



Republika y'u Rwanda

Ikigo cy'igihugu
gishinzwe imikurire no
kurengera umwana

IMFASHANYIGISHO

IYOBORA ABABYEYI KWITA KU MWANA KUVA AGISAMWA, AKIVUKA NA NYUMA YAH0



unicef

kuri buri mwana

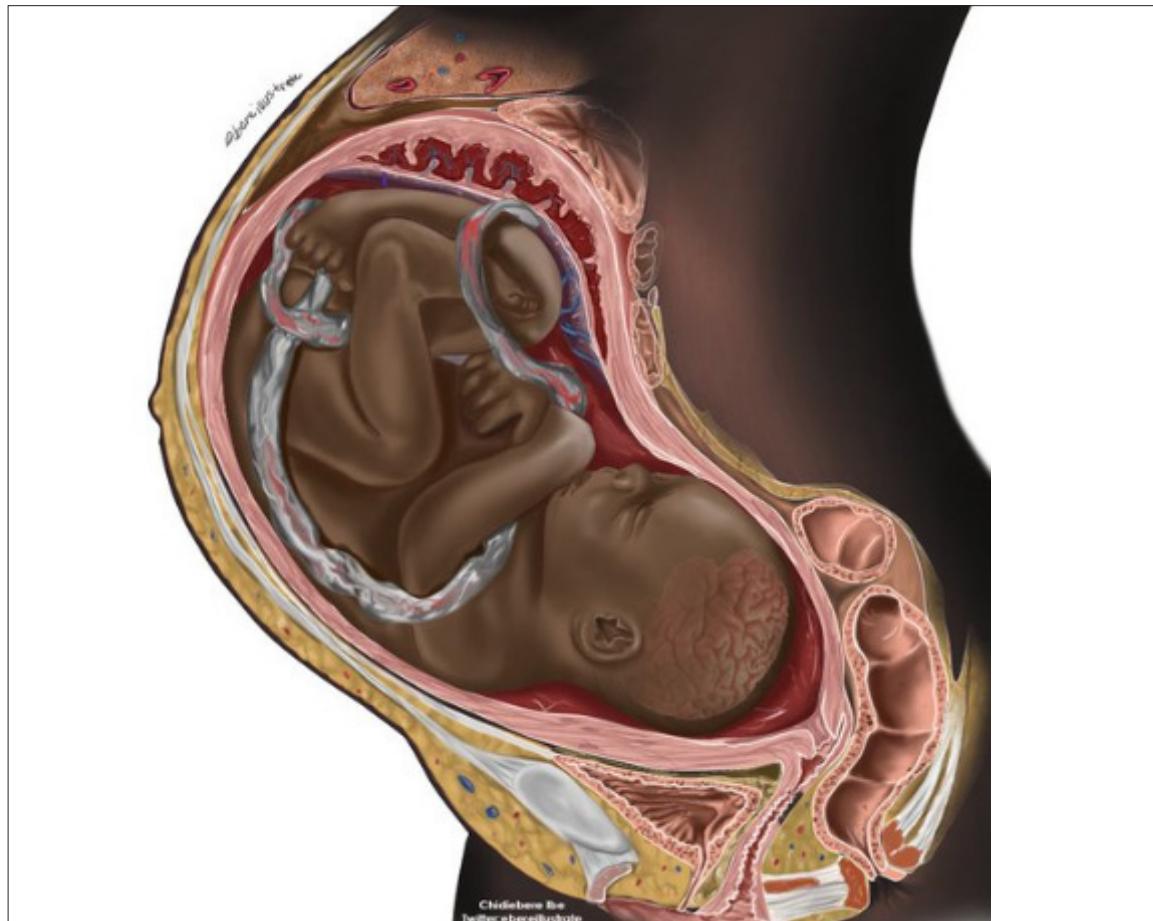
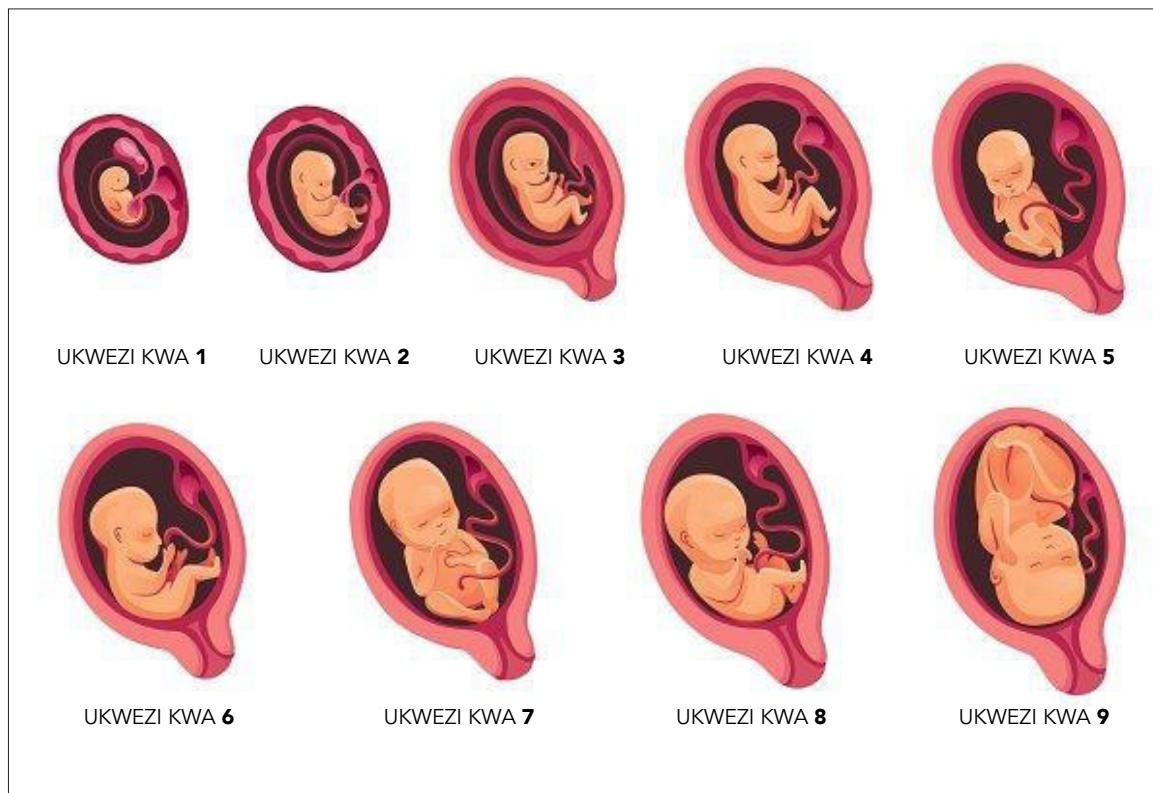
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**IMFASHANYIGISHO
IYOBORA ABABYEYI
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KUVA AGISAMWA,
AKIVUKA NA NYUMA
YAHO**

