Mu mwaka wa mbere n'uwa kabiri, umwana wawe akura intungamubiri nyinshi mu mashereka.</li> <li>• Onsa hagati y'amafunguro na nyuma yayo; wigabanya umubare w'inshuro wonsa.</li> <li>• Imfashanyigisho ya 13–17: Imfashanyigisho z'ubujyanama ku mfashabere</li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
Ihangane kandi ushishikarize ubyitayeho umwana wawe kurya ibiryo bye byose	<ul style="list-style-type: none"> <li>• Mu ntangiro, umwana ashobora gukenera igihe kugirango amenyere ibindi biryo bitari amashereka</li> <li>• Gaburira umwana wawe ku isahani yihariye kugirango wizere ko arya ibiryo byose umuhaye.</li> </ul>

<b>Uburyo bukwiye bwo guha umwana ifashabere</b>	<p><b>Ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo</b>  <b>Icyitonderwa: Hitamo ingingo 2 cyangwa 3 ziberanye n'imibereho y'umubyeyi kandi WONGEREHO izindi ngingo zo kunguranaho ibitekerezo ushingiye ku buryo uzi akarere</b></p>
	<ul style="list-style-type: none"> <li>Reba Igitabo cy'Uhugurwa 7.4: <i>Gufasha no gushishikariza umwana kurya</i></li> <li>Imfashanyigisho ya 13-17: Imfashanyigisho z'ubujyanama ku ifashabere</li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
Karaba intoki ukoresheje amazi meza n'isabune mbere yo gutegura ibiryo, mbere yo kurya, na mbere yo kugaburira abana bato. Karabya umwana intoki mbere yo kurya.  	<ul style="list-style-type: none"> <li>Ibiryo bigaburirwa umwana bigomba guteguranwa kandi bikabikanwa isuku kugirango bitamutera impiswi cyangwa izindi ndwara.</li> <li>Karaba intoki ukoresheje isabune n'amazi meza igihe uvuye kwituma cyangwa umaze kuhagira akabuno k'umwana.</li> <li>Karaba intoki ukoresheje isabune n'amazi igihe uvuye kwituma cyangwa koza/guhanagura umwana witumye.</li> <li>Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> </ul>
Gaburira umwana ukoresheje igikombe n'ikiyiko bisukuye	<ul style="list-style-type: none"> <li>Biroroshye gusukura ibikombe</li> <li>Imfashanyigisho ya 13 - 17: Imfashanyigisho z'ubujyanama ku ifashabere</li> </ul>
Shishikariza umwana kurushaho konka no gukomeza kurya ige arwaye kandi umugaburire ibiryo by'inyongera amaze gukira	<ul style="list-style-type: none"> <li>Igihe umwana arwaye, akenera ibiryo n'ibinyobwa byinshi kurushaho.</li> <li>Byorohera umwana urwaye kurya udufunguro duto twa hato na hato. Gaburira umwana ibiryo bice akunda ariko ubimuhe kenshi mu munsi</li> <li>Abana bakirutse indwara bakenera ibiryo by'inyongera kandi bagomba konka kenshi kugirango bagarure intege n'ibiro batakaje mu burwayi bwabo.</li> <li>Hera ku gihe umwana amaze gukiruka atangiye kugarura apeti maze urebe niba apeti yari yaratayaye kubera indwara igenda irushaho kugaruka.</li> <li>Imfashanyigisho ya 18: <i>Niba umwana wawe arwaye, gisha inama</i></li> </ul>

**Icyitonderwa:**

- Koresha umunyu urimo iyode ige utegura ibiryo mu rugo
- Guhera ku mezi 6, ha uruhinja cyangwa umwana muto inyongera ya vitamini A buri mezi 6 kugeza agize imyaka 5
- Guhera ku mezi 6, ushabora guha umwana amafu y'intungamubiri ari mu dusashe kugirango atabura amaraso cyangwa akabura za vitamini n'imyunyu mu mubiri
- Ohereza kwa muganga abana bose bagaragaza ibibazo by'imirire mibi kugirango bitabweho kandi bahabwe ibiryo by'inyongera hakurikijwe gahunda ya leta y'u Rwanda yo gukemura ikibazo cy'imirire mibi.

## Igitabo cy'Uhugurwa 7.4: Gutahura ibimennyetso ko umwana ashaka kurya no kumushishikaza

**Ubusobanuro:** Gushishikarira gufasha umwana kurya ni ukumenya ibimennyetso bigaragaza ko umwana yiteguye kurya, ukagira umwete mu kumushishikariza kurya, ariko ntubimuhatire.

**Akamaro ko gushishikariza umwana kurya:** igihe umwana yigaburira, ashobora kutarya ibiryo bihagije. Ararangara cyane. Ni yo mpamvu akenera gufashwa. Igihe atarya bihagije, azarwara indwara z'imirire mibi.

- Reka umwana aire ku isahani ye bwite; bityo umwitaho azabasha kumenya uko ibiryo umwana arya bingana.
- Icarana n'umwana, wihangane kandi umushishikarize kurya.
- Gaburira umwana ibiryo ashobora gufata no gukomeza; umwana muto hari igihe aba ashaka kwigaburira. Mushishikarize kurya, ariko wizere ko ibyinshi mu byo ari kurya biri kwinjira mu kanwa ke.
- Nyina/ se/ uwita ku mwana ashobora gukoresha intoki amugaburira, ariko amaze kumukarabya.
- Hita ugaburira umwana ukimara kubona ibimennyetso bigaragaza ko ashonje.
- Niba umwana wawe muto yanze kurya, bimushishikarize kenshi; gerageza kumukikira igihe uri kumugaburira.
- Kinisha umwana ugerageza guhindura igikorwa cyo kurya mo igihe cy'ibyishimo no kwiga aho kuba gusa umwitoto wo kurya.
- Umwana agomba kurira ahantu asanzwe amenyereye.
- Mu gihe bishoboka, umwana agomba kurira rimwe n'abandi bo mu rugo; ibyo bituma habaho umwuka uteza imbere imikurire ye mu by'imitekerereze n'urukundo.
- Fasha umwana mukuru kurya.
- Niba umwana adashaka kurya wibitindaho cyane. Wimuhatira kurya.
- Niba umwana yanze kurya, tegereza cyangwa ubisubike uze kongera kumugaburira nyuma.
- Wiha umwana ibinyobwa byinshi mbere yo kurya cyangwa igihe ari kurya.
- Shimira umwana igihe ari kurya.



**Icyitonderwa:** Ababyeyi, umuryango (abana bakuru), abarera abana bashobora kugira uruhare mu gufasha no gushishikariza umwana muto kurya.



## ISOMO RYA 8: GUKURIKIRANA NO GUTEZA IMBERE IMIKURIRE Y'UMWANA

<b>Intego z'Isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura impamvu ari ngombwa gufata ibipimo ndangamikurire by'umwana	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Kwerekera</li> <li>• Kungurana ibitekerezo</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 10.1: <i>Kugenzura Imirire y'Umwana Muto n'iya Nyina</i></li> <li>• Imfashanyigisho ya 23</li> </ul>
2. Gusobanura uko ibipimo ndangamikurire y'umwana muto bifatwa	<ul style="list-style-type: none"> <li>• Kwerekera</li> <li>• Kungurana ibitekerezo</li> <li>• Imyitozo</li> </ul>	<ul style="list-style-type: none"> <li>• Umunzani Salter</li> <li>• Ikibaho bapimisha uburebure</li> <li>• Igipimisho cyaMUAC</li> <li>• Igitabo cy'Uhugurwa 8.1: <i>Intambwe 10 zo gupima abana batarengeje ibiro 25</i></li> <li>• Igitabo cy'uhugurwa 8.2: <i>Uburyo bwo gukoresha ikibaho mu gupima uburebure bw'abana batarengeje imyaka ibiri</i></li> <li>• Igitabo cy'Uhugurwa 8.3: <i>Gukoresha igipimisho cya MUAC mu kugenzura imirire</i></li> <li>• Igitabo cy'Uhugurwa 8.4: <i>Intambwe ukurikira ngo ukoreshe igipimisho cya MUAC neza</i></li> <li>• Imfashanyigisho ya 23</li> </ul>
3. Gukora urutonde no kwerekana uburyo bwo kuzuza amafishi/impapuro byifashishwa mu gukurikirana ibipimo ndangamikurire	<ul style="list-style-type: none"> <li>• Kwerekera</li> <li>• Kwigisha</li> <li>• Kubaza no gusubiza</li> <li>• Imyitozo yo kwimenyereza</li> </ul>	<ul style="list-style-type: none"> <li>• Amafishi y'ikurikirana ry'imikurire y'umwana (Ibiro ugereranyije n'imyaka, n'uburebure ugereranije n'imyaka) ku bahungu no ku bakobwa</li> <li>• Igitabo cy'Uhugurwa 8.5: <i>Regisiteri yandikwamo abana mu mudugudu</i></li> <li>• Igitabo cy'Uhugurwa 8.6: <i>Regisiteri yandikwamo abagore batwite n'abonsa mu mudugudu</i></li> </ul>
4. Kwerekana uburyo basobanura ibipimo ndangamikurire ( umurongo w'ibiro ku myaka, umurongo w'uburebure ku myaka na MUAC)	<ul style="list-style-type: none"> <li>• Kuvuga</li> <li>• Gusoma</li> <li>• Kubaza no gusubiza</li> <li>• Imyitozo yo kwimenyereza</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 8.1: <i>Intambwe 10 zo gupima abana batarengeje ibiro 25</i></li> <li>• Imirongo y'imikurire y'umwana (ibiro ku myaka n'uburebure ku myaka)</li> <li>• Igipimisho cya MUAC (amabara atatu)</li> <li>• Ifishi rusange y'imikurire y'abana mu mudugudu</li> </ul>
5. Kwimenyereza	<ul style="list-style-type: none"> <li>• Gupima ibiro, uburebure na MUAC</li> <li>• Kwitegerezza</li> <li>• Gukora incamake no gukosora ibitakozwe neza</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 8.1: <i>Intambwe 10 zo gupima abana batarengeje ibiro 25</i></li> <li>• Igitabo cy'uhugurwa 8.2: <i>Uburyo bwo gukoresha ikibaho mu gupima uburebure bw'abana batarengeje imyaka ibiri</i></li> <li>• Igitabo cy'Uhugurwa 8.3: <i>Gukoresha igipimo cya MUAC mu kugenzura</i></li> </ul>

		<p><i>imirire y'umwana</i></p> <ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 8.4: <i>Intambwe ukurikira ngo ukoresho igipimisho cya MUAC neza</i></li> <li>• Amafishi y'ikurikirana ry'imikurire y'umwana <i>Regisiteri yandikwamo abana mu mudugudu Regisiteri yandikwamo abagore batwite n'abonsa mu mudugudu</i></li> </ul>
6. Gusobanura ibyerekeranye n'imirire y'Umwana Muto na Nyina mu rwego rwa CMAM	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> <li>• Gukorera mu matsinda</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 18.1: <i>Urupapuro-nyobozi rwerekana gahunda y'Ikurikirana ry'imirire y'umwana muto mu rwego rwa CMAM</i></li> <li>• Amashusho agaragaza uburyo igikoma kiba gifashe (igikombe n'ikiyiko) n'mfashanyigisho ya 13 kugeza kuya 16 (Ibiyiko biriho igikoma)</li> <li>• Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>• Imfashanyigisho ya 12: <i>Gukoresha amazi asukuye no kugira isuku mu rugo</i></li> <li>• Imfashanyigisho z'Ubujuyanama ku fashabere kuri buri kigero cy'imyaka: Iya 13 kugeza ku ya 17</li> <li>• <b>Icyitonderwa:</b> Ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujuyanama</li> <li>• Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> <li>• Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> <li>• Igitabo cy'Uhugurwa 7.1: <i>Uburyo bukwiye bwo guha umwana ifashabere</i></li> <li>• Igitabo cy'Uhugurwa 7.2: <i>Ubwoko bunyuranye bw'ibiribwa buboneka mu karere</i></li> <li>• Igitabo cy'Uhugurwa 7.3: <i>Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujuyanama zishobora kunguranwaho ibitekerezo</i></li> <li>• Igitabo cy'Uhugurwa 7.4: <i>Gufasha no gushishikariza abana bato kurya</i></li> <li>• Igitabo cy'Uhugurwa 8.6: <i>Regisiteri yandikwamo abagore batwite n'abonsa mu mudugudu</i></li> <li>• Igitabo cy'Uhugurwa 8.7: <i>Uburyo bwo gusuzuma kubyimba bifata impande zombi</i></li> <li>• Igitabo cy'Uhugurwa 8.8: <i>Ifishi ya</i></li> </ul>

		<p><i>taransiferi ikoreshwa n'umujyanama w'ubuzima</i></p> <ul style="list-style-type: none"> <li>• Igitabo cy'uhugurwa 8.9: <i>Ifishi igaragaza ibiganiro byatanzwe muri gahunda yo gutanga ibiribwa by'inyongera (SFP)</i></li> <li>• Igitabo cy'Uhugurwa 8.10: <i>Ifishi y'ikurikirana ry'imiire y'umwana muri gahunda yo kuvura abarwayi bataha iwabo (OTP )</i></li> <li>• Igitabo cy'Uhugurwa 8.11: <i>Ifishi igaragaza ibiganiro byatanzwe muri gahunda yo kuvura abarwayi bataha iwabo (OTP)</i></li> <li>• Igitabo cy'Uhugurwa 8.12: <i>Amabwiriza yo gutanga ibiryo bya RUTF agenewe uwita ku mwana</i></li> <li>• Igitabo cy'Uhugurwa 8.13: <i>Ibibazo bibazwa uwita ku mwana muri gahunda yo kuvura umurwayi ataha mu rugo (OTP )</i></li> <li>• Igitabo cy'Uhugurwa 8.14: <i>Amabwiriza agenewe abarwayi n'abarwaza muri gahunda yo gutanga ibiryo by'inyunganizi (SFP)</i></li> <li>• Igitabo cy'Uhugurwa 8.15: <i>Ubutumwa bugamije ihinduka ry'imyitwarire</i></li> <li>• Igitabo cy'Uhugurwa 8.16: <i>Amarasiyo akoreshwa muri gahunda yo gutanga ibiryo by'inyunganizi (SFP)</i></li> <li>• Igitabo cy'Uhugurwa 8.17: <i>Ifishi itangirwaho ibiryo muri SFP</i></li> <li>• Imfashanyigisho ya 20: <i>Kugaburira umwana urwaye ufite munsi y'amezi 6</i></li> <li>• Imfashanyigisho ya 21: <i>Kugaburira umwana urwaye urengeje amezi 6</i></li> <li>• <b>Icyitonderwa:</b> Ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujanama</li> </ul>
7. Gusobanura uburyo bwo gushaka/kwandika amakuru no gukora raporo mu bijyanye n'imirire y'Umwana Muto na Nyina n'ubwo gukoresha amafishi ya raporo	<ul style="list-style-type: none"> <li>• Kwerekera</li> <li>• Kungurana ibitekerezo</li> <li>• Imyitozo yo kwimenyereza</li> <li>• Kwigisha</li> </ul>	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 8.5: <i>Regisiteri yandikwamo abana mu mudugudu</i></li> <li>• Igitabo cy'Uhugurwa 8.6: <i>Regisiteri yandikwamo abagore batwite n'abonsa mu mudugdu</i></li> <li>• Amafishi ya raporo z'ukwezi (umudugudu n'ikigo nderabuzima)</li> </ul>

### Ibikoresho:

1. Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
  2. Iminzani yo gupimisha yo mu bwoko bwa Salter hamwe n'udukabutura
  3. Ibibaho bapimisha uburebure
  4. Igipimisho cy'umuzenguruko w'ikizigira (MUAC)
  5. Ibikoresho binyuranye: ifishi y'ubuzima y'umwana (abakobwa n'abahungu), regisiteri zikoreshwu mu mudugudu (iyandikwamo abana n'iyandikwamo abagore batwite n'abonsa), imfashanyigisho z'ubujyanama, amafishi ya raporo yo mu mudugudu no mu kigo nderabuzima).
- Amafishi y'imikurire y'abana yo mu midugudu agaragaza imirire yabo ( z-scores z'abana bari mu ibara ry'icyatsi kibisi, abari mu muhondo, n'abari mu mutuku)

*Igihe isomo rimara:* Amasaha 4

**Intego ya 1 y'isomo:** Kuvuga impamvu ari ngombwa gufata ibipimo ndangamikurire by'umwana muto

**Uburyo bwo guhugura:** Gutekereza, kwerekera, kungurana ibitekerezo

### Amabwiriza:

1. Saba abahugurwa kuvuga impamvu ari ingenzi gufata ibipimo ndangamikurire by'umwana
2. Andika ibisubizo by'abahugurwa kuri fulipucati
3. Saba abahugurwa kuvuga ibikoresho byose byifashishwa muri gahunda yo gukurikirana no guteza imbere imikurire y'umwana. Andika ibisubizo kuri fulipucati, byuzuze, ukore incamake kandi ukore umwanzuro
4. Kora incamake isobanura impamvu ari ngombwa gufata ibipimo ndangamikurire uko bikwiye

### Ubumenyi bw'ingenzi

#### *Kugenzura no guteza imbere imikurire y'umwana*

Abana bafite ubuzima bwiza kandi bagburirwa neza bakura neza. Nyamara, ababyeyi/ abita ku bana ntibashobora kumenya niba umwana akura uko bikwiye cyangwa adakura neza babirebesheje ijisho gusa. Uburyo bwo kugenzura niba umwana akura neza ni ukumupima ibiro bye buri gihe ukamenya niba byiyongera cyangwa bitiyongera. Niba abana batari gukura neza, ababyeyi/ ababitaho ndetse na rubanda bashobora gufata ingamaba zituma barushaho gukura neza.

Guhugura abantu mu midugudu ku byerekeranye no gukurikirana imikurire y'abana bizagira inyungu zigaragara ku buzima bw'abana. Gupima ibiro by'umwana buri gihe no kubishyira ku ifishi y'imikurire ye kugirango wemeze ko byiyongera cyangwa bitiyongera ni byo byitwa gukurikirana imikurire. Gukoresha amakuru uvanye mu gukurikirana imikurire y'umwana ugafata ingamba zigamije gutuma umwana akura neza (guha ubujyanama umubyeyi n'uwitwa ku mwana) ni byo byitwa guteza imbere imikurire.

*Gukurikirana Imikurire* ni umurimo wo gupima ibiro by'umwana buri gihe no kubishyira ku mbonerahamwe y'imikurire kugirango umenye niba akura neza cyangwa utahure imikurire mibi hakiri kare.

*Gukurikirana no guteza imbere imikurire* ni umurimo wo gukumira indwara z'imirire mibi no guteza imbere imikurire y'umwana, bigizwe no kugenzura imikurire bifitanye bivuga gutanga ubujyanama bugamije gukangurira ababyeyi/abita ku bana kumenya imikurire y'umwana n'akamaro k'imirire myiza, kunoza uburyo bwo kwita ku mwana no gutuma izindi serivisi z'ubuzima zirushaho gukoreshwa igihe cyose zikenewe. Gukurikirana no guteza imbere imikurire kenshi na kenshi ifatwa nk'ipfundu nyamukuru muri gahunda ikomatanye y'ubuzima n'imirire by'umwana. Gahunda yo gukurikirana no guteza imbere imikurire y'umwana yashyizweho ngo ifashe kunoza ibyemezo bifatwa mu rwego rw'umuryango kimwe n'inyungu z'ubuzima n'imirire myiza umwana abikuramo.

### ***Kuki umwana apimwa ibiro?***

1. Uko umwana ahagaze mu bijyanye n'imirire bishobora kumenyekana hakoreshejwe uburyo bunyuranye: gupima ibiro, gupima umuzenguruko w'ikizigira (MUAC), no gupima uburebure bwe. Ibibimo bikunze gukoreshwa mu kugena uko umuntu ahagaze mu by'imirire ni: ibiro ku myaka, uburebure ku myaka, n'ibiro ku burebure. Ku bijyanye no gukurikirana no guteza imbere imikurire y'umwana, igipimo gikoreshwa ni ibiro ku myaka.
2. Gupima umwana ibiro bituma umujyanama w'ubuzima n'ababyeyi b'umwana bamenya niba umwana ari gukura cyangwa ari kugwingira. Gukurikirana buri gihe imikurire (gupima ibiro) bituma bashobora kugenzura no kurengera ubuzima bw'umwana mu rwego rw'imirire n'ubuzima bwe muri rusange. Ibiro by'umwana urwaye cyangwa ugaburirwa nabi kandi akaba afite ibibazo by'imirire ntabwo byiyongera uko bikwiye cyangwa se biragabanuka mu by'ukuri. Ibyo ni byo byitwa kutava aho uri.
3. Gupima imikurire y'umwana buri gihe ni uburyo bwo kumenya uko ahagaze mu byerekeranye n'imirire n'ubuzima. Imikurire y'umwana ishobora gupimwa mu buryo bunyuranye. Gufata ibiro by'umwana ni bwo buryo bworoshye kandi bukunze gukoreshwa ku bana bato. Kuzamuka kw'ibiro ni ikimenyetso kigaragaza ko umwana akura neza.

### ***Kuki umwana apimwa uburebure?***

Abana bafite ibibazo by'imirire mibi (bijyanye no kubura ibybaka umubiri n'ibitera imbaraga), cyangwa barya nabi ku buryo buhoraho baba ari bagufi ugereranyije n'imyaka yabo; byitwa kugwingira. Kugwingira bikomoka ku kutabona indyo ikwiye igihe kirekire cyangwa bigaterwa n'indwara zihoraho kandi zihora zigaruka. Uburebure bw'umwana bugereranywa n'imyaka ye. Uburebure ku myaka ni ikimenyetso cy'uko umwana ahagaze mu by'imirire kandi gikoreshwa kugirango bamenye abana bagwingiye. Abana bafite igipimo kiri munsi y'intambwe 2 (Standard Deviation-SD) uhereye ku murongo ngenderwaho (median) bashyirwa mu kiciro cy'abagwingiye mu buryo buciritse. Abafite igipimo kiri munsi y'intambwe 3 uhereye ku murongo ngenderwaho bashyirwa mu kiciro cy'abagwingiye cyané.

### ***Kuki umwana apimwa umuzenguruko w'ikizigira ( MUAC)?***

Gupima umuzenguruko w'ikizigira (MUAC) biroroshye kubyigisha no kubikora. Ubwo buryo bushobora gukoreshwa ahantu biba ari ngombwa gutoranya abantu cyane cyane aho baba bacyeneye kugenzura imikurire y'abana mu buryo bwihuse. Mu gupima umuzenguruko w'ikizigira hakoreshwia igipimisho cya MUAC gifite amabara atatu (icyatsi kibisi, umuhondo, n'umutuku) bazengurutsa hagati ku gice cyo hejuru cy'ukuboko (ikizigira). Aho igipimisho gishyirwa n'uburyo bwo kugishyiraho ni ingenzi kugirango bashobore guhuza mu buryo bukwiye poroteyine n'igice cy'umubiri kidafite ibinure. Igipimisho cya MUAC gishobora gukoreshwa mu kurobanura abana boherewa ku kigo nderabuzima cyangwa mu kwemerera umwana mu kigo mbonezamirire cyita ku barwayi bafite ibibazo by'imirire bivuza bataha (OTP).

**Intego ya 2 y'isomo:** Gusobanura uburyo bwo gufata ibipimo ndangamikurire by'umwana

**Uburyo bwo guhugura:** Kwerekera, Kungurana ibitekerezo, Imyitozo yo kwimenyereza

**Amabwiriza:**

1. Ereka abahugurwa umunzani (iminzani ya Salter), ibibaho byo gupimisha uburebure, n'ibipimisho by'ikizigira cy'akaboko ( MUAC ).
2. Saba abahugurwa 2 umwe nyuma y'undi kwerekana uburyo bapima ibiro by'umwana, uburebure bwe, n'uko bapima umuzenguruko w'ikizigira bakoresheje igipimisho cya MUAC.
3. Saba abahugurwa kwandika ibyo babona mu makayi yabo
4. Saba abahugurwa kugira icyo babivugaho.
5. Kora incamake isobanura uburyo bafata ibipimo ndangamikurire.
6. Ongera uberekere uko bikorwa.

*Ubumenyi bw'ingenzi*

**Uko bapima neza ibiro by'umwana bakoresheje umunzani wa Salter**

Kurikira izi ntambwe:

1. Manika umunzani ku giti cyangwa icyuma gikomeye bihagije ku rwego rw'amaso y'usoma ibiro ku buryo ubasha kubisoma neza. Reba neza niba umunzani umanitse neza utagonga icyo umanitseho cyangwa igikuta.
2. Buri munsi ugiye gupima ibiro, reba niba umunzani umeze neza ukoresheje ikintu gifite uburemere buzwi kugirango umenye ko ukora neza.
3. Manika agakabutura ko gupimisha ku gafatisho k'umunzani noneho utunganye umunzani kuri zeru. Buri munzani ugomba kugira visi/bouton cyangwa ikindi gikoresho cyo kuwushyira kuri zeru (kuwuregera). Ibi kenshi na kenshi biba inyuma h'umunzani. Reba niba buri mwana ugiye gupima ibiro ari ku munzani neza, ari ntakimukoma ku buryo ibiganza n'ibirenge bye bidakora ku bikuta cyangwa ku butaka.
4. Saba umubyeyi kwambura umwana imyenda n'inkweto ku buryo ashobora gupimwa yambaye imyenda y'imbere gusa niba utarabikora.
5. Vana agakabutura ko gupimisha ku munzani noneho umubyeyi akambike umwana. Shyira amaboko yawe ahanyura amaguru y'umwana h'agakabutura. Umushumi umwe w'agakabutura ugomba kunyura imbere h'umwana, undi ukanyura inyuma kugirango atagwa.
6. Saba umubyeyi gutterura umwana wambaye agakabutura maze amanike ku gafatisho k'umunzani imishumi y'agakabutura. Umwana ntagomba gutterurwa hakoreshejwe gusa imishumi y'umwenda wo gupimisha.
7. Manura umwana buhoro ku buryo abasha kunagana ari nta nkomyi. Saba umubyeyi kujya imbere y'umwana kugirango amumare ubwoba.
8. Tegereza ko umwana atuza akaguma hamwe n'urushinge rw'umunzani rugahagarara, ubone gusoma ibiro ureba ku karongo ka garama 100 urushinge rwegereye kurusha akandi.. Urushinge nirugumya kunyeganyega buhoro buhoro, gereranya hagati na hagati rw'ahantu ruri kugenda noneho ukoreshe umubare waho nk'ibiro by'umwana. Reba aho bijyanye ku ifishi y'ubuzima bw'umwana noneho uhashyire ikidomo.
9. Bwira umubyeyi yururutse umwana ku munzani nanone yitonze nk'uko yawumushyizeho. Saba umubyeyi gufatisha umwana ukuboko kumwe no kuvana ku gafatisho ko hasi imishumi y'agakabutura akoresheje akandi kaboko.

10. Bwira umubyeyi ibiro umwana afite.
11. Andika ibiro ku ifishi y'ubuzima bw'umwana

### ***Uko bapima neza uburebure bw'umwana (aryamye) hifashishije ikibaho gipimishwa***

**Icyitonderwa:** Ibi bikoreshwa ahanini ku bana bafite munsi y'amezi 24 no ku bandi batabasha guhagarara ubwabo. Ikibaho cyo gupimisha kigomba kuba giteyeho urundi rubaho rutimuka aho umutwe ujya, n'urundi rwimuka aho ibirenge bijya; izo mbaho kandi zikaba zikorana inguni igororotse n'ikibaho umwana aryamaho ).

1. Sobanurira umubyeyi/ uwita ku mwana uburyo bigenda. Kugirango iki gipimo gishobore gufatwa, hakenerwa abantu 2.
2. Ambura umwana inkweto n'indi mitako y'umusatsi kandi ukure ku mutwe we ipfundo ry'umusatsi ryaba rishobora kuba ririho.
3. Ryamisha umwana agaramye
4. Reba neza niba umubare "zeru" w'ikibaho uri ku mpera y'umutwe noneho usomere uburebure bw'umwana ku ruhande rw'ibirenge.
5. Bwira umubyeyi cyangwa uwita ku mwana gufatira umutwe w'umwana ku rubaho rw'inyuma ahujije yitonze igitwariro n'urubaho ku buryo bikora inguni igororotse.
6. Bwira kandi umubyeyi cyangwa uwita ku mwana kuringaniza neza 'umubiri w'umwana ku murongo ugabanya uburebure bw'ikibaho mo kabiri ku buryo intugu n'ikibuno by'umwana bikora nta nkomyi ku kibaho aryamye, kandi intugu n'urukenyerero bigakora inguni zigororotse ugereranyije na wa murongo ugabanya uburebure bw'ikibaho mo kabiri.
7. Fata amaguru y'umwana uyarambuye ku kibaho, sunika urubaho rw'epfo urugeze neza neza kubirenge (bitambaye inkweto cyangwa amasogisi), amano yabyo areba hejuru noneho usome uburebure.
8. Ugomba gusunika bihagije urubaho rw'epfo kugirango rutsingagire umubiri woroshye wo munsi h'ibirenge by'umwana ariko bitagabanyije uburebure bw'urutirigongo. Uburebure bugomba gusomwa ku kinyacumi cya cm kegeree (0.1 cm).

### ***Uburyo bwo gukoresha neza igipimisho cya MUAC ku bana bafite kuva ku mezi 6 kugeza ku myaka 5***

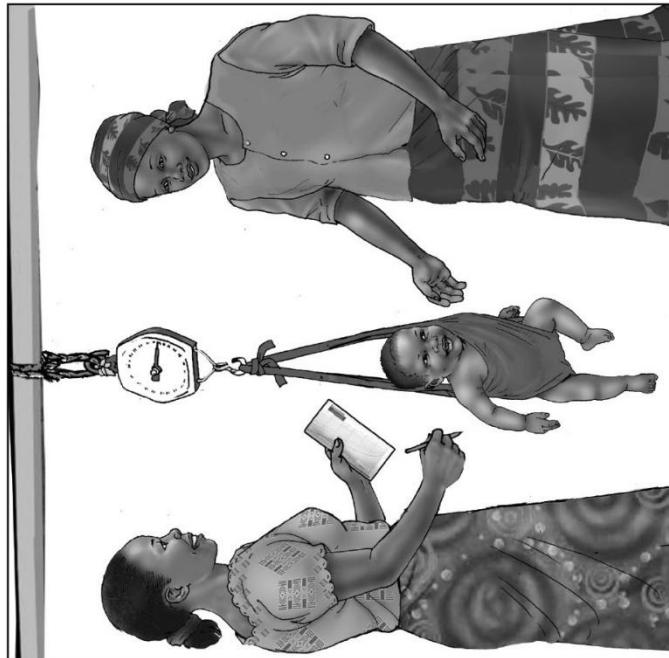
Kurikira izi ntambwe:

1. Korera umurimo wawe aharinganiye n'amaso. Icara niba bishoboka. Abana bato bashobora gufatwa n'ababyeyi babo. Saba umubyeyi kuvanaho umwenda ushobora kuba utwikiriye akaboko k'imoso k'umwana.
2. Gereranya hagati h'igice cya ruguru (ikizigira) cy'akaboko k'imoso uhereye ku kumenya isongi ry'urutugu rw'umwana ukoresheje imitwe y'intoki zawe. hina akaboko k'umwana gakore inguni igororotse. Shyira ku isongi y'urutugu umubare "zeru" w'igipimisho cya MUAC ugargarazwa n'utwambi tubiri noneho urambure igipimisho kugeza ku isongi y'inkokora. Somera umubare ku isongi y'inkokora kuri cm ihegereye. Gabanya uwo mubare mo kabiri kugirango umenye hagati. Ubundi buryo wakoresha aho kugabanya uwo mubare mo kabiri: umaze gupima uburebure bw'akaboko ka ruguru, fatisha intoki ebyiri aho uburebure bugera maze uzingemo kabiri uhahuze na "zeru" y'igipimisho, bityo umenye hagati h'uburebure. Ushobora kandi gukoresha umugozi muri urwo rwego. Wowe cyangwa ugufasha mushyira ikimenyetso hagati h'akaboko mukoreshsheje ikaramu.
3. Rambura akaboko k'umwana noneho uzengurutse igipimisho cya MUAC ku kaboko (ku kizigira) hagati. Reba niba igipimisho kirambuye neza ku mubiri.
4. Genzura uburyo igipimisho kirambuye ku kuboko k'umwana. Reba neza niba igipimisho cya MUAC gifunze ku buryo bukwiye, kidakanyaze cyangwa kitarekuye cyane.
5. Subiramo buri ntera uko bibaye ngombwa.
6. Igipimisho nikimara kugera mu mwanya ukwiye ku kaboko, kandi gifunze mu buryo bukwiye, somera umuzenguruko w'akaboko ku kinyacumi cya cm (cm 0.1) cyegereye, unarebe n'ibara umuzenguruko ubonekamo (icyatsi kibisi, umuhondo, cyangwa umutuku).
7. Andika ibipimo ako kanya n'ibara bijyanye.
8. Vana igipimisho ku kaboko k'umwana.

**Igitabo cy'Uhugurwa 8:1: Intambwe 10 zo gupima abana batarengeje ibiro 25**

## Intambwe 10 zo gupima abana batarengeje ibiro 25

1. Manika umunzani ku gititicyuma gifite amaguru 3 cyangwa ku gititicyuma gitabitse, ku buryo umunzani ugaraagara aharebana n'amaso y'usoma.
2. Manika agakabutura umwana apimwa yambaye hanyuma uregere umunzani kuri zenu.
3. Ambura umwana iyindi myenda umwambike ka gakabutura apimwa yambaye.
4. Reba neza niba akaboko kamwe k'umwana kanyura hagati y'udushumi tw'agakabutura kugirango umuirinde kugwanzi.
5. Manika agakabutura ku munzani.
6. Reba niba umwana anagana nta nkomyi, nta kindi kintu afasheho kitari umunzani.
7. Igihem uwana amaze gutuza kandi urushinge rutakinneyega cyane, somia ibiro bigizwe n'ibinyabumwe n'ibinyacumi (urugero: Kg 5-4)
8. Soma kandi uvuge ibiro ubonye. Nyina w'umwana cyangwa umuntu uri kugufasha ako kanya ibiro ubonye
9. Shyria ikidomo cy'ibiro wabonye ku murongo w'imikurire y'umwana.
10. Ganira n'umubyeyi ibyahindutse ku biro by'umwana no ku biro byitezwe, ndetse kandi cyane cyane ku cyerekezo cy'umurongo w'imikurire y'umwana.



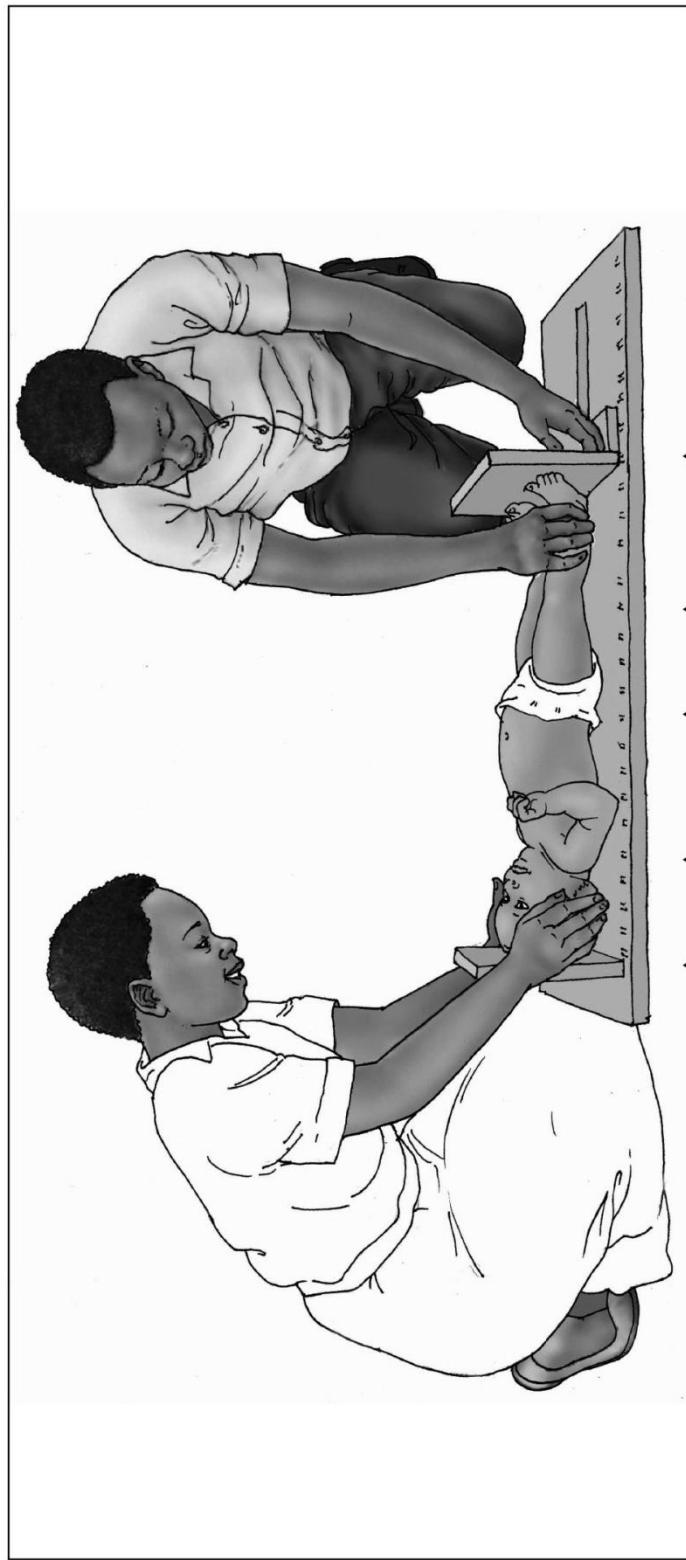
Ibiro biherutse cyangwa byo mukwezi gusinize	Ibiro biceye bishoboka umwana agomha kunguka
<5 Kg	0.5 Kg
5-7 Kg	0.4 Kg
7-9 Kg	0.3 Kg
9-12 kg	0.2 Kg
>12 Kg	0.1 Kg



Byanogejwe bivanywe muri URC/Nulife job aid itewe inkunga na USAID/Uganda.

Igitabo cy'Uhugurwa 8.2: Uburyo bwo gukoresha ikibaho mu gupima uburebure  
bw'abana batarengeje imyaka ibiri

**Uburyo bwo gukoresha ikibaho mu gupima uburebure  
bw'abana batarengeje imyaka ibiri**



Tunganya unutwe mu  
buryo bwa Frankfort,  
igitwariiro gjikore ku  
rubaho ruhagaze.

Intugu n'ikibuno  
bigomba kuba  
bikora ku rubaho  
umwana aryamije.

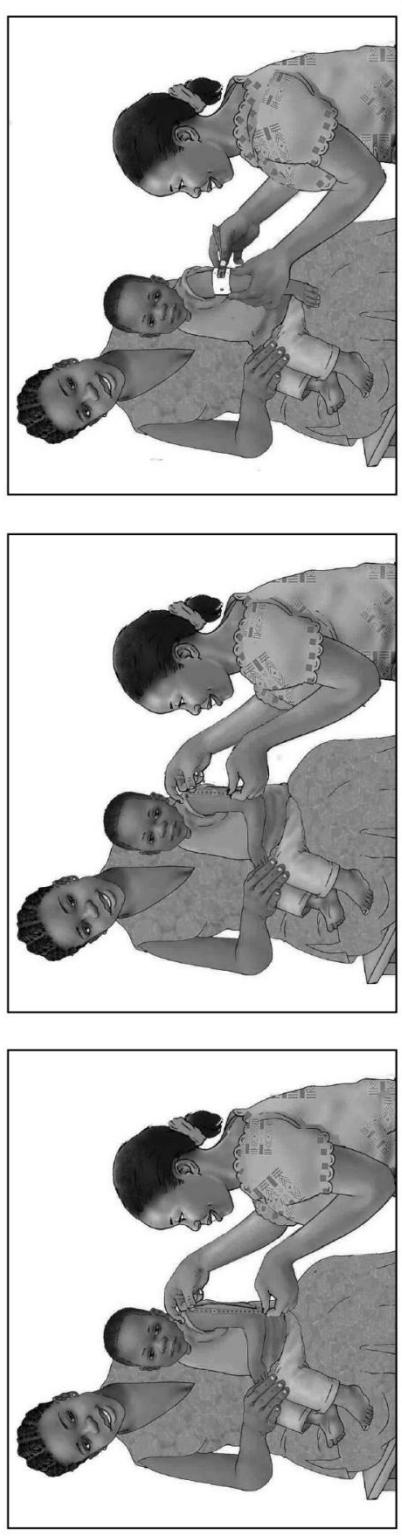
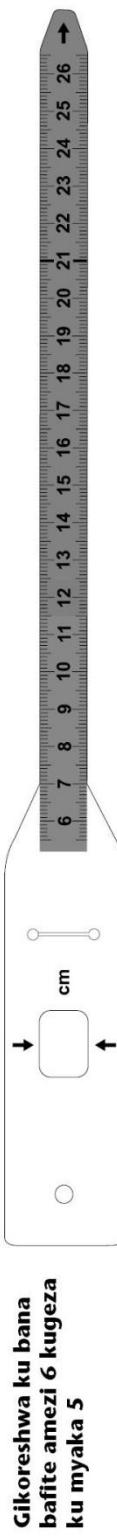
Ryamisha umwana  
ukurikye umuongo  
ugabanya urubaho  
mo kabiri.

Reka ibirenge  
bikore neza ku  
rubaho ruhagaze  
rwo hepfo.

Byanogejwe bivanywe muri URC/Nulife job aid itewe inkunga na USAID/Uganda.

## Igitabo cy'Uhugurwa 8.3: Gukoresha igipimisho cya MUAC mu kugenzura imirire

### Gukoresha igipimisho cya MUAC mu kugenzura imirire



MUAC ni amagambo ahinnye y'icyongereza. Bisobanura Igipimisho cy'Umuzenguruko wo hagati ku kaboko ko hejuru" (Ikizigira).

Igipimisho cya MUAC gishobora gukoreshwa mu gusuzuma imirire y'abana bafite bato bafite amezi 6 n'abana bafite kugeza ku myaka 5 y'amavuko.

Bioroshye gukoresha igipimisho cya MUAC kandi ntibisaba kuyigereranya n'ikgero umwana arimo (imyaka/amezi) cyangwa uburebure bw.

Aho amabara ahurira hatandukanya ibice umwana arimo mu rwego rw'imirire cyangwa amabara ubwayo yerekana urweggo rw'imirire.

**UMUTUKU** Ibara ry'umutuku ry'igipimisho cya MUAC ryerekana imirire mibi ikabije.

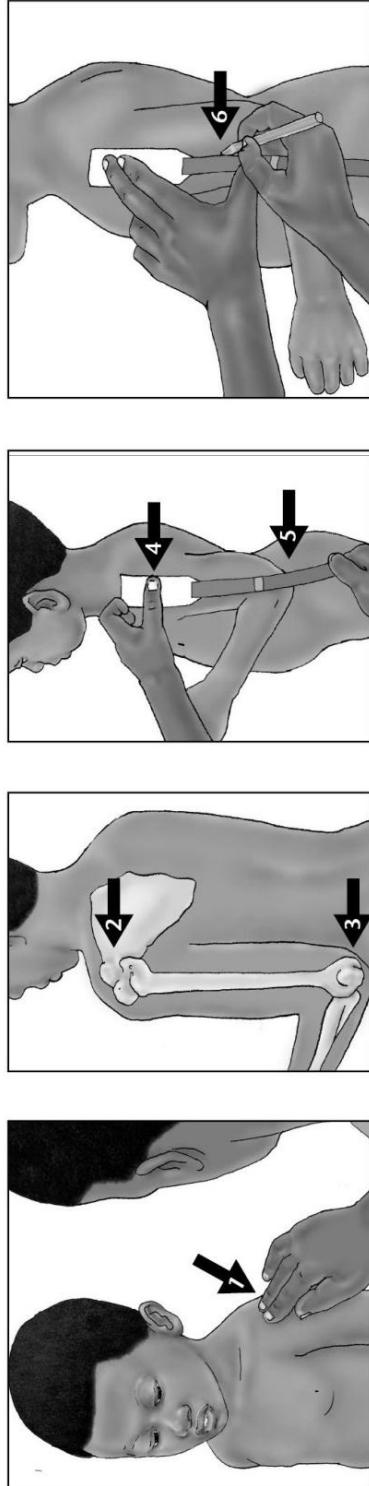
**UMUHONDO** Ibara ry'umuhondo ry'igipimisho cya MUAC ryerekana imirire mibi idakabije.

**CVATSI KIBISI** Ibara ry'cvatsi kibisi ryerekana imirire ishaka kuba mibi cyangwa ko ntá mirire mibi ihari.

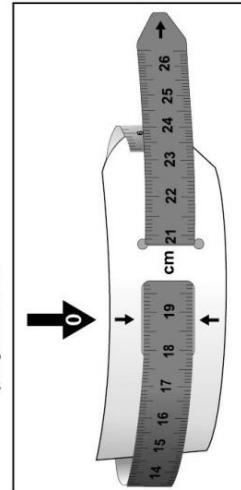
Byanogejwe bivanywe muri URC/Nulife job aid itewe inkunga na USAID/Uganda.

## Igitabo cy'Uhugurwa 8.4: Intambwe ukurikira ngo ukoreshhe igipimisho cya MUAC neza

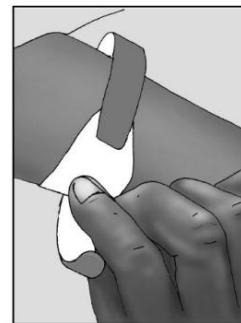
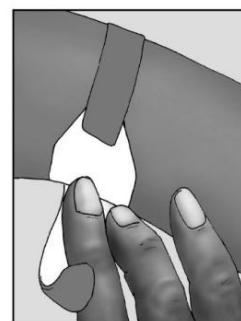
### Intambwe ukurikira ngo ukoreshhe igipimisho cya MUAC neza



1. Hina akaboko k'imoso gakore imfuruka igororose (dogere 90).
2. Shakisha agasongero Kunutugu.
3. Skakisha agasongero k'inkokora.
4. Shyijra ahari utwambi (kuri zenu) h'igipimisho cya MUAC ku gasongero k'urutugu Rambura MUAC uyigeze ku gasongero k'inkokora hanyuma usome uburebure bw'akaboko ko hejuru.
5. Rambura akaboko hanyuma ushyire igipimisho cya MUAC hagati na hagati h'uburebure bw'akaboko ukoreshhe bumwe mun ubu buryo:
  - zinga MUAC mo kabini ureye kuri "0" ugere ku burebure wapimye bw'akaboko, CYANGWA ugabyane kabini umubare uhwanye n uburebure wapimye
  - Garagaza hagati na hagati ukoreshheje ikaramu cyangwa urutoki
6. Menya hagati na hagati h'uburebure bw'akaboko ukoreshheje bumwe mun ubu buryo:
  - zinga MUAC mo kabini ureye kuri "0" ugere ku burebure wapimye bw'akaboko, CYANGWA ugabyane kabini umubare uhwanye n uburebure wapimye
7. Garagaza hagati na hagati ukoreshheje ikaramu cyangwa urutoki



10. Somera cm z'umuzenguruko w'akaboko hagati y'itwambi Andika umuzenguruko ubonye n'ibara uwo mubare urimo
11. Byanogejwe bivanywe muri URC/Nulife job aid itewe inkunga na USAID/Uganda.



8. Rambura akaboko hanyuma ushyire igipimisho cya MUAC hagati na hagati h'uburebure bw'akaboko ukoreshheje ikaramu Cisha agatwe k'igipimisho cya MUAC mu "kadirishya" hanyuma ugenzire neza uburyo ireze
9. Rambura akaboko hanyuma ushyire igipimisho cya MUAC hagati na hagati h'uburebure bw'akaboko ukoreshheje ikaramu Cisha agatwe k'igipimisho cya MUAC mu "kadirishya" hanyuma ugenzire neza uburyo ireze

**Intego ya 3 y'Isomo :** Gukora urutonde rw' amafishi n'ibindi bikoresho byifashishwa mu gukurikirana ibipimo ndangamikurire no kwerekana uburyo bwo kubyuzuza amafishi

**Uburyo bwo guhugura:** Kwerekera, kwigisha ; kubaza no gusubiza, imyitoto yo kwimenyereza

**Amabwiriza:**

1. Ha buri muntu wese uri guhugurwa amafishi 2 y'ubuzima bw'umwana. Niba ari nta mafishi y'ubuzima bw'umwana ahagije ahari, shyira abahugurwa mu matsinda 2 cyangwa arenga. Saba umwe mu bahugurwa gusobanura ibyo abona ku ruhande rw'imbere rw'ifishi. Saba undi ubishaka kureba inyuma h'ifishi no kubwira abandi ibyo ari kuhabona. Tanga ubundi busobanuro.
2. Saba abahugurwa kugenda bashyira ku ifishi y'ubuzima bw'umwana ibidomo bihwanye n'ibiro by'umwana ugereranije n'ikigero cye kuva akivuka kugeza ku mezi 24; ibyo babikora basimburana niba bari gukorera mu matsinda ( Imyitoto A na B )
3. Ha buri wese uri mu mahugurwa/ buri tsinda urupapuro rwa regisiteri y'umudugudu arwuzuze yifashishije amakuru yakomotse mu myitoto A na B (Umwitoto C). Fata ko abana bombi bavutse muri Mutarama. Shyira ikimenyetso (✓) mu mwanya ukwiye.
4. Uhugura azenguruka mu bahugurwa agenzura umurimo w'bahugurwa noneho akaborohereza kubaza ibibazo igihe bari gukora imyitoto.
5. Imyitoto ishobora gukorwa n'umuntu ku gitit cye cyangwa mu matsinda.
6. Mu gihe cy'imyitoto, uhugura azenguruka mu bahugurwa areba uko bari gukora kandi akabaha ubufasha iyo bukenewe. Yegeranya kandi ya mafishi yose noneho akababwira uko bimeze.
7. Saba abahugurwa kugira icyo bavuga ku mirongo y'imikurire y'umwana. Tanga ubundi busobanuro niba bukenewe.
8. Ha abahugurwa umwanya wo kubaza ibibazo mbere yo gusoza umwitoto.

