**Ibyashyizwe kurubuga nkoranyambaga**

**Kurera mu gihe cya COVID-19**

Icyorezo cya Koronavirusi (COVID-19) cyahungabanije ubuzima mu muryango ku isi hose. Gufungwa kw'amashuri, guhagarika imirimo, guhana intera- ni byinshi byo kwihanganirwa kuri buri wese, ariko by'umwihariko ku babyeyi. Itsinda ry'abafatanyabikorwa rya koranye na Parenting for Lifelong Health kuzana uburyo ababyeyi na barezi bafashwa ku genza neza (mu buryo bw'agateganyo) ibi bihe bidasanzwe.

**Kumenyesha:** Ubu butumwa bushobora gushyirwa ku mbuga nkoranyambaga nka Instagram, Facebook, Twitter, WhatsApp, Viber, nizindi; ushobora no guhuza ubu butumwa nabo wifuza kubumenyesha 'tag' ariko undahinduye amashusho kuko agomba kuba ashingiye ku makuru ava kumbuga za WHO, UNICEF, cyangwa Parenting for Lifelong Health COVID-19.

**Menyesha abafatanyabikorwa:** @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence @accelerate\_hub

**Hashtag:** #COVID19Parenting #COVID19 

**Websites:**

* Ibyanditswe mu indimi zirenga 50 - [www.covid19parenting.com](http://www.covid19parenting.com)
* link ya UNICEF hano [hano](https://www.unicef.org/coronavirus/covid-19-parenting-tips)
* Link ya WHO [hano](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting)

**Link ya evidence base (igihamanya nshingiro):** [hano](https://www.acceleratehub.org/plh-research-outputs)

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| **amashusho/ ibigaragara** | **ubutumwa bwo kuri Twitter/Facebook/Instagram** |
|  | Gufungwa kw'amashuri byagize ingaruka kubana miliyari ni gice. Reba ubu buryo bwo kurera bwa gufasha muri iki gihe cya #COVID-19:  ✅Gumana Intumbero nziza  ✅Shyiraho umuteguro wa buri munsi  ✅Gira igihe cy'umubyeyi n'umwana  ✅Genzura guhangayika  ✅Kuvuga ibijyanye na COVID-19  [www.covid19parenting.com](http://www.covid19parenting.com) - in 50+ languages.  #COVID19Parenting |
|  | Bwira abana bawe ibijyanye na #covid19.  Bashobra kuba hari icyo baba barumvise. Guceceka no kugira ibanga ntabwo birinda abana bacu. Ukuri no gushyira ibintu ku mugaragaro byo birabarinda. Tekereza ku ingano yibyo bashobora kumva. Ubazi neza.  #COVID19Parenting tips: www.covid19parenting.com |
|  | Gira igihe cyo kumarana na buri mwana mu bana bawe!  Gufungwa kw'amashuri nanone ni amahirwe yo kugira imibanie myiza n'abana bacu. Igihe cyo kumarana n'abana ni ubuntu & kiranezeza: gushushanya, kubyina kandi telefone cyangwa televiziyo bigashyirwa kuruhande.  #COVID19Parenting tips: www.covid19parenting.com  #COVID19 |
|  | Gumana Intumbero nziza!  Biragoye kwiyumva neza mu gihe abana barimo ku gusaza. Akenshi birangira tuvuga " Reka gukora ibyo!" Ariko bazumvira neza amabwiriza yawe meza & no kubashimira ibyo bakoze neza.  #COVID19Parenting tips: www.covid19parenting.com  #COVID19 |
|  | Murugo abana bari ku gusaza?  Urumva ugiye kuvuza induru? Abana bose bitwara nabi- ni ibisanzwe. Gutahura imyitwarire mibi mbere byafasha. Geregeza kongera kubayobora ku myitwarire myiza. Kingira, rinda, ushime!  #COVID19Parenting tips: www.covid19parenting.com  #COVID19 |
|  | Tuzu kandi ugenzure guhangayika.  Inzu yuzuye abantu? Urahangayitse? #covidi19 ni igihe cyo guhangayika. Sangiza abandi ibyiyumvo byawe. Fata akaruhuko. Iyiteho kugirango ubashe kwita kubana bawe. Ushobora kubikora!  #COVID19Parenting tips: www.covid19parenting.com  #COVID19 |
|  | Shyiraho umuteguro!  Umunsi uteguye ufasha abana kumva batekanye kandi utuma byoroha kugenzura abana.  Gerageza gushyiraho imbata y'imikoro yo kwiga, gukina, akaruhuko, imyitozo no gukaraba intoki. Fata iminsi yawe mu biganza byawe.  #COVID19Parenting tips: www.covid19parenting.com  #COVID19 |
|  | Rinda abana ku imbuga nkoranyambaga!  Ubu abana bamara umwanya munini ku imbuga nkoranyambaga. Bibafasha kuguma gukirikira no kubasha kubana na #covid18 ariko bifite n'ingaruka mbi. Izo ngaruka ni izihe? Ni irihe korana buhanga rya gufasha kurinda abana bawe?  Check #COVID19Parenting tips: [www.covid19parenting.com](http://www.covid19parenting.com) |
|  | Kurere mu gihe urugo rwuzuye abantu?  Birumvikana ko bigoye kubungabunga ubuzima bw'umuryango wawe & kuwurinda #COVID19. Kubyoroshya gerageza gu:  ➡️Sangiza abandi ibikuruhuje  ➡️Kora imyitozo buri munsi  ➡️Fata akaruhuko  ➡️Guhana intera & n'isuku mu bigire umukino unejeje uhoraho.  #COVID19Parenting tips: [www.covid19parenting.com](http://www.covid19parenting.com) |
|  | Uhangayikishijwe na mafaranga kubera #COVID19?  Uri umwe muri miliyoni zihangayitse. Gusaba ibintu kw'abana bishobora guteza intonganya, ariko ibi byafasha:  ➡️Shaka ubufasha  ➡️Ukoresha amafaranga angana ate?  ➡️Ibikenewe & n'ibyifuzwa?  ➡️Kora bije y'umuryango hamwe n'abana  #COVID19Parenting tips: [www.covid19parenting.com](http://www.covid19parenting.com) |
|  | Ubusugire bw'umuryango buri kuri wowe!  Uko twitoza kuba abanyamahoro, imibanire ishingiye kurukundo kubw'abana bacu niko bazarushaho kumva batekanya kandi bakunzwe. Imvugo nziza, gutega amatwi no kugwa neza bizakora ibitangaza.💫  #COVID19Parenting tips: [www.covid19parenting.com](http://www.covid19parenting.com) |
|  | Miliyoni z'abana bahanganye n'ifungwa ry'amashuri & guhezwa mu ingo zabo.  Waba waragerageje kwigira mu gukina? Bishobora kuba ibishimishije n'ibyigisha ku bantu b'imyaka itandukanye! Hari imikino mwinshi itandukanye, reba iyo ukunda#COVID19 Uburyo bwokurera 👉 [www.covid19parenting.com](http://www.covid19parenting.com) |
|  | Iyo turakeye…  Dukunda abana bacu ariko guhangayika kubera #COVID19,amafaranga no guhagarikwa kw'imirimo bishobora kudutera umujinya. Dore bumwe mu buryo bwo gutuma ibyo bitaba no gufata mu biganza byawe intambwe zikurikira. ➡️ [www.covid19parenting.com](http://www.covid19parenting.com)  #COVID19Parenting |