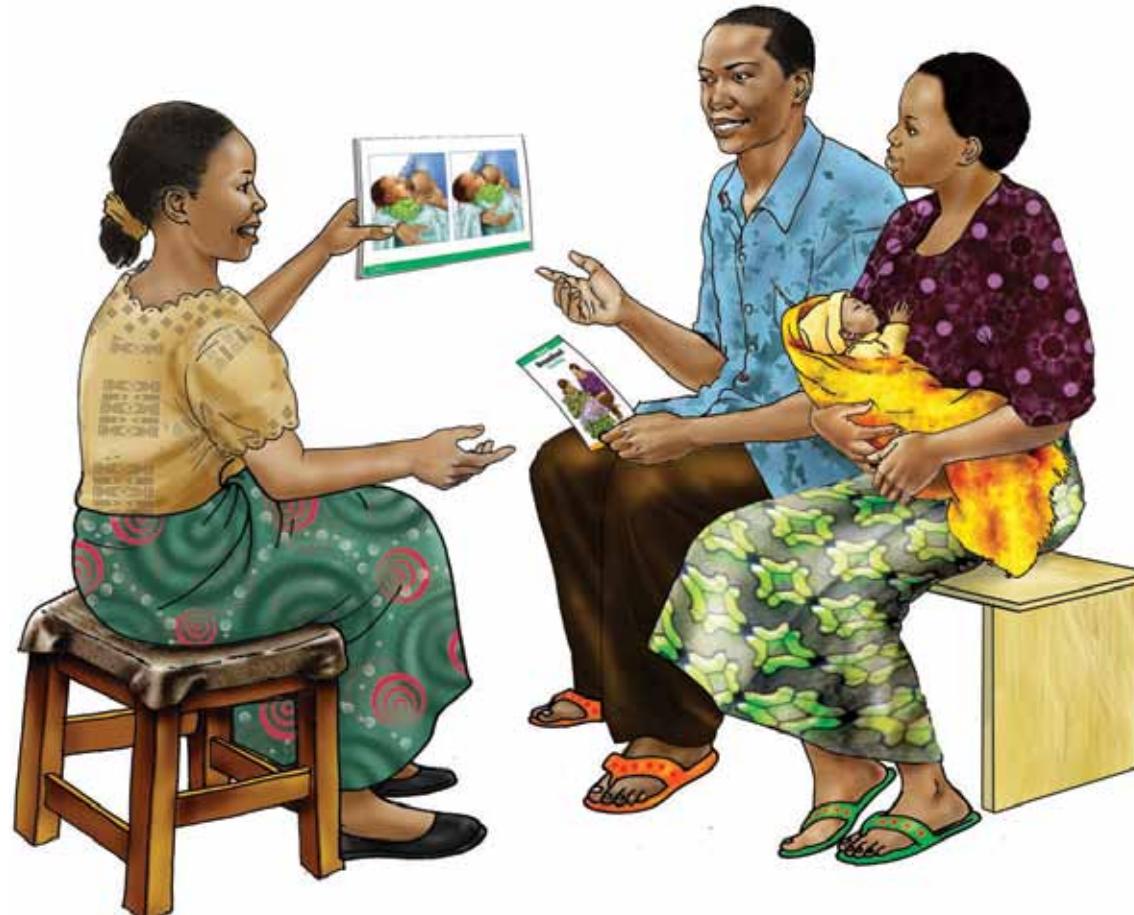




Imirire y'umubyeyi, konsa no kugaburira umwana muto



Imfashanyigisho z'ubujyanama zigenewe abajyanama b'ubuzima

Ibikubiye muri izi mfashanyihgisho, akaba ari na zimwe mu bigize *Imbonerahamwe y'Imfashanyigisho z'Ubujanama ku Mirire y'Umubyeyi, Konsa no Kugaburira Umwana Muto*, 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.

Ugushimira

Izi mfashanyigisho ni igice kimwe mu bigize *Imbonerahamwe y'ibikoresho mu rwego rw'igihugu ku bujyanama ku mirire y'umubyeyi, konsa no kugaburira umwana muto yagenewe abajyanama b'ubuzima*. Zateguwe ku bufatanye bwa Ministeri y'Ubuzima n'abafatanyabikorwa bayo b'ibanze 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 depuliya 3.*

Ibikoresho binyuranye bigize iyi mbonerahamwe y'ibikoresho mu rwego rw'igihugu k'ubujyanama ku mirire y'umubyeyi, konsa no kugaburira umwana muto zigenewe abajyanama b'ubuzima bishingye 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 mwaka w'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 k'Ubujyanama 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/IHDP n'abafatanyabikorwa bose mu by'imirire y'abana bato mu Rwanda, Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), Program for Appropriate Technology in Health (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'America 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 mukorohereza mu guhuza abantu bose bagize uruhare mu kuyitegura.

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

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

Uburyo bwiza bwo gutanga ubujyanama

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

Ubushobozi bwo gutega amatwi no kwiga

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

Uburyo bwo kubaka icyizere no gutanga ubufasha

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



Intambwe 3 z'ubujyanama ku konsa no kugaburira umwana muto

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

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

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

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

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

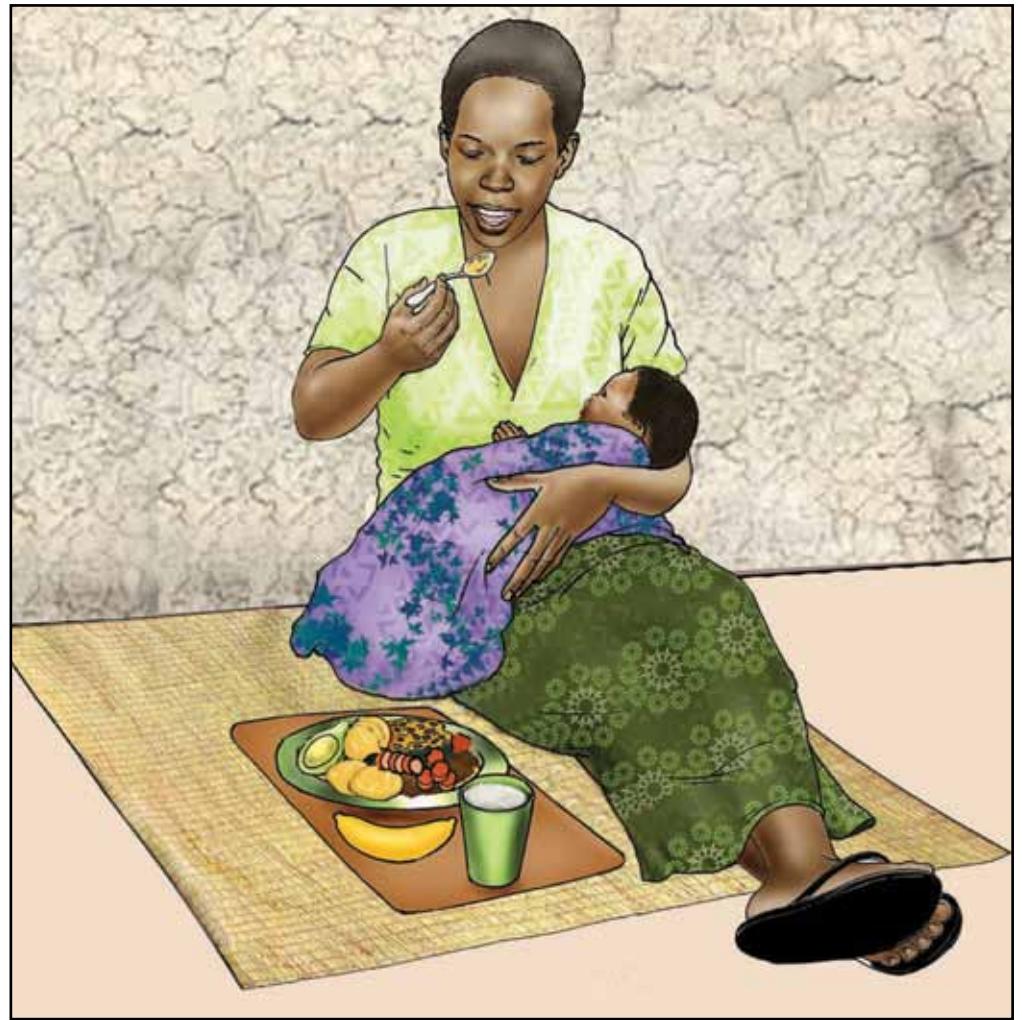
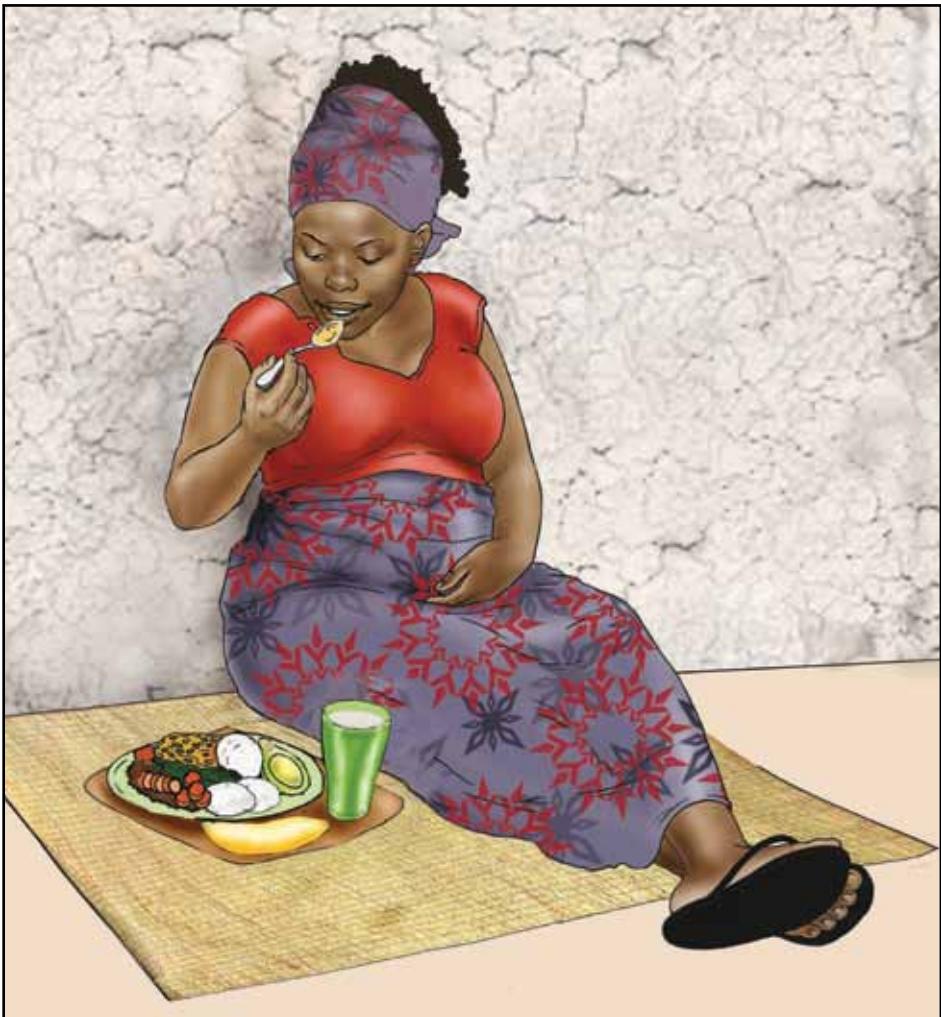
ikurikiraho ku mikurire y'umwana.

- Niba hari ikibazo/ibibazo cyangwa se niba umwana, umubyeyi cyangwa uwita ku mwana bafite ibibazo by'ubuzima, kora gahunda y'uko ibyo bibazo bigomba gukukirana mu kubikemura.
- Subiza ibibazo by'umubyeyi cyangwa uwita ku mwana niba bihari.

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

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

Imirire y'umugore utwite n'uwonsa



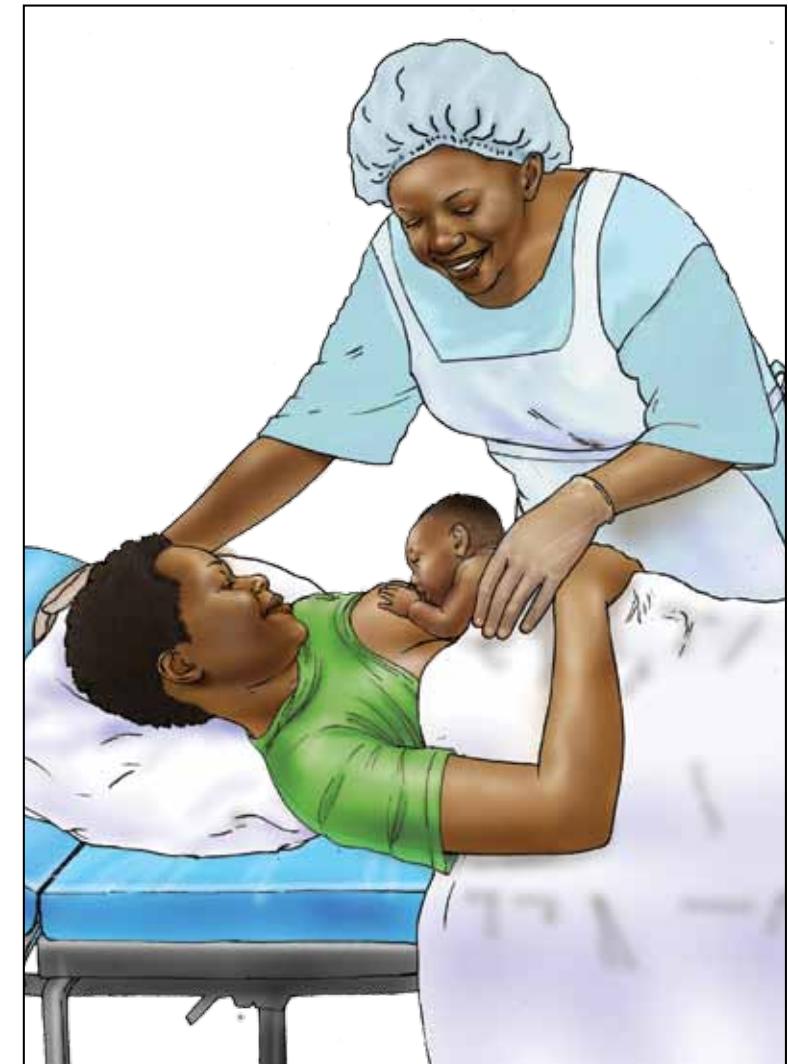
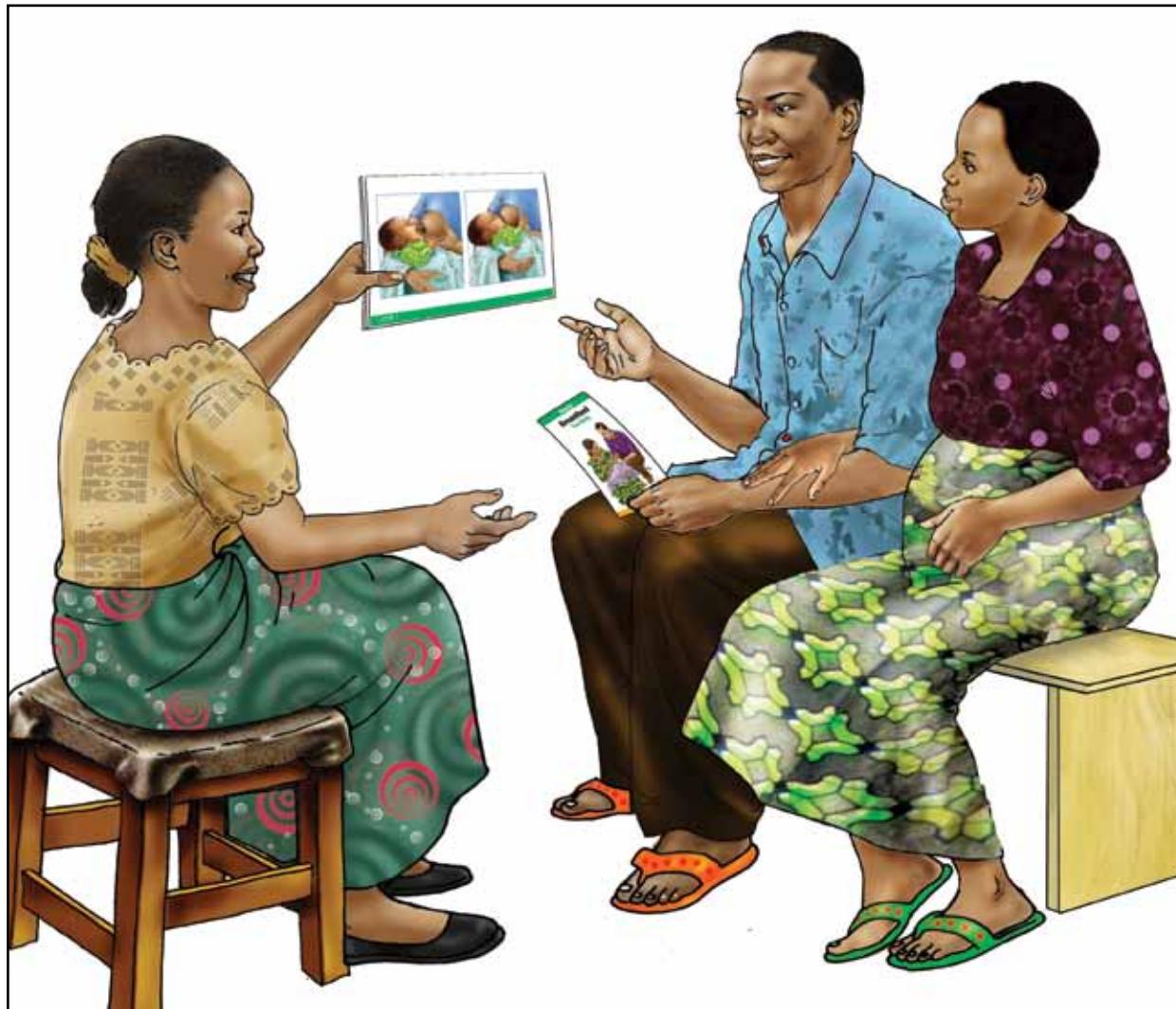


