



Repubulika y'u Rwanda

Ikigo cy'Igihugu
Gishinzwe Imikurire no
Kurengera Umwana

IMFASHANYIGISHO

IYOBORA ABABYEYI KU BIJYANYE N'UBUTABAZI BW'IBANZE



unicef 

kuri buri mwana

IMFASHANYIGISHO
IYOBORA ABABYEYI
KU BIJYANYE
N'UBUTABAZI
BW'IBANZE

ISHAKIRO

| | |
|---|-----------|
| Ijambo ry'ibanze | 05 |
| Gushimira | 06 |
| Urutonde rw'abakoze kuri iyi mfashanyigisho | 07 |
| Intangiriro | 08 |
| Amabwiriza y'ishyirwa mu bikorwa ry'imfashanyigisho ku butabazi bw'ibanze. | 09 |
| Ahantu umufashamyumvire ashobora guhurira n'ababyeyi akabahugura ku bijyanye n'ubutabazi bw'ibanze | 09 |
| Uko inyigisho zikurikirana | 11 |
| Uko inyigisho zitangwa | 13 |
| <i>Inyigisho ya 1: Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto urwaye</i> | 14 |
| <i>Inyigisho ya 2: Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto unizwe n'ikintu</i> | 18 |
| <i>Inyigisho ya 3: Ubutabazi bw'ibanze bukorwa ku ruhinja cyangwa umwana urimo kuva amaraso</i> | 22 |
| <i>Inyigisho ya 4: Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana ukomeretse</i> | 25 |
| <i>Inyigisho ya 5: Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana utaye ubwenge</i> | 29 |
| Inyandiko zifashishijwe | 33 |
| Inyito zibereye abantu bafite ubumuga | 34 |

Ijambo ry'ibanze

Gushimira

Iyi mfashanyigisho yateguwe na Minisiteri y'Uburinganire n'Iterambere ry'Umuryango binyuze mu Kigo cy'Igihugu gishinzwe Imikurire no Kurengera Umwana (NCDA) hamwe n'Ishami ry'Umuryango w'Abibumbye ryita ku Bana (UNICEF-Rwanda).

Iyi mfashanyigisho ni umusaruro w'ubufatanye bw'ibigo n'abantu batandukanye batanze umwanya wabo binyuze mu nyandiko n'inama nyungurana bitekerezo z'abafatanyabikorwa kandi turizera ko izagirira Abanyarwanda bose akamaro mu kubaka u Rwanda twifuza.

Itegurwa ry'iyi mfashanyigisho ryayobowe na Cambridge Education, itsinda ry'ikigo mu bigize Mott MacDonald Group. Abagenzuye itegurwa ryayo ni abakozi b'ikigo cy'Igihugu gishinzwe Imikurire no Kurengera Umwana kubufatanye na UNICEF.

Iyi mfashanyigisho itanga umurongo ngenderwaho mu gufasha ababyeyi, abarezi n'a bafatanyabikorwa kunoza ibijyanye n'uburere buboneye n'imikurire y'abana bato mu ngeri zose.

Dushimiye by'umwihariko abafatanyabikorwa bose muri Gahunda mbonezamikurire, ababyeyi, abarezi mu ngo mbonezamikurire zitandukanye, n'abashinzwe uburezi mu Rwanda hose bagize uruhare kuri iyi mfashanyigisho. Ibitekerezo byabo binyuze mu biganiriro mu matsinda byabaye ingirakamaro kuko byifashishijwe kugira ngo iyi mfashanyigisho itegurwe neza.

Nadine Gatsinzi UMUTONI

Umuyobozi Mukuru
Ikigo Cy'Igihugu Gishinzwe Imikurire no Kurengera Umwana

Urutonde rw'abakoze kuri iyi mfashanyigisho

Abayoboye bakanasuzuma itegurwa ry'iyi mfashanyigisho:

Gilbert Munyemana, NCDA
Esperance Uwicyeza, NCDA
Emmanuel Munyampeta, NCDA
Samson Desie, UNICEF
Charles Avelino, UNICEF
Annet Birungi, UNICEF
Pierre Nzeyimana, UNICEF

Abayoboye itegurwa ry'iyi mfashanyigisho:

Aline Villette, Cambridge Education
Dr Joyce Musabe, Cambridge Education
Jean Marie Vianney Havugimana, Cambridge Education

Abashyize mu Kinyarwanda iyi mfashanyigisho:

Pierre Nzeyimana, UNICEF
Olivier Hakizimana, Consultant
Jean Damascene Habimana,
Joyce Musabe, Cambridge Education
Emmanuel Munyampeta, NCDA

Abitabiriye inama zo gusuzuma no kwiga kuri iyi mfashanyigisho:

Emmanuel Munyampeta, NCDA
Immaculee Kayitare, CRS
Jean Bosco Nirere, Help a Child
Etienne Tuyishime, Reach Children for Rwanda
JMV Habumuremyi, UR-College of Education
Appoline Mukamuhigirwa, AVSI
Elie Kwizerimana, Chance for Childhood
Dr Joyce Musabe, Cambridge Education
Kayitare Mugabe Samuel, PCCR
Habimana Felicien, Humanity and Inclusion
Uwizeyimana Gratia, Imbuto Foundation
Umuhire Christiane, MIGEPROF
Ndayisaba Appolinnair, REB
Mabano Gervais, MINEDUC
Kabarere Veneranda, ECD Expert,
Niyirera Yannick, World Relief
Turatsinze Felicien, Chance for Childhood
Havugimana JMV, FXB

Abandi basuzumye iyi mfashanyigisho:

Minisiteri y'Uburinganire n'iterambere ry'Umuryango (MIGEPROF)
Minisiteri y'Ubuzima (MoH)
UNICEF – Global Office
Catholic Relief Service

Intangiriro

Imfashanyigisho iyobora ababyeyi ku bijyanye n'ubutabazi bw'ibanze, ni imwe mu mfashanyigisho umunani zigomba kwifashishwa mu gushyira mu bikorwa integanyanyigisho y'uburere buboneye.

Integanyanyigisho y'uburere buboneye yateguwe mu rwego rwo kwigisha ababyeyi ibijyanye n'uburere buboneye no kubafasha kubushyira mu bikorwa aho batuye. Igamije guha ababyeyi ubumenyi ngiro bwo kwita ku bana babo no kubigisha buri muni, bityo abana bose bagakura bitaweho kandi bisanzuye ku babyeyi. Ikubiyemo ibyo ababyeyi n'abita ku bana bagomba kumenya, kwemera no gushyira mu bikorwa kuri buri nsanganyamatsiko irebana na buri kicio cy'imikurire y'umwana.

Imfashanyigisho z'uburere buboneye zitanga umurongo ngenderwaho w'uburyo bwo guhugura ababyeyi binyuze mu myitozo itandukanye ikomoka ku nyigisho z'ingenzi zikubiye mu nteganyanyigisho ku burere buboneye. Izo nyigisho zigamije kubaka ubumenyi bw'ababyeyi no guhindura imyumvire n'imytwarire yabo mu bijyanye n'uburere bw'abana.

Imfashanyigisho ku burere buboneye zigenewe gufasha abafashamyumvire bahugura ababyeyi kugirango inyigisho batanga ku burere buboneye zibe ziri mu murongo w'ibyo igihugu cyifuza. Turashishikariza abafatanyabikorwa bose bifuzaga guhugura ku burere buboneye, kwifashisha izo mfashanyigisho bagategura inyigisho zabo bagendeye ku bikenewe n'abagenerwabikorwa n'abafashamyumvire bakorana na bo (ni ukuvuga igihe babonekera, aho baturira, n'ibindi). Insanganyamatsiko bifuzaga guhuguraho zigomba kwibanda ku byihutirwa cyane mu gace bakoreramo. Abafatanyabikorwa bashobora guhitamo imfashanyigisho bifuzaga guhuguraho n'inyigisho runaka bashakaga gushimangira cyane. Abafatanyabikorwa basanzwe bakora muri gahunda z'uburere buboneye bashobora kwifashisha izo mfashanyigisho bakanoza izo bari basanganywe kugira ngo bijyane n'imurongo migari y'igihugu ku burere buboneye. Abafatanyabikorwa bose muri gahunda z'uburere buboneye barasabwaga gukorera hamwe mu ishyirwa mu bikorwa ry'izo mfashanyigisho. Buri mfashanyigisho ikubiyemo inyigisho zitandukanye. Buri yose muri izo nyigisho igomba kwigishwa ikarangira idasubitswe.

Imfashanyigisho iyobora ababyeyi ku bijyanye n'ubutabazi bw'ibanze yerekana ibyihutirwa gukorwa igihe umwana arwaye, yituye hasi, akomeretse, aheze umwuka kubera ikimunize, aguye igihumure agata ubwenge, ... Itanga inama z'iby'ibanze byihutirwa wakora mbere yo kujya kwa muganga igihe bibaye ngombwa. Imfashanyigisho iteganya uburyo bwo kurebera hamwe n'ababyeyi ibigomba gukorwa mu gukumira impanuka zatumye twirukira kwa muganga igitaraganya, harimo nko kugenzura ikintu icyo ari cyo cyose cyabangamira umutekano w'umwana mu rugo.