A. Imikurire myiza ( umurongo uzamuka)

Ikigero (Amezi)	0	1	2	3	4	5	6	7	8	9	10	11	12
Ibilo (Kg)	4	5	5.5	6.5	7.4	8	8.4	8.7	9.4	10	10.2	10.8	11

Ikigero(Amezi)	13	14	15	16	17	18	19	20	21	22	23	24
Ibilo (Kg)	11.2	11.4	11.7	12.1	12.3	12.5	13	13.3	13.8	14	14.1	14.4

B. Indwara z'imirire mibi na/cyangwa izindi ndwara

Ikigero(Amezi)	0	1	2	3	4	5	6	7	8	9	10	11	12
Ibilo (Kg)	4	5	5.5	6.5	7.4	8	7	5.8	6	5.5	5.5	6	6

Ikigero(Amezi)	13	14	15	16	17	18	19	20	21	22	23	24
Ibilo (Kg)	7	7.2	7.3	7	6.8	7	7	7.5	8	8.4	9	9.4

C. Amakuru agomba gushyirwa muri rejiteri y'umudugudu

## Igitabo cy'Uhugurwa 8.5: Rejisiteri y'abana mu mudugudu

Akarere:	Nomero ziranga umwana:
Ikigo nderabuzima:	Amazina y'umwana:
Umurengé:	Igitsina( Gabo/ Gore):
Akagari:	Se w'umwana:
Umudugudu:	Nyina w'umwana:
	Aba mu gace kagenzurwa n'ikigo nderabuzima (Yego/Oya):

				Umurongo w'ubuzima				MUAC			Kubyi mba impande zombi- Bwaki (Yego/ oya)
Umwaka	Ukwezi isura ryabaye mo	Ikigeroy ana (Amezi)	Ibiro (byandi kwa ku kinyacumi (kg 0.1)	Icyatsi kibisi	Umuho ndo	Umutuku	Umuron go w'ibiro urazamu ka guhera ku isura riheruka (Yego/O ya)	Icyatsi kibisi	Umuho ndo	Umutuku	

Konsa gusa mu mezi 6 ya mbere (Yego/ Oya)	Yatangiye ifashabere? (Yego/Oya)	Niba ari yego, ku kihe kigero (ku mezi angahe)?	Umwana aronka? (Yego/Oya)	Yahawe vitamini A? (Yego /Oya)	Yahawe ibinini by'inzoka? (Yego/oya)	Akingirwa ku gihe? (Yego/Oya)	Ahabwa ibiryo bya RUTF? (Yego/Oya)

Ahabwa CSB (Ygo/Oya)	Yarasuwe mu rugo (Yego/ Oya)	Umwana atekerwa ukwe (agakono k'umwana) (Yego/Oya)	Umwana na nyina bahawe ubujyanama ku mirire (Yego/Oya)	Yoherejwe ku kigo nderabuzima (Yego/Oya)	Yagiye muri gahunda zo ku mudugudu (Yego/Oya)	Ntakiri muri gahunda (Yego/Oya)	Ubusobanuro

### **Igitabo cy'Uhugurwa 8.6: Rejisiteri y'abagore batwite n'abonsa mu mudugudu**

Akarere:	Amazina y'umugore:
Ikigo nderabuzima:	Aratwite/ Aronsa (Siba ibitari ngombwa)
Umurenge:	Imyaka:
Akagari:	Irangamimerere (Yarashatse, Umupfakazi, yatandukanye n'umugabo, ingaragu):
Umudugudu:	Izina ry'umugabo: Aba mu gace kagenzurwa n'ikigo nderabuzima (Yego/Oya):

		MUAC								
Umwaka	Ukwezi isura ryabaye mo	< cm 21 (Yego/Oya)	> cm 21 (Yego/Oya)	Yabyim bye ibirenge (Yego/Oya)	Yonsa umwana utaruzuz a ibyumw eru 6 (Yego/Oya)	Yaha we vitam ini A? (Yego/Oya)	Yahawe ibinini by'inzo ka? (Yego/Oya)	Akingir wa ku gihe? (Yego/Oya)	Ahabwa ibiryo bya RUTF? (Yego/Oya)	Ahabwa ibiryo bya RUTF? (Yego/Oya)
.....										

Yarasuwe mu rugo (Yego/ Oya)	Yubahiriza gahunda zo gupimisha inda (Yego/Oya)	Yahawe ubujyanama ku mirire (Yego/Oya)	Yoherejwe ku kigo nderabuzima (Yego/Oya)	Yagiye muri gahunda zo ku mudugudu (Yego/Oya)	Ntakiri muri gahunda (Yego/Oya))	Ubusobanuro

## Ubumenyi bw'ingenzi

### Uburyo buzuza ifishi y'ubuzima y'umwana?

Ku ifishi y'ubuzima y'umwana hariho imbonerahamwe y'utuzu twa mpandenye n'ibi bikurikira:

- Imirongo itambitse igaragaza ibiro;
- Imirongo ihagaze igaragaza ikigero mu mezi;
- Imirongo itatu ihengamye iri mu mbonerahamwe rwagati igabanya uturere 3 tw'ambara: icyatsi kibisi (gisobanura imirire myiza); umuhondo (usobanura imirire mibi ariko idakabije); umutuku (usobanura imirire mibi ikabije);
- Munsi y'imbonerahamwe hari utuzu twa mpandenye zitangana turimo imibare igaragaza ikigero cy'umwana.
- Ku isura ry'umwana rya mbere, uzuza mu kazu ka mbere ukwezi umwana yavukiyeho. Noneho, wuzuze utundi tuzu ukurikije ikigero cy'umwana kuri buri sura ry'ukwezi.
- Kugirango wandike ibiro, reba aho umurongo umanutse w'ibumoso, uhoreye ku kazu k'ukwezi kugezweho n'umurongo utambitse w'ibiro ihurira. Shyiramo ikidomo (.) cyangwa akamenyetso ka (X) mu isangano ry'imirongo yombi.
- Ukoresheje ubwo buryo, andika ibiro by'umwana buri kwezi. Ibiro byandikwa ku kinyacumi kiri hafi (kg 0.1). Niba ibiro bidahura neza n'umubare wuzuye urugero 7.0, gereranya ushyire ikidomo ahantu mu kazu imirongo yombi ihurira (niba ubonye kg 7.3, uzashyira ikidomo ahagana mu cya gatatu cy'akazu ).
- Numara gupima umwana inshuro 2, uzaba umaze kugira ibidomo 2 mu mbonerahamwe y'utuzu twa mpandenye zingana. Wifashishije agacamurongo n'ikaramu, ca umurongo uhuze ibidomo byombi . Uyu murongo, cyangwa imirongo myinshiihuza ibindi bidomo ku ifishi y'ubuzima y'umwana ni wo witwa *umurongo w'ubuzima*. *Umurongo w'ubuzima* w'umwana wuzuzwa buri gihe cyo gupima umwana ibiro hahuzwa ikidomo cyashyizweho ubuheruka n'ikidomo gishya, bityo bityo.

### Uburyo buzuza regisiteri yo mu mudugudu

Muri rejisiteri y'abana mu mudugudu, uzasangamo ibi bikurikira:

- Hejuru habanziriza imbonerahamwe, haboneka amakuru ku mwirondoro harimo n'igitsina cy'umwana. Igitsina cy'umwana kigaragaza ubwoko bw'ifishi y'ubuzima bw'umwana igomba gukoreshwa kubera ko habaho ifishi zinyuranye ku bahungu no ku bakobwa.
- Imbonerahamwe yagabanyijwemo imbonerahamwe ntoya nyinshi kugirango ishobore gukwira ku rupapuro ruhagaze. Naho ubundi, ni imbonerahamwe nini ifite ibipimo (indicateurs) byose ku murongo umwe. Hasi hari ubusobanuro bwihariye bwerekana uburyo yuzuzwa:
  - Mu nzira ihagaze (column) ya mbere, andikamo umwaka.
  - Andika ukwezi isura ribereyemo.
  - Munsi y'umutwe "Ibiro", andikamo ibiro by'umwana ku kinyacumi kiri hafi (kg 0.1).
  - Shyira ikimenyetso (✓) mu kazu gahwanye n'ibara risobanura urwego rw'imirire umwana arimo (ifashishe umurongo w'ubuzima w'umwana).
  - Uzuza izindi nzira zihagaze nk'uko bisabwa.
  - Tanga ubusobanuro niba ari ngombwa.

**Icyitonderwa:** Ni muri ubu buryo rejisiteri y'abagore batwite n'abonsa yuzuzwamo.

**Intego ya 4 y'isomo:** Kwerekera uburyo basobanura ibipimo ndangamikurire (umurongo w'ibiro n'umuzenguruko w'ikizigira –MUAC)

**Uburyo bwo guhugura:** Amafishi y'ubuzima y'abana yujujwe, kuvuga (presentation), kubaza no gusubiza, imyitozo yo kwimenyereza

**Amabwiriza:**

- Erekana ingero zinyuranye z'imirongo y'ubuzima y'abana (harimo iyakozwe mu myitozo A na B) kandi usobanure uwoko bunyuranye bw'ijo mirongo: izamuka, itambika, cyangwa imanuka.
- Saba abahugurwa kugira icyo bavuga ku cyerekezo cy'imirongo y'ubuzima y'abana . Tanga ubusobanuro burambuye.
- Erekana ku ifishi y'ubuzima y'umudugudu akarere k'icyatsi kibisi, ak'umuhondo, n'ak'umutuku. Tanga ubusobanuro.
- Sobanura uburyo (formulas) bwifashishwa mu kujanisha.
- Shyira abahugurwa mu matsinda y'imirimo 2.
- Ha buri tsinda ifishi y'ubuzima y'umudugudu yamaze kuzuzwa.
- Saba buri tsinda gukora ijanisha ry'abana bari mu karere k'icyatsi, ak'umuhondo, n'ak'umutuku.
- Saba abahugurwa gukosora kuri fulipucati buri gihe ari ngombwa.
- Ha abahugurwa umwanya wo kubaza ibibazo.
- Vuga uko bimeze nyuma ya buri mwitoto.

## Ubumenyi bw'ingenzi

### **Uburyo bwo gusobanura umurongo w'ubuzima w'umwana**

- Icyerekezo cy'umurongo w'ubuzima ni cyo kintu cy'ingenzi. Izamuka ry'ibiro ugereranije n'ikigero cy'umwana (amezi) rigira agaciro kurusha ibiro ubwabyo mu gihe runaka.
- Ifishi y'ubuzima y'umwana ifite uturere tw'amabara 3: icyatsi kibisi, umuhondo, n'umutuku. Umurongo w'ubuzima muri utu turere 3 ushabora kuba umurongo uzamuka, umurongo utambika cyangwa umurongo umanuka.
- Umurongo uzamuka neza werekana ko umwana yagiye yunguka ibiro, kandi agaburirwa neza. Ibi byerekana ko uko ahagaze mu bijyanye n'imirire bigenda birushaho kunoga cyangwa bikomeza kuba byiza.
- Umurongo wazamukaga ugatangira gutambika ugaragaza ko umwana ashobora kuba yararwaye cyangwa ko afite imirire itajyanye n'ikigero cye.
- Umurongo utambitse werekana ko umwana ari kugwingira kubera indwara cyangwa imirire itajyanye n'ikigero cye (umurongo w'ubuzima ugomba kuzamuka buri gihe).
- Umurongo umanuka werekana ko umwana yatakaje ibiro ugereranyije n'ukwezi cyangwa amezi yashize. Ibi bigaragaza ko ari kugwingira bikabije kandi ko imirire ye igenda iba mibi. Ashobora kuba afite indwara isaba ko yitabwaho akavurwa byihutirwa. Nyuma y'amezi 3 atunguka ibirobihagije, umwana agomba cohorezwa kwa muganga bakamusuzuma. Imirongo itambitse n'imanuka yerekana ko umwana ari kugwingira. Aba ashobora guhura n'ibibazo kandi aba akeneye kwitabwaho by'umwihariko mu bijyanye n'imirire. Imyitwarire mu by'imirire no kubona ibiribwa bihagije (Food security) mu rugo bigomba kugenzurwa, kandi umubyeyi cyangwa undi wita ku mwana bakagirwa inama mu birebana no kugaburira umwana muto no kumwitaho. Umurongo w'ubuzima mwiza ugomba kuba uzamuka buri gihe.

**Icyitonderwa:** Ntibikunze kuboneka ko ibiro by'umwana biba hejuru y'ibara ry'icyatsi kibisi. Niba ibiro by'umwana biri hejuru y'iryo bara, umubyeyi cyangwa uwita ku mwana ntaba azi ikigero cy'umwana nyacyo. Ababyeyi bo mu cyaro rimwe na rimwe ntibibuka itariki y'amavuko y'umwana; bityo bakagereranya ikigero cy'umwana, bakizamura cyangwa bakigabanya. Hagomba gukorwa ibishoboka byose kugirango itariki y'amavuko y'umwana nyayo imenyekane neza bishoboka.

### **Kumenya niba umwana yunguka cyangwa atunguka ibiro uko bikwiye no guha umubyeyi ubujyanama**

Gereranya ibiro by'umwana muri uku kwezi n'iby'ukwezi gushize noneho umenye niba yarungutse cyangwa atarungutse ibiro uko bikwiye. Kunguka ibiro uko bikwiye bishaka kuvuga ko habayeho izamuka ry'ibiro bicye bishoboka byemewe byari bitegerezewa byiyongereye ku biro by'ukwezi guheruka. Niba umwana yarungutse ibiro bitageze ku biro bicye bishoboka byemewe biteganyijwe cyangwa ari nta kintu yungutse cyangwa yaratakaje ibiro (bisobanura ko ibiro by'uku kwezi ari bicye ugereranyije n'iby'ukwezi gushize), ubwo umwana afatwa nk'uri kugwingira. Igitabo cy'Uhugurwa 8.1 kigaragaza ibiro bicye bishoboka byemewe umwana agomba kunguka buri kwezi.

Ashingiye ku byakomotse kuri iki kigereranyo cy'ibiro by'ukwezi gushize n'ibiro bibonetse mu ipimwa ry'ukwezi, umujyanama w'ubuzima azatangira kugirana ibiganiro n'umubyeyi cyangwa uwita ku mwana bifashishije imfashanyigisho z'ubujyanama ziraho amashusho. Intego y'ubu bujyanama ni ukugirango bumvikane ku byo umubyeyi/ uwita ku mwana akwiye gukora kugirango abungabunge cyangwa ateze imbere imikurire y'umwana, anoza uburyo bwo kumwitaho n'imirire ye mu rugo. Uyu mwumvikano na none ufasha guteza imbere no kubungabunga imyitwarire mu muryango.

**Intego ya 5 y'isomo:** Kwimenyereza gupima ibiro no gufata MUAC

**Uburyo bwo guhugura:** Gupima ibiro no gufata MUAC, kwitegerezwa, gukora incamake ku byakozwe/gukosora/gutanga ibisubizo ku bibazo byabajijwe

#### **Amabwiriza:**

**Icyitonderwa:** Abahugura bagomba gusaba mbere y'igihe kubonana n'ababyeyi/ ba se b'abana/ abarera abana bataruzuza imyaka 2 y'amavuko babinyujije k'umukuru w'umudugudu cyangwa umukozi wo kwa muganga kugirango bazaze bitwaje amafishi y'ubuzima y'abana.

1. Gutegura icyumba cyangwa ahandi hantu hari amafu ho kwakirira ababyeyi/ ba se b'abana/ abita ku bana n'abana ubwabo.
2. Bwira Abahugurwa gusimburana cyangwa gukora babiri babiri (ufata ibipimo/ uwandika) bitewe n'umubare w'abana bahari.
3. Saba Abahugurwa kumenyesha ababyeyi/ ba se b'abana/ abita ku bana ibigiye gukorwa.
4. Abahugurwa bimenyereza bapima ibiro bya buri mwana
5. Abahugurwa bimenyereza gufata MUAC ya buri mwana
6. Nyuma yo gupima abana bose ibiro, egeranya amafishi y'ubuzima y'abana yose kugirango ushyire ibidomo ku ifishi rusange y'umurongo w'ubuzima y'abana mu mudugudu.

#### **Intambwe zo gupima ibiro:**

1. Manika umunzani ku giti, ku giti/icyuma gifite amaguru 3 cyangwa ku giti/icyuma gitabitse, ku buryo umunzani ugaragara aharebana n'amaso y'usoma.
2. Manika agakabutura umwana apimwa yambaye hanyuma uregere umunzani kuri zeru.
3. Ambura umwana iyindi myenda umwambike ka gakabutura apimwa yambaye
4. Reba neza niba akaboko kamwe k'umwana kanyura hagati y'udushumi tw'agakabutura kugirango

- umurinde kugwa.
5. Manika agakabutura ku munzani.
  6. Reba niba umwana anagana nta nkomyi, nta kindi kintu afasheho kitari umunzani.
  7. Igihe umwana amaze gutuza kandi urushinge rutakinyeganyega cyane, soma ibiro ku kinyacumi kiri hafi (urugero: kg 5,4).
  8. Soma kandi uvuge ibiro ubonye. Nyina w'umwana cyangwa umuntu uri kugufasha agomba gusubiramo uwo mubare mu buryo bwo kureba niba ari wo. Andika ibiro wabonye ako kanya.
  9. Shyira ikidomo cy'ibiro wabonye ku murongo w'ubuzima w'umwana.
  10. Ganira n'umubyeyi ibyahindutse ku biro by'umwana no ku biro byari byitezwe, ndetse kandi cyane cyane ku cyerekezo cy'umurongo w'imikurire y'umwana.

***Intambwe zo gufata MUAC y'umwana( cyangwa y'umuntu mukuru)***

1. Hina akaboko k'imoso k'umwana gakore imfuruka igororotse (ya dogere 90).
2. Shakisha agasongero k'urutugu n'agasongero k'inkokora
3. Shyira umubare cm 0 (ahari utwambi) w'igipimisho cya MUAC ku gasongero k'urutugu.
4. Rambura igipimisho cya MUAC ukigeze ku gasongero k'inkokora hanyuma usome uburebure bw'akaboko ko hejuru.
5. Shaka mu cya kabiri cy'uburebure ukoresheje uburyo bukurikira:
  - zinga MUAC mo kabiri uhoreye kuri "0" ugere ku burebure wapimye CYANGWA
  - Ugabanye kabiri umubare uhwanye n'uburebure wapimye
6. Garagaza hagati na hagati ukoresheje ikaramu cyangwa urutoki.
7. Rambura akaboko hanyuma ushyire igipimisho cya MUAC hahandi washyize akamenyetso hagati na hagati uyizengurutse akaboko.
8. Cisha agatwe k'igipimisho cya MUAC mu "kadurishya" hanyuma ugenzure neza uburyo kireze. Ntikigomba kurekura cyane/ Ntikigomba gufata cyane
9. Somera cm z'umuzenguruko w'akaboko hagati y'utwambi.
10. Andika umuzenguruko ubonye n'ibara uwo mubare urimo.

***Ubumenyi bw'ingenzi***

- Bumwe mu buryo bwo kumenya niba umwana akura neza ni ukumupima ibiro buri gihe ukareba niba ibiro bye bizamuka cyangwa bitazamuka. Ababyeyi, ba se b'abana/ cyangwa abita ku bana bagomba kumenya akamaro ku gufatisha ibipimo ndangamikurire bya buri kwezi.
- Umurongo w'ibiro mwiza uba buri gihe uzamuka.
- Igipimo cya MUAC gishobora gukoreshwa mu kugenzura imirire y'abana bafite guhera ku mezi 6 kugeza ku myaka 5.
- Ibice bitandukanye by'igipimisho cya MUAC cyangwa uturere tw'amabara bikoreshwa mu gushyira mu byiciro abana bafite ibibazo bikomeye by'imirire: Ibara ry'umutuku ryerekana imirire ikabije kuba mibi, iry'umuhondo rikagaragaza ikibazo cy'imirire kiri mu rugero, naho ir'icyatsi kibisi rikagaragaza ko ari nta kibazo cy'imirire kiriho.
- Reba Igitabo cy'Uhugurwa 8.1: *Intambwe 10 zo gupima abana batarengeje ibiro 25, 8.2: Uburyo bwo gukoresha ikibaho mu gupima uburebure bw'abana batarengeje imyaka ibiri, 8.3: Uko wakoresha igipimisho cya MUAC mu kugenzura imirire y'umwana, na 8.4: Intambwe ukurikira ngo ukoreshe igipimisho cya MUAC neza*
- Guha umubyeyi/ se w'umwana/ cyangwa uwita kumwana amakuru ku mikurire (growth) n'iy'imirire (nutrition status) by'umwana kimwe no kumuha amakuru n'ubufasha ku bijyanye n'imirire y'umubyeyi n'umwana muto ni umurimo w'ingenzi w'umujyanama w'ubuzima.

**Intego ya 6 y'isomo :** Gusobanura ibyerekeranye n'imirire y'Umwana Muto mu buryo rwo kwita ku bana bafite indwara z'imirire mibi zikabije mu rwego rw'umudugudu (CMAM)

**Uburyo bwo guhugura:** gutekereza, ikiganiro abahugurwa bagiramo uruhare, gukorera mu matsinda

**Amabwiriza ku gikorwa cya 1:** Kwita ku bana bafite indwara z'imirire mibi zikabije mu rwego rw'umudugudu (CMAM)

1. Vuga mu magambo make ibijyanye no kwita ku bana bafite indwara z'imirire mibi zikabije ariko zidafite ibindi bibazo zateye ku buzima bw'umwana (complication) , ari byo bakunze kuvuga ko ari ukwita ku bana bafite indwara z'imirire mibi zikabije mu rwego rw'umudugudu (CMAM)
2. Saba abahugurwa gukora amatsinda y'imirimo y'abantu 5.
3. Saba buri tsinda kwandika kuri fulipucati icyo umujyanama w'ubuzima agomba gukora muri buri gahunda y'imitangire y'ibiryo by'inyunganizi (SFP) cyangwa muri gahunda yo kuvura abarwayi bafite indwara z'imirire mibi bataha iwabo (OTP).
4. Gira icyo ubivugaho kandi ukore incamake

**Amabwiriza ku gikorwa cya 2: Gahunda yo gutanga ibiryo by'inyunganizi (SFP)**

1. Vuga mu magambo macye ibijyanye no gahunda yo gutanga ibiryo by'inyunganizi (SFP)
2. Sobanura ibyangombwa bisabwa kugirango umwana yemerwe muri gahunda yo gutanga ibiryo by'inyunganizi n'uburyo abana barwaye indwara zikomoka ku mirire mibi bitabwaho
3. Sobanura uko umwana akurikiranwa iyo avuye muri gahunda ya OTP
4. Gira icyo ubivugaho kandi ukore incamake

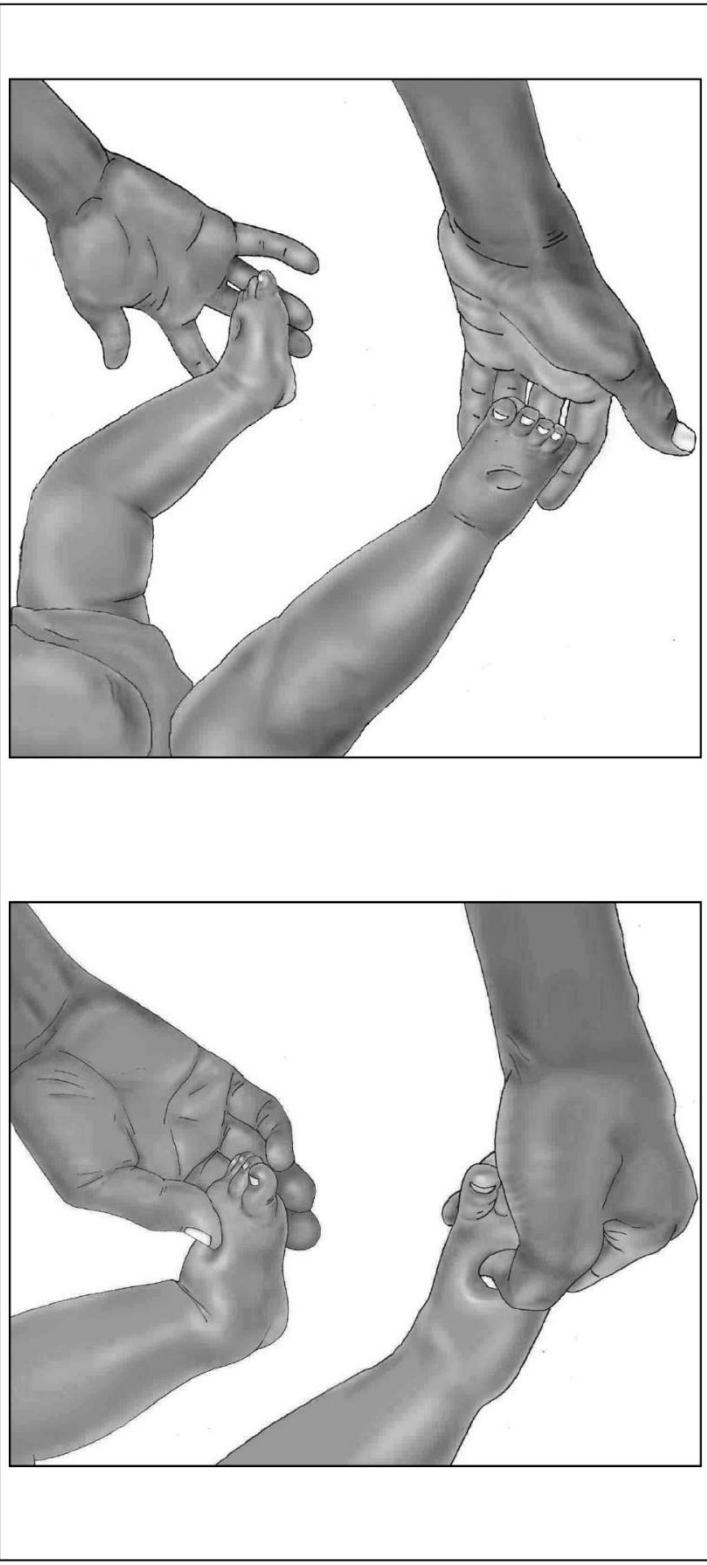
**Amabwiriza ku gikorwa cya 3: Kubyimba impande zombi (bilateral pitting oedema)**

1. Vuga mu magambo make ibijyanye no gusuzuma ukubyimba gufata impande zombi Vuga mu magambo make impamu kubyimba bigira ubusobanuro bukomeye mu bijyanye n'imirire iyo gusa byafashe impande zombi kandi bigatangirira ku birenge.
2. Erekera uburyo bakandisha intoki z'ibikumwe ku birenge byombi mu gihe cy'amasogonda 3 hanyuma ukabikuraho.
3. Sobanura uburyo bashyira mu nzego imikomerere y' ububyimbe .
  - Urwego rwa Igihe ahatsindagiwe igikumwe hahobeye hatinda gusubirana ku birenge 1 (+); byombi . Ibi bisobanura ko umurwayi abyimbye impande zombi.
  - Urwego rwa Igihe ibirenge bibyimbye kandi wakongera gutsindagiza igikumwe ku kaguru (umurundi), ikinogo kikagumaho.
  - Urwego rwa Igihe akaguru kabyimbye kandi wakongera gutsindagiza igikumwe mu mpanga, ikinogo kikagumaho.
4. Vuga uburyo igihe usanze umwana muto abyimbye impande zombi ugomba guhita umwohereza kwa muganga kugirango asuzumwe kandi avurwe.

### Igitabo cy'Uhugurwa 8.7: Uburyo bwo gusuzuma kubyimba bifata impande zombi

## Uburyo bwo gusuzuma kubyimba bifata impande zombi

1. Kubiyimba bigira ubusobanuro mu bijanyane n'imiriye iyo gusa byafashe impande zombie kandi bigatangirira ku bireng.
2. Kanda ibirenge byombi ukoresheje ibikumwe mu gihe cy amasegonda atatu yuzuye maze ubikureho.
3. Suzuma imikomeneire y'ububiyimbe.
  - Urwego rwa 1 (+): Igihé ahatsindagiwe igikumwe hahobeye hatinda gusubirana ku bireng byombi. Ibi bisobanura ko umunwayi abyimbye impande zombi.
  - Urwego rwa 2 (++) : Igihé ibirenge bibyimbye kandi wakongera gutsindagiza igikumwe ku kaguru (umurundi), ikinogo kikagumaho.
  - Urwego rwa 3 (+++): Igihé akaguru kabiyimbye kandi wakongera gutsindagiza igikumwe nu mpanga, ikinogo kikagumaho.
4. Niba usanze umwana muto abyimbye impande zombi ugomba gunita umwohoreza kwa muganga kugirango asuzumiwe kandi avurwe.



Byanogejwe bivanyewe muri URC/Nulife job aid itewe inkunga na USAID/Uganda.

## Ubumenyi bw'ingenzi

**Kwita ku bana bafite indwara z'imirire mibi ikabije ariko zidafite ibindi bibazo zateye ku buzima bw'umwana (complication)**

### **Kwemererwa muri Gahunda yo kwita ku barwayi bataha iwabo (OTP)**

Umwana usuzumwe indwara z'imirire mibi ikabije ariko idateje ibindi bibazo ku buzima bw'umwana agomba koherezwa muri gahunda yo kwita ku barwayi bavurwa bataha iwabo (OTP). Iyo umwana amaze koherezwa muri gahunda, Umujyanama w'ubuzima agomba:

- Gusobanurira umubyeyi/ uwita ku mwana ko agomba kujya muri gahunda kugirango hatazavukiramo ibindi bibazo bikomeye (complication) ;
- Gusobanura akamaro ko kujya gusuzumisha umwana kwa muganga buri cyumweru amubwira ko umwana ufite ibibazo by'imirire mibi ikabije ashobora gukurizamo ibibazo bikomeye no gupfa;
- Kwereka umubyeyi/ uwita ku mwana aho ubujyanama ku mbonezamirire butangirwa n'icyumba gitangirwamo ibiribwa buri cyumweru.
- Gusobanurira umubyeyi/ uwita ku mwana akamaro ko kwitabira gahunda buri gihe no gukoresha neza ibiryo bya RUTF, nk'uko bigenwa n'ingingo ngenderwaho za gahunda y'igihugu yo kurwanya imirire mibi.
- Kugira umubyeyi/ uwita ku mwana inama yo kugana ikigo nderabuzima ako kanya igihe umwana yanze kurya cyangwa afashwe n'indwara;
- Kureba ifishi ya taransiferi yatanzwe n'ikigo nderabuzima.
- Kureba niba umubyeyi/ uwita ku mwana yarahawe ifishi yerekana imitangire y'ibiganiro muri gahunda ya SFP

### **Igitabo cy 'Uhugurwa 8.8: Ifishi ya taransiferi ikoreshwa n'umujyanama w'ubuzima**

Itariki: \_\_\_\_\_ Ikigero cy'umwana (imyaka/amezi): \_\_\_\_\_  
Amazina y'umwana: \_\_\_\_\_  
Akagari/ Umudugudu: \_\_\_\_\_  
MUAC: Umutuku: \_\_\_\_\_ Umuhondo: \_\_\_\_\_ Icyatsi kibisi: \_\_\_\_\_  
Kubyimba ibirenge: Yego: \_\_\_\_\_ Oya: \_\_\_\_\_  
Yoherejwe ku kigo nderabuzima cya: \_\_\_\_\_  
Yoherejwe na: \_\_\_\_\_  
Nomero za telefoni z'umujyanama w'ubuzima: \_\_\_\_\_

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Itariki: \_\_\_\_\_ Ikigo nderabuzima: \_\_\_\_\_  
Amazina y'umwana: \_\_\_\_\_  
Amazina y'umubyeyi/ uwita ku mwana: \_\_\_\_\_  
Akagari/ Umudugudu: \_\_\_\_\_  
Ashyizwe: Mu bitaro: \_\_\_\_\_ PTA: \_\_\_\_\_ PAS: \_\_\_\_\_  
Yasuzumwe na : \_\_\_\_\_  
Amabwiriza: \_\_\_\_\_  
Umujyanama w'ubuzima: \_\_\_\_\_

**Igitabo cy'Uhugurwa 8.9: Ifishi yerekana imitangire y'ibiganiro muri gahunda ya SFP**

Izina ry'umurwayi		Izina ry'umubyeyi umuherekeje		
Nº ya mituweri		Nº y'indangamuntu		
Itariki	Insanganyamatsiko y'ikiganiro	Aho ikiganiro cyatangiwe	Izina ry'uwayoboye ikiganiro	Umukono w'uwayoboye ikiganiro (cyangwa kashe y'ikigo nderabuzima)
	Kwitegura kubyara mbere y'uko ubyara			
	Konsa gusa			
	Ifashabere			
	Gutegura amafunguro (indyo)			
	Isuku y'ibanze			
	Gukumira no kuvura impiswi, malariya, n'indwara zifata imyanya y'ubuhumekero			
	Kuboneza urubyaro			
	Akamaro k'uruhare rw'umugabo mu gukumira indwara zimirire mibi			
	Kubona ibiribwa bihagije (Food/Nutritional security)			
	Izindi nsanganyamatsiko uko zikenewe			

\*\* Ntabwo ibi byigisho bifite uburyo ndakuka bikurikiranyemo

\*\* N'yo ababyeyi/abita ku bana baba barakurikiye ibi biganiro mbere mu yindi gahunda, bagomba kubisubiramo muri SFP mu rwego rwo kubishimangira

Umujuyanama w'ubuzima agomba gutegura buri cyumweru amasomo agenewe ababyeyi/ abita ku bana ku nsanganyamatsiko z'ingenzi zifitanye isano no guteza imbere imirire y'umwana muto. Ibi kandi bigomba gukorwa muri buri huriro rya SFP na OTP. *Ni cyo kintu cy'ingenzi mu gukumira no kuvura indwara z'imirire mibi.*

- Reba kandi ufashe abana barwaye cyane mbere yo gutangira ibiganiro by'ubuzima.
- Ha ababyeyi/abita ku bana, buri wese ukwe, ubujyanama ku nsanganyamatsiko z'ingenzi nk'izi zikurikira:
  - Kwitegura kubyara mbere y'uko ubyara
  - Imfashanyigisho ya 3-10 ku konsa gusa
  - Imfashanyigisho ya 13-17 ku ifashabere
  - Igitabo cy'Uhugurwa 7.1 ku buryo bukwiye bwo guha umwana ifashabere
  - Gutandukanya indwara y'imirire mibi yumisha (Marasmus) n'iya Bwaki (Kwashiorkor) (Amashusho/imfashanyigisho zifunikishije plasitiki)
  - Imfashanyigisho ya 11-12 ku isuku mu rugo n'isukura
  - Kvirinda no kumenya ibimenyetso by'impiswi, malariya, n'indwara zifata imyanya y'ubuhumekero
    - Ni gihe ki kandi hehe umuntu abona serivisi z'ubuvuzi
    - Kuba umunyamuryango wa Mituweri
  - Imfashanyigisho ya 24 ku kuboneza urubyaro
  - Akamaro k'uruhare rw'umugabo mu gukumira indwara z'imirire mibi
  - Kubona ibiribwa bihagije (Nutritional security)

#### ***Kuvura indwara zikomoka ku mirire mibi binyuze muri gahunda ya OTP***

Ibirylo bya RUTF bihabwa gusa abana bagaragaza ibibazo by'imirire mibi bikomeye (SAM). Mbere yo gutanga ibirylo bya RUTF, umujuyanama w'ubuzima areba niba umurwaza n'umurwayi bitabira kwisuzumisha ku kigo nderabuzima agenzura *Ifishi y'ikurikirana ry'umurwayi muri OTP* (Igitabo cy'Uhugurwa 8.10). Abarwaza cyangwa abarwayi bagomba kwitabira ikiganiro 1 nibura buri byumweru 2 kugirango babone guhabwa rasiyo y'ibiryo. Muri urwo rwego Ifishi yerekana imitangire y'ibiganiro muri gahunda ya OTP (Igitabo cy'uhugurwa 8.11) igomba nayo kugenzurwa kugirango bimenyekane niba umurwaza yaritabiriye ibiganiro ku kigo nderabuzima.

### Igitabo cy'Uhugurwa 8.10: Ifishi y'ikurikirana ry'umurwayi muri OTP

Izina ry'umurwayi			Izina ry'umubyeyi umuherekeje						
	N° za Mituweri		N° z'Indangamuntu						
Icyumweru	Kwinjira	2	3	4	6	8	10	12	
Itariki									
<b>Ibipimo ndangamikurire</b>									
Ibiro (kg)									
Gutakaza ibiro *(Yego/Oya)			*						*
Uburebure (cm)									
Ibiro ku burebure (%) cg									
BMI									
MUAC (cm)									
Kubyimba (+ ; ++; +++)									
*Abana batakaje ibiro mu byumweru 3 bikurikirana cyangwa batungutse ibiro mu kwezi kwa 3 boherewa kwa muganga bakavurwa babayo.									
<b>Amateka</b>									
Impiswi (# iminsi)									
Kuruka (# iminsi)									
Umuriro (# iminsi)									
Inkorora (# iminsi)									
<b>Gusuzuma ku mubiri</b>									
Umuriro (°C)									
Uko ahumeka(# / min)									
Yatakaje amazi (Yego/Oya)									
Kubura amaraso Yego/Oya)									
Indwara z'uruhu (Yego/Oya)									
Uko umwana yumvise icyanga cya RUTF (Ni byiza/Nta kibazo / Arayanze)									
Ibikenewe gukorwa (Yego/Oya)** (andika munsi)									
Indi miti									
RUTF (amasashe #)									
Izina ry'uwasuzumye									
<b>IBISUBIZO ***</b>									
*** A= ntijaje Ab= yavuyemo (kutaboneka incuro 3 zikurikirana) T= Yoherejwe mu bitaro HV= Gusurwa mu rugo X= yarapfuye D= yarasezerewe yoherezwa muri SFP R= Yangiwe koherezwa NC= ntiyavuwe									
<b>** Icyakozwe kugeza uyu munsi</b>									

**Imfashanyigisho y'Uhugurwa 8.11: Ifishi yerekana imitangire y'ibiganiro muri gahunda ya OTP**

Izina ry'umurwayi		Izina ry'umubyeyi uhorekeje umwana		
Nº ya mituweri		Nº y'indangamuntu		
Itariki	Insanganyamatsiko y'ikigisho	Aho ikigisho cyatangiwe	Izina ry'uwigishije	Isinya y'uwigishije (cyangwa kashe y'ikigo nderabuzima)
	Kwitegura kubyara mbere y'uko ubyara			
	Konsa gusa			
	Ifashabere			
	Gutegura amafunguro (indyo)			
	Isuku y'ibanze			
	Gukumira no kuvura impiswi, malariya, n'indwara zifata imyanya y'ubuhumekero			
	Kuboneza urubyaro			
	Akamaro k'uruhare rw'umugabo mu gukumira indwara z'imiriye mibi			
	Kubona ibiribwa bihagije (Food/Nutritional security)			
	Izindi nsanganyamatsiko uko zikenewe			

\*\* Ntabwo ibi byigisho bifite uburyo ndakuka bikurikiranyemo

\*\* Ibi biganiro ni ngombwa igihe umurwayi afata ibiryo bya RUTF.

Kuvura indwara z'imirire mibi bikorwa hatangwa ibiryo bya RUTF. Ibi biryo bitanga imbaraga n'intungamubiri zose umwana akeneye kandi ntibikenerwa kongera gutekwa cyangwa gutegurwa. Ibiryo bya RUTF bitanga imbaraga zingana hafi na kcal 545 kuri g 100 kandi rasiyo y'umwana igenwa hakurikijwe ibyo akeneye bingana na kcal ziri hagati ya 175 na 200 ku munsi kuri buri kilo apima (kcal 175-200/ku kilo/ku munsi). Mu yandi magambo RUTF umwana akenera ibarwa hakurikijwe ibiro bye.

Wifashishije Imbonerahamwe ya rasiyo ya RUTF ikurikira, bara RUTF igomba guhabwa umwana ufile indwara z'imirire mibi zikabije uhereye ku biro afite no ku mubare w'ibyumweru azayikoresha mbere y'uko agaruka gufata iyindi.

Ibiro by'umwana (kg)	Amapaki ku munsi	Amapaki mu cyumweru
3.5-3.9	1.5	11
4.0-5.4	2	14
5.5.-6.9	2.5	18
7.0-8.4	3	21
8.5-9.4	3.5	25
9.5-10.4	4	28
10.5-11.9	4.5	32
≥ 12	5	35

**Byavanywe** muri Valid International. Community-based Therapeutic Care. 2006.

Ha umubyeyi/uwita ku mwana rasiyo ya RUTF ikwiye kandi umusobanurire uburyo bukwiye bwo kuyikoresha, (Igitabo cy'Uhugurwa 8.12 na 8.13). Abarera abana bagomba gusobanurirwa ko RUTF itavangwa n'amazi cyangwa ibindi binyobwa kuko bishobora gutuma udukoko (mikorobi) twangiza umubiri twororokeramo

### Igitabo cy'Uhugurwa 8.12: Amabwiriza kuri RUTF ahabwa umubyeyi/uwita ku mwana

- 1) RUTF ni ibiryo ikaba n'umuti. Igenewe abana barwaye ku buryo bukomeye. Nta muntu n'umwe bagomba kuyisangira.
- 2) Kenshi na kenshi abana barwaye ntibakunda kurya. Abana bagomba guhabwa RUTF nke uko bagaburiwe kandi bagashishikarizwa kurya (kugeza ku nshuro 8 ku munsi).
- 3) Umwana urwaye agomba guhabwa amapaki ya RUTF \_\_\_\_\_ ku munsi.
- 4) Mu ivurwa rye, RUTF ni byo biryo byonyine umwana akeneye kurya kugirango akire. Wivanga RUTF n'ibinyobwa mbere yo kuyiha umwana.
- 5) Ku bana bato, ugomba gukomeza konsa kandi buri gihe ugaha umwana RUTF nyuma yo kumwonsa na mbere yo guhabwa ubundi bwoko bw'ibiryo.
- 6) Ha umwana amata cyangwa amazi asukuye mu gihe umuha RUTF.
- 7) Karaba intoki kandi ukarabye n'umwana intoki no mu maso ukoresheje amazi n'isabune iyo bishoboka mbere yo kugaburira umwana RUTF. Bikana ibiryo isuku kandi ubipfundikire byo guhura n'isazi.
- 8) Abana barwaye barakonja cyane. Ambika umwana kandi umurinde imbeho.
- 9) Niba umwana arwaye impisiwi, wihagarika kumugaburira. Niba umwana muto akiri ku ibere, ongera ige cyo kumwonsa niba bishoboka. Numara guha umwana RUTF, uzongere amazi yo kunywa umuha (amazi asukuye atetse). Umwana ashobora kandi guhabwa ibiryo by'inyongera kuri RUTF niba agishonje.

**Saba umubyeyi/uwita ku mwana gusubiramo aya mabwiriza kugirango urebe niba yabyumvise.**

## Igitabo cy'Uhugurwa 8.13: Ibibazo kuri gahunda yo kwita ku barwayi bataha iwabo bibazwa umubyeyi/uwita ku mwana (OTP)

**Ibi bibazo bigomba kubazwa kugirango barebe niba umubyeyi/uwita ku mwana yumva uburyo bwo guha umwana RUTF.**

1. Umwana agomba guhabwa amapaki ya RUTF angahe ku munsi?
2. Ese ni ngombwa kuvanga RUTF n'ibinyobwa mbere yo kuyiha umwana?
3. Ku bana bato, ese ugomba konsa umwana mbere cyangwa nyuma yo kumuha RUTF?
4. Ni iki ushabora gukora kugirango umwana wawe atarwara?
5. Ni iki ugomba gukora kugirango umwana wawe agumye ashuyuhe?
6. Ni ryari ugomba kugaruka kwa muganga?

**Gahunda yo gutanga ibiryo by'inyunganizi (SFP) ku bana bafite indwra z'imirire mibi ikabije ariko zidafite ibindi bibazo zateye ku buzima bw'umwana (medical complication)**

### Kwemerwa muri gahunda ya SFP

Abana basuzumwe indwara z'imirire mibi zidakabije cyangwa abafite izikabije ariko zidafite ibindi bibazo zateye ku buzima bw'umwana (medical complication) bashobora guhita binjizwa muri gahunda ya SFP. Bashobora kandi kwinjizwa muri SFP nyuma yo kuvurirwa muri OTP cyangwa mu Ishami ryita ku barwayi bafite indwara z'imirire mibi bari mu bitaro (Inpatient Malnutrition Unit – IMU). Iyo umwana amaze koherenzwa muri SFP kugirango akurikiranwe, abajyanama b'ubuzima bagomba gukora ibi bikurikira:

- Gusobanurira umubyeyi/ uwita ku mwana impamu umwana agomba kwinjira muri gahunda
- Gusobanurira umubyeyi/ uwita ku mwana akamaro ko kujya ku kigo nderabuzima buri byumweru 2 gusuzumisha umwana.
- Gusaba urera umwana kujya asubira ahantu habigenewe mu mudugudu mu biganiro mbonezamirire bya buri cyumweru no gufata ibiryo niba ari ngombwa. Umubyeyi/uwita ku mwana ashobora kandi no kujya ku kigo nderabuzima guhabwa ibiganiro.
- Gusobanura amabwiriza agomba gukurikizwa (kwitabira ibiganiro buri gihe, gukoresha ibiryo by'inyunganizi uko bikwiye ku bari muri iyo gahunda, igihe, n'ibindi.), Igitabo cy'Uhugurwa 8.14: *Amabwiriza agenga abarwayi n'ababyeyi/abita ku bana muri SFP*
- Kugira umubyeyi/urera umwana inama yo kujyana umwana kwa muganga igihe yanze kurya cyangwa yarwaye.
- Kugenzura ifishi ya taransiferi ikoreshwa n'umujyanama w'ubuzima (Igitabo cy 'Uhugurwa 8.8) itangirwa ku kigo nderabuzima).
- Kureba niba umubyeyi/uwita ku mwana yarahawen n'ikigo nderabuzima ifishi yerekana imitangire y'ibiganiro muri gahunda ya SFP (Igitabo cy'Uhugurwa 8.9)

**Igitabo cy'Uhugurwa 8.14 : Amabwiriza agenewe abarwayi n'ababyeyi/abita ku bana muri gahunda yo gutanga ibiryo by'inyunganizi (SFP)**

1. Kugirango ahabwe amarasiyo ya buri kwezi, umubyeyi/uwita ku mwana cyangwa umurwayi agomba kuba yaragiye nibura mu biganiro 3 kuri 4 biba buri cyumweru 2 buri mezi 2 bitangirwa mu mudugudu cyangwa kwa muganga.
2. Amarasiyo agenewe umwana urwaye gusa,kandi nta wundi muntu bagomba kuyasangira.
3. Umwana agomba guhita ajyanwa ako kanya kwa muganga iyo agaragaje kimwe muri ibi bimenyetso bikurikira.
  - Impiswi
  - Kuruka
  - Inkorora
  - Kubura apeti
  - Umuriro
  - Kudakangukira ibimukikije (not alert), gucika intege, kujunjama (apathetic), kutamenya aho ari/guta ubwenge (unconscious), cyangwa kurabirana (convulsions)
  - Indwara z'uruu
  - Kunanirwa guhumeka cyangwa guhumekera hejuru vuba vuba (guhumeka insigane)
4. N'yo umubyeyi/uwita ku mwana cyangwa umurwayi yaba yarigeze kujya mu biganiro by'ubuzima mu yindi gahunda, bagomba kubisubiramo kugirango bakarishye ubumenyi.
5. Umubyeyi/uwita ku mwana agomba kumenya niba *Ifishi ifatirwaho rasiyo, Ifishi y'ikurikirana ry'umwana, n'ifishi yerekana imitangire y'ibiganiro* byarujujwe n'umukozi wo kwa muganga ubifitiye ububasha mbere yo kuva ku kigo nderabuzima kuri buri sura. .
6. Umubyeyi/uwita ku mwana ntagomba kuvanwa muri gahunda atararangiza gukurikirana ibiganiro byose.

**Kuvura indwara z'imirire mibi muri gahunda yo gutanga ibiryo by'inyunganizi (SFP)**

Ibiryo by'inyunganizi bihabwa abana bagaragaza indwara z'imirire mibi mu buryo budakabije. Ibyo biryo byose bitangwa buri cyumweru n'umujyanama w'ubuzima. Ababyeyi/abita ku bana cyangwa abarwayi bagomba kuza mu kiganiro nibura inshuro 1 buri byumweru 2 kugirango bafate irasiyo y'ibiryo. Muri urwo rwego, *ifishi yerekana imitangire y'ibiganiro* muri SFP igomba kugenzurwa ngo hamenyekane niba ababyeyi baragiye mu biganiro ku kigo nderabuzima. *Ifishi y'ikurikirana ry'umwana muri SFP* nayo igomba kugenzurwa kugirango bimenyekane niba umubyeyi/uwita kumwana ajya gusuzumisha umwana buri byumweru 2 ku kigo nderabuzima. Gutanga ibiryo bikorwa nyuma y'ikiganiro ku bijyanye no guhindura imyitwarire (Igitabo cy'Uhugurwa 8.15). Ibiryo bitangwa bimaze gupimwa hakoreshejwe umunzani cyangwa ingezo yapimwe mbere kandi ababyeyi/abita ku bana bagomba kubitwara mu bintu bizaniye. Iyo bibaye ngombwa gusa, ushobora kubaha icyo babitwaramo.

### Igitabo cy'Uhugurwa 8.15: Ubutumwa bugamije Ihinduka ry'Imyitwarire

Abajyanama b'ubuzima bagomba gukoresha ibiganiro buri cyumweru mu guhugura ababyeyi/abita ku bana ku nsanganyamatsiko z'ingenzi. Ibi kandi bikorwa muri buri huriro rya SFP n'rya OTP kimwe no mu Ishami ryita ku barwayi bafite indwara z'imire mibi bari mu bitaro (Inpatient Malnutrition Unit—IMU). Gutanga ubutumwa bugamije ihinduka ry'emyitwarire ni cyo kintu cy'ingenzi mu byerekeranye no kuvura no gukumira indwara z'imire mibi.