**Imfashanyigisho ya 1: Amashusho yerekana imikurire y'umwana uri mu nda
(Urupapuro rwa 13)**



**Imfashanyigisho ya 2: Ibyiciro by'ingenzi by'imikurire y'umwana uri mu nda
(Urupapuro rwa 13)**

Ukwezi kwa 1	Isura itangira kwirema, ahazajya amazo ari utuziga twijimye
Ukwezi kwa 2	Ubwonko butangira kwirema
Ukezi kwa 3	Amaboko, ibiganza, intoki, ibirenge n'mano biba bimaze kwirema mu buryo bwuzuye Ibice by'umubiri byose n'ingingo biba bimaze kwirema
Ukwezi kwa 4	Ushobora kumva umutima w'umwana utera wifashishije igikoresho cyabugenewe
Ukwezi kwa 5	Ushobora kumva umwana yinyagambura mu nda
Ukwezi kwa 6	Amaso atangira gufunguka
Ukwezi kwa 7	Ubushobozi bwo kumva/amatwi buba butangiye bwuzuye neza
Ukwezi kwa 8	Umwana ashobora kumva no kureba. Ubwonko buba bukura vuba cyane
Ukwezi kwa 9	Ibihaha biba byariremye ku buryo bwuzuye Umwana ashobora kwerekana ko yumvise ijwi, ko yabonye urumuri no kumukoraho akabyumva
Ukwezi kwa 10	Igihe icyo ari cyo cyose ushobora gufatwa n'ibise Kwinyagambura k'umwana kuragabanuka kuko umwana aba amaze kuba munini

Imfashanyigisho ya 3: Uko waruhura ubwonko n'umubiri wawe (Urupapuro rwa 13)

Bwira ababyeyi ko mugije gukora umwitoto wo kuruhura umubiri. Babwire uti: Funga amaso maze wifate ku nda.

- Injiza umwuka buhoro-buhoro, ukururure umwuka ku buryo umera nk'uwihiagishije
- Noneho sohora umwuka uwunyujije mu kanwa umere nk'uwihiagishije, ku buryo wumva inda isubiye mu gtereko.
- Mu gihe uri gusohora umwuka gake gake, bikore ku buryo imikaya yawe yose yisanzura
- Uburyo bwagufasha gukora neza uyu mwitoto ni ukubara kugeza kuri gatatu igihe uri kwinjiza umwuka, ukongera ukabara kugeza kuri gatatu uwusohora.
- Subiramo uyu mwitoto inshuro eshanu.