Amabwiriza y'ishyirwa mu bikorwa ry'imfashanyigisho ku butabazi bw'ibanze.

Imfashanyigisho iyobora ababyeyi ku birebana n'ubutabazi bw'ibanze yateguriwe ababyeyi bose guhera umubyeyi agisama kugeza umwana we agize imyaka 6 y'amavuko. Ni ingirakamaro no ku barezi bo mu ngo mbonezamikurire/amarerero, amashuri y'inshuke n'amashuri abanza, kuko bakenera gutanga ubutabazi bw'ibanze ku bana bashinzwe kurera.

Ahantu umufashamyumvire ashobora guhurira n'ababyeyi akabahugura ku bijyanye n'ubutabazi bw'ibanze

| Ahantu abafatanyabikorwa / | Ibisobanuro n'ibyo kwitaho |
|---|--|
| Kwa muganga (ku bitaro, Ivuriro, Ikigo nderabuzima, abajyanama b'ubuzima...) | Guhera umubyeyi agisama gukomeza mu myaka ya mbere y'ubuzima bw'umwana, umubyeyi ahura kenshi n'abakora muri serivisi z'ubuzima. Abatanga serivisi z'ubuvuzi bashobora gutanga ubutumwa ku butabazi bw'ibanze. |
| Mu matsinda y'ababyeyi n'abarezi | Umufashamyumvire wa gahunda mbonezamikurire ahugura itsinda ry'ababyeyi ku butabazi bw'ibanze. Aya mahugurwa ashobora gutangwa n'abanyamadini, imiryango ishingiyeye ku myemerere cyangwa imiryango itari iya Leta. Izi nyigisho kandi zatangirwa mu mahuriro y'abaturage nko mu muganda, Umugoroba w'Imiryango, gahunda mbonezimirire zibera mu midugudu /igikoni cy'umudugudu. |
| Amatsinda yo kwizigama no kugurizanya n'amakoperative y'abahinzi-borozi | Ababyeyi benshi baba mu matsinda yo kwizigama no kugurizanya cyangwa Koperative z'abahinzi- borozi cyangwa andi matsinda agira uburyo buhoraho bwo guhurira hamwe. Ayo matsinda yaba umuyoboro mwiza wo kunyuzamo amasomo akubiye muri iyi mfashanyigisho ivuga ku butabazi bw'ibanze. |
| Amashuri y'inshuke Ingo mbonezamikurire/ Amarerero | Abarezi mu ngo mbonezamikurire/amarerero no mu mashuri y'incuke bahura cyane n'ababyeyi bafite abana bakivuka kugeza ku myaka 3, n'inshuke kuva ku myaka 3 kugeza kuri 6 bashobora guhugura ababyeyi ku butabazi bw'ibanze bakoresheje iyi mfashanyigisho. |
| Ibigo by'abikorera | Abakozi na bo ni ababyeyi. Ibigo by'abikorera bishobora gushyigikira gahunda y'uburere buboneye. Ikigo runaka gishobora guhitamo ingingo yo guhuguraho abakozi bitewe n'ibyo babona byihutirwa cyangwa ibyifuzo by'abakozi babo. |

Uburyo bwo gutanga inyigisho

Mu gihe cyo gutanga inyigisho, ababyeyi bagomba kugira uruhare mu biganirwa n'imyitoto, aho kumara umwana munini bateze amatwi umufashamyumvire.

Ikiganiro kiyobowe: Mu gihe umufashamyumvire aganira n'abo ahugura, abaza ababyeyi icyo bazi ndetse n'uko basanzwe babigenza ku birebana n'ingingo nyamukuru bagiye guhugurwaho maze bakayiganiraho. Iyo ababyeyi bamaze gutanga ibitekerezo byabo, umufashamyumvire ahuza ibyo bamubwiye n'inyigisho ubwayo, ashingira ku byo ababyeyi bavuze basanzwe bazi maze akabungura ubumenyi cyangwa akagorora aho batabyumva uko bikwiye. Umufashamyumvire ufite ubunararibonye ahuza ibibazo byateguranwe n'inyigisho n'iby'itsinda ry'ababyeyi ari guhugura bakunze guhura nabyo ariko bikaba bijyanye n'insanganyamatsiko iri kwigwaho.

Ishusho mfashanyigisho: Umufashamyumvire yereka itsinda ry'ababyeyi bahugurwa ishusho mfashanyigisho

noneho bakayiganiraho. Ikiganiro kigomba kuba kijyanye kandi kibanda ku ngingo nyamukuru y' iyo nyigisho.

Amafoto/amashusho: Umufashamyumvire akoresha amafoto/amashusho akoresheje ikoranabuhanga kugirango atange ubutumwa bw'ingenzi kuko bifasha abahugurwa kubona no gusobanukirwa neza ibyo ari kubigisha.

Imyitozo ku bahugurwa : Umufashamyumvire abanza gutanga ubutumwa bw'ingenzi mu magambo noneho agatanga urugero rw'uko ibyo yavuze bikorwa. Nyuma yo kubaha urugero, umufashamyumvire aha umwanya ababyeyi bakimenyereza kubikora ubwabo. Mu gihe cyo kwimenyereza, umufashamyumvire ashobora guha ababyeyi inyunganizi akanabashishikariza kubikora.

Umukino: Umufashamyumvire ategura umukino wo gufasha ababyeyi kwigira no gusobanukirwa ubutumwa bw'ingenzi bukubiye mu mfashanyigisho binyuze mu mikino.

Inyigisho z'amajwi n'amashusho yafashwe: Umufashamyumvire ashobora gukoresha inyigisho z'amajwi n'amashusho igihe bishoboka kandi abona zijyanye n'inyigisho iri gutangwa.

Abafashamyumvire barasabwa cyane kutagira uwo baheza mu nyigisho z'uburere buboneye ndetse bagatumira n'abafite ubumuga n'ababyaye bakiri abangavu n'ingimbi.

Uko inyigisho zikurikirana

Inyigisho ya 1

Ubutabazi bw'ibanze butangwa iyo umwana afite umuriro.
Ubutabazi bw'ibanze butangwa iyo umwana arimo kuruka kandi ari guhitwa

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana urwaye

Iri somo ryibanda ku bikorwa ababyeyi bakwiriye gukora kugirango bagabanye umuriro umwana afite ndetse bamuhe ubufasha akeneye mu gihe ari kuruka cyangwa yarwaye impiswi.

Ndetse rinatanga inama ku babyeyi n'abarezi igihe bakwiriye gushaka ubufasha bw'abaganga.

Inyigisho ya 2

Ubutabazi bw'ibanze butangwa ku ruhinja cyangwa umwana unizwe n'ikintu
Ubutabazi bw'ibanze butangwa igihe Umwana aheze umwuka cyangwa hari ikimunize
Ubutabazi bw'ibanze butangwa igihe uruhinja cyangwa umwana muto amize ikintu cyamugiraho ingaruka.

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana unizwe n'ikintu

Iyi nyigisho isobanura ibijyanye no kunigwa n'ikintu n'uko byakwirindwa. Ababyeyi babwirwa ibyo bakwiriye gukora igihe uruhinja cyangwa umwana hari ikimuhaganye cyangwa ikimunize.

Muri iri somo hatangwa inama z'uburyo bwo kurinda ko uruhinja cyangwa umwana hari ikimuniga cyangwa ikimuhagama n'icyakorwa igihe bibayeho.

Inyigisho ya 3

Ubutabazi bw'ibanze butangwa igihe uruhinja cyanywa umwana muto arimo kuva amaraso cyane
Ubutabazi bw'ibanze butangwa igihe uruhinja cyangwa umwana muto ari kuva imyuna
Ubutabazi bw'ibanze butangwa igihe uruhinja cyangwa umwana muto hari ikimurumye

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto urimo kuva amaraso

A fall or injury can happen and lead to bleeding. In the majority of the time, bleeding will be minor. The session addresses how to deal with minor bleeding and heavy bleeding and the first aid actions necessary to contain bleeding while seeking medical help.

The sessKugwa cyangwa gukomereka bishobora gutuma habaho kuva amaraso. Akenshi iyo umwana aguye kuva amaraso biba bidakabije. Iyi nyigisho yibanda ku kuva amaraso byaba byoroshye cyangwa bikabije, n'ubufasha bw'ibanze bukwiye gutangwa kugirango kuva amaraso bihagarikwe mu gihe hagishakwa ubufasha bw'abaganga.

Muri iri somo haranabwira uburyo bwo guhagarika kuva imyuna. Muri iri somo hanabwira ibijyanye no kurumwa n'inyamaswa, uko byakwirindwa n'ikiba gikwiye gukorwa igihe byabayeho.

Inyigisho ya 4

Ubutabazi bw'ibanze butangwa igihe uruhinja cyangwa umwana muto ahiye
Ubutabazi bw'ibanze butangwa igihe uruhinja cyangwa umwana yagize igikomere ku mutwe

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto ukomeretse

Impanuka zo mu rugo zibaho kenshi. Igikoni muri rusange ni ahantu hateye inkeke kuko umwana ashobora kuhahira. Muri iri somo turabau burya twarinda umwana gushya n'uko twamufasha igihe ahiye.