Imfashanyigisho ya1

Imirire y'umugore utwite n'uwonsa

- * Mu gihe utwite, fata buri munsi ifunguro ryoroheje ry'inyongera hagati y'amafunguro manini, kugira ngo wowe n'umwana wawe uri gukura mugire imbaraga zihagije n'imirire myiza.
- * Mu gihe wonsa, fata buri munsi amafunguro yoroheje 2 y'inyongera hagati y'amafunguro manini kugira ngo wowe n'umwana wawe uri gukura mugire imbaraga zihagije n'imirire myiza.
- * Ukeneye kurya ibiribwa byose ushobora kubona bikungahaye ku ntungamubiri kurusha ibindi, harimo amata, imbuto n'imboga bigisarurwa, inyama (harimo inyama zo munda nk'umwijima n'impyiko), amafi, amagi, impeke, ubunyobwa, amashaza n'ibishyimbo.
- * Ukeneye kunywa bihagije.
- * Kunywa icyayi cyangwa ikawa mu gihe cyo kurya bishobora kugira ingaruka k'uburyo umubiri wawe ukoresha ibiryo.
- * Irinde kunywa ikawa mu gihe utwite.
- * Mu gihe utwite cyangwa wonsa, intungamubiri zihariye zizafasha umwana gukura neza no kugira ubuzima bwiza.
- * Fata ibinini bya feri n'asidi foliki mu gihe utwite no mu gihe cy'amezi atatu umaze kubyara, kugirango utabura amaraso.
- * Fata ibinini bya vitamini A ukimara kubyara cyangwa mu gihe cy'ibyumweru 6, kugirango umwana wawe ayibonere mu mashereka, bityo imurinde indwara.
- * Jya ukoresha umunyu urimo iyode kugirango ubwonko n'umubiri by'umwana bikure neza.
- * Mu gihe utwite ipimishe byibura inshuro 4, uhoreye igihe inda ifite amezi 3. Kwpimisha ni ingenzi kuko bigufasha gukurikirana ubuzima bwawe n'ubwo umwana utwite.
- * Fata ibinini by'inzoka kugirango zitagutera kubura amaraso.
- * Kugirango urwanye malariya, ryama buri joro mu nzitiramibu iteye umuti.
- * Menya uko uhagaze ku byerekeranye na virusi itera SIDA, jya kwa muganga ku minsi baguhaye kandi ufate imiti nk'uko muganga yayikwandikiye.
- * Ababyeyi b'abangavu: ukeneye kwitabwaho by'umwiheriko, igaburo ry'inyongera no kuruhuka bihagije kurusha ababyeyi bakuru. Uracyakeneye gukura kimwe n'umwana utwite

Konsa umwana akimara kuvuka





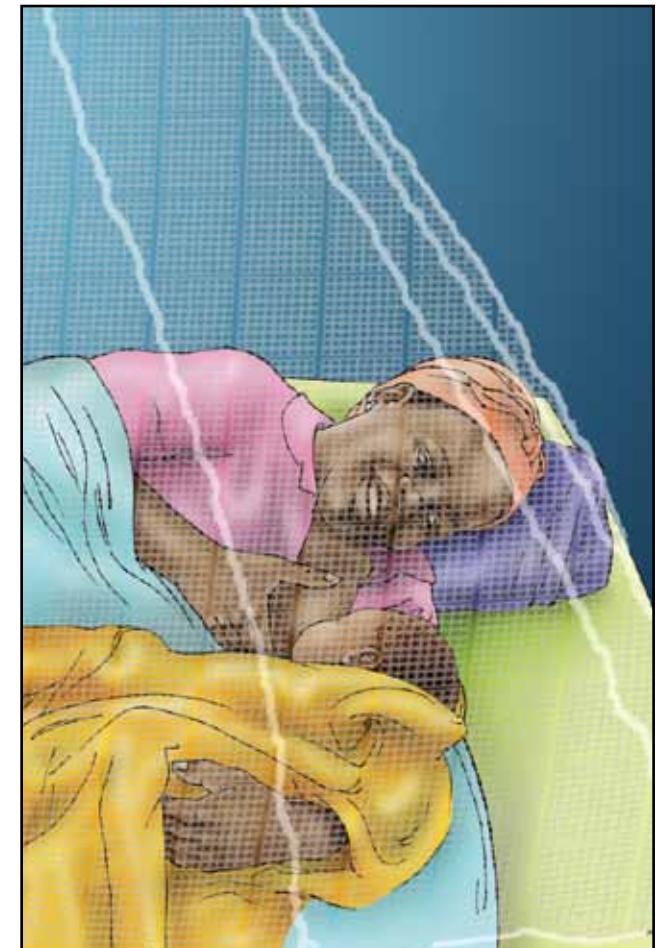
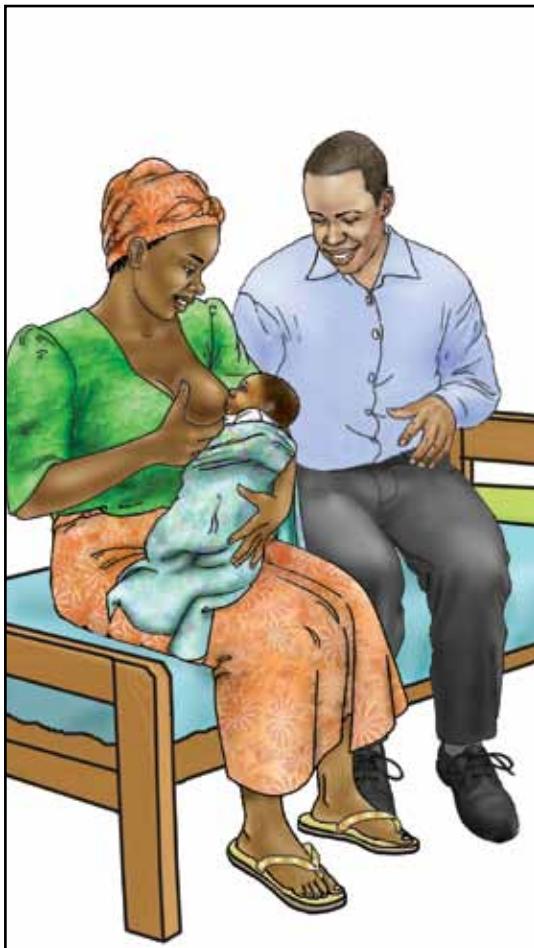
Imfashanyigisho ya 2 Konsa umwana akimara kuvuka

- * Ukimara kubyara, iyegereze umwana wawe ako kanya umubiri ku wundi. Ibi bituma agumya gushyuha no guhumeka neza. Mufashe gufata ibere bikwiye, bityo ari umwana nawe ubwawe mwumve muri kumwe.
- * Shyira umwana ku ibere mu isaha ya mbere ukimara kubyara. Guhita wonsa bifasha uruhinja kwiga konka hakiri kare kandi bikagabanyiriza umubyeyi kuva.
- * Amashereka y'umuhondo afitiye akamaro uruhinja rwawe.
- * Amashereka y'umuhondo arinda uruhinja indwara kandi akanavana mu nda y'uruhinja wa mwanda wa mbere ufite ibara ryirabura.
- * Onsa kenshi kugira ngo ugire amashereka ahagije.
- * Kirazira guha uruhinja rukivuka amazi cyangwa ibindi binyobwa. Ni bibi ku mwana ukivuka, ahubwo hita umushyira ku ibere.
- * Mu minsi mike ya mbere uruhinja rukivuka, icyo rukeneye gusa ni amashereka y'umuhondo. Igifu cy'uruhinja kiba kikiri gito cyane.
- * Amashereka afite intungamubiri zose n'amazi umwana wawe akeneye mu mezi atandatu avutse.

Ibindi by'ingenzi:

Ntibiteye impungenge ko ku munsi wa mbere cyangwa uwa kabiri, umwana yonka inshuro 2 kugeza kuri 3 gusa mu gihe cy'amasaha 24. Nyuma y'icyo gihe, ni ngombwa konsa kenshi kugira ngo haboneke amashereka ahagije.

Mu mezi atandatu ya mbere, onsa GUSA



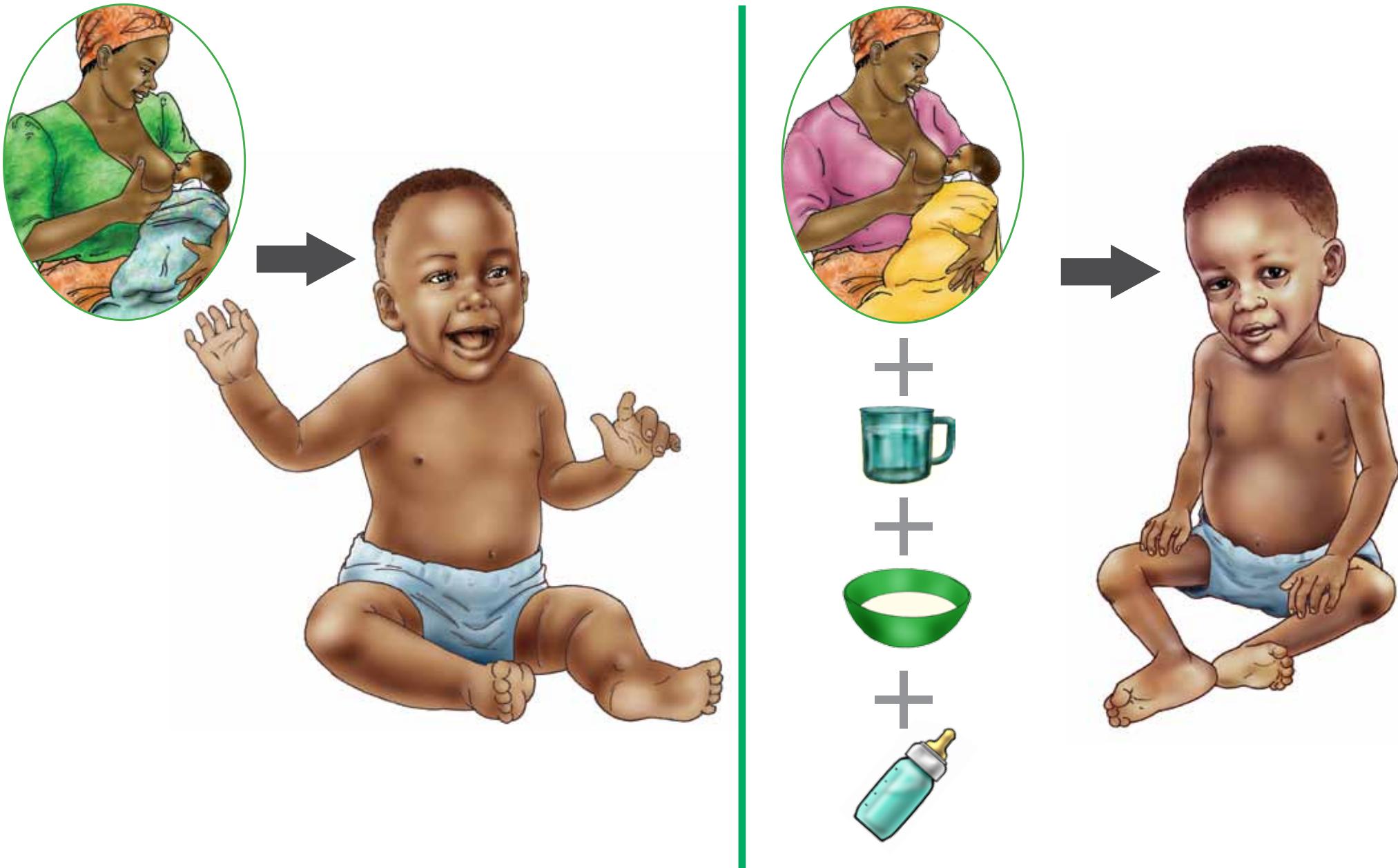
Mu mezi atandatu ya mbere, onsa GUSA



Imfashanyigisho ya 3 **Mu mezi atandatu ya mbere, onsa GUSA**

- * Amashereka akungahaye ku ntungamubiri zose n'amazi umwana akenera mu mezi 6 ya mbere.
- * Ntukagire ikindi uha umwana wawe mu mezi 6 ya mbere, kabone n'amazi.
- * No mu gihe cy'ubushyuhe, amashereka azamara inyota umwana wawe.
- * Guha umwana wawe ikindi kintu kitari amashereka bituma atonka kenshi kandi n'amashereka akagabanuka.
- * Amazi, ibindi binyobwa cyangwa ibindi biribwa bishobora gutera umwana wawe uburwayi.
- * Ushobora guha umwana imiti iyo wabitegetswe na muganga GUSA.

Konsa gusa mu mezi 6 ya mbere





Imfashanyigisho ya 4

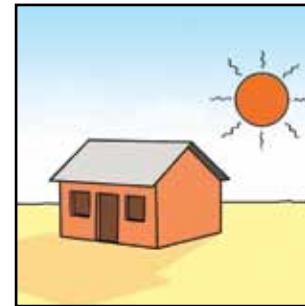
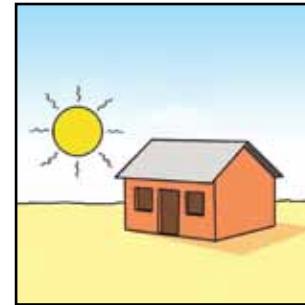
Konsa gusa mu mezi 6 ya mbere

- * Konsa gusa bisobanura kutagira ikindi uha umwana mu mezi 6 ya mbere usibye amashereka.
- * Mu mashereka harimo intungamubiri n'amazi yose uruhinja rwawe rukeneye mu mezi 6 ya mbere.
- * Konsa gusa mu gihe cy'amezi 6 ya mbere birinda umwana wawe indwara nyinshi, nk'impisi n'indwara zifata imyanya y'ubuhumekero.
- * Kuvangira umwana bivuga kumuha amashereka n'ibindi binyobwa, ibiryo byo mu nganda by'abana, amata cyangwa amazi.
- * Kuvangira umwana bishobora kumutera uburwayi butandukanye nk'impisi, umusonga n'indwara z'imirire mibi.
- * Kuvangira umwana mbere y'amezi 6 bishobora kumwangiriza igifu. Bimugabanyiriza ubudahangarwa mu kurwanya indwara butangwa no konsa gusa, ndetse n'izindi nyungu zitangwa n'amashereka.

Ibindi by'ingenzi:

Niba umubyeyi afite ubwandum bwa Virusi itera SIDA, ifashishe amakarita y'ubujyanama ya 27 na 28 cyangwa amakarita 3 y'ibihe bidasanzwe kugirango ubone amakuru ajyanye na virusi itera SIDA no kugaburira umwana.

Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro





Imfashanyigisho ya 5

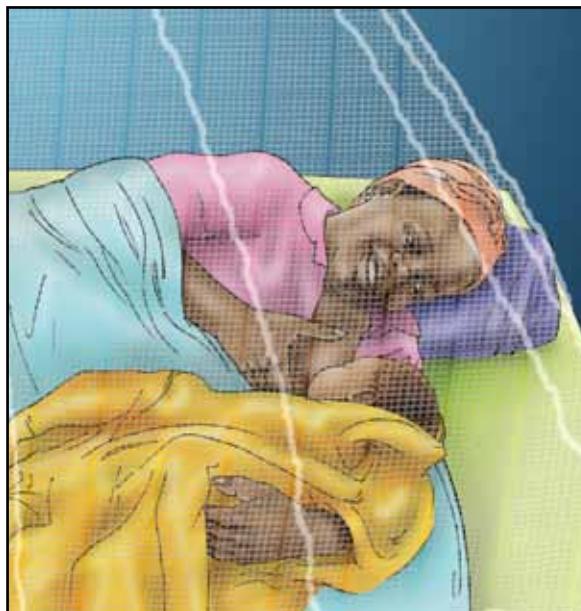
Onsa umwana igihe cyose abishakiye, ku manywa na ninjoro

- * Onsa umwana igihe abishakiye ku manywa na ninjoro.
- * Uko umwana arushaho gukurura ibere kandi arifashe uko bikwiye, niko umubiri wawe ukora amashereka menshi.
- * Witegeresa ko umwana arira kugira ngo umwonse. Kurira ni ikimenyetso cya nyuma kigaragaza ko yashonje.
- * Ibimenyetso bya mbere bigaragaza ko umwana ashonje ni ibi bikurikira:
 - Kudatuza.
 - Kwasama no guhindukiza umutwe hirya no hino.
 - Kurabya indimi.
 - Konka intoki n'ibipfunsi.
- * Kurira ntibivuga ko umwana arwaye cyangwa ashonje byanze bikunze. Ntukamuhe imiti ya kinyarwanda, amata y'abana yakorewe mu nganda, andi mata cyangwa icyayi. Niba umwana ari kurira, ushobora kuba abangamiwe akeneye ko umwitaho. Suzuma niba asukuye kandi ntakimubangamiye.
- * Guhinduranya amabere hato na hato si byiza. Reka umwana ahumuze ibere rya mbere ubone kumuha irindi.
- * Ibi bituma umwana abona amashereka ya mbere n'aya nyuma. Amashereka ya mbere aba arimo amazi menshi akamara umwana inyota. Amashereka ya nyuma aba arimo amavuta menshi akanamara umwana inzara.
- * Niba umwana arwaye cyangwa asinziriye, ushobora kumukangura kugirango umwonse kenshi. Impinja zikenera konka kenshi, buri masaha 2 cyangwa 3.
- * Fata umwanya uhagije wo konsa, ushobora kwicara cyangwa kuryama, mwereke ko umwitayeho. Mube hafi ku manywa na ninjoro.
- * Mu guha umwana amashereka wikame, wikoresha amacupa, za bibero cyangwa ibikombe bifite imihiro ku munwa. Birushya kubyozza kandi bishobora gutera umwana indwara.