- Reba abana barwaye cyane kandi ubafashe mbere yo gutanga ibiganiro ku buzima.
- Ha umubyeyi/uwita ku mwana buri wese ku gitit cye, ubujyanama ku nsanganyamatsiko z'ingenzi nk'izi zikurikira:
  - Kwitegura kubyara
  - Konsa gusa
  - Ifashabere
  - Gutegura amafunguro (indyo)
  - Gutandukanya indwara y'imire mibi yumisha (Marasmus) n'ya Bwaki (Kwashiorkor)
  - Isuku mu rugo n'isukura
  - Gukumira no kuvura impiswi, malariya, n'indwara zifata imyanya y'ubuhumekero
    - Ni mu bihe bihe, kandi ni he ujya kuvuza umurwayi
    - Kujya muri Mituweri
  - Kuboneza urubyaro
  - Akamaro k'ruuhare rw'umugabo mu gukumira indwara z'imire mibi
  - Kubona ibiribwa bihagije (Food/Nutritional security)

Irasiyi igomba kuba ifite kilokalori zitarenze 1000 - 1200 ku munsi kuri buri mwana, kandi 10-12% by'imbaraga bigomba guturuka ku byubaka umubiri (proteins). Ushobora gukoresha ibiribwa bikurikira:

- Imvange ya soya n'ibigori: (Igitabo cy'Uhugurwa 8.17: Ifishi ifatirwaho ibiryo muri SFP)
  - Itanga kilokalori ziri hagati ya 350 na 400 kuri g100 z'imvange yumutse
  - Kuri iyi mvange y'ibinyampeke itongewemo izindi ntungamubiri ushobora kongeraho ibiryo by'inyunganizi
  - Mbere yo kuyitanga, akensi iyi mvange y'ibinyampeke yongerwamo isukari kugirango yongererwe ibiterimbaraga. Umubyeyi/uwita ku mwana ashobora kwerekwa uburyo bwo kongeramo amavuta igihe cyo guteka.
- Ibiribwa biboneka mu karere n'ibitegurwa mu rugo
  - Igihe bishoboka, amarasiyo y'inyunganizi agomba gushingira ku biribwa biboneka mu karere nk'ibishyimbo, umuceri, n'imboga zigurwa cyangwabihingiye mu karere.
  - Iyo ibiribwa bikomoka ku matungo bidakunze kuboneka, umuntu ashobora kongeramo ikiribwa cyongewemo vitamini n'imyunyu ngugu cyangwa ukongeramo vitamini n'imyunyu ngugu ubwabyo.
- Ibisuguti byakungahajwe ku bitera imbaraga n'ibybaka umubiri (High-energy and proteins (HEP) biscuits).
  - Gushingira indyo kuri ibi biribwa igihe kirekire ni ibyo kwirindwa.
  - Ubu bwoko bw'ibiribwa ntibugomba guhabwa umwanya w'ibanze ku biribwa biboneka mu karere.
- Ibiryo by'inyunganizi bihita biribwa (Ready-to-use- supplementary food—RUSF) (Igitabo cy'Uhugurwa 8.16: Ifishi y'amarasiyo akoreshwu muri SFP)
  - Ibi ni kimwe n'ibiryo bikoreshwu mu kuvura indwara z'imire mibi ikabije byahinduwe kugirango bivure indwara z'imire mibi idakabije.
  - Ubu bwoko bw'ibiribwa ntibugomba guhabwa umwanya w'ibanze ku biribwa biboneka mu karere.
- Amata y'ifu yuzuye (ataravanywemo amavuta) cyangwa amata y'ifu yakuwemo amavuta
  - Ntagomba gutangwa yonyine nk'ifu kuko iyo nyuma avanzwe n'amazi ahinduka icyorokero ntagereranywa cy'udukoko twonona umubiri (bacteria) kandi agatera impiswi.
  - Ahubwo ashobora kongerwa mu mvange y'ifu mbere yo kuyatanga.

## Igitabo cy'Uhugurwa 8.16: Amarasiyo akoreshwa muri gahunda yo gutanga ibiryo by'inyunganizi-SFP

IMVANGE ( Imvange ya soya n'ibigori + Ubuto + Isukari)

1. Ifu y'invange y'ibigori na soya (CSB) mu kuvura indwara z'imiriye mibi zoroheje

<b>Ikiribwa</b>	<b>Ingano yacyo ku munsi (gr)</b>	<b>Ingano yacyo mu cyumweru (gr)</b>	<b>Ingano yacyo mu byumweru 2 ( gr)</b>
CSB (gr)	200	1400	2800
Ubuto ( gr)	25	175	350
BYOSE HAMWE	225	1575	3150
Kilokalori(Kcal) zose hamwe	1021		
Ijanisha ry'ibybaka umubiri (% of proteins)	14.1%		
Ijanisha ry'amavuta (% of lipids)	32.6%		

Gutegura IMVANGE (PREMIX) ukoresheje CSB (umufuka wa CSB = Kg 25 )

<b>CSB (kg)</b>	<b>Ubuto (kg)</b>	<b>Byose hamwe</b>	<b>Umubare w'abana mu cyumweru</b>	<b>Umubare w'abana mu byumweru 2</b>
25	3.125	28.1	18	9
50	4.625	54.6	35	17
75	6.125	81.1	52	26
100	7.625	107.6	68	34
125	9.125	134.1	85	43
150	10.625	160.6	102	51
175	12.125	187.1	119	59
200	13.625	213.6	136	68

2. UNIMIX ikoreshwa mu kuvura indwara z'imiriye mibi zidakabije

<b>Ikiribwa</b>	<b>Uko kingana ku munsi( gr)</b>	<b>Uko kingana mu cyumweru( gr)</b>	<b>Uko kingana mu byumweri 2( gr)</b>
Unimix (gr)	270	1890	3780
Ubuto( gr)	20	140	280
BYOSE HAMWE	290	2030	4060
Kilokalori (Kcal) zose hamwe	1192		
Ijanisha ry'ibybaka umubiri (% of proteins)	15.6%		
Ijanisha ry'amavuta (% of lipids)	29.1%		

Gutegura PREMIX ukoresheje UNIMIX (umufuka wa Unimix 1 = 25kg)

<b>CSB ( kg)</b>	<b>Ubuto( kg)</b>	<b>Byose</b>	<b>Umubare w'abana / icyumweru</b>	<b>Umubare w'abana/ibyumweru 2</b>
25	1.8	26.8	13	7
50	3.6	53.6	27	13
75	5.4	80.4	40	20
100	7.2	107.2	54	27
125	9.0	134.0	67	34
150	10.8	160.8	80	40
175	12.6	187.6	94	47
200	14.4	214.4	107	54

Vitamini n'imyunyu ngugu byongerewe mu biryo (Sprinkles):

- Inyongera ya vitamini n'imyunyu ngugu buri munsi
- Byongera mu biryo by'umwana

*Iyo umwana ahawe ibi biryo by'inyunganizi ubuhozaho buri mezi abiri,, bishobora kumurinda no kumuha imbaraga mu gihe cy'umwaka; kandi bikanamurinda kubura vitamini n'imyunyu ngugu ariko cyane cyane feri n'izindi vitamini n'imyunyu ngugu.*

***Ikurikirana ry'abana bari muri SFP ku buryo bw'isura mu ngo***

Abana bagomba gusurwa mu rugo igihe:

- Umwana akomeje gutakaza ibiro cyangwa atunguka n'ubwo bwose aba yarinjjije muri gahunda.
- Umwana yasibye muri gahunda cyangwa yayivuyemo.

Abajyanama b'ubuzima bagomba gusura abarwayi mu ngo hagati y'ibiganiro bitangirwa muri SFP igihe umwana akeneye kwitabwaho by'umwihariko kugirango asuzume ubuzima bwe anarebe niba urera umwana yubahiriza amabwiriza agenga SFP.

Gusiba uko ariko kose mu bikorwa byo gupima abarwayi mu rwego rwa SFP bigomba gukurikiranwa n'abajyanama b'ubuzima. Ni ngombwa kumenya impamvu zituma abantu batabyitabira bagashishikarizwa kugaruka muri gahunda. Ntawe ugomba guhanirwa ko yabuze mu masuzuma kuko byatuma bacika intege ntibagaruke. Ahubwo, amakuru ku mpamvu zo kutabyitabira agomba kwifashishwa mu kwiga uburyo bwo guhindura imigendekere ya gahunda kugirango ababyeyi/abita ku bana bashobore kwitabira buri gihe itangwa ry'ibiryo.

Abajyanama b'ubuzima bagomba kwandika ku *ifishi itangirwaho ibiryo muri SFP* (Igitabo cy'Uhugurwa 8.17) isura ryose rikozwe ry'ikurikirana ry'umwana kandi bagakora raporo y'isura.

***Igitabo cy'Uhugurwa 8.17: Ifishi itangirwaho ibiryo muri SFP***

Mituweri N°		Nº y'indangamuntu	
<b>Ikigo nderabuzima</b>		<b>Umudugudu</b>	
<b>Izina ry'umubyeyi</b>		<b>Igitsina cy'umwana</b>	<b>Gabo/Gore</b>
<b>Izina</b>	<b>Ikigero</b>		<b>Ibiro yavukanye</b>
<b>Afata ibiryo buri cyumweru</b>			
<b>Itariki</b>			
<b>Ibiro afite (kg)</b>			
<b>MUAC</b>			
<b>Rasiyo (ubwoko/ingano)</b>			

***Ikurikiranwa ry'umwana nyuma yo gusezererwa muri gahunda yo kuvurwa ataha***

- Gukurikirana no guteza imbere imikurire y'umwana (Growth Monitoring and Promotion – GMP) Amahuriro yo gukingiza
- Ahantu hose hahurirwa n'ababyeyi cyangwa abita ku bana barwaye
- Ikurikirana mu mudugudu
  - Inama igamije igikorwa runaka
  - Amatsinda y'ubufasha ku bijyanye n'imiri y'abana bato
  - Gusuzuma abana indwara z'imiri mibi hakoreshejwe MUAC
- Gahunda yo gutanga ibiryo by'inyunganizi (SFP)

***Ubutumwa bugomba gushimangirwa binyuze mu bikorwa***

- Gira isuku (reba Imfashanyigisho ya 11-12)
- Komeza kunoza imirire y'umwana muto ufite kuva ku mezi 6 kugeza kuri 24 (reba Imfashanyigisho ya 2 kugeza ku ya 10, n'iya 13 kugeza ku ya 17; Depuliya : *Uko wakonsa umwana mu mezi 6 ya mbere* na Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu*; Igitabo cy'Uhugurwa 5.2, 7.1, 7.2, na 7.3)
- Gaburira buri gihe umwana wawe uko abishatse kandi umushishikarize kurya (Igitabo cy'Uhugurwa 7.4)
- Vuga/Menya ibiribwa biboneka mu karere byahabwa abana bato (Igitabo cy'Uhugurwa 7.2)

***Ibindi bikorwa***

- Vuga/Menya ibibazo by'imirire mibi (ni ryari wajyana abana muri gahunda yo kuvurwa bataha)
- Uburyo bwo kwita ku bana bafite impiswi n'umuriro
- Vuga/Menya ibimenyetso mpuruza ( reba Imfashanyigisho ya19)
- Suzuma inzitizi zishobora kuba zibangamira imikirire y'umwana
- Shyigikira umuryango ngo ufashe umwana gukira ubinyujije mu bujyanama, kwigisha, no gukurikiranira hafi imikirire y'umwana
- Reba neza niba umwana yarinjjwe kandi akurikirana gahunda zose z'ubufasha ziboneka nko gutanga ibiryo by'inyunganizi cyangwa gahunda yo gufasha abatishoboye.

***Intego ya 7 y'isomo:*** Gusobanura uburyo bwo gushaka amakuru no gukora raporo mu bijyanye n'imirire y'Umubyeyi n'Umwana Muto n'ubwo gukoresha amafishi ya raporo.

***Uburyo bwo guhugura:*** Kwerekera, kungurana ibitekerezo, imyitozo yo kwimenyereza; no kuvuga (presentation)

**Amabwiriza:**

1. Sobanura uburyo bwo gukora raporo zижанье na porogaramu y'imirire y'Umubyeyi n'Umwana Muto
2. Shyira abahugurwa mu matsinda mato y'abantu 2 cyangwa 3
3. Ha buri tsinda :
  - Urupapuro rwa rejisiteri yandikwamo abagore batwite n'abonsa
  - Urupapuro rwa rejisiteri yandikwamo abana
  - Ifishi ya raporo y'ukwezi ikoreshwa n'abajyanama b'ubuzima cyangwa ikoreshwa n'ibigo nderabuzima (bitewe n'uri guhugurwa)
4. Saba abahugurwa muri buri tsinda kureba kuri za mpapuro no kuri ya fishi rumwe ku rundi kugirango babashe gusobanukirwa ibipimo (indicators) byose.
5. Saba buri tsinda kuzuza urupapuro rwa rejisiteri yandikwamo abagore n'urw'iyandikwamo abana ukoresheje amakuru utekereje ariko yumvikana (urugero: ikigero cy'umwana, ibiro bye bigomba kubabihura mu buryo bwumvikana n'ibara arimo ku ifishi y'ubuzima).
6. Shyira abahugurwa mu matsinda 3.
7. Ha buri tsinda impapuro 4 zo muri rejisiteri y'abagore batwite cyangwa bonsa n'izindi 4 zo muri rejisiteri y'abana zujujwe wakusanyije zivuye mu matsinda mato.
8. Saba ya matsinda 3 kuzuza ifishi ya raporo y'ukwezi y'abajyanama b'ubuzima (cyangwa ibigo nderabuzima) bifashishije amakuru yo ku mpapuro bahawé.
9. Abahugura bazenguruka mu bahugurwa kugirango babafashe kandi basubize ibibazo babajije.
10. Saba amatsinda manini rimwe rimwe kubwira abandi raporo zabo z'ukwezi.
11. Nimubiganireho kandi ukore incamake

### **Ubumenyi bw'ingenzi**

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- Hakoreshwa rejisiteri kugirango bandike amakuru areba buri muntu
- Ifishi ya raporo ikoreshwa gukusanya no gukora raporo rusange
- Gukora udakora raporo y'akazi bifatwa nko kudakora
- Nta muntu ushabora gukora raporo iboneye niba ataragiye yandika buri gihe amakuru nyayo ku gikorwa cyabaye.
- Amakuru nyayo ni ngombwa buri gihe mu gukora raporo: amakuru yanditswe agomba kuba buri gihe ashingiye ku kuri.
- Uburyo bwo gukora raporo mu rwego rw'imirire y'Umubyeyi n'Umwana Muto ( MIYCN) bumeze nk'umutemeri nyamigongo (pyramide) butangirira ku mudugudu (indiba) bukagera ku rwego rw'ighugu (agاسونگرو).
- Amakuru nyayo atan Zwe afasha abashinzwe ubuzima n'abayobozi gufata ibyemezo bikwiye mu ikemurwa ry'ibibazo.
- Gukoraporo buri gihe kandi ku gihe ni ngombwa kuko bifasha ababishinzwe gukurikirana neza ibikorwa no gufata ingamba zikwiye uko ikibazo kivutse.

## ISOMO RYA 9. IBIBAZO BIKUNZE KUGARAGARA BIJYANA NO KONSA: IBIMENYETSO, GUKUMIRA, N'IBIGOMBA GUKORWA

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kumenya ibibazo bikunze kuboneka bijyana no konsa.	Gushoza ibitekerezo	Amafoto y'amabere yatariranye (yuzururanye amashereka), imoko zifite udusebe/ zisataguritse, imiyoboro y'amashereka izibye na masitite
2. Kuvuga ibimenyetso no gukumira ibibazo bikunze kuboneka bijyana no konsa no "kutagira amashereka ahagije"	Imirimo mu matsinda	<ol style="list-style-type: none"> <li>1. Igitabo cy'Uhugurwa 9.1: <i>Ibibazo bikunze kuboneka bijyana no konsa</i></li> <li>2. Igitabo cy'Uhugurwa 9.2: <i>"Kutagira amashereka ahagije"</i></li> <li>3. Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> </ol>
3. Gufasha umubyeyi guhangana n'ibi bibazo bikunze kuboneka, no "kutagira amashereka ahagije"		
4. Kuvuga ibijyanye no gusubiza umwana ku ibere	Ikigisho abahugurwa bagiramo uruhare	

### Ibikoresho:

- Amafoto y'amabere yatariranye (yuzururanye amashereka), imoko zifite udusebe/ zisataguritse, imiyoboro y'amashereka izibye na masitite
- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Udushushanyabere

### Imyiteguro:

- Fulipucati: fulipucati 4 zanditseho ingingo zikurikira: 1) Kuzurirana kw'amashereka mu mabere, 2) Imoko ifite udusebe/isataguritse, 3) imiyoboro izibye na masitite, no 4) "kutagira amashereka ahagije"

*Igihe isomo rimara:* Igice cy'isaha

**Intego ya I y'isomo:** Kumenya ibibazo bikunze kugaragara umubyeyi ashobora  
guhura nabyo igihe yonsa  
**Uburyo bwo guhugura:** Gutekereza

**Amabwiriza:**

1. Saba abahugurwa kuvuga ibibazo bikunze kugaragara bijyana no konsa babona mu midugudu yabo.
2. Igihe abahugurwa bavuze buri kibazo kijyana no konsa, shyira cyangwa umanike ku gikuta ishusho yerekana ikibazo cyavuzwe kugirango bose bayirebe (Abahugurwa bashobora kandi kuvuga imoko zihishe mu ibere, umwana wavukanye ibiro bituzuye no kwanga konka).
3. Kurikirana kugeza igihe amafoto yose yerekaniwe (guitarirana/amabere yuzuriranye amashereka, imoko ifite udusebe/ isataguritse, imiyoboro izibye na masitite).
4. Abahugurwa bakunda kuvuga “kutagira amashereka ahagije”nka kimwe mu bibazo bikunze kuboneka bijyana no konsa.
5. Sobanura ko ku isi hose abagore bataka ko bagira izi ngorane zikurikira: 1) Guitarirana kw’amabere (Kuzurirana kw’amashereka mu mabere); 2) imoko ifite udusebe/ isataguritse; 3) imiyoboro izibye na masitite; no 4) “kutagira amashereka ahagije”

Ubumenyi bw’ingenzi

Reba amafoto agaragaza amabere afite amashereka yipfunditse, imoko ifite udusebe/isataguritse, imiyoboro izibye na masitite

Umwana wanga konka

Muri rusange, kwanga konka bikomoka ku bintu bibi biba byarabaye ku mwana, nko kumukanda umutwe. Kwanga konka bishobora guturuka kandi ku mpamvu y’uko indwara ya masitite iba yahinduye uburyohe bw’amashereka (akagira urwunyunyu rwinshi).

- Suzuma ko umwana afite ibimenyetso by’indwara zishobora kubangamira imyonkereze, harimo n’ibimenyetso by’ubujyendakanwa.
- Ohereza umwana kwa muganga niba arwaye.
- Reka umwana yegerane na nyina umuburi ku wundi; reka kandi umwana akorakorane na nyina mbere yo kumwonsa; umwana muto ashobora kudashaka kwegera ibere bwa mbere – uko waba umufashe kose mukorakore noneho buhoro buhoro nyuma y’iminsi micye umwegereze ku ibere.
- Reka umwana agerageze uburyo bunyuranye bwo gushyirwa ku ibere.
- Reka umwana akanguke neza kandi asonze (ariko ntutume ageza igihe arira) ubone kumwonsa.
- Shyira buhoro imoko y’ibere ryawe ku munwa wo hasi w’umwana kugeza igihe yasamiye cyane.
- Wihatira umwana konka cyangwa ngo ugerageze kwumwasamura umunwa cyangwa ngo ukurure akanawa ke ujyana hasi – ibi bituma umwana yanga konka kurushaho.
- Wifata umutwe w’umwana.
- Ikame amashereka kandi uyamuheshe igikombe kugeza igihe azashakira konka.
- Ushobora guhita ukamira umwana amashereka mu kanwa.
- Irinde guhesha umwana bibero cyangwa kumuha za tétines (teats) ubwazo

**Intego ya 2 y'isomo:** Kuvuga ibimenyetso no gukumira ibibazo bikunze kugaragara bijyana no konsa no “kutagira amashereka ahagije”

**Intego ya 3 y'isomo:** Gufasha umubyeyi guhangana n'ibi bibazo bikunze kugaragara, no “kutagira amashereka ahagije”

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

1. Shyira Abahugurwa mu matsinda 4 y'imirimo noneho uhe buri tsinda kimwe mu bibazo birebana no konsa n'ifoto bijyanye: Gutarirana kw'amabere (Kuzurirana kw'amashereka mu mabere), udusebe ku moko/ gusatagurika, imiyoboro izibye ishobora gutera masitite, cyangwa “kubura amashereka”.
2. Saba buri tsinda kuvuga ibimenyetso, uko wakumira ibibazo, n'ibigomba gukorwa ku bibazo bikunze kuboneka bijyana no konsa, no “kutagira amashereka ahagije”.
3. Buri tsinda rigeza ku bahugurwa bose ibyo ryagezeho.
4. Saba andi matsinda kongeraho izindi ngingo.
5. Uhugura yuzuzaho ibibuze.
6. Nimubiganireho kandi ukore incamake
7. Hereza abahugurwa urupapuro rwo mu gitabo cy'uhugurwa 9.1: *Ibibazo bikunze kuboneka bijyana no konsa* (cyangwa ubarangire urupapuro bijyana rwo mu gitabo cy'uhugurwa)
8. Hereza abahugurwa urupapuro rwo mu gitabo cy'uhugurwa 9.2: “*Kutagira amashekerekahagije*” (cyangwa ubarangire urupapuro bijyana rwo mu gitabo cy'uhugurwa).
9. Tanga, kandi uyobore Abahugurwa kuri depuliya yitwa: *Uko wakonsa umwana mu mezi 6 ya mbere*
10. Gira icyo ubivugaho kandi ukore incamake.

**Ubumenyi bw'ingenzi**

4. Reba Igitabo y'Uhugurwa 9.1: *Ibibazo bikunze kuboneka bijyana no konsa*
5. Reba Igitabo y'Uhugurwa 9.2: “*Kutagira amashekerekahagije*”
6. “*Kutagira amashekerekahagije*” ni imwe mu mpamu zikomeye zituma ababyeyi baha abana insimburabere, bagahagarika konsa. Nyamara, kubura by'ukuri amashereka ahagije si ikintu gikunze kuboneka nk'uko ababyeyi babyemeza.

**Intego ya 4 y'isomo:** Gusobanura ibijyanye no gusubiza umwana ku ibere

**Uburyo bwo guhugura:** Ikigisho abahugurwa bagiramo uruhare

**Amabwiriza:**

1. Baza Abahugurwa ibibazo bikurikira:
  - a) Ni nde ushobora gusubiza umwana ku ibere?
  - b) Ni ikihe kintu gikenerwa kugirango gusubiza umwana bitungane?
  - c) Gusubiza umwana ku ibere bimara igihe kingana iki?
2. Nimubiganireho kandi ukore incamake

## Ubumenyi bw'ingenzi

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*Gusubiza umwana ku ibere:* Kongera konsa umwana nyina yari yarabihagaritse hashize igihe gito cyangwa kinini.

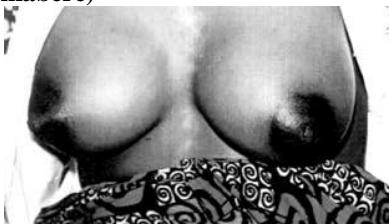
*Ninde ushobora gusubiza umwana ku ibere?*

- Abagore bigeze bonsa mu gihe cyahise, cyangwa bafite amashereka yagabanutse bashobora gufashwa kongera konsa.  
*Ni ibiki bikenerwa kugirango gusubiza umwana ku ibere bitungane?*
- Kubishishikarira k'umugore
- Konsa umwana kenshi
- Abakozi babishoboye kandi bafite umwanya uhagije wo gufasha ababyeyi
- Ahantu hatoranyijwe kugirango bashobore gukurikirana uko ibuntu bigenda
- Igihe cyose bishoboka, ababyeyi bafite inararibonye mu byo gusubiza abana ku ibere bafasha bagenzi babo
- Ubufasha mu rwego rwo gukomeza konsa
- Rimwe na rimwe ifashakonsa (breastfeeding supplementer) cyangwa agaheha korohereye na serenge y'urushinge biba ngombwa. Ohereze umwana kwa muganga (birashoboka ko byakorerwa no mu rugo umubyeyi abifashijwemo n'umujyanama w'ubuzima wabihuguwemo).

*Bifata igihe kingana iki ngo umubyeyi washubije umwana ku ibere ayobokwe?*

- Birahindagurika, bitewe n'uko ugushishikara k'umubyeyi kungana ndetse bikanaterwa n'uko umwana ashaka konka kenshi cyangwa gacye.
- Iyo umwana akomeje kujya yonka hato na hato, amashereka yiyongera mu minsi micye.
- Iyo umubyeyi yahagaritse konsa, bishobora gufata icyumweru kimwe cyangwa 2 kugirango amashereka menshi agaruke.
- Byorohera umubyeyi kugarura amashereka (kuyobokwa) iyo umwana akiri muto (ataruzuza amezi 2) kurusha iyo ari mukuru kurushaho (arengeje amezi 6). Nyamara ariko, birashoboka ku kigero cyose.
- Byoroha kurushaho iyo umwana yari akimara guhagarara konka kurusha iyo yari amaze igihe yarabihagaritse.
- Umugore wari umaze imyaka atonsa ashobora kongera kuzana amashereka kabone n'iyo yaba yaracuze. Urugero - umwana ashobora konswa na nyirakuru.

## Igitabo cy'Uhugurwa 9.1: Ibibazo bikunze kuboneka bijyana no konsa

Ikibazo kijyana no konsa	Gukumira	Ikigomba gukorwa
<p><b>Gutarirana kw'amabere (Kuzurirana kw'amashereka mu mabere)</b></p>  <p>Ifoto yafashwe na Mwate Chintu Ibimenyetso:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Biza ku mabere yombi</li> <li><input type="checkbox"/> Kubiyimba</li> <li><input type="checkbox"/> Korohera</li> <li><input type="checkbox"/> Gushyuhirana</li> <li><input type="checkbox"/> Gutukura buhoro</li> <li><input type="checkbox"/> Uburibwe</li> <li><input type="checkbox"/> Uruhu rw'ibere rusa n'urubengerana, rugaragara nk'urureze cyane, imoko iba yapyinagaye (itagisohoka hanze neza), kunanirwa gutamika umwana ibere</li> <li><input type="checkbox"/> Kenshi na kenshi bikunze kuba hagati y'umunsi wa 3 n'uwa 5 nyuma yo kubyara (igihe amashereka agenda yiyongera cyane kandi umwana atarashobora konka).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gutangira konsa mu isaha ya mbere ukibyara</li> <li><input type="checkbox"/> Gushyira umwana ku ibere neza</li> <li><input type="checkbox"/> Konsa inshuro nyinshi kandi umwanya munini ijoro n'amanywa uko umwana abishatse: inshuro 8 kugeza kuri 12 mu masaha 24</li> <li><input type="checkbox"/> Wihagarika konsa rimwe kuri rimwe (abruptly)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kuniza uburyo bwo gushyira umwana ku ibere</li> <li><input type="checkbox"/> Konsa inshuro nyinshi kurushaho</li> <li><input type="checkbox"/> Kwagaza amabere buhoro buhoro kugirango amashereka yirekure agende</li> <li><input type="checkbox"/> Gukanda ku mpande z'ikiziga cy'ibere kugirango ugabanye ububyimbe kandi binafashe umwana gutamira ibere</li> <li><input type="checkbox"/> Ha umwana amabere yombi</li> <li><input type="checkbox"/> Ikame amashereka kugirango ugabanye umurego w'amashereka mw'ibere kugeza igihe umwana abashirije konka.</li> <li><input type="checkbox"/> Gukandisha amabere udutambaro dushyushye kugirango amashereka atembere mu miyoboro mbere yo kuyakama</li> <li><input type="checkbox"/> Gukandisha amabere udutambaro dukonje nyuma yo kwikama kugirango abyimbuke</li> </ul>
<p><b>Udusebe ku ibere cyangwa Imoko zisadutse</b></p>  <p>Ifoto yafashwe na F. Savage King</p> <p>Ibimenyetso:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ububabare ku ibere/ imoko</li> <li><input type="checkbox"/> Gusaduka impande z'isongero z'imoko cyangwa aho itereye</li> <li><input type="checkbox"/> Kuva amaraso rimwe na rimwe</li> <li><input type="checkbox"/> Zishobora kwandura indwara</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gushyira umwana ku ibere neza</li> <li><input type="checkbox"/> Kudakoresha za bibero mu kugaburira abana (uburyo bwo "konka" bibero butandukanye no konka ibere, ibyo bishobora gutera umwana urujijo (nipple confusion))</li> <li><input type="checkbox"/> Wikoresha isabune cyangwa amavuta/pommades (crèmes) ku moko</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kudahagarika konsa</li> <li><input type="checkbox"/> Kuniza uburyo bwo gushyira umwana ku ibere ureba niba umwana aza ku ibere ariturutse munsi kandi niba nyina amufata amwegereje ibere neza</li> <li><input type="checkbox"/> Gutangira konsa uhereye ku ibere ribabaza umubyeyi buhoro</li> <li><input type="checkbox"/> Guhinduranya uburyo bwo gufata umwana umwonsa</li> <li><input type="checkbox"/> Kureka umwana akarekura ibere we ubwe</li> <li><input type="checkbox"/> Gushyira imitonzi y'amashereka ku moko umwana akimara kurekura ibere</li> <li><input type="checkbox"/> Kudakoresha isabune n'amavuta/pommades (crèmes) ku moko z'amabere</li> <li><input type="checkbox"/> Kudategereza ko ibere ryuzura amashereka ngo umubyeyi abone konsa</li> <li><input type="checkbox"/> Kudakoresha za bibero</li> </ul>

<b>Ikibazo kijyana no konsa</b>	<b>Gukumira</b>	<b>Ikigomba gukorwa</b>
<p><b>Imiyoboro yazibye na masitite</b></p>  <p>Ifoto yafashwe na F. Savage King</p> <p>Ibimenyetso:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Kumva akantu kameze nk'intosho mu ibere, ahandi harorohereye, gutukura mu gace kamwe, umuntu yumva ameze neza, nta muriro</li> </ul> <p>Ibimenyetso:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ahabyimbye harakomeye</li> <li><input type="checkbox"/> Kubabara cyane</li> <li><input type="checkbox"/> Gutukura mu gace kamwe k'ibere</li> <li><input type="checkbox"/> Muri rusange umuntu yumva atameze neza</li> <li><input type="checkbox"/> Umuriro</li> <li><input type="checkbox"/> Rimwe na rimwe umwana yanga konka kuberako yumva amashereka yabaye urwunyunyu kurushaho</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Saba umuryango kugufasha imirimio yo mu rugo itajyanye no kwita ku mwana</li> <li><input type="checkbox"/> Gushyira umwana ku ibere neza</li> <li><input type="checkbox"/> Onsa umwana uko abishatse kandi umureke ahumuze ibere kandi aryikureho we ubwe</li> <li><input type="checkbox"/> Irinde gufata ibere intoki zimeze nk'izikora imakasi</li> <li><input type="checkbox"/> Irinde imyenda igufashe cyane</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kudahagarika konsa (iyo amashereka agumye mu ibere haba hari impungenge zo kurwara ikibyimba mu ibere; kureka umwana akonka inshuro nyinshi nk'uko abishaka)</li> <li><input type="checkbox"/> Gushyira ku ibere ikintu gishyushye (amazi, ibitambaro bishyushye)</li> <li><input type="checkbox"/> Gufata umwana mu buryo bunyuranye ku buryo ururimi/akananwa kegera ahantu hari umuyoboro wazibye/ hari masitite (ahatukura). Ururimi/akananwa kazakanda ibere noneho amashereka y'aho hantu asohoke.</li> <li><input type="checkbox"/> Gushyira umwana ku ibere neza</li> <li><input type="checkbox"/> Ku miyoboro izibye: gukanda witonze ku ibere ukoresheje ikiganza, ugenda werekeza intoki ku moko, hanyuma ugakama amashereka cyangwa ukareka umwana akonka buri masaha 2 kugeza kuri 3 ku manywa na ninjoro.</li> <li><input type="checkbox"/> Kuruhuka (umubyeyi)</li> <li><input type="checkbox"/> Kunywa bihagije (umubyeyi)</li> <li><input type="checkbox"/> Niba bitoroshye mu masaha 24 kumwohereza kwa muganga</li> <li><input type="checkbox"/> Iyo ari masitite: kwikama amashereka niba konka biri kubabaza cyane</li> <li><input type="checkbox"/> Kujya kwivuza kwa muganga</li> </ul>

### Igitabo cy'Uhugurwa 9.2: “Kutagira amashekereka ahagije”

“Kutagira amashekereka ahagije”	Gukumira	Ikigomba gukorwa
<p><b>Uko umubyeyi abyumva</b></p> <p><input type="checkbox"/> “Utekereza” ko udafite amashereka ahagije</p> <p><input type="checkbox"/> (Umwana nta mahoro afite cyangwa ntahaga)</p> <p>Banza kumenya niba umwana abona cyangwa atabona amashereka ahagije (ibiro, inkari cyangwa ibyo umwana yituma)</p>	<p><input type="checkbox"/> Umubyeyi yiyegeze umwana umubiri ku wundi</p> <p><input type="checkbox"/> Gutangira konsa mu isaha ya mbere umubyeyi akibyara</p> <p><input type="checkbox"/> Kugumana n’umwana</p> <p><input type="checkbox"/> Gushyira mwana ku ibere neza</p> <p><input type="checkbox"/> Gushishikariza umwana konka kenshi</p> <p><input type="checkbox"/> Kureka umwana akabanza guhumuza ibere rya mbere</p> <p><input type="checkbox"/> Konsa gusa amanywa n’ijoro</p> <p><input type="checkbox"/> Kwirinda biber</p> <p><input type="checkbox"/> Gushishikariza ababyeyi gukoresha uburyo bwo kuboneza urubyaro bukwiye</p>	<p><input type="checkbox"/> Gutega amatwi ibibazo by’umubyeyi no kumva impamvu atekereza ko adafite amashereka ahagije</p> <p><input type="checkbox"/> Kumenza niba hari impamvu yumvikana y’icyo kibazo (imyonkereze idatunganye, guhangayika k’umubyeyi, umwana cyangwa umubyeyi urwaye)</p> <p><input type="checkbox"/> Reba ibiro by’umwana n’uko inkari n’ibyo yituma bingana (niba atunguka ibiro bihagije, yoherezwa kwa muganga)</p> <p><input type="checkbox"/> Kubaka ikizere cy’umubyeyi – kumuhumuriza umubwira ko ashobora kugira amashereka ahagije.</p> <p><input type="checkbox"/> Gusobanura aho ikibazo gishobora kuba kiri – Kuvumbuka mu mikurire (kuva ku byumweru 2 kugeza kuri 3, ibumweru 6, amezi 3) cyangwa konsa mu buryo bwegeranye</p> <p><input type="checkbox"/> Gusobanura akamaro ko kuvana amashereka menshi mu ibere</p> <p><input type="checkbox"/> Kureba no kunoza uburyo bwo gushyira umwana ku ibere</p> <p><input type="checkbox"/> Gutanga inama yo guhagarika ifashabere yose ihabwa umwana – nta mazi, amata yatunganyirijwe mu nganda, icyayi, cyangwa ibindi binyobwa.</p> <p><input type="checkbox"/> Kwirinda gutandukana n’umwana, kumuha undi muntu ngo amurere (kwikama amashereka igihe umubyeyi avuye mu rugo)</p> <p><input type="checkbox"/> Gutanga inama ku byerekanyane no kunoza imyonkereze. Konsa umwana buri gihe uko abishatse ku manywa na ninjoro.</p> <p><input type="checkbox"/> Kureka umwana akonka akarekura ibere we ubwe.</p> <p><input type="checkbox"/> Kureba niba umubyeyi abona ibiryo n’ibinyobwa bihagije kugirango “agire amashereka”</p> <p><input type="checkbox"/> Amabere akora amashereka angana n’ayo umwana yonka- iyo yonse menshi, amabere akora amashereka menshi (ibere ni nk’uruganda – uko umwana akenera amashereka menshi ni ko rikora menshi)</p> <p><input type="checkbox"/> Reba niba umwana na nyina begerana umubiri ku wundi.</p>
<p><input type="checkbox"/> Umwana ntabwo yunguka ibiro: kuba umurongo w’ubuzima w’umwana utaruzuza amezi 6 utambitse cyangwa ugenda umanuka</p> <p><input type="checkbox"/> Ku mpinja kuva ku munsi wa 4 kugeza ku byumweru 6: byibura kunyara inshuro 6 no kwituma inshuro 3 kugeza kuri 4 ku munsi</p>	<p><input type="checkbox"/> Kimwe no hejuru</p>	<p><input type="checkbox"/> Kimwe no hejuru</p> <p><input type="checkbox"/> Niba nyuma y’icyumweru umwana atunguka ibiro, umwana na nyina bagomba koherenzwa ku kigo nderabuzima kiri hafi.</p>

## ISOMO RYA 10. UBURYO BWO GUHA UBUJYANAMA NYINA W'UMWANA / SE / UWITA KU MWANA: IGICE CYA II

Intego z'isomo	Uburyo bwo guhugura	Imfashanyigisho
1. Gusobanura <i>ubujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3</i> (gusuzuma, gusesengura no gukora)	<ul style="list-style-type: none"> <li>Kwerekera</li> <li>Ikigisho abahugurwa bagiramo uruhare</li> </ul>	Igitabo cy'Uhugurwa 10.1: <i>Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto</i>
2. Kuvuga <i>Ubushobozi bwo kubaka ikizere no gutanga ubufasha</i>	Gushoza ibitekerezo	Igitabo cy'Uhugurwa 10.3: <i>Ubushobozi bwo kubaka ikizere no gutanga ubufasha</i>
3. Kwimenyereza guha umubyeyi/ se w'umwana/ uwita ku mwana <i>ubujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3</i>	Kwimenyereza	<ul style="list-style-type: none"> <li>Igitabo cy'Uhugurwa 10.1: <i>Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto</i></li> <li>Igitabo cy'Uhugurwa 10.2: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto</i></li> <li>Imfashanyigisho n'Ubutumwa bw'Ingenzi buzikubiyemo</li> <li>Depuliya: <i>Uko wakonsa umwana mu mezi 6 ya mbere</i></li> <li>Depuliya: <i>Uko wagaburira umwana guhera ku mezi atandatu</i></li> </ul>
4. Kuvuga aho <i>ubujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3</i> bushobora gutangirwa	Gukorera mu matsinda mato (abantu 3)	

### Ibikoresho:

- Ibibazo 3 byo kwigaho (case studies)
- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Fotokopi z'Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto* (eshatu ku muntu)
- Kopi ifunitse na plasitiki y'Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto* (imwe ku muntu)

### Imyiteguro:

- Abahugura berekera Abahugurwa uko hakorwa *Isuzuma ry'umwana na nyina mu bijyane n'imirire y'Umwana Muto* (*Ubujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3*)
- Ku rupapuro rwihariye, kora urutonde rw'ibikubiye mu mutwe “Gusomera ababyeyi” bivuye mu bibazo 3 byo kwigaho.

**Igihe isomo rimara:** amasaha 2

**Intego ya 1 y'isomo:** Gusobanura ubujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3 (gusuzuma, gusesengura no gukora)

**Uburyo bwo guhugura:** Kwerekera; ikigisho abahugurwa bagiramo uruhare

**Amabwiriza:**

**Icyitonderwa:** Abahugura 2 bagomba gutegura uku kwerekera mbere y'igihe (uhugura akina ari umubyeyi undi ari umujyanama)

1. Subiramo ingingo abahugurwa bavuzeho berekana ubushobozi bwo gutega amatwi no kumva mu kiganiro cyabaye hagati y'umubyeyi (Mukamana) ufite umwana Murenzi w'amezi 7 n'umuujyanama (suzuma).

*Uhugura/ Mukamana:*

- Yonsa Murenzi buri gihe arize
  - Yumva adafite amashereka ahagije
  - Agaburira Murenzi igikoma cyoroshye cyane inshuro 2 ku munsi (igikoma cy'ibigori)
  - Nta bundi bwoko bw'amata cyangwa ibinyobwa aha Murenzi
2. Uhugura agomba kubwira amatsinda aranguruye ijwi mu gihe cy'Intambwe ya 2 - Gusesengura
  3. Uhugura/ Umujyanama yuzuza Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyane n'Imirire y'Umwana Muto akurikiza Ubuujyanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3:*
  4. **Intambwe ya 1: Gusuzuma**
    - Suhuza umubyeyi kandi umwibwire
    - Ha umwanya umubyeyi akwibwire akubwire n'umwana we.
    - Koresha ubushobozi *bwo gutega amatwi no kwiga, n'ubushobozi bwo kubaka ikizere no gutanga ubufasha*
    - Uzuza Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'Imirire y'Umwana Muto*
    - Tega amatwi ibibazo bya Mukamana kandi witegerezze Murenzi na Mukamana
    - Akira ibyo Mukamana akora ariko ntubyemere cyangwa ngo ubyange kandi umushimire ku kintu kimwe yitwaramo/akora neza.

5. **Intambwe ya 2: Gusesengura**

Uhugura/ Umujyanama abona ibi bikurikira:

- Mukamana ategereza ko Murenzi arira kugirango abone kumwonsa – “ikimenyetso cya nyuma” cy'inzara
- Mukamana ahangayikishijwe n'uko adafite amashereka ahagije
- Mukamana ntabwo aha Murenzi ifashabere ijyanye n'ikigero cye.

6. **Intambwe ya 3:Gukora**

- Shimira Mukamana ko yonsa
- Baza Mukamana inshuro yonsa kandi niba yonsa Murenzi uko abishatse kandi akagumana ibere igihe cyose ashatse ku manywa na ninjoro. Ese Murenzi niwe wivana ku ibere? Ese Murenzi ahabwa ibere uko arisesabye? (Gira icyo uvuga ku myonkereze ikwiye ijyanye n'ikigero cy'umwana).

- Gira Mukamana inama yo konsa Murenzi igihe ashakiye konka (ntategereze ko arira ngo abone amuhe ibere)
  - Ungurana ibitekerezo na Mukamana kandi ugire cyo uvuga ku mfashanyigisho ya 5: *Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro no kuri depuliya: Uko wakonsa umwana mu mezi 6 ya mbere*
  - Ganira na Mukamana ibiranga ifashabere
  - Vuga ibikorwa bito binyuranye bishoboka (bishingiye ku gihe) byakorwa mu rwego rwo gukemura ibibazo bijyana no gutanga ifashabere bidakozwe neza: F= inshuro zo konsa, T = uko ibiryo bifashe, na V= guhinduranya ibiribwa.
  - Fasha Mukamana guhitamo igikorwa kimwe ashobora kugergeza (ingero:konsa inshuro nyinshi ku manywa na ninjoro, guteka igikoma gifashe, kongera ho ibiribwa bikoreshwa mu rugo muri iki cyumweru).
  - Ungurana ibitekerezo na Mukamana kandi ugire cyo uvuga ku mfashanyigisho ya 14: *Guha umwana Ifashabere kuva ku mezi 6 kugeza kuri 9 na depuliya : Uko wagaburira umwana guhera ku mezi 6*
  - Saba Mukamana gusubiramo (mu magambo) imyitwarire yumvikanyweho
  - Bwira Mukamana ko ku isura ry'icyumweru gikurikiraho, azabonana n'umuujyanama ngo barebere hamwe uko ibantu biri kugenda
  - Bwira Mukamana aho ashobora kubona ubufasha (kwitabira ibiganiro ku mirire, amatsinda y'ubufasha ku mirire y'abana bato mu midugudu, gahunda y'imirire y'inyunganizi, umuujyanama w'ubuzima mu mudugudu).
  - Kohereza umwana na nyina kwa muganga uko bibaye ngombwa
  - Gushimira Mukamana ku bw'igihe cye
7. Ungurana ibitekerezo n'abahugurwa kuri uku kwerekera kumaze gukorwa kandi usubize ibibazo.
  8. Subiramo kandi wuzuze ufatanyije n'abahugurwa/cyangwa ugire icyo uvuga ushingiye ku gitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
  9. Gira icyo ubivugaho kandi ukore incamake

### Ubumenyi bw'Igenzi

- Inzira y'Ubujujanama ku Mirire y'Umwana Muto bukozwe mu ntambwe 3 irimo ibi bikurikira:
  - Gusuzuma niba imirire ijyanye n'ikigero cye ukareba n'imibereho y'umubyeyi/ se w'umwana/ uwita ku mwana ndetse n'umwana: kubaza, gутегереza
  - Gusesengura ikibazo kijyanye n'imirire: kumenya ikibazo icyo ari cyo kandi cyaba kirenze kimwe – guhitamo icyihutirwa, no
  - Gukora: kuganira n'umubyeyi/se w'umwana/uwita ku mwana ku amakuru macye ya ngombwa, kumvikana ku byo umubyeyi/ se w'umwana/ uwita ku mwana ashobora kugergeza gukora
- Ikigamijwe: gutanga amakuru mu bijyanye n'imirire y'Umwana Muto n'ubufasha kumubyeyi/ se w'umwana/ uwita ku mwana
- Reba Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
- Sobanura *Ubujujanama mu by'imirire y'Abana Bato bukozwe mu ntambwe 3*. Gusuzuma, Gusesengura, Gukora

***Intambwe ya 1: Gusuzuma***

- Suhuza umubyeyi/ se w'umwana/ uwita ku mwana kandi umubaze ibibazo bimushishikariza kuvuga ukoresheje *uboshobozi bwo gutega amatwi no kwiga, ubwo kubaka ikizere no gutanga ubufasha.*
- Uzuza Igitabo cy'uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto* ubaza ibibazo bikurikira:
  - a) Witwa nde? Umwana wawe yitwa nde?
  - b) Umwana wawe afite imyaka ingahe?
  - c) Ese umwana wawe yigeze arwara muri iyi mins? Niba ubungubu arwaye, ohereza umubyeyi kwa muganga.
  - d) Saba umubyeyi/ se w'umwana/ uwita ku mwana ko wareba ifishi y'imikurire y'umwana. Ese umurongo w'imikurire urazamuka? Ese uramanuka? Ese uguma ku kigero kimwe?
  - e) Niba nta fishi y'imikurire umubyeyi/se w'umwana/ uwita ku mwana agira, yimukorere
  - f) Saba umubyeyi/se w'umwana/ uwita ku mwana kuvuga uko abona imikurire y'umwana
  - g) Baza ibyerekanye n'ingano y'ibyo umwana afata ubusanzwe kuri ibi bikurikira:  
*Konka:*
    - *Ubusanzwe umwana wawe yonka inshuro zingahe ku munsi? Inshuro*
    - *Ese imyonkereze yawe yifashe ite? Ibibazo ashobora kuba afite?*  
*Itegerezze uko umubyeyi n'umwana bameze muri rusange*  
*Itegerezze uko umwana ashyirwa ku ibere n'uko afata ibere**Ifashabere:*
    - *Ese hari ibindi bintu ugaburira umwana wawe? Ni ibihe?*
    - *Ese ugaburira umwana wawe inshuro zingahe ku munsi? Inshuro*
    - *Ese umugaburira ibiryo bingana bite? Ingano*
    - *Ese ibiryo umugaburira biba bifashe gute? Uko bifashe:binombye, bicagaguyemo uduce, ibice**Ubundi bwoko bw'amata:*
    - *Ese umwana wawe hari ubundi bwoko bw'amata anywa?*
    - *Ese umwana wawe anywa amata inshuro zingahe ku munsi? Inshuro*
    - *Umuha amata angana iki? Uko amata angana?*
    - *Niba umwana yonka, ni iyihe mpamvu ituma utekereza ko ukeneye kumuha andi mata y'inyongera?**Ibindi binyobwa:*
    - *Ese umwana wawe anywa ubundi bwoko bw'ibinyobwa? Ibihe?*
    - *Umwana wawe anywa ibindi binyobwa inshuro zingahe ku munsi? Inshuro*
    - *Anywa ibingana iki? Ingano*
  - h) Ese umwana wawe umuhesha igikombe? (Umubyeyi nasubiza "oya", mubaze icyo umwana we anywesha ibyo binyobwa?)
  - i) Ninde ugaburira umwana/umufasha kurya?
  - j) Ese hari ibindi bibazo umubyeyi ahura nabyo mu kugaburira umwana?

### **Intambwe ya 2: Gusesengura**

- Ese imirire y'umwana ijyanye n'ikigero cye? Shaka ingorane zihari (niba hari izihari).
- Niba hari ingorane zirenze imwe, reba izihutirwa kurusha izindi.
- Subiza ibibazo by'umubyeyi niba hari ibihari.

### **Intambwe ya 3: Gukora**

- Ushingiye ku kigero cy'umwana n'isesengura wakoze (hejuru), shaka amakuru macye akwiye ajyanye n'imibereho y'umubyeyi (niba ari nta bibazo bihari, shimagiza umubyeyi kuba yubahiriza inama agirwa ku bijyanye n'uburyo bwo konsa no guha umwana we ifashabere).
- Shimagiza umubyeyi.
- Ku kibazo icyo aricyo cyose, ganira n'umubyeyi/ se w'umwana/ uwita ku mwana uburyo bwo kugikemura.
- Bwira umubyeyi ibikorwa bito bishoboka (byakorwa mu gihe runaka) kandi ufashe umubyeyi guhitamo kimwe muri byo ashobora kugerageza kugirango akemure ikibazo.
- Ganiriza umubyeyi/ se w'umwana/ uwita ku mwana wifashishije *Imfashanyigisho y'Ubujuyanama* ikwiye
- Saba umubyeyi gusubiramo imyitwarire mishya mwumvikanyeho kugirango urebe niba yumvise neza.
- Bwira umubyeyi ko uzareba uko we n'umwana we bazaba bameze ku isura ryo mu cyumweru gikurikiraho.
- Rangira umubyeyi aho ashobora kubona ubundi bufasha (urugero:.kwitabira ibiganiro ahugurwamo, amatsinda y'ubufasha mu bijyanye n'imirire y'Umwana Muto mu mudugudu, menya neza (emeza) niba umubyeyi azi umujyana w'ubuzima wamufasha cyangwa azi uburyo yamugeraho), niba azi gahunda y'imirire y'inuyunganizi (mu gihe yaba ikorwa mu karere atuyemo) mu gihe ibura ry'ibiryo mu karere ryaba ari inzitizi ku mirire myiza y'abana, menya kandi niba azi gahunda yo gufasha abana batishoboye/abanyantegenke (niba ihari)
- Kohereza umwana kwa muganga niba ari ngombwa.
- Shimira umubyeyi kubera umwanya yigomwe.

