

1.1 Ibimenyetso bigaragaza ko utwite(umugore utwite)

Kumenya ko utwite n'ibimenyetso by'itangira

Gutinda imihango ni ikimenyetso gikunze kubanza kugaragara.

Isesemi no kuruka by'umunsi birashobora kuboneka mu byumweru bya mbere.

Amabere ashobora kubyimba cyangwa akaribwa.

Umunaniro ukabije ushobora kwi Yongera mu ntangiriro z'inda.

Hari abahinduka mu marangamutima bitewe n'impinduka z'imisemburo.

Kujya ku bwiherero kenshi bishobora kwi Yongera.

Impumuro z'ibiryo zishobora kukurushya mu ntangiriro.

Amashereka make ashobora kuboneka, ariko amashereka menshi si ibisanzwe.

Wumva ububabare bukabije? Jya kwa muganga ako kanya.

Ikimenyetso kimwe gishobora kutahagije; reba uko byinshi bihurirana.

2.1 Imirire myiza y'umugore utwite

Indyo yuzuye ikubiyemo ibikomoka ku matungo, imboga, imbuto, ibinyamavuta meza, ibinyamafufu, ibinyamisogwe n'ibinyampeke.

Ibikomoka ku matungo birimo amagi, amafi ateguye neza n'inyama zidafite amavuta menshi.

Ibinyamisogwe nk'ibishyimbo n'amashaza byongera poroteyine.

Ibinyampeke nk'umuceri, kawunga, amasaka n'uburo bitanga ingufu.

Imboga z'icyatsi zikungahaye kuri folate n'imyunyu ngugu.

Imbuto zifite vitamin C zifasha kumira icyuma.

Calcium iva mu mata na yogati ifasha amagufa y'umwana.

Kunywa amazi meza kenshi bifasha igogora.

Kurya duke kenshi bigabanya isesemi.

Hinduranya ibyiciro by'ibiribwa buri munsi kugira ngo indyo ibe yuzuye.

3.1 Ibiribwa bitemewe mu gihe utwite

Irinde ibiryo byanduye cyangwa byataye igihe.

Irinde inyama n'amagi bidahiye neza.

Irinde imitobe y'isukari nyinshi n'ibinyobwa bya energy.

Gabanya umunyu n'amavuta menshi atunganyijwe cyane.

3.2 Ibyo kwirinda: ikawa, ibisindisha, itabi n'ibiyobyabwenge(umugore utwite)

Ikawa nyinshi na caffeine nyinshi si byiza.

Simbuza amazi cyangwa icyayi kitagira kafeine.

Inzoga zose zirabujijwe kuko zangiza umwana.

Itabi rirabujijwe kandi umwotsi wo ku bandi nawo urabangamye.

Ibiyobyabwenge byose birabujijwe.

Niba bigoranye kureka kafeine, itabi cyangwa inzoga, saba ubufasha kwa muganga.

3.2 Ibibazo biterwa no gutwita

Mu gihe umugore atwite, ubudahangarwa bw'umubiri we ndetse n'ubw'amarangamutima biba byoroshye niyo mpamvu agomba kwirinda kandi akarindwa icyamuhungabanya cyose.

Igihe hari ikimenyetso mpuruza abonye giteye inkeke nko kuva, kuribwa umutwe bikabije no mu kiziba cy'inda, gucika intege cyane n'ibindi; itabaze muganga cyangwa umujyanama w'ubuzima hakiri kare.

Irinde umuhangayiko ndetse unirinde malariya uryama mu nzitiramibu iteye umuti. Umugore utwite yirinda n'izindi ndwara agira isuku, aruhuka bihagije akirinda imirimo ivunanye kandi akajya akora imyitozo ngororamubiri.

Abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye, ahubwo baba bagomba kuryamira urubavu.

3.3 uruhare rw'umugabo mugihe umugore we atwite

. Gufasha umubyeyi utwite no gushyikirana n'umwana uri mu nda

Umugabo witaye ku mugore we mu gihe atwite, akamuherekeza kwisuzumisha, bituma agira ubuzima bwiza, kandi akabasha gukemura neza ibibazo umugore ashobora guhura nabyo hakiri kare kandi bikongera ubusabane hagati yabo.