Ibindi by'ingenzi:

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

Hari uburyo bunyuranye bwo gushyira umwana ku ibere





Imfashanyigisho ya 6

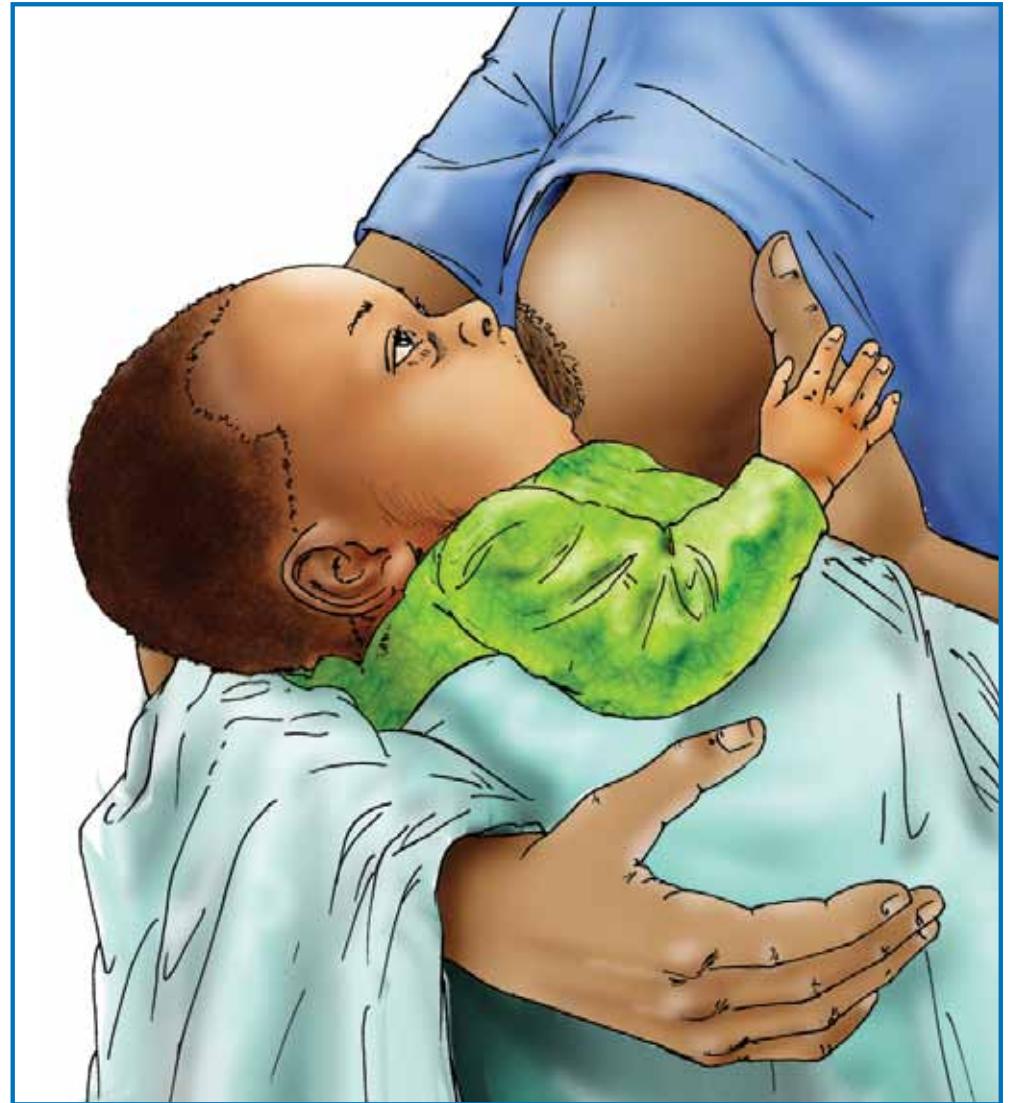
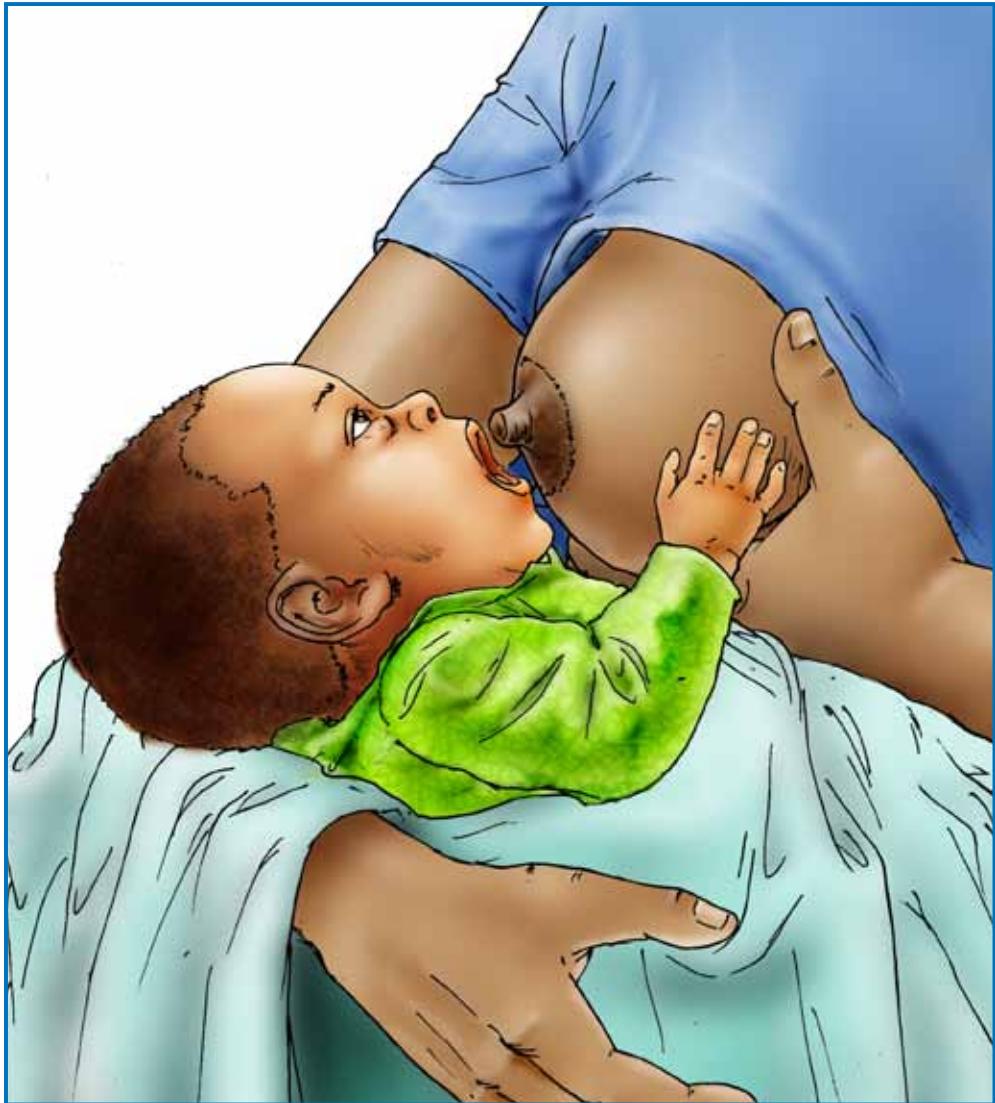
Hari uburyo bunyuranye bwo gushyira umwana ku ibere

- * Gushyira umwana ku ibere neza bimufasha konka neza n'umubyeyi bikamufasha kuzana amashereka ahagije.
- * Ibantu bine by'ingenzi birebana no gushyira umwana ku ibere: **kuba arambuye, akureba, akwegereye, kandi ashyigikiwe.**
- * **Umubiri w'umwana ugomba kuba urambuye, ataryamye cyangwa yihinnye, ahubwo umutwe we usa n'aho uraramye buhoro.**
- * **Mu maso h'umwana hagomba kuba hateganye n'ibere kandi utamutsindagije ku gituza no ku nda byawe kandi akureba mu maso.**
- * **Umwana agomba kuba akwegereye.**
- * **Ugomba gushygikira umubiri wose w'umwana, ukoresheje ibiganza byawe n'ibice by'amaboko by'epfo aho gufata ijosu n'intugu gusa.**
- * Hari uburyo bwinshi bwo gufata umwana wawe:
 - Gushyira umwana ku ibere, umutwe werekeye mu kwaha kwawe (ni uburyo bukunzwe gukoreshwa).
 - Konsa umwana uryamiye urubavu (bukoreshwa igihe uruhuka cyangwa uryamye ninjoro).
 - Konsa umwana amaguru ari munsi y'ukwaha kwave ashyigikiwe n'ukuboko. (ni uburyo bwiza ku bana b'ibiro bike).
 - Konsa umwana umufatiye mu kwaha, umutwe ushyigikiwe n'ikiganza cyawe (bukoreshwa n'umubyeyi wabazwe abyara, iyo yonsa impanga cyangwa umwana w'ibiro bike).
 - Konsa impanga – uburyo busanzwe.
 - Konsa impanga uzifatiye munsi y'ukwaha
- * Niba ubabara imoko cyangwa amabere igihe wonsa, reba uburyo umwana afashe ibere, noneho ugerageze kumufata mu bundi buryo.

Ibindi by'ingenzi:

Niba umwana mukuru yonka neza, nta mpamvu yo guhindura uburyo afashwemo.

Gushyira umwana ku ibere neza ni ingenzi



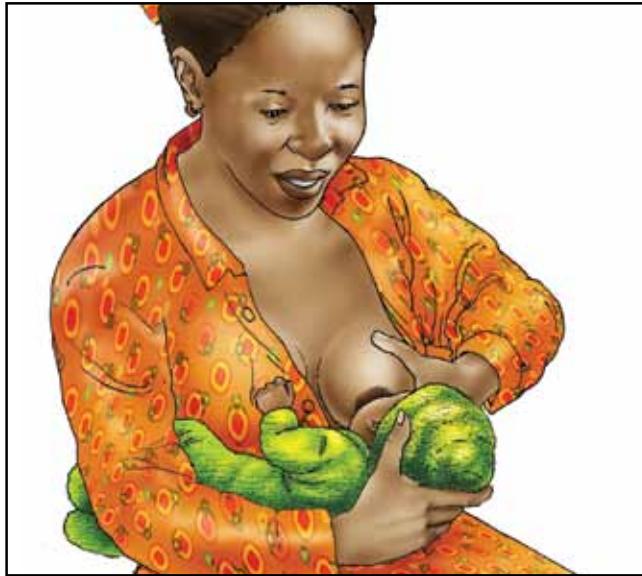


Imfashanyigisho ya 7

Gushyira umwana ku ibere neza ni ingenzi

- * Onsa umwana mu isaha ya mbere ukibyara.
- * Uko umwana arushaho gukurura ibere kandi arifashe uko bikwiye, niko umubiri wawe ukora amashereka menshi.
- * Gushyira umwana ku ibere neza bituma imoko zitazaho udusebe.
- * Konsa ntibyagombye kubabaza.
- * Niba wonsa ukababara, gisha inama uko washyira umwana ku ibere neza.
- * **Hari ibimenyetso 4 byerekana ko umwana afashe ibere neza:**
 1. Umwana aba afunguye umunwa bihagije.
 2. Ikiziga cy'ibere kiba kigaragara hejuru y'umunwa w'umwana kurusha munsi yawo.
 3. Umunwa wo hasi w'umwana uba ugaruka hanze.
 4. Akananwa k'umwana kaba gakora ku ibere.
- * **Ibimenyetso bigaragaza ko umwana yonka neza:**
 - a. Umwana akurura amashereka menshi yitonze, agacishamo akaruhuka.
 - b. Wumva umwana amira amashereka nyuma yo gukurura 1 cyangwa 2.
 - c. Iyo umwana yonka bitera akanyamuneza kandi ntibabaza.
 - d. Iyo umwana arangije konka, arekura ibere kandi ukabona anezerewe.
 - e. Iyo urangije konsa wumva ibere ritakiremereye.
- * Konsa neza bituma uhembera amashereka ahagije umwana.
- * Umwana nahumuza ibere rya mbere, hita umuha irindi. Ibi bizatuma amasherekaaza ahagije mu mabere yombi, kandi umwana abone intungamubiri zinyuranye.

Konsa no kwita ku ruhinja rwavukanye ibiro bituzuye





Imfashanyigisho ya 8

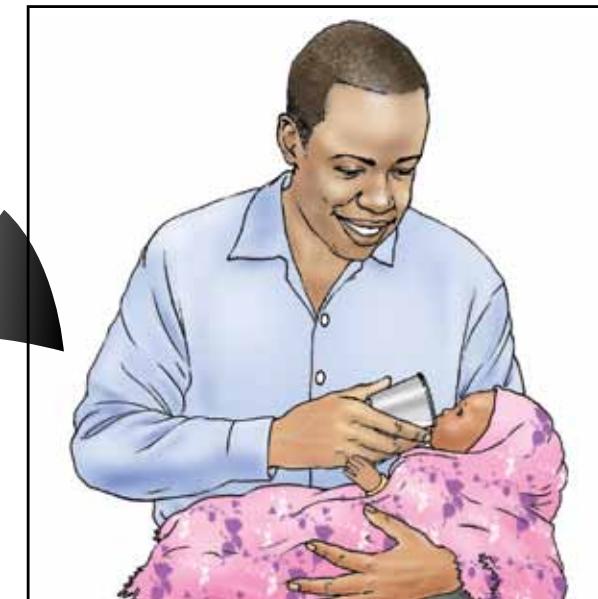
Konsa no kwita ku ruhinja rwavukanye ibiro bituzuye

- * Amashereka yonyine ni yo akwiriye guhabwa uruhinja rwavukanye ibiro bituzuye, cyangwa urwavutse igihe kitageze.
- * Amashereka ni byo biryo byonyine binogeye impinja zivukana ibiro bituzuye.
- * Konsa umwana amaguru ari munsi y'ukwaha kwawe ashigikiwe n'ukuboko, cyangwa umufatiye akaboko munsi ni bwo buryo bwiza bwo konsa abana bavukanye ibiro bituzuye.
- * Konsa kenshi bituma uruhinja rumenyera konka bigatuma n'amashereka aza ahagije.
- * Konsa umwanya munini witonze ni byiza. Ni ingenzi kugumisha umwana ku ibere.
- * Niba umwana asinzira igihe kirekire, ushobora kumworosora cyangwa kumwambura imwe mu myenda kugirango akanguke yonke.
- * Witegerezza ko umwana arira kugirango umwonse. Kurira ni ikiményetso cya nyuma cy'uko umwana yashonje.
- * Ibibimenyetso bya mbere by'uko umwana ashonje BIKUBIYEMO ibi bikurikira: guhora yiteguye kugira icyo ashira mu kanwa, kudatuza, kubumbura umunwa no gukubita umutwe hirya no hino, kurabya indimi, konka intoki cyangwa igipfunsi.

Ibindi by'ingenzi:

- * Guha ibere umwana wavutse atujuje ibiro bishobora kudashoboka mu gihe cy'iminsi myinshi cyangwa ibyumweru byinshi. Ababyeyi bagomba kwigishwa gukama amashereka no kugaburira abo bana bakoresheje igikombe cyangwa ikiyiko.
- * Kwita ku mwana ukoresheje uburyo bwa Kanguru (gufatira umwana mu gituza, umubiri ku mubiri) bitera umwana ubushyuhe kandi akunva arikumwe na nyina.
- * Uburyo bwa Kanguru butuma umubyeyi atangira kare uburyo bwo konsa gusa, yaba atamika umwana ibere cyangwa amuha amashereka yikamye.
- * Abandi bantu bo mu muryango bashobora kwita ku mwana bakoresheje uburyo bwa Kanguru

Uko wakwikama amashereka ukayaha umwana ukoresheje agakombe



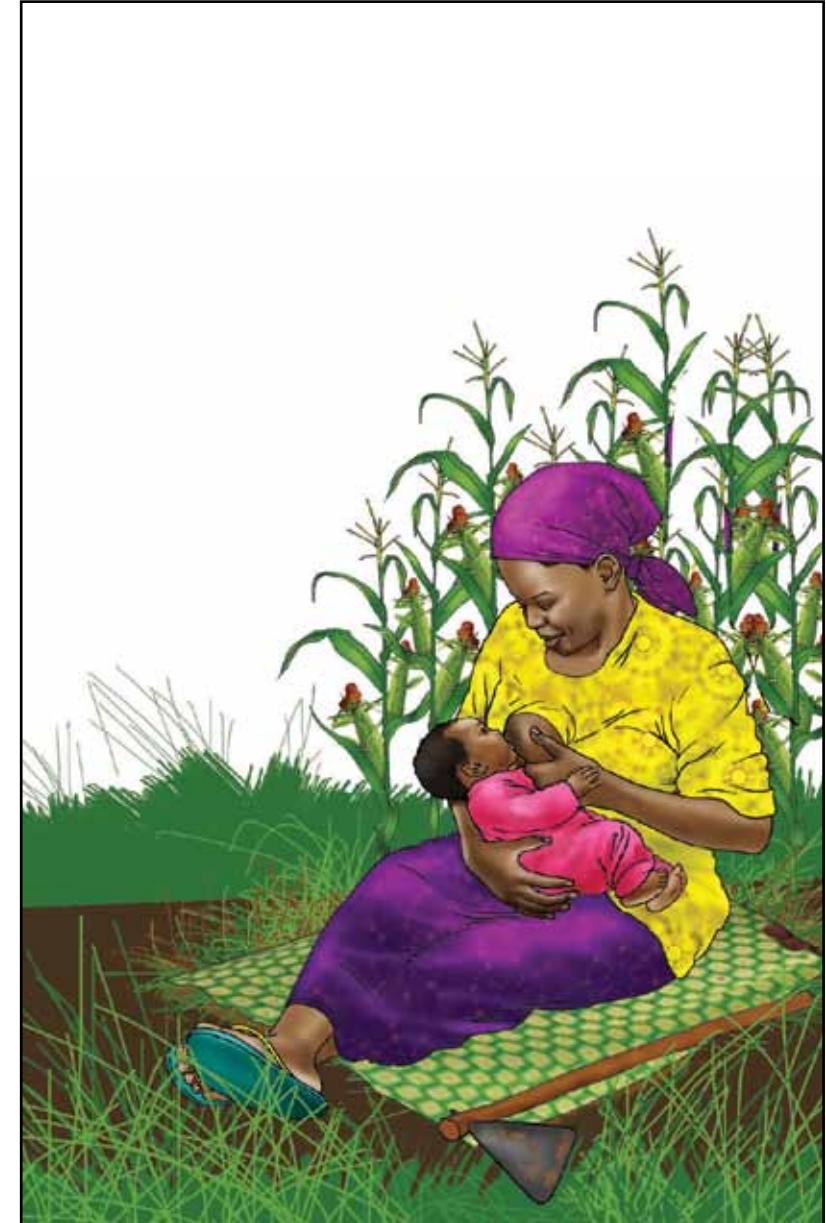


Imfashanyigisho ya 9

Uko wakwikama amashereka ukayaha umwana ukoresheje agakombe

- * Karaba intoki kandi usukure n'ibikoresho byo mu gikoni
- * Karaba intoki kandi woze ibikoresho byo mu gikoni
- * Oza kandi uteke igikoresho uza gukoresha wikama amashereka.
- * Ifate neza kandi wumve utuje.
- * Rimwe na rimwe birafasha kubanza gukorakora amabere. Kuzengurutsa agatambaro gashyushye ku ibere bituma amabere ahembera vuba.
- * Shyira urutoki rwave rw'igikumwe haruguru y'uruziga rw'ibere rukikije imoko, izindi ntoki uzishyire mu gice cyo munsi y'ibere inyuma y'uruziga.
 - Ukoresheje igikumwe n'intoki 2 kanda buhoro ibere werekeza ku mubyimba waryo, uvana imbere ujyana inyuma, ku mpande zose z'ibere, ujye urekura.
 - Amashereka ashobora gutangira kuza ari ibitonyanga, cyangwa rimwe na rimwe ari menshi. Kamira amashereka mu kintu gifite isuku.
 - Irinde gukuba uruhu rw'ibere kuko rushobora gukoboka, wirinde kandi gukanda imoko kuko bibuza amashereka kuza.
 - Kandakanda uzengurutsa ibere igikumwe n'izindi ntoki, ugenda urekura.
- * Kama ibere rimwe mu gihe byibura cy'iminota 3-5 kugeza igihe amashereka atakiza. Fata irindi bere ubigenze nka mbere. Ongera usubiremo amabere yombi. Kwikama bigomba kumara hagati y'iminota 20 na 30.
- * Bika amashereka mu kintu gifite isuku, kandi gipfundikiye. Amashereka ashobora kubikwa mu gihe cy'amasaha 6 kugeza ku 8 ahantu hafutse no kugeza kuri 24 muri firigo.
- * Mu gihe wabitse amashereka wikame, mbere yo kuyaha umwana yashyushye abe akazuyazi.
- * Igihe urimo guhera umwana amashereke mu gikombe, gikoze ku munwa wo hasi hanyuma umureke anywe make make ayakuruza ururimi. Wimusuka amashereka mu kanwa.
- * Suka amashereka ahagije ari mu gikoresho gipfundikiye mu gikombe uhesha umwana.
- * Si byiza gukoresha amacupa, bibero cyangwa udukombe dupfundikirwa dufite imihiro kumunwa, kuko birushya kubyozza kandi bishobora kwanduza umwana indwara.