Iyi nyigisho yibanda ku bikomere bishobora guterwa no kugwa nk'igihe agize igikomere ku mutwe cyangwa igufwa rivunitse. Harasobanurwa ikiba gikwiriye gukorwa mu maguru mashya mbere yo kujya kwa muganga. Iri somo risoza rivuga ku gikomere cy' ijisho n'uburyo bwo kugabanya ububabare mbere yo gushaka ubufasha bwisumbuye aho bibaye ngombwa.

Ubutabazi bw'ibanze
butangwa igihe uruhinja
cyangwa umwana muto
muto yavunitse igufwa
Ubutabazi bw'ibanze
butangwa igihe uruhinja
cyangwa umwana muto
yakomeretse ijisho.

Inyigisho ya 5

Ubutabazi bw'ibanze
butangwa ku mwana
muto usa nk'ufashwe
n'igicuri.
Ubutabazi bw'ibanze
butangwa ku ruhinja
cyangwa umwana muto
wataye ubwenge ariko
ahumeka

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana utaye ubwenge

Iyi nyigisho yereka ababyeyi icyihutirwa bakora igihe uruhinja cyangwa umwana aguye igihumure agata ubwenge bimeze nk'igicuri cyangwa izindi mpamvu.

Uko inyigisho zitangwa

INYIGISHO

1

Iminota 80

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto urwaye

Intego



Ibyo ababyeyi bagomba kumenya

Ibimenyetso by'umuriro
Ibimenyetso by'umwuma



Ibyo ababyeyi bagomba gukora

Genzura ubushyuhe bw'umubiri w'umwana, waba ufite agakoresho gapima umuriro cyangwa utagafite. Gira icyo ukora mu kugabanya umuriro. Muhe umuti wa parasitamoro usukika wagenewe abana Rwanya kuruka no guhitwa. Shaka ubufasha bw'umujyanama w'ubuzima cyangwa muganga.

INTAMBWE YA 1 Iminota 10



Gutanga ikaze n'incamake y'inyigisho y'umunsi

Guha ikaze ababyeyi
Incamake ku burere buboneye
Incamake ku nsanganyamatsiko y'inyigisho y'uyu munsi
Umukino cyangwa indirimbo y'ikaze

Imfashanyigisho

INTAMBWE YA 2 Iminota 40



Iminota 05

Ubutabazi bw'ibanze buhabwa umwana ufite umuriro.

Ikiganiro Kiyobowe – Umuriro

Ese wabwirwa n'iki ko uruhinja cyangwa umwana wawe afite umuriro ?

Ibimenyetso by'umuriro :

- Gushyuka ku ruhu
- Kubira ibyuya
- Kumva ukonje
- Uruhu rureruruka
- Kurwara umutwe
- Kumva unaniwe
- Iminwa ikuma
- Guhumeka nabi

Imfashanyigisho



Iminota 05

- Bivugwa ko umuntu afite umuriro iyo igipimo cy'ubushyuhe cyazamutse kikarenga dogere selisiyusi 38, igipimo gisanzwe.
- Akenshi kugira umuriro biterwa n'udukoko dutera indwara twinjira mu mubiri (infection), dushobora gutera ububabare mu matwi cyangwa mu muhogo.
- Ukwiyeye kugenzura igipimo cy'ubushyuhe umwana afite ndetse ukanashaka inama za muganga cyangwa umujyanama w'ubuzima.

Kwerekana uko bikorwa no kubyitoya – Gupima ubushyuhe bw'umubiri w'umwana

Ereka ababyeyi uko bapima ubushyuhe bw'umubiri w'umwana bifashishije igipimo cy'umuriro (shyira igipimo mu kwaha, ntugishyire mu kanwa).

Imfashanyigisho ya 1
: Gupima ubushyuhe
bw'umubiri
w'umwana
(Ururapuro rwa 4)



Iminota 10

Gupima ubushyuhe bw'umwana ukoresheje igipimo cy'umuriro

- Kikira umwana wawe neza cyangwa umuryamishe
- Shyira igipimo mu kwaha kw'umwana
- Noneho manura akaboko k'umwana kugira ngo igipimo kitanyeganyega kitaramara igihe cyagenwe (amasegonda 15)
- Mu gipimo cy'umuriro hiyandikamo igipimo cy'ubushyuhe umwana afite. Igipimo cy'ubushyuhe busanzwe ku mubiri w'umuntu ni dogere selisiyusi 37. Byitwa ko umuntu afite umuriro iyo igipimo cy'ubushyuhe kirenze dogere selisiyusi 38°.

Gupima ubushyuhe bw'umubiri udakoresheje igipimo

- Shyira igikonjo mu gahanga cyangwa ku ijosi ry'umwana

Reba niba umwana afite ibimenyetso by'umunaniryo nko kuvuga gake ugereranyije n'ibisanzwe, kumva adashaka kuva mu buriri cyangwa ku bibero byawe, yananiwe kurya.

Baza umwana wawe niba hari aho yumva ari kubabara.



Iminota 05

Gufasha umwana igihe afite umuriro

1. Umva niba umwana afite umuriro.
2. Muhe ibimufasha kugabanya umuriro.



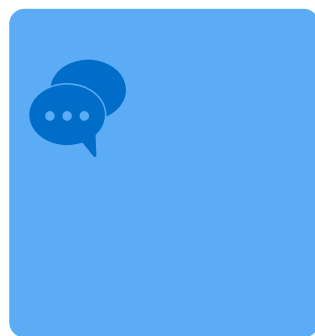
Iminota 10

Ikiganiro kiyobowe – Kugabanya umuriro

Baza ababyeyi: Ese ni gute wagabanya umuriro uruhinja cyangwa umwana wawe afite?

Tega amatwi ibyo ababyeyi basubiza, ubungure ibitekerezo ku byo batabashije gusubiza uko bikwiye:

- Mukuremo imyenda yifubitse (Wifubika cyangwa ngo worose umwana ikiringiti cyangwa ngo umufubike ikindi kintu gituma arushaho gushyurwa n'iyi yaba akubwira ko akonje)
- Ha umwana ibyo kunywa byinshi nk'amazi cyangwa umutobe w'imbuto ufunguye. Genzura ko nta bimenyetso by'umwuma afite.
- Tosa igitambaro ariko kidakonje cyane, noneho ugishyire mu gahanga k'umwana, bifasha kugabanya umuriro.



Shaka ubufasha bwa muganga niba umwana afite umuriro.
Ntugurire umwana imiti ivura indwara ziterwa n'ukoko duhumanya amaraso n'imyanya y'ubuhumekero (antibiyotike) igihe afite umuriro cyangwa se ngo umuhe imiti uhawe n'inshuti cyangwa iyari yarasigaye yakoreshejweho mu gihe cyashize.
Imiti y'antibiyotike iba ishobora kugira ingaruka mbi, niyo mpamvu igomba kunyobwa igihe byategetwe na muganga gusa.

INTAMBWE YA 3 Iminota 20

Iminota 05

Ubutabazi bw'ibanze buhabwa umwana urimo kuruka no guhitwa

Ikiganiro Kiyobowe – Kuruka n'impiswi
Baza ababyeyi: Ese mukora iki iyo impinja cyangwa abana banyu baruka cyangwa bafite impiswi?

Imfashanyigisho

Iminota 10

1. Kurwara impiswi byakwirindwa iyo isuku yitaweho nko gukaraba intoki, gutegurana amafunguro isuku no kuyabika neza mu bikoresho bifite isuku. Ikindi kandi Isoko y'amazi ikitabwaho ndetse amazi yavomwe akabikwa mu bikoresho bisukuye ; umwanda witumwe n'amatungo cyangwa abantu harimo n'abana ukajugunywa ahabugenewe.

2. Ha umwana umuti w'amazi uvura impiswi (SRO) ugizwe n'uruvange rw'umunyu n'isukari utangwa n'umuganga cyangwa umujyanama w'ubuzima cyangwa se umuhe amazi atetse ariko yahoze.

- Shishikariza umwana wawe kunywa uwo muti cyangwa ayo mazi buhoro buhoro ariko kenshi.
- Niba umwana ari muni y'amezi 6 y'amavuko, ni ukumwonsa gusa.
- Kunywa amazi, amata bifasha umubiri gusimbura amazi watakaje mu gihe umwana ari kuruka cyangwa guhitwa.

3. Mureke aruhuke

Shyira nk'ibase cyangwa indobo hafi kugirango ibe yakoreshwa igihe yaramuka yongeye kuruka

4. Niba ubona umwana akomeje kumererwa nabi, gana muganga

Kuruka no guhitwa ni bibi cyane kuko bishobora gutera umwuma, igihe umubiri uba udafite amazi ahagije kugira ngo ubashe gukora neza.

Igihe cyose umwana w'uruhinja ari kuruka cyangwa guhitwa, ihutire gushaka ubufasha kwa muganga kuko impinja ziba zifite ibyago byinshi byo kugira umwuma.