Iyo umugabo ari kumwe n'umugore we igihe abyara, bituma abasha gutuza, ububabare agira buragabanuka ndetse binatuma yumva akunzwe kandi ashigikiwe n'umugabo we. Ababyeyi bombi

bashobora gutangira gushyikirana n’umwana wabo akiri munda binyuze mu kumuganiriza, kumurimbira no gukuyakuya inda y’umubyeyi utwite bikamwongerera amahirwe yo gukura neza mu bwenge, mu mbatima n’imibanire ye n’abandi.

4.KUBYARA

4.1 Kwitegura kubyara

Dore bimwe mubyo wamenya mugihe witegura kubyara

Tangira gutegura ibikoresho uzitwaza mu gihe cyo kubyara, uburyo uzagerayo, uzaguherekeza, kandi witegure hakiri kare uko wifuza ibintu bizagenda ku munsu uzabyariraho.

Mugabo, herekeza umugore wawe kwa muganga agiye kubyara kugirango umufashe kandi umube hafi.

4.2 Ibyiza byo kubyarira kwa muganga

Kubyarira kwa muganga ni ingirakamaro kuko uhabwa ubufasha bw’abaganga bikarinda umubyeyi n’umwana uvuka ingorane zishobora kubaho mu gihe cyo kubyara zirimo ubumuga nk’ indwara yo kujojoba, kuva cyane k’umugore cyangwa urupfu.

4.3 wamenya ute ko ugiye kubyara

Iyo igihe cyo kubyara kigeze, umugore utwite agira ibise birangwa no kwihaga/kwifora kw’inda (ukabona ku gice cy’inda yo hasi uruhande harabyimbe kandi harakomeye) bikamara nk’igihe kirenga amasegonda 30 kandi bikagenda birushaho gukomera ndetse bikaba kenshi.

Mubyeyi menya uburyo bwo guhumeka bugufasha kukugabanyiriza uburibwe. Mugabo fasha umugore wawe umuherekeze, umwiteho kandi umwereke urugwiro mu gihe cyo kubyara. Uruhinja rukimara kuvuka rushyirwa mu gituzi cy’umubyeyi, ibi bifasha umwana gukomeza kuba ashyushye ndetse binafasha umwana n’umubyeyi komatana ndetse bikanatuma abasha kumwonsa hakiri kare.

4.4 icyo wakora ruhinja rukimara kuvuka

Uruhinja rukimara kuvuka rushyirwa mu gituzi cy’umubyeyi, bikarufasha gukomeza kuba ashyushye ndetse no komatana neza na nyina, bikanatuma abasha kumwonsa mu isaha ya mbere yo kuvuka. Uruhinja rugomba gusuzumwa nyuma yo kuvuka na mbere y’uko musezererwa kwa muganga.

Niba hari Impungenge mugize k’ubuzima bw’umwana, nk’ubumuga bukomeye cyangwa bworoshye uruhinja rushobora kuvukana, ugomba kubaza muganga kugirango agusobanurire ku bibazo byose mwibaza bigendanye n’ubuzima bw’uruhinja n’ubw’umubyeyi. Itabaze muganga niba hari ibimenyetso mpuruzi ubonye ku ruhinja rwawe nko kugira umuhondo, kuva amaraso mu mukondo, kuzana icyena mu mbavu, amashyira mu maso n’ibindi.

4.5 uruhinja ruvutse rufite ikibazo

Niba hari Impungenge mugize k’ubuzima bw’umwana, nk’ubumuga bukomeye cyangwa bworoshye uruhinja rushobora kuvukana, ugomba kubaza muganga kugirango agusobanurire ku bibazo byose mwibaza bigendanye n’ubuzima bw’uruhinja n’ubw’umubyeyi. Itabaze muganga niba hari ibimenyetso

mpuruza ubonye ku ruhinja rwawe nko kugira umuhondo, kuva amaraso mu mukondo, kuzana icyena mu mbavu, amashyira mu maso n'ibindi.