Ha umwana amashereka n'igihe utari mu rugo





Imfashanyigisho ya 10

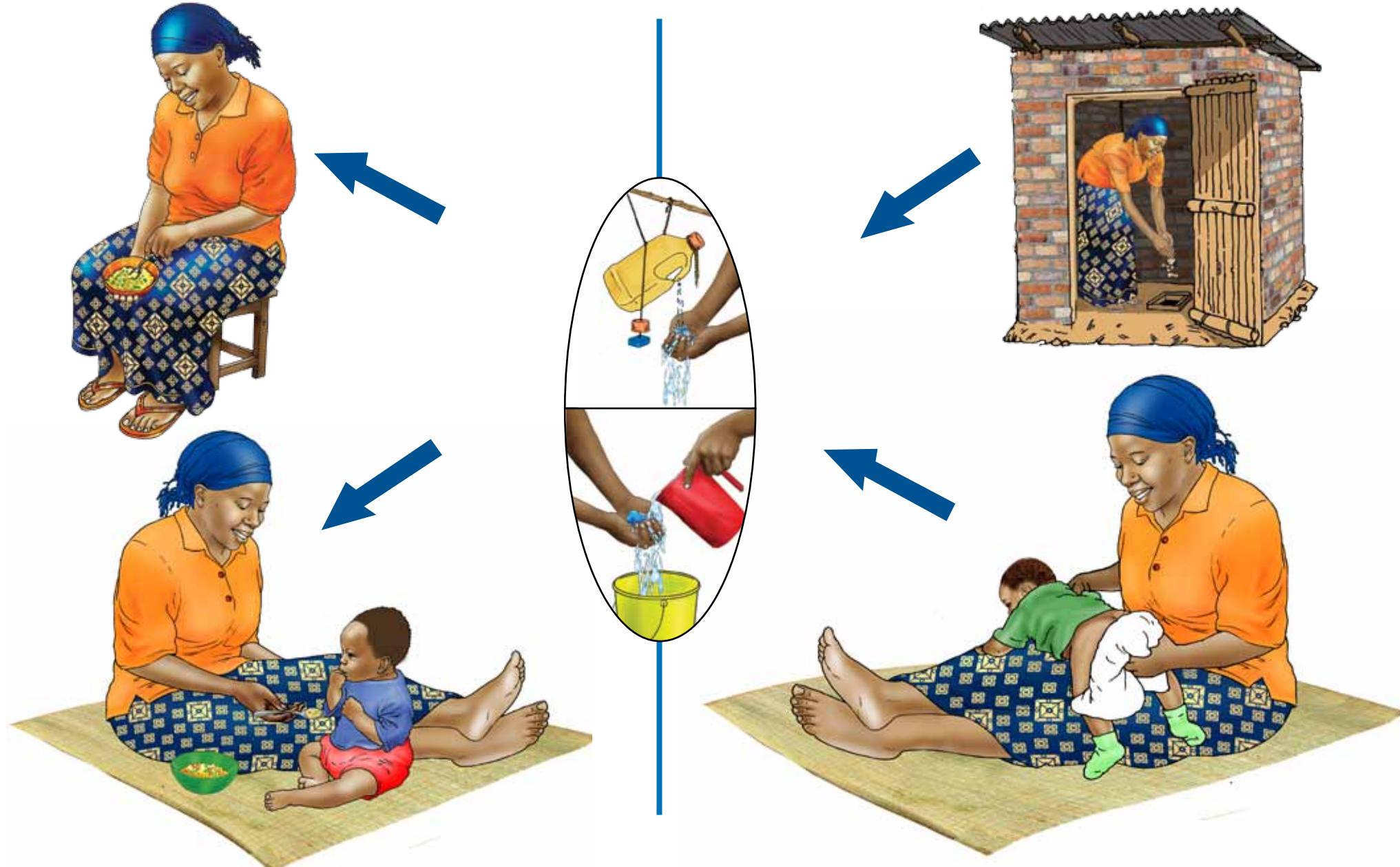
Ha umwana amashereka n'igihe utari mu rugo

- * Hita wiga kwikama amashereka ukimara kubyara. (reba ikarita ya 9)
- * Onsa umwana wawe gusa nta kindi umuhaye mu gihe cyose muri kumwe, mu gihe ataruzuza amezi atandatu.
- * Kama kandi ubike amashereka mbere y'uko uva mu rugo kugira ngo uwita ku mwana aze kuyamuha igithe udahari.
- * Ikame amashereka igihe utari kumwe n'umwana wawe. Ibi bizatuma amashereka agumya kuza kandi bibuze n'amabere kwikama.
- * Igisha uwita ku mwana wawe uko agomba gukoresha igikombe gifite umunwa mugari kandi gisukuye igithe udahari.
- * Amashereka wikamye ashobora kubikwa mu kintu gisukuye kandi gipfundikiye. Amashereka wikamye ashobora kubikwa mu gihe cy'amasaha 6 kugeza ku 8 ahantu hafutse, 24 muri firigo, no kugeza ku mezi 3-6 mu bukonje bukomeye (degree 20 munsi ya zero).
- * Fata umwanya uhagije wo kugaburira umwana mbere y'uko mutandukana n'igihe wongeye kugarukira mu rugo.
- * Ongera inshuro ugaburira umwana igithe muri kumwe. Ibi bivuga kongera inshuro umwonsa ninjoro n'iminsi y'ikiruhuko.
- * Igithe bishoboka, jyana umwana aho ukorera cyangwa urebe niba hari umuntu wahamukuzanira kugira ngo umwonse.
- * Ifashishe umuryango wawe mu kwita ku ruhinja n'abandi bana bato, banagufashe gukora imirimo yo mu rugo.

Ibindi by'ingenzi:

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

Kugira isuku ihagije bikumira indwara





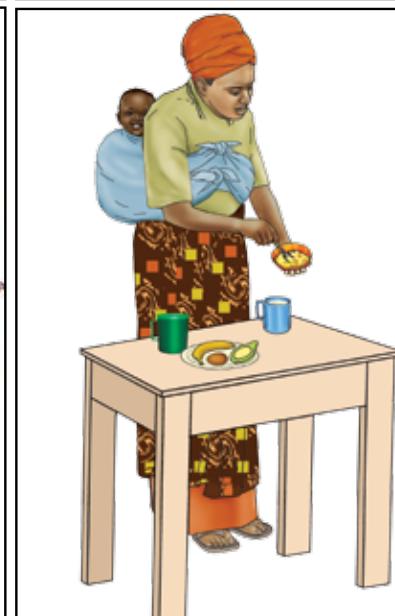
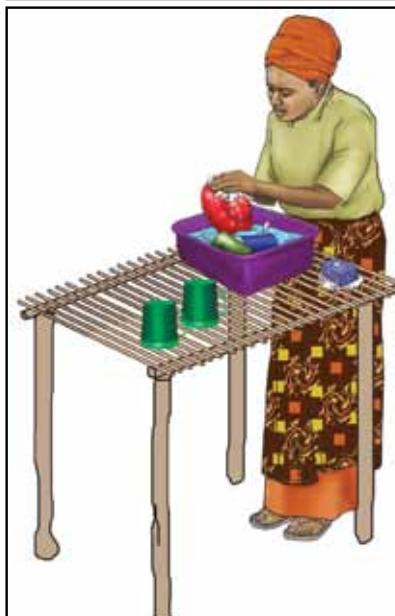
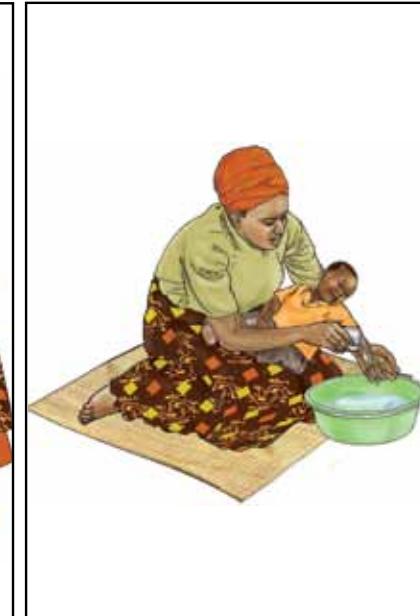
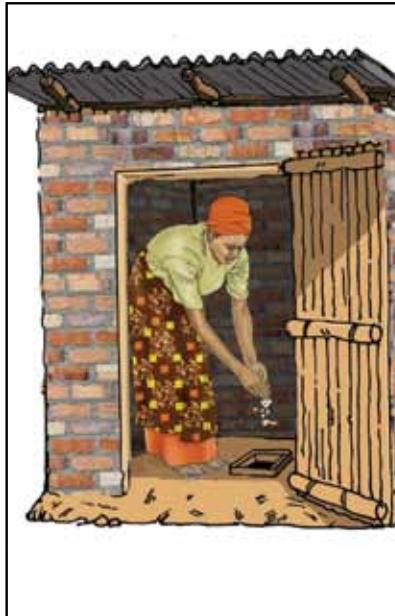
Imfashanyigisho ya 11

Kugira isuku ihagije bikumira indwara

- * Isuku ihagije ni ingenzi mu gukumira impiswi n' izindi ndwara.
- * Karaba intoki ukoreshjeje isabune n'amazi meza asukirwa mbere yo gutegura ibiryo no kugaburira umwana wawe.
- * Karaba intoki, ukarabye n'intoki z'umwana mbere yo kurya.
- * Karaba intoki n'isabune n'amazi meza igihe uvuye mu bwiherero cyangwa umaze gusukura umwana wawe witumye.
- * Gaburira umwana wawe umaze gukaraba, ukoresha ibikoresho byo mu gikoni n'ibikombe bisukuye.

- * Mu kugaburira umwana cyangwa uri kumuha ibinyobwa, koresha ikiyiko cyangwa igikombe bisukuye.
- * Si byiza gukoresha amacupa, bibero cyangwa udukcombe dupfundikirwa dufite imihiro ku munwa, kuko birushya kubyoza kandi bishobora kwanduza umwana indwara.
- * Bika ibiryo bigenewe umwana wawe ahantu hafite isuku.

Gukoresha amazi asukuye no kugira isuku mu rugo



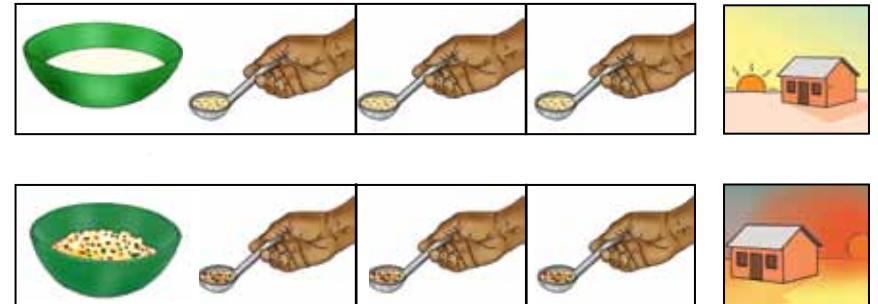


Imfashanyigisho ya 12

Gukoresha amazi asukuye no kugira isuku mu rugo

- * Amazi yo kunywa agomba gutekwa cyangwa gushyirwamo siro kugira ngo adatera impiswi kandi wizere ko ari meza ashobora kunyobwa:
 - yateke abire nibura umunota umwe noneho uyapfundikire cyangwa
 - shyiramo siro ako kanya utiriwe uylateka.
- * Sukura ibyombo, ibikombe, n'ibikoresho byose wifashishije amazi meza n'isabune, agatanda k'ibyombo. Bibike bitwikiriye mbere yo kubikoresha.
- * Bika ibiryo byose ahantu hafite isuku.
- * Tegurira ibiryo ahantu hafite isuku.
- * Niba udahise uha umwana ibiryo wamuteguriye, bifungirane mu kabati cyangwa ubitwikirize agatambaro gafite isuku
- * Ronga imbuto n'imboga mbisi mbere yo kuzikata no kuzirya.
- * Bika ibikomoka ku matungo bitaratekwa kure y'ibindi biryo kugirango bitabyanduza.
- * Teka inyama, amafi n'amagi kugeza igihe bihiriye neza.
- * Gabura ibiryo bikimara gushya. Shyushya neza ibiryo byarengeje igihe cy'isaha bihiye.
- * Ni ingenzi gusukura inzu n'urugo no guheha amabyi ndetse no kuvanaho n'undi mwanda wose ururimo.
- * Amabyi y' umwana ashobora gutera indwara nk'ay'umuntu mukuru. Mbere y'uko umwana aba mukuru ngo ashobore gukoresha umusarani, ugomba kujugunya umwanda we mu musarani cyangwa ukawutaba.
- * Shyira amatungo ahandi hantu hihariye, kure y'aho umuryango uba. Amatungo ntagomba kubana n'abantu mu nzu.
- * Imisarani ntigomba kubakwa ahantu hegeranye cyane n'aho umuryango uba. Umusarani ugomba guhora usukuye kandi upfundikiye.

Tangira guha umwana imfashabere ku mezi 6





Imfashanyigisho ya 13

Tangira guha umwana imfashabere ku mezi 6

- * Umwana niyuzuza amezi 6, tangira umuhe ubundi bwoko bw'ibiryo kandi ugumye umwonse uko abishatse, haba ninjoro cyangwa ku manywa.
- * Amashereka akomeza kuba ingenzi mu bigize indyo y'umwana wawe.
- * Ha umwana amashereka buri gihe mbere yo kumuha ibiryo.
- * Mu gihe uha umwana ibiryo by'inyunganirabere, tekereza kuri ibi bikurikira: inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko umwana ashishikarira kubifata, n'isuku.
 - **Inshuro:** Gaburira umwana wawe inshuro 2 ku munsi.
 - **Uko bingana:** Muhe ibiyiko 2 binini kugeza kuri 3 uko umugaburiye.
 - **Uko bigomba kuba bifashe:** Ibiryo uha umwana (harimo n'igikoma) bigomba kuba bifashe bihajije, ibyo bikagaragazwa n'uko biba bifashe ku kiyiko.
 - **Bigomba kuba binyuranye:** Tangiza ibiryo bisanzwe ufite nk'igikoma (ibigori, ingano, umuceri, uburo, amasaka), ibitoki cyangwa ibirayi binombye.
 - **Uko umwana ashishikarira kurya:**
 - Umwana ashobora gukenera igihe kinini kugira ngo amenyere kurya ubundi bwoko bw'ibiryo bitari amashereka.

- Ihangane, shishikariza umwana wawe kurya ubiyitayeho, ariko ntukabimuhatire.
- Koresha isahani yihariye kugira ngo wizere ko amara ibiryo byose wamugeneye.
- **Isuku:** Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara.
 - Koresha ibikoresho byo mu gikoni bisukuye mu gihe ugaburira umwana cyangwa umuha ibinyobwa.
 - Bika ibiryo bigenewe umwana wawe ahantu hafite isuku.
 - Karaba intoki ukoresheje isabune n'amazi meza asukirwa mbere yo gutegura ibiryo no kugaburira umwana wawe.
 - Karaba intoki kandi ukarabye n'umwana mbere yo kurya.
 - Karaba intoki ukoresheje isabune n'amazi asukirwa igihe uvuye ku musarani n'igihe umaze gusukura umwana wawe witumye.
 - Ni bibi gukoresha amacupa, bibero, cyangwa ibikombe bifite umufuniko utobaguye kuko birushya kubyozza kandi bishobora gutera umwana indwara.
- * Nyuma y'amezi 6 bavutse, abana bagomba guhabwa ibinini bya vitaminini A kabiri mu mwaka n'ibinini by'inzoka kabiri mu mwaka uhoreye ku mezi 12. Gisha muganga inama.

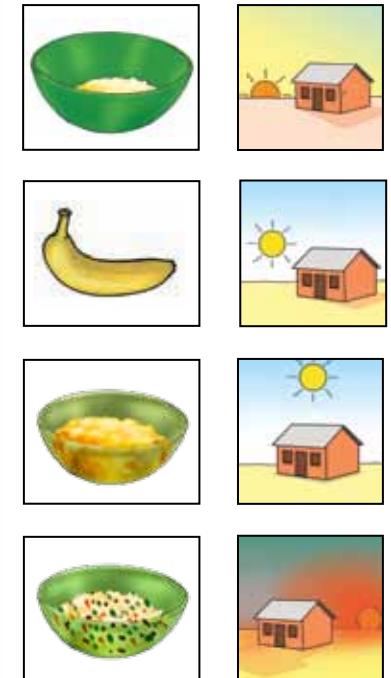
Ibirebana n'ingero z'ibikombe:

- * Ibikombe byose byavuzwe mu nyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugira ngo bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa yategetswe igomba guhuzwa n'igikombe umwana asanzwe anywesha.

Icyitonderwa:

- * Nyuma y'amezi 6 cyangwa igihe cyose uba utangiye guha umwana inyunganirabere, kwirinda gusama bishingiye ku konsa gusa ntibiba bikizewe.
- * Bizaba ngombwa ko ukoresha ubundi buryo bwo kuringaniza imbyaro n'ubwo waba utarakurira umwana.
- * Hariho uburyo bwinshi bwo kuringaniza imbyaro butabangamira konsa.

Guha umwana imfashabere kuva ku mezi 6 kugeza kuri 9





Imfashanyigisho ya 14

Guha umwana imfashabere kuva ku mezi 6 kugeza kuri 9

- * Komeza konsa umwana wawe ku manywa na ninjoro uko abishatse. Bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka aba akiri ingenzi mu bigize indyo y'umwana.
- * Amashereka atanga kimwe cya kabiri cy'imbaraga umwana akeneye igihe afite amezi 6 kugeza kuri 12.
- * Ha umwana amashereka buri gihe mbere yo kumuha ibiryo.
- * Igihe uha umwana ibiryo byunganira ibere, tekereza kuri ibi bikurikira: inshuro umugaburira, uko ibyo umugaburira bingana, uko bifashe, uko binyuranye, uko umwana abishishikarira, n'isuku.
 - **Inshuro:** Gaburira umwana wawe inyunganirabere inshuro 3 ku munsi.
 - **Uko bingana:** Ongera ingano y'ibyo umuha buhoro buhoro uzagere ku gice cy'igikombe (cyo mililitiro 250): erekwa umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye).
 - Koresha isahani yihariye kugirango wizere ko umwana muto amara ibiryo byose wamugeneye.
 - **Uko bigomba kuba bifashe:** Muhe ku biryo mufata mu muryango bicagaguyemo uduce cyangwa binombye. Ibiryo uha umwana wawe bigomba kuba bifashe bihajije, ibyo bikagaragazwa n'uko bifashe ku kiyiko. Amaze amezi 8, umwana wawe ashobora gutangira kurya ibiryo bifatishwa intoki.

Ibindi by'ingenzi:

- * Ibikombe byose byavuzwe mu nyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugira ngo bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa yategetswe igomba guhuzwa n'igikombe umwana asanzwe anywesha.