**Intego ya 2 y'isomo:** Kuvuga ku *bushobozi bwo kubaka ikizere no gutanga ubufasha*

**Uburyo bwo guhugura:** Gushoza ibitekerezo

#### **Amabwiriza:**

1. Gutekereza hamwe n'Abahugurwa bose ku *bushobozi bwo kubaka ikizere no gutanga ubufasha* ubaza Abahugurwa ibi bikurikira: Ni iki gifasha guha umubyeyi/ se w'umwana/ uwita ku mwana ikizere n'ubufasha?
2. Kurikirana kugeza igihe ubushobozi buri hasi ku "Ubumenyi bw'ingenzi" buvugwa noneho ubyandike kuri fulipucati.
3. Rangira Abahugurwa mu gitabo cy'Abahugurwa 10.3: *Ubushobozi bwo kubaka ikizere no gutanga ubufasha*
4. Nimubiganireho kandi ukore incamake

### Ubumenyi bw'ingenzi

Ubushobozi bwo kubaka ikizere no gutanga ubufasha

1. Akira ibyo umubyeyi/ se w'umwana/ uwita ku mwana atekereza kandi yumva (kugirango agire ikizere, mureke avuge ibibazo bye mbere y'uko ukosora amakuru).
2. Emera kandi ushimagine ibikorwa byiza by'umubyeyi/ se w'umwana/ uwita ku mwana ndetse n'iby'umwana.
3. Tanga ubufasha bufatika
4. Tanga amakuru macye akwiye
5. Koresha imvugo isanzwe (yoroshye)
6. Koresha imfashanyigisho z'ubujyanama zikwiye
7. Tanga inama imwe cyangwa ebyiri, ariko ntutange amabwiriza

**Intego ya 3 y'isomo: Kwimenyereza Ubujyanama mu bijyanye n'imirire y'Abana Bato bukozwe mu ntambwe 3.**

### Uburyo bwo guhugura: Kwimenyereza

#### Amabwiriza:

1. Abahugurwa bashyirwa mu matsinda y'abantu 3: Umubyeyi, Umujyanama, n'indorerezi.
  2. Ha Abahugurwa ibiri mu gitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto* (cyangwa ubarangire urupapuro bijyanye mu gitabo cy'Uhugurwa)
  3. Ha Indorerezi ibiri mu gitabo cy'Uhugurwa 10.2: *Ifishi ikoreshwa mw'isuzumwa ry'umwana na nyina mu bijyanye n'imirire y'Umwana Muto* (cyangwa ubarangire ku rupapuro bijyanye mu *Gitabo cy'Uhugurwa* kandi ufatanye n'Abahugurwa kuyisubiramo)
  4. Ha buri tsinda rya batatu umubumbe w'Imfashanyigisho z'Ubujyanama na depuliya 3.
  5. Abahugura bazenguruka mu bahugurwa bagafasha buri tsinda.
  6. Kwimenyereza Inyigo y'ikibazo runaka ya mbere: Saba “ Amatsinda y'ababyeyi ” kwibumbira hamwe yose.
  7. Somera “Ababyeyi” kibazo cyo kwigaho noneho ubasabe gusubira mu matsinda yabo bakoreramo.
- Icyitonderwa:** “Ababyeyi” bagomba kwizera ko batanze amakuru yose ari mu “kibazo runaka bahawé cyo kwigaho”. Tegura umubyeyi abashe gusubiza ibindi bibazo umujyanama w'ubuzima ashobora kumubaza bidafitanye isano n’ “ikibazo cyo kwigaho”.
8. Umujyanama wa buri tsinda ry'imirimo (rya batatu) abaza “umubyeyi” ibijyanye n'imbereho ye, noneho agatanga ubujyanama bushingiye ku ntambwe zikurikira “gusuzuma, gusesengura, no gukora” akoresheje ubushobozi *bwo gutega amatwi no kwiga* ndetse n'ubushobozi bwo *kubaka ikizere no gutanga ubufasha*.
  9. Muri buri tsinda ry'imirimo, umurimo w'indorerezi ni ukwandika ubushobozi umujyanama w'Ubuzima yakoresheje no kuvuga uko inyigo y'ikibazo runaka yagenze.
  10. Abahugurwa bahinduranya imyanya yabo (roles) mu matsinda yabo noneho intambwe zavuzwe bakazisubiramo bakoresheje kwiga ikibazo cya kabiri n'icya gatatu.
  11. Itsinda rimwe ryerekana ikibazo runaka cyizweho imbere y'ihuriro ryose.
  12. Nimubiganireho kandi ukore incamake

### Ubumenyi bw'ingenzi

- Reba Igitabo cy'Uhugurwa 10.2: *Ifishi ikoreshwa mw'isuzumwa ry'umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
- Kwiga ikibazo runaka

### ***Kwiga ibibazo runaka bikoreshejwe mu kwimenyereza Ubujyanama mu bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe 3.***

**Icyitonderwa:** Amakuru (ajanye no gusuzuma, gusesengura, no gukora) mu nyigo z'ikibazo runaka zikurikira NTABWO bayasomera Abahugurwa mbere y'uko bimenyereza ubujyanama.

#### ***Inyigo y'ikibazo ya 1:***

**Somera “Ababyeyi”:** Witwa Mukandoli. Umwana wawe w'umuhungu Sakindi afite amezi 18. Umwonsa inshuro imwe cyangwa 2 ku munsi. Umuha amata n'igikoma cy'ingano inshuro 2 ku munsi.

#### ***Intambwe ya 1: Gusuzuma***

- Suhuza Mukandoli kandi umubaze ibibazo bituma ashishikarira kuvuga, wifashishije ubushobozi bwo *Gutega amatwi no kwiga, kubaka ikizere no gutanga ubufasha.*
- Uzuza Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
- *Itegerezze imibereho rusange ya Mukandoli na Sakindi*
- Tega amatwi ingorane (impungenge /ibibazo) za Mukandoli kandi umwitegerezze witegerezze na Sakindi.
- Akira ibyo Mukandoli akora ariko utabyanze cyangwa ngo ubyemere.

#### ***Intambwe ya 2: Gusesengura***

- Mukandoli yonsa Sakindi
- Mukandoli aha Sakindi ubundi bwoko bw'amata
- Mukandoli ntabwo akurikiza inama agirwa zijyanye no kugaburira umwana ukurikije imyaka ye (urugero: Inshuro amugaburira n'urunyurane rw'ibyo amugaburira)

#### ***Intambwe ya 3: Gukora***

- Shimagiza Mukandoli kuko akomeza konsa.
- Ganira na Mukandoli ibiranga ifashabere: inshuro zo kugabura, ingano y'igaburo, uko riba rifashe, urunyurane rw'ibirige, gufasha no gushishikariza umwana kurya, n'isuku.
- Vuga ibikorwa bito bishoboka (bishingiye ku gihe) byakorwa mu rwego rwo gukemura ibibazo birebana n'uburyo butanoze bwo gutanga ifashabere (urugero: kongera inshuro zo kugaburira umwana zikagera kuri 4 ku munsi); baza uko ibinyampeke Sakindi ahabwa biba bingana kandi niba bishoboka kubyongera; baza uko ibyo binyampeke biba bifashe, kandi wongereho ubundi bwoko bw'ibiribwa biboneka mu rugo kandi ufashe Mukandoli guhitamo ikiribwa kimwe cyangwa bibiri yagerageza cyangwa yumva ko bishoboka gutegurira umwana.
- Umujyanama ahitamo amwe mu makuru ari mu mfashanyigisho y'ubujyanama ikwiye ku bijyanye no kugaburira umwana muto ukurikije ikigero cya Sakindi n'imibereho ye – noneho umujyanama akungurana ibitekerezo na Mukandoli kuri ayo makuru:
  - Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*
  - Imfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*
  - Imfashanyigisho ya 16: *Guha umwana ifashabere kuva ku mezi 12 kugeza kuri 24*
  - Imfashanyigisho ya 17: *Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa*
  - Depuliya: *Uko wagaburira umwana guhera ku mezi atandatu*
- Saba Mukandoli gusubiramo imyitwarire mwumvikanyeho

- Bwira Mukandoli ko uzongera kureba uko umwana amerewe (uzamukurikirana) ku isura ryo mu cyumweru gikurikira.
- Gira Mukandoli inama z'aho ashobora kubona ubufasha (kwitabira ibiganiro bimuhugura, itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto ryo mu mudugudu, gahunda y'imirire y'inyunganizi, kandi umwohereze ku mujyanama w'ubuzima).
- Kumwohereza kwa muganga uko bibaye ngombwa
- Shimira Mukandoli igihe yigomwe
- Ungurana ibitekerezo n'Abahugurwa ku kiganiro wagiranye na Mukandoli
- Subiza ibibazo

#### *Inyigo y'ikibazo ya 2:*

**Somera ‘Ababyeyi’:** Witwa Kankindi. Umwana wawe w'mukobwa witwa Umutoni afite amezi 8. Wonsa Umutoni kubera ko uzi neza ko amashereka aricyo kiribwa cya mbere cy'agaciro kuri we. Uha kandi Umutoni amazi kubera ko hashyuha cyane. Uraterekereza ko Umutoni atarakura bihagije kugirango umugaburire ubundi bwoko bw'ibiryo.

#### *Intambwe ya 1: Gusuzuma*

- Suhuza Kankindi umubaze ibibazo bituma ashishikarira kuvuga, wifashishiye ubushobozzi bwo *Gutega amatwi no kwiga, kubaka ikizere no gutanga ubufasha.*
- Uzuza Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
- *Itegerezze imibereho rusange ya Kankindi n'Umutoni*
- Tega amatwi impungenge (ingorane/ibibazo) za Kankindi kandi umwitegerezze witegerezze n'Umutoni.
- Akira ibyo Kankindi akora ariko utabyanze cyangwa ngo ubyemere.

#### *Intambwe ya 2: Gusesengura*

- Kankindi yonsa Umutoni
- Kankindi aha kandi Umutoni amazi.
- Kankindi ntabwo aratangira guha umwana we ibiryo by'ifashabere

#### *Intambwe ya gatatu: Gukora*

- Shimigiza Kankindi kuko yonsa.
- Ganira na Kankindi ku kamaro ko konsa.
- Vuga uburyo mu mashereka ariho Umutoni akura ikinyobwa cyiza kurusha ibindi.
- Vuga ku ngaruka zo kunywa amazi yanduye.
- Ganira na Kankindi ku bijyanye no gutangira guha umwana ibiryo by'ifashabere no ku mpamvu ifashabere ari ngombwa ku kigero cy' Umutoni.
- Ganira na Kankindi ibiranga ifashabere: inshuro zo kugabura, ingano y'igaburo, uko riba rifashe, urunyurane rw'ibirigize, gufasha no gushishikariza umwana kurya, n'isuku.
- Vuga ibikorwa bito bishoboka (bishingiye ku gihe) kandi ufashe Kankindi guhitamo igikorwa kimwe cyangwa bibiri yagerageza. Urugero: gutangirira ku biryo biche bitetswe mu biribwa by'ibanze (igikoma, izindi ngero z'ibiribwa biboneka mu karere); kongeraho ibinyamishogwe, imboga n'imbuto n'ibiribwa bikomoka ku matungo; kongera inshuro zo kugaburira umwana zikagera kuri 3 ku munsi; kuganira ku bijyanye n'uko ibiryo bikomoka ku biribwa by'ibanze bigomba kuba bifashe, gufasha Umutoni igihe ari kurya; gira kandi icyo uvuga ku birebana n'isuku mu itegurwa ry'ibiryo

- Umujyanama ahitamo amwe mu makuru ari mu mfashanyigisho y'ubujyanama ikwiye ku bijyanye no kugaburira umwana muto ukurikije ikigero cy' Umutoni n'imibereho ye – noneho umujyanama akungurana ibitekerezo na Kankindi kuri ayo makuru:
  - Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*
  - Imfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*
  - Imfashanyigisho ya 14: *Guha umwana ifashabere kuva ku mezi 12 kugeza kuri 24*
  - Imfashanyigisho ya 17: *Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa*
  - Depuliya: *Uko wagaburira umwana guhera kumezi atandatu Saba Kankindi gusubiramo imyitwarire mwumvikanyeho*
- Bwira Kankindi ko uzongera kureba uko umwana amerewe (uzamukurikirana) ku isura ryo mu cyumweru gikurikira.
- Gira Kankindi inama z'aho ashobora kubona ubufasha (kwitabira ibiganiro bimuhugura, itsinda ry'ubufasha mu bijyana n'Imirire y'Umwana Muto ryo mu mudugudu, gahunda y'imirire y'inyunganizi, kandi umwohereze ku Mujyanama w'Ubuzima).
- Mwohereze kwa muganga uko bibaye ngombwa
- Shimira Kankindi igithe yigomwe
- Ungurana ibitekerezo n'Abahugurwa ku kiganiro wagiranye na Kankindi
- Subiza ibibazo

### ***Inyigo y'ikibazo ya 3:***

**Somera “Ababyeyi”:** Witwa Kamaliza. Wonsa umwana w'umuhungu witwa Gasore umaze ibyumweru 3. Wumva ufite ikintu kimeze nk'ibuye mu ibere; ibere rirashyuhiranye kandi rirahishije (risa n'iritukuye).

#### ***Intambwe ya 1: Gusuzuma***

- Suhuza Kamaliza umubaze ibibazo bituma ashishikarira kuvuga, wifashishije ubushoboz i bwo *Gutega amatwi no kwiga, kubaka ikizere no gutanga ubufasha*.
- Uzuza Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'Imirire y'Umwana Muto*
- Itegereze Kamaliza n'imibereho rusange ya Gasore
- Tega amatwi impungenge (ingorane/ibibazo) za Kamaliza kandi witegereze Gasore na Kamaliza
- Akira ibyo Kamaliza akora ariko utabyanze cyangwa ngo ubyemere.

#### ***Intambwe ya 2: Gusesengura***

- Kamaliza arashaka konsa Gasore
- Kamaliza afite ikintu kimeze nk'ibuye mu ibere, rirashyuhiranye kandi rirahishije (umuyoboro wazibye)

#### ***Intambwe ya 3: Gukora***

- Shimigiza Kamaliza ku bushake afite bwo konsa Gasore
- Fasha Kamaliza abashe gushyira Gasore ku ibere neza (ukoreshje imisego, amasume azinze)
- Koresha imisego cyangwa amasume azinze kugirango ufashe Kamaliza kumva amerewe neza

- Fasha Kamaliza kunoza uburyo bwo gushyira Gasore ku ibere
- Tanga ibitekerezo byatuma imiyoboro y'amashereka yazibye izibuka:
  - Wihagarika konsa (iyo amashereka agumyemo, ibyago byo kurwara ububyimba biriyongera, reka umwana yonke inshuro nyinshi zishoboka).
  - Kanda ibere ukoresheje ikintu gishyushye (amazi ashushye cyangwa igitambaro gishyushye).
  - Fata umwana mu buryo bunyuranye ku buryo ururimi rw'umwana/akananwa ke kegera aho umuyoboro wazibiye/ ahari masitite (ahahishije). Ururimi/akananwa kagaza ibere noneho amashereka yifunze akirekura akava muri ako gace k'ibere maze akamanuka.
- Kanda ibere buhoro ukoresheje ikiganza, uzengurutsa intoki werekeza ku moko; noneho wikame amashereka cyangwa ureke umwana yonke buri masaha 2 cyangwa 3 ku manywa na ninjoro.
- Sobanurira Kamaliza akamaro ko konsa gusa; inshuro zo konsa; kwemerera Gasore kurekura ibere we ubwe; konsa ku manywa na ninjoro kandi inshuro nyinshi zishoboka.
- Umujyanama ahitamo amwe mu makuru ari mu mfashanyigisho y'Ubujyanama ikwiye ku bijyanye no kugaburira umwana muto ukurikije ikigero cya Gasore n'imibereho ye – noneho umujyanama akungurana ibitekerezo na Kamaliza kuri ayo makuru:
  - Imfashanyigisho ya 7: *Gushyira umwana ku ibere neza ni ingenzi*
  - Imfashanyigisho ya 6: *Hari uburyo bunyuranye bwo gushyira umwana ku ibere*
  - Imfashanyigisho ya 5: *Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro*
  - Depuliya: Uko wakonsa umwana mu mezi 6 ya mbere
- Baza Kamaliza niba mu rugo hari abandi bantu bashobora kumwakira/kumufasha imirimo yo mu rugo.
- Fasha Kamaliza guhitamo imigenzereze ashobora kugerageza, urugero: gushyira umwana ku ibere neza, konsa gusa no konsa inshuro nyinshi ku manywa na ninjoro uko bishoboka
- Saba Kamaliza gusubiramo imyitwarire yumvikanyweho
- Bwira Kamaliza ko uzohereza umuntu kureba uko gasore ameze (kumukurikira) mu minsi ibiri.
- Gira Kamaliza inama y'ahantu ashobora kuvana ubufasha ( kwitabira gahunda y'itsinda ry'ubufasha mu bijyanye n'imirire y'Abana Bato mu mudugudu, no kumwohereza ku mujyanama w'ubuzima)
- Shimira Kamaliza kubera igihe yigomwe
- Ungurana ibitekerezo n'Abahugurwa ku kiganiro wagiranye na Kamaliza
- Subiza ibibazo

**Intego ya 4 y'isomo:** Kuvuga aho Ubujanama mu bijyanye n'imirire y'Abana Bato bukozwe mu ntambwe 3 bushobora gutangirwa

**Uburyo bwo guhugura:** Gukorera mu matsinda mato y'ibiganiro

**Amabwiriza:**

1. Saba Abahugurwa begeranye gukora amatsinda y'abantu 3
2. Baza Abahugurwa iki kibazo: Ni hehe *Ubujanama mu bijyanye n'imirire y'Abana Bato bukozwe mu ntambwe 3 bushobora gukorerwa?*
3. Saba amatsinda kurondora ahantu bushobora gutangirwa.
4. Saba itsinda rimwe kubwira abandi ibyo ryagezeho kandi abandi nabo bongeremo andi makuru
5. Kurikirana kugeza igihe ahantu havugwa mu “Busobanuro bw’Ingenzi” havugiwe.
6. Nimubiganireho kandi ukore incamake

### Ubumenyi bw’Ingenzi

Aho *ubujyanama mu bijyanye n'imirire y'Abana Bato bukozwe mu ntambwe 3 bushobora gukorerwa:*

Kwa muganga cyangwa muri za gahunda z’ubuzima zikorerwamu midugudu:

- Ikurikirana ry’abagore batwite kwa muganga cyangwa ahantu hose ushobora guhurira n’umugore utwite
- Igihe cyo kubyara cyangwa nyuma gato bishoboka
- Nanone mu cyumweru cya mbere cyo kubyara (ku munsi wa 2 cyangwa wa 3, n’umunsi wa 6 cyangwa 7)
- Mu bindi bihe 2 bya nyuma yo kubyara (urugero, ku cyumweru cya 4 n’icya 6), cyangwa igihe cy’ibiganiro ku bijyanye no kuboneza urubyaro no mu bindi bihe niba umubyeyi agize ikibazo.
- Mu mezi 6 ya mbere yo konsa (no kugeza ku mezi 24 yo konsa)
- Muri gahunda yo gukurikirana no guteza imbere imikurire y’umwana n’igihe cyo gukingiza
- Mu gihe cyose cyo kubonana n’ababyeyi cyangwa abarera abana bafite abana barwaye.
- Mu gihe cyo kubonana n’abana bashobora kwibasirwa n’ibibazo kurusha abandi (vulnerable) (urugero abana bashobora kwandura virusi itera SIDA cyangwa babana n’ubwandum bw’iyo virusi)
- Muri gahunda yo gukurikirana abana ku mudugudu
  - Ihuriro ry’itsinda rigamije igikorwa runaka
  - Amatsinda y’ubufasha mu bijyanye n’imirire y’Abana Bato
- Mu bigo biri mu mavuliro byita ku bana bafite indwara zijyanye n’imirire mibi zikomeye
- Ahantu ku midugudu bakurikirana abana bafite indwara z’imirire mibi idakabije (CMAM) cyangwa mu mahuriro yo gushakisha abana bafite indwara z’imirire mibi
- Ahantu ku midugudu hakorerwa gahunda z’imirire (CBNP)
- Ahantu hakorerwa gahunda zo gutanga ibiryo by’inyunganizi
- Mu gihe cyo guhuza umubyeyi/ se w’umwana/ urera umwana n’Umujanama

**Igitabo cy'Uhugurwa 10.1: Gusuzuma umwana na nyina mu bijyanye n'Imirire  
y'Umwana Muto**

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	Izina ry'Umubyeyi/ Uwita ku mwana	Izina ry'umwana		Ikigero cy'umwana (amezi yujuje)			
<b>Kwitegereza umubyeyi / uwita ku mwana</b>							
<b>Uburwayi bw'umwana</b>	Umwana ararwaye		Umwana ntarwaye		Umwana ari gukiruka		
<b>Umurongo w'ubuzima</b>	Yego		Oya		<b>Urazamuka/Uramanuka /Uguma hamwe</b>		
<b>Mbwira ibijyanye n'uko wonsa</b>	Yego	Oya	Konsa byahagaze ryari?	Inshuro: Inshuro ku munsi	Ingorane: Konsa biri kugenda gute?		
<b>Ifashabere</b>	Ese umwana wawe hari ikindi umuha cyo kurya?	Ni iki?		Inshuro: Inshuro/umunsi	Bingana bite? (ingezo. 250 ml)		
	Ibirylo by'ibanzze (igikoma, izindi ngero z'ibiribwa biboneka mu karere)						
	Ibinyamishogwe (ibishyimbo, izindi ngero z'ibinyamishogwe biboneka mu karere)						
	Imboga/Imbuto (ingero z'imbuto n'imboga ziboneka mu karere)						
	Ibikomoka ku matungo: inyama/ amafi/umwijima /inkoko/amagi						
<b>Ibinyobwa</b>	Ese umwana wawe hari ikindi kintu umuha cyo kunywa?	Iki		Inshuro: Inshuro ku munsi	Bingana bite? (ingezo. 250 ml)		
	Ubundi bwoko bw'amata						
	Ibindi binyobwa						
<b>Izindi ngorane?</b>							
<b>Umubyeyi/uwita ku mwana afasha umwana kurya</b>	Ninde ufasha umwana iyo ari kurya?						
<b>Isuku</b>	Agaburira umwana akoresheje igikombe n'ikiyiko bifite isuku		Akaraba intoki akoresheje amazi asukuye n'isabune mbere yo gutegura ibiryo, mbere yo kurya na mbere yo kugaburira abana bato	Akarabya umwana intoki akoresheje amazi asukuye n'isabune mbere yo kumugaburira			

## Igitabo cy'Uhugurwa 10.2: Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma Umwana na Nyina mu bijyanye n'imirire y'Umwana Muto

Izina ry'Umujujanama: \_\_\_\_\_

Izina ry'Indorerezi: \_\_\_\_\_

Itariki y'isura: \_\_\_\_\_

(*Shyira √ kuri yego na × kuri oya*)

### Ese Umujyanama

#### *Yakoreshheje ubushobozi bwo gutega amatwi no kwiga:*

- Uburyo yicayemo bugaragaza ko yishyize mu rwego rumwe n'umubyeyi/ se w'umwana/ uwita ku mwana?
- Yitaye k'uwo bavugana? (bararebana mu maso)
- Yavanyeho inzitizi? (ameza, gusoma no kwandika)
- Ikiganiro yagihaye umwanya?
- Yakoze ku mwana/nyina/se/uwita ku mwana uko bikwiye?
- Yabajije ibibazo bifunguye?
- Yatanze ibisubizo anakoresha ibimenyetso bigaragaza ko abyitayeho?
- Yagiye asubiramo ibyo nyina w'umwana/se/uwita ku mwana avuga?
- Yirinze gukoresha amagambo anenga/aca urubanza?
- Yahaye umubyeyi/ se w'umwana/ urera umwana umwanya wo kuvuga?

#### *Gukoresha ubushobozi bwo kubaka ikizere no gutanga ubufasha:*

- Yakiraga ibyo umubyeyi atekereza n'uko yiyumva?
- Yateze amatwi impungenge/ingorane z'umubyeyi/uwita ku mwana?
- Yemeye kandi ashimagiza ibyo umubyeyi n'umwana bakora neza?
- Yatanze ubufasha bukoreka?
- Yatanze amakuru macye, akwiye?
- Yakoreshheje imvugo yoroshye?
- Yatanze ikifuzo kimwe cyangwa bibiri, ariko bitari amabwiriza?

### ISUZUMA

(*Shyira √ kuri yego na × kuri oya*)

### Ese Umujyanama

- Yagenzuye ikigero cy'umwana (imyaka) uko bikwiye?
- Yagenzuye niba umubyeyi yumva umurongo w'imikurire /ubuzima w'umwana?
- Yagenzuye ibyerekanye n'uburwayi bwa vuba bw'umwana?

**Konsa:**

- Yasuzumye imyonkere y'umwana muri iki gihe?
- Yarebye ingorane zижанье no konsa?
- Yitegereje umwana ari konka?

**Ibinyobwa:**

- Yasuzumye ibindi binyobwa umwana ahabwa?

**Ibiryo:**

- Yasuzumye ubundi bwoko bw'ibiryo umwana ahabwa?

**Gushishikariza umwana kurya:**

- Yabajije n'iba umwana abona ubufasha igahe ari kurya?

**Isuku:**

- Yagenzuye isuku mu bijyanye n'imirire?

**ISESENGURA**

(*Shyira √ kuri yego na × kuri oya*)

**Ese Umujyanama**

- Yasanze hari ingorane/ibibazo bihari bijyanye no kugaburira umwana?
- Yerekanye ikibazo cyihutirwa kurusha ibindi? (niba hari ibibazo birenze kimwe)

Andika ikibazo yasanze cyihutirwa kurusha ibindi: \_\_\_\_\_

**IGIKORWA**

(*Shyira √ kuri yego na × kuri oya*)

**Ese Umujyanama**

- Yashimagije umubyeyi/ uwita ku mwana kuba akora ibisabwa?
- Yakemuye ingorane zижанье no konsa? Urugero: gushyira nabi umwana ku ibere cyangwa imyonkereze mibi. Yatanze ubufasha bufatika?
- Yaganiriye n'umubyeyi/uwita ku mwana ku mirire y'umwana ikwiriye/isabwa hakurikijwe ikigero cye ndetse no ku ngingo zishobora kunguranwaho ibitekerezo?
- Yatanze igikorwa kimwe cyangwa bibiri bishobora gukorwa (bijyanye n'igahe) bikwiranye n'ikigero cy'umwana n'imyitwarire mu bijyanye n'imirire?
- Yafashije umubyeyi guhitamo igikorwa kimwe cyangwa bibiri ashobora kugerageza kugirango akemure ibibazo by'imirire?
- Yakoresheje Imfashanyigisho z'Ubujujyana na za depuliya zikwiranye n'imibereho y'umwana – kandi yunguranye ibitekerezo kuri ayo makuru n'umubyeyi/uwita ku mwana?
- Yasabye umubyeyi gusubiramo imyitwarire mishya bumvikanyeho?

Andika imyitwarire yumvikanyeho: \_\_\_\_\_

- Yabajije umubyeyi niba hari ibibazo/ impungenge afite?
- Yohereje umubyeyi/uwita ku mwana ahanti niba byari ngombwa?
- Yagiriye umubyeyi inama z'aho ashobora kubona ubundi bufasha?
- Yumvikanye n'umubyeyi/uwita ku mwana ku itariki/ igahe cyo guhura mu rwego rwo gukurikirana umwana na nyina/se/uwita ku mwana? Yashimiye umubyeyi kubera igahe yigomwe?

### **Igitabo cy'Uhugurwa 10.3: Ubushobozi bwo kubaka ikizere no gutanga ubufasha**

1. Kwakira ibyo umubyeyi/se w'umwana/uwita ku mwana atekereza kandi yiymvamo (kugirango agire ikizere, reka umubyeyi/se w'umwana/ uwita ku mwana arangize kuvuga impungenge ze mbere yo gukosora amakuru afite)
2. Emara kandi ushimagine ibyo umubyeyi/ se w'umwana/ uwita kumwana ndetse n'umwana bakora neza.
3. Tanga ubufasha bukoreka
4. Tanga amakuru macye, akwiye
5. Koresha imvugo isanzwe yoroshye
6. Koresha imfashanyigisho z'ubujyanama zikwiye
7. Tanga igitekerezo kimwe cyangwa bibiri, ariko kitari/bitari amabwiriza



## ISOMO RYA 11. ISURA RY' AHAKORERWA AKAZI RYA MBERE N'IBYARIVUYEMO

<b>Intego z'Isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kwimenyereza <i>Ubujyanama mu bijyanye n'imirire y'Umwana Muto</i> bukozwe mu ntambwe 3, hakorwa Isuzuma ry'Umwana na Nyina mu byerekeranye n'imirire y'Abana Bato hamwe n' Umubyeyi/se w'umwana/ uwita ku mwana n'umwana ufite ukivuka kugeza ku mezi 24.	Kwimenyereza	<ul style="list-style-type: none"> <li>• Imfashanyigisho z'Ubujyanama</li> <li>• Depuliya</li> <li>• Igitabo cy'Uhugurwa 10.1: <i>Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</i></li> <li>• Igitabo cy'Uhugurwa 10.2 <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma Umwana na Nyina mu bijyanye n'imirire y'Umwana Muto</i></li> </ul>
2. Kumenya ahari ibyuho binini bisaba kwimenyerezaho/ kwitegerezza, ahakorerwa akazi		
3. Kungurana ibitekerezo ku mbaraga n'integenke zagaragaye mu kwimenyereza mu gutanga ubujyanama , ahakorerwa akazi	Kungurana ibitekerezo ku byakozwe	

### Ibikoresho:

- Imbonerahamwe y'Imfashanyigisho z'Ubujyanama
- Fotokopi z'Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto* (Fotokopi 3 kuri buri wese uhugurwa)
- Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto* (ifunikishije plastiki): Imwe kuri buri wese uhugurwa

### Imyiteguro:

- Kuvugana mbere y'icyumweru n'ikigo nderabuzima cy'aho imyimenyerezo izakorerwa ku byerekeranye n'ahantu n'uburyo imyimenyerezo izakorwa mu bihe byo gukingiza no gupimisha ibiro, cyangwa
- Kuvugana n'umuyobozi w'ibanze (akagari, umudugudu) icyumweru mbere y'uko isura ku mudugudu riba
- Gutegura amatsinda, gutanga amabwiriza umunsi umwe mbere y'imyimenyerezo
- Fulipucati zafatanijwe kugirango zivemo urupapuro runini rukorerwaho incamake y'uko ubujyanama bwagenze

**Igihe isomo rimara:** amasaha 3

**Intego ya 1 y'isomo:** Kwimenyereza Ubujyanama bukorewe ababyeyi/ abita ku bana bakivuka kugeza ku mezi 24.

**Intego ya 2 y'isomo:** Kumenya ibibazo by'ingenzi bisaba kwimenyerezaho/igihe cyo kwitegereza, ahakorerwa akazi

**Uburyo bwo guhugura:** Kwimenyereza

**Amabwiriza:**

1. Hamwe n'abahugurwa bose, subiramo *Ubujyanama ku bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe eshatu.*
2. Shyira Abahugurwa mu matsinda y'abantu 2: umwe azatanga ubujyanama, akemure ibibazo, agere kumwumvikano na nyina w'umwana / se/ uwita ku mwana (ukivuka kugeza ku mezi 6) n' (ufite kuva ku mezi 6 kugeza kuri 24) naho undi azakurikira ikiganiro yifashishije *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto kugirango azabashe kuvuga uko byagenze nyuma.*
3. Saba umujyanama gukoresha Igitabo cy'Uhugurwa 10.1: *Gusuzuma umwana na nyina mu bijyane n'imirire y'Umwana Muto*
4. Saba umujyanama gukoresha Imfashanyigisho z'Ubujyanama zijiyanie n'ikigero cy'umwana na depuliya zerekana nyina w'umwana/se/ uwita ku mwana
5. Saba indorerezi kuzuza Igitabo cy'Uhugurwa 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto*
6. Saba Abahugurwa kugenda bahinduranya imirimo kugeza igihe buri wese uhugurwa yimenyereza nibura mu byiciro 2 by'ubujyanama.
7. Reba ibyuho by'ingenzi bisaba igihe kinini cyo kwimenyerezaho no kwitegereza, aho hakorerwa akazi

**Ubumenyi bw'ingenzi**

- Gutanga Ubujyanama ku bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe 3 bisaba ibi bikurikira:
  - **Suzuma** niba imirire y'umwana ijyanye n'ikigero cye kimwe n'imibereho y'umubyeyi/ se w'umwana/ uwita ku mwana ndetse n'umwana ubwe: baza, tega amatwi kandi witegereze
  - **Sesengura** ikibazo/ingorane (k)ijyanye n'imirire: reba ikibazo gihari kandi niba hari byinshi – reba ikihutirwa kurusha ibindi, subiza ibibazo bya nyina w'umwana/ se/uwita ku mwana
  - **Kora** – Ganira, tanga amakuru macye akwiye, tanga ubufasha bukoreka ku mubyeyi wonsa, emeranya na nyina w'umwana/se/ uwita ku mwana ku gikorwa gishoboka yagerageza gukora.

**Icyitonderwa:** Rangira Abahugurwa ku *bumenyi bw'ingenzi* ku Isomo rya 10 .

- Reba Igitabo cy'Uhugurwa 10.1: *Gusuzuma Umwana na Nyina mu bijyanye n'imirire y'Umwana Muto*
- Reba Igitabo cy'Uhugurwa 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto*

**Intego ya 3 y'Isomo:** Kungurana ibitekerezo ku mbaraga n'integenke zagaragaye mu kwimenyereza mu gutanga ubujyanama, ahakorerwa akazi

**Uburyo bwo guhugura:** Kungurana ibitekerezo ku byakozwe

**Amabwiriza:**

1. Abahugurwa bose bari kumwe, saba buri tsinda ry'abahugurwa 2 gukora incamake y'ibyo babonye mu bujyanama buzuza fulipucati yagenewe incamake ku isura ryabaye (yamanitswe ku bikuta cyangwa yarambuwe hasi)
2. Koresha imbonerahamwe ikurikira nk'icyitegererezo mu kwandika ibyo buri tsinda rya babiri ryabonye hanze mu isura. Shushanya iyi mbonerahamwe kuri fulipucati kandi ugumye uyerekane mu gihe cyose ihugurwa rikrimo. Ongeramo ibika (columns) bindi kugirango ibindi byiciro by'ubujyanama bibone aho byandikwa
3. Imbonerahamwe igaragaza: Amazina y'Abahugurwa; izina ry'umwana n'ikigero cye;
  - Gusuzuma: umwana ararwaye, konsa (inshuro n'ingorane), ibiryo by'ifashabere: inshuro, uko bingana, uko bifashe, urunyurane rw'ibiyigize, gufasha no gushishikariza umwana kurya, n'isuku.
  - Gusesengura: ingorane/ikibazo cyagaragaye, ibyihutirwa byabonetse;
  - Gukora: Kwereka umubyeyi ibikorwa bishoboka yagerageza; ibikorwa bito bishoboka byemeranyijweho- bijyanye n'igihe/umwumvikano waganiriweho
4. Abahugurwa bakira kandi bakavuga ku byo babonye
5. Abahugura n'abahugurwa bamanya ahari ibyuho binini bisaba kwimenyerezaho/ kwitegereza, aho akazi gakorerwa.
6. Nimubiganireho kandi ukore incamake

**ISOMO RYA 12. UBURYO BWO KUYOBORA IBIGANIRO BY'AMATSINDA  
AGAMIJE IGIKORWA RUNAKA, AMATSINDA Y'UBUFASHA MU BY'IMIRIRE  
Y'ABANA BATON'ISURA MU NGO**

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kuyobora ikiganiro mu itsinda rigamije igikorwa runaka ukoreshje intambwe zikurikira: Itegerezze, Tekerezza, Gerageza, hanyuma Ukore.	<ul style="list-style-type: none"> <li>Inararibonye (kubwirana ibyo bazi/ibyababayeho)</li> <li>Kungurana ibitekerezo</li> </ul>	<ul style="list-style-type: none"> <li>Imbonerahamwe y'Imfashanyigisho z'ubujyanama</li> <li>Igitabo cy'Uhugurwa 12.1: <i>Uko wayobora ikiganiro cy'itsinda rigamije igikorwa runaka: inkuru, agakinamico, cyangwa amashusho – Itegerezze, Tekerezza, Gerageza, Kora</i></li> </ul>
2. Kuyobora ikiganiro mu itsinda ry'ubufasha ry'ababyeyi/ ba se b'abana/ abita ku bana kugirango babashe gufashanya mu bikorwa byabo bijyanye n'imirire y'Umwana Muto	<ul style="list-style-type: none"> <li>Inararibonye (kubwirana ibyo bazi/ibyababayeho)</li> <li>Kungurana ibitekerezo</li> <li>Kwimenyereza</li> </ul>	<ul style="list-style-type: none"> <li>Igitabo cy'Uhugurwa 12.2: <i>Ibiranga itsinda ry'Ubufasha mu bijyanye n'imirire y'Umwana Muto</i></li> <li>Igitabo cy'Uhugurwa 12.3: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato</i> Igitabo cy'Uhugurwa 12.4: <i>Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto</i></li> </ul>
3. Kumenya intera zижане no гукора исура му ngo.	Gushoza ibitekerezo	<ul style="list-style-type: none"> <li>Imfashanyigisho z'ubujyanama</li> <li>Depuliya</li> </ul>

**Ibikoresho:**

Zimwe mu nsanganyamatsiko zaganirwaho mu matsinda y'ubufasha mu bijyanye n'imirire y'Umwana Muto:

1. Akamaro ko konsa ku mubyeyi, umwana, umuryango (insanganyamatsiko 1 kugeza kuri 3)
2. Uburyo bwo konsa:
  - Uburyo bwo gufata umwana no kumushyira ku ibere

3. Gukumira, ibimenyetso, n'ibyakorwa ku bibazo/ ingorane rusange zижана no konsa:
  - Guitarirana/Kuzurirana kw'amashereka, udusebe/gusatagurika kw'imoko, kuziba kw'imiyoboro y'amashereka bishobora gutera masitite, no “ kubura amashereka”
4. Ibibazo rusange cyangwa imyemerere ishobora kubangamira imyonkereze:
  - Umwana cyangwa umubyeyi urwaye, umubyeyi ufile indwara zimirire mibi, impanga, umubyeyi uri kure y'umwana, umwana wavukanye ibiro bituzuye, gutwita (inda), n'ibindi.
5. Gutangiza ibiryo by'ifashabere nyuma y'amezi atandatu
6. Ababyeyi bakora:
  - Bimwe mu byakorwa byatuma konsa bishoboka

**Imyiteguro:**

- Gutegura no kwitoza kubara “ inkuru”
- Gutegura no kwitoza “ udukinamico”
- Gutegura no kwimenyereza gukoresha “ amashusho”
- Gutegura inkuru no kuzishyira ku mpapuro

**Igihe isomo rimara:** isaha n'igice

**Intego ya 1 y'isomo:** Kuyobora ikiganiro mu itsinda rigamije igikorwa runaka ukoreshheje intera zikurikira: Itegerezze, Tekerezza, Gerageza, kandi Ukore.

**Uburyo bwo guhugura:** Inararibonye (kubwirana ibyo umuntu azi/ibyamubayeho)

**Amabwiriza ajyanye n'igikorwa cya mbere:**

1. Uhugura ahimba insanganyamatsiko y'ikiganiro cyo mu itsinda rigamije igikorwa runaka afatanyije n'Abahugurwa baba bitwaye nk'abatuye umudugudu abara inkuru, akinisha agakinamico, cyangwa akoresha Imfashanyigisho z'Ubujuyanama ku ngingo runaka ikyanye n'imirire y'Umwana Muto – ashira mu bikorwa intambwe : Itegerezze, Tekerezza, Gerageza kandi Ukore
2. Reba ingero zimwe z'inkuru n'udukinamico zikurikira:
  - Bara inkuru: wiysisoma , ahubwo itoze mbere kandi uyibare ukoreshheje ijwi rishimishije
  - Koresha agakinamico gato: koresha agakinamico gato uha Abahugura/ cyangwa Abahugurwa imirimo inyuranye (roles)
  - Ufataniye n'itsinda riri gukina, koresha Imfashanyigisho y'Ubujuyanama
3. Nyuma y'inkuru, agakinamico cyangwa amashusho, baza Abahugurwa/ abatuye umudugudu ibi bikurikira:
  - a) Ari nkawe wakora iki? Kubera iki?
  - b) Ni izihe ngorane wahura nazo?
  - c) Ni mu buhe buryo washobora kuzikemura?
  - d) Ni ubuhe bufasha bukoreka watanga?
4. Nimubiganireho kandi ukore incamake

## **Ubumenyi bw'ingenzi**

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- Reba Igitabo cy'Uhugurwa 12.1 *Uko wayobora ikiganiro cy'itsinda rigamije igikorwa runaka: inkuru, agakinamico, cyangwa amashusho – Itegereze, Tekereza, Gerageza, Kora*
- Mu buryo busanzwe, ibiganiro by'amatsinda bikorwa kugirango batambutse ibitekerezo cyangwa bageze amakuru ku itsinda. Kenshi na kenshi, umuyobozi niwe uha icyerekezo ikiganiro cy'itsinda, noneho abari mu itsinda bakabaza kandi bagasubiza ibibazo. Ikiganiro cy'itsinda rigamije igikorwa runaka gitandukanye n'ibyo buhoro. Abahugura bashishikariza abari mu itsinda kugira amakuru ayabo no kugerageza ikindi kintu gishya cyangwa gitandukanye n'ibyo basanzwe bakora bakurikira iyi nzira y'ibikorwa ikurikira:
- Koresha izi ntambwe:
  - Itegereze
  - Tekereza
  - Gerageza
  - Kora
- Ibiganiro by'ubuzima ni byiza kuko bitanga amakuru ariko ntibizana buri gihe impinduka mu myitwarire. Gukoresha intera: Itegereze, Tekereza, Gerageza, kandi Ukore bishobora gutuma abari mu itsinda bahindura imyitwarire yabo.
- Sobanurira Abahugurwa ko gukoresha intambwe: Itegereze, Tekereza, Gerageza, kandi Ukore bigamije gushishikariza abari mu itsinda gutekereza no kugira ibyabo ibyo bungutse; bityo bagashobora kubyigiraho no gufata icyemezo cyo guhindura imyitwarire.

### ***Inkuru (urugero)***

Mu minsi yashize, ku gasozi katari kure y'akangaka, umugore ukiri muto witwa Umutesi yabyaye umwana we wa mbere witwa Kalisa. Umutesi yaje kumva Umuujyanama w'Ubuzima avuga ibijyanye no konsa umwana gusa kugeza yujuje amezi 6. Yifuzaga gukora ibyo yari yumvanye umujyanama w'ubuzima, ariko nyina na nyirabukwe bo bakamwumvisha ko umwana azakenera ibindi byiyongera ku mashereka kugirango akure kandi agire ubuzima bwiza muri ayo mezi ya mbere. Birumvikana ko Umutesi yashakaga ko Kalisa agira ubuzima bwiza, bityo akajya amwonsa akamuha n'igikoma n'amazi kuva agifite ukwezi kumwe. Umwana ubungubu yararwaye. Ubu Kalisa afite amezi 2 none umujyanama w'ubuzima vuba aha yasuye Umutesi mu rugo amugira inama yo kujuvana Kalisa kwa muganga.

### ***Udukinamico duto***

#### *Agakinamico ka mbere*

*Umubyeyi:* Umwana wawe afite amezi 7 kandi umuha igikoma inshuro 1 ku munsi. Ufite ubwoba ko umugabo wawe atazemera kugura ibindi biryo.

*Umugabo:* Ntutekereza ko umugore wawe akeneye amafaranga yo kugurira umwana wawe ikindi kintu.

*Umuujyanama w'ubuzima:* Uri gusura urugo. Urafasha umubyeyi n'umugabo kumenya ibiryo bashobora guha umwana wabo kandi bakabyongera kugeza ku nshuro 3 buri munsi (Koresha Imfashanyigisho y'Ubuujyanama).

#### *Agakinamico ka kabiri*

*Umubyeyi:* Umwana wawe afite amezi 10 kandi uramwonsa. Ujya ku kazi ugasigira umwana nyirakuru akaba ariwe umugaburira.

*Nyogokuru:* Usigarana umwuzukuru wawe w'amezi 10 buri munsi igihe umukobwa wawe yagiye ku kazi. Umuha igikoma inshuro 2 ku munsi.

*Umuujyanama w'ubuzima:* Ugerageza guhuriza hamwe umubyeyi na nyirakuru w'umwana kugirango ubahe inama zo kugirango bongere 1) umubare w'inshuro zo kugaburira mwana, 2) urugero rw'ibiryo bigaburirwa umwana, 3) uburyo bigomba kuba bifashe, no kongeraho ubundi bwoko bw'ibiribwa biboneka mu karere (Koresha Imfashanyigisho z'Ubuujyanama).

**Intego ya 1 , Igikorwa cya 2:** Kungurana ibitekerezo ku byavuye mu kiganiro cy'itsinda

**Uburyo bwo guhugura:** Kungurana ibitekerezo

**Amabwiriza ajyanye n'igikorwa cya 2:**

1. Nyuma y'inkuru, agakinamico, cyangwa gukoresha Imfashanyigisho y'Ubujuyanama, ushobora kubaza abahugurwa ibibazo bikurikira:
  - Ni iki wakunze ku kiganiro cy'itsinda rigamije igikorwa runaka?
  - Ni irihe tandukanyirizo wasanze hagati y'ikiganiro cy'itsinda n'uburyo busanzwe bw'ibiganiro nkarishyabumenyi?
2. Tanga kandi ugire icyo uvuga ku gitabo cy'uhugurwa 12.1: *Uko wayobora ikiganiro cy'itsinda rigamije igikorwa runaka: inkuru, agakinamico, cyangwa amashusho – Itegerezze, Tekerezza, Gerageza, kandi Ukore* (cyangwa urangire Abahugurwa urupapuro biriho mu gitabo cy'uhugurwa)

**Intego ya 2 y'isomo:** Kuyobora ikiganiro mu itsinda ry'ubufasha ry'ababyeyi/ba se b'abana/abita ku bana kugirango babashe gufashanya mu bikorwa byabo bijyanye n'imirire y'Umwana Muto

**Uburyo bwo guhugura:** Inararibonye (kubwirana ibyo bazi/ibyababyeho)

**Amabwiriza:**

**Igikorwa cya 1:** Kwimenyereza ikiganiro mu itsinda ry'ubufasha

**Uburyo bwo guhugura:** Inararibonye ( kubwirana ibyo bazi/ibyababyeho)

1. Hitamo abahugurwa 5
2. Uhugura n'Abahugurwa 5 bicara bakoze uruziga nk' “ itsinda ry'ubufasha”
3. Saba abandi bahugurwa gukora uruziga inyuma y’ “itsinda ry'ubufasha”.
4. Saba abagize “itsinda ry'ubufasha” kubwirana ibyo bazi/ibyababyeho, iby'abagore babo, ba nyina, cyangwa bashiki babo bazi ku byerekeryane no konsa.

**Icyitonderwa:** Hemerewe kuvuga abari mu “itsinda ry'ubufasha” gusa.

5. Uhugura agena uburyo bwo kuzuza Igitabo cy'Uhugurwa 12.4: *Kwitatira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto*
6. Saba abandi bahugurwa bitegerezza itsinda ry'ubufasha kuzuza Igitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato*

**Igikorwa cya 2:** Kuganira ku byabaye mu kiganiro cy'itsinda ry'ubufasha

**Uburyo bwo guhugura:** Kungurana ibitekerezo

1. Baza abagize itsinda ry'ubufasha ibibazo bikurikira nyuma y'uko babwiranye ibyo bazi/ibyababyeho:
  - Ni ikihe kintu wakunze mu itsinda ry'ubufasha?
  - Ni irihe tandukanyirizo riri hagati y'itsinda ry'ubufasha n'ikiganiro nkarishyabumenyi
  - Ese ibibazo byawe byasubijwe?