4.6 Kwita ku mubyeyi n'uruhinja nyuma yo kubyara

Nyuma yo kubyara, umubyeyi n'uruhinja bisuzumisha inshuro eshatu, inshuro ya 1: Basuzumwa na muganga mbere yo gutaha. inshuro ya 2: Basuzumwa n' umujyanama w'ubuzima ku munsu wa gatatu ageze mu rugo. inshuro ya 3: Basuzumwa na muganga ku munsu wa 42 basubiye ku kigo nderabuzima guhabwa inkingo z'umwana. Ariko hari izindi inshuro 2 ziyongera ku mwana wavukanye ibiro bikeya, aho asurwa n' umujyanama w' ubuzima ku munsu wa 7 ndetse n' umunsu wa 28 ageze mu rugo. Bifasha gutahura hakiri kare ikibazo icyo aricyo cyose cyahungabanya ubuzima bw'uruhinja n'ubw'umubyeyi. Urwo ruhinja rushyirwa mu gituma cya nyina cyangwa cya se, umubiri ku mubiri mu munsu ya mbere rukivuka, bituma rukura vuba rukagira n'ubuzima bwiza.

Umubyeyi agomba kuruhuka bihagije, akarya indyo yuzuye, akonsa umwana kenshi uko bikwiye. Ni byiza gukurikiza umwana afite byibura imyaka ibiri, bifasha umubiri w'umubyeyi kwisubiranya, umwana akonka igihe gihagije n'umuryango ugatera imbere. Ganira na muganga ku buryo bwo kuboneza urubyaro wahitamo gukoresha.

4.7 Kwita ku ruhinja

Kugirango umwana akure neza kandi atekanye aba akeneye kugirana isano yihariye byibura n'umuntu umwe yiyumvamo. Jya usabana n'umwana wawe. Impinza zigaragaza ibyifuzo byazo zirira, bishoboka ko ziba zikeneye, isuku, konka, guterurwa, guhozwa no guhuguzwa cyangwa se rwumva rutameze neza. Ni byiza cyane ko umubyeyi atangira kumenyereza uruhinja kugira igihe gihoraho cyo gusinzira.

4.8 uko wakwita ku ruhinja/umwana muto

Umwana agomba guhabwa inkingo z'ingenzi zagenwe kuri buri cyiciro agezemo, kandi hakubahirizwa amatariki yatanze na muganga. Buri gihe ihutire kuvuza uruhinja igihe rugaragaza ibimenyetso by'uburwayi. Komeza kwita ku mwana umwonsa bihagije, umugaburira indyo yuzuye, umugirira isuku, kandi witabira kumusuzumisha imikurire ye buri kwezi mu mudugudu cyangwa kwa muganga. Ujye uha umwana gusa imiti yandikiwe na muganga, kandi ukayikura kwa muganga cyangwa amaguriro y'imiti (farumasi) yemewe unirinde kumuvurisha imiti ya gakondo. Niba ubona hari ikimenyetso mpuruza afite mwihutire kujya kwa muganga.

4.9 uruhare rw'umugabo mugihe umugore we abyara

Iyo umugabo ari kumwe n'umugore we igihe abyara, bituma abasha gutuma, ububabare agira buragabanuka ndetse binatuma yumva akunzwe kandi ashigikiwe n'umugabo we. Ababyeyi bombi bashobora gutangira gushyikirana n'umwana wabo akiri munda binyuze mu kumuganiriza, kumuririmbira no gukuyakuya inda y'umubyeyi utwite bikamwongerera amahirwe yo gukura neza mu bwenge, mu mbatima n'imibanire ye n'abandi.

5. KONSA UMWANA

5.1 Imirire y'umugore wonsa

n'umubyeyi wonsa bagomba kurya indyo yuzuye kandi bagafata buri muni amafunguro 2 mato y'inyongera hagati y'amafunguro manini, kugirango we n'umwana bagire imbaraga zihagije n'ubuzima bwiza.

Kugira umurima w'imboga, ibiti by'imbuta ndetse no korora amatungo magufi nk'inkoko n'ayandi ni byiza kuko bifasha umuryango kongera ibyo umuryango uteka kandi bikungahaye ku ntungamubiri.