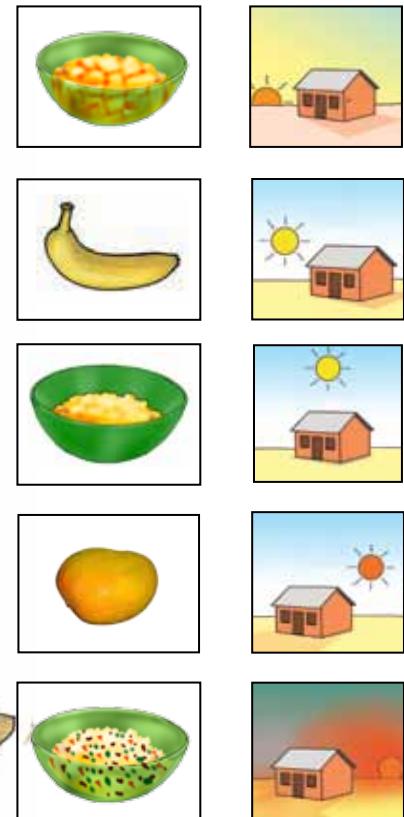
Icyitonderwa:

- * Nyuma y'amezi 6 cyangwa igihe cyose uba utangiye guha umwana inyunganirabere, kwirinda gusama bishingiye ku konsa gusa ntibiba bikizewe.
- * Bizaba ngombwa ko ukoresha ubundi buryo bwo kuringaniza imbyaro n'ubwo waba utarakurira umwana.
- * Hariho uburyo bwinshi bwo kuringaniza imbyaro butabangamira konsa.

- **Uko umwana ashishikarira kurya:**
 - Ihangane, shishikariza umwana wawe kurya ubiyitayeho, ariko ntubimuhatre.
 - Koresha isahani yihariye kugirango wizere ko umwana amara ibiryo byose wamugeneye.
- **Isuku:**
 - Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara.
 - Koresha ibikoresho byo mu gikoni bisukuye mu gihe ugaburira umwana cyangwa umuha ibinyobwa.
 - Bika ibiryo bigenewe umwana wawe ahantu hafite isuku.
 - Karaba intoki ukoresheje isabune n'amazi meza asukirwa mbere yo gutegura ibiryo no kugaburira umwana.
 - Karaba intoki ukarabye n'umwana mbere yo kurya
 - Karaba intoki ukoresheje isabune n'amazi asukirwa igihe uvuye ku musarani n'igihe umaze gusukura umwana witumye.

- * Buri munsi mugitondo, ku manywa na nimugoroba, ushobora kongera mu biryo by'umwana amavuta cyangwa ibindi biribwa bikungahaye ku mavuta nka marigarine cyangwa avoka.

Guha umwana imfashabere kuva ku mezi 9 kugeza kuri 12





Imfashanyigisho ya 15

Guha umwana imfashabere kuva ku mezi 9 kugeza kuri 12

- * Komeza konsa umwana wawe ku manywa na ninjoro uko abishatse. Ibi bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka aba akiri ingenzi mu bigize indyo y'umwana.
- * Amashereka atanga kimwe cya kabiri cy'imbaraga umwana akeneye igihe afite amezi 6 kugeza kuri 12.
- * Jya uha umwana amashereka buri gihe mbere yo kumuha ibiryo
- * Igihe ugaburira umwana wawe koresha isahani yihariye kugira ngo wizere ko amara ibiryo byose wamugeneye.
 - **Inshuro:** Gaburira umwana wawe inshuro 4 ku munsi.
 - **Uko bingana:** Zamura ingano y'ibyo umuha ho igice cy'igikombe (cy' millilitro 250: erekwa umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye).
 - Koresha isahani yihariye kugira ngo wizere ko umwana arangiza ibiryo wamugeneye.
 - **Uko bigomba kuba bifashe:** Muhe ku biryo n'abandi bafata mu rugo, binombye cyane, cyangwa bicagaguyemo uduce duto, ndetse n'ibiryo bifatishwa intoki.
 - **Uko bigomba kuba binyuranye:** Gerageza kumugaburira ibiryo binyuranye kuri buri funguro. Urugero: Ibiryo bikomoka ku matungo (inyama nshyashya, amagi, n'ibikomoka ku mata), ibinyampeke, ibinyamizi n'ibinyabijumba; imboga n'imbuto, cyane cyane izikunguhaye kuri vitamini A.
 - **Uko umwana ashishikarira kurya:**
 - Ihangane, shishikariza umwana wawe kurya ubiyitayeho.
 - Wihatira umwana wawe kurya.
 - Igihe ugaburira umwana wawe koresha isahani yihariye kugira ngo wizere ko amara ibiryo byose wamugeneye.
- * Isuku: Isuku ni ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara.
 - Koresha ibikoresho byo mu gikoni bisukuye igihe ugaburira umwana cyangwa umuha ibinyobwa.
 - Bika ibiryo bigenewe umwana wawe ahantu hafite isuku.
 - Karaba intoki ukoresheje isabune n'amazi meza mbere yo gutegura ibiryo no kugaburira umwana.
 - Karaba intoki ukarabye n'umwana mbere yo kurya.
 - Karaba intoki ukoresheje isabune n'amazi asukirwa igihe uvuye ku musarani n'igihe umaze gusukura umwana witumye.
- * Ibiryo bikomoka ku matungo (harimo inyama zo munda nk'umwijima, umutima n'impiko) ni ingenzi cyane kandi bishobora guhabwa abana: biteke neza kandi ubicemo uduce duto cyane.
- * Abana bashobora guhabwa inshuro 1 cyangwa 2 ku munsi amafunguro mato y'inyongera akungahaye ku ntungamubiri nk'imbuto cyangwa umugati usize agakoma k'ubunyobwa gafashe.
- * Buri munsi mugitondo, ku manywa na nimugoroba, ushobora kongera mu biryo by'umwana amavuta cyangwa ibindi biribwa bikungahaye ku mavuta nka marigarine cyangwa avoka.

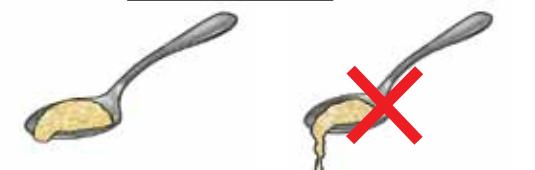
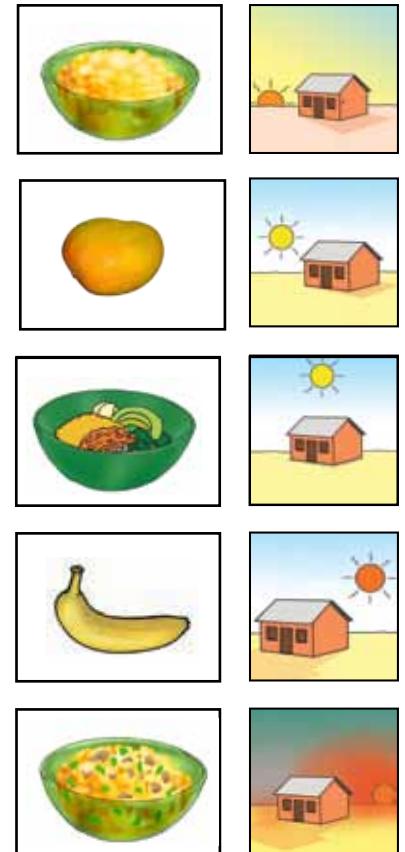
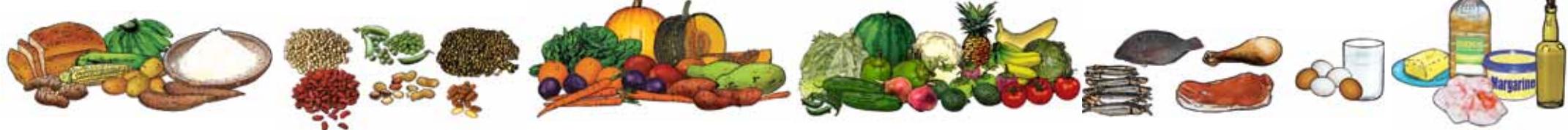
Ibindi by'ingenzi:

- * Ibikombe byose byavuzwe mu nyigisho ni ibikombe bifite mililitro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugira ngo bamene y'ibiryo cyangwa ibinyobwa yategetswe igomba guhuzwa n'igikombe umwana asanzwe anywesha.

Icyitonderwa:

- * Nyuma y'amezi 6 cyangwa igihe cyose uba utangiye guha umwana inyunganirabere, kwirinda gusama bishingiye ku konsa gusa ntibiba bikizewe.
- * Bizaba ngombwa ko ukoresha ubundi buryo bwo kuringaniza imbyaro n'ubwo waba utarakurira umwana.
- * Hariho uburyo bwinshi bwo kuringaniza imbyaro butabangamira konsa.

Guha umwana imfashabere kuva ku mezi 12 kugeza kuri 24





Imfashanyigisho ya 16

Guha umwana imfashabere kuva ku mezi 12 kugeza kuri 24

- * Komeza konsa umwana wawe ku manywa na ninjoro uko abishatse. Ibi bizatuma agumya kugira ubuzima bwiza n'imbaraga, kubera ko amashereka akomeza kuba ngombwa cyane mu bigize indyo y'umwana wawe.
- * Iyo abana bakurikirana neza kandi umuryango ukaba ari muto, uwo muryango uba ufite ubuzima n'imiriire byiza kandi ukaba uhagaze neza ku birebana n'ubukungu. Gisha inama muganga ku byerekeleranye n'uburyo bunyuranye bwo kuboneza imbyaro.
- * Kugirango ufashe umwana wawe gukura akomeye kandi umwonsa, ukwiye gukoresha bumwe mu buryo bwo kuringaniza imbyaro ngo wirinde gusama.
- * Igihe ugaburira umwana koresha isahani yihariye kugira ngo wizere ko amara ibiryo byose wamugeneye
 - **Inshuro:** Gaburira umwana wawe ibiryo by'inyunganirabere inshuro 5 ku munsi.
 - **Uko bingana:** Zamura ingano y'ibyo umuha ubigeze kuri bitatu bya kane by'igikombe (ya mililitiro 250: erekwa umubyeyi uko biba bigomba kungana ukoresheje igikombe yazanye).
 - Koresha isahani yihariye kugira ngo wizere ko umwana arangiza ibyo wamugeneye.
 - **Uko bigomba kuba bifashe:** Muhe ku biryo n'abandi mu rugo bafata , binombye cyane cyangwa bicagaguyemo uduce, ndetse n'ibiryo yafatisha intoki.
 - **Uko bigomba kuba binyuranye:** Gerageza kumugaburira ibiryo

Ibindi by'ingenzi:

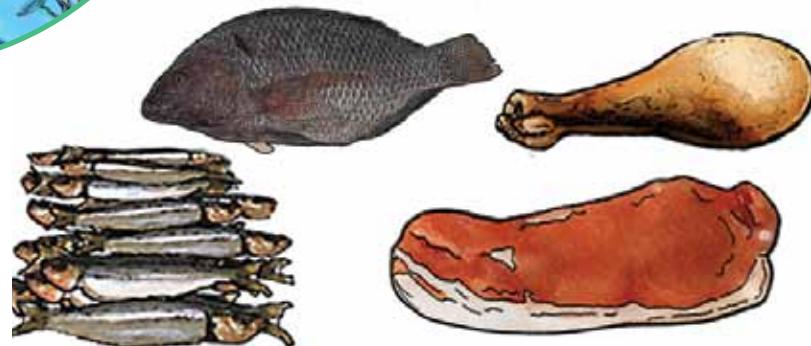
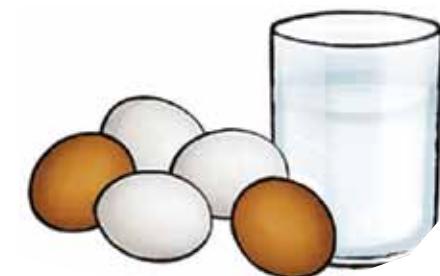
- * Ibikombe byose byavuzwe mu nyigisho ni ibikombe bifite mililitiro 250. Iyo hakoreshejwe ubundi bwoko bw'ibikombe cyangwa ibindi bikombe bifite indi ngano, bigomba gupimwa kugira ngo bamenye uko bingana kandi ingano y'ibiryo cyangwa ibinyobwa yategetswe igomba guhuzwa n'igikombe umwana asanzwe anywesha.
- Icyitonderwa: Ibiryo bishobora kongerwa ku buryo bunyuranye**
 - * Ibiryo bikomoka ku matungo (harimo inyama zo munda nk'umwijima, umutima n'impyiko) ni ingenzi cyane kandi bishobora guhabwa abana: biteke neza kandi ubicemo uduce duto cyane.
 - * Muhe inshuro imwe cyangwa ebyiri utugaburo duto hagati y'amagaburo manini nk'umwembe, ipapayi, umuneke, avoka n'izindi mbuto n'imboga, ibijumba n'ibirayi bitetse cyangwa umugati.

binyuranye kuri buri funguro. Urugero: Ibiryo bikomoka ku matungo (inyama nshyashya, amagi, n'ibikomoka ku mata), ibinyampeke, ibinyamizi n'ibinyabijumba, imboga n'imbuto, cyane cyane izikunguhaye kuri vitamini A.

- **Uko umwana ashishikarira kurya.**
 - Ihangane, shishikariza umwana wawe kurya ubiyatayeho, ariko ntukamuhatire kurya.
 - Igihe ugaburira umwana koresha isahani yihariye kugirango wizere ko amara ibiryo byose wamugeneye.
- **Isuku:** Isuku ni ikintu cy'ingenzi mu kwirinda indwara z'impiswi n'izindi ndwara.
 - Koresha ikiyiko cyangwa igikombe gisukuye igihe ugaburira umwana cyangwa umuha ibinyobwa.
 - Bika ibiryo bigenewe umwana wawe ahantu hafite isuku.
 - Karaba intoki ukoresheje isabune n'amazi meza asukiriwe mbere yo gutegura ibiryo no kugaburira umwana wawe.
 - Karaba intoki ukarabye n'umwana mbere yo kurya.
 - Karaba intoki ukoresheje isabune n'amazi meza asukiriwe igihe uvuye ku musarani n'igihe umaze gusukura umwana wawe witumye.

- * Buri munsi mugitondo, ku manywa na nimugoroba, ushobora kongera mu biryo by'umwana amavuta cyangwa ibindi biribwa bikungahaye ku mavuta nka marigarine cyangwa avoka.

Gaburira umwana wawe uwoko bunyuranye bw'ibiribwa





Imfashanyigisho ya 17

Gaburira umwana wawe ubwoko bunyuranye bw'ibiribwa

- * Komeza wonse umwana (nibura mu gihe cy'imyaka 2) kandi ugerageze kumugaburira ubwoko bunyuranye bw'ibiribwa kuri buri funguro.

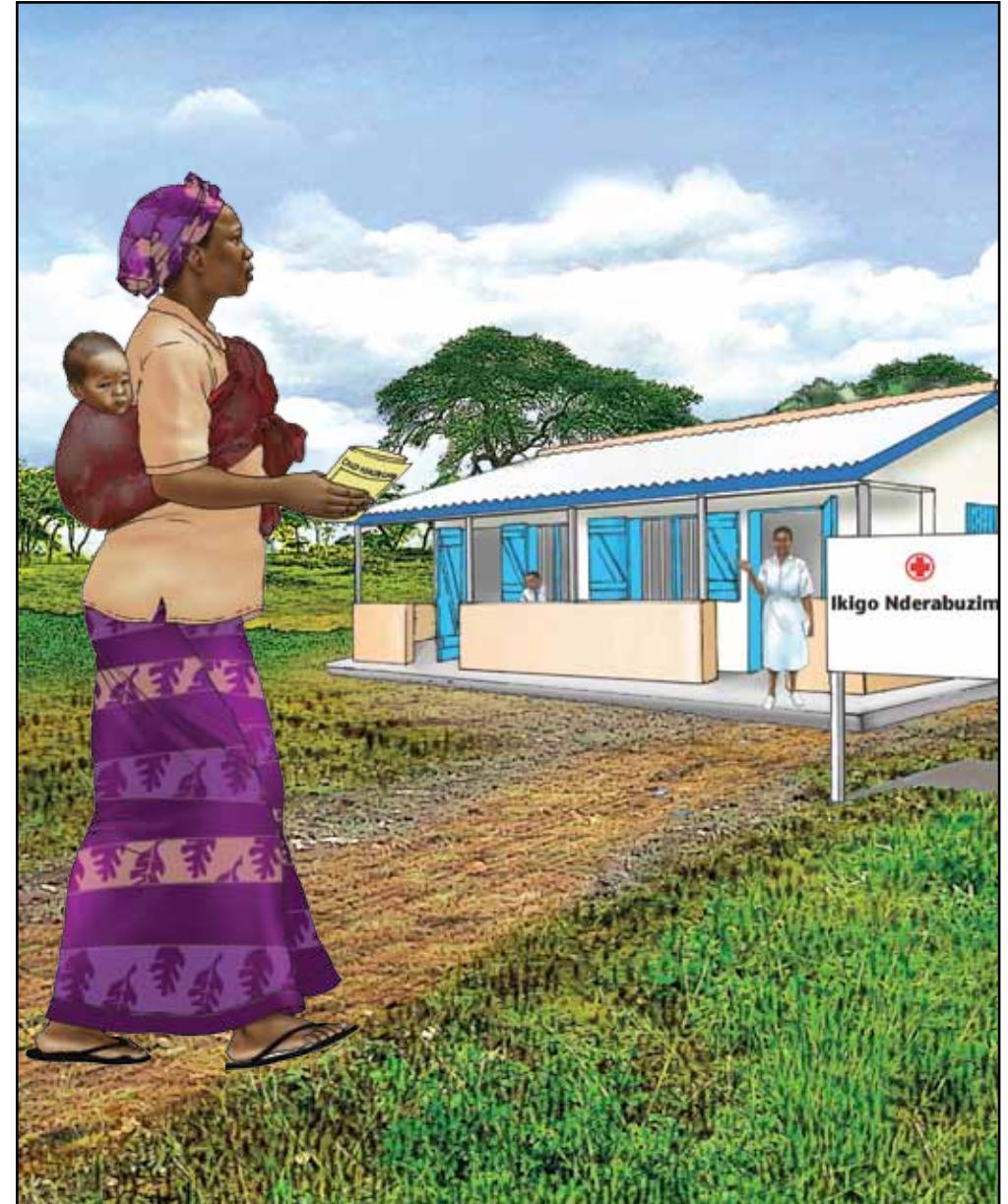
Urugero:

- Ibiryo bikomoka ku matungo (inyama, inkoko, amafi, umwijima), amagi n'ibikomoka ku mata.
- Ibiryo by'ibanze (ibigori, ingano, umuceri, uburo, n'amasaka), ibinyamizi n'ibinyabijumba (imyumbati, ibijumba).
- Ibinyamishogwe (ibishyimbo, lantiye, amashaza, ubunyobwa).
- Imbuto n'imboga zikungahaye kuri vitamini A (imyembe, amapapayi, amatunda, amacunga, imbogerri, karoti, ibijumba by'umuhondo n'ibihaza) n'ubundi bwoko bw'imbuto n'imboga (imeke, inanasi, imyungu, amatomati, avoka, intoryi n'amashu).

Ibindi byi'ngenzi: ushobora kongeraho ubundi bwoko bw'ibiryo mu buryo bunyuranye.