2. Saba Abahugurwa bitegereje itsinda ry'ubufasha kubwira abandi ibyo babonye, n'ibitekerezo byabo, unabasabe kuzuza ifishi iri mu gitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato*
3. Saba Abahugurwa kuvuga icyo itsinda ry'ubufasha rishobora kumarira gahunda y'Imirire y'Abana Bato
4. Tanga Igitabo cy'Uhugurwa 12.2: *Ibiranga itsinda ry'Ubufasha mu bijyanye n'Imirire y'Umwana Muto* (cyangwa ubarangire ku rupapuro bijyanye mu gitabo cy'uhugurwa)

*Igikorwa cya gatatu:* Kwimenyereza kuyobora itsinda ry'ubufasha  
**Uburyo bwo guhugura:** Kwimenyereza

1. Shyira abahugurwa mu matsinda 3 cyangwa 4 y'abantu 7 cyangwa 8
2. Buri tsinda rihitamo insanganyamatsiko ziri ku rupapuro rwa 134 hakoreshejwe tombora mu gakangara igakoreshwa mu ihuriro ry'itsinda ry'ubufasha
3. Umwe mu bahugurwa niwe uba Umuyobozi w'ikiganiro mu itsinda ry'ubufasha
4. Nyuma y'ikiganiro mu itsinda ry'ubufasha, saba itsinda kuzuza igitabo cy'uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato*
5. Abahurwa bose hamwe bungurana ibitekerezo bavuga uko babonye ibintu

### Ubumenyi bw'Ingenzi

- Reba Igitabo cy'Uhugurwa 12.2: *Ibiranga itsinda ry'Ubufasha mu bijyanye n'Imirire y'Umwana Muto*
- Reba Igitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato*
- Imfashanyigisho z'Abahugurwa 12.4: *Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'Imirire y'Umwana Muto*

*Igisobanuro:* Itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato ni itsinda ry'ababyeyi/ba se b'abana/abita ku bana bateza imbere imyitwarire ijjana no konsa no gutanga ifashabere, bavuga ibyo bo bazi uwabo byababayeho kandi bagahana ubufasha. Amatsinda y'ubufasha ahugurwa buri gihe n'ababyeyi b'inararibonye bafite ubumenyi ku bijyanye n'imirire y'umwana muto kandi bazobereye mu bijyanye n'uburyo bw'imikorere y'amatsinda. Abagize itsinda babwirana ibyo buri wese azi/ibyamubayeho, amakuru, ndetse bakanahana ubufasha

**Intego ya 3 y'isomo:** Kumenya intambwe zijiyanne no gukora isura mu ngo.  
**Uburyo bwo guhugura:** Gushoza ibitekerezo

### Amabwiriza:

1. Saba Abahugurwa kuvuga intambwe zigomba gukorwa mu gihe cy'isura mu rugo
2. Andika ibisubizo kuri fulipucati
3. Kurikirana kugeza igihe izi ntambwe zikurikira zivugiwe:
  - Gusuhuzanya no kwibwirana

- Kwishyira no gushyira mu mutozo umubyeyi/se w'umwana/uwita ku mwana
  - Ubushobozi bwo *kubaka ikizere no gutanga ubufasha( urutonde rwabwo)*
  - Ubushobozi bwo *gutega amatwi no kwiga* (urutonde rwabwo)
  - *Ubujyanama ku bijyanye n'imirire y'abana bato bukozwe mu ntambwe eshatu* ( kuzisobanura)
  - Mu gihe cy'intera yo Gusuzuma (baza, utege amatwi kandi witegerezze), itegereze uko ibantu bimeze mu rugo: Ese hari ibiryo? Ese hari za bibero uhabona?
  - Gukoresha Imfashanyigisho z'Ubujyanama na depuliya zikwiriranye n'ikigero cy'umwana?
4. Nimubiganireho kandi ukore incamake

**Igitabo cy'Uhugurwa 12.1: Uko wayobora ikiganiro cy' itsinda: Inkuru, Agakinamico, cyangwa Amashusho ukoresha intambwe – Itegerezze, Tekerezza, Gerageza, kandi Ukore**

**IBWIRE ABAGIZE ITSINDA**

**ITEGEREZE**

- Bara inkuru; koresha agakinamico kugirango ugere ku nsanganyamatsiko cyangwa ufatire ishusho hejuru ku buryo buri wese ashobora kuyibona.
- Baza abari mu itsinda ibi bibazo:
  - Ese ari nkawe wakora iki ? Kubera iki?
  - Ni izihe ngorane ushobora guhura nazo?
  - Ni mu buhe buryo wazikemura?

**TEKEREZA**

- Baza abari mu itsinda ibi bibazo:
  - Ninde wumva wagenza nkawe? Kubera iki?
  - Ninde wumva utakora nkawe? Kubera iki?
  - Ni izihe nyungu ziri mu kugira imigirire ivugwa mu nkuru/agakinamico cyangwa ishusho?
- Kungurana ibitekerezo ku butumwa bukubiye mu nsanganyamatsiko y'uju munsi.

**GERAGEZA**

- Baza abari mu itsinda:
  - Iyo uza kuba ari wowe wari umubyeyi (cyangwa ufite undi murimo mu gakinamico/mu nkuru), wari kugergeza indi migenzereze mishya?
  - Ese abantu bo muri uyu mudugudu bashobora kuzagerageza iyi migenzereze mu bihe nk'ibi? Kubera iki?

**GUKORA**

- Subiramo ubutumwa bw'ingenzi.  
Baza abari mu itsinda:
  - Ese ari nkawe wakora iki? Kubera iki?
  - Ni izihe ngorane ushobora guhura nazo?
  - Ni mu buhe buryo wabasha kuzitsinda?

Shyiraho igihe muzongera guhurira kandi ushishikarize abari mu itsinda kuzaza biteguye kuganira ku buryo ibintu byagenze igihe bageragezaga imigenzereze mishya, n'uburyo bagerageje kuva mu ngorane runaka.

## Igitabo cy'Uhugurwa 12.2: Ibiranga itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto



### Umwuka mwiza urangwa no kubahaha, gushishikara, kwizerana, ukuri, no kubabazwa n'ibibazo by'undi

1. Itsinda rituma abarigize:
  - Babwirana bo uwabo amakuru n'ibyo bazi/ibyababyeho ku byerekeranye n'imirire y'umwana muto
  - Bafashanya hagati yabo igithe babwirana buri wese ibyo azi/ibyamubayeho
  - Bakomeza cyangwa bagahindura imyumbire cyangwa imigenzereza imwe n'imwe
  - Umwe yigira ku wundi
2. Itsinda rituma abarigize batekereza ku byo bazi/ibyababyeho, ibyo bakekeranya, ingorane, imitekerereze ya rubanda, imyemerere idafite ishingiro (myths), amakuru, n'imigenzereze ijyanye n'imirire y'umwana muto. Muri uyu mwuka mwiza, abahugurwa bunguka ubumenyi bakanigirira icyizere mu gufata umwanzuro (icyemezo) wo gukomeza cyangwa guhindura imigenzereze yabo mu bijyanye no kugaburira umwana muto.
3. Amatsinda y'ubufasha mu bijyanye n'imirire y'Umwana Muto ntabwo ari ibiganiro mbwirwaruhame cyangwa isomo ryo mu ishuli. Abahugurwa bose baba bafite uruhare rusesuye mu biri gukorwa.
4. Amatsinda y'ubufasha yibanda ku kamaro ko kuganira umuntu umwe ku wundi. Muri ubu buryo, abahugurwa bose bashobora kuvuga ibitekerezo byabo, ubumenyi bwabo, n'ibyo bashidikanyaho, kubwirana ibyo bazi/ibyababyeho, no kwakira cyangwa gutanga ubufasha.
5. Uburyo abahugurwa bicayemo butuma bashobora kurebana.
6. Itsinda riba rigizwe n'abantu bari hagati ya 3 na 15.
7. Itsinda riyoborwa n'Uhugura/ Umubyeyi w'inraribonye utega amatwi kandi akayobora ibiganiro.
8. Itsinda riba rifunguye, ryemerera abagore batwite bose, ababyeyi bonsa, ababyeyi bafite abana bakuru, abagabo, abita ku bana, n'abandi bagore babyifuza kurizamo.
9. Uhugura n'abahugurwa bemeza igithe ikiganiro kimara n'inshuro zo guhura (inshuro mu kwezi).

**Igitabo cy'Uhugurwa 12.3: Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi  
w'ikiganiro mu itsinda mu bijyanye n'imirire y'Abana Bato**

Umudugudu:	Ahantu:	
Itariki:	Isaha:	Insanganyamatsiko:
<b>Izina ry'uyoboye Itsinda ry'ubufasha (IYCF):</b>		<b>Izina ry'Umuugenuzi:</b>
<hr/> <hr/>		<hr/> <hr/>
Ese	<input checked="" type="checkbox"/>	<b>Ubusobanuro</b>
1. Uhugura/ cyangwa abahugura bibwiye itsinda?		
2. Abahugura basobanuye insanganyamatsiko y'umunsi ku buryo bwumvikana?		
3. Abahugura babajije ibibazo bituma abahugurwa bashishikarira kugira uruhare mu kiganiro?		
4. Abahugura bashishikarije abagore/abagabo badakunda kuvuga kugira uruhare mu kiganiro?		
5. Abahugura bakoresha ubushobozi <i>bwo Gutega amatwi no Kwiga, Kubaka Ikizere no Gutanga ubufasha?</i>		
6. Abahugura bari bazi neza ibyo bigisha?		
7. Ababyeyi/ba se b'abana/ abita ku bana babwiranye ibyo bazi?		
8. Abahugurwa bicaye ku buryo bw'uruziga?		
9. Abahugura bahamagariye abagore/ abagabo kuzitabira ikiganiro mu itsinda ry'ubufasha ritaha mu bijyanye n'imirire y'Abana Bato (ahantu, itariki, n'insanganyamatsiko)?		
10. Abahugura bashimiye abagore/ abagabo kuba baritabiriye ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'Abana Bato?		
11. Abahugura basabye abagore kuganira n'abagore batwite n'abagabo babo cyangwa abagore bonsa mbere y'uko inama ikurikira iterana, bakababwira ibyo bize no kuzavuga uko byagenze?		
12. Ifishi y'igenzura ry'Itsinda ry'Ubufasha yarasuzumwe iranakosorwa uko bikwiye?		
Umubare w'abagore/ abagabo bitabiriye ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto:		
Umugenuzi/Umuypobozi: Andika ibibazo n'ingorane zakemuwe:		
Umugenuzi/Umuypobozi: Bwira Abahugura uko byifashe:		

**Igitabo cy'Uhugurwa 12.4: Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye  
n'imirire y'Umwana Muto**

Itariki \_\_\_\_\_ Umuudugudu \_\_\_\_\_ Akagari \_\_\_\_\_  
Umurenge \_\_\_\_\_ Akarere \_\_\_\_\_  
Uyoboye/Abayoboye ikiganiro \_\_\_\_\_



Abakobwa b'abangavu



Abagore batwite



Abagore bonsa



Abakecuru



Abana bato



Ingimbi



Abashakanye



Abagabo

## ISOMO RYA 13. ISURA RY'AHAKORERWA AKAZI RYA KABIRI N'IBYARIVUYEMO

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kwimenyereza <i>Ubujyanama mu bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe</i> 3 hakorwa Isuzuma ry'Umwana na Nyina hamwe n'umubyeyi/se w'umwana/ uwita ku mwana n'umwana ukivuka kugeza ku mezi 24.	Kwimenyereza	<ul style="list-style-type: none"> <li>• Imbonerahamwe y'Imfashanyigisho z'Ubujyanama</li> <li>• Depuliya</li> <li>• Igitabo cy'Uhugurwa 10.1: <i>Gusuzuma Umwana na Nyina mu bijyanye n'imirire y'Umwana Muto</i></li> <li>• Igitabo cy'Uhugurwa 10.2: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto</i></li> </ul>
2. Kwimenyereza kuyobora itsinda rigamije igikorwa runaka cyangwa itsinda ry'ubufasha.		<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 13.1: <i>Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda: Inkuru, Ikinamico, cyangwa amashusho</i></li> <li>• Imfashanyigisho y'Uhugurwa 12.3: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'umyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'Abana Bato</i></li> <li>• Igitabo cy'Uhugurwa 12.4: <i>Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto</i></li> </ul>
3. Gutekereza ku byagenze neza, ku byagenze nabi mu kwimenyereza gutanga ubujyanama ahakorerwa akazi	Kungurana ibitekerezo ku byagaragaye	

### Ibikoresho:

- Imbonerahamwe y'Imfashanyigisho z'Ubujyanama

### Imyiteguro:

- Guhana isango (rendez- vous) n'ikigo nderabuzima/ibitaro icyumweru mbere y'uko imyimenyerezo hanze ikorwa mu bihe byo gukingiza cyangwa gupima ibiro by'abana, cyangwa
- Guhana isango n'"umuyobozi" w'umudugudu icyumweru mbere ku birebana n'isura rikorerwa mu midugudu.
- Gutegura amatsinda, gutanga amabwiriza umunsi umwe mbere
- Fulipucati: Fulipucati zafatanijwe kugirango zivemo urupapuro runini rukorerwaho incamake y'uko ubujyanama bwagenze

*Igihe isomo rimara:* Amasaha 4

**Intego ya 1 y'isomo:** Kwimenyereza Ubujyanama mu bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe 3 bukorewe umubyeyi/se w'umwana/uwita ku mwana ukivuka kugeza ku mezi 24.

**Uburyo bwo guhugura:** Kwimenyereza

**Amabwiriza:**

1. Abahugurwa bose bari hamwe, nimusubiremo *Ubujyanama mu bijyanye n'imirire y'Umwana Muto bukozwe mu ntambwe 3.*
2. Shyira Abahugurwa mu matsinda ya babiri babiri: umwe azakorera ubujyanama umubyeyi/ se w'umwana/ uwita ku mwana ukivuka kugeza ku mezi 6 n'umwana ufite amezi 6 kugeza kuri 24 noneho undi akurikire ikiganiro afite *Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda kugirango aze kuvuga uko byagenze nyuma.*
3. Saba umujyanama gukoresha Igitabo cy'Uhugurwa 10.1: *Gusuzuma Umwana na Nyina mu bijyanye n'imirire y'Umwana Muto*
4. Saba umujyanama kurebera hamwe n'umubyeyi/ se w'umwana/ uwita ku mwana Imfashanyigisho z'ubujyanama na depuliya zижанье n'ikigero umwana arimo
5. Saba indorerezi kuzuza igitabo cy'Uhugurwa 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto no kuvuga uko byagenze*
6. Saba Abahugurwa kugurana imirimo kugeza igihe buri wese uri guhugurwa yimenyereza mu biganiro by'ubujyanama bibiri nibura.

**Intego ya 2 y'isomo:** Kwimenyereza kuyobora itsinda rigamije igikorwa runaka cyangwa itsinda ry'ubufasha

**Uburyo bwo guhugura:** Kwimenyereza

**Amabwiriza:**

1. Shyira abahugurwa mu matsinda y'abantu babiri
2. Saba buri tsinda rya babiri kwimenyereza kuyobora itsinda rigamije igikorwa runaka akoresheje inkuru, agakinamico gato cyangwa amashusho (amatsinda ya babiri amwe ashobora gukorera hamwe bitewe n'umubare w'abahugurwa bo mu mudugudu).
3. Saba buri tsinda rya babiri kuyobora itsinda ry'ubufasha (amatsinda ya babiri amwe ashobora gukorera hamwe bitewe n'umubare w'abahugurwa bo mu mudugudu).
4. Saba Abahugurwa kuzuza Igitabo cy'Uhugurwa 13.1: *Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda: Inkuru, Ikinamico, cyangwa amashusho* nyuma yo kuyobora itsinda rigamije igikorwa runaka
5. Saba Abahugurwa kuzuza Igitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'Abana bato*
6. Saba Abahugurwa kuzuza Igitabo cy'Ubujyanama 12.4: *Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto* byuzuzwa nyuma y'ikiganiro mu itsinda ry'ubufasha.

**Intego ya 3 y'isomo:** Gutekereza ku byagenze neza, ku byagenze nabi mu kwimenyereza gutanga ubujyanama ahakorerwa akazi.

**Uburyo bwo guhugura:** Kungurana ibitekerezo ku byagaragaye

**Amabwiriza:**

**Ubujujanama buhabwa umuntu ku gititi cye**

1. Muri ahakorerwa amahugurwa kandi abahugurwa bose bari kumwe, saba buri tsinda rya babiri gukora incamake y'ibyo bazi/inararibonye yabo ku bujyanama buzuza urupapuro rw'incamake y'isura (rumanitse ku gikuta cyangwa ruri hasi)
2. Koresha imbonerahamwe ikurikira nk'imbonerahamwe y'icyitegererezo yandikwaho ibyo buri tsinda rya babiri ryabonye mu isura ryakoze. Shushanya iyi mbonerahamwe kuri fulipucati kandi uyishyire aho igaragara igehe cyose amahugurwa azamara. Ongeraho ibindi bika bihagaze (columns) bigenewe ibindi biganiro by'ubujyanama.
3. Imbonerahamwe yerekana: Amazina y'Abahugurwa; izina ry'umwana n'ikigero arimo (amezi); indwara; konsa: inshuro n'ingorane; ifashabere: inshuro, uko bingana, uko bifashe, urunyurane rw'ibirigize, gufasha no gushishikariza umwana kurya, isuku; ingorane yagaragaye, ibishobora gukorwa byatanzweho inama, agakorwa gato gashoboka umubyeyi/ se w'umwana/ uwita ku mwana yemeye kugerageza
4. Abahugurwa babwirwa kandi bakavuga uko byagenze
5. Abahugura n'Abahugurwa bareba ibyuho bikeneye igehe kinini cyo kwimenyerezaho/ kwitegerezwaho aho ubujyanama butangirwa.
6. Nimubiganireho kandi ukore incamake

**Amatsinda y'Ubufasha n'Amatsinda agamije Igikorwa runaka**

1. Baza Abahugura amatsinda y'ubufasha n'amatsinda agamije igikorwa runaka ibibazo bikurikira:
  - Ni iki wakunze mu bijyanye no kuyobora itsinda ry'ubufasha/ itsinda rigamije igikorwa runaka?
  - Ni izihe nzitizi wahuye nazo?
  - Uzuza iyi nteruro: Numva nifitiye ikizere cyo guhugura itsinda ry'ubufasha/ itsinda rigamije igikorwa runaka kubera ko\_\_\_\_\_.
2. Saba Indorerezi z' amatsinda y'ubufasha/ amatsinda agamije igikorwa runaka gutanga ibitekerezo ku bijyanye no kuyobora amatsinda, *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha ikoreshwa n'indorerezi*, ubwitabire bw'ikiganiro, kugira icyo zivuga ku nzitizi zirimo.
3. Gira icyo ubivugaho kandi ukore incamake

**Igitabo cy'Uhugurwa 13.1: Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda:  
Inkuru, Ikinamico, cyangwa amashusho, hakoreshwa Intambwe: Itegereze, Tekereza,  
Gerageza, kandi Ukore**

**Ese Umujyanama**

(*Shyira √ kuri Yego na × kuri Oya*)

- Yibwiye abagize itsinda?

***Yakoresheje Itegereze*** – Yabajije abahugurwa bagize itsinda ibi bikurikira:

- Ni iki cyabaye mu nkuru/ agakinamico cyangwa ishusho/amashusho?  
 Abantu baboneka mu nkuru/ agakinamico cyangwa mu ishusho/amashusho bafite uruhare mu biri kuba?  
 Umuntu wagize uruhare mu nkuru/agakinamico/ ishusho yiyumvaga ate mu byo yakoraga? Kuki yabikoze gutyo?

***Yakoresheje Tekereza*** - Yabajije abahugurwa bagize itsinda ibi bikurikira:

- Ninde wumva wagenza nkawe? Kubera iki?  
 Ninde wumva utakora nkawe? Kubera iki?  
 Ni izihe nyungu ziri mu kugira imigirire ivugwa mu nkuru/agakinamico cyangwa ishusho?  
 Kungurana ibitekerezo ku butumwa bukubiye mu nsanganyamatsiko y'uju munsi.

***Yakoresheje Gerageza*** – Yabajije abahugurwa bagize itsinda ibi bikurikira:

- Iyo uza kuba ari wowe wari umubyeyi (cyangwa ufile undi murimo mu gakinamico/mu nkuru), wari kugergeza indi migenzereze mishya?  
 Ese abantu bo muri uyu mudugudu bashobora kuzagerageza iyi migenzereze mu bihe nk'ibi? Kubera iki?

***Yakoresheje Kora***– Yabajije abahugurwa bagize itsinda ibi bikurikira:

- Ese ari nkawe wakora iki? Kubera iki?  
 Ni izihe ngorane ushobora guhura nazo?  
 Ni mu buhe buryo wabasha kuzitsinda?  
 Yasubiyemo ubutumwa bw'ingenzi?

## ISOMO RYA 14. IMIRIRE Y'ABAGORE

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kuvuga uruhererekane (uruziga) rw'imirire mibi: uruhinja rufite imirire mibi umwana w'umukobwa, umwangavu/, n'umugore utwite urangwa n'imirire mibi.	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> </ul>	
2. Gusobanura ibikorwa bishobora gucamo uruhererekane (uruziga) rw'imirire mibi mu mpinja, abakobwa, abangavu, n'abagore.	Gukorera mu matsinda	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugurwa 14.1: <i>Ikikorwa byo gucamo uruhererekane (uruziga) rw'imirire mibi</i></li> <li>• Amashusho agaragaza uruhinja, umwana w'umukobwa, umwangavu, n'umugore mukuru utwite bafite imirire myiza.</li> <li>• Imfashanyigisho ya 1: <i>Imirire y'umugore utwite n'uwnosa</i></li> </ul> <p><b>Icyitonderwa:</b> Ubutumwa bw'Ingenzi inyuma h'imfashanyigisho z'ubujyanama</p> <ul style="list-style-type: none"> <li>• Depuliya: <i>Imirire y'umugore utwite n'uwnosa</i></li> </ul>
3. Kuvuga igihe gikwiye kugirango umubyeyi akurikize umwana kimwe n'ibyangombwa bikenewe kugirango umuntu akoreshe uburyo bwo konsa mu kuboneza urubyaro (LAM)	<ul style="list-style-type: none"> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> <li>• Gukorera mu matsinda</li> </ul>	<ul style="list-style-type: none"> <li>• Imfashanyigisho ya 24: <i>Kuringaniza imbyaro byongera ubuzima bwiza no kuramba</i></li> </ul> <p><b>Icyitonderwa</b> Ubutumwa bw'Ingenzi inyuma h'imfashanyigisho z'ubujyanama</p>

### Ibikoresho:

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Amashusho agaragaza uruhinja, umwana w'umukobwa, umwangavu/ ingimbi, n'umugore mukuru, n'umugore utwite bafite imirire myiza.

**Igihe isomo rimara:** Isaha 1

**Intego ya 1 y'isomo:** Kuvuga uruhererekane rw'imirire mibi: uruhinja, umwana w'umukobwa, umwangavu, n'umugore utwite

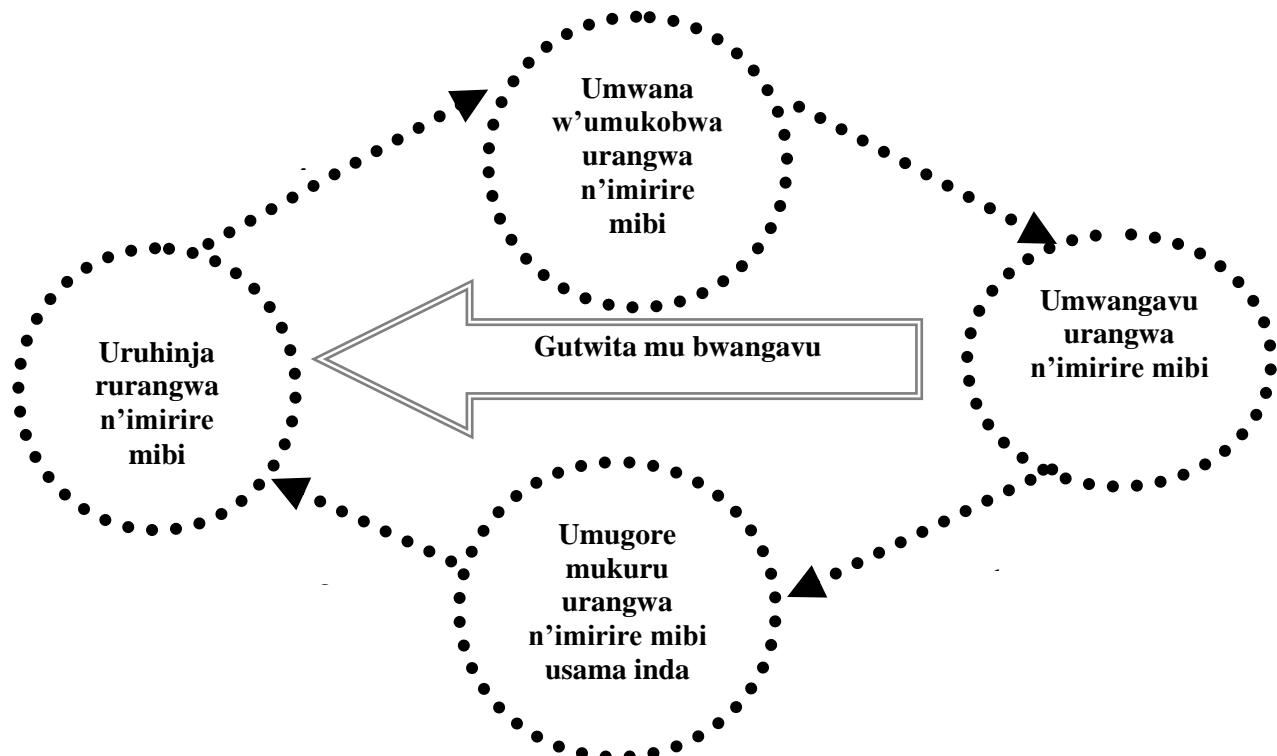
**Uburyo bwo guhugura:** Gushoza ibitekerezo; Ikiganiro abahugurwa bagizemo uruhare

**Amabwiriza:**

1. Uhugura ashushanya inziga 4 kuri fulipucati n'imyambi ihuza izo nziga (reba ishusho ikurikira)
2. Uhugura yandika amagambo : uruhinja, umwana w'umukobwa, umwangavu, n'umugore barangwa n'imirire mibi – buri cyose mu ruziga rwacyo
3. Uhugura asobanura ko iyi shusho yerekana uruhererekane rw'imirire mibi
4. Baza Abahugurwa iki kibazo: Imirire mibi igira izihe ngaruka ku bagore?
5. Andika ibisubizo kuri fulipucati kandi ugire icyo ubivugaho
6. Nimubiganireho kandi ukore incamake

### Ubumenyi bw'ingenzi

*Ingaruka z'imirire mibi zishoboka*



### **Ingaruka z'imirire mibi ku bagore**

- Indwara ziriyongera kubera ko ubudahangarwa bw'umubiri buba bwagabanutse
- Intege nke n'umunaniro bituma umusaruro wabo mu mirimo ugabanuka
- Kubyarira mu nzira isanzwe biragorana kubera amagufa aba atarakuze bihagije
- Ibibazo bishobora kwiyongera ku mubyeyi bigashobora no kumuviramo urupfu igihe ari ku bise cyangwa ari kubyara.
- Ibyago byo gupfa biriyongera igihe umugore avuye amaraso ari kubyara cyangwa nyuma yaho.
- Ibyago byo kubyara umwana utujuje ibiro biriyongera kandi iyo uwo mwana abaye umukobwa, nawe ashobora kuzagira ibibazo bikomeye byo kujya ku bise igihe azaba atwite keretse iyo uruhererekane rw'imirire mibi rucitsemo.

**Icyitonderwa:** Abakobwa bamwe basama bwa mbere bakiri abangavu kandi nabo ubwabo bagikura:

- Umubyeyi w'umwangavu n'umwana ukura bacuranwa intungamubiri
- Igihe umubyeyi w'umwangavu atarangije gukura, ashobora kugira ibibazo ari ku bise mu gihe mu matakoto he ari hato.

**Intego ya 2 y'isomo:** Gusobanura ibikorwa bishobora gucamo uruhererekane rw'imirire mibi mu mpinja, abakobwa, abangavu, n'abagore.

**Uburyo bwo guhugura:** Gukorera mu matsinda

### **Amabwiriza:**

1. Shyira Abahugurwa mu matsinda 4 noneho usabe buri tsinda kwibanda ku ngingo imwe mu ruhererekane rw'imirire mibi (umwambi 1) no gutekereza ku bikorwa bikwiye byafasha guciramo urwo ruhererekane ahongaho.
2. Buri tsinda rizamurikira umurimo waryo abahugurwa bose.
3. Uko buri tsinda rimurika umurimo waryo, shyira ishusho bijyanye ku ruziga rw'uruhererekane rw'imirire mibi : 1) uruhinja rufite imirire myiza, 2) umwana w'umukobwa ufite imirire myiza, 3) umwangavu ufite imirire myiza, n' 4) umugore mukuru n'umugore utwite bafite imirire myiza
4. Baza Abahugurwa iki kibazo gikurikira: Ese umubyeyi ufite imirire mibi ashobora konsa uruhinja rwe?
5. Abahugurwa bose bari kumwe, yobora iyunguranabitekerezo n'ikorwa ry'incamake y'ibisubizo
6. Ha Abahugurwa Igitabo cy'Uhugurwa 14.1: *Ibikorwa byo gucamo uruhererekane rw'imirire mibi* (cyangwa ubbarangire ku rupapuro bijyanye mu gitabo cy'Uhugurwa) kandi ugire icyo ubivugaho.
7. Saba amatsinda ari gukora kwitegerezza Imfashanyigisho ya 1: *Imirire y'umugore utwite n'uwonsa na* depuliya: *Imirire y'umugore utwite n'uwonsa* kandi ugire icyo ubivugaho
8. Yobora Abahugurwa ku butumwa bw'ingenzi buri inyuma h'Imfashanyigisho z'Ubujuyanama
9. Nimubiganireho kandi ukore incamake

### **Ubumenyi bw'Ingenzi**

- Ibikorwa byo kongera amahirwe yo kubaho (neza) k'umwana bigomba gutangira mbere cyane y'uko umugore asama.
- Ibikorwa bigomba gutangirira ku kubaka ubuzima bw'umugore, no gukemura ibibazo bye mu rwego rw'ubukungu n'imibereho myiza.
- Reba Igitabo cy'Uhugurwa 14.1: *Ibikorwa byo gucamo uruhererekane rw'imirire mibi*
- *Bimwe mu bintu bibangamira imirire y'umwangavu n'iy'abagore*
  - Intungamubiri afata zidahagije: imyemerere n'umuco, kurarikira
  - Igihe cyo gukurikiza umwana
  - Imirimbo myinshi ivunanye

- Imyitozo ngororamubiri
- Gusigasira ishusho y'umubiri
- Inzoga, itabi, ikawa
- Ababyeyi b'abangavu: bakenera kwitabwaho, ibiryo byinshi no kuruhuka cyane kurusha abagore bakuru. Akenera kugaburira umubiri we bwite uba ugikura kimwe n'umwana nawe uba uri gukura.
- Imirire myiza y'umugore ni urufunguzo rwo kuramba k'umwana no gukura kwe.

**Intego ya 3 y'isomo:** Kuvuga igithe gikwiye kugirango umubyeyi akurikize umwana kimwe n'ibyangombwa bikenewe kugirango umuntu akoreshe uburyo bwo konsa mu kuboneza urubyaro (LAM)

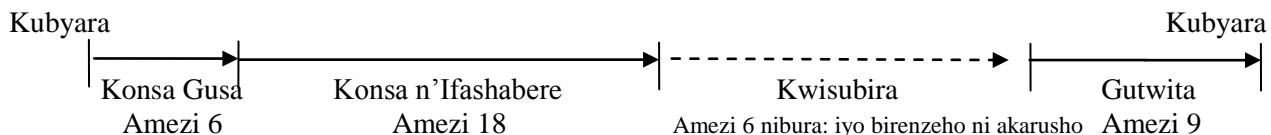
**Uburyo bwa guhugura:** Ikiganiro abahugurwa bagiramo uruhare; Gukorera mu matsinda

**Amabwiriza:**

1. Baza Abahugurwa kuvuga igithe gikwiye kugirango umubyeyi akurikize umwana. Numara kumva icyo babivugaho, ubasobanuri ko igithe gikwiye cyo kuboneza urubyaro ari ugukurikiza umwana afite byibura imyaka 3 ushushanya umurongo w'igihe ugaragara mu busobanuro bw'ingenzi.
2. Saba Abahugurwa kungurana ibitekerezo ku buryo abagore mu midugudu buhuza konsa no kuboneza urubyaro
3. Saba Abahugurwa gutekereza ku busobanuro bwa LAM (uburyo bwo kuboneza urubyaro bushingiye ku konsa) no ku byangombwa bijyana n'ubwo buryo.
4. Sobanura LAM n'ibyangombwa bijyana nayo; usobanure kandi n'ibigomba gukorwa iyo ibyo byangombwa bituzuye. Ibande ku bundi buryo bwo kuboneza urubyaro.
5. Shyira Abahugurwa mu matsinda 3
6. Saba ayo matsinda kwitegerezza Imfashanyigisho ya 24: *Kuboneza urubyaro byongera ubuzima bwiza no kuramba*
7. Yobora Abahugurwa ku busobanuro bw'Ingenzi inyuma h'Imfashanyigisho z'Ubujuyanama
8. Nimubiganireho kandi wuzuze ibibuze

### Ubumenyi bw'Ingenzi

Hagati y'umwana n'undi hagomba kubamo byibura amezi 39 (hejuru y'imyaka 3)



**Icyitonderwa:** Ikigo Mbenezamirire cy'Amerika yo Hagati na Panama (INCAP) gitanga inama yo konsa gusa mu mezi 6 ya mbere, hagakurikiraho amezi 18 yo konsa umwana ahabwa n'ifashabere, n'amezi 6 byibura umuntu atonsa kandi ntabe atwite kugirango umwana amererwe neza. Ibi bigasobanura ko mbere y'ivuka ry'undi mwana hagomba gucamo amezi 39. (Merchant, Martorell, na Hass, 1990)

***Uburyo bwo kuboneza urubyaro bushingiye ku konsa (LAM)***

Konsa ni ingenzi mu kongera amahirwe yo kubaho k'umwana. Konsa bifite ibyiza byinshi ku mwana no ku mubyeyi harimo no gushyira intera ikwiriye hagati y'imbyaro. Mu magambo ahinnye y'icyongereza,

L = Lactation (Konsa)

A = Amenorrhea (Kubura imihango)

M = Method (Uburyo)

*LAM* ijyenda neza birenze 98% iyo ibi bikurikira byuzuye:

1. Kutajya mu mihangano
2. Konsa gusa
3. Kuba umwana afite munsi y'amezi 6

**Icyitonderwa:** Iyo hari kimwe muri ibi umugore atacyujuje mu mezi 6 ya mbere, agomba guhita atangira ubundi buryo bwo kuboneza urubyaro kugirango adasama.

***Icyitonderwa ku bajyanama b'ubuzima ku bijyanye n'uburyo bwo kuboneza urubyaro:***

- Gushishikariza umubyeyi n'uwo babana gushaka ubujyanama mu bijyanye no kuboneza urubyaro ku kigo nderabuzima kibegereye.
- Kuganira n'abagabo ku kamaro ko gushyira intera igaragara hagati y'imbyaro/kuboneza urubyaro
- Gusama inda mbere yo kuzuza imyaka 18 y'amavuko byongera ibibazo ku buzima bw'umubyeyi n'ubw'umwana we.

## Igitabo cy'Uhugurwa 14.1: Ibikorwa byo gucamo uruhererekane rw'imirire mibi

### 1. Ku mwana

*Mu gukumira igwingira ry'umwana hakorwa ibi bikurikira:*

- Gushishikariza umubyeyi gutangira konsa hakiri kare
- Konsa gusa kuva umwana akivuka kugeza agize amezi 6
- Gushishikariza umubyeyi gutangiza umwana indyo y'ifashabere ku mezi 6 kandi agakomeza kumwonsa kugeza yujuje imyaka 2 cyangwa ayirengeje.
- Kugaburira umwana ubwoko bunyuranye bw'ibiribwa uko amugaburiye. Urugero:
  - Ibiribwa bikomoka ku matungo bikiri bishyashya nk'inkoko, amafi, umwijima, amagi n'amata, ndetse n'ibiribwa bikomoka ku mata (**Icyitonderwa:** Umwana agomba gutangira guhabwa ibiribwa bikomoka ku matungo agize amezi 6)
  - Ibiribwa by'ibanze: ibinyampeke nk'ibigori, umuceri n'amasaka, ibinyabijumba n'ibinyamizi nk'imyumbati, ibirayi
  - Ibinyamishogwe nk'ibishyimbo, lantiye, amashaza, ubunyobwa n'impeke nka sizame
  - Imbuto n'imboga zikungahaye kuri Vitamini A nk'imyembe, ipapayi, maracuja, amacunga, imboga rwatsi, karoti, ibijumba by'umuhondo n'ibihaza, n'ubundi bwoko bw'imbuto n'imboga nk'imeke, inanasi, imyungu, itomati, avoka, intoryi n'amashu
- Amavuta nk'ubuto, marigarine, ikimuri na foromaji yongerewe mu mboga n'ubundi bwoko bw'ibiribwa bifasha umubiri kwakira ubwoko bumwe bwa za vitamini kandi akongera imbaraga mu mubiri. Abana bato bakenera amavuta macye cyane (atarenze kimwe cya kabiri cy'akayiko ku munsi).
- Gukoresha umunyu urimo iyode
- Kugaburira umwana urwaye inshuro nyinshi mu gihe cy'ibyumweru bibiri amaze gukira.



*Ibindi bikorwa bitajyanye n'imirire:*

- Kugira isuku ihagije
- Kwitabira gahunda yo gukurikirana no guteza imbere imikurire y'umwana n'ibirwa byo gukingiza.
- Gukoresha inzitiramibu ziteye umuti
- Kuvura inzoka
- Gukumira no kuvura indwara zandura
- Gutanga Vitamini A y'inyongera.

### 2. Ku bakobwa b'abangavu

*Mu guteza imbere imikurire ikwiye hakorwa ibi bikurikira:*

- Kongera ibiryo barya
- Kubashishikariza kurya ubwoko bw'ibiribwa bunyuranye buboneka mu karere bwavuzwe haruguru
- Guikerereza itwita rya mbere kugeza igithe umukobwa arangirije gukurira (ibusanzwe ni kuva ku myaka 20 kugeza kuri 24)
- Gukumira no kuvuza indwara hakiri kare
- Gushishikariza ababyeyi guha abakobwa n'abahungu amahirwe angana mu burezi - ibibazo by'imirire mibi biragabanuka iyo abakobwa/ abagore barushijeho kwiga.
- Gushishikariza imiryango gutinza ishyingirwa ry'abana b'abakobwa.
- Kvirinda ibiryo byatunganyirijwe mu nganda
- Kvirinda kunywa icyayi/ ikawa igithe ari kurya
- Kubashishikariza kugira isuku.
- Kubashishikariza gukoresha inzitiramibu ziteye umuti



### 3. Ku bagore bakuru

A. Kunoza imirire y'abagore n'ubuzima bwabo hakorwa ibi bikurikira:

- Kubashishikariza kurya ubwoko bunyuranye bw'ibiribwa biboneka mu karere
- Gukumira no kuvura indwara hakiri kare
- Kubashishikariza kugira isuku.



B. Kubashishikariza kuboneza urubyaro bakora ibi bikurikira:

- Kugana ibigo bibafasha kuringaniza urubyaro kugirango baganire ku buryo bwo kuboneza urubyaro bushobora kuboneka kandi buberanye n'imiterere ya buri wese (gukoresha buryo bwo kuringaniza urubyaro ni ingenzi kugirango babashe gushyira intera hagati y'imbyaro).

C. Kugabanya itakazwa ry'imbaraga mu buryo bukurikira:

- Gutinza itwita rya mbere kugeza umukobwa agejeje ku myaka 20 cyangwa ayirengeje.
- Gushishikariza abashakanye/ ababana gukoresha uburyo bwo kuboneza urubyaro bukwiye.

D. Gushishikariza abagabo kubigiramo uruhare kugirango :

- Bumve akamaro ko gutinza itwita rya mbere kugeza igithe abagore babo/ abo babana nabo bujurije byibura imyaka 20 y'amavuko.
- Batange inzitiramibu zo gukoresha mu miryang yabo kandi barebe niba abagore batwite/ abo babana nabo kimwe n'abana barara mu nzitiramibu buri joro.
- Bashishikarire guha abakobwa n'abahungu amahirwe angana ku burezi

### 4. Ku mwana ukiri mu nda: Gukumira ko yavukana ibiro bituzuye

A. Kunoza imirire n'ubuzima bw'abagore igithe batwite hakorwa ibi bikurikira:

- Kongerera ibiryo abagore batwite: gufata indi ndyo y'inyongera cyangwa "agafunguro gato" buri munsi; gufata bene utwo dufunguro tubiri ku munsi igithe bonsa.
- Kubashishikariza kurya ubwoko bunyuranye bw'ibiribwa biboneka mu karere. Ibiribwa byose ni byiza igithe umugore atwite cyangwa yonsa.
- Guha umugore inyongera ya feri/ aside folike (n'ibindi byose by'inyongera bigenerwa abagore batwite) akimara kumenya ko atwite agakomeza kubifata kugeza byibura nyuma y'amezi atatu abyaye.
- Guha umubyeyi Vitaminini A mu mezi 6 amaze kubyara.
- Gukumira no kuvura indwara hakiri kare:
  - Kurangiza inkingo za tetanosi ku bagore batwite (inshinge 5 zose hamwe)
  - Gukoresha inzitiramibu ziteye umuti
  - Imiti y'inzoka n'irwanya malariya ku bagore batwite bafite inda iri hagati y'amezi 4 n'amezi 6.
  - Gukumira no gutanga ubumenyi ku ndwara zandurira mu myanya ndangagitsina n'ikwirakwizwa rya virusi itera sida
- Gushishikariza kugira isuku.

B. Kugabanya itakazwa ry'imbaraga mu buryo bukurikira:

- Gutinza itwita rya mbere kugeza umukobwa agejeje ku myaka 20 cyangwa ayirengeje.
- Gushishikariza imiryango gufasha abagore batwite imirimo yo mu rugo cyane cyane mu mezi ya nyuma y'inda.
- Kuruhuka bihagije cyane cyane mu mezi yanyuma y'inda.

C. *Gushishikariza abagabo kubigiramo uruhare kugirango:*

- Baherekeze abagore babo/ abo bashakanye kujya gupimisha inda bakanabibutsa gufata ibinini byabo bya feri/ aside folike.
- Bahe abagore babo/abo babana nabo ibiryo by'inyongera igihe batwite cyangwa bonsa.
- Bafashe abagore babo/abo babana nabo imirimo yo mu rugo kugirango babaruuhure
- Bashishikarize abagore babo/abo babana nabo kubyarira kwa muganga
- Bategure uburyo bwizewe bwo kujujana abagore batwite kwa muganga kubyara (iyo bibaye ngombwa)
- Bashishikarize abagore babo/abo babana nabo guhita bashyira abana babo ku ibere ako kanya bakimara kubyara
- Bashishikarize abagore babo/ abo babana nabo konsa abana amashereka y'umuhondo ako kanya bakimara kubyara.
- Bahe imiryango yabo inzitiramibu ziteye umuti no kugenzura niba abagore babo/abo babana nabo n'abana bato baryama mu nzitiramibu buri joro.

**Icyitonderwa:** Niba umugore yaranduye virusi itera SIDA, akeneye ibiryo by'inyongera kugirango bimwongerere imbaraga. Virusi itera sida yongerera umutwaro umubiri we kandi ishobora gutuma apeti ye igabanuka. Kurya uwoko bunyuranye bw'ibiribwa ni ingenzi.

## ISOMO RYA 15: AKARIMA K'IGIKONI NO GUTEZA IMBERE UBWOROZI BW'AMATUNGO MAGUFI

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kuvuga akamaro k'akarima k'igikoni no korora amatungo magufi mu rugo	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> </ul>	<ul style="list-style-type: none"> <li>• Imfashanyigisho za 25 na 26</li> </ul>
2. Kuvuga uwoko bunyuranye bw'uturima tw'igikoni	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> </ul>	

**Ibikoresho:**

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Amashusho y'uturima tw'igikoni n'uwoko bunyuranye bw'amatungo magufi.

**Igihe isomo rimara:** Iminota 30

**Intego ya 1 y'isomo:** Gusobanura akamaro k'akarima k'igikoni no korora amatungo magufi mu rugo

**Uburyo bwo guhugura:** Gushoza ibitekerezo, ikiganiro abahugurwa bagiramo uruhare

**Amabwiriza:**

1. Uhugura ashaza ibitekerezo kandi akandika kuri fulipucati akamaro k'imirima y'igikoni
2. Uhugura ashaza ibitekerezo kandi akandika kuri fulipucati akamaro ko korora amatungo magufi mu rugo
3. Kuganira ku buryo bworoshye bwo gukora akarima k'igikoni
4. Nimubiganireho kandi ubikorere incamacye.

**Ubumenyi bw'ingenzi***Akarima k'igikoni*

- Kora akarima k'igikoni uzajya uhingiramo umuryango wawe uwoko bunyuranye bw'imboga umwaka wose nk'imbogeru, karoti, n'imboga z'icyatsi kijimye nka epinari. Ubu bwoko bw'ibiryo bwose butanga intungamubiri zirinda umubiri nk'imyunu ngugu na vitamini wowe n'abana bawe bato mukeneye.
- Iyo hari ubutaka buhagije, biba akarusho kugira byibura uturima tw'igikoni dutatu dutandukanye ushabora guhingamo mu bihe binyuranye by'umwaka, uhereye ku bihe by'ihinga binyuranye. Ibi bizabafasha gusarura imboga nshyashya buri gihe umwaka wose zizatunga umuryango wawe.
- Ushobora gukora uturima tw'igikoni wifashishiye ibikoresho byoroshye bisanzwe kandi bitagutwaye imbaraga nyinshi. Utwo turima dukenera kubagarwa, kuhirwa, no kwitabwaho buri gihe.
- Gutera ibiti by'imbuto nk'insina, imyembe, ipapayi n'indimu nabyo ni ukwiteganyiriza mu bihe bizaza. Bikungahaye kuri vitamini A na C.

*Amatungo magufi*

- Korora amatungo magufi, adahenze nk'inkoko, inkwavu n'imbeba za kizungu (guinea pigs) bishobora kuguha wowe n'abana bawe ibyubaka umubiriri (poroteyine) bya ngombwa zubaka umubiri n'ubundi bwoko bw'intungamubiri bw'ingenzi.
- Ihene n'intama nazo ni amatungo meza akwiye kororwa n'ubwo yo asaba urwuri runini.
- Korora ingurube bishobora kongera amafaranga yinjira mu rugo kuko zibwagura ibibwana byinshi bishobora kugurishwa bigatanga amafaranga.
- Igihe bishoboka, korora inka zitanga umukamo bizatuma abana bawe babona ibyubaka umubiri n'izindi ntungamubiri z'ingenzi.
- Inyama, amagi n'amata byasagutse ku bikenewe mu rugo bishobora kugurishwa hakagurwa ubundi bwoko bw'ibiribwa umuryango ukeneye.
- Korora aya matungo bizamura umubare w'amafaranga yinjira mu muryango wawe kimwe n'ubushobozi bwawo bwo kugura ibyo ukeneye; bityo umuryango ugahorana ibiryo uba ukeneye.

***Intego ya 2 y'isomo:*** Kuvuga ubwoko bunyuranye bw'uturima tw'igikoni

***Uburyo bwo guhugura:*** Gushoza ibitekerezo, Ikiganiro abahugurwa bagiramo uruhare

**Amabwiriza:**

1. Uhugura yandika kuri fulipucati ubwoko bunyuranye bw'uturima tw'igikoni
2. Kuganira ku buryo bunyuranye bwo gukora uturima tw'igikoni
3. Nimubiganireho kandi ubikorere incamacye.

***Ubwoko bw'uturima tw'igikoni:***

**1. Akarima k'igikoni gasanzwe**

- Tegura akarima k'uruziga gafite uburebure bwa metero 1.5 ; noneho ukazengurutse imbahio cyangwa ibiti 4. Vanga ubutaka n'ifumbire (urugero, igitebo kimwe cy'ubutaka n'ikindi cy'ifumbire).
- Hagati, kora uruziga rufite cm 30 z'uburebure na cm 30 z'ubujyejuru.
- Zengurutsa uruziga rw'imbere ibiti bya m 1.2 kandi ubifungishe urubingo, imigano cyangwa ubundi bwoko bw'ibiti. Imyobo isigaye, yitwikirize ubwatsi bwumye cyangwa ibirere ku buryo ubutaka butabasha kwinjira.
- Igice cy'inyuma cy'akarima bakizengurutsa kandi bakacyubakisha amabuye, amatafari, imbahio, imitumba cyangwa ingeri nini z'ibiti.
- Shyira ubutaka bwateguwe mu ruziga rw'imbere no mu rw'inyuma kugeza kuri cm 20 uhoreye hejuru. Ikkirundo cy'ubutaka kiba kimeze nk'inzu ya gakondo y'ikigonyi.
- Ushobora gushyira ibantu bibora muri ako karima. Bene aka karima k'igikoni gashobora gukoreshwa umwaka wose nta yindi fumbire ushyizemo. Nyuma y'umwaka, aka karima kagomba kongera kubakwa kagategurirwa kongera guhingwaho. Ongeraho ibitebo 4 by'ifumbire noneho uyivange n'ubutaka.

**2. Akarima k'imifuka**

- Vanga ubutaka n'ifumbire y'imbora, igitebo kimwe cy'ifumbire na kimwe cy'ubutaka.
- Shyira ubutaka buvanze n'ifumbire mu mufuka kugeza kuri cm 20.
- Imbere mu mufuka zengurutsamo idebe
- Uzuza amabuye muri rya debe
- Tsindagira ubutaka n'ifumbire mu idebe. Komeza kugeza igihe hasigara ahantu hato utwikiriza amabuye ku buryo bituma amazi ajyamo.
- Tera imbuto ukurikije umuzenguruko w'umufuka – ni agahebuzo gukoresha ingemwe aho gutera imbuto ubwazo.
- Shyigikira umufuka ukoresheje ibiti bine bishinze cyane mu butaka.
- Shyira pepiniyeri mu mpande z'umufuka, noneho utsindagire
- Buri gitondo na buri mugoroba, sukira umufuka ukoresheje amazi yo mu rugo, ariko wirinde amazi arimo isabune.
- Isarura nirirangira kandi imifuka ikaba ikimeze neza, kunguta impande zayo kandi niba ikimeze neza, ongera uyikoreshe uteramo izindi mbuto.

## ISOMO RYA 16. KUGABURIRA UMWANA URWAYE

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kuvuga isano iri hagati y'uburwayi, igihe cyo gukiruka indwara n'imirire.	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Ikiganiro abahugurwa bagiramo uruhare</li> </ul>	
2. Kuvuga uburyo bwo kugaburira umwana urwaye.	Gukorera mu mu matsinda	<ul style="list-style-type: none"> <li>• Imfashanyigisho ya 11: <i>Kugira isuku ihagije bikumira indwara</i></li> <li>• Imfashanyigisho ya 12: <i>Amazi asukuye n'isuku yo mu rugo</i></li> <li>• Imfashanyigisho ya 20: <i>Kugaburira umwana urwaye ufite munsi y'amezi 6</i></li> <li>• Imfashanyigisho ya 21: <i>Kugaburira umwana urwaye urengeje amezi 6</i></li> </ul> <p><b>Icyitonderwa:</b> <i>Ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujyanama</i></p>
3. Kuvuga ibimenyetso bituma umubyeyi/ se w'umwana/ uwita ku mwana ajyana umwana kwa muganga	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Gukorera mu mu matsinda mato</li> </ul>	<ul style="list-style-type: none"> <li>• Imfashanyigisho ya 19: <i>Impamvu zatuma wihutira kujyana umwana kwa muganga</i></li> </ul> <p><b>Icyitonderwa:</b> <i>ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujyanama</i></p>

### Ibikoresho

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)

**Igihe isomo rimara:** Isaha 1

**Intego ya 1 y'isomo:** Kuvuga isano iri hagati y'uburwayi, igihe cyo gukiruka indwara n'imirire.

**Uburyo bwo guhugura:** Gushoza ibitekerezo, ikiganiro abahugurwa bagiramo uruhare

**Amabwiriza:**

1. Baza Abahugurwa iki kibazo gikurikira: Ni iyihe sano iri hagati y'imirire n'indwara?
2. Gereranya ibisubizo n' "Isano iri hagati y'imirire n'indwara" ivugwa hasi mu *bumenyi bw'Ingenzi*.
3. Saba Abahugurwa kuvuga uburyo bukoreshwa mu "kugaburira umwana urwaye" iwabo mu midugudu.
4. Nimubiganireho kandi ubikorere incamacye.