Shishikariza ababyeyi kwitabira inyigisho zirebana n'isuku

Iminota 05

Ikiganiro kiyobowe – Umwuma

Baza ababyeyi: Ese ni ibihe bimenyetso by'umwuma? Hamwe n'ababyeyi, murebere hamwe ifoto iboneka mu mfashanyigisho ya 2 yerekana ibimenyetso by'umwuma

Imfashanyigisho ya 2 : Ibimenyetso by'umwuma (kubura amazi mu mubiri)
(Urupapuro rwa 5)

INTAMBWE YA 4

Iminota 5

Umusozo w'inyigisho

Imfashanyigisho



Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uyu muni. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Igihe umwana wawe afite umuriro genzura igipimo cy'ubushyuhe umwana afite ndetse unashake inama za muganga cyangwa umujyanama w'ubuzima.
- Igihe umwana arwaye impiswi, muhe umuti w'amazi uvura impiswi (SRO) ugizwe n'uruvange rw'umunyu n'isukari utangwa n'umuganga cyangwa umujyanama w'ubuzima. Mureke aruhuke hanyuma umujyane kwa muganga nubona impiswi idakize.

Indirimbo isoza



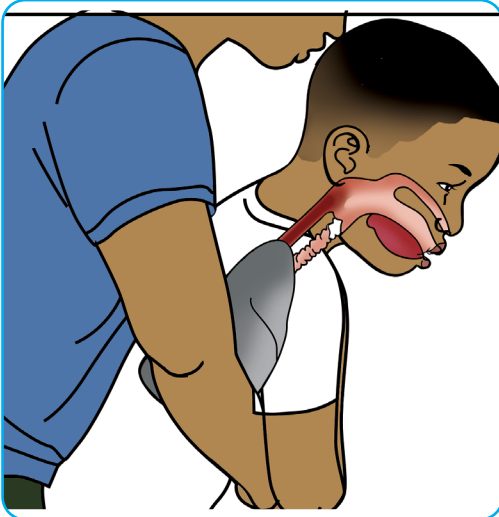
INYIGISHO

2

Iminota 95

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto unizwe n'ikintu

Intego



Ibyo ababyeyi bagomba kumenya

Kunigwa n'ikintu ugahera umwuka bisobanuye iki? Ubutabazi bw'ibanze bukenewe igihe umwana anizwe n'ikintu Ubutabazi bw'ibanze bukenewe ku mwana umize ikintu cyamugwa nabi



Ibyo ababyeyi bagomba gukora

Gukumira ibyaniga/ibyaheza umwana umwuka Uburyo bwo gukomanga umwana mu mugongo ngo icyamunize kive mu muhogo Uburyo bwo gukomanga umwana mu gituza ngo icyamunize kive mu muhogo Uburyo bwo gukanda umwana mu nda ngo icyamunize kive mu muhogo Gukumira ibyo umwana yamira bikamugwa nabi

INTAMBWE YA 1

Iminota 5



Gutanga ikaze n' incamake y'inyigisho y'umunsi

Guha ikaze ababyeyi Incamake ku nsanganyamatsiko y'inyigisho y'uuyu munsi

Imfashanyigisho

INTAMBWE YA 2

Iminota 10



Iminota 05

Guhera umwuka kubera kunigwa n'ikintu

Ikiganiro kiyobowe – Guhera umwuka

Baza ababyeyi uti: Ese hari ikintu kigeze kikuniga? Ese bigenda bite iyo hari ikintu kikunize? Ese ku ruhinja cyangwa umwana bigenda bite?

- Guhera umwuka bibaho iyo hari ikintu kikunize bigatuma umwuka utagenda neza.
- Bishobora guterwa n'ibiryo biheze mu muhogo, ibinyobwa cyangwa ikindi kintu umwana yatamira.
- Iyo hari ikitunize umwuka ntugera ku bwonko neza. Ni yo mpamvu ubutabazi bwihuse ari ngombwa.
- Ababyeyi bagomba kwigiza kure ibintu byose abana bashobora gutamira.

Ikiganiro kiyobowe : Kunigwa n'ikintu

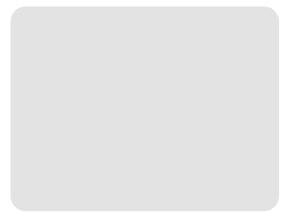
Baza ababyeyi uti ni gute mwakwirinda ibishobora kuniga umwana akabura umwuka? Tega amatwi ibitekerezo byabo noneho wongereho ibi niba batabivuzeho :

- o Kwigiza kure ibintu byose abana bashobora gutamira bikabaheza umwuka

Imfashanyigisho



- o Gaburira abana bato ibiryo binombye, ntuka-bahe ibiryo bikomeye. Ku bana bigiye hejuru gato, bahe ibyo wabanje gukatamo uduce cyangwa wabamanyuriye.
- o Bwira abana barye bicaye, birinde kuvugana ibiryo mu kanwa cyangwa guseka bataramira.



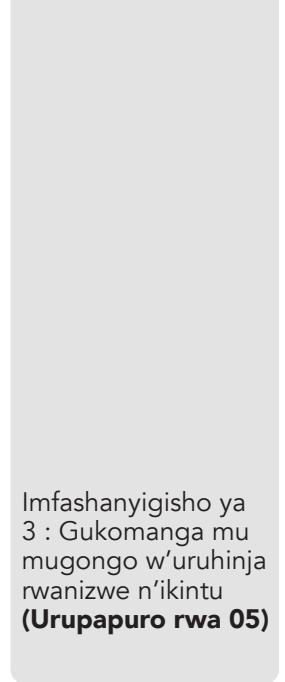
INTAMBWE YA 3 Iminota 5

Ubutabazi bw'ibanze bukorwa ku mwana wanizwe n'ikintu atarengeje umwaka umwe

Imfashanyigisho

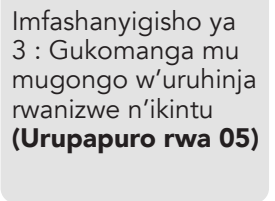


- Uruhinja runizwe n'ikintu ntirubasha kurira, gukorora, guhumeka cyangwa se ngo rubashe gutaka.
- Mukomange mu mugongo kugeza ku nshuro eshanu
 - Niba kumukomanga mu mugongo nta cyo bitanze, mukomange mu gituzi inshuro eshanu.
 - Komeza gukurikiza amabwiriza yo gukomanga mu mugongo, ubisimbura no gukomanga mu gituzi kugeza ubwo icyanize umwana kirekuye. Niba bikunaniye ukabura n'ukugoboka hafi aho, ihutane umwana kwa muganga.
 - Ihutire kujya ku muhanzi w'ubuzima cyangwa kwa muganga igihe icyanize umwana cyanze kurekura.



Umwitoto : Gukomanga mu mugongo w'umwana wanizwe n'ikintu

Ereka ababyeyi uko bakomanga mu mugongo w'umwana unizwe n'ikintu, ubasobanurire neza amabwiriza mbere y'uko babyimenyereza mu mahugurwa bakoresheje igikinsho.



Ryamisha umwana wawe ku bibero yubitse inda ku buryo asa nk'ucuramye. Mukomange ukomeje mu gihumbi (mu rutugu) nibura inshuro eshanu.

Mu gihe ufashe umwana muri ubwo buryo, komeza umufate umutwe.

Ugomba gukomanga mu bitugu by'umwana ukuriye ikigero cye:

Niba ari agahinje gato uroroshya ugereranyije n'uruhinje rumaze kwigira ejuru. Ni ngombwa gukomanga mu bitugu by'umwana cyane ku buryo bigera mu myanya y'ubuhumekero bigasunika icyamunize.

Iminota 15, Umwitoto: Gukomanga mu gituzi cy'umwana wanizwe n'ikintu

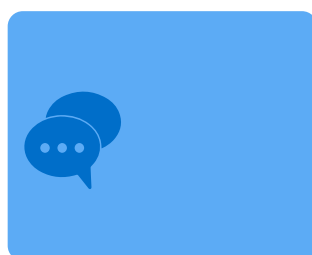
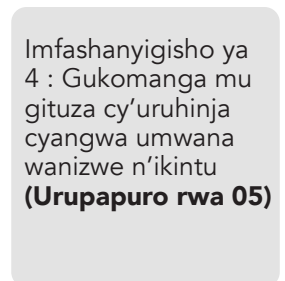
Koresha igikinsho wereke ababyeyi uko bakomanga umwana wanizwe ngo bamukize ikintu cyamunize bagendeye ku mabwiriza. Bahe umwana babyimenyereze.



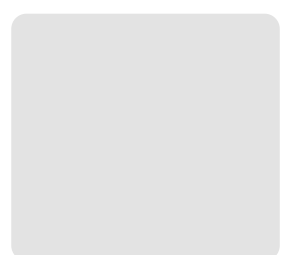
Imfashanyigisho ya 4 :






Gukomanga mu gituzi cy'uruhinje cyangwa umwana wanizwe n'ikintu.

Ryamisha umwana agaramye ushyire intoki ebyiri mu gituzi cy'umwana, muni neza y'ibere noneho ukande utsindagira ; ubikore nibura inshuro eshanu.