- * Tangira guha umwana wawe ibiryo bikomoka ku matungo yujuje amezi 6 kandi ubimuhe inshuro nyinshi zishoboka.
- * Bicemo uduce duto cyane kandi ubiteke neza.
- * Abana bashobora guhabwa inshuro 1 cyangwa 2 ku munsi amafunguro mato y'inyongera akungahaye ku ntungamubiri nk'uduce tw'emyembe ihiye, amapapayi, imineke, avoka, n'izindi mbuto n'imboga, ibirayi bitetse mu mazi, ibijumba kimwe n'umigati.
- * Koresha umunyu urimo iyode.

Niba umwana wawe arwaye, gisha inama



Ifishi ya taransiferi



Ifishi y'ikingira



Ikarita ya mituweri

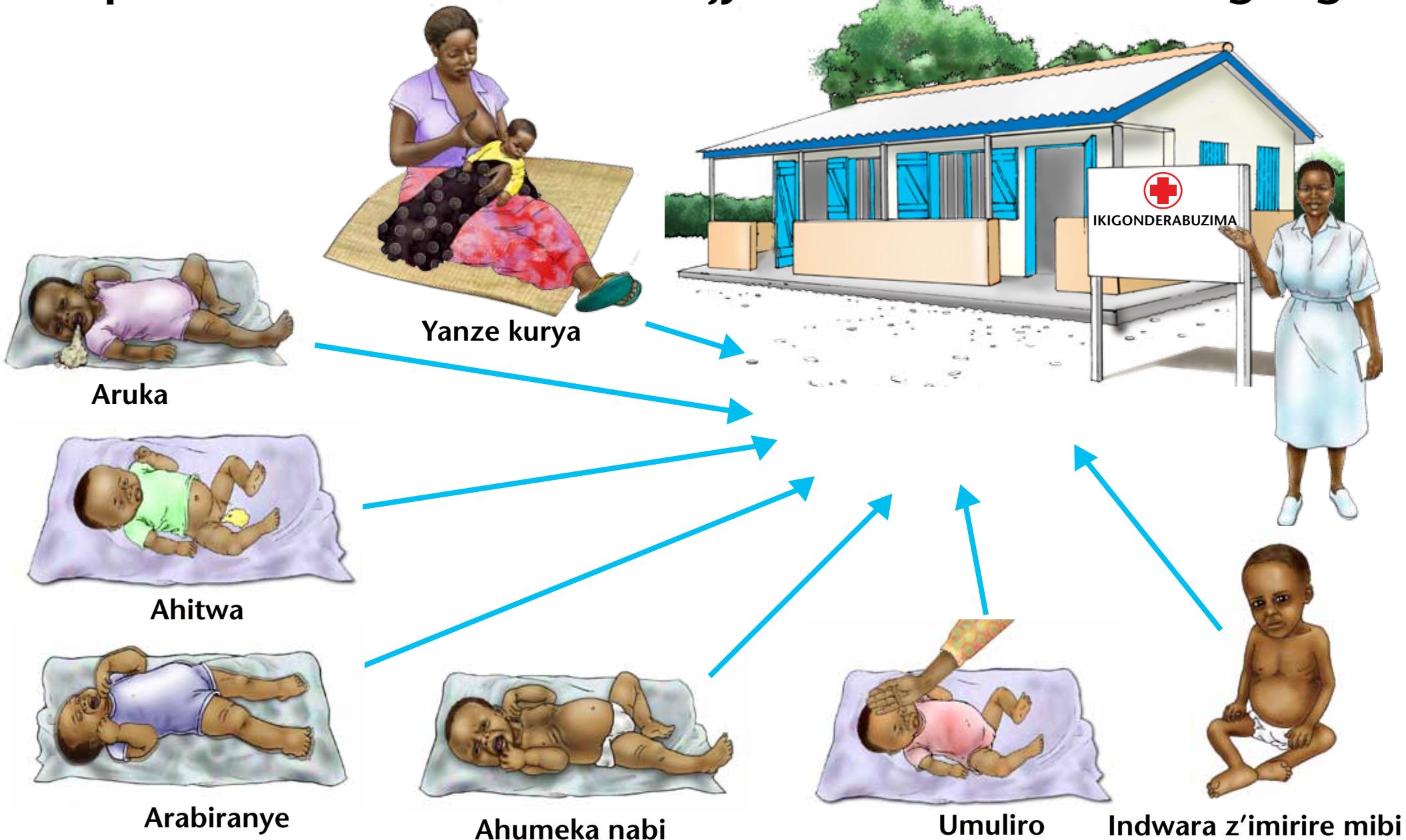


Imfashanyigisho ya 18

Niba umwana wawe arwaye, gisha inama

- * Niba umwana wawe afashwe n'indwara, gisha inama umujyanama w'ubuzima.
- * Umujyanama w'ubuzima azamenya niba umwana wawe agomba koherezwa ku ivuliro cyangwa ku bitaro biri hafi.
- * Hari indwara zimwe cyangwa impamvu zatuma hakorwa isuzumwa kandi hagakenerwa n'imiti yihariye iboneka gusa kwa muganga.
- * Ibuka kujyana ifishi ya taransiferi, ifishi y'ikingira n'ikarita ya mituweri by'umwana igihe ugiye kwa muganga.

Impamvu zatuma wihutira kujyana umwana kwa muganga



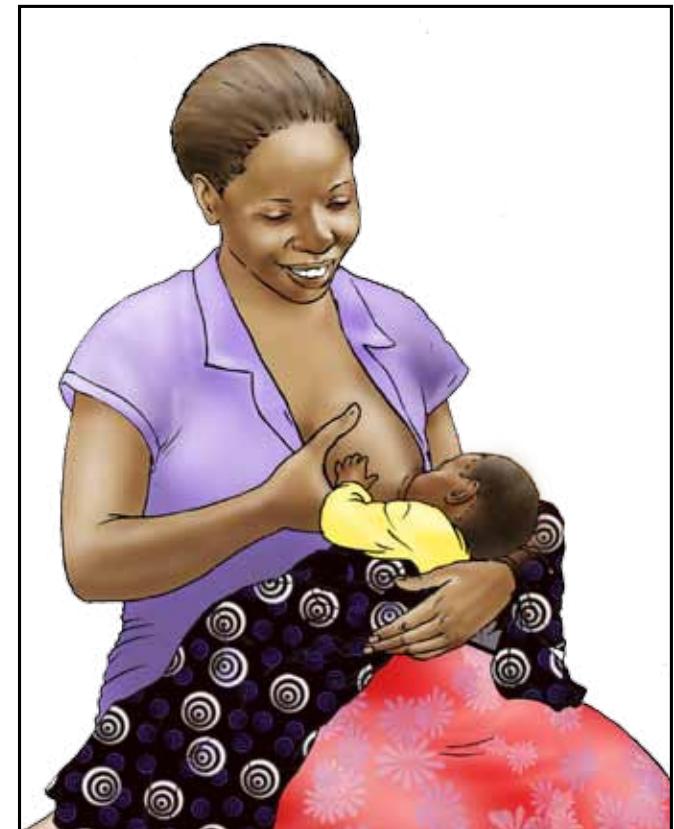
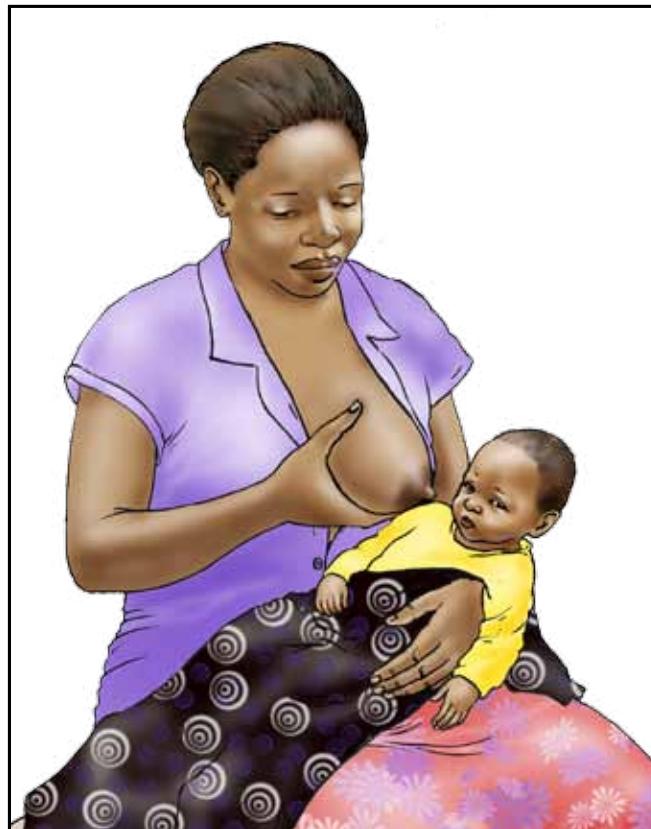


Imfashanyigisho ya 19

Impamvu zatuma wihutira kujyana umwana kwa muganga

- Igihe umwana yanze kurya cyangwa yacitse intege.
- Igihe umwana aruka (ari nta kimuregama mu nda).
- Igihe ahitwa (kwituma inshuro zirenze 3 ku munsi mu gihe cy'iminsi 2 cyangwa irenga kandi harimo cyangwa hatarimo amaraso mu musarane w'umwana, amaso ahondobera).
- Kurabirana (umubiri w'umwana uriyegeranya ukanirekura vuba vuba kandi buri kanya, ukananatitira).
- Igice cyo hasi cy'igituza gihoberera imbere igihe umwana ahumeka cyangwa bikagaragara nk'aho igifu kijya hasi no hejuru (indwara y'imyanya y'ubuhumekero).
- Umuliro (ashobora kuba afite malariya).
- Indwara zikomoka ku mirire mibi (guta ibiro cyangwa kubyimbagan).

Kugaburira umwana urwaye ufile munsi y'amezi 6

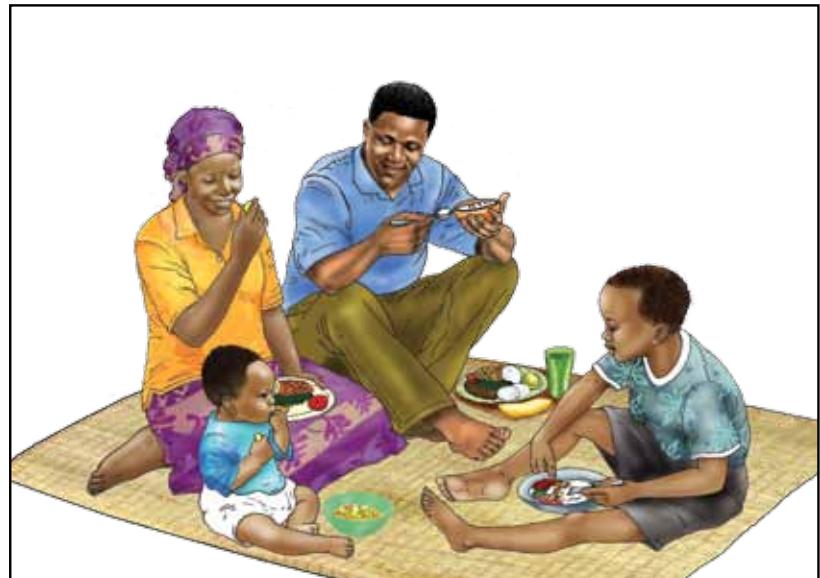




Imfashanyigisho ya 20 **Kugaburira umwana urwaye ufile munsi y'amezi 6**

- * Igihe umwana arwaye cyangwa ahitwa, mwonse kenshi kurusha ubusanzwe. Kumwonsa bimufasha kurwanya indwara, bikagabanya gutakaza ibiro, bikanamufasha gukira vuba.
- * Konsa umwana igihe arwaye bituma yumva amerewe neza. Niba umwana yanze konka gerageza umuhendahende kugeza igihe yongeye gufatira ibere.
- * Ha umwana amashereka n'imiti yategetswe gusa na muganga cyangwa umuvuzi ubyemerewe.
- * Niba umwana wawe adafite imbaraga zo konka, ikame amashereka umuhe. Ibi bizagufasha gukomeza kugira amashereka binakurinde kurwara amabere.
- * Igihe umwana akirutse indwara, ongera inshuro umwonsa kugirango bimufashe kugarura ubuzima bwiza no kwiyongera mu biro.
- * N'yo urwaye, ushobora gukomeza konsa umwana wawe. Ushobora gukenera indyo y'inyongera n'ubufasha muri icyo gihe.

Kugaburira umwana urwaye urengeje amezi 6



<p>Kuva ku mezi 6 kugeza ku 9</p> 	   	<p>+</p> 
<p>Kuva ku mezi 9 kugeza kuri 12</p> 	    	<p>+</p> 
<p>Kuva ku mezi 12 kugeza kuri 24</p> 	    	<p>+</p> 

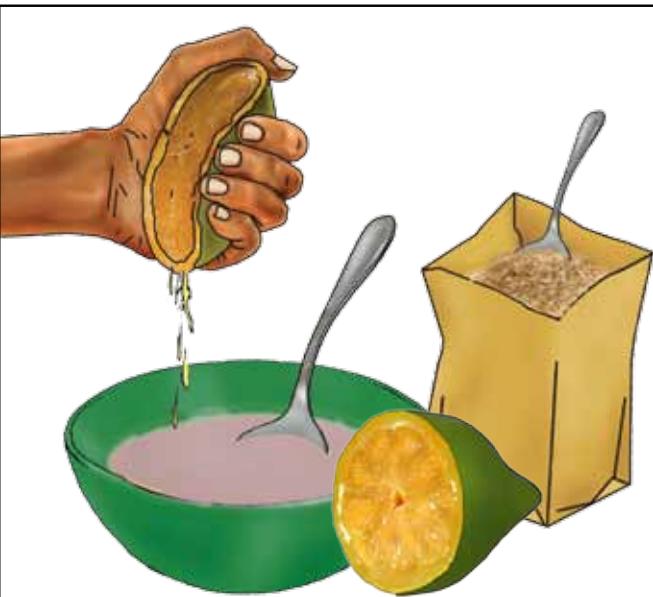
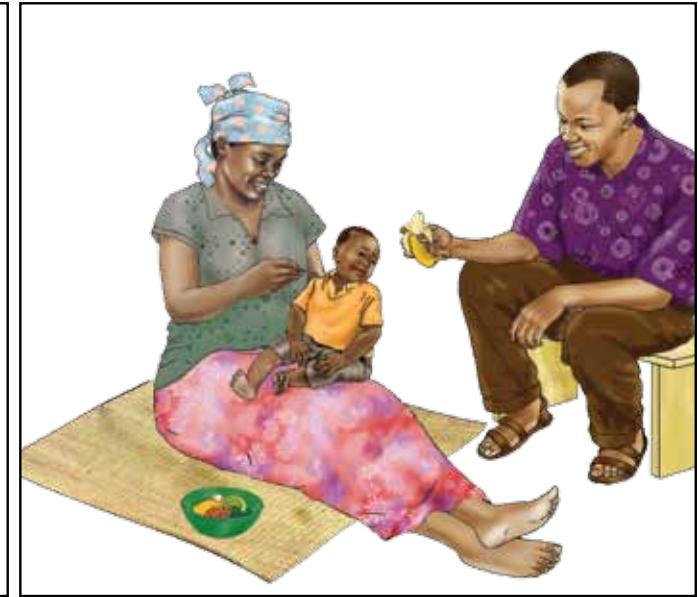
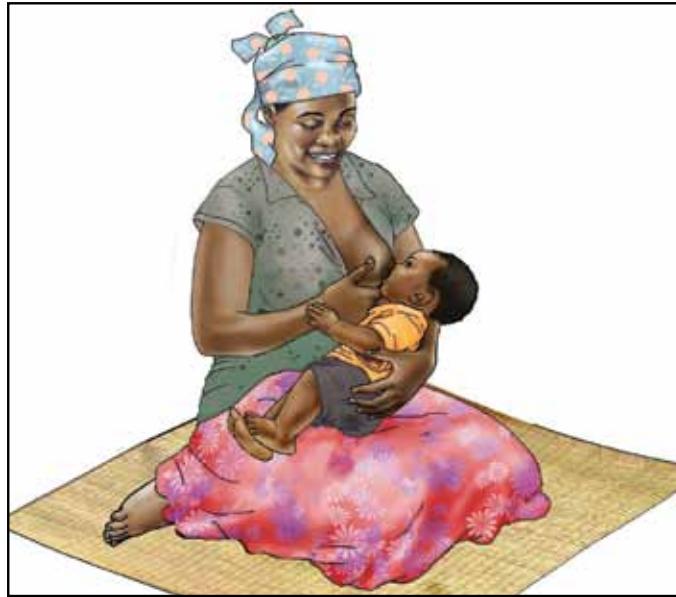


Imfashanyigisho ya 21

Kugaburira umwana urwaye urengeje amezi 6

- * Onsa umwana wawe kensi igihe arwaye, harimo n'igihe ahitwa. Kumwonsa bimufasha kurwanya indwara, bikagabanya gutakaza ibiro, bikanamufasha gukira vuba.
- * Niba umwana ahitwa cyangwa aruka, muhe uruvange rw'emyunu yongera amazi mu mubiri nk'uko wabigiriwemo inama n'umukozi wo kwa muganga.
- * Ntugahe umwana wawe imiti ya kinyarwanda.
- * Umwana wawe akeneye ibiryo n'ibinyobwa byinshi igihe arwaye.
- * Niba umwana wawe yabuze apeti, mushishikarize kurya bike ariko inshuro nyinshi.
- * Ha umwana wawe ibiryo bisanzwe nk'igikoma kandi wirinde kumuha ibiryo birimo ibirungo n'ibinure. N'ubwo umwana yaba ahitwa, ni byiza kugumya kumugaburira.
- * Umwana namara gukira, mushishikarize ubiyitayeho kurya buri munsi igaburo ry'inyongera rigizwe n'ibiryo bikomeye mu gihe cy'ibumweru 2 bikurikiraho.
- * Ibi bizamufasha kongera kunguka ibiro yatakaje no kugera ku kigero cy'ubukure yari yarabuze.
- * Niba urwaye, komeza wonse umwana wawe.
- * Ushobora gukenera indyo y'inyongera n'ubufasha muri icyo gihe.
- * Mu gihe urwaye, ni ngombwa kunywa cyane.
- * Niba umwana wawe arwaye ibicurane, mumyire ukoreshje amazi meza.