### Ubumenyi bw'Ingenzi

*Isano iri hagati y'imirire n'indwara*

- Umwana urwaye (impiswi, indwara zikomeye z'inzira y'ubuhumekero, iseru, ufite umuriro) ntabwo kenshi na kenshi akunda kurya, nyamara aba akeneye imbaraga nyinshi kugirango ahangane n'indwara.
- Imbaraga ziva mu biryo ary.
- Umwana ashobora kurwara indwara y'igihe kirekire akagira n'ibibazo by'imirire bishobora kumuviramo ubumuga ku mubiri cyangwa bwo mu mutwe.
- Iyo umwana atariye cyangwa ngo yonke igihe arwaye, bizafata igihe kinini kugirango akire kandi ashobora no gupfa.
- Ni ikintu cy'ingenzi gushishikariza umwana urwaye gukomeza konka cyangwa kunywa no kurya, ndetse no kurushaho kurya akirutse kugirango agarure imbaraga.
- Fatirana igihe umwana ukirutse indwara atangiye gushaka kurya kugirango umugaburire bihagije, bityo asubirane ibyo yatakaje igihe yararwaye.

**Intego ya 2 y'isomo:** Kuvuga uburyo bwo kugaburira umwana urwaye

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

1. Manika fulipucati 4 mu cyumba cy'amahugurwa
2. Shyira abahugurwa mu matsinda 4
3. Buri tsinda rizamara iminota 3 kuri buri fulipucati basubiza ibibazo bikurikira:
  - a) Ni mu buhe buryo umwana utarageza ku mezi 6 agaburirwa igihe arwaye?
  - b) Ni mu buhe buryo umwana utarageza ku mezi 6 agaburirwa igihe akirutse indwara?
  - c) Ni mu buhe buryo umwana urengeje amezi 6 agaburirwa igihe arwaye?
  - d) Ni mu buhe buryo umwana urengeje amezi 6 agaburirwa igihe akirutse indwara?
4. Amatsinda ntabwo asubiramo amakuru amwe, ahubwo agenda ayuzuza.
5. Nyuma yiminota 3, saba amatsinda kwimukira ku yindi fulipucati.

6. Buri tsinda rigeza ku ihuriro rusange uburyo bwo kugabura buri kuri fulipucati.
7. Saba amatsinda kwitegereza no kwiga Imfashanyigisho ya 20: *Kugaburira umwana urwaye ufite munsi y'amezi 6*, Imfashanyigisho ya 21: *Uko wagaburira umwana urwaye urengeje amezi 6*, Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara* kandi usubiremo n'Imfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*
8. Yobora Abahugurwa ku Butumwa bw'Ingenzi buri inyuma h'Imfashanyigisho z'Ubujuyanama
9. Nimubiganireho kandi ubikorere incamacye.

### Ubumenyi bw'ingenzi

- Reba ingingo z'ubujuyanama zishobora kunguranwaho ibitekerezo n'ubutumwa bw'ingenzi buri ku mfashanyigisho ya 20: *Kugaburira umwana urwaye ufite munsi y'amezi 6*
- Reba ingingo z'ubujuyanama zishobora kunguranwaho ibitekerezo n'ubutumwa bw'ingenzi buri ku mfashanyigisho ya 21: *Kugaburira umwana urwaye urengeje amezi 6*
- Reba ingingo z'ubujuyanama zishobora kunguranwaho ibitekerezo n'ubutumwa bw'ingenzi buri ku mfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*
- Reba ingingo z'ubujuyanama zishobora kunguranwaho ibitekerezo n'ubutumwa bw'ingenzi buri ku mfashanyigisho ya 12: *Gukoresha amazi asukuye no kugira isuku mu rugo*

**Integoya 3 y'isomo:** Kuvuga ibimenyetso bituma umubyeyi/ se w'umwana/ uwita ku mwana ajyana umwana kwa muganga

**Uburyo bwo guhugura:** Gushoza ibitekerezo; Gukorera mu matsinda mato

### **Amabwiriza :**

1. Saba abahugurwa gutekereza ku bimenyetso bituma umubyeyi/ se w'umwana/ uwita ku mwana ajyana umwana kwa muganga.
2. Shyira Abahugurwa mu matsinda mato.
3. Saba buri tsinda kwiga Imfashanyigisho ya 19: *Impamu zatuma wihutira kujyana umwana kwa muganga* no kureba ibimenyetso bituma umubyeyi/ se w'umwana/uwita ku mwana amujyana kwa muganga.
4. Saba itsinda rito rimwe kubwira abandi ibimenyetso bituma umubyeyi/ se w'umwana/ uwita ku mwana ajyana umwana kwa muganga. Saba andi matsinda kongeramo izindi ngingo.
5. Gira icyo uvuga ku Butumwa bw'Ingenzi buri ku Mfashanyigisho z'Ubujuyanama
6. Nimubiganireho kandi ubikorere incamacye.

### Ubumenyi bw'Igenzi

Reba Imfashanyigisho ya 19: *Impamu zatuma wihutira kujyana umwana kwa muganga n'Ubutumwa bw'Ingenzi*

## ISOMO RYA 17. IMIRIRE Y'UMWANA MUTO MU GIHE HARIHO IKIBAZO CYA VIRUSI ITERA SIDA

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusobanura igihe umubyeyi ashobora kwanduriza umwana we virusi itera SIDA no gusobanura uko ibyago byo kuyimwanda bingana igihe hari icyakozwe cyangwa ntacyakozwe mu kuyikumira	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Gukorera mu matsinda</li> </ul>	<ul style="list-style-type: none"> <li>• Imfashanyigisho ya 27: <i>Impungenge ku bana bavuka ku babyeyi babana na virusi itera SIDA.</i></li> </ul> <p><b>Icyitonderwa:</b> ubutumwa bw'ingenzi buri inyuma h'Imfashanyigisho z'Ubujanama</p>
2. Gusobanura imirire y'umwana muto igihe hariho ikibazo cya virusi itera SIDA	<ul style="list-style-type: none"> <li>• Gushoza ibitekerezo</li> <li>• Gukorera mu matsinda mato ya batatu</li> <li>• Gukorera mu matsinda</li> </ul>	<p><u>Igihe umubyeyi ahisemo konsa gusa no gufata imiti igabanya ubukana bwa virusi itera SIDA:</u></p> <ul style="list-style-type: none"> <li>• Imfashanyigisho ya 28: <i>Onsa gusa kandi ufate imiti igabanya ubukana bwa virusi itera SIDA</i></li> <li>• Inyungu n'ibyago bijyana n'uburyo bunyuranye bwo kugaburira abana bataruzuza amezi 6 baba bashobora kwandura virusi itera SIDA</li> </ul> <p><u>Igihe umubyeyi ahisemo kutonsa:</u></p> <ul style="list-style-type: none"> <li>• <i>Ibihe byihariye –Imfashanyigisho ya 1: Ibikenewe ku mubyeyi wahisemo kutonsa</i> (ikoreshwa mu mahugurwa y'abakozi bo kwa muganga)</li> <li>• <i>Ibihe byihariye –Imfashanyigisho ya 2: Gukomeza konsa byagira ingaruka ku mwana wawe</i> (ikoreshwa mu mahugurwa y'abakozi bo kwa muganga)</li> </ul> <p><b>Icyitonderwa:</b> ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujanama</p>
3. Gusobanura imirire y'umwana ufite kuva ku mezi 6 kugeza kuri 24 igihe umubyeyi we ubana na virusi itera SIDA amwonsa CYANGWA atamwonsa.	Gukorera mu matsinda	<i>Ibihe byihariye –Imfashanyigisho ya 3: Kugaburira abana batonka bafite hagati y'amezi 6 na 24</i> (ikoreshwa mu mahugurwa y'abakozi bo kwa muganga)
4. Kumenya indwara z'ibere zifata umugore wonsa wanduye virusi itera SIDA no kumwohereza kwa muganga kugirango avurwe.	Gushoza ibitekerezo	
5. Kuvuga uruhare rw'Umujanama w'Ubuzima wahuguwe mu bijyanye n'imirire y'Umwana Muto	Gukorera mu mu matsinda	Fulipucati iriho uruhare rw'Abajyanama b'Ubuzima

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
6. Kuganira ku kamaro ko kwipimisha virusi itera SIDA no ku bujyanama buhabwa umubyeyi n'umwana (ku byumweru 6 na nyuma yo guhagarika konsa)	Gushoza ibitekerezo	

### Ibikoresho:

- Impapuro za fulipucati n'igikoresho cyabugenewe zimanikwaho (+ marikeri + papier collant)
- Imfashanyigisho: Inyungu n'ibyago bijyanye n'uburyo bunyuranye bwo kugaburira umwana ushobora kwandura virusi itera SIDA utarageza ku mezi 6.
- Fulipucati: Uruhare rw'Umujyanama w'Ubuzima wahuguwe mu bijyanye n'Imirire y'Umwana Muto

*Igihe isomo rimara:* amasaha 2

**Intego ya 1 y'isomo:** Gusobanura igihe umubyeyi ashobora kwanduriza umwana we virusi itera SIDA no gusobanura uko ibyago byo kuyimwanda bingana igihe hari icyakozwe cyangwa ntacyakozwe mu kuyikumira

**Uburyo bwo guhugura:** Gushoza ibitekerezo; Gukorera mu matsinda

### Amabwiriza:

1. Shoza ibitekerezo mu bahugurwa bavuge uburyo umubyeyi ashobora kwanduza umwana virusi itera SIDA. Nyuma yo kumva ibisubizo by'Abahugurwa, erekana ibiba ku mwana ku bika bihagaze (columns): igihe ntagikozwe mu rwego rwo gukumira ikwirakwizwa rya virusi itera SIDA, 60% ntabwo bandura, 25% bandura ba nyina babatwite, bari ku bise cyangwa bababyara, naho 15% bakandura igihe bonka. Igihe umubyeyi n'umwana bafata imiti igabanya ubukana bwa virusi itera SIDA, umwana akonswa gusa mu mezi 6 ya mbere, abana 95% ntabwo bandura iyo virusi, 2% bandura banyina babatwite, bari ku bise cyangwa bababyara, noneho 3% bakayandurira mu mashereka. Konsa gusa no konsa mu buryo bukingiye bigabanya ibyago byo kwandura.
2. Shyira Abahugurwa mu matsinda ya 5
3. Tanga Imfashanyigisho ya 27: *Impungenge ku bana bavuka ku babyeyi babana na virusi itera SIDA.* Ese ni izihe mpungenge umuntu yagira z'uko umubyeyi yakwanda umwana virusi itera SIDA igihe ari nta ngamba zo kurinda umwana kuyandura zifashwe ? Igihe umubyeyi akoresha uburyo bwo konsa gusa mu mezi 6 ya mbere kandi agakomeza konsa kugeza umwana agize imyaka 2, saba amatsinda kwitegerezza no gusuzuma umubare w'abana (ku ijana) batazandura iyo virusi, n'uw' abazayandura ba nyina babatwite, bari ku bise cyangwa bababyara, cyangwa babonsa mu gihe hafashwe ingamba zo kurinda umwana kuyandura cyangwa iyo ari ntazafashwe.
4. Saba itsinda rimwe gusobanura Imfashanyigisho ya 27
5. Gira icyo uvuga ku Butumwa bw'Ingenzi buri ku Mfashanyigisho
6. Nimubiganireho kandi ubikorere incamacye.

## Ubumenyi bw'Ingenzi

- Imfashanyigisho ya 27: *Impungenge ku bana bavuka ku babyeyi babana na virusi itera SIDA.*
- Umubyeyi ubana na virusi itera SIDA ashobora kuyanduza umwana we igihe amutwite, igihe ari ku bise cyangwa amubyara, n'igihe amwonsa.
- **Mu gihe ari nta ngamba zifashwe**<sup>7</sup> zo gukumira cyangwa kugabanya ibyago by'umugore byo kwanduza umwana virusi itera SIDA, ubushakashatsi bwerekanye ko iyo abagore 100 babana na virusi itera SIDA basamye, bakabyara, kandi bakonsa mu gihe cy'imyaka ibiri<sup>8</sup>:
- Abana bagera kuri 25 bashobora kwandura ba nyina babatwite, bari ku bise cyangwa bababyara.
- Abagera ku 15 bashobora kwandurira mu mashereka, iyo ba nyina babonkeje kugeza ku myaka 2
- Abagera kuri 60 ku bana bose ntabwo bazayandura
- Ikigenderewe ni ukugira impinja zitanduye virusi itera SIDA kandi zikagumya kubaho zitayanduye. Ibyo bisaba ko ibyago byo kwandurira virusi itera SIDA mu mashereka bigomba kugereranywa n'ibyago by'izamuka ry'umubare w'abarwaragurika n'abapfa bitewe no kutonka

**Ibyago by'uko umubyeyi yanduza umwana we virusi itera SIDA igihe bombi bafata imiti igabanya ubukana bwa virusi itera SIDA kandi umubyeyi akoresha uburyo bwo konsa gusa mu mezi 6 ya mbere bingana iki?**

- Ibyago byokwanduza umwana bigabanya no gufata imiti igabanya ubukana bwa virusi itera SIDA
- Umugore utwite ubana na virusi itera SIDA agomba guhabwa imiti kugirango bigabanye impungenge zo kuyanduza umwana igihe amutwite, igihe cyo kubyara, cyangwa igihe amwonsa.
- Umwana we agomba gufata imiti nawe kugirango bigabanye impungenge zo kuyandurira mu mashereka.
- Kugirango kwandurira mu mashereka bigabanuke, konsa gusa mu mezi 6 ya mbere babyongeraho guha umwana na nyina imiti igabanya ubukana bwa virusi itera SIDA. Ubu ni bwo buryo bwiza ku mubyeyi bwo konsa umwana nta nkomyi.
- Iyo abagore 100 babana na virusi itera SIDA n'abana babo bafata imiti igabanya ubukana bwa virusi itera SIDA kandi ba nyina bagakoresha uburyo bwo konsa gusa mu mezi 6 ya mbere:
  - Abana bageze kuri 2 bandura ba nyina babatwite cyangwa bababyara
  - Hafi abana 3 bandurira mu mashereka
  - Abageze kuri 95 ntabwo bazandura

<sup>7</sup>Ibikorwa bigabanya ibyago by'umubyeyi byo kwanduza umwana

**Igihe atwite:** Ubujujanama ku gakoko gatera SIDA no kwipimisha; ibikorwa bya mbere byo gukumira; gukumira; gukurikirana, kuvura indwara zandurira mu myanya ndagagitsina (STIs), malariya, indwara z'ibyuririzi; kwita no gufasha abagore batwite, harimo n'ibirebana n'imiri; imiti igabanya ubukana bwa virusi itera SIDA; ubujujanama ku gukora imibonano mpuzabitsina ikingiye; gushaka uruhare rw'ubo bashakanye/bagirana imibonano mpuzabitsina; uburyo bunyuranye bwo kugaburira abana (infant feeding options); kuringaniza urubyaro; kwiyitaho/kwirinda; kwitegura ibihe bizaza

**Mu gihe cy'ibise no kubyara:** Imiti igabanya ubukana bwa virusi itera SIDA; kubyara mu buryo bukwiye; kugabanya bishoboka ibikorwa byatera ibibazo – gicika k'utubabara (artificial rupture of membranes (AROM), kongererwa (episiotomy), aspiration (suctioning); minimiser le nettoyage par voie vaginale (minimize vaginal cleansing); kugabanya bishoboka ko umwana ahura n'amatembabuza ya nyina (minimize infant exposure to maternal fluids)

**Nyuma yo kubyara:** Guhita ushyira umwana ku ibere no gutanga ubufasha ku konsa gusa niba aribwo buryo bwo kugaburira umwana umubyeyi yahisemo; gukumira, gukemura ibibazo bigendanye no konsa n'iby'amabere; kuvura ubugendakanwa n'ubundi burwayi bwo mu kanwa; gutanga ubufasha ku nsimburabere niba ari bwo buryo umubyeyi yahisemo bwo kugaburira umwana; imiti igabanya ubukana bwa virusi itera sida ku mubyeyi no ku mwana mu gihe cyose umwana acyonka; gukingiza umwana, gukurikirana imikurire y'umwana no kuyiteza imbere; inzitiramibu ziteye umuti; gukemura ibibazo bishingiye ku buringanire (gender) n'imibonano mpuzabitsina; gutanga inama ku ifashabere uhereye ku mezi 6; kuvura indwara ako kanya bikimenyekana; gutanga ubujujanama ku mibonano mpuzabitsina ikingiye; gutanga ubujujanama ku kuboneza urubyaro

<sup>8</sup>De Cock KM et al. Prevention of mother-to-child HIV transmission in resource-poor countries: translating research into policy and practice. Journal of the American Medical Association, 2000, 283(9): 1175–1182

**Icyitonderwa:** Iyo umubyeyi atangiye gufata imiti igabanya ubukana bwa virusi itera SIDA inda itararenza ibyumweru 14, ibyago byo kwanduza umwana virusi itera SIDA atwite cyangwa ari ku bise biba bisa nk'aho ari ntabiriho. Inyigo zimwe nazo zagaragaje ko ibyago byo kwanduriza umwana mu mashereka nabyo biba ari bikeya kubera ko biza ku mwana 1 ku bana 100

**Intego ya 2 y'isomo:** Gusobanura imirire y'umwana muto igihe hariho ikibazo cya virusi itera SIDA

**Uburyo bwo guhugura:** Gushoza ibitekerezo; Gukorera mu matsinda mato ya 3; Gukorera mu matsinda

#### **Amabwiriza ku gikorwa cya 1:**

Saba Abahugurwa gutanga ubusobanuro bw'amagambo akurikira: konsa gusa, insimburabere no konsa bivanze no guha umwana ibindi biribwa (kumuvangira)

#### **Amabwiriza ku gikorwa cya 2:**

1. Shyira abahugurwa mu matsinda mato: Kubera ko politiki y'igihugu mu bijyanye no kugaburira umwana muto isaba ababyeyi gukoresha uburyo bwo konsa gusa mu mezi 6 ya mbere, saba amatsinda y'ibiganiro kwitegerezza Imfashanyigisho ya 28: *Onsa gusa kandi ufate imiti igabanya ubukana bwa virusi itera SIDA kandi mubyunguraneho ibitekerezo.*
2. Saba Abahugurwa:
  - Umubyeyi ubana na virusi itera SIDA utabasha kubona imiti igabanya ubukana yakora iki?
3. Iyo umubyeyi ahisemo kudakoresha uburyo bwo konsa gusa: saba amatsinda y'ibiganiro kwitegerezza Ibihe byihariye – Imfashanyigisho ya 1: *Ibikenewe ku mubyeyi wahisemo kutonsa no kubyunguranaho ibitekerezo.*
  - Shimangira ko uburyo buvugwa ku bihe byihariye – Imfashanyigisho ya 2: *Gukomeza konsa byagira ingaruka ku mwana wawe*, ubwo buryo bukaba bukoreshwa kwa muganga ku mubyeyi ubana na virusi itera SIDA, naho umujyanama w'ubuzima afasha umubyeyi gushyira ibyifuzo mu bikorwa.
4. Gira icyo uvuga ku Butumwa bw'Ingenzi buri ku Mfashanyigisho z'Ubujyanama
5. Nimubiganireho kandi ubikorere incamacye.

### Ubumenyi bw'ingenzi

#### **Igikorwa cya 1:**

##### **Ubusobanuro**

- **Konsa gusa:** amashereka gusa mu mezi 6 ya mbere, nta bundi bwoko bw'ibiryo cyangwa ibinyobwa (kabone n'amazi) umwana ahabwa.
- **Insimburabere** ni uburyo bwo kugaburira umwana utonka umuha indyo ifite intungamubiri zose akeneye kugeza igehe azatangirira gutungwa gusa n'ibiryo n'abandi baryaho mu rugo. *Mu mezi 6 ya mbere, insimburabere igomba kuba ifite ibyangombwa byose bisimbura ibere, kenshi na kenshi hakoreshwa amata yateguriwe abana atangwa yonyine (ari nta kumuha amashereka cyangwa ubundi bwoko bw'ibiryo). Nyuma y'amezi 6 umwana agomba guhabwa insimburabere hakiyongeraho ifashabere igizwe n'ubundi bwoko bw'ibiryo.*
- **Kuvangira umwana** ni ugha umwana amashereka n'ubundi bwoko bw'ibiribwa cyangwa ibinyobwa harimo n'ibiryo biribwa ako kanya bikoreshwa mu kuvura indwara z'mirire mibi (RUTF) mbere y'uko umwana yuzuza amezi 6. *Guha umwana wonka ibiryo cyangwa ibinyobwa utarageza ku mezi 6 byongera ibyago byo kumwanduza virusi itera SIDA. Ni ngombwa kugira*

*umubyeyi inama yo gukoresha uburyo bwo konsa gusa cyangwa gukoresha insimburabere gusa mu mezi 6 ya mbere. (Kuvangira umwana ni bibi ku bana BOSE bataruzuza amezi 6, umubyeyi yaba abana cyangwa atabana na virusi itera SIDA. Kuba umuntu atuye mu turere twiganjemo virusi itera SIDA ni indi mpamvu yo gushyigikra uburyo bwo konsa gusa.)*

- **Icyitonderwa:** Umwana utaruzuza amezi 6 aba afite igifu n'ubura bitarakomera. Ibiryo cyangwa ibindi binyobwa bitari amashereka bishobora kwangiza igifu cy'umwana. Ibi bituma umwana ashobora kwandura virusi itera SIDA n'izindi ndwara ku buryo bworoshye.

### ***Igikorwa cya 2:***

***Umubyeyi utabana na virusi itera SIDA cyangwa utazi uko ahagaze mu bijyanye n'iyo virusi:***

Koresha uburyo bwo konsa gusa kugeza ku mezi 6, ongeraho ifashabere ku mezi 6 kandi ukomeze konsa kugeza ku mezi 24 cyangwa uyarenze.

***Umubyeyi ubana na virusi itera SIDA ufite umwana utarayanduye cyangwa utazwi uko ahagaze:***

Hari uburyo bwo kugaburira umwana bubiri bw'ingenzi bushoboka (bitewe na politiki y'ighugu)

### ***1. Konsa gusa bikomatanyije no gufata imiti igabanya ubukana bwa virusi itera SIDA ku mubyeyi n'umwana***

- Konsa gusa mu mezi 6 ya mbere bigabanya cyane ibyago by'uko umwana yafatwa n'indwara, yagira ibibazo bikomoka ku mirire mibi, cyangwa by'uko yapfa kandi bikagabanya cyane ibyago by'uko umubyeyi yakwanduza umwana iyo virusi muri icyo gihe ugereranyije n'iyo akoresha uburyo bwo konsa umwana amuha n'inyunganirabere (kumuvangira)
- Uburyo bwo konsa busabwa gukoreshwa n'umubyeyi utabana na virusi itera SIDA ni bumwe n'ubusabwa umubyeyi utazi uko ahagaze mu bijyanye n'iyo virusi (Reba Igitabo cy'Uhugurwa 5.2: *Imyonkereze ikwiye n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo*)
- Konsa bigomba gukomeza kugeza ku mezi 18 kandi umubyeyi agafata imiti igabanya ubukana bwa virusi itera SIDA ubuzima bwose

### ***Guhagarika konsa ku mezi 18***

Ishami ry'Umuryango w'Abibumbye ryita ku Buzima (OMS) ritanga inama zo kudahagarika konsa hakiri kare, mu buryo butunguranye kandi buhutiweho. Ababyeyi babana na virusi itera SIDA bafashe icyemezo cyo guhagarika konsa igehe icyo ari cyo cyose bagomba kubikora buhoro buhoro mu gihe cy'ukwezi. Mu Rwanda, ababyeyi babana na virusi itera SIDA basabwa guhagarika konsa ku mezi 18.

***Umubyeyi ubana na virusi itera SIDA ufite umwana wanduye:***

Konsa gusa kugeza ku mezi 6 ya mbere, kongera ifashabere ku mashereka guhera ku mezi 6 no gukomeza konsa kugeza ku myaka 2 na nyuma yayo.

### ***2. Niba umubyeyi adahisemo uburyo bwo konsa gusa:***

Wikonsa na gato; gaburira umwana amata y'abana yabigenewe yateguriwe mu nganda

**Icyitonderwa:** Uburyo bwo guha umwana insimburabere bujyana kandi no guha umubyeyi n'umwana imiti igabanya ubukana bwa virusi itera SIDA (umwana atangira imiti akivuka kugeza agize ibyumweru 6)

Umubyeyi agaburira umwana amata y'abana yabigenewe yateguriye mu nganda kuva akivuka (ntagomba kongera kumwonsa). Ni ingenzi kubungabunga uruhare nyamukuru rw'umubyeyi rwo kugaburira umwana kugirango bagirane ubusabane/urukundo kandi bishobora no kugabanya ibibazo bijyanye no kudategura neza amata y'insimburabere.

### Igikorwa cya 3:

**Kugereranya ibyago byavuka bijyanye n'uburyo bunyuranye bwo kugaburira umwana iyo hariho ikibazo cya virusi itera SIDA**

	<b>Konsa Gusa</b>	<b>Guha umwana Insimburabere Gusa</b>	<b>Kuvangira umwana (Konsa n'insimburabere)</b>
<b>Ibyago bijyanye no kwandura virusi itera SIDA</b>	Yego; ariko ni nkeya ugereranyije n'ijo hariho kuvangira umwana	Oya	Yego
<b>Ibyago byo kurwaragurika no gupfa</b>	Ibyago ni bike cyane ariko ntibivaho ijana ku ijana	Yego	Yego

- Kuvangira umwana ni bwo buryo bubi kurusha ubundi bwose kuko bwongera ibyago byo kwanduza umwana virusi itera SIDA kandi bugatuma umwana ashobora gufatwa n'indwara zikomoka ku gutegurira umwana amata hakoreshejwe amazi adasukuye cyangwa ayo mata agahabwa umwana mu macupa adasukuye, no ku bundi bwoko bw'ibiryo cyangwa ibinyobwa.
- **Icyitonderwa:** Nyuma y'amezi 6, umwana utonse akenera igikombe 1 cyangwa 2 by'amata y'inyongera buri munsi.

**Intego ya 3 y'isomo:** Gusobanura imirire y'umwana ufite kuva ku mezi 6 kugeza kuri 24 igithe umubyeyi we ubana na virusi itera sida amwonsa cyangwa atamwonsa.

**Uburyo bwo guhugura:** Gukorera mu matsinda

#### Amabwiriza:

1. Shyira Abahugurwa mu matsinda 2
2. Saba buri tsinda gusubiza ibibazo 2 kuri furipucati:
  - a) Niba umubyeyi ubana na virusi itera SIDA yonsa, ni gute agomba kugaburira umwana we kuva ku mezi 6 kugeza kuri 24?
  - b) Umubyeyi ubana na virusi itera SIDA yarahisemo kutonsa, ni gute agomba kugaburira umwana we kuva ku mezi 6 kugeza kuri 24?
3. Saba itsinda rimwe gusubiza ikibazo cya mbere usabe n'andi matsinda kongeraho ubundi busobanuro
4. Saba irindi tsinda gusubiza ikibazo cya kabiri n'andi matsinda kongeraho ubundi busobanuro.
5. Itegerezze Ibihe byihariye –Imfashanyigisho ya 3: *Abana batonka bafite hagati y'amezi 6 na 24*
6. Nimubiganireho kandi ubikorere incamacye.

### Ubumenyi bw'ingenzi

**Ni gute umubyeyi ubana na virusi itera SIDA wonsa agomba kugaburira umwana we kuva ku mezi 6 kugeza kuri 24?**

- Iyo umwana agize amezi 6, umubyeyi agomba gukomeza kumwonsa kugeza yujuje amezi 18 (akanagumya gufata imiti igabanya ubukana bwa virusi itera SIDA ubuzima bwose), ariko agomba gutangira igithe cy'inzibacyuho ku mezi 17; agabanya igithe cyo konsa kandi asimbuza amashereka ibinyobwa.

- Uburyo bwo gutanga ifashabere busabwa umubyeyi utabana na virusi itera SIDA ni bumwe n'ubusabwa umubyeyi utazi uko ahagaze mu bijyanye n'iyo virusi (Reba Igitabo cy'Uhugurwa 7.3: *Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo*)

**Ni gute umubyeyi ubana na virusi itera SIDA wahisemo kutonsa agomba kugaburira umwana we kuva ku mezi 6 kugeza kuri 24?**

- Iyo umwana agize amezi 6, aba ashobora kwihanganira kurushaho amata akomoka ku matungo adafunguye kimwe n'ibiryo binyuranye bidafashe cyane.
- Ongera ku mashereka amagaburo 1 cyangwa 2 y'inyongera n'igaburo rito 1 kugeza kuri 2 bitewe n'apeti umwana afite.
- Ongeraho igikombe 1 cyangwa 2 by'amata ku munsi.
- Ongeraho nk'ibikombe 2 by'ibindi binyobwa ku munsi (byiyongera ku gikombe 1 kugeza kuri 3 by'amazi akomoka ku mata cyangwa ku bindi biryo iyo umwana aba ahantu hadashyushye, n'ibikombe 3 kugeza kuri 4 ku munsi iyo aba ahantu hashyushye).
- Ku bana bafite hagati y'amezi 6 na 12, amata atanga intungamubiri nyinshi z'ingenzi kimwe n'igice kinini cy'ibinyobwa baba bakeneye. Nyamara ahantu hamwe na hamwe, amata yamatungo kimwe n'ibiryo byateguriwe abana ntibikunda kuboneka.
- Umubyeyi cyangwa uwita kumwana akenera kugaburira umwana ibiryo bikomoka ku matungo (inyama, inyama zikomoka ku biguruka, amafi, amagi, amata cyangwa ibindi biribwa bikomoka ku mata), indyo z'inyongera/ cyangwa ibiryo byateguwe/byavanzwe kuburyo bwhariye aho ibiryo by'insimburabere bidakunze kuboneka.
- Umubyeyi ntagomba gukanjakanja ibiryo mbere yo kubigaburira umwana cyane cyane ige ihe ishinya ye iva amaraso.
- Umubyeyi agomba buri munsi guha umwana ibiribwa bikungahaye kuri kalisiyumu nk'ipapayi, umutobe w'amacunga, amapera, imboga zifite ibara ry'icyatsi kibisi, n'ibihaza.
- Abana bato badahabwa amata bagomba guhabwa amazi buzi asukuye kandi atetse inshuro nyinshi ku munsi kugirango bashire inyota.
- Igihe insimburabere cyangwa amata n'ibiryo bikomoka ku matungo bidashobora kuboneka, ntabwo umwana ashobora kubona intungamubiri za ngombwa akeneye cyeretse iyo ku ndyo isanzwe bongereyeho ibiryo byateguwe/ byavanzwe ngo byongererwe intungamubiri ku buryo bw'umwihariko.

**Intego ya 4 y'isomo:** Kumenya indwara z'ibere zifata umugore wonsa wanduye virusi itera SIDA no kumwohereza kwa muganga kugirango avurwe

**Uburyo bwo guhugura:** Gushoza ibitekerezo

**Amabwiriza:**

1. Saba Abahugurwa gutekereza kuri ibi bibazo: Ni izihe ndwara z'amabere y'umugore wonsa zigomba kwitabwaho ku buryo bw'umwihariko? Ni iki umugore wonsa agomba gukora ige agize izo ndwara?
2. Nimubiganireho kandi ubikorere incamacye.

## Ubumenyi bw'Ingenzi

- Ibyago byo kwanduza umwana virusi itera SIDA ziriyongera ku mubyeyi ubana n'iyo virusi ufite imoko zisataguritse, masitite (guhindza umuliro ku ibere), ikibyimba, cyangwa ubugendakanwa ku mwana/candidose (uburwayi bugaragazwa n'uduhumyo twaje ku ibere no ku moko). Muri icyo gihe, umubyeyi agomba:
  - Guhagarika konkereza umwana kuri iryo bere no kujya kwivuza ako kanya
  - Gukomeza konkereza umwana ku ibere rizima uko abishatse
  - Gukama amashereka yo mu ibere rirwaye akayamena cyangwa akayateka mbere yo kuyaha umwana.

**Icyitonderwa:** Imoko zisataguritse na masitite bisobanurwa mu magambo arambuye mu isomo rya 9: *Ibibazo bikunze kugaragara bijyana no konsa - ibimenyetso, gukumira, n'ibigomba gukorwa*

- Ababyeyi babana na virusi itera SIDA bagomba gufata igikorwa cyo gukama amashereka no kuyateka nk'ingamba y'inzibacyuho yo kugaburira umwana<sup>9</sup>:
- Mu bihe byihariye nk'iyo umwana yavukanye ibiro bituzuye cyangwa arwaye akimara kuvuka akaba adashobora konka; **cyangwa**
- Igihe umubyeyi atameze neza kandi atabasha konsa muri icyo gihe cyangwa afite ibibazo by'ibere by'igihe gito nka masitite; **cyangwa**
- Gufasha ababyeyi guhagarika konsa.

## Uburyo bwo guteka amashereka

- Gukamira amashereka mu kirahure/igikombe kibonerana
- Gushyira amazi mu isafuriya kugeza ku rugingo rwa kabiri rw'urutoki rwa mukubitarukoko hejuru y'aho amashereka ageze mu kirahure/ igikombe kibonerana. (Icyitonderwa: ikirahure/ igikombe kigomba gusumba aho amazi agera)
- Shyushya amazi abire. Amazi azabira ageze kuri dogere 100 z'ubushyuhe (100° C) mu gihe ikigero cy'ubushyuhe bw'amashereka mu kirahure/ igikombe kizaba kigeze kuri dogere 60 (60° C). Ubwo ni bwo amashereka azaba asukuye ashobora guhabwa umwana.
- Vana ya mashereka mu mazi noneho uyareke ahore neza ku kigero gisanzwe (kitari ikigero cy'ubukonje bwo muri firigo).
- Ha umwana amasherekaukoreshheje igikombe.
- Amashereka atetse agomba gukoreshwa mu gihe kitarenze amasaha 8.

**Icyitonderwa:** Gushyushya amashereka (Flash-heat<sup>10</sup>) ni uburyo bushya bwahimbwe bworoshye umubyeyi ashobora gukoresha ateka amashereka ye yifashishije umuriro ari hanze cyangwa ari mu gikoni. Ariko, hakenewe inyigo zihutirwa kugirango imikoreshereze ya flash- heating mu bijyanye no guteka amashereka mu rugo imenyekane.

<sup>9</sup>WHO. HIV and infant feeding: Revised Principles and Recommendations - Rapid Advice, November 2009

<sup>10</sup> Israel-Ballard K et al. Flash heat inactivation of HIV-1 in human milk. A potential method to reduce postnatal transmission in developing countries. J Acquir Immun Defic Syndr 45 (3): 318-323, 2007

**Intego ya 5 y'isomo:** Kumenya uruhare rw'Umujuyanama w'Ubuzima wahuguwe mu bijyanye n'imirire y'Umwana Muto

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

1. Shyira Abahugurwa mu matsinda 5
2. Saba ayo matsinda kwandika uruhare rw'umujyana w'ubuzima kuri fulipucati
3. Saba itsinda rimwe kwerekana umukoro waryo.
4. Saba andi matsinda kongera ho izindi ngingo zibura
5. Gereranya ibisubizo n'urutonde rwateguwe
6. Nimubiganireho kandi ukore incamacye

***Uruhare rw'umujyana w'ubuzima (Ni iki Umujuyanama w'Ubuzima wahuguwe agomba kumenya no gukora?)***

- Kumenya ibi bikurikira:
  1. Gupima virusi itera SIDA n'ubujyana w'ubuzima wahuguwe agomba kumenya no gukora? (PMTCT) serivise zijiyanje no kurinda umubyeyi kwanduza umwana we iyo virusi (PMTCT)
  2. Ni kwa muganga umubyeyi ahitiramo uburyo bwo kugaburira umwana.
- Gusobanura akamaro k'imiti igabanya ubukana bwa virusi itera SIDA ku buzima bw'umubyeyi no mu gukumira kwanduza umwana we iyo virusi.
- Gufasha abagore babana na virusi itera SIDA kujya ku kigo nderabuzima gitanga imiti igabanya ubukana bwa virusi itera SIDA cyangwa kuboherenza (taransferi) ngo bajye kuyifata.
- Gushimangira ubutumwa ku bijyanye n'imiti igabanya ubukana bwa virusi itera SIDA ahantu hose abagore babana na virusi itera SIDA bashobora kuboneka n'ahantu hose hatangirwa ubufasha mu bijyanye n'imirire y'abana bato.
- Guha umubyeyi ubufasha igihe cyo gufata icyemezo ku bijyanye n'uburyo bwo kugaburira umwana muto
- Iyo umubyeyi yonsa gusa:
  - Uburyo bwo konsa bukwiye (Reba Igitabo cy'Uhugurwa 5.2: *Imyonkereze ikwiye n'ingingo z'ubujyana zishobora kunguranwaho ibitekerezo*)
  - Kumenya uburwayi bw'amabere ku mugore ubana na virusi itera SIDA no kumwohereza kwivuza.
- Iyo umubyeyi akoresha insimburabere gusa:
  - Nta kuvanga insimburabere n' ubundi bwoko bw'ibiryo
  - Nta kujaga ibiryo (nta kongeramo amazi) byateguriwe abana
  - Gufasha umugore gusoma amabwiriza ari ku gikombe cy'ibiryo byateguriwe abana
  - Reba niba umubyeyi ategura neza ibiryo byateguriwe abana, agaburira umwana akoresheje igikombe aho gukoresha bibero, akaraba intoki kandi asukura ibikoresho uko bikwiye.
- Kohereza kwa muganga umubyeyi ubana na virusi itera SIDA ige ahinduye uburyo bwo kugaburira umwana yari yahisemo cyangwa igihe atagishoboye kuzuza ibyangombwa bijyana n'uburyo yari yarahisemo.

**Intego ya 6 y'isomo:** Kuganira ku kamaro ko kwipimisha virusi itera SIDA n'ubujyanama ku mubyeyi n'umwana (ku byumweru 6 na nyuma yo guhagarika konsa)

**Uburyo bwo guhugura:** Gushoza ibitekerezo

**Amabwiriza:**

**A. Akamaro ko kwipimisha virusi itera SIDA n'ubujyanama ku mubyeyi:**

1. Saba Abahugurwa gutekereza ku kamaro ko kwipimisha virusi itera SIDA n'ubujyanama ku mubyeyi
2. Kurikirana kugeza igihe izi mpamvu zikurikira zivugiwe:
  - Ubujyanama no kwipimisha virusi itera SIDA ni yo ntera ya mbere mu nzira yo gukumira, kwita ku muntu, kumuvura (harimo gutanga imiti igabanya ubukana) no gutanga ubufasha.
  - Bifasha abantu benshi kwipimisha no kugabanya akato kajyana no kwipimisha virusi itera SIDA.
  - Byongera umubare w'abantu bamenya ko banduye.
  - Bifasha gukumira ikwirakira rya virusi itera SIDA.
  - Ku bantu batabana n'yo virusi, biteza imbere ihinduka ry'imyitwarire bagakora “ imibonano mpuzabitsina ikingiye”, bityo bikagira akamaro mu gukumira ikwirakwira rya virusi itera SIDA.
  - Bituma indwara nk'umusonga n'igituntu bishobora kuvurwa.
  - Bituma imiti igabanya ubukana bwa virusi itera SIDA itangwa igihe umugore atwite, igihe ari ku bise n'igihe yonsa.

**B. Akamaro ko gupima umwana hakiri kare (ku byumweru 6)**

1. Saba Abahugurwa gutekereza ku bisubizo by'iki kibazo: Kuki ubujyanama no gupima virusi itera SIDA ari ingenzi ku mwana muto?
2. Kurikirana kugeza igihe izi mpamvu zikurikira zivugiwe:
  - Bituma umwana wanduye virusi itera SIDA amenyekana hakiri kare.
  - Umwana wanduye virusi itera SIDA abasha kuvurwa hakiri kare hakoreshejwe imiti igabanya ubukana bwa virusi itera SIDA, ibyo bikamwongerera amahirwe yo kuramba
  - Umwana wanduye virusi itera SIDA agomba konswa imyaka 2 cyangwa ikanarenga,kandi akonswa umubyeyi afite ikizere kuko ibi bimurinda indwara nk'izifitanye isano n'imirire mibi n'impisi.
- Niba umwana ari nta bwandu afite, umubyeyi agumya gukoresha uburyo bwo kumugaburira yahisemo kugirango bimwongerere amahirwe yo kutandura, binagabanye impungenge zo gupfa n'iz' indwara: konsa no gufata imiti, kutonsa.

**C. Akamaro ko gupima umwana virusi itera SIDA nyuma yo guhagarika konsa**

1. Saba Abahugurwa gutekereza ku bisubizo by'iki kibazo: Ni iyihie mpamvu gupimisha umwana virusi itera SIDA ari ingenzi nyuma yo kumukura ku ibere ?
2. Kurikira kugeza igihe impamvu zikurikira zivugiwe:
  - Haba hari impungenge nkeya z'uko umubyeyi yanduza umwana we igihe cyose umwana acyonka
  - Iyo umwana amaze guhagarara konka kandi igipimo kikagaragaza ko ari nta bwandu afite, nta mpamvu yo kongera kumukurikirana.
  - Iyo umwana apimwe bagasanga yaranduye virusi itera SIDA, agomba guhita atangira imiti igabanya ubukana bwa virusi itera SIDA.
3. Nimubiganireho kandi ukore incamacye

**ISOMO RYA 18. KWINJIZA UBUFASHA MU BIJYANYE N'IMIRIRE Y'UMWANA  
MUTO MURI SERIVISI ZITANGIRWA MU MUDUGUDU N'IBIGOMBA  
GUKORWA MU GIHE CY'IBIZA**

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kumenya uburyo gahunda y'imirire y'Umwana Muto ishobora kwinjizwa muri serivisi zitangirwa mu mudugudu	Gukorera mu matsinda	Igitabo cy'Uhugurwa 18.1: <i>Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'imirire y'Umwana Muto</i>
2. Gusobanura uburyo Umujyanama w'Ubuzima ashobora gukurikirana umwana.	Gukorera mu matsinda mato (abantu batatu)	
3. Kumenya ibibazo byihutirwa mu bijyana n'imirire y'Umwana Muto mu bihe by'ibiza	<ul style="list-style-type: none"> <li>• Gukorera mu matsinda</li> <li>• Kuzengurutsa fulipucati</li> </ul>	

**Ibikoresho:**

- Impapuro za Fulipucati n'icyo bayifatishaho (+ marikeri + na papier collant)

**Imyiteguro:**

- Fulipucati enye: buri yose yanditseho imwe muri izi nsanganyamatsiko zikurikira
  1. Impungenge ku bana bato mu bihe by'ibiza
  2. Amakuru yo gukosora imyemerere (ifitwe n'abatuye umudugudu n'ibitangazamakuru) ku bijyanye n'imirire y'Umwana Muto
  3. Imigenzereze ikwiye mu bijyanye n'imirire y'Umwana Muto ku baturage batewe n'ibiza
  4. Uruhare rw'Abajyanama b'Ubuzima mu kurinda, guteza imbere, no gushyigikira imigenzereze ikwiye mu bihe by'ibiza

**Igihe isomo rimara:** isaha imwe

**Intego ya 1 y'isomo:** Kumenya uburyo gahunda y'imirire y'Umwana Muto ishobora kwinjizwa muri serivisi zitangirwa mu mudugudu

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

1. Saba Abahugurwa kwibumbira mu matsinda ajyanye n'imrimo bagiramo uruhare ikorerwa mu midugudu : Guteza imbere no Kugenzura imikurire y'Abana (GMP), Kwita ku bana bafite imirire mibi ikabije bikorewe mu mudugudu (CMAM), Gukumira ko umubyeyi yanduza umwana we virusi itera SIDA (PMTCT), Guhuriza hamwe ibijyanye no gukurikirana indwara z'Abana mu mudugudu (cIMCI), Gukurikirana mu mudugudu ubuzima bw'umubyeyi n'umwana ukivuka (cMNH), Igituntu, Malaria, Gahunda y'Ubuzima bw'Ibidukikije ishingiye ku Mudugudu/Amazi, Isuku n'Isukura (WASH), Guteza ubuzima imbere n'ibindi.
2. Shyira abahugurwa mu matsinda ukurikije serivisi bagiramo uruhare mu mudugudu.
3. Saba buri tsinda gukora urutonde rw'ibyifuzo bigomba gushyirwamo kugirango ubufasha mu bijyanye n'imirire y'Umwana Muto bwinjizwe muri serivisi bakoramo mu rwego rw'umudugudu
4. Saba abahugurwa bagize itsinda rya CMAM kureba Igitabo cy'Uhugurwa 18.1: *Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'imirire y'Umwana Muto* muri CMAM (cyangwa ubarangire ku rupapuro bijyana mu *gitabo cy'uhugurwa*),kandi ubasabe kuvuga uko babibona.
5. Saba buri tsinda gutanga icyegeranyo cyaryo, usabe n'andi matsinda kongeraho andi makuru ya ngombwa.
6. Ha Abahugurwa bose Igitabo cy'Uhugurwa 18.1: *Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'imirire y'Umwana Muto* (cyangwa ubarangire ku rupapuro bijyana mu *gitabo cy'uhugurwa*).
7. Nimubiganireho kandi ukore incamacye.

### Ubumenyi bw'ingenzi

**Kwinjiza Imirire y'Umwana Muto muri serivisi zitangirwa mu mudugudu:**

- Koresha ubushobozi bwo *gutega amatwi no kumva*, n'ubushobozi bwo *kubaka ikizere no gutanga ubufasha*
- Kora *Ubujujanama bw'intabwe 3* ku migenzereze ikwiye
- Yobora ibiganiro by'amatsinda agamije igikorwa runaka (gukoresha inkuru, udukinamico, n'amashusho)
- Yobora amatsinda y'ubufasha
- Koresha Imfashanyigisho z'Ubujujanama na za depuliya
- **Icyitonderwa:** ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujujanama
- Reba abana batari gukura cyangwa bari kugwingira (GMP), Reba abana bafite ibibazo by'imirire mibi (CMAM)
  - Igihe uri gukorera hanze mu mudugudu: kumenya insanganyamatsiko zo kuganiraho no kuyobora ibiganiro mu matsinda
  - Ahantu hakorerwa gahunda yo gutanga ibiryo by'inyunganizi (SFP)
  - Igihe cy'amasura yo gukurikirana abarwayi basezerewe kwa muganga (OTP)
- Kumenya abagore batwite, kuganira ku bijyanye n'imirire y'umugore utwite, gushishikariza gukoresha feri/aside foliki, gutegurira konsa (Ababyaza)
- Gusubiramo no gushimangira imfashanyigisho ku mirire y'umwana muto (harimo n' amabwiriza akomatanyije arebana no kuvura igituntu na malaria))

- Guhugura abayobozi b'imidugudu harimo n'abayobozi b'inzego z'ibanze n'ab'amadini mu bijyanye n'imirire y'Umwana Muto
- Kuganira ku ruhare rw'uburyo bwo kuringaniza imbyaro bushingiye kw'ihagarara ry'imihango igihe umugore yonsa (LAM)
- Gusura ingo no gukurikirana abana n'ababyeyi
- Gukora raporo hakoreshejwe uburyo busanzweho na regisiteri zo mu mudugudu

**Ibikoresho:**

- Imfashanyigisho z'Ubujuyanama ku buryo bwo konsa bukwiye
- Imfashanyigisho ya 11: *Kugira isuku ihagije bikumira indwara*
- Imfashanyigisho ya 13 kugeza 17: Imfashanyigisho z'Ubujuyanama ku bijyanye n'imfashabere kuri buri kigero cy'umwana
- **Icyitonderwa:** Ubutumwa bw'ingenzi inyuma h'Imfashanyigisho z'Ubujuyanama
- Depuliya
- Igitabo cy'Uhugurwa 7.1: *Uburyo bukwiye bwo guha umwana ifashabere*
- Igitabo cy'Uhugurwa 7.2: *Ubwoko bunyuranye bw'ibiribwa biboneka mu karere*
- Igitabo cy'Uhugurwa 7.3: *Uburyo bukwiye bwo guha umwana ifashabere n'ingingo z'ubujyanama zishobora kunguranwaho ibitekerezo*
- *Igitabo cy'Uhugurwa 7.4: Gufasha no gushishikariza umwana kurya*
- Reba Igitabo cy'Uhugurwa 18.1: *Lisiti ya gahunda y'ikurikirana mu bijyana n'imirire y'Umwana Muto*

**Icyitonderwa:** Igihe hari ibibazo byinshi by'abana bafite indwara zижyanye n'imirire mibi zikomeye, hashobora gutangwa isomo rintononsoye cyane ku bijyanye n'imirire y'Umwana Muto n'imirire y'indwara zikomoka ku mirire mibi mu midugudu (CMAM). Reba Umugereka wa 4

**Intego ya 2 y'isomo:** Gusobanura uburyo Umujuyanama w'Ubuzima ashobora gukurikirana umwana.

**Uburyo bwo guhugura:** Gukorera mu matsinda mato

**Amabwiriza:**

1. Saba Abahugurwa gukora amatsinda y'ibiganiro y'abantu 3
2. Saba amatsinda y'ibiganiro kuvuga uburyo Umujuyanama w'Ubuzima ashobora gukurikira umwana
3. Saba amatsinda y'ibiganiro kugabana imirimo y'Abajyanama b'Ubuzima
4. Nimubiganireho kandi ukore incamacye.