- Ntugeraze gukurura ikintu cyanze umwana ukoresheje intoki.



| | | |
|--|---|--|
| <p>INTAMBWE YA 4 Iminota 30</p> <p> Iminota 05</p> | <p>Ubutabazi bw'ibanze buhabwa umwana wanzwe n'ikintu afite umwaka umwe kuzamura</p> <p>Umwana unizwe n'ikintu ushobora kubona arimo kwikora mu gatuza cyangwa mu ijosi ariko atabasha kuvuga ahubwo arwana n'umwuka, atabasha guhume-ka cyangwa ngo akorore.</p> <ol style="list-style-type: none"> 1. Mukomange mu mugongo kugeza ku nshuro eshanu 2. Niba kumukomanga mu mugongo nta cyo bitanze, mukomange mu gituza inshuro eshanu. 3. Komezwe gukurikiza uburyo bwo gukomanga mu mugongo, ubusimburanya no gukanda mu gituza kugeza ubwo icyanize umwana gisogotse. Niba bikunaniye ukabura n'ukugoboka hafi aho, ihutane umwana kwa muganga. 4. Ihutire kwa muganga niba icyanize umwana cyanze kurekura <ul style="list-style-type: none"> • Ntugahwe amazi cyangwa ikintu cyo kurya umwana wanzwe n'ikintu kuko bishobora kongera ikibazo aghera umwuka kurushaho. | <p>Imfashanyigisho</p> |
| <p> Iminota 10</p> | <p>Umwitoto : Gukomanga mu mugongo w'umwana wanzwe n'ikintu</p> <p>Ereka ababyeyi uko bakomanga mu mugongo w'umwana unizwe n'ikintu, ubasobanurire neza amabwiriza mbere y'uko bakora umwitoto wo kubyimenyereza bakoresheje igikinisho</p> <p>Fasha umwana kunama yifashe mu mavi cyangwa yicare ku ntebe areba imbere nabwo yifashe mu mavi. Mukomange mu bitugu cyane inshuro nibura eshanu.</p> | <p>Imfashanyigisho ya 5: Gukomanga mu mugongo w'umwana wanzwe n'ikintu (Urupapuro rwa 06)</p> |
| <p> Iminota 15</p> | <p>Umwitoto : Gukanda mu nda h'umwana urengeje umwaka wanzwe n'ikintu</p> <p>Ukoresheje igikinisho, ereka ababyeyi uko bakanda umwana urengeje umwaka, wanzwe n'ikintu. Bahe umwana babyimenyereze mu mahugurwa.</p> <p>Fata umwana mu nda umwiyegamije, ukande uzamura.</p> | <p>Imfashanyigisho ya 6 : Gukanda mu nda h'umwana wanzwe n'ikintu (Urupapuro rwa 06)</p> |
| <p></p> | <ul style="list-style-type: none"> • Abana bashobora kwisesekeka ibintu mu mazuru cyangwa mu matwi. Igihe bibaye, ugomba iteka kwihutira kwa muganga bakaba ari bo bamufasha. Shyira kure ibintu byose umwana yakwicengeza mu zuru, mu matwi cyangwa yatamira. | |
| <p>INTAMBWE YA 5 Iminota 10</p> <p> Iminota 10</p> | <p>Ubutabazi bw'ibanze buhabwa umwana umize ikintu cyamugwa nabi</p> <p>Ikiganiro kiyobowe : Ibintu bishobora kugira ingaruka mbi ku mwana</p> <p>Baza ababyeyi uti : Mbese ni hehe mubika ibinini, imiti, ibikoreshe by'isuku cyangwa imiti y'amatungo n'iyi gutera mu myaka ? Ese ntumubibika aho umwana ashyikira ? Ese mubibika ahantu hafunze ? Ni gute mushobora kubika ibyo bintu ahantu hizewe ?</p> | <p>Imfashanyigisho</p> |



Ibinini, imiti, ibikoresho by'isuku n'ibimera bimwe na bimwe bishobora kugwa nabi umwana igihe abimize. Bishyire kure aho umwana adashyikira, ubifungirane. Igihe umwana amize ikintu cyamugwa nabi, ihutire gukora ibintu bikurikira :

1. Menya ubwoko bw'ikintu umwana yamize/yan-yoye, igihe yakimiriye n'ingano y' icyo yamize
2. Mwihutane kwa muganga
3. Ntugerageze kumuhaga ngo aruke icyo yamize kuko ushobora guteza ibindi bibazo nko kumuheza umwuka cyangwa kumwangiza mu muhogo.

INTAMBWE YA 6 Iminota 5



Umusozo w'isomo

Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uyu muni. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Ababyeyi bagomba kwigiza kure ibintu byose abana bashobora gutamira bikabaheza umwuka cyangwa ibindi byose bishobora kubagiraho ingaruka mbi.
- Kurikiza uburyo bukurikizwa mu gutabara umwana wanizwe n'ikintu cyangwa wamize ikintu cy'uburozi ndetse unashake ubufasha bwa muganga.
-

Indirimbo isoza

Imfashanyigisho

INYIGISHO

3

Iminota 60

Ubutabazi bw'ibanze bukorwa ku ruhinja cyangwa umwana urimo kuva amaraso

Intego



Ibyo ababyeyi bagomba kumenya



Ibyo ababyeyi bagomba gukora

Ubutabazi bw'ibanze bukorwa ku mwana wakomeretse bidakabije
Ubutabazi bw'ibanze bukorwa ku mwana urimo kuva cyane
Kujyana umwana kwa muganga
Ubutabazi bw'ibanze bukorwa ku mwana uri kuva imyuna
Ubutabazi bw'ibanze bukorwa ku mwanawarumwe/ wakomerekejwe n'inyamaswa

INTAMBWE YA 1

Iminota 5



Gutanga ikaze n' incamake y'inyigisho y'umunsi

Guha ikaze ababyeyi
Incamake ku nsanganyamatsiko y'inyigisho y'uuyi munsi

Imfashanyigisho

INTAMBWE YA 2

Iminota 10



Iminota 10

Ubutabazi bw'ibanze buhabwa uruhinje cyangwa umwana ufite igikomere kidakabije

Umwitoto : Kwirinda ibyakomeretsa umwana

Baza ababyeyi uti : Ese aho mutuye ni ibihe bintu by'ingenzi byashyira umwana mu kaga ko gukomereka akava cyane ? Ni gute mwabyirinda ?

Fasha ababyeyi gusobanukirwa ubaha ingero : Kubika aho umwana atashyikira icyuma/umushyho, inzembe n'ibindi byakomeretsa, gutunganya ahatuzengurutse tukahavana ibyakomeretsa umwana...

Imfashanyigisho



Iminota 10

Igihe umwana afite igikomere kidakabije:

1. Mbere yo gufasha umwana, banza ukarabe intoki n'amazi meza n'isabune kugira ngo utamwanduza udukoko dutera indwara ahakomeretse;
2. Hanagura igikomere neza ukoresha amazi asukuye;
3. Igikomere kidakabije akenshi amaraso yihagarika kuva, ariko ubonye amaraso atinze guhagarara wagipfukisha agatambaro gasukuye;
4. Hanyuma wakwiyambaza umujyanama w'ubuzima akaguhaha umuti wumisha igikomere, ubundi ukagipfuka. Igikomere kidakabije gishobora kwiyegegeranya kigakira bidasabye kugipfuka.

INTAMBWE YA 3 Iminota 25



Iminota 10

Ubutabazi bw'ibanze buhabwa umwana urimo kuva cyane

1- Hambira ahantu hakomeretse ukoresheje ikintu gisukuye ubasha kubona hafi yawe kugira ngo uhagarike cyangwa ugabanye kuva.

- Nuhambira ahakomeretse bizatuma kuva kw'amaraso bihagarara.
- Igihe hari ikintu cyajombye kikinjira mu mubiri, ntugikuremo, kuko gifunga ahakomeretse bigatuma amaraso atava. Ahubwo hambira ahakomeretse.
- Nta koza igikomere kirimo kuva cyane kuko ushobora gutuma kuva birushaho kwiyoungera

2- Jya kwa muganga mu buryo bwihuse

- Komeza uzirike ahakomeretse kugeza igihe ubonye ubufasha bwumujyanama w'ubuzima cyangwa bwa muganga.
- Niba igipfuko wahambirije cyuzuyeho amaraso, gihindure.
- Niba ubona umwana yerurutse, akonje cyangwa abira ibyuya, bisobanuye ko amaraso yabaye make mu mubiri we.
- Komeza uzirike ahakomeretse kugirango uhagarike kuva ;
- Jyana umwana kwa muganga ;
- Niba umwana yakomeretse akaguru, muterure cyangwa umuryamishe ku buryo amanitse akaguru.
- Muhumurize kandi umufubike kugirango ashyuhe

Ntukwiye kugira impungenge zo kwandura cyangwa kumwanduza niba nta gikomere wowe ufite. Ariko niba ufite impungenge zo kwandura ushobora kwambara uturindantoki twabugenewe.

Imfashanyigisho



Iminota 15

Kwerekana uko bikorwa no kubyitoza

Tekereza ko umwana yakomeretse ku kaguru kandi ko yagize igikomere kinini akaba ari kuva amaraso menshi. Erekerana ababyeyi mukoresheje igipupe uko batanga ubutabazi bw'ibanze nk'uko amabwiriza abivuga. Hanyuma reka ababyeyi mu matsinda mato bitoze uko bikorwa.