Ababyeyi b'abangavu bakenera kurya cyane kuruta uko bari basanzwe barya, kugirango bakomeze gukura neza kandi banafashe abana gukura neza. Abangavu bakenera indyo yuzuye, byibura amafunguro atatu ku muni kugirango bakure neza, bagire ubudahangarwa bw'umubiri, bitegure kuba ababyeyi b'ejo hazaza badafite imirire mibi by'umwihariko ibura ry'amaraso riterwa n'ibura ry'intungamubiri

5.2 Imirire y'abangavu bonsa

Ababyeyi b'abangavu bakenera kurya cyane kuruta uko bari basanzwe barya, kugirango bakomeze gukura neza kandi banafashe abana gukura neza. Abangavu bakenera indyo yuzuye, byibura amafunguro atatu ku muni kugirango bakure neza, bagire ubudahangarwa bw'umubiri, bitegure kuba ababyeyi b'ejo hazaza badafite imirire mibi by'umwihariko ibura ry'amaraso riterwa n'ibura ry'intungamubiri.

5.3 gutangira konsa

Uruhinja rugomba konswa mu isaha ya mbere rukimara kuvuka, kandi rukonka gusa amashereka yonyine mu mezi 6 ya mbere, kuko akubiyemo intungamubiri zose ndetse n'amazi umwana akeneye.

5.4 incuro umubyeyi agomba konsa

Mubyeyi, onsa umwana kenshi ku manywa na nijoro nibura buri masaha atatu (3), kandi ujye wibuka gukangura umwana ukunda gusinzira cyane kugirango yonke.

5.5 Amashereka / Umumaro wo konsa

Amashereka y'umuhondo arinda uruhinja kurwara kandi akanavana mu nda yarwo umwanda wa mbere. Guha umwana amashereka yonyine mu mezi 6 ya mbere bimurinda indwara nyinshi nk'impiswi n'indwara zo mu myanya y'ubuhumekero. Konka bifasha umwana kwiyongera mu biro, gukura mu gihagararo kandi bikamwongerera ubusabane na nyina. Niba umwana arwaye agomba konka cyane kugirango bimufashe gukira vuba. Konsa kenshi bituma umubyeyi ahembera, akagira amashereka ahagije bikamurinda kugira andi mata aha umwana. Konsa neza kandi igihe kirekire binafasha umubyeyi kuboneza urubyaro.

5.6 ibyo wakwitondera mugihe wonsa

Amata y'inka si meza kuyaha umwana uri muni y'uwaka umwe, kuko agoye cyane kugogora k'umwana muto. Iyo bibaye ngombwa ko ari bwo buryo bwa nyuma bukoreshwa mu kugaburira umwana, wegera muganga akagufasha mu buryo buboneye bwo kuyategura.

5.7 Konsa gusa umwana nta kindi umuhaye

Uruhinja rugomba konswa mu isaha ya mbere rukimara kuvuka, kandi rukonka gusa amashereka YONYINE kugeza mu mezi 6 ya mbere. Umwana ataruzuzwa amezi 6 ntagomba guhabwa amazi, ibindi binyobwa cyangwa ibiryo kuko bishobora kumutera uburwayi. Amashereka ubwayo akubiyemo intungamubiri zose umwana akeneye, harimo indyo zose n'amazi umwana wawe akeneye mu mezi 6 ya mbere y'ubuzima bwe. Nubwo haba hari ubushyuhe bukaze, amashereka atsirika inyota y'umwana wawe. Usabwe guha umwana wawe imiti yandikiwe na MUGANGA gusa, kandi ukayikura kwa muganga cyangwa amaguriro y'imiti (farumasi) yemewe.

5.8 Uburyo bwo konsa umwana neza

Konsa umwana neza bituma amashereka yihembera akaba menshi agahaza umwana. Konsa umwana neza, ni ukumufata neza umubiri we urambuye atihinye, umutwe we usa n'aho uramye buhoro.

Mu maso h'umwana hagomba kuba hateganywe n'ibere kandi utamutsindagije ku gituzo no ku nda byawe, akureba mu maso. Umwana aba afunguye umunwa bihagije, ikiziga cy'ibere kigaragara hejuru y'umunwa w'umwana kurusha munsu yawo, umunwa wo hasi w'umwana uba ugaruka hanze, akananwa ke gakora ku ibere.