### Ubumenyi bw'ingenzi

**Gukurikirana umwana mu:**

- Bikorwa byo gukingiza
- Igihe cyose cyo kubonana n'umubyeyi/ se w'umwana/ uwita ku mwana urwaye
- Gukurikirana ku mudugudu
  - Kugenzura no Guteza imbere Imikurire y'Umwana (GMP): ibiro/imyaka
  - Ibiganiro by'amatsinda agamije igikorwa runaka
  - Amatsinda y'Bufasha mu bijyanye n'imirire y'Umwana Muto
  - Ibikorwa byo kurobanura abana bashingiye kuri MUAC
- Gahunda yo gutanga ibiryo by'inyunganizi(SFP)

***Ubutumwa bugomba gushimangirwa n'imyimenyerezo***

- Gira isuku ihagije
- Komeza konsa abana bato bafite kuva ku mezi 6 kugeza kuri 24
- Gaburira umwana inshuro nyinshi kandi ushishikaye
- Reba ibiryo biboneka mu karere byo kugaburira umwana muto
- Kwerekana uburyo bwo guteka

***Intego ya 3 y'isomo:*** Kumenya ibibazo byihutirwa mu bijyanye n'imirire y'Umwana Muto mu bihe by'ibiza

***Uburyo bwo guhugura:*** Gukorera mu matsinda; kuzengurutsa fulipucati

**Amabwiriza :**

1. Shyira abahugurwa mu matsinda 5. Manika fulipucati 4 mu cyumba cy'amahugurwa yanditseho izi ngingo zikurikira:
  - Impungenge ku bana bato mu bihe by'ibiza (urugero, umutingito, imyuzure, isubiranamo ry'abaturage/intambara, iruka ry'ikirunga, icyorezo cya kolera, amapfa)
  - Amakuru agamije gukosora imitekerereze n'imyumbire mibi (ifitwe n'abagore, abatuye umudugudu, ibitangazamakuru) ku bijyanye n'imirire y'Umwana Muto mu bihe by'ibiza
  - Iimirire ikwiye y'Umwana Muto mu baturage batewe n'ibiza
  - Uruhare rw'Abajyanama b'Ubuzima mu kurinda, guteza imbere, no gutanga ubufasha mu bijyanye n'imirire y'Umwana Muto mu bihe by'ibiza
  - Ingamba zoroheje zafatwa mu rwego rwo kubonera ababyeyi n'abana bato ibyo bakenera mu bihe by'ibiza
2. Buri tsinda rifata iminota 3 yo kwandika kuri fulipucati yigishirizwaho ingingo nyinshi zishoboka bashobora gutekereza (batagombye gusubiramo izo abandi bashyize ku rutonde). Amatsinda yimukira kuri fulipucati ikurikiraho noneho akongeraho izindi ngingo.
3. Mu itsinda rinini, saba buri tsinda gusoma ingingo zanditse kuri fulipucati iryegereye.
4. Nimubiganireho kandi ukore incamacye mu itsinda rinini. Uhugura afasha kuziba ibyuho.

**Ubumenyi bw'Ingenzi**

**1. *Impungenge ku bana bato mu bihe by'ibiza?***

- Gutandukana n'ababyeyi (ubupfubyi)
- Kubura aho kwikinga
- Umutekano mucye no kutagira ahantu hihariye ho kuba (privacy) Ibidukikije bihumanye (amazi yanduye, umwanda)
- Kubura ibiryo bihagije bimenyerewe, kandi bikungahaye ku ntungamubiri
- Kubura inkwi n'ibikoresho byo guteka
- Kubura ubuvuzi
- Kugaburirwa mu buryo budasanzwe (kutonka, ibiryo/amata byo mu nganda)

**Icyitonderwa:** Abana bato cyane nibo baba bashobora kurwara kurusha abandi, kugira ibibazo bijyanye n'imirire mibi ndetse no gupfa.

**2. Amakuru agamije gukosora imyemerere mu bijyanye n'imirire y'Umwana Muto mu bihe by'ibiza**

Imyemerere	Ikigomba gukorwa
Iyo umubyeyi ari mu bibazo abura amashereka.  Guhangayika bituma amashereka aba mabi (cyangwa bigira ingaruka ku bwiza bw'amashereka)	<ul style="list-style-type: none"> <li>Kwagaza ikiganza cyangwa urutugu rw'umubyeyi bishobora gutuma yumva aruhutse bigatuma amashereka aza yisuka igithe ari konsa.</li> <li>Kujya ahantu heza, hatuje kandi hiherereye, abajyanama hamwe n'urungano bagaha umubyeyi ubufasha nabyo bishobora gufasha.</li> <li>Ibihe by'ibibazo n'ihungabana bishobora kugira ingaruka ku gihe n'ishuro umubyeyi yonsa umwana. Niba umubyeyi yonsa ishuro nke, azagira amashereka macye.</li> <li>Abana bato bashobora guhungabanya wa n'ibihe by'ibibazo bakananirwa gutuza kugirango babashe kugaburirwa/konka. Nyamara kandi ababyeyi n'abana bazagarurirwa ikizere no kubonsa kenshi.</li> <li>Konsa kenshi bizafasha umubyeyi kuzana amashereka menshi niba atekereza ko ari ntayo afite. Kwiyegeze umwana, ku manywa na ninjoro bizatuma umwana agira ikizere bitume n'umubyeyi yonsa cyane kandi anazane n'amashereka menshi.</li> </ul>
Ubwoko bwiza bw'ibiryo bwihariye cyangwa amazi ni ngombwa kugirango umubyeyi agire amashereka meza.	<ul style="list-style-type: none"> <li>Nta bwoko bw'ibiryo bwihariye umubyeyi akeneye kugirango azane amashereka menshi kandi meza.</li> <li>Intungamubiri nyinshi ziri mu mashereka (harimo na feri na vitamini D) ntacyo zihindurwaho n'uko umubyeyi ahagaze mu rwego rw'imirire (yaba afite indwara z'imirire mibi cyangwa atazifite)</li> <li>N'ababyeyi bafite ibibazo by'imirire mibi bashobora konsa. Cyereka umubyeyi ufite indwara z'imirire mibi zikabije (SAM) niwe uzagira ibibazo bimwe byo konsa neza.</li> <li>Ibiryo by'inyunganizi umubyeyi wonsa ahabwa bituma imirire ye bwite imera neza mu gihe agikomeza konsa, bikarinda kandi umwana we impisiwi. Zimwe mu ntungamubiri zizabura mu mashereka niba umubyeyi nawe atazifite mu mubiri we (cyane cyane za vitamin zo mu bwoko bwa B, vitamini A, na iyode); ku bw'izo mpamvu, guha umubyeyi ibiryo by'inyunganizi bigirira n'abana akamaro.</li> </ul>
Iyo umubyeyi agaburira umwana we amata yagenewe abana yakorewe mu nganda, ashobora gutekereza ko adashobora kongera kumwonsa.	Ashobora kongera konsa. [Reba igisubizo hejuru].
Igikenewe kandi kihutirwa mu bihe by'ibiza ni uguha abana amata yabagenewe yakorewe mu nganda	Igikorwa cy'ingenzi ni ukubungabunga no gushygikira konsa. Amata yagenewe abana yakorewe mu nganda ntakenewekereka mu bihe bicye cyane iyo umwana adashobora kubona uko yonka nk'igihe yabaye imfubyi kandi akaba ari wenylene. Amata yagenewe abana yakorewe mu nganda agira ingaruka mbi cyane mu bihe by'ibiza. Amazi adasukuye, bibero n'ibindi bikoresho bishobora gutera impisiwi n'imirire mibi kandi n'umwana ashobora gupfa. Ayo mata ashobora gushira. Amashereka yo ntawbo ashira, aba asukuye kandi ni bwo bwoko bw'ibiryo bunogeye abana bato kurusha ubundi bwose.
Abana b'imfubyi n'abari bonyine bagomba guhabwa amata yagenewe abana yakorewe mu nganda	Ni ngombwa gushaka abonsa abana batandukanye n'ababyeyi babo. Guha abana amata yabagenewe yakorewe mu nganda biragorana cyane kandi bishobora gukurura ibindi byago mu bihe by'ibiza. Bityo rero, amata yagenewe abana yakorewe mu nganda agomba kwifashishwa kuberako ari nta bundi buryo buhari bwo kugaburira umwana kandi ibyo bikajyana n'ubufasha bwinshi.

**3. *Imirire ikwiye y'Umwana Muto mu baturage bagwiririwe n'ibiza***

*Reba isomo rya 5 n'irya 7 ku Mirire ikwiye y'Umwana Muto: Konsa no Guha umwana ifashabere*

Shimangira izi ningo zikurikira:

- Abana bato bonka gusa baba bakingiye impiswi cyane
- Kugaburira abana batarageza ku mezi 6 ubundi bwoko bw'ibiryo cyangwa kubaha ibinyobwa bitari amashereka bishobora kubaviramo kwicwa n'impiswi cyangwa izindi ndwara.
- Ubundi bwoko bwose bw'amata bugenewe abana bato bugomba kugenzurwa mu buryo bwitondewe mu rwego rwo kubarinda.
- Ibiranga ifashabere: inshuro zo kugabura, uko igaburo ringana, uko ibiryo bifashe, urunyurane rw'ibirigize, gufasha umwana no kumushishikariza kurya, n'isuku

**4. *Uruhare rw'Abajyanama b'Ubuzima mu kurinda, guteza imbere, no gutanga ubufasha mu bijyanye n'imirire y'Umwana Muto mu bihe by'ibiza***

- Gusuzuma uburyo bwo konsa no guha umwana ifashabere
- Gutanga ubujyanama ku bijyanye no konsa no guha umwana ifashabere mu “byumba by'ubujyanama”, “amahema y'abana”, amavuriro ashirwaho hakurikije ibihe abantu barimo cyangwa mu mirimo yo hanze inzu ku nzu.
- Gukora irobanura hakoreshejwe MUAC kugirango bamenye abana bafite ibibazo by'imirire bikabije.
- Kohereza abana bafite ibibazo by'imirire mibi bikomeye ku kigo nderabuzima
- Gukangurira abaturanyi n'ubuyobozi bwabo inyungu zo kurengera ubuzima kimwe n'akamaro ko konsa n'impungenge zijiyan no guha umwana amata yakorewe mu nganda
- Gukurikiranira hafi impano z'amata yakorewe abana n'itangwa ryayo mu midugudu no kuburira abajyanama b'ubuzima n'abakozi b'Imiryango Itabogamiye kuri Leta (ONG)
- Gufasha kumenya abo bana bapfushije ababyeyi cyangwa bari bonyine kandi bakeneye gufashwa hakoreshejwe uburyo bwo kubagaburira hakoreshejwe amata yagenewe abana yakorewe mu nganda
- Kwigisha no gufasha abita ku bana bato uburyo bwo kubategurira no kubaha amata yagenewe abana yakorewe mu nganda

**5. *Ingamba zoroheje mu rwego rwo kubonera ababyeyi n'abana bato ibyo bakenera mu bihe by'ibiza***

- Gukora ibishoboka byose ngo ababyeyi aribo babanziriza abandi guhabwa ibiryo, amazi, aho kuba, umutekano, no kuvurwa.
- Kwandika imiryango ifite abana bari munsi y'imyaka 2. Kwandika bisaba ko umuntu asohoka akajya hanze mu ngo, amakambi y'abavanywe mu byabo cyangwa ahandi hantu hose kureba abazahajwe n'ibiza.
- Andika (mu gihe kitarenze ibyumweru 2) ababyeyi bakibyara. Ibi bituma ababyeyi bonsa bashobora gufata ibiryo by'inyunganizi n'abana bageze mu gihe cyo guhabwa ifashabere bakayihabwa

- Ubujyanama bunoze mu bijyanye no konsa
  - Gushyiraho ahantu hagenewe umubyeyi/ se w'umwana/ abita ku bana ndetse n'abana bato hatekanye kandi hakwiye (amacumbi, ahantu hihariye hagenewe abana nab a nyina cyangwa amahemay'ababyeyi n'abana, gushyiraho ahantu habereye abana); ibi bifasha ababyeyi bonsa kubona ubwiherero (buba ari ngombwa cyane ku bantu bavuye mu byabo n'ababa bari gukomeza urugendo) kandi bigatuma ababyeyi bashobora kubona ubufasha bw'ibanze mu bijyanye n'imirire y'umwana Muto kandi bakanafashanya hagati yabo.
  - Gukora hakiri kare isuzuma ryihuse ry'imirire y'umwana muto; gukoresha inzobere mu mirimo y'isesengura kugirango hamenyeckane ibikorwa byihutirwa mu rwego rwo gutanga ubufasha hanamenyeckane kandi niba hari irindi suzuma rikenewe.
  - Guhagarika ibikorwa byo gutanga impano z'insimburamashereka no kubuza ko izo mpano zihabwa abaturage muri rusange.
  - Kwifashisha muri gahunda inzobere mu bijyanye no konsa zo mu rwego rw'akarere/igihugu

## Igitabo cy'Uhugurwa 18.1: Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'imirire y'umwana muto

### 1. Ubukangurambaga no guhugura abaturage

- Gusuzuma Imirire y'Umwana Muto mu midugudu: konsa no guha umwana ifashabere
- Gusesengura amakuru kugirango ubashe kugera ku myitwarire ishoboka n'ingingo z'ubujyanama zo kunguranaho ibitekerezo (cyangwa ubutumwa)
- Kumenya ibiribwa biboneka mu karere kandi bihera buri gihe
- Kumenya niba abaturage bazi Abajyanama b'Ubuzima abo ari bo
- Gusesengura imitekerereze ijyanye n'umuco igira ingaruka ku mirire y'Umwana Muto

### 2. Kwinjizwa muri gahunda

- Gushishikariza ababyeyi gukomeza konsa
- Kuganira ku ngorane (ikibazo) iyo ari yo yose ijyanye no konsa

### 3. Ikurikirana rya buri cyumweru cyangwa rya buri byumweru bibiri

- Gushishikariza ababyeyi gukomeza konsa
- Gushishikariza ababyeyi babana na virusi itera SIDA gukomeza konsa kugeza ku mezi 18
- Kuganira ku kibazo/ingorane iyo ari yo yose ijyana no konsa
- Gusuzuma niba imirire ijyanye n'ikigero cy'umwana : ikigero cy'umwana n'ibiro bye, ibiryo n'ibinyobwa bihabwa umwana ubusanzwe, ingorane zerekanye no konsa umubyeyi yumva afite
- Gutangira *Ubujyanama bukozwe mu ntabwe 3* mu bijyanye n'imirire y'Umwana Muto igihe apeti imaze kugaruka cyangwa ibyumweru 4 mbere yo kumusezerera
- Gukora ibiganiro by'amatsinda agamije igikorwa runaka (inkuru, udukinamico, gukoresha amashusho)
- Guhugura amatsinda y'ubufasha mu bijyanye n'imirire y'Umwana Muto

### 4. Gusezerera umurwayi kwa muganga

- Gushishikariza ababyeyi gukomeaza konsa
- Gushishikariza ababyeyi babana na virusi itera SIDA gukomeza konsa kugeza ku mezi 18
- Gushyigikira, gushishikariza, no gukomeza uburyo bwo konsa bukwiye
- Gukorera hamwe n'umubyeyi/ uwita ku umwana mu gukemura ibibazo ibyo aribyo byose bijyana no kugaburira umwana bikunda kuboneka ateganya guhura nabyo
- Gushyigikira, gushishikariza, no gushimangira uburyo bukwiye bwo guha abana ibiryo by'ifashabere hifashishijwe ibiribwa biboneka mu karere
- Gushishikariza isura rya buri kwezi ryo gusuzuma no guteza imbere imikurire y'abana
- Kunoza imyitwarire ijyana no kuvuza
- Gushishikariza ababyeyi kujya mu matsinda y'ubufasha mu bijyanye n'imirire y'Umwana Muto
- Guhuza umubyeyi n'Umujiyanama w'Ubuzima

### 5. Ikurikirana mu rugo/ ku mudugudu

- Gukomeza isuzuma rya buri gihe rijyanye n'imirire y'Umwana Muto mu rugo/ku mudugudu/no kwa muganga ( urugero: Gusuzuma no guteza imbere imikurire y'umwana)

- Isura ry'ingo
  - Gahunda zo kurobanura abana bafite indwara z'imirire mibi hakoreshejwe MUAC
  - Kugereranya ibiro by'umwana n'imyaka ye
6. **Ahantu ho guhurira mu rwego rwo Kwinjiza Imirire y'Umwana Muto muri Gahunda yo kwita ku bana bafite indwara z'imirire mibi ikabije (CMAM) mu Mudugudu ( indi itari gahunda yo gukurikirana abarwayi basezerewe kwa muganga) – kwa muganga cyangwa hanze ku mudugudu**
- Kugenzura no guteza imbere imikurire (GMP)
  - Gupimisha inda kwa muganga (ANC)
  - Gahunda y'Ibiryo by'inyunganizi (SFP)
  - Ikurikirana mu mudugudu (Umujyanama w'ubuzima)
    - Ibiganiro by'amatsinda agamije igikorwa runaka
    - Amatsinda y'Ubufasha mu bijanye n'imirire y'Umwana Muto
7. **Ahantu ho guhurira mu rwego rwo gushyira mu bikorwa Ibikorwa by'Ingenzi birebana n'imirire (Essential Nutrition Actions) – kwa muganga cyangwa hanze ku mudugudu**
- Ahantu hose umuntu ahurira n'umugore utwite
  - Igihe cyo kubyara
  - Igihe cy'ibiganiro bya nyuma yo kubyara/ cyangwa byo kuboneza urubyaro
  - Igihe cyo gukingiza
  - Igihe cy'Igenzura no guteza imbere Imikurire y'Umwana
  - Ahantu hose umuntu abonanira n'ababyeyi cyangwa abita ku bana bafite abana barwaye
8. **Ahandi hahurirwa**
- Amasuzuma yihariye ku bana b'abanyantegenke niba hari akorwa, harimo abana bashobora kwandura virusi itera SIDA cyangwa ababana n'iyo virusi.
  - Gukora ihuza na gahunda yita ku batishoboye niba hari ihari
9. **No**
- Gushyiraho igihe cyo kubonana mu isura ry'ikurikirana rikurikiraho

**ISOMO RYA 19. AMAFISHI AKORESHWA MURI GAHUNDA Z'IMIRIRE  
Y'UMWANA MUTO: UBUJYANAMA, IBIGANIRO MU MATSINDA, AMATSINDA  
Y'UBUFASHA N'AMAFISHI NGENDERWAHO AGENZURIRWAHO  
IBYAKOZWE**

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<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Gusubiramo amafishi yo gukurikiranaho gahunda n'imikoreshereze yayo.	Gukorera mu matsinda	<ul style="list-style-type: none"> <li>• Igitabo cy'Uhugur wa 10.1: <i>Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</i></li> <li>• Imfashanyigisho y'Uhugurwa 10.2: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto</i></li> <li>• Igitabo cy'Uhugurwa 12.3: <i>Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato</i></li> <li>• Igitabo cy'Uhugurwa 12.4: <i>Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto</i></li> <li>• Igitabo cy'Uhugurwa 13.1: <i>Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda: Inkuru, Ikinamico, cyangwa Amashusho</i></li> <li>• Igitabo cy'Uhugurwa 18.1: <i>Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'imirire y'Umwana Muto</i></li> </ul>

**Ibikoresho:**

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- Impapuro za Fulipucati n'icyo bayifatishaho (+ marikeri + papier collant)
- Amafishi yo gukurikiraniraho gahunda

**Igihe isomo rimara:** Iminota 30

**Intego ya 1 y'isomo:** Gusubiramo amafishi yo gukurikiranaho gahunda n'imikoreshereze yayo

**Uburyo bwo guhugura:** Gukorera mu matsinda

**Amabwiriza:**

1. Baza Abahugurwa iki kibazo “ni ayahe mafishi mwibuka mwakoresheje muri aya mahugurwa?” Kurikirana kugeza igihe bavugiye:
  - Igitabo cy'Uhugur wa 10.1: *Gusuzuma umwana na nyina mu bijyanye n'Imirire y'Umwana Muto*
  - Imfashanyigisho y'Uhugurwa 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina mu bijyanye n'Imirire y'Umwana Muto*
  - Igitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'abana bato*
  - Igitabo cy'Uhugurwa 12.4: *Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'Imirire y'Umwana Muto*
  - Igitabo cy'Uhugurwa 13.1: *Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda: Inkuru, Ikinamico, cyangwa amashusho*
  - Igitabo cy'Uhugurwa 18.1: *Lisiti y'ibyitabwaho mu gukurikirana umwana mu bijyanye n'Imirire y'Umwana Muto*
2. Saba Abahugurwa kuvuga uburyo aya mafishi yabagiriye akamaro muri aya mahugurwa n'impamvu.
3. Nimubiganireho kandi ukore incamacye

### Ubumenyi bw'ingenzi

Twifashishije amakuru yaturutse mu ikurikirana, twabashije kwiga:

- Twakoze ibingana iki? Umujyanama yafashije ababyeyi bangahe? Habayeho ibiganiro bingahe by'amatsinda y'ubufasha mu bijyanye n'Imirire y'Abana Bato?
- Ni mu buhe buryo twabashije kubikora neza? Ese umujyanama yateze amatwi umubyeyi? Ese umujyanama yashimagije ibyo umubyeyi akora neza? Ese umujyanama yabonye ibibazo/ingorane zihari kandi areba izihutirwa kurusha izindi kugirango abiganireho n'umubyeyi?
- Ese byagize akamaro? Ese hari uwabikoze neza kurusha abandi? Ese umujyanama yabashije kugera ku mwumvikano n'umubyeyi (ni ukuvuga hari icyo umubyeyi agiye kugergeza gukora)? Ese umubyeyi yagarutse mu isura rya kabiri? Ese yavuze uko byamugendekeye cyangwa hari impinduka wabonye mu myitwarire ye (impinduka mu bushobozi/ ubumenyi, uko abona ibantu/ ibitekerezo, imyitwarire, ibihe)

## ISOMO RYA 20. ISUZUMABUMENYI N'IGENZURA RYA NYUMA Y'AMAHUGURWA

<b>Intego z'isomo</b>	<b>Uburyo bwo guhugura</b>	<b>Imfashanyigisho</b>
1. Kumenya ingufu n'integenke z'Abahugurwa mu bijyanye n'ubumenyi ku Mirire y'Abana Bato nyuma y'Amahugurwa.	Isuzumabumenyi rya nyuma y'amahugurwa hakoreshejwe kwandika cyangwa amagambo	
2. Kuyobora igenzura ry'uko amahugurwa yagenze	Igenzura mu magambo – amatsinda y'ibiganiro mato CYANGWA igenzura mu nyandiko	

### Ibikoresho:

- Ibibazo by'isuzumabumenyi rya nyuma bigenewe Abahugura (cyangwa Abahugurwa igihe isuzumabumenyi rya nyuma rikoresha inyandiko)
- Ibibazo cyangwa amafishi y'isuzuma

*Igihe isomo rimara:* isaha1

**Intego ya 1 y'isomo:** Kumenya ingufu n'integenke z'Abahugurwa mu bijyanye n'ubumenyi ku Mirire y'Abana Bato nyuma y'Amahugurwa.

**Uburyo bwo guhugura:** Isuzumabumenyi rya nyuma y'amahugurwa ritanditse

### Amabwiriza:

1. Sobanura ko haribubazwe ibibazo 16 kandi ko Abahugurwa bazajya bazamura ikiganza kimwe (gifunguye) igihe batekereza ko igitubizo ari “yego”, bakazamura ikiganza kimwe (gifunze igipfunsi) igihe batekereza ko igitubizo ari “oya”, bakazamura ikiganza (barambuye intoki 2) igihe “batazi” igitubizo cyangwa batacyizeye.
2. Saba Abahugurwa gukora uruziga no kwicara bateye umugongo hagati y'urwo ruziga.
3. Umwe mu bahugura asoma ibyavuye mu isuzuma rya nyuma naho undi akandika ibitubizo kandi akareba ingingo zikrimo urujijo niba hari izihari.
4. Bwira Abahugurwa amanota y'isuzuma rya mbere n'ay'rya nyuma noneho usubiremo ibitubizo by'ibibazo by'isuzuma rya nyuma.

**Cyangwa:** Isuzumabumenyi rya nyuma mu nyandiko:

1. Ha abahugurwa kopi z'isuzumabumenyi rya nyuma noneho ubasabe kuzuza buri wese ku giticye.
2. Saba abahugurwa kwandika nimero zabo z'isuzumabumenyi rya mbere (bahawe mbere hakoreshejwe tombora) cyangwa ikimenyetso bihitiyemo - kugirango amasuzumabumenyi yombi abashe guhuzwa.
3. Kosora ibibazo byose, ugaragaza ingingo zigiteye urujijo zikwiye kunononsorwa.
4. Bwira Abahugurwa amanota y'isuzumabumenyi rya mbere kandi usubiremo ibitubizo by'ibibazo by'isuzumabumenyi rya nyuma.

**Intego ya 2 y'isomo:** Kuyobora igenzura ry'uko amahugurwa yagenze

**Uburyo bwo guhugura:** Igenzura ridakoresheje inyandiko– Gukorera mu matsinda mato

**Amabwiriza:**

1. Saba Abahugurwa gukora amatsinda y'ibiganiro (abantu batatu)
2. Sobanura ko ibitekerezo byabo bizifashishwa mu kunoza amahugurwa yo mu bihe bizaza.
3. Saba amatsinda kugira icyo bavuga kuri izi ngingo zikurikira:
  - Ni iki washimye cyangwa wagaye mu bijyanye n'uburyo bwakoreshejwe mu guhugura?
  - Ni iki washimye mu bijyanye n'ibikoresho?
  - Ni iki washimye mu bijyanye no kwimenyereza hanze ibyo wahuguwemo?
  - Ni ayahe masomo wasanze ari ingirakamaro kurusha ayandi?
  - Ni izihe nama watanga mu rwego rwo kunoza amahugurwa?
  - Ese hari ikindi ubivugaho?
4. Saba amatsinda y'ibiganiro anyuranye gusubiza ibi bibazo.
5. Nimubiganireho kandi ukore incamacye

**Cyangwa:** igenzura mu nyandiko:

1. Ha Abahugurwa amafishi y'igenzura rya nyuma y'amahugurwa noneho ubasabe kwandikaho uko babonye amahugurwa.
2. Saba Abahugurwa kuzuza amafishi yabo badashyizeho amazina yabo.
3. Shyira akamenyetso mu kazu bijyanye: Byiza, Biri mu rugero, Ntibihagije.
4. Sobanura ko ibitekerezo byabo bizifashishwa mu kunoza amahugurwa yo mu bihe bizaza.

### **Isuzumabumenyi rya nyuma y'amahugurwa: Ni iki twize?**

#		Yego	Oya	Simbizi
1.	Akamaro k'itsinda ry'ubufasha mu bijyanye no kugaburira umwana muto (IYCF) ni ukungurana inararibonye ku byerekeranye n'imigenzereze yo kugaburira abana bato.			
2.	Kugaburira umwana nabi mu myaka 2 ya mbere y'ubuzima bwe bigira ingaruka ku mikurire ye n'iy'ubwonko bwe.			
3.	Umwana ufite hagati y'amezi 6 n'amezi 9 akenera kurya byibura inshuro 3 ku munsi ziyyongera ku kumwonsa.			
4.	Umugore utwite akenera kurya indi ndyo imwe ku munsi ziyyongera ku byo yari asanzwe arya.			
5.	Impinja zimaze amezi 4 zivutse, zikenera amazi n'ibindi binyobwa byiyongera ku mashereka.			
6.	Kubwira gusa umubyeyi uko agomba kugaburira umwana we ni bwo buryo bukwiye bwo guhindura imigenzereze ikoreshwa mu kugaburira abana bato.			
7.	Umugore urwaye indwara z'imirire mibi ashobora kugira amashereka meza bihagije yo konsa umwana we.			
8.	Uko umwana arushaho konka amashereka menshi, ni ko umubiri w'umubyeyi urushaho gukora amashereka menshi.			
9.	Umubyeyi ufite umwana urwaye agomba gutegereza ko umwana akira kugirango abone kumugaburira ibiryo bifashe.			
10.	Igihe umwana agejeje ku mezi atandatu, ibiryo bya mbere ahabwa bigomba kuba byoroshye nk'amashereka kugirango atagira ingorane zo kubimira.			
11.	Mu mezi atandatu ya mbere, impinja ziba mu duce dushyuha zikenera kunywa amazi yiyyongera ku mashereka.			
12.	Umwana muto (ufite guhera ku mezi 6 kugeza kuri 24) ntagomba kugaburirwa ibiryo bikomoka ku matungo nk'amagi cyangwa inyama.			
13.	Uruhinja rukimara kuvuka rugomba buri gihe konswa amashereka y'umuhondo.			
14.	Umubyeyi wanduye virusi itera SIDA ntagomba konsa na rimwe.			
15.	Abagabo bagomba kugira uruhare rukomeye mu bijyanye no kugaburira abana bato.			
16.	Kwitabira buri gihe ibikorwa byo gukurikirana no guteza imbere imikurire y'umwana utarageza ku myaka 2 bishobora gutuma ibibazo afite mu rwego rw'imirire bimenyekana.			

### **Igenzura rya Nyuma y'Amahugurwa**

Shyira ikiményetso ✓ mu kazu kajyanye n'uburyo ubona ibi bikurikira:

	<b>Byiza</b>	<b>Biri mu rugero</b>	<b>Ntibihagije</b>
Ibyari bitegerezwe mu mahugurwa			
Uburyo bwakoreshejwe			
Ibikoresho byakoreshejwe			
<b>Kwimenyereza hanze</b>			

1. Ni ayahe masomo wasanze ari ingirakamaro kurusha ayandi?

2. Ni izihe nama watanga kugirango amahugurwa arusheho kunoga?

Ibindi bitekerezo:

## **IMIGEREKA**

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### **Umugereka wa 1: Intambwe 7 zo gutegura amahugurwa/Kwiga**

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**Inde:** Abahugurwa (tekereza ku bushobozi bwabo, ibyo bakeneye n’ibyo bafite) n’Abahugura/Uhugura

**Kuki:** Intego rusange y’amahugurwa n’impamvu akenewe

**Ryari:** Ingengabihe igomba kugaragaza umubare w’amasaha n’ibiruhuko, igihe cyo gutangirira no kurangiza buri munsi kimwe n’amasaha yo kwimenyereza

**Ahantu:** Ahantu n’ibyangombwa bihaboneka, ibikoresho, uko icyumba cy’amahugurwa giteguye kimwe n’ahakorerwa imyimenyerezo, byose bikaba bisobanuye mu buryo burambuye.

**Iki:** Ubushobozi, ubumenyi n’uko abahugurwa babona ibintu bagomba kuvana mu kigisho – ibikubiye mu isomo (ni ngombwa kuzirikana uburebure bw’amahugurwa igihe ufata icyemezo ku bijyanye n’uko ikigisho kingana)

**Akamaro:** intego z’amahugurwa — icyo abahugurwa bazaba babasha gukora nyuma y’amahugurwa

**Mu buhe buryo:** Ni ibikorwa byo kwiga bizafasha abahugurwa kugera ku bushobozi bwo kugira “Akamaro”.

#### **Icyitonderwa:**

- Kugirango abashe kumenyereza Abahugurwa mu buryo bufatika, Uhugura agomba kujyana ahakorerwa akazi abahugurwa bari hagati ya 5 na 7 gusa.
- Tanga igihe gihagije cy’urugendo rwo kujya cyangwa kuva aho imyimenyerezo ikorerwa.
- Teganya igihe cyo guvugana uko isura ry’ahakorerwa akazi ryagenze no kunguranaho ibitekerezo.
- Menya neza ingengabihe y’akazi y’aho uzasura.

**Umugereka wa 2: Uruhare n'Inshingano Mbere y'Amahugurwa, hagati mu Mahugurwa na Nyuma yayo**

Abakozi	Mbere y'amahugurwa	Hagati mu mahugurwa	Nyuma y'Amahugurwa
Ubuyobozi <sup>11</sup>	<ul style="list-style-type: none"> <li>Kumenya ibitegerezwe bizava mu mahugurwa (umusaruro)</li> <li>Gusuzuma ibikenewe n'ibiyihutirwa (kumenya ikitabu)</li> <li>Gufata ingamba zo kugera ku bitemezwe harimo n'amahugurwa yo gukarishya ubumenyi kimwe n'ikurikirana rya nyuma y'amahugurwa</li> <li>Gukorana n'indi miryango n'abaterankunga</li> <li>Gushyiraho no kwemeza uburyo buhoraho bwo gukurikirana no gufasha abahuguwe mu kazi kabozu</li> <li>Gutanga ibikenewe</li> <li>Kwita ku bibazo bijyanye n'ubuyobozi n'ibikoresho</li> </ul>	<ul style="list-style-type: none"> <li>Gushyigikira igikorwa</li> <li>Kugumana n'abahuguwe</li> <li>Kwakira raporo bahabwa ku migendekere y'amahugurwa</li> <li>Gukurikirana no gutanga buri gihe ubufasha bwo kunzoza amahugurwa</li> <li>Gushishikaza</li> <li>Iyo ubuyobozi buhari bigaragaza ko bubifitemo uruhare ( kwigomwa igithe n'ingufu)</li> </ul>	<ul style="list-style-type: none"> <li>Kuyobora uwahuguwe</li> <li>Gushimangira imyitwarire</li> <li>Gutegura imirimio yo kwimenyereza</li> <li>Gutegereza inozwa</li> <li>Gushyigikira imikoranire hagati y'abahuguwe</li> <li>Gushyira mu gaciro</li> <li>Gukoresha ibyangombwa bihari</li> <li>Gukora igenzura rishyigikira rihoraho no kuyobora</li> <li>Gushishikaza</li> <li>Kugenzura buri gihe no kunzoza amahugurwa</li> </ul>
Uhugura	<ul style="list-style-type: none"> <li>Kumenya abahuguwe ( ibyo bazi n'umubare w'abahuguwe)</li> <li>Gutegura ibikubiye mu isomo (kwibanda gusa ku BIGOMBA gukorwa)</li> <li>Gutegura ibikubiye mu isomo byo gushyira mu bikorwa umurimo w'abahuguwe</li> <li>Gutegura amasuzumabumenyi ya mbere na nyuma y'amahugurwa, imfashanyigisho ndetse n'amalitsiti y'ikitegererezo</li> <li>Guhitamo ibikorwa, kuvanga uburyo bwo kwigisha no gukoresha imfashanyigisho</li> <li>Gutegura gahunda y'amahugurwa</li> </ul>	<ul style="list-style-type: none"> <li>Kumenya ibyo abahuguwe bize</li> <li>Kugaragaza imirimio n'inshingano zigomba kwigwa</li> <li>Gushimangira ikizere n'icyubahiro</li> <li>Gukoresha ingero nyinshi</li> <li>Gukoresha imyigishirize igenewe abantu bakuru</li> <li>Gukora imyimenyerezo imeze nk'uko ibantu bisanzwe bigenda ku kazi</li> <li>Kugenzura imigendekere y'amahugurwa umunsi ku wundi</li> <li>Gukoresha amahugurwa yibanda ku kibazo</li> <li>Gukorera mu itsinda n'abandi bahugura (ikipe imwe)</li> </ul>	<ul style="list-style-type: none"> <li>Kwibutsa ibijyana n'ikurikirana cyangwa gukemura ibibazo</li> </ul>

<sup>11</sup>Ubuyobozi burimo abafatanyabikorwa, za minisiteri, amashyirahamwe, abagenzuzi/ abayobozi

Abakozi	Mbere y'amahugurwa	Hagati mu mahugurwa	Nyuma y'Amahugurwa	
Uhugurwa	<ul style="list-style-type: none"> <li>Kumenya akamaro k'amahugurwa n'uruhare kimwe n'inshingano nyuma y'amahugurwa ( icyo uhugurwa ategereje mu mahugurwa kijyana n'akazi ke)</li> <li>Kumva ko amahugurwa azafasha uhugurwa kongera ubushobozi ku kazi</li> <li>Kugira abakorerabushake mu mudugudu “bitoranyije”</li> <li>Kuzana ibikoresho bya ngombwa byo gukoreshereza hamwe n'abandi</li> </ul>	<ul style="list-style-type: none"> <li>Guhuza amahugurwa n'ibikenewe</li> </ul>	<ul style="list-style-type: none"> <li>Gukora igenamigambi ry'ibikorwa</li> <li>Gutanga ingero zituma amahugurwa ajyana n'ibihe urimo (cyangwa zana mu mahugurwa ingero zituma ubona ibisubizo nyakuri kandi wongeremo ibyavuye mu bushakashatsi bwigisha bwakorewe mu karere kanyu kugirango ubone ingero zikwiye)</li> </ul>	<ul style="list-style-type: none"> <li>Kumenya igitegerezwe mu mahugurwa no gukomeza ubushobozi bunoze</li> <li>Shyira mu gaciro</li> <li>Kwimenyereza kugirango uhindure ubushobozi bushya mo akamenyero</li> <li>Kuba witeguye kubazwa ku bijyanye n'imikoreshereze y'ubushobozi wahawe</li> </ul>
Ubuyobozi n'Uhugura	<ul style="list-style-type: none"> <li>Gushyiraho ibigenderwaho mu gutoranya</li> <li>Gushyiraho ibigenderwaho mu gusuzuma</li> <li>Gushyiraho ibigenderwaho mu guhitamo ahakorerwa imirimo, ibigomba kugurwa, ibikoresho, n'ibyifashishwa mu kazi</li> <li>Kugaragaza imirimo n'inshingano zigomba kwigwa</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> </ul>	<ul style="list-style-type: none"> <li>raporo y'uko ibintu bimeze</li> <li>Kugenzura umusaruro mu kazi</li> </ul>	
Ubuyobozi n'Uhugurwa	<ul style="list-style-type: none"> <li>Gukora isesengura ry'ibigomba kwigwa rijyanye n'igihe</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> <li>Gusuzuma umusaruro ku kazi</li> </ul>	
Ubuyobozi n'uhugura n'Uhugurwa	<ul style="list-style-type: none"> <li>Gusuzuma ibikenewe</li> <li>Guha amahugurwa intego</li> <li>Gushyiraho intego zihariye</li> <li>Gushyiraho iminsi, ibihe, n'ahantu ( RYARI, HEHE)</li> <li>Gushyiraho no kugendra ku buryo buhoraho bwo kugenzura cyangwa kuyobora/gutanga ubufasha ku kazi</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> <li>Gusuzuma umusaruro ku kazi</li> <li>Kugendra k'uburyo buhoraho mu bijyanye no kugenzura no kuyobora/gutanga ubufasha mu kazi</li> </ul>	
Uhugura n'Uhugurwa	<ul style="list-style-type: none"> <li>Gutanga raporo ku isuzuma ry'ibikenewe</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> </ul>	<ul style="list-style-type: none"> <li>Gutanga raporo y'uko ibintu bimeze</li> <li>Gusuzuma uko ibintu byagenze (evaluation)</li> </ul>	

### Umugereka wa 3: Urutonde rw'ibikoresho by'amahugurwa

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#### **Gutegura icyumba cy'amahugurwa:**

- Abahugura n'Abahugurwa bicara bakoze uruziga ( nta ameza arimo)
- Ameza (6-8) anyanyagizwa ku mpande z'icyumba cy'amahugurwa kugirango imirimbo y'amatsinda no guhugura bishobore gutegurwa
- Byaba byiza kurushaho: gusiga umwanya ku bikuta wo kumanikamo ibikoresho za fulipucati

#### **Ibikoresho:**

- **Igitabo cy'Uhugura** : 1 k'Uhugura
- **Imfashanyigisho z'amahugurwa:** 2 kuri buri mahugurwa
- **Igitabo cy'Uhugurwa:** 1 ku Mujyanama/ Uhugurwa
- **Imbonerahamwe y'Imfashanyigisho z'Ubujuyanama n'Ubutumwa bw'ingenzi:** Imwe k' Uhugura n'imwe k' uhugurwa
- **Depuliya zitahanwa:** Imwe ya buri bwoko k'Uhugura n'Uhugurwa
- Kuvuga amazina y'ibikoresho: [Urugero., impapuro zikomeye, perforateur, ibikwasi]
- Amafishi yo kwisuzuma ubushobozi
- Amabara akoreshwa mu gutegura gahunda abahugurwa bagizemo uruhare – Visualisation in participatory programming -VIPP cards ( ingero zinyuranye cyangwa impapuro z'amabara za bristol zikomeye)
- Impapuro za fulipucati , ibikoresho cyabugenewe zimanikwaho : 4
- Amakaramu ya marikeri: umukara, ubururu, icyatsi kibisi; izitukura nke
- Papier collant , cyangwa kole (colle/glue), agraffeuse, agraffes, imakasi
- Amabahasha manini ajyamo ibikoresho byo gutegura isomo ryihariye
- Inyigo z'ingero runaka ku mihindukire y'imyitwarire
- Amapupe; cyangwa amasume n'ibitambaro byo gusiba: kimwe ku bahugurwa 2
- Ibirahure bitatu bibonerana (bingana)
- Amabase akoreshwa mu karere n'amasaduriya/ ibiyiko
- Ubwoko bunyuranye bw'ibiribwa biboneka mu karere
- Ibikombe bikoreshwa mu karere (ingero zinyuranye harimo kimwe cya ml 250)
- Inyigo z'ingero runaka z'ubujuyanama (impapuro zanditseho inyigo z'ingero runaka)
- Imfashanyigisho zirebana na virusi itera SIDA
- Inyemezabumenyi (ni ngombwa)
- Ifishi y'imikurire y'umwana
- Regisiteri yo ku mdugudu
- Ibibimisho bya MUAC
- Umunzani wa Salter
- Ibikwasi byo gufata uturanagamazina

#### **Ibikorwa byo kwimenyereza:**

- Guteganya uburyo bwo gutwara abantu
- Amakopi y'inyongera y'ibikoresho:
  - Igitabo cy'Uhugura 10.1: *Gusuzuma umwana na nyina mu bijyanye n'imirire y'Umwana Muto*
  - Imfashanyigisho z'Uhugurwa 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto*
  - Imfashanyigisho y'Uhugurwa 12.2: *Ibiranga itsinda ry'ubufasha mu bijyanye n'imirire y'umwana muto*
  - Imfashanyigisho y'Uhugurwa 12.4: *Kwitabira imirimo y'Itsinda ry'ubufasha mu bijyanye n'imirire y'Umwana Muto*
  - Imfashanyigisho y'Uhugurwa 13.1: *Ifishi ngenderwaho mu kuyobora ikiganiro mu itsinda: inkuru, ikinamico, cyangwa amashusho ukoresha intambwe Itegerezze, Tekerezza, Gerageza, kandi Ucore*

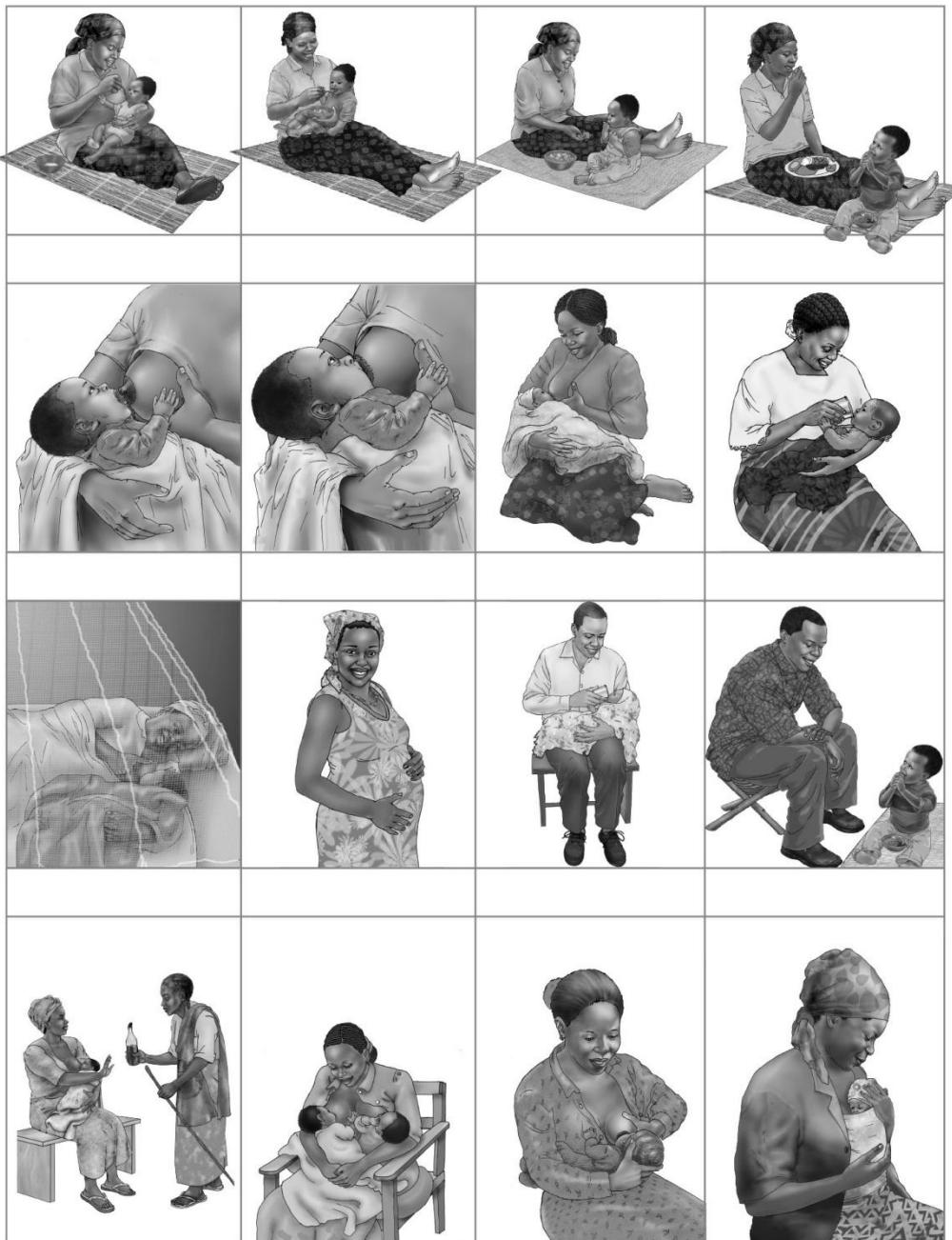
#### **Ibyicaro by'ahakorerwa ubujuyanama:**

- Imikeka/ibirago, inteve cyangwa byombi

## Training aids by session<sup>12</sup>

### Isomo rya 1

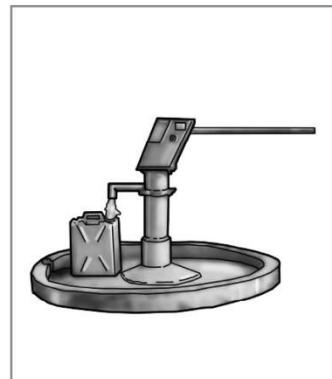
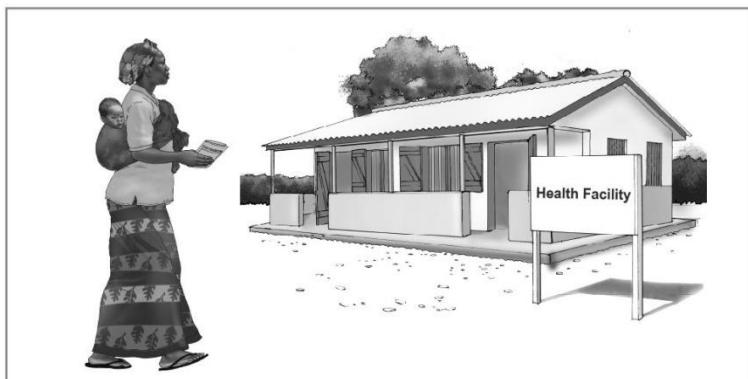
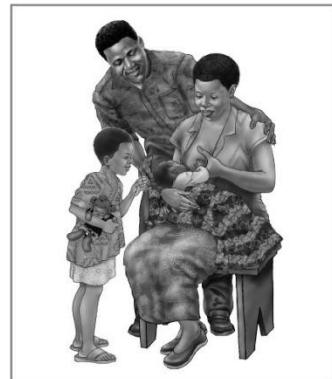
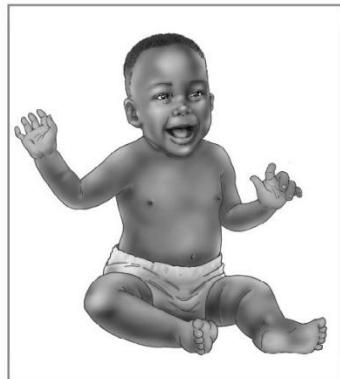
Amashusho 16 ku mirire y'abana bato akoreshwa mu kwibwirana  
kw'Abahugurwa n'Abahugura (umukino wo guhuza ibice by'amashusho  
ngo bireme ishusho yuzuye)



<sup>12</sup> Individual food images can be used in several sessions

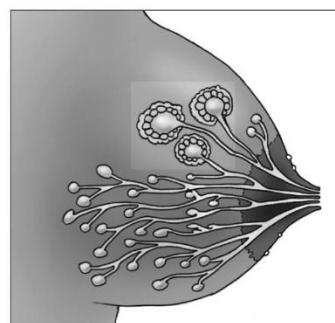
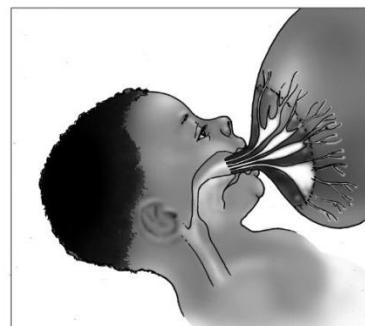
## **Isomo rya 2**

Ishusho y'umwana ufite imirire myiza, umubyeyi uri gutanga ifashabere, umubyeyi uri konsa akikijwe n'umuryango we, umubyeyi ujyanye umwana we ku ivuliro n'amazi/isukura.