Kugaburira umwana urengeje amezi 6 wabuze apeti



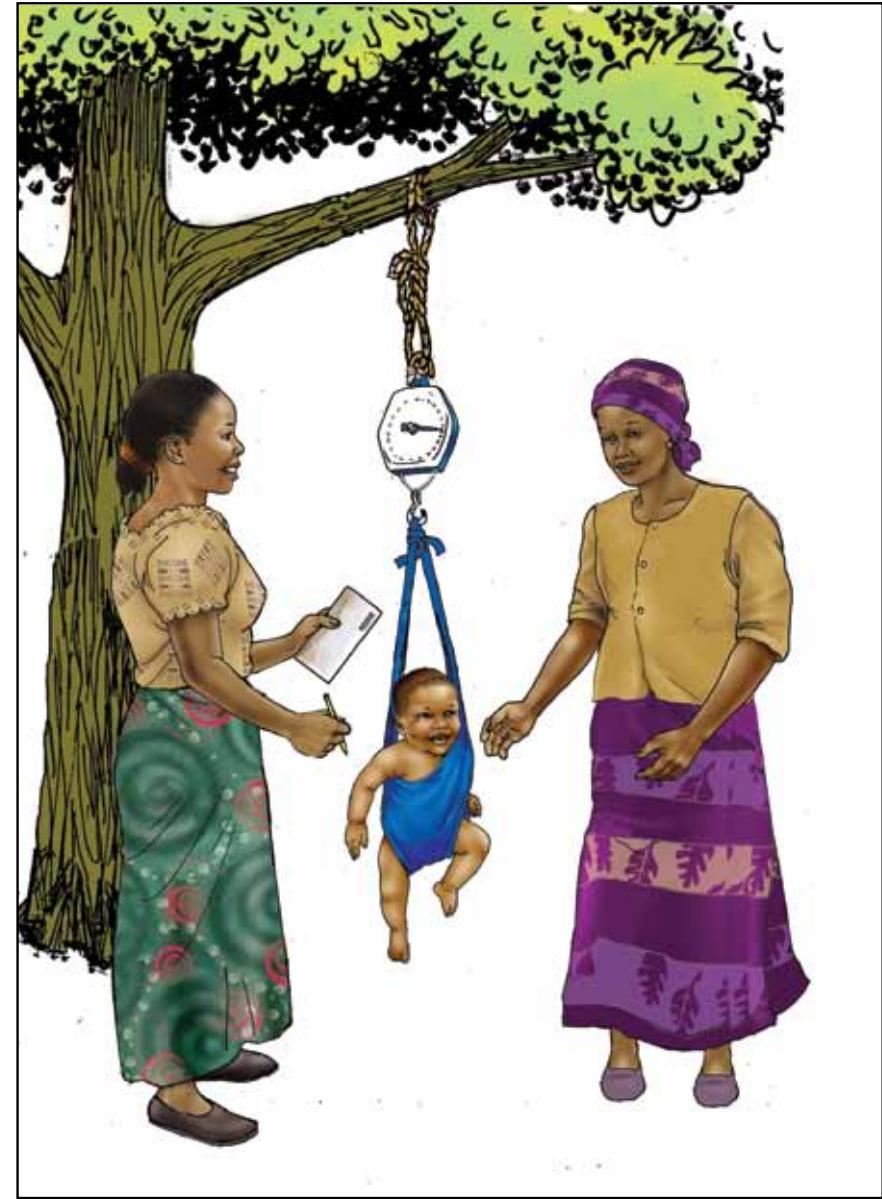
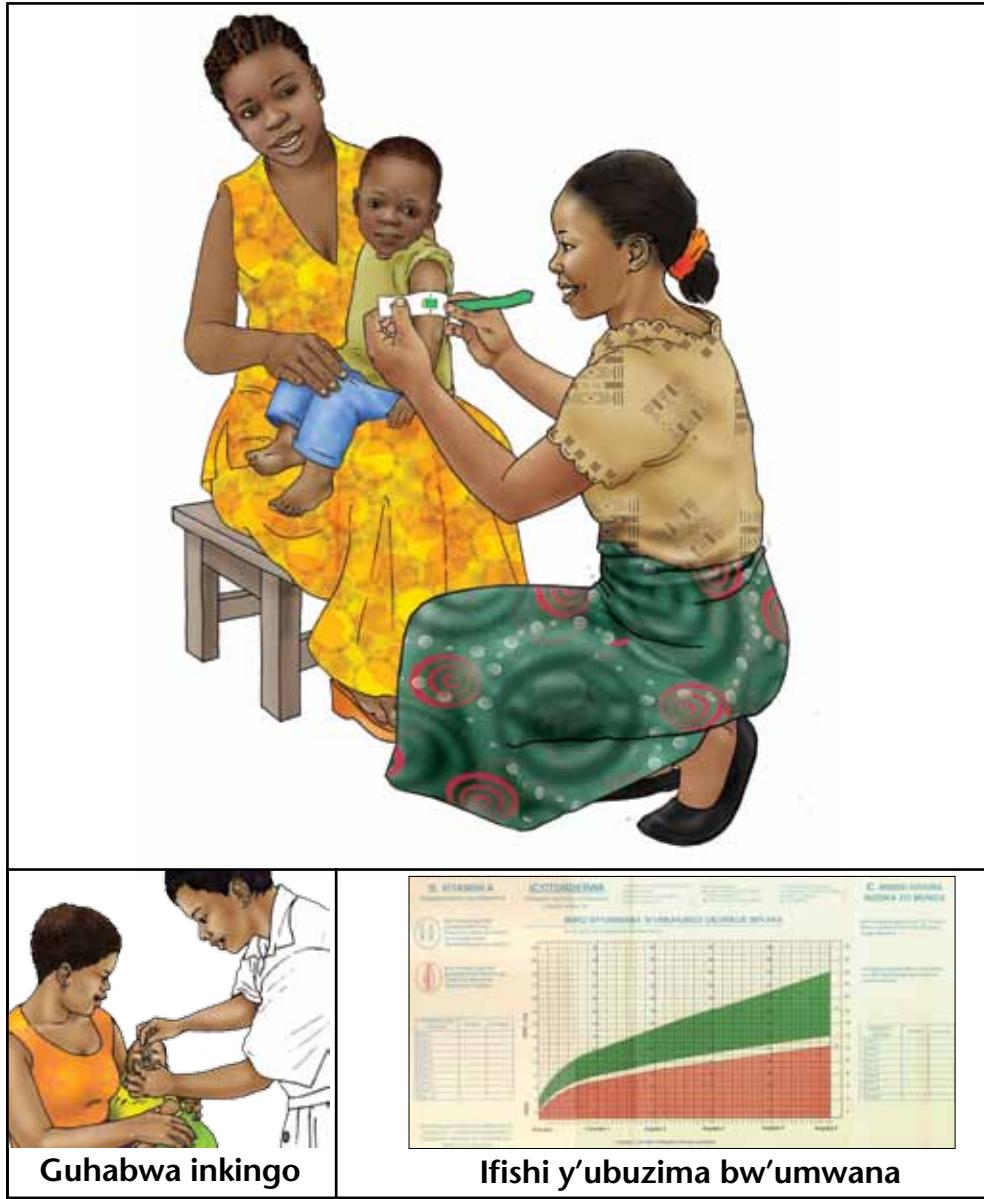


Imfashanyigisho ya 22

Kugaburira umwana urengeje amezi 6 wabuze apeti

- * Abana bakeneye kwiga kurya ubwoko bushya bw'ibiriba. Rimwe na rimwe, ntibakunda ibisharira cyangwa ibinombye. Banga ibiryo birimo ubwoko bw'ibiribwa badakunda.
- * Ibi nibibaho, uzatoranye kandi umuhe ubwoko bw'ibiribwa akunda. Mutangize ubwoko bushya bw'ibiribwa, kimwe kimwe kugira ngo ushabore kumenya ibyo akunze. Gerageza ibiryo nk'amagi, ibirayi bivanze n'isupu y'ubunyobwa, karoti zitetse zicagaguyemo uduce aho kuba ziseye.
- * By'umwihariko mu mwaka wabo wa kabiri w'ubuzima, abana ntibaba bashaka kurya. Abita ku bana bagomba kwihangana kandi bagashishikarira kubagaburira. Igihe umwana agira amahane, abandi bantu baba mu rugo bagomba gutanga ubufasha.
- * Kenshi, umwana azashaka gusangira n'umuvandimwe we mukuru aho gusangira na nyina. Gerageza ubundi buryo bwo kumugaburira.
- * Emerera umwana kurya ibiryo bike, ariko umugaburire kenshi. Urugero, niba umwana arya ibiryo bike cyane ugereranyije n'ibyo yagombaga kuba yariye hagati mu munsi, muhe bike, kandi inshuro nyinshi, kandi umuhe n'urubuto. Aho kumugaburira 3 ku munsi hiyongereyeho n'ifunguro rito 1 cyangwa 2, uyu mwana yagombye kurya byibura inshuro 6 ku munsi.
- * Biba ari ibintu bikomeye iyo umwana ageze igihe agaragaza ko adashaka kurya cyangwa yatakaje apeti yose. Ibi bibaho iyo bamuretse agasonza cyane.
- * Umwana watakaje apeti agomba kugaburira ibiryo bike byo mu bwoko bw'ibyo akunda nk'imbuto, igikoma cyoroshye kirimo ifu y'ubunyobwa, kandi wagombye kumwingingira kurya, ukagenda wongera urugero rw'ibiryo buhoro buhoro.
- * Apeti y'umwana ishobora kugaruka wongera akunyu gake mu biryo cyangwa uryohereza cyangwa ukarishya ibiryo. Iyo wongeye isukari n'ikintu gikarishye nka yahuruti cyangwa imitonyi mike y'umutobe w'indimu mu biryo (umuceri cyangwa igikoma cyoroshye), biraryohera kandi bikazana ubusharire.
- * Komeza kandi wonse umwana wawe.

Gukurikirana buri gihe no guteza imbere imikurire y'umwana





Imfashanyigisho ya 23

Gukurikirana buri gihe no guteza imbere imikurire y'umwana

- * Itabire buri gihe inyigisho zo kugenzura no guteza imbere imikurire y'umwana kugirango wizere ko umwana wawe ari gukura neza.
- * Umwana ufile ubuzima bwiza akura neza yiyongera ibiro buri kwezi. Niba umwana wawe atunguka cyangwa atakaza ibiro, ubwo hari ikibazo.
- * Kwitabira inyigisho ku byerekeranye no kugenzura no guteza imbere imikurire y'umwana bituma umubyeyi amenya ibibazo umwana afite mu rwego rw'imirire nko kunanuka bikabije cyangwa kubyimbaganwa.
- * Ibibazo by'imirire bishobora gusaba ko habaho ubuvuzi bwihutirwa hifashishijwe ubwoko bw'ibiryo byihariye bikoreshwa mu buvuzi.
- * Gupima umuzenguruko w'igice cya ruguru cy'akaboko k'umwana ufile hejuru y'amezi 6 (MUAC) nabyo bituma umuntu abona ikibazo cyo kunanuka bikabije.
- * Mu gihe cyo kugenzura imikurire y'umwana ndetse n'igihe cy'ibiganiro bijyana na byo, ushabora kubaza ibibazo birebana n'imikurire y'umwana, ubuzima bwe, n'imirire ye.
- * Ni ingenzi gukemura vuba ikibazo cy'imikurire n'ibimenyetso by'imirire mibi bigitahurwa. Niba ikibazo gikomeye cyane, ugomba kujyana umwana ku kigo nderabuzima kikwegereye.
- * Nujya ku kigo nderabuzima muri gahunda yo gukurikirana imikurire y'umwana, uzabaze n'ibyerekeranye no kuringaniza imbyaro.
- * Ushobora kubaza ibijyanye na gahunda yo gukingira umwana wawe. Inkingo zirinda abana indwara nyinshi.

Kuboneza urubyaro byongera ubuzima bwiza no kuramba



Kwirinda gusama
ukoreshje konsa gusa



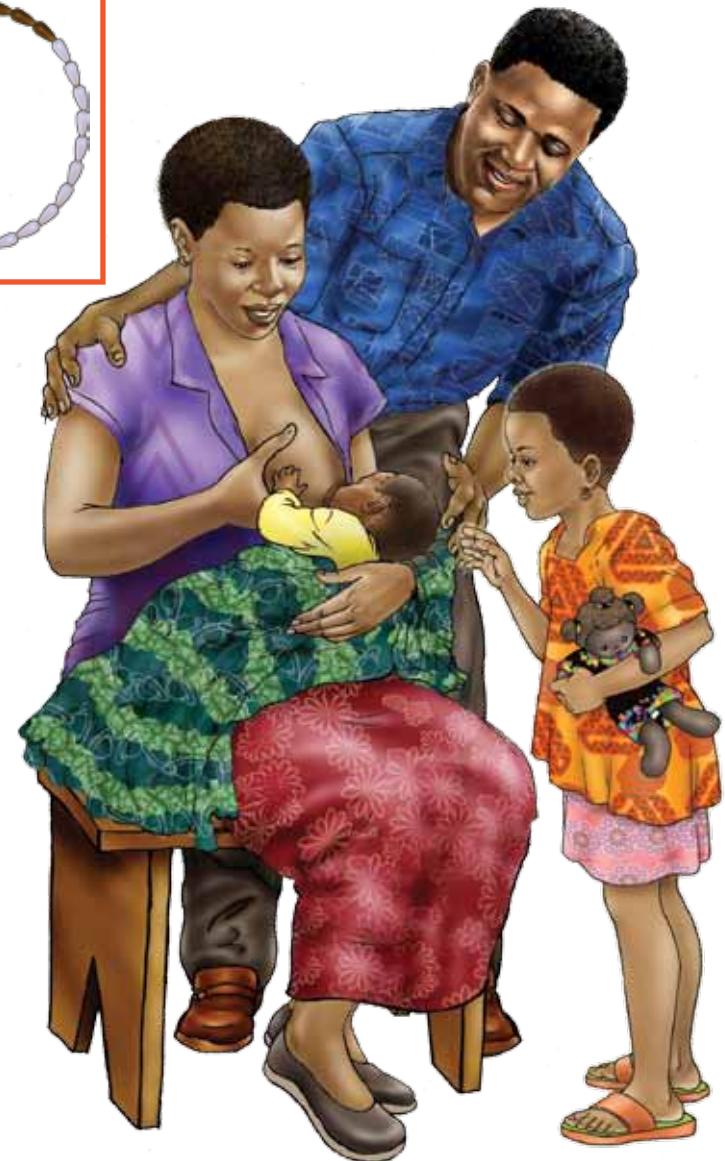
Agakingirizo k'abagabo
n'ak'abagore



N'ubwo mwakundana
cyane, mukwiye kwifata



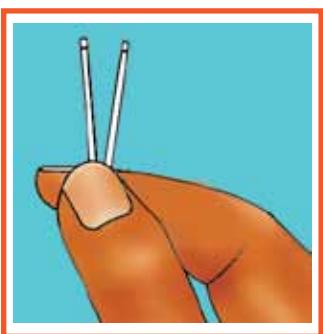
Urunigi



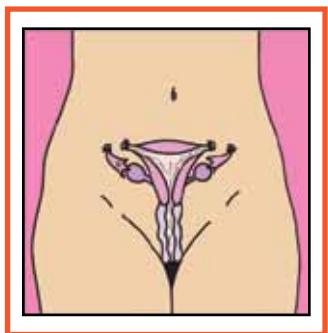
Urushinge



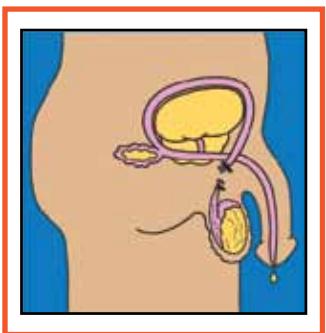
Ibinini



Agapira ko mu kaboko



Kwifungisha burundi
k'umugore



Kwifungisha burundi
k'umugabo



Agapira ko mu mura

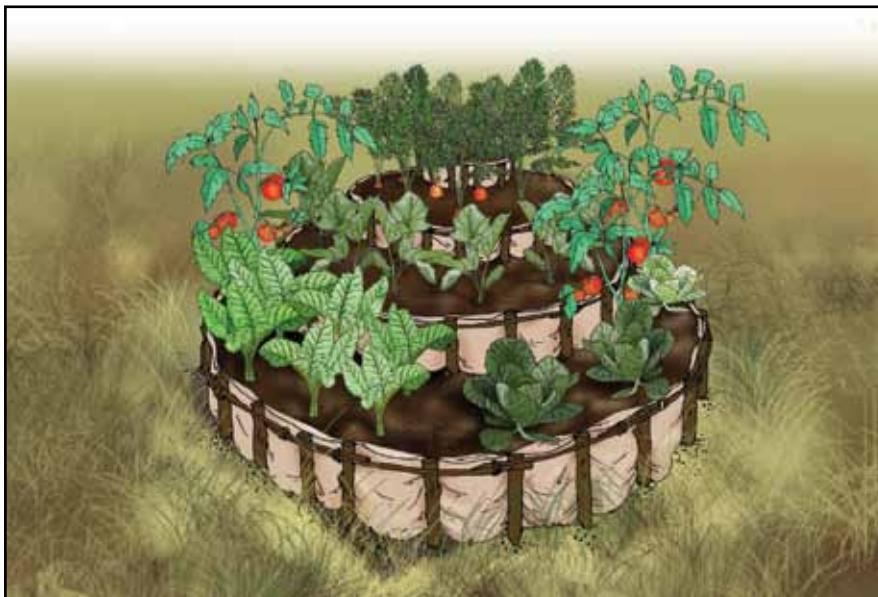
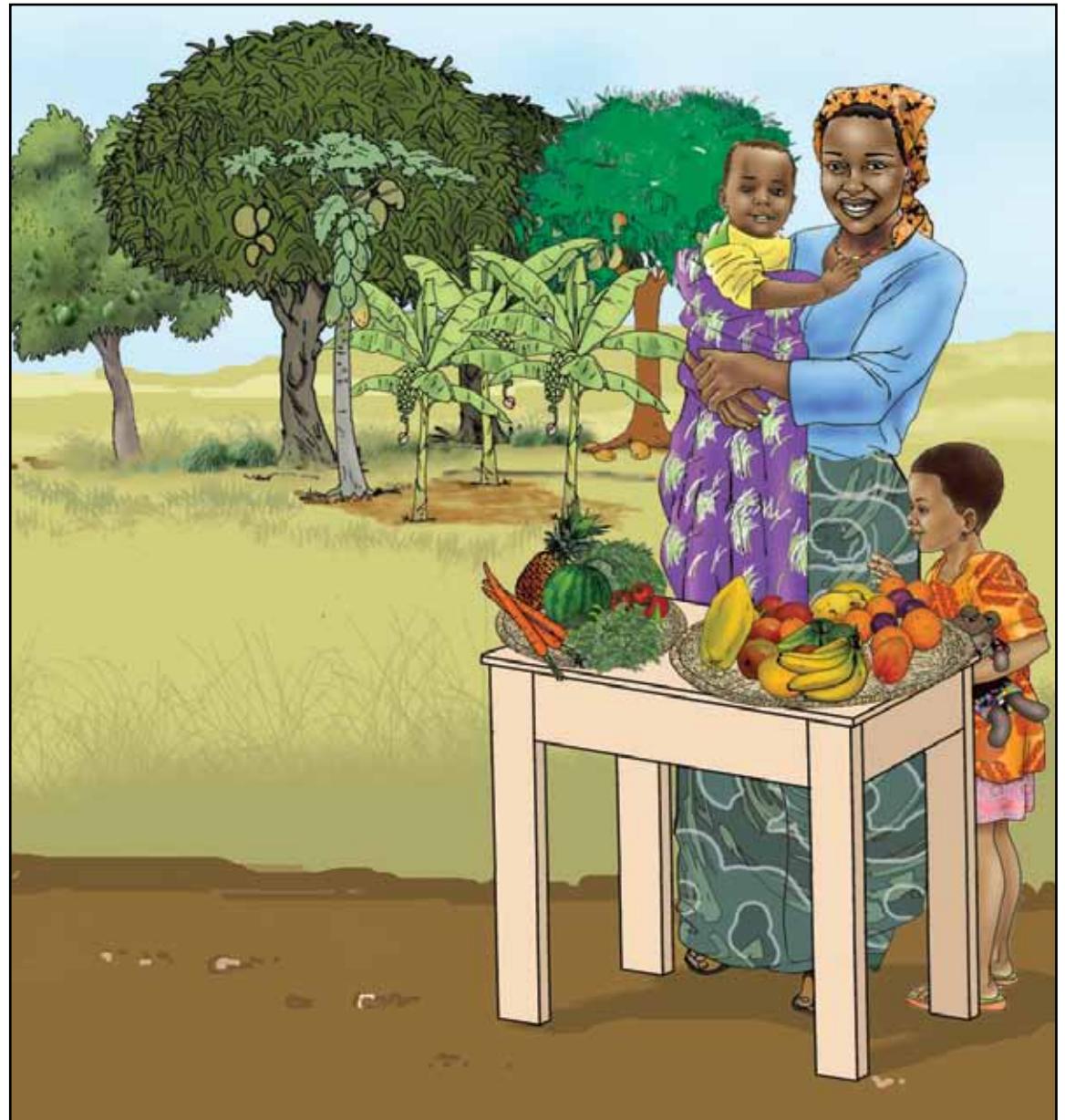