INTAMBWE YA 4 Iminota 10



Iminota 05

Ubutabazi bw'ibanze buhabwa umwana urimo kuva imyuna

1. Fata ku gice cyoroshye cyo kuzuru rye noneho umubwire arebe imbere.
2. Musabe guhumekera mu kanwa kandi acire amaraso ashobora kuba yaciye mu kanwa
3. Komeza gufata ku zuru ry'umwana nibura iminota 10
4. Jyana umwana ku mujyanama w'ubuzima cyangwa kwa muganga niba kuva amaraso mu mazuru bikomeje igihe kirenze iminota 30.

Imfashanyigisho

Imfashanyigisho ya 7
: Kuva imyuna
(Urupapuro rwa 06)



Iminota 05

Kwerekana uko bikorwa no kubyitoza

Ubutabazi bw'ibanze ku ruhinja cyangwa umwana uri kuva imyuna. Ereka uko kuva imyuna bihagarikwa nkuko byasobanuwe haruguru kandi ureke ababyeyi ubwabo babyitoze.

INTAMBWE YA 5

Iminota 10

Ubutabazi bw'ibanze buhabwa umwana warumwe n'inyamaswa

Kurumwa n'inzoka: ubusanzwe inzoka ntabwo ziyenza. Iyo zibonye abantu zirahunga. Ni byiza kutazisagarira mu rwego rwo kwirinda kurumwa nazo. Niba umwana arumwe n'inzoka :

1. Mujiyane kwa muganga aho bakirira indembe kugira ngo yitabweho mu buryo bwihutirwa
2. Mbere yo kujya kwa muganga
 - Oza igikomere n'amazi meza n'isabune kugirango umwanda cyangwa iryinyo rishobora kuba ryavunikiyemo bivemo.
 - Menya ubwoko bw'inzoka yamurumye kugirango bifashe kumubonera umuti ukwiye (gusa ntushake kuyifata)
 - Mukuremo ibintu ashobora kuba yambaye bimufashe cyane nk'ibikomo, n'ibindi.
 - Kurumwa n'izindi nyamaswa nk'imbwa, injangwe, udusimba tuguruka, n'ibindi :

Mu kurinda umwana kurumwa n'inyamaswa, cunga umwana wawe igihe hari inyamaswa hafi aho, ndetse n'uyo zaba ari inyamaswa mutunze mu rugo. Igisha umwana ko akwiye kwirinda gucokozwa inyamaswa zo mu rugo, ko agomba kuzitondera kandi akagendera kure inyamaswa yose y'ishyamba.

Igihe umwana arumwe n'inyamaswa :

- Oza aho akomeretse n'amazi meza n'isabune
- Niba aho arumwe hari kuva amaraso, pfuka igikomere ukoreshe ibipfuko byabugenewe cyangwa igitambaro gisukuye.
- Niba kuva amaraso byahagaze, shyira umuti wahawe na muganga ku gikomere
- Hanyuma upfuke n'igitambaro cyabugenewe(bande) cyangwa igipfuko gifite isuku.



Iminota 05



Iminota 05

Imfashanyigisho

INTAMBWE YA 5

Iminota 10

Umusozo w'isomo

Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uuyumunsi. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Sukura ahantu hose habazengurutse kugirango ukumire ikintu cyose cyakomeretsa umwana wawe.
- Jya witondera igihe cyose umwana wawe yegereye amatungo cyangwa inyamaswa ndetse umwigishe n'uburyo bwo kuzitwaraho kugirango hirindwe kurumwa cyangwa gukomeretswa nazo.
- Kurikiza uburyo bukurikizwa mu gutabara uri kuva cyangwa urumwe n'inyamaswa.

Indirimbo isoza

Imfashanyigisho

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana ukomeretse

Intego



Ibyo ababyeyi bagomba kumenya

Ibyemewe n'ibitemewe mu kuvura ubushye
Ubutabazi bw'ibanze butangwa ku mwana uhiye
Ubutabazi bw'ibanze butangwa ku mwana ukomeretse ku mutwe
Ubutabazi bw'ibanze butangwa ku mwana uvunitse igufwa
Ubutabazi bw'ibanze butangwa ku mwana ukomeretse ku jisho.



Ibyo ababyeyi bagomba gukora

Gukumira ko habaho ubushye
Uburyo bukurikizwa mu gutabara uhiye
Uburyo bukurikizwa mu gutabara ugize igikomere ku mutwe
Uburyo bukurikizwa mu gutabara uvunitse igufwa
Uburyo bukurikizwa mu gutabara ugize igikomere ku jisho

INTAMBWE YA 1 Iminota 10



Gutanga ikaze n' incamake y'inyigisho y'umunsi

Guha ikaze ababyeyi
Incamake ku nsanganyamatsiko y'inyigisho y'uyu munsi

Imfashanyigisho

INTAMBWE YA 2 Iminota 20



Iminota 10

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana uhiye

Ikiganiro Kiyobowe – Ibishobora kuba intandaro yo gushya

Baza ababyeyi ahantu hashobora guteza ibyago byo gushya ku bana bato. Ese ni mu nzu yanyu ? Ni mu baturanyi se ? Ababyeyi bungurane ibitekerezo ku ki-gomba gukorwa kugira ngo ahantu hose hatunganywe ku buryo hatagira uwo ari we wese hakururira ibyago byo gushya.

Imfashanyigisho



Iminota 05

1. Ubutabazi bw'ibanze ku mwana uhiye 1. Hoza ubushye usukaho amazi akonje nibura iminota 10.

- Suka amazi ahaheye gusa, ntumusukeho amazi umubiri wose adakonja ;
- Ntukoreshe barafu ;
- Niba nta mazi ufite, koresha ikindi gisukika ariko gikonje, nk'inzoga, amata cyangwa umutobe. Ntukoreshe inzoga zikaze cyane
- Ntukoreshe amavuta cyangwa ikindi kintu kirimo amavuta kuko amavuta ahembera ubushyuhe mu gihe wowe ushaka kubugabanya ;
- Ntumukuremo umwenda yahiye yambaye ugafatira ku bushye kuko byatuma igikomere kirushaho gukomera. Wamukuramo gusa umwenda utafashe ku bushye ;
- Mukuremo ikintu cyose kimufashe cyegereye ahaheye nk'ibikomo cyangwa impeta kuko ashobora kubyimbarira ahantu hose hegereye ubushye.



2. Nyuma y'uko umuriro ugabanutse mu bushye, mupfukishe ikintu nk'ishashi isukuye kugirango ahahe hataza kwanduzwa n'udukoko dutera indwara.
3. Ihutire iteka kujyana umwana wahiye ku mujyanama w'ubuzima cyangwa kwa muganga

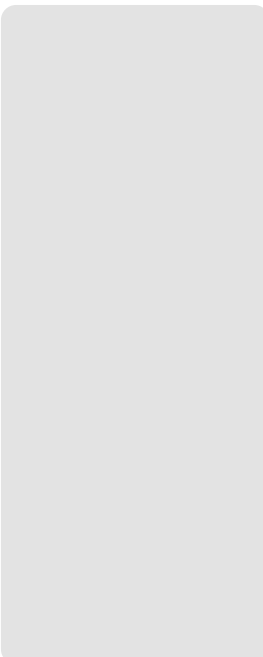
Imfashanyigisho ya 8: Amashusho yerekana ubushye n'inkovu zabwo
(Urupapuro rwa 07)



Umwitoto - Ubutabazi bw'ibanze buhabwa umwana uhiye

Mu gihe umwana ahiye ikiganza : Wifashishije igikin- isho, ereka ababyeyi uko batabara umwana byihuse bakurikije uburyo butatu twabonye haruguru. Baza ababyeyi aho bashobora gukura amazi meza basuka ku bushye umwana wabo aramutse ahiye. Ese bafite ishashi bakwifashisha bapfuka umwana ? Ni he bashobora kubona serivisi z'ubuvuzi nyuma y'impanuka y'ubushye bw'umwana ? Saba ababyeyi bakore amatsinda mato bitoze guha ubutabazi bw'ibanze umwana bagendeye ku buryo twarebeye hamwe.

Ishusho mfashanyigisho: Amashusho y'ubushye n'inkovu zabwo
Kugira ngo wirinde ibisebe bikomeye n'inkovu zik- abije, ugomba kujyana umwana kwa muganga igihe cyose ahuye n'impanuka yo gushya.



INTAMBWE YA 3 Iminota 15

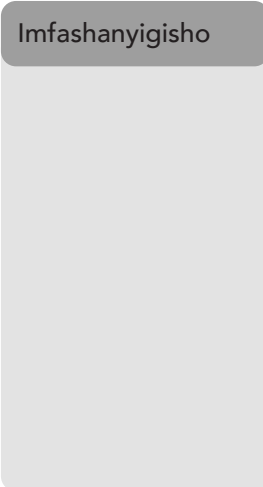


Ubutabazi bw'ibanze buhabwa uruhinje cyangwa umwana wakomeretse ku mutwe

Ikiganiro kiyobowe - Intandaro yo kwitura hasi
Baza ababyeyi ahantu hashobora guteza umwana ibyago byo kwitura hasi. Ese ni mu nzu yabo? Ni mu baturanyi se?