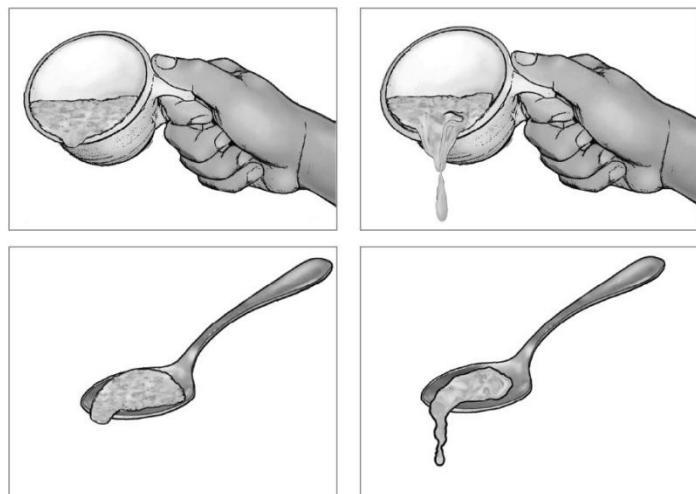
### **Isomo rya 6**

Gushyira umwana ku ibere neza no kurimushyiraho nabi; imiterere y'ibere (igice cy'imbere)



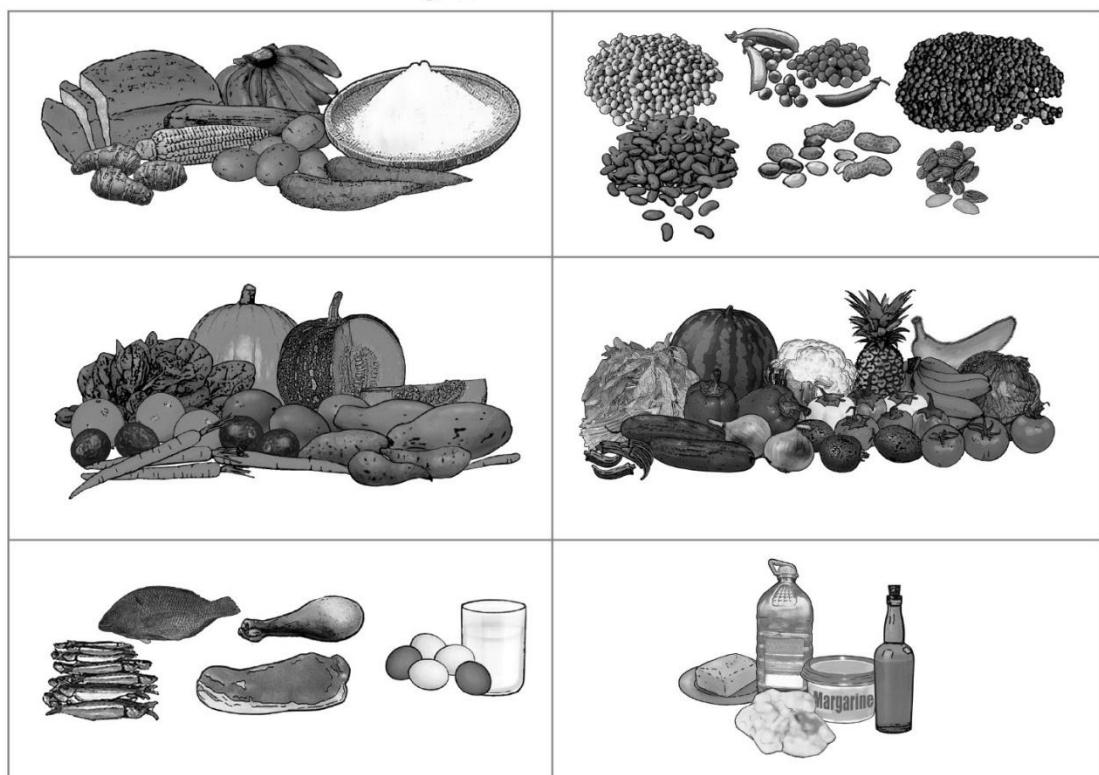
### Isomo rya 7

Amashusho yerekana uko igikoma gifashe – igikoma cyiza n'igikoma kibi (igikombe n'ikiyiko)



### Isomo rya 7

Amashusho yerekana ibice ibiribwa birimo (ibiribwa by'ibanze, ibinyamishogwe n'impeke, imbuto n'imboga zikungahaye kuri vitamin A, ibiribwa bikomoka ku matungo), n'amavuta



### **Isomo rya 9**

Ibere ryatariranye (amashereka yuzuriranye), udusebe no gusatagurika imoko, kuziba kw'imiyoboro y'amashereka na masitite



Photo by Mwate Chintu

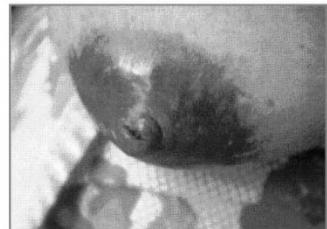


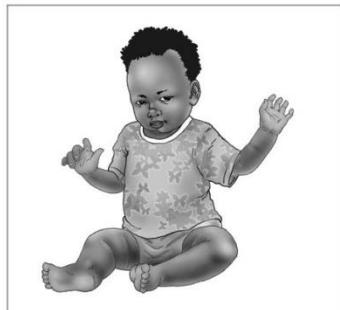
Photo by F. Savage King



Photo by F. Savage King

### **Isomo rya 14**

Ishusho y'umwana ufile imirire myiza, umwangavu, umugore, n'umugore utwitwe



## Umu gerekwa wa 4: Igenzura

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### Intego “z’ingenzura rigamije gutanga ubufasha”

1. Yobora, fasha kandi ukundishe abakozi n’abajyanama b’ubuzima gukora imirimo bashinzwe
2. Hugurira abakozi kongera umusaruro (kuzamura ubushobozi n’ubumenyi bw’abakozi n’abajyanama b’ubuzima). Inzira bishobora gukorerwamo:
  - Amasura y’igenzura yateguve ku bakozi ku gitu cyabo
  - Amasura y’igenzura atarateguve ku bakozi ku gitu cyabo
  - Amahugurwa yo gusubiramo abera ku kazi
  - Ibiganiro by’igenzura ry’amatsinda agamije gukemura ibibazo runaka
3. Kugenzura no gukora rapor kuri ibi bikurikira mu karere ushinzwe kugenzura (uko bishoboka):
  - Gushyira mu bikorwa:
    - Amahugurwa y’abahugura
    - Amahugurwa y’Abajyanama mu bijyanye n’Imirire y’Umwana Muto
    - Amahugurwa y’abahugura amatsinda y’ubufasha y’ababyeyi
    - Ibiganiro by’ubujyanama bwhite
    - Ibiganiro by’amatsinda agamije igikorwa runaka
    - Ibiganiro by’amatsinda y’Ubufasha y’ababyeyi
    - Ibindi bikorwa
  - Uburyo washoboye kugera ku bantu mu karere ushinzwe kugenzura:
    - Ijanisha ry’ababyeyi bakorewe ubujyanama bwhariye, ibiganiro by’amatsinda y’ubufasha y’ababyeyi, ibiganiro by’amatsinda agamije igikorwa runaka, ibindi (ukoreshje uburyo bwo kujonjora hakurikijwe ubwiza bwasezeranyijwe LQAS (Lot Quality Assurance Sampling) nk’urugero, kumenya igihe cyo gukorera rapor)
  - Ibyagezweho muri gahunda y’imirimo mu karere ugenzura:
    - Kuba abahugurwa babasha kumva ubusobanuro bw’ingenzi, gufata amakuru y’ingenzi (hakoreshje uburyo bwo kujonjora hakurikijwe ubwiza bwasezeranijwe LQAS nk’urugero; kumenya igihe cyo gukorera rapor)

### Amalisi y’Igenzura

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Gukoresha iyi lisiti bivuga ko ibikorwa n’intego z’ibikorwa by’igenzura byashyizweho kandi ko uburyo bwo kugenzura nabwo bwashyizweho. Hindura iyi lisiti maze uyihuze na gahunda yawe uko bikwiye.

### ***Ibikenewe mu mahugurwa (mu karere k’igenzura)***

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- Umubare b’abajyanama mu by’Imirire y’Abana Bato ukenewe mu karere k’igenzura (kugena uwo mubare hamwe n’Umuyobozi wa Porogramu)
- Umubare w’abajyanama bari ku kazi kabu igihe cyo gukora rapor
- Ijanisha ry’umubare w’abajyanama bahuguwe mu bijyanye n’Imirire y’Umwana Muto bari ku kazi mu gihe kirebana n’iyo rapor

- 
- Umubare ukenewe w'abayobozi b'amatsinda y'ubufasha y'ababyeyi mu karere k'igenzura
  - Umubare w'abayobozi b'amatsinda bari ku kazi kabo mu gihe kirebana n'iyo raporo
  - Ijanisha ry'umubare w'abayobozi b'amatsinda y'ubufasha y'ababyeyi bahuguwe

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### Ishyirwa mu bikorwa rya Gahunda: Imirimo y'Igenzura

#### A. **Lisiti yimirimo igomba gukorwa mu isura ryo kugenzura ufatanyije n'Umujyanama mu bijyanye n'imirire y'Umwana Muto**

- Gushyiraho gahunda y'isura ryo kugenzura ufatanyije n'umujyanama
- Kwitegereza ikiganiro cy'ubujyanama cyose mu bijyanye n'imirire y'Umwana Muto
- Kuzuza ifishi ireberwaho ibyakozwe (Igitabo cy'Uhugura 10.2: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'usuzuma umwana na nyina ku bijyanye n'imirire y'umwana muto*)
- Kuganira ku makuru ari ku malisiti areberwaho ibyakozwe no kubyunguranaho ibitekerezo n'umujyanama
- Kubwira umujyanama uko ibantu bimeze
- Kwakira ibitekerezo by'umujyanama
- Kureba ibyo umujyanama akeneye gufashwamo
- Ibikorwa bikenewe (itariki n'umuntu ubishinzwe): \_\_\_\_\_; \_\_\_\_\_
- Itariki yashyizweho yo gukora isura ry'igenzura rikurikiraho: \_\_\_\_\_
- Umukono w'Umujyanama mu Mirire y'Umwana Muto yemeza ko yakorewe igenzura: \_\_\_\_\_
- Umukono w'umugenzu: \_\_\_\_\_
- Gushyikiriza raporo Umuyobozi wa Porogaramu (itariki): \_\_\_\_\_, \_\_\_\_\_

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#### Lisiti yimirimo igomba gukorwa mu isura ryo kugenzura hamwe n'Umuyobozi w'itsinda ry'ubufasha ry'ababyeyi

- Gushyiraho gahunda y'isura ryo kugenzura ufatanyije n'Umuyobozi w'itsinda ry'ubufasha
- Kwitegereza ikiganiro cy'itsinda ry'ubufasha cyose
- Kuzuza lisiti y'ikitegererezo (Igitabo cy'Uhugurwa 12.3: *Ifishi ireberwaho ibyakozwe/ibitakozwe n'umuyobozi w'ikiganiro mu itsinda ry'ubufasha mu bijyanye n'imirire y'umwana muto*)
- Kuganira ku makuru ari ku mafishi areberwaho ibyakozwe/ibitakozwe no kubyunguranaho ibitekerezo n'umuyobozi w'itsinda
- Kubwira umuyobozi w'itsinda uko ibantu bimeze
- Kwakira ibitekerezo by'umuyobozi w'itsinda
- Kureba ibyo Uhugura akeneye gufashwamo
- Ibikorwa bikenewe (itariki n'umuntu ubishinzwe): \_\_\_\_\_; \_\_\_\_\_
- Itariki yashyizweho yo gukora isura ry'igenzura rikurikiraho: \_\_\_\_\_
- Umukono w'umuyobozi w'itsinda yemeza ko yakorewe igenzura: \_\_\_\_\_
- Umukono w'Umugenzu: \_\_\_\_\_
- Gushyikiriza raporo Umuyobozi wa Porogaramu (itariki): \_\_\_\_\_, \_\_\_\_\_

### Igenzura ry'umugenzi

Dosiye:

- Gukusanya amafishi y'igenzura ry'ibiganiro by'Ubujyanama mu bijyanye 'Imirire y'Umwana Muto ahawe n'Umujyanama (nyuma y'igihe kigenwe)
- Gukusanya Amafishi yujujwe yo kugenzura Ubwitabire bw'Amatsinda y'Ubufasha (*Igitabo cy'Uhugurwa* 12.4: Kwitabira imirimo y'Itsinda ry'Ubufasha mu bijyanye n'imirire y'umwana muto) yuzuzwa n'umuyobozi w'itsinda (akusanywa nyuma y'igihe kigenwe )

Uko abantu gahunda igeraho bangana:

- Ijanisha ry'ababyeyi mu karere k'igenzura bahabwa ubujyanama mu bijyanye n'Imirire y'Umwana Muto (nyuma y'igihe kigenwe)
- Ijanisha ry'ababyeyi mu karere k'igenzura bitabira imirimo y'itsinda ry'ubufasha ry'ababyeyi (nyuma y'igihe kigenwe)

### Ikurikirana ry'igenzura ry'ibikorwa rikozwe n'Umuyobozi wa Porogaramu

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#### Amahugurwa

- Amahugurwa y'Abahugura: ijanisha ry'umubare wose w'abahugura bahuguwe
- Amahugurwa y'Abajyanama: ijanisha ry'umubare w'abajyanama bahuguwe (mu karere k'igenzura)
- Amahugurwa y'Abahugura: ijanisha ry'umubare wose w'Abahugura bahuguwe (mu karere k'igenzura)

#### Igenzura rya Porogaramu

Igenzura ry'Abajyanama mu bijyanye n'Imirire y'Abana Bato rikorwa n'Ubuyobozi bwa Porogaramu:

- Ijanisha ry'Abajyanama mu by'Imirire y'Abana Bato basurwa n'ubugenzuzi byibura rimwe mu gihe runaka cyemeranyijweho (gushyiraho igihe; urugero: igihembwe ).

Igenzura ry'Abayobozi b'amatsinda y'ubufasha y'Ababyeyi rikorwa n'ubuyobozi bwa Porogaramu:

- Ijanisha ry'abayobozi b'amatsinda y'ubufasha y'ababyeyi basurwa n'ubugenzuzi byibura rimwe mu gihe runaka cyemeranyijweho

#### Gukora raporo

Itangwa ry'amafishi ya raporo

- Ijanisha ry'abagenzuzi buzuza kandi bagatanga amafishi ya raporo (gushyiraho igihe cyo gutanga raporo: mu gihe cy'iminsi runaka igenwe yo gutanga raporo)

## Umugereka wa 5: Amahame agenga imyigire y'abantu bakuru<sup>13</sup>

1. **Kuganira:** Imyigire y'abantu bakuru igerwaho neza hakoreshejwe ibiganiro. Abantu bakuru baba bafite inararibonye y'ubuzima ihagije ku buryo bashobora kuganira n'uhugura / umwigisha ku ngingo iyo ari yo yose kandi babasha kwiga neza uburyo bushya bwo kubona ibuntu cyangwa bakabasha kubona ubushobozi neza mu bijyanye n'ijo nararibonye y'ubuzima baba bafite. Uburyo bwo kuganira bugomba gushygikirwa no gukoreshwa mu myigishirize isanzwe, mu biganiro, mu mirimo y'ubujyanama bukorwa umuntu ku wundi cyangwa mu bihe ibyo ari byo byose abantu bakuru bigiramo.
2. **Gutunganya neza aho umuntu yigishirizwa n'inzira yo kubigeraho:** Reka abantu bisanzure n'ijo baba bakora amakosa. Abantu bakuru bafata ikigisho neza iyo bumva bamerewe neza ku **mubiri** no mu **mitekerereze** yabo.
  - Imiterere y'ahatangirwa amasomo (igipimo cy'ubushyuhe, umuyaga uri aho bigira, umubare w'abanyeshuli munini mu cyumba cy'amasomo, ndetse n'urumuri) bishobora kugira ingaruka ku myigire.
  - Imyigire igenda neza iyo ari nta birangaza bihari.
3. **Icyubahiro:** Ha agaciro gakwiye uruhare rw'abanyeshuli n'inararibonye mu buzima. Abantu bakuru biga neza iyo inararibonye yabo yemewe kandi amakuru mashya yubakira ku bumenyi bwabo no ku nararibonye yabo ya cyera.
4. **Kwemera:** Abanyeshuri bakenera gushimagizwa, yemwe no ku dukorwa duto bagerageza.
  - Abantu bakenera kumenya neza niba bibuka cyangwa bakoresha neza ibyo bize.
5. **Uko ibyigwa bikurikirana no kubishyira mu bikorwa:** Tangirira ku bitekerezo cyangwa ubushobozi bworoshye kurusha ubundi noneho ubishingireho. Tangiza iby'ingenzi. Shyira mu bikorwa ibitekerezo n'ubushobozi bw'ingenzi inshuro nyinshi. Abantu bafata vuba kurushaho iyo bahawe amakuru cyangwa ubushobozi mu buryo bufite gahunda.
6. **Imyimenyerezo:** Imyimenyerezo ibanza gukorerwa ahantu hatekanye (heza) noneho igakomereza ahantu hahuye n'ukuri ko ku kazi
7. **Ibitekerezo, uko umuntu yumva ibuntu, n'ibikorwa:** Kwiga bikorerwa mu gutekereza, kumva ibuntu no kugira ibikorwa kandi bigenda neza kurushaho igihe bibereye muri izo ngingo zose uko ari eshatu.
8. **Itegeko rya 20/40/80:** Abiga babasha kwibuka neza ibyo biga iyo hakoreshejwe amashusho mu gufasha ikigisho cyo mu magamabo kandi bakarushaho gufata neza iyo bimenyereje ubushobozi bushya. Twibuka 20% by'ibyo twumva, 40% by'ibyo twumva kandi tubona, na 80% by'ibyo twumva, tubona kandi dukora.
9. **Ibikwiranye n'inararibonye ya cyera:** Abantu bafata vuba iyo amakuru cyangwa ubushobozi bushya bujyanye n'ibyo basanzwe bazi cyangwa bashoboye gukora.

<sup>13</sup> Byavanywe muri J. Vella. 1994. *Learning to Listen, Learning to Teach.*

**Akamaro k'ako kanya:** Abiga bagomba kubona ako kanya uburyo bwo gukoresha no gushyira mu bikorwa ibyo bize ku kazi kabu cyangwa mu buzima bwabo.

**Akamaro ko mu gihe kizaza:** Muri rusange abantu bafata vuba igihe basanga ko ibyo biga bizagira akamaro mu bihe biri imbere.

10. **Gukorera mu matsinda:** Fasha abantu kwigiranaho no gufashanya gukemura ibibazo. Ibi bituma abiga bahuza ikigisho n'ubuzima busanzwe ku buryo bworoshye.

11. **Kwinjiza abanyeshuli mu gikorwa cyo kwiga:** Injiza amarangamutima n'ubwenge bw'abanyeshuli mu murimo wo kwiga. Abantu bakuru bakunda **kugira uruhare** mu myigire yabo aho gutsindagirwamo ubumenyi gusa bo ari nta ruhare babigizemo. Abantu biga vuba kurushaho iyo bakoresha amakuru, bakemura ibibazo, cyangwa bakimenyereza ubushobozzi bushya.

12. **Kubazwa ibyo wakoze:** Menya niba abanyeshuli bumva kandi bazi gushyira mu bikorwa ibyo bize.

13. **Gushishikara:** Ubushake bwo kwiga

- Abantu biga vuba kurushaho kandi neza iyo babishaka. Ingorane uhugura akunze guhura nayo ni ugushobora gushyiraho umwuka utuma abantu bagira ubushake bwo kwiga.
- Kwiga ni umurimo karemano w'ibanze ku bantu kimwe no kurya cyangwa gusinzira.
- Abantu bamwe bakunda kwiga kurusha abandi, kimwe n'uko abantu bamwe basonza kurusha abandi. No mu muntu ku gitit cye, harimo inzego zinyuranye z'ubushake bwo gukora ikintu runaka (motivation).
- Aya mahame yose yavuzwe azafasha umunyeshuli kugira ubushake bwo kwiga.

14. **Kumvikana**

- Ubutumwa bugomba kuba bwumvikana.
- Amagambo kimwe n'imyubakire y'interuro bigomba kuba ari ibintu bimenyerewe. Amagambo y'amanyamyuga agomba gusobanurwa kandi hagakorwa igenzura kugirango barebe niba yumvikanye.
- Ubutumwa bugomba gutangwa mu MASHUSHO.

15. **Kureba uko amasomo yumvikanye:** Kureba uko amasomo yumvikanye bituma umunyeshuli amenya ibyo ashobora n'ibimunanira.

## Umugereka wa 6: Uburyo bwo guhugura: inyungu, inzitizi, n'ibikorwa byo kunoza uburyo bwo guhugura

Uburyo bwo guhugura	Inyungu	Inzitizi	Ibikorwa byo kunoza uburyo bwo guhugura
<b>Kungurana ibitekerezo mu matsinda mato agizwe n'abahugurwa baturenze 7 bungurana ibitekerezo kandi bagakora incamacye y'insanganyamatsiko runaka. Itsinda ryitoramo umuyobozi, umwanditsi, n'undi mutu ugeza ku ihuriro rusange ibikorwa by'itsinda.</b>	<ul style="list-style-type: none"> <li>Bishobora gukorwa igihe icyo ari cyo cyose n'ahantu aho ari ho hose</li> <li>Bituma habaho kuganira mu nzira 2</li> <li>Bituma abagize itsinda bumva ibitekerezo by'abandi kandi rimwe na rimwe bagashobora kumvikana ku buryo bworoshye</li> <li>Bituma abagize itsinda bashobora gufata imirimo inyuranye, urugero: umuyobozi, umwanditsi) igihe bimenyereza uburyo bwo guhugura.</li> <li>Bituma habaho kugira uruhare mu biri kuba</li> <li>Bituma abahugurwa babaza kandi bagasobanukirwa n'ingingo ziba zitumvikana neza.</li> <li>Kenshi na kenshi bituma abantu bumva bakumiriwe nabo bagira uruhare</li> <li>Bituma bumva basangiye umurimo kandi bakiyumva mo ubuvandimwe</li> <li>Bituma abahugurwa batekereza, biga, kandi bagakemura ibibazo</li> </ul>	<ul style="list-style-type: none"> <li>Abantu bakomeye bashobora kuganza abandi mu itsinda.</li> <li>Bamwe mu bagize itsinda bashobora gutuma riteshuka ku nt ego yaryo.</li> <li>Bamwe mu bahugurwa bashobora kugerageza gukomeza kwikorera gahunda zabo bwite.</li> <li>Hashobora kuvuka amakimbirane kandi bikarangira adakemuwe.</li> <li>Ibitekerezo bishobora kunigwa n'inararibonye cyangwa imyumvire y'abahugurwa.</li> </ul>	<ul style="list-style-type: none"> <li>Gukora incamacye y'intego y'ikiganiro no kwandika ibibazo n'ibikorwa ku buryo bwumvikana kugirango ikibandwaho n'imyubakire y'isomo bishobore kugaragara.</li> <li>Gukora amategeko ngenderwaho (urugero, ikinyabupfura, guhana ijambo, gukora ku buryo kuri buri wese habaho umwumvikano ku bijyana n'imyanzuro) mu ntangiro y'isomo.</li> <li>Guha igihe gihagije buri tsinda kugirango rirangize umurimo waryo no kuvuga uko byagenze.</li> <li>Kuvuga igihe gisigaye buri kanya.</li> <li>Kureba niba abahugurwa bagabana cyangwa bahinduranya imirimo.</li> <li>Kumenya amakimbirane ashobora kuvuka n'ingaruka ashobora kugira ku ruhare rw'itsinda mu ihuriro rusange.</li> <li>Kugera ku myanzuro ariko hirindwa gusubiramo ingingo zavuzwe mu ihuriro rusange.</li> </ul>
<b>Amatsinda y'ibiganiro (abahugurwa 2–3)</b> ashobora gufasha abahugurwa kuganira ku buryo bakiriye amakuru bagejejweho aka kanya, gutanga ubusobanuro, guhana ingeri, no kubwirana buri wese ku nararibonye ye	<ul style="list-style-type: none"> <li>Bituma buri wese agira amahirwe n'igihe cyo kugira uruhare mu biri gukorwa.</li> <li>Bituma byoroha kungurana ibitekerezo, kubwirana ibyo babonye, no guhana amakuru</li> <li>Rimwe na rimwe habaho umwuka w'ubuwumvikane utuma ikizere kiyongera kandi bigafasha abahugurwa kuvuga icyo batekereza nta kwishishanya.</li> <li>Bituma ingufu ziyongera abahugurwa bagashobora kuvuga bakimara gutega amatwi amakuru.</li> <li>Bituma ari nta gihe gitakara wimura abahugurwa.</li> </ul>	<ul style="list-style-type: none"> <li>Kungurana ibitekerezo biragabanuka.</li> <li>Uko umuntu abona ibintu n'ibitekerezo bishobora kunigwa n'inararibonye y'abahugurwa.</li> <li>Abahugurwa bashobora guterwa uwoba n'abahugurwa bize kubarusha cyangwa bikabananira guhanganisha ibitekerezo nabo.</li> </ul>	<ul style="list-style-type: none"> <li>Kuvuga mu buryo bwumvikana insanganyamatsiko cyangwa ikibazo kigomba kunguranwaho ibitekerezo hamwe n'intego z'ikigisho.</li> <li>Gushishikariza abahugurwa guhana amakuru no kubwirana imitekerereze hagati mu nzego zinyuranye z'abahugurwa.</li> </ul>

Uburyo bwo guhugura	Inyungu	Inzitizi	Ibikorwa byo kunoza uburyo bwo guhugura
<b>Gushoza ibitekerezo:</b> Uburyo bwihuse bwo kumva no kwandika imitekerereze n'ibitekerezo by'abagize itsinda ku nsanganyamatsiko runaka bikajonjorwa, bikagibwaho impaka, kandi bikumvikanwaho. Imitekerereze n'ibitekerezo byose ni byiza.	<ul style="list-style-type: none"> <li>Bituma havugwa ibitekerezo byinshi ku buryo bwihuse</li> <li>Bituma abantu bafunguka (buri gitekerezo cyagombye kwakirwa, kandi bakirinda kunenga)</li> <li>Bituma buri wese agira uruhare mu biri kuba.</li> <li>Bituma umuntu abasha gutekereza no guhangha</li> <li>Bituma abantu bashobora kugira ibibahuza bitari byamenyekanye mbere</li> <li>Ni intango nziza yo gukomeza ibiganiro</li> <li>Bituma umuntu yigiramo ikizere, anakigirira itsinda kubera kubonera ibisubizo by'ibibazo mu itsinda</li> </ul>	<ul style="list-style-type: none"> <li>Ibitekerezo bitanzwe bishobora kunigwa n'inararibonye cyangwa imyumvire y'abahugurwa.</li> <li>Abantu bashobora kugira ipfunwe ko ntacyo bafite cyo kuvuga.</li> <li>Abagize itsinda bamwe bashobora kuganza abandi noneho abandi bakikura mo.</li> </ul>	<ul style="list-style-type: none"> <li>Vuga mu buryo bwumvikana itegeko riyana no gutekereza rivuga ko ari nta gitekerezo kitari cyo cyangwa kibi cyibaho.</li> <li>Kora ibishoboka byose kugirango habeho umwuka mwiza uzira iterabwoba, unenga ku buryo buri wese abasha kugira uruhare mu biba.</li> <li>Saba umukorerabushake kwandika ibitekerezo.</li> <li>Andika ibitekerezo mu magambo nyirizina ya nyirabyo.</li> <li>Vuga ko itsinda ryose rifite ububasha bwo gukoresha umwitoto wo gutekereza.</li> <li>Ha abahugurwa batagize icyo bavuga amahirwe yo gutanga uruhare rwabo.</li> </ul>
<b>Kungurana bitemkerezo mu ihuriro rusange:</b> Ihuriro ryose rirahura bakungurana ibitekerezo.	<ul style="list-style-type: none"> <li>Bituma abantu bagira uruhare mu itsinda ryose</li> <li>Bituma abahugurwa babasha gusubiza no kugira icyo bakora ku ruhare rw'abandi</li> <li>Bituma abahugurwa basuzuma ibyo amatsinda akeneye</li> <li>Bituma abantu bashobora kubona ibyo abagize irindi tsinda batekereza ku kibazo runaka.</li> <li>Bituma abantu ku giti cyabo cyangwa amatsinda ashobora gukora incamacye y'ikigisho</li> </ul>	<ul style="list-style-type: none"> <li>Ishobora gutwara gihe kinini</li> <li>Ntabwo iha umuntu wese uri mu itsinda umwanya wo gutanga uruhare rwe.</li> <li>Abantu bamwe bashobora kuganza abandi mu biganiro.</li> <li>Kugera ku bwumvikane bishobora kugorana iyo hagomba kugira icyemezo gifatwa.</li> <li>Bamwe mu bagize itsinda bashobora kurambirwa.</li> <li>Uruhare rw'abantu bacye mu bahugurwa rushobora gutuma habaho kwibeshya ko imbagya nyamwinshi bumvise ikibazo.</li> </ul>	<ul style="list-style-type: none"> <li>Shyiraho umuntu wo kwandika ingingo z'ingenzi z'ikiganiro.</li> <li>Shyiraho umuntu ukurikirana igihe gikoreshwa.</li> <li>Baza ibibazo bicye byo kunguranwaho ibitekerezo mu itsinda.</li> <li>Koresha amatsinda y'ibiganiro kugirango usesengure insanganyamatsiko mu mizi yayo.</li> <li>Saba abahugurwa badahuje ibitekerezo kuzana uruhare rwabo.</li> </ul>
<b>Udukinamico:</b> Kwigana ibihe runaka by'ubuzima bituma abahugurwa bagira amakuru arambuye ku "muntu" basabwa gukina.	<ul style="list-style-type: none"> <li>Dutuma ibiganiro bitangira</li> <li>Tuba dufite ubuzima kandi buri wese agira uruhare, dusenya ibikuta hagati y'abantu kandi tugeza imbere imikoranire.</li> <li>Dushobora gutuma abahugurwa babasha kunoza ubushoboz, uko babona ibintu, n'imyumvire mu bihe nyakuri</li> <li>Dukinwa mu buryo bw'ibiganiro (informal), dushobora guhuzwa n'ibihe abantu barimo kandi dusaba ibikoresho bicye kugirango dukanwe.</li> <li>Dutuma abantu bahanga</li> </ul>	<ul style="list-style-type: none"> <li>Birashoboka ko abantu bayumva nabi</li> <li>Kwishingikiriza ubushake bwiza n'icyizere hagati y'abagize itsinda</li> <li>Usanga isa n'ishaka koroshyia cyane cyangwa gukomeza cyane ibintu</li> </ul>	<ul style="list-style-type: none"> <li>Ubaka agakinamico neza, ukagire gato kandi karase ku ntego.</li> <li>Ha abahugurwa amabwiriza yumvikana kandi mu magambo macye.</li> <li>Fasha witonze gukemura ibibazo by'amarangamutima bivuka mu gihe cy'ibiganiro byo gukurikirana.</li> <li>Kugira uruhare bikorwa ku bushake.</li> </ul>

Uburyo bwo guhugura	Inyungu	Inzitizi	Ibikorwa byo kunoza uburyo bwo guhugura
	<ul style="list-style-type: none"> <li>Dushobora gukoreshwa ku ngero zose z'amatsinda hatitawe ku mashuli bize.</li> </ul>		
<b>Ikinamico:</b> Itandukanye n'udukinamico mu buryo bw'uko abakinniyi bahabwa amabwiriza mbere ajyanye n'ibyo bagomba kuvuga no gukora kandi bagashobora gusubiramo. Nk'uko byumvikana, ibiva mu mukino biba bizwi mbere. <b>Ikinamico ikoreshwa</b> mu kugaragaza kurushuhu ingingo runaka.	<ul style="list-style-type: none"> <li>Ituma umuntu akurikira kandi akayishimira</li> <li>Yerekana ibikorwa n'imigenderanire hagati y'abantu kandi igatuma byumvikana neza.</li> <li>Iberanye n'abantu batazi gusoma no kwandika</li> <li>Ituma abayikurikirana bagira uruhare, biyumvamo amarangamutima n'uburyo bwo kumva ibantu nk'ubw'abakinniyi.</li> <li>Nticyenera ibyangombwa byinshi</li> <li>Ishobora guhuriza abantu ahantu aho ariho hose</li> </ul>	<ul style="list-style-type: none"> <li>Abakurikira ikinamico ntibashobora kuyihagarika hagati kugirango babashe kubaza ibibazo ku biri kuba.</li> <li>Ishobora gutwara igihe</li> <li>Usanga isa n'ishaka koroshyia cyangwa gukomeza ibantu</li> </ul>	<ul style="list-style-type: none"> <li>Shishikariza abakinniyi kwinjiza abakurikira umukino mu biri gukinwa.</li> <li>Kurikira ibiri gukinwa ujya impaka kandi ukora isesengura kugirango umukino uhinduke igikoresho nyacyo cyo kwigiraho.</li> <li>Gira umukino mugufi, ube wumvikana kandi woroshye.</li> </ul>
<b>Inyigo ku rugero runaka:</b> Abantu babiri cyangwa amatsinda mato ahabwa mu magambo cyangwa mu buryo bwanditse ikintu runaka, ikintu cyabayeho, ikintu cyatangaje abantu noneho bagasabwa kugisesengura no kukibonera igisubizo.	<ul style="list-style-type: none"> <li>Ituma byoroha gukora isuzumabumenyi ryihuse ry'abahugurwa kimwe n'ubushobozi bwabo.</li> <li>Ituma umuntu ashobora kuvuga ukuntu ibantu bimeze ako kanya</li> <li>Yongera ubushobozi bwo gusesengura no gutekereza</li> <li>Ni bwo buryo nyakuri bushobora gusimbura kwimenyereza hanze mu kazi</li> </ul>	<ul style="list-style-type: none"> <li>Kenshi na kenshi abahugurwa bose ntibagira uruhare mu biba.</li> </ul>	<ul style="list-style-type: none"> <li>Kora ku buryo ibihe, ikintu cyabaye cyangwa ikintu kidasanzwe gishushanya ubuzima nyakuri kandi kikibanda ku nsanganyamatsiko.</li> <li>Tangirira ku nyigo z'ingero zoroshye noneho ugende wongeraho ibihe bikomeye kurushaho.</li> <li>Vuga cyangwa wandike mu buryo busanzwe.</li> </ul>
<b>Ukwerekera gukurikirwa n'ukundi kwerekera:</b> Umuntu ngishwanama akora igikorwa cyangwa umurimo runaka, yerekana abandi uko ukorwa. Noneho abahugurwa bakimenyereza kuwukora.	<ul style="list-style-type: none"> <li>Bituma abahugurwa babona inzira buhoro buhoro</li> <li>Bifasha umuntu kwimenyereza ako kanya no kumenya ibyo ashoboye</li> <li>Hashobora gukorwa lisiti ifasha kwitegerezza uburyo abahugurwa bunguka ubushobozi</li> </ul>		<ul style="list-style-type: none"> <li>Sobanura intambwe zinyuranye z'igikorwa.</li> <li>Umuntu ngishwanama yerekana ubushobozi budakwiye, agakurikizaho ubushobozi bukwiye, noneho akagira icyo avuga ku itandukanyirizo.</li> <li>Abahugurwa bimenyereza ubushobozi bukwiye noneho bakabwirana uko bimeze hagati yabo.</li> <li>Kwimenyereza.</li> </ul>
<b>Umukino:</b> Umuntu cyangwa itsinda ry'abantu rikora igikorwa kirangwa no kurushanwa; ibyo bigatuma abantu bimenyereza ubushobozi runaka cyangwa bibuka	<ul style="list-style-type: none"> <li>Urashimisha</li> <li>Kurushanwa byongera ubushake no guhora umuntu yiteguye</li> <li>Umukino utera imbaraga cyane (ukangura abantu)</li> <li>Ufasha kwibuka amakuru n'ubushobozi</li> </ul>	<ul style="list-style-type: none"> <li>Bamwe mu bahugurwa bumva ko gukina imikino ari nta shingiro bifite rifatika mu bijyaney n'ubwenge n'ubumenyi.</li> <li>Abahugura bagomba kugira uruhare nabo mu mikino.</li> </ul>	<ul style="list-style-type: none"> <li>Guhora witeguye gusubiza ibibazo byo gutanga umucyo kuberako ari nta nyandiko ihari.</li> <li>Gutanga amabwiriza yumvikana kandi ugakurikiza igihe cyatanzwe.</li> </ul>

<b>Uburyo bwo guhugura</b>	<b>Inyungu</b>	<b>Inzitizi</b>	<b>Ibikorwa byo kunoza uburyo bwo guhugura</b>
ubumenyi bize.			
<b>Gusura ahakorerwa akazi:</b> Abahugurwa n'abahugura basura ikigo nderabuzima cyangwa mu mudugudu kugirango bitegerez umurimo uba ukorwa cyangwa uburyo ukorwa nabo bakawimenyereza.	<ul style="list-style-type: none"> <li>Bituma abari mu mahugurwa binjira mu bihe by'akazi gasanzwe mu buzima</li> <li>Bituma abahugurwa batekereza ku bihe by'akazi gasanzwe ari nta guhatwa bya hato na hato byo ku kazi</li> <li>Ni bwo buryo bwiza bwo gukoresha ubumenyi no kwimenyereza ubushobozi</li> </ul>	<ul style="list-style-type: none"> <li>Bitwara igihe</li> <li>Bisaba ibindi bya ngombwa</li> </ul>	<ul style="list-style-type: none"> <li>Mbere y'isura, umvikana n'abari ahakorerwa akazi, tanga amabwiriza yumvikana mbere yo kujyayo, shyira abahugurwa bose mu matsinda mato aherekewe n'uhugura</li> <li>Tanga uburyo bwo gutwara ibantu n'abantu</li> <li>Bonana n'ababishinzwe ukihagera</li> <li>Tanga uburyo bwo kungurana inararibonye kandi wakire ibivuyemo unavuge uko bimeze.</li> </ul>
<b>Gukoresha amabara mu gutegura gahunda abahugurwa bagizemo uruhare – (Visualisation in participatory programming - VIPP):</b> Imfashanyigisho z'amabara zitandukanye mu miremere yazo no mu bunini zituma abahugurwa babasha kumva ibibazo vuba no kubibonera ibisubizo.	<ul style="list-style-type: none"> <li>Bituma umuntu abona ibibazo , ibitekerezo n'impungenge cyane mu buryo bworoshye</li> <li>Bituma buri wese agira uruhare</li> <li>Bituma abahugurwa baba bashaka kuganza abandi mu biganiro bagira igihe kingana n'ababa batuje.</li> </ul>	<ul style="list-style-type: none"> <li>Bikoreshwa cyane n'abantu bakora mu kigo kimwe kugirango bagenzure uko ibantu bigenda kandi banasubiremo intego n'ingamaba.</li> <li>Bitwara igihe</li> <li>Bisaba ibindi bya ngombwa</li> </ul>	<ul style="list-style-type: none"> <li>Koresha VIPP zahinduwe niba hari ibibazo bivutse mu mahugurwa bishobora guhita bikemurwa ako kanya.</li> </ul>
<b>Gutegura igenamigambi:</b> Bituma abahugurwa babasha gukora icyegeranyo cy'ubumenyi, ubushobozi, uko umuntu abona ibantu, imitekerereze; icky cyegeranyo kikinjizwa mu igenamigambi rikoreka. Ni ikiraro gihuza imirimbo yo mu ishuli no gushyira ubumenyi mu bikorwa ku kazi.	<ul style="list-style-type: none"> <li>Bituma abahugurwa bakomoka ku kigo cy'akazi kimwe, mu karere kamwe, cyangwa intara imwe bubaka itsinda</li> <li>Bituma habaho ukwitanga mu buryo bubiri hagati y'abahugura n'inzego</li> <li>Umusingi wo gukurikirana, gukora, no kugenzura</li> </ul>	<ul style="list-style-type: none"> <li>Bitwara igihe</li> <li>Bisaba gukora nyuma y'amasaha kugirango igenamigambi ribashe gukorwa</li> </ul>	
<b>Ikigisho:</b> Kijyana no gutanga amakuru hakoreshewe uburyo	<ul style="list-style-type: none"> <li>Gituma igihe gikoreshwa neza mu gusobanura insanganyamatsiko no gutanga</li> </ul>	<ul style="list-style-type: none"> <li>Nta ruhare rufatika abahugurwa bagira</li> <li>Guhugura</li> </ul>	<u><b>Gukundisha ikigisho</b></u> <ul style="list-style-type: none"> <li>Tangiza <b>inkuru cyangwa ishusho ishimishije</b></li> </ul>

<b>Uburyo bwo guhugura</b>	<b>Inyungu</b>	<b>Inzitizi</b>	<b>Ibikorwa byo kunoza uburyo bwo guhugura</b>
bwo kuvuga amagambo, rimwe na rimwe bigaherekezwa n'imfashanyigisho z'amajwi cyangwa amashusho	<ul style="list-style-type: none"> <li>amakuru menshi kandi vuba.</li> <li>Biroroha gukora imyubakire y'uburyo bwo gutambutsa ibitekerezo n'amakuru</li> <li>Byorohera uhugura gukurikirana ishuli acunga igihe cyo kubaza ibibazo</li> <li>Ni uburyo bw'ingenzi bwo kuganira ku nsanganyamatsiko z'ibiraho (urugero: intambwe zo gupima virusi itera SIDA)</li> <li>Gituma havuka ibitekerezo mu biganiro by'amatsinda afite amakuru ahagje</li> </ul>	<ul style="list-style-type: none"> <li>n'integanyanyigisho byerekeza cyane cyane inzira imwe yo kwiga</li> <li>Nta buryo bwo gukoresha inararibonye y'abagize itsinda</li> <li>Gishobora kubangamirwa n'imyumvire cyangwa inararibonye y'abahugura</li> <li>Gishobora rimwe na rimwe gutuma abantu bumva bacyanke, bakababara, bakiheza mu itsinda, cyane cyane iyo abahugura batabasha kuvuga inararibonye yabo.</li> </ul>	<ul style="list-style-type: none"> <li>Koresha <b>inkuru itangira ishimishije</b> ituma abahugurwa bayikurikira.</li> <li>Vuga <b>ikibazo kijyanye n'urugero rutangira</b> ikigisho kizashingiraho.</li> <li>Baza abahugurwa <b>ibibazo by'isuzumabumenyi</b> n'ubwo baba bafite ubumenyi bucye kugirango ubashishikarize gutega amatwi ikigisho, maze baze kugikuramo igisubizo.</li> </ul> <p><b>Koresha uburyo bushoboka bwose kugirango bumve kandi bafate ikigisho</b></p> <ul style="list-style-type: none"> <li>Gabanya ingingo nkuru z'ikigisho uzhinduremo <b>imitwe</b> ikora nk'ingingo nto mu magambo cyangwa ingingo zifasha kwibuka noneho ubukirkiranye mu buryo bukwiye.</li> <li>Tanga ingero n'ibindi bintu bisa, wifashishie amashusho y'ibitekerezo biri mu kigisho, kandi mu gihe bishoboka, ukagereranya isomo n'ubumenyi ndetse n'inararibonye y'abahugura.</li> <li><b>Ifashishe ibikoresho bigaragara</b> (fulipucati, impapuro za pulasitike zibonerana, incamacye z'isomo zanditse, no kwerekera kugirango abahugurwa babashe kubona no kumva ibyo uri kuvuga.</li> <li>Shyiraho <b>igihe ntarengwa.</b></li> </ul> <p><b>Injiza abahugurwa mu kigisho igihe uri gutanga ikiganiro</b></p> <ul style="list-style-type: none"> <li>Hagarika ikiganiro rimwe na rimwe maze usabe abahugurwa gutanga ingero z'ibyo bamaze kwigishwa cyangwa usubize <b>ibibazo bitunguranye byo gutanga umucyo mu kigisho</b></li> <li><b>Erekana cyane ibikorwa</b> mu kigisho</li> </ul>

<b>Uburyo bwo guhugura</b>	<b>Inyungu</b>	<b>Inzitizi</b>	<b>Ibikorwa byo kunoza uburyo bwo guhugura</b>
			<p>cyawe kugirango ubashe kwibanda ku ngingo uri kuganiraho.</p> <p><b>Shimangira ikiganiro cyawe</b></p> <ul style="list-style-type: none"> <li>• <b>Teganya umwanya wo</b> kureba niba bumvise, kuvuga ibitekerezo no kubaza ibibazo.</li> <li>• <b>Shyira mu bikorwa ihurizo</b> uha abahugurwa ihurizo cyangwa ikibazo kugirango bagisubize bashingiye ku makuru bavanye mu kiganiro.</li> <li>• Saba abahugurwa gusubiramo ibikubiye mu kiganiro bose hamwe cyangwa ubahe isuzumabumenyi buri wese yihe amanota.</li> <li>• <b>Irinde gukora udukorwa turangaza cyangwa udukino tw'akamenyero</b> nko gukinisha ingwa, ilati, kureba cyangwa gutunganya imyenda.</li> </ul>

## **Umugereka wa 7: Ingero z'imyitozo y'amahugurwa, udukino two kugarurira abahugurwa imbaraga/gukangura (kubaka amatsinda n'amakipe), isuzuma rya buri munsi n'amashusho agaragaza amasura**

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### ***Imyitozo y'amahugurwa***

#### ***Gukora amatsinda mato***

1. Bitewe n'umubare w'Abahugurwa (urugero, 20) n'umubare w'amatsinda agomba gukorwa (urugero, 5), saba Abahugurwa kubara kuva kuri 1 kugeza kuri 4. Tangira kubara ugana mu cyerezo cy'inshinge z'isaha. Niwongera, utangire kubara ugana mu cyerekezo gihabanye n'icy'inshinge z'isaha.
2. Bitewe n'umubare w'Abahugurwa (urugero, 16), n'umubare w'amatsinda agomba gukorwa (urugero, 4), egeranya imifuniko y'amacupa 16 y'ambara anyuranye: ine itukura, ine y'icyatsi kibisi, ine isa n'icunga, n'ine y'umukara. Saba Abahugurwa guhitamo umufuniko w'icupa. Nibamara kuwutoranya, basabe gukora amatsinda bakurikije ibara ry'umufuniko batoranyije.
3. Ubwato burohama: saba Abahugurwa kwigendagendera nk'aho baba bari ku bwato. Vuga ko ubwato buri kurigita mu mazi, kandi ko utwato two gutabara turi kumanurwa. Utwo twato tuzabasha kwakira Abahugurwa bacye. Vuga umubare w'abantu tuzashobora kwakira noneho usabe Abahugurwa kwibumbira hamwe mu itsinda rigizwe n'abantu bangana n'umubare uvuzwe. Subiramo inshuro nyinshi noneho urangirize ku mubare w'Abahugurwa wifuza ko buri tsinda rizagira (urugero, kugabanya Abahugurwa 15 mu matsinda y'abantu 3, akato ko gutabara ka nyuma kazaba gafite nimo ya 5.

Ibikurikira ni ingero z'ibikorwa bifasha gusubiramo Abahugura bashobora guhitamo nyuma ya buri somo kugirango bakarishye ubumenyi n'ubushobozi abahugurwa bungutse.

1. Abahugurwa n'Abahugura bakora uruziga. Uhugura umwe afite umupira ajugunyira Uhugurwa umwe. Uhugura abaza ikibazo uhugurwa wafashe umupira. Uhugurwa arasubiza. Iyo asubije neza itsinda rikabishima, nawe ajugunyira umupira undi Uhugurwa nawe akamubaza ikibazo. Na none Uhugurwa ufashe umupira asubiza cya kibazo abajjwe.
2. Kora imirongo ibiri irebana. Buri murongo uhagarariye itsinda. Uhugurwa mu itsinda rimwe abaza undi mu rindi tsinda riri imbere. Uwo wabajije ikibazo ashobora gusaba abo bari mu itsinda rimwe kumufasha gusubiza ikibazo. Iyo ikibazo gisubijwe neza, itsinda risubije ryunguka inota noneho naryo rikaba irindi tsinda. Iyo ikibazo kidasubijwe uko bikwiye, itsinda ryabajije rirakisubiriza noneho rikunguka inota. Buri tsinda rigenda risimburana n'irindi kubaza no gusubiza.
3. Kora amatsinda 2. Buri muntu ahabwa Imfashanyigisho y'Ubujuyanama (CC) cyangwa ishusho. Aya mashusho ahuye n'ibisubizo Uhugura azabaza. Iyo ikibazo kimaze kubazwa, Uhugurwa ukekwa ko afite igisubizo nyacyo cy'ikibazo yerekana imfashanyigisho y'ubujuyanama cyangwa ishusho ye. Iyo igisubizo kibaye cyo, aba aboneye itsinda rye inota. Itsinda rishubije ibisubizo nyabyo byinshi kurusha irindi ni ryo riba ritsinze umukino.
4. Uhugurwa atoranya imfashanyigisho y'ubujuyanama cyangwa ishusho mu nkangara noneho bakamubaza kuvuga ibikorwa/ ubutumwa buriho; abandi bahugurwa bamuha amanota. Umwitoto ukomereza ku bandi bahugurwa.
5. Kora inziga ebyiri. Bashyira Imbonerahamwe y'imfashanyigisho z'ubujuyanama yubitse ku muukeka/ikirago hagati mu ruziga. Uhugurwa umwe asabwa guhitamo imfashanyigisho y'ubujuyanama noneho bakabaza abandi bahugurwa kuvuga ibihe umujyanama mu by'imirire y'Umwana Muto ashobora kuvuga ibikorwa/ ubutumwa buri ku mfashanyigisho y'ubujuyanama yatoranyijwe. Muri buri ruziga, haba harimo Uhugura umwe kugirango afashe itsinda gusubiza.

### *Amasuzumabumenyi ya buri munsi*

Ibikurikira ni ingero z'amasuzumabumenyi Abahugura bashobora guhitamo buri munsi urangiye (cyangwa nyuma y'isomo) kugirango basuzume ubumenyi n'ubushobozi abahugurwa bungutse cyangwa kugirango barebe icyo bazi.

1. Kora amatsinda y'ibiganiro y'abantu 3 noneho usabe Abahugurwa gusubiza ikibazo kimwe, bibiri, cyangwa byose mu itsinda\*:

- 1) Ni iki mwize uyu munsi kizabafasha mu kazi kanyu?
- 2) Ni iki wakunze?
- 3) Mutange ikifuzo kigamije kunoza ikiganiro cya none.

\* *Saba Uhugurwa wo muri buri tsinda ry'ibiganiro gusubiza itsinda ryose*

2. “Amasura” apima umunezero w’Abahugurwa. Bashyira ku rubaho cyangwa ku butaka amashusho y’amasura akurikira (iseka, idafite icyo biyibwiye, ibabaye) noneho mu mpera z’munsi cyangwa nyuma y’isomo bagasaba abahugurwa gushyira ibuye, igishyimbo cyangwa umufuniko w’icupa ku ishusho igaragaza neza uburyo babonye amasomo (yabanejeje cyane, yabanejeje buhoro, cyangwa ntabwo yabanejeje).

**Amashusho y' "Amasura"**