Umubyeyi kandi ashobora kwikama akabika amashereka mu gikoresho gisukuye umwana akaza kuyakoresha mu gihe mama we adahari.

Uko wonsa umwana, jya umureba mu maso umusekere, umuvugirize ubuhaha, kuko bikangura ubwonko bigafasha umwana mu mikurire y'ubwenge hakiri kare

Niba ugize imbogamizi mu gihe cyo konsa nko kubabara imoko, gutarirana kw'ibere, kuzana udusebe ku ibere komeza wonse umwana kandi ujye kwa muganga.

5.9 ibyo wakwitondera mugihe wonsa

Niba ugize imbogamizi mu gihe cyo konsa nko kubabara imoko, gutarirana kw'ibere, kuzana udusebe ku ibere komeza wonse umwana kandi ujye kwa muganga.

5.10 Guha abana imfashabere

Umwana ugejeje ku mezi atandatu agomba gutangira guhabwa ibiryo byunganira ibere, ariko agakomeza konka kugeza ku mezi 24 ndetse no hejuru yayo. Inshuro umugaburira n'ingano y'ibyo umuha bigenda byiyongera uko akura, kandi ukamuha indyo yuzuye igizwe n'ibiryo biboneka mu matsinda yose uko ari atanu harimo:

- Ibinyampeke n' ibinyabijumba n'ibitoki.
- Ibinyamisogwe byumye (ibishyimbo, amashaza, lantiye) bikungahaye kuri poroteyine y'ibikomoka ku bimera.

- Ibikomoka ku matungo bikungaye kuri poroteyine: inyama, amafi, amagi, amata;
- Imboga n'imbuto biboneka aho abaturage batuye
- Ibiryo bikungahaye ku binure: amavuta, avoka, ubunyobwa, ibihwagari n'ibindi.

5.11 kugaburira umwana muto

Igihe ugaburira umwana wawe, murebe mu maso, umumwenyurire, umuganirize, unamuvugirize ubuhaha, bimufasha gushishikarira igikorwa cyo kurya no gukangura ubwonko, bikamufasha gukura vuba mu bwenge, mu mbamutima, kumva no kuvuga vuba. Wite ku isuku cyane mu gihe ugaburira umwana cyangwa umwonsa, ukarabe intoki kandi nawe umukarabye.

Ibyo kurya bihabwa umwana ndetse n'igikoma bigomba kuba bifashe bihagije, ibiryo bivanze binombye kandi hakongerwamo ifu ya Ongera-intungamubiri ikungahaye ku myunyangugu irinda umwana kugwingira no kurwara izindi ndwara ziterwa n'imirire mibi.

Ni byiza guha umwana igi rimwe buri muni kuko ririmo intungamubiri zose umwana akeneye kugirango akure neza.

Ababyeyi bagomba kwita cyane ku igaburo ry'abana bacutse n'abigiye hejuru, bakita ku isuku yabo no kubyo bakinisha. Uwo mwana agomba kugaburirwa inshuro 5 ku muni, agahabwa ibiryo bihagije kandi bijyanye n'ikigero agezemo, indyo ikaba igizwe n'amoko atandukanye y'ibiribwa bagenda bahinduranya.

5.12 Kugaburira abana bigiye hejuru

Ababyeyi bagomba kwita cyane ku igaburo ry'abana bacutse ibere n'abigiye hejuru, bakita cyane ku isuku yabo, kubyo bakinisha n'ibyo barya, bakagenzura cyane ko igaburo bafata rigizwe n'indyo yuzuye igizwe n'ibyubaka umubiri, ibitera imbaraga ndetse n'ibirinda indwara, bakongera ifu ya Ongera mu igaburo ry'umwana, kandi bagaha umwana igi rimwe buri muni.

Uwo mwana agomba kugaburirwa inshuro 5 ku muni, agahabwa ibiryo bihagije kandi bijyanye n'ikigero agezemo. Ibiryo aya bigomba kuba bifashe kandi, nibyiza kumuha inombe y'ibiryo bivanze cyangwa bikasemo uduce duto. Hinduranya indyo umuha kandi ibe igizwe n'amoko atandukanye y'ibiribwa, sabana cyane n'umwana mu gihe urimo kumugaburira.