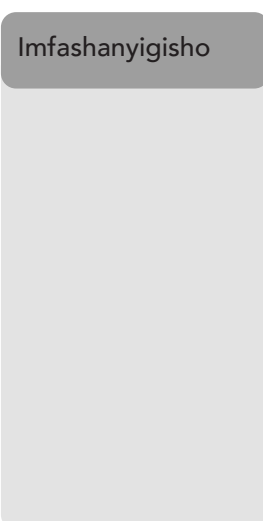
Ubonye ari ngombwa waha ababyeyi izi ngero z'ib- yakururira abana kugwa: kurira igiti, kwitendeka ku igare/ku ipikipiki.

Baza ababyeyi icyo bashobora gukora bakirinda ko umwana wabo ahanuka akagwa. Urugero: kubwira umwana ububi bw'ikintu, kwambika umwana ingo- fero irinda umutwe igihe agiye ku igare cyangwa ku ipikipiki...



Gukubita mu mutwe w'uruhinje cyangwa umwana cyangwa akawukubita ku kintu bishobora kumutera uburibwe cyangwa bigatuma arwara umutwe. Umwana ashobora kuzana ishyundu ku mutwe, cyangwa ukabona umwana yerurutse.

1. Fasha umwana gutuza aruhuke, niba arimo kuva mufashe bishire, umukandishe ikintu gikonje
2. Itegereze uko umwana ameze. Niba ubona azungera, akomeje guhondobera, kuruka buri mwanya agakomerezwa, mujyane kwa muganga. Ibi bishobora kuba ibimenyetso by'uko yakomere- tse bikomeye mu mutwe. Niba umwana yahise azungera akimara gukubita umutwe ku kintu cyangwa ukimara kumukubita ku mutwe, ugomba kumujyana kwa muganga vuba na bwangu !





Iminota 05

Ikiganiro kiyobowe – Gukandisha umwana ikintu gikonje

Baza ababyeyi aho bashobora gukura ikintu gikonje (barafu cyangwa igitambaro batoheje mu mazi afutse) kugira ngo bakande ku mutwe aho umwana yabyimbiwe.

INTAMBWE YA 4

Iminota 15



Iminota 05

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana wakomeretse ku mutwe

Niba uruhinja cyangwa umwana agaragaza ububabare bukabije cyane cyangwa akaryama mu buryo budasanzwe nyuma yo kwitura hasi cyangwa kugonga ikintu runaka, ashobora kuba yavunitse igufwa.

1. Hagarika kuva kw'amaraso. Niba igufwa ryasohotse hanze, zirika ku mpande zaryo ahatari ku igufwa nyirizina kugira ngo kuva bihagarare.
2. Tegesha umusego cyangwa umwenda igice cy'umubiri cyakomeretse kugirango hatinyeganyezwa bitari ngombwa. Niba bishoboka, hambira munsino hejuru y'ahakomeretse.
3. Shyira ikintu gikonje (barafu) ahakomeretse.
4. Jyana umwana kwa muganga – Niba ugomba kujyana umwana kwa muganga, gageze kumugezayo utanyeganyeye igice cy'umubiri cy'aho igufwa ryavunitse - koresha igitambaro cyo mu rugo uhambire ahavunitse.

Imfashanyigisho

Imfashanyigisho ya 9
: Uburyo bwo kuzirika igufwa ryavunitse
(Urupapuro rwa 07)



Iminota 10

Umwitoto – Ubutabazi bw'ibanze buhabwa umwana wavunitse igufwa

Tekereza igihe umwana yaba ari kwiruka noneho akagwira inkokora akavunika. Erekerababyeyi uko bamutabara byihuse bagendeye ku mabwiriza twabonye mbere.

Ha ababyeyi umwana bakore umwitoto mu matsinda bagaragaze uko baha ubutabazi bw'ibanze umwana wavunitse igufwa. Berekere uburyo bwo gushyigikira aho igufa ryavunikiye ngo hatinyeganyezwa.

INTAMBWE YA 5

Iminota 10



Iminota 10

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana wakomeretse mu jisho

Utuntu duto cyangwa ibintu bisukika bishobora gutarukira mu jisho ry'umwana bigatuma atamererwa neza. Akenshi igihe ijisho rigize ikirikomeretsa cyangwa ikiritokozaraturukira ukumvamo uburyaryate.

1. Niba umwana wawe hari ikintu cyatokoje ijisho rye kikagumamo, mubwire ahumirize. Noneho, witonze pfuka iryo jisho ukoresheje igipfuko/igitambaro gisukuye. Nturikande ahubwo umwihutane kwa muganga.
2. Niba umwana wawe hari ikinyabutabire gihumanya kimutarukiye mu jisho, mufashe kurihanaguza amazi nibura iminota 10; uhite umujyana kwa muganga byihuse.

Imfashanyigisho

INTAMBWE YA 5 Iminota 10

Umusozo w'isomo

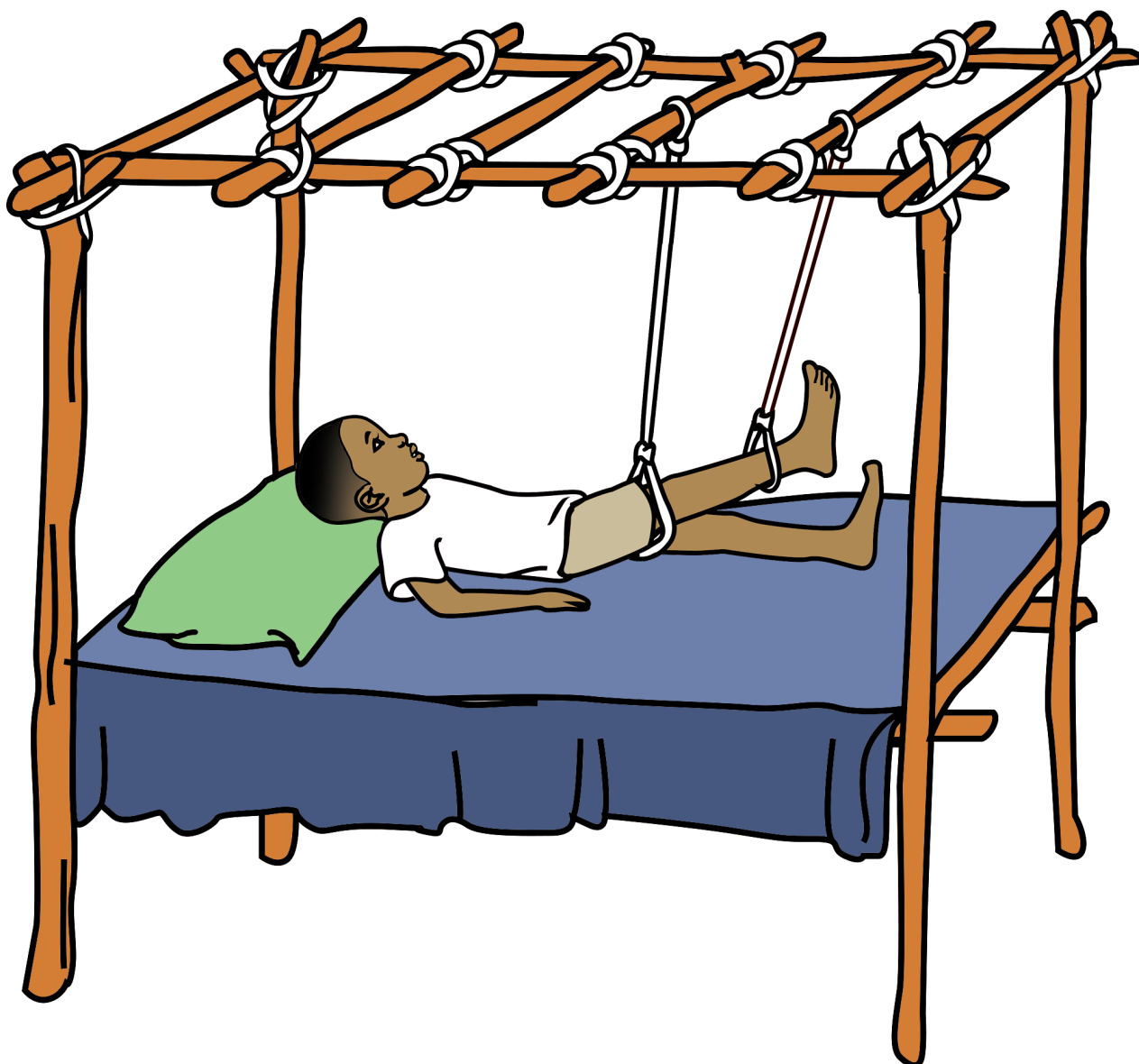
Imfashanyigisho



Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uyu muni. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Menya neza ko aho mutekera, mu rugo n'aharuzengurutse hatekanye mu kwirinda icyakomeretsa umwana.
- Kurikiza uburyo bukurikizwa mu gutabara uhiye cyangwa aguye ari nako ushaka inama za muganga cyangwa umujyanama w'ubuzima.