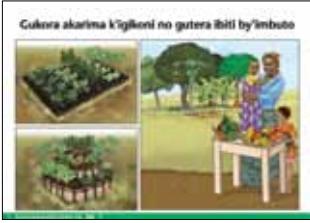
Imfashanyigisho ya 24

Kuboneza urubyaro byongera ubuzima bwiza no kuramba

- * Intera ikwiye yo gushyira hagati y'imbyaro, ni ugutegereza nibura imyaka 2 cyangwa 3 mbere yo kongera gusama.
- * Gutandukanya imbyaro bituma:
 - Ugira igihe gihagije cyo konsa no kwita kuri buri mwana.
 - Umubiri wawe ugira igihe gihagije cyo kwisana hagati y'imbyaro.
 - Uzigama kurushaho kubera ko ufile abana bake, ukanasohora amafaranga make yo kuriha amashuli, imyenda n'ibiribwa.
- * Guha umwana amashereka gusa mu mezi 6 ya mbere bifasha mu kuringaniza imbyaro kandi bikagirira akamaro umwana nawe ubwawe.
- * Igihe wonsa umwana wawe gusa mu mezi 6 ya mbere, ushobora kwirinda gusama, GUSA:
 - Iyo buri gihe uha umwana wawe amashereka ku manywa na ninjoro.
 - Iyo utarasubira mu mihangi.
- Iyo umwana wawe atarageza ku mezi 6.
- * Ubu buryo bwo kuringaniza imbyaro bwitwa uburyo bukoresheje amashereka mu bihe umubyeyi atarakurira umwana (LAM)
 - L = Lactational (mu gihe wonsa)
 - A = Amenorrhea (nta mihangi)
 - M = Method (uburyo bwo kuringaniza imbyaro)
- * Iyo hari kimwe muri ibi bintu 3 gihindutse, ntabwo uba ukirinzwe kongera gusama.
- * Ni ingenzi kugisha inama muganga ku byerekerye n'uburyo bugezweho bwo kuringaniza imbyaro buboneka, kimwe n'igihe n'uko bukoreshwia.

Gukora akarima k'igikoni no gutera ibiti by'imbuto



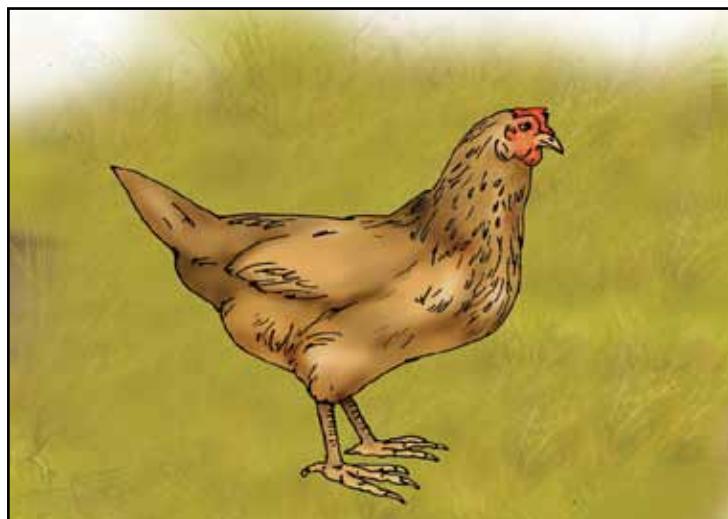


Imfashanyigisho ya 25

Gukora akarima k'igikoni no gutera ibiti by'imbuto

- * Kora akarima k'igikoni aho ushobora guhingira umuryango wawe umwaka wose uwoko bw'imboga bonyuranye nk'imbogeri, karoti n'imboga zifite ibibabi by'icyatsi cyijimye nka epinari. Ubu bwoko bw'ibiribwa bukungahaye cyane ku ntungamubiri zirinda umubiri harimo imyunu ngugu na za vitamini wowe n'umwana wawe mukeneye.
- * Niba ufile umwanya uhagije, ni ingenzi kugira byibura uturima 3 tunyuranye ushobora guhingamo mu bihe by'umwaka binyuranye ugendeye ku bihe by'ihinga. Ibi bizafasha umuryango wawe guhorana imboga nshyashya umwaka wose.
- * Ushobora gukora uturima tw'igikoni ukoresho ibikoresho bisanzwe kandi ukoze imirimo mike ishoboka. Ariko, utwo turima tuzakenera kubagarwa, kuvomererwa, no kwitabwaho buri gihe.
- * Imbuto nk'imeke, imyembe, amapapayi n'indimu bikungahaye kuri vitamini A na C, kandi kubihinga ni umushinga w'ingenzi uzatanga amafaranga mu bihe bizaza.

Korora amatungo magufi





Imfashanyigisho ya 26

Korora amatungo magufi

- * Korora amatungo magufi, adahenze nk'inkoko, inkwavu, imbeba za kizungu bishobora kuguha za poroteyine zubaka umubiri z'ingenzi n'izindi ntungamubiri za ngombwa.
- * Ihene n'intama na zo ni amatungo y'igitangaza yo korora n'ubwo bwose akenera ahantu hanini ho kororerwa.
- * Korora ingurube byongera ubukungu bw'umuryango kuko zibyara abana benshi bashobora kugurishwa hakaboneka amafaranga.
- * Niba bishoboka, korora inka zitanga amata bizaha abana bawe poroteyine zo kubaka umubiri n'izindi ntungamubiri z'ingenzi.
- * Inyama, amagi, n'amata usaguye ukomora ku matungo yawe ushabora kubigurisha ukagura ubundi bwoko bw'ibiryo ukeneye.

Impungenge ku bana bavuka ku babyeyi babana na virusi itera SIDA

Igihe HATAFASHWE ingamba zo gukumira ubwandumu



Ku bana 100 bavutse ku babyeyi banduye virusi itera SIDA:



Abensi muri abo bana (60%)
ntabwo bavuka banduye
virusi itera SIDA.



Bensi muri abo bana (25%),
bandura virusi itera SIDA
igihe ba nyina babatwite,
igihe baru ku bise, n'igihe baru
kuvuka.



Izindi mpinja (15%)
bandura virusi itera SIDA
mu gihe bonka.

Igihe umwana na nyina bafata imiti igabanya ubukana bwa virusi
itera SIDA kandi umwana yonka gusa mu mu mezi 6 ya mbere



Ku bana 100 bavutse ku babyeyi banduye virusi itera SIDA bafata imiti igabanya ubukana bwa virusi itera SIDA:



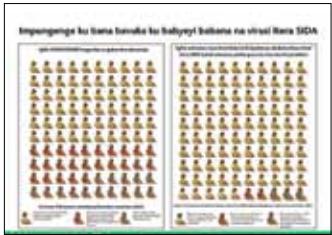
Abensi muri abo bana
(95 % cyangwa barenga)
ntabwo bandura virusi
itera SIDA.



Bacye cyane muri abo bana
(hasi ya 2%) bandura ba
nyina babatwite, baru ku bise
cyangwa bababyara.



Abana bonka (hasi ya 3%)
bashobora kwandwa.
Konsa gusa kandi hafatwa
imiti bigabanya ibago byo
kwandura



Imfashanyigisho ya 27

Impungenge ku bana bavuka ku babyeyi babana na virusi itera SIDA

- * Umugore wanduye virusi itera SIDA ashobora kuyanduza umwana we igihe amutwite, ari ku bise, amubyara cyangwa igihe amwonsa.
- * Nyamara, abana bose bavuka ku babyeyi banduye virusi itera SIDA ntibayandura.
- * Iyo hatagize ingamba zifatwa zo gukumira cyangwa kugabanya ibyago byo kwanduza umwana, ku bagore 100 batwise, bakabyara kandi bakonsa kugeza ku gihe cy'emyaka 2, 40 banduza abana babo virusi itera SIDA:
 - Abana 25% bashobora kwandura virusi itera SIDA igihe ba nyina babatwite, bari ku bise, cyangwa igihe bavuka.
 - Abana 15% bashobora kwandura virusi itera SIDA igihe bonse kugeza ku myaka 2.
 - Abandi bagore 60% ntibazanduza abana babo virusi itera SIDA.

Hari ibyago bingana bite byo kwanduza umwana virusi itera SIDA igihe umwana na nyina bafata imiti igabanya ubukana bwa virusi, kandi nyina akaba akoresha uburyo bwo konsa gusa mu mezi 6 ya mbere?

- * Umugore wanduye virusi itera SIDA agomba guhabwa imiti yihariye (yitwa imiti igabanya ubukana bwa virusi itera SIDA cyangwa ARV mu magambo ahinnye y'icyongereza), agatangira kuyifata mu minsi ya mbere agitwita, kandi akayikomeza ubuzima bwose. Gufata imiti

- igabanya ubukana bwa virusi itera SIDA bigabanya cyane ibyago byo kwanduza umwana igihe umubyeyi amutwite, amubyara cyangwa amwonsa.
- * Umwana uvutse ku mugore wanduye virusi itera SIDA agomba nawe guhabwa imiti igabanya ubukana bwa virusi itera SIDA mu gihe cy'ibumweru 6 kuva avutse kugira ngo bigabanye ibyago byo kwandura.
- * Iyo umugore ubana na virusi itera SIDA n'umwana we bakoresha uburyo bwo konsa/konka gusa mu gihe cy'amezi 6 ya mbere, kandi nyina agafata imiti igabanya ubukana bwa virusi itera SIDA igihe atwite n'igihe cyose yonsa, ndetse n'umwana agafata iyo miti mu byumweru 6 bya mbere akimara kuvuka, ibyago byo kwandura biragabanuka cyane.
- * Iyo izi ngamba zo gukumira kwanduza umwana zafashwe, ku bagore 100 banduye virusi ya SIDA basama, bakabyara kandi bakonsa mu gihe cy'umwaka 1 nibura, abatageze kuri 5 nibo bashobora kwanduza abana babo.
 - Abana bari mu nsi ya 2% bashobora kwandura virusi itera SIDA igihe ba nyina babatwite, bari ku bise cyangwa bababyara.
 - Abana batageze kuri 3% bashobora kwandura virusi itera SIDA igihe bonka.
 - Abarenze 95% muri aba bagore ntibazanduza abana babo iyo virusi.

Ibyerekeranye no gukora imibonano mpuzabitsina ikingiye:

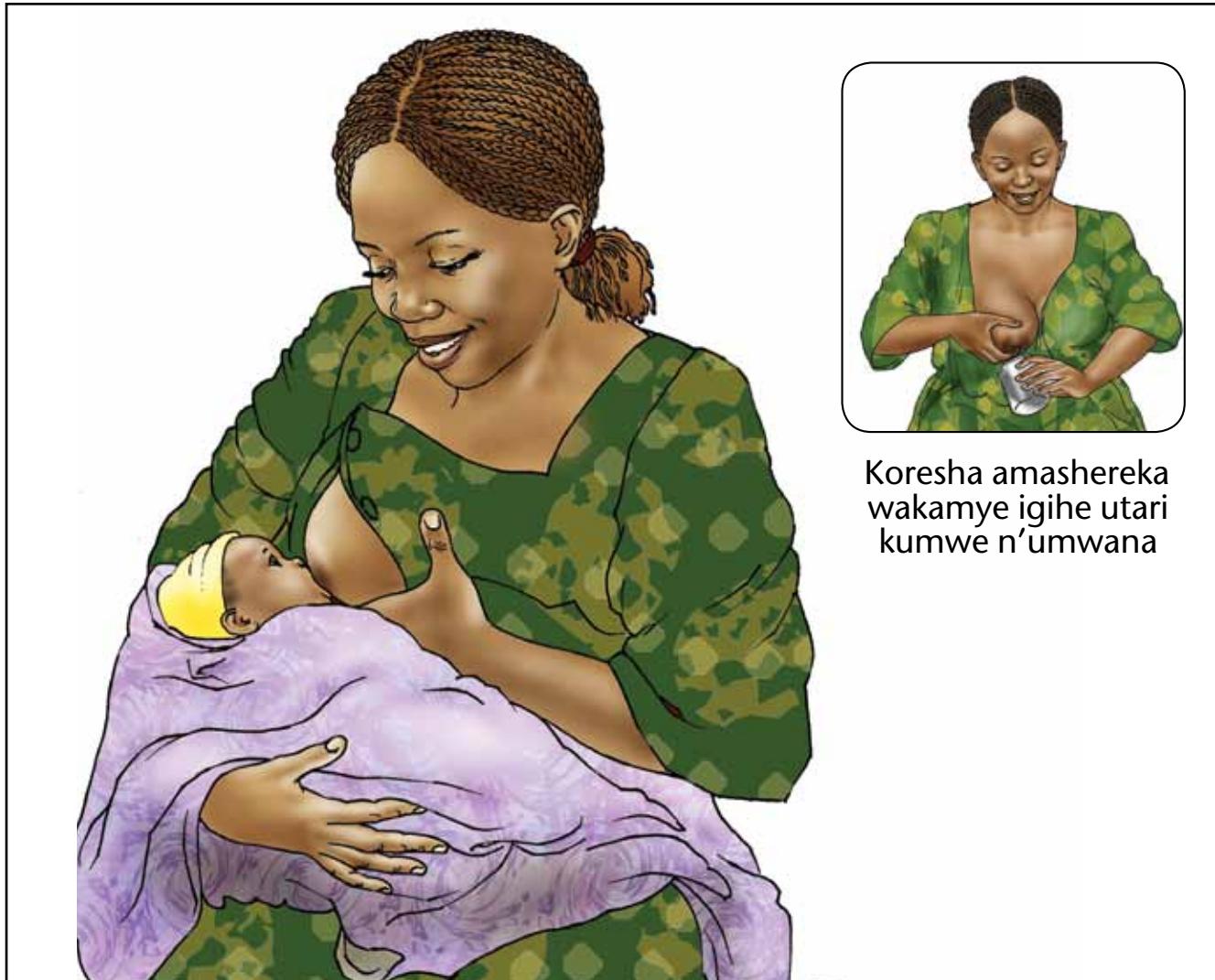
- * Abagore bose babana na virusi itera SIDA bonsa bagomba gushaka ubufasha ku mujyanama w'ubuzima wabo cyangwa bakaja kwivuza ku kigo nderabuzima kibegereye niba barwaye amabere cyangwa hari ibindi bibazo by'amabere bafite.

Ibyerekeranye no gukomeza kwirinda:

- * Ibutsa ababyeyi babana na virusi itera SIDA ko bashobora kwanduza iyo virusi abana babavutse ho; bagomba kubajyana kubapimisha virusi itera SIDA bagiye kuzuza ibumweru 6 ndetse n'igihe bavuye ku ibere burundi.

Onsa gusa kandi ufate imiti igabanya ubukana bwa virusi itera SIDA

Amashereka gusa



Koresha amashereka wakameye igihe utari kumwe n'umwana



Umubyeyi afata imitima igabanya ubukana bwa virusi itera SIDA



Umwana afata imitima igabanya ubukana bwa virusi itera SIDA



Imfashanyigisho ya 28

Onsa gusa kandi ufatte imiti igabanya ubukana bwa virusi itera SIDA

- * Konsa gusa (nta kindi kintu uhaye umwana) mu mezi 6 ya mbere kandi umwana na nyina bahabwa imiti igabanya ubukana bwa virusi itera SIDA bigabanya cyane ibyago byo kwanduza umwana.
- * Igihe umubyeyi ubana n'ubwandum bwa virusi itera SIDA yonsa gusa, umwana we abona inyungu zose zituruka mu konka, bikamurinda impiswi n'izindi ndwara.
- * Koresha imfashanyigisho zirebana no konsa gusa no guhembera amashereka (Imfashanyigisho ya 3 n'iya 7).
- * **Abana bose bonka bapimwe ku byumweru 6 bagasanga baranduye virusi itera SIDA** bagomba konka gusa gusa kugeza bagize amezi 6, hanyuma bagakomeza konka kugeza bagize imyaka ibiri cyangwa irenga. Bagomba guhabwa inyunganirabere kuva ku mezi 6 nk'uko bitegetswe.
- * **Abana bose bonka bapimwe ku byumweru 6 bagasanga bataranduye virusi itera SIDA** bagomba gukomeza konka gusa kugeza bagize amezi 6, kandi bagakomeza konka kugeza bagejeje ku mezi 18. Bagomba kandi guhabwa ifashabere kuva ku mezi 6 nk'uko bitegetswe.
- * Konsa bigomba guhagarara buhoro buhoro, mu gihe cy'ukwezi kumwe, uhereye umwana yujuje amezi 17. Umubyeyi kandi agomba gukomeza gufata imiti ubuzima bwe bwose.

Ibindi by'ingenzi:

- * Abagore bose batwite n'abonsa basanganye virusi itera SIDA bagomba gufata imiti igabanya ubukana bw'yo virusi ubuzima bwose.
- * Ubuyanama ku mirire n'imyonkereze y'abana buhabwa ababyeyi babana n'ubwandum bwa virusi itera SIDA butangirwa ku bigo nderabuzima. Abajyanama b'ubuzima bafite uruhare rukomeye rwo kugira ababyeyi inama zo kugaburira abana neza.
- * Koresha imfashanyigisho zirebana no konsa gusa no guhembera amashereka (Imfashanyigisho ya 3 n'iya 7).
- * Fasha umubyeyi mu buryo yakonsa n'uko yagaburira neza umwana we; mu gukoresha neza uburyo bwo konsa, kandi ntavange konsa no guha umwana ibindi biribwa cyangwa ibinyobwa ku bana bari munsi y'amezi atandatu.
- * Ohereza ku kigo nderabuzima ababyeyi bose babana n'ubwandum bwa virusi itera SIDA barwaye amabere kugirango babavure.
- * Ibutsa ababyeyi ko abana babo bagomba gupimwa virusi itera SIDA bafite hagati y'ibumweru 4 na 6, ku mezi 9, hanyuma bakongera gupimwa konka bimaze guhagarara burundi.