Indirimbo isoza



Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana utaye ubwenge

Intego



Ibyo ababyeyi bagomba kumenya

Ese gusa nk'ufashwe n'igicuri bisobanuye iki ?
Ubutabazi bw'ibanze butangwa ku muntu usa nk'ufashwe n'igicuri
Ubutabazi bw'ibanze butangwa ku ruhinja cyangwa umwana wataye ubwenge



Ibyo ababyeyi bagomba gukora

Uburyo bukurikizwa mu gutabara umwana usa nk'ufashwe n'igicuri
Kugenzura niba uruhinja cyangwa umwana akirimo guhumeka
Uburyo bukurikizwa mu gutabara uruhinja cyangwa umwana wataye ubwenge ariko ahumeka
Gushaka ubufasha iyo uruhinja cyangwa umwana ataye ubwenge atarimo guhumeka
Kugira agasanduku k'ibikoresho by'ubutabazi bw'ibanze

INTAMBWE YA 1

Iminota 5



Gutanga ikaze n' incamake y'inyigisho y'umunsi

Guha ikaze ababyeyi
Incamake ku nsanganyamatsiko y'inyigishoy'uyu munsi

Imfashanyigisho

INTAMBWE YA 2

Iminota 15



Iminota 05

Ubutabazi bw'ibanze buhabwa umwana usa nk'ufashwe n'igicuri

Mu gihe uruhinja cyangwa umwana wituye hasi arimo kwigaragura. Ashobora no kuzana urufuzi:

1. Mushyire ahantu hatuje hatari icyamukomeretsa.
Museguze ikiringiti cyangwa umwenda kugira ngo usigasire umutwe we. Irinde kumupfukirana.
2. Kura mu nzira ibintu byose bishobora kumukomeretsa muri icyo gihe arimo kuzungera.
3. Mureke kugeza igihe kuzungera bishiriye.
4. Kuzungera nibishira, mufashe kuruhuka neza ariyam- iye urubavu, asa nk'uraramye.
5. Vugisha umwana cyangwa umurimbire mu ijwi rituje kugeza igihe agaruye ubwenge neza. Mubwire ahantu muri, mubwire uti humura nta kibazo turagumana hano.

Jyana umwana kwa muganga niba:

- Ari ubwa mbere agize ikibazo cyo guta ubwenge;
- Guta ubwenge bimaze igihe kirenze iminota 5;
- Ubona yakomeretse;
- Utazi icyamuteye guta ubwenge

Imfashanyigisho

Imfashanyigisho ya 10: Uburyo bwo gufasha umwana kuzanzamuka
(Urupapuro rwa 08)



Iminota 10

Umwitoto – Ubutabazi bw'ibanze buhabwa umwana usa nk'ufashwe n'igicuri

Saba umubyeyi umwe akine asa nk'umwana ufashwe n'igicuri. Erekerababyeyi uko bamuha ubutabazi bw'ibanze bukorwa banyuze mu nzira twasobanuye mbere. Ha ababyeyi umwanya bitoreze mu matsinda uko batanga ubutabazi bw'ibanze igihe hari umuntu ufashwe n'igicuri.

INTAMBWE YA 3

Iminota 25



Iminota 05

Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana wataye ubwenge ariko ahumeka

Ikiganiro kiyobowe – umwana wataye ubwenge

Baza ababyeyi uko batahura ko uruhinja cyangwa umwana yataye ubwenge. *Igihe uruhinja cyangwa umwana atarimo kwinyeganyeza, wamuvugisha ntasubize, aba yataye ubwenge. Ku ruhinja (munsi y'umwaka), gerageza kumushimashima mu bworo bw'ikirenge urebe ko yakwinyeganyeza. Ku mwana w'igitambambuga (urengeje umwaka), gerageza gucugusa intugu ze urebe ko yakwinyeganyeza*

Umwitoto – Kugenzura niba umwana ahumeka

Erekerababyeyi uko bagenzura niba umwana ahumeka. Shyira ikiganza mu gahanga k'uruhinja, usubize inyuma umutwe we amere nk'uraramye, ikindi kiganza gifate akananwa k'umwana uje ugashya umutwe inyuma uhaye ku kananwa. Niba umwana ahumeka, urabona mu gatuza hinyeganyeza ndetse ushobora kumva ahumeka. Ha ababyeyi umwanya bitoreze ku gikinisho.



Iminota 10

Imfashanyigisho

Imfashanyigisho ya 11: Kugenzura niba umwana agihumeka (Urupapuro rwa 08)



Iminota 05

Niba uruhinja cyangwa umwana wawe yataye ubwenge :

1. Genzura ko ahumeka mu gihe kitarenze amasegonda 10

Niba arimo guhumeka :

2. Muteruze amaboko yombi yitambitse, urubavu rumwe ruri hasi urundi hejuru, ameze nk'uraramye ho gato.
3. Jyana umwana kwa muganga. Mu gihe utegereje ubutabazi, gerageza kuvugisha umwana mu ijwi rituje cyangwa umuririmbiye, umuhumurize.

Niba umwana atarimo guhumeka,

4. Mujiyane kwa muganga vuba na bwangu : umwana akeneye ubuhanga bw'abaganga cyangwa impuguke mu butabazi bw'ibanze kugira ngo bamwongerere umwuka.

Imfashanyigisho #12 : Uburyo bwo gufatamo uruhinja ukarufasha kuzanzamuka (Urupapuro rwa 08)

INTAMBWE YA 4 Iminota 10



Iminota 05

Agasanduku k'ibikoresho by'ubutabazi bw'ibanze

Ikiganiro kiyobowe- Agasanduku k'ibikoresho by'ubutabazi bw'ibanze

Baza ababyeyi niba bafite agasanduku k'ibikoresho by'ubutabazi bw'ibanze mu rugo. Niba bagafite babaze uti ese haba harimo ibihe bikoresho ?

Bwira ababyeyi ko ari byiza kugira agasanduku k'ibikoresho by'ubutabazi bw'ibanze mu rugo kuko byakugoboka mu gihe habaye ikibazo gitunguranye cyangwa uburwayi. Ereka ababyeyi ibikoresho biba biri muri ako gasanduku :

- Igipimo cy'umuriro
- Umuriro usukika w'abana uvura umuriro n'ububabare witwa Parasetamoro
- Umuriro usukika w'abana ubavura umwuma
- Igipfuko gikoreshwa igihe habayeho ubushye
- Igitambaro cyo guhambira ahavunitse (Bande)
- Umuriro wumisha ibisebe

Nanone, ku babyeyi bafite firigo, babwire bajye bateganye agafuka karimo barafu bakwifashisha mu gihe bakeneye gukonjesha ahakomeretse. Akenshi umujyanama w'ubuzima aba afite agasanduku k'ibikoresho by'ubutabazi bw'ibanze

Imfashanyigisho

INTAMBWE YA 5 Iminota 5



Umusozi w'isomo

Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uyu muni. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Kurikiza uburyo bukurikizwa mu gutabara umwana usa nk'ufashwe n'igicuri cyangwa utaye ubwenge ndetse uhereye uhite ushaka ubufasha bwa muganga cyangwa umujyanama w'ubuzima.
- Ukwiye kugira murugo agasanduku kabamo ibikoresho by'ubutabazi bw'ibanze cyangwa se wiyambaze umujyanama w'ubuzima igihe hakenewe ubutabazi bw'ibanze kandi utabifite iwawe.

Indirimbo isoza

Imfashanyigisho



Inyandiko zifashishijwe

- Integanyanyigisho y'Uburere Buboneye, Porogaramu y' Igihugu mbonezamikurire n'Abana bato, 2019
- Urubuga rwa murandasi rw'umuryango utabara imbabare, ishami ry'Igihugu cy'Ubwongereza
www.redcross.org.uk

Inyito zibereye abantu bafite ubumuga

| No | Ntibavuga (Inyito ziphobya) | Bavuga (Inyito iboneye) |
|----|---|---|
| 1 | Ikimuga, uwamugaye, ubana n'ubumuga, ugendana n'ubumuga | Umuntu ufite Ubumuga |
| 2 | Ikirema, Ikimuga, Karema, Kajorite, Igicumba, Gicumba, Utera isekuru, Kaguru, Jekaguru, Ikirema Karema, Muguruwakenya, Terigeri, Kagurumoja, Kaboko, Mukonomoya, Rukuruzi | Umuntu ufite Ubumuga bw'ingingo |
| 3 | Impumyi, Ruhuma, Maso, Gashaza, Miryezi, ... | Umuntu ufite Ubumuga bwo kutabona |
| 4 | Igipfamatwi, Ikiragi, Nyamuragi, Ibuku, Ikiduma, Igihuri, Bihurihuri | Umuntu ufite ubumuga bwo kutumva no kutavuga cyangwa bumwe muri bwo |
| 5 | Igicuru, Igihoni, Ikijibwe, Ikirimarima, Ikiburaburyo, Ikiburabwenge, Indindagire, Ikigoryi, Igihwene, Ikimara, Zerenge, Icyontazi, Inka, Inkaputu. | Umuntu ufite Ubumuga bwo mu mutwe |
| 6 | Kanyonjo, Gatosho, Gatuza | Umuntu ufite Ubumuga bw'injonjo |
| 7 | Nyamweru, Umweru, Ibishwamweru, Nyamwema, Umuzungu wapfubye | Umuntu ufite Ubumuga bw'uruhu rwera |