Imfashanyigisho ya 4: Kubura amahwemo mu mubiri igitwe (Urupapuro rwa 14)

Kubyukana ibimenyetso nk'iby'umurwayi	Ibimenyetso byo kugira isesemi no kuruka ubundi bikunda gukira umubyeyi ageze muri kimwe cya kabiri cy'igihe cyo gutwita. Tangawizi ishobora kugabanya isesemi mugihe utwite inda ikiri nto. Usabwa kuruhuka cyane. Kunanirwa bishobora gutuma isesemi yiyongera. Eguka ku buriri buhoro-buhoro mu gitondo. Fata ibyo kunywa byinshi. Niba kuruka bikomeje kandi ufite ibimenyetso by'umwuma, (wihagarika inkari nke kandi zижиме) ihutire kubibwira muganga.
Kumva ibantu bigutwika mu gituza	Wumva ikintu kigutwika mu gituza. Byongerwa cyane no kwirambura cyangwa kugarama hasi. Gerageza kweguka iyo uryamye kandi wicare wemye mu gihe uri kurya. Gerageza kurya ibiryo bike bike ariko kenshi, wirinde ibyiganjemo amavuta, ibirungo cyangwa ikawa. Kunywa amata byagufasha cyangwa se ushabora kubaza muganga muganga icyagukiza.
Kunyaragura	Ibi birasanze cyane kandi ntibitangaje mu gihe umugore atwite kuko inda ikura ikanda ku ruhago. Niba igitwe usohoye inkari bikubabaza cyangwa bikakwokera, biganirize muganga kuko bishobora kuba ari uburwayi (infection urinaire). Ni ngombwa gukomeza kunywa amazi menshi mugihe utwite, n'ubwo byaba bigutera ikibazo.
Gusohora mu gitsina	Gusohora ibantu bimeze nk'amazi akeye cyangwa ajya kuba umuhondo ava mu gitisina ni ibisanze mu gihe umugore atwite. Ariko, niba ubona ibyo uri kuva bigenda bikomera/bivura bisa icyatsi cyangwa byirabuye cyangwa biri kunuka/bifite impumuro mbi cyangwa bikagutera uburyaryate no kwokerwa mu gitsina ihutire kubibwira umuganga agufashe.
Kubabara amabere	Amabere araguka mu gihe umugore atwite kuko aba yitegura gukora amashereka. Amabere aba yorohereye ndetse akanja anikora. Nabyo birasanze.

Kubyimba ibirenge	Kubyimba ibirenge bikunze kugaragara kenshi iyo utwite kandi bigaragara cyane ku gicamunsi iyo hashyushye. Gerageza kujya uzamura amaguru hejuru kandi kenshi mu munsi ariko ubikore iminota mike kandi ugabanye umunyu urya mu biribwa ahubwo ukomeze kunywa amazi menshi. Kubyimba cyane cyane bikunnze kubaho kenshi mu gitondo iyo ubutse, kandi bishobora kuba ari ikimenyetso kikuburira, cyane cyane iyo ubyimbye mu biganza cyangwa mu maso. Ihutire kwa muganga umuganirize ibyo bibazo.
Imitsi ya	Iyi ni imitsi yabyimbye mumaguru cyangwa iri ahazengurutse igitsina cyawe. Ishobora kubabaza. Kumanika amaguru yawe bishobora kukugabanyiriza ububabare. Gukoresha ikintu gikonje ku gitsina cyawe bishobora kugufasha kugabanya ibi bibazo. Kandi ihutire gusaba inama muganga.
impatwe	Ongera ingano y'imbuto, imboga n'ibiribwa bikungahaye ku myunu ngugu urya ndetse n'ingano y'amazi unywa.
Kubabara umugongo, kubabara ahantu h'amagufwa	Irinde kumara umwanya munini uhagaze cyangwa wunamye. Shaka ugufasha imirimo isaba imbaraga. Kandisha mu mugongo ikintu gishyushye murugero nk'umwenda ukuye mumazi cyangwa ahantu hashyushye mu rugero unasabe umugabo wawe cyangwa undi mubana agukande/akumase mu mugongo. Niba wumva utameze neza cyangwa ukabona inkari zawe zirabura, biganireho na muganga kuko kubabara umugongo bishobora kuba ibimenyetso by'uburwayi bw'impyiko.
Gusa nkubuze ubwenge ukangwa hasi	Ibi bikunze kubaho kubera impinduka mu mikorere y'imisenburo. Niba utekereza ko ushabora kwikubita hasi igihe uhagaze, icara kugeza ubwo wumva umerewe neza cyangwa niba bishoboka cyangwa ari ngombwa ryama ariko uryamire urubavu. Hanyuma byuka gake gake nyuma y'uko wari wicaye cyangwa uryamye.
Uburyaryate bukururira umuntu kwichima	Kugira uburyaryate budakabije ukumva ushaka kwishima ni ibisanzwe kuko biterwa n'uko umuvuduko w'amaraso mu mubiri uba wiyoungereye mu bihe bya nyuma umubyeyi yenda kubyara aho uruhu rwo kunda y'umubyeyi ruba rwarakwedutse cyane. Niba bishoboka muri iki gihe wakwambara imyenda ikurekuye. Niba wumva uburyaryatse biganirize muganga.
Kurwara emoroyide	Kurwara emoroyide ni ukubyimba kw'imitsi itwara amaraso yegereye ku mwoyo kandi birabangama, ukumva harakamo umuriro, hakabamo uburyaryate. Rimwe na rimwe hashobora kuva amaraso. Ugomba kunywa amazi menshi, urye imbuto n'imboga kugirango wirinde impatwe.

Imfashanyigisho ya 5: Gukanda umungongo (Urupapuro rwa 14)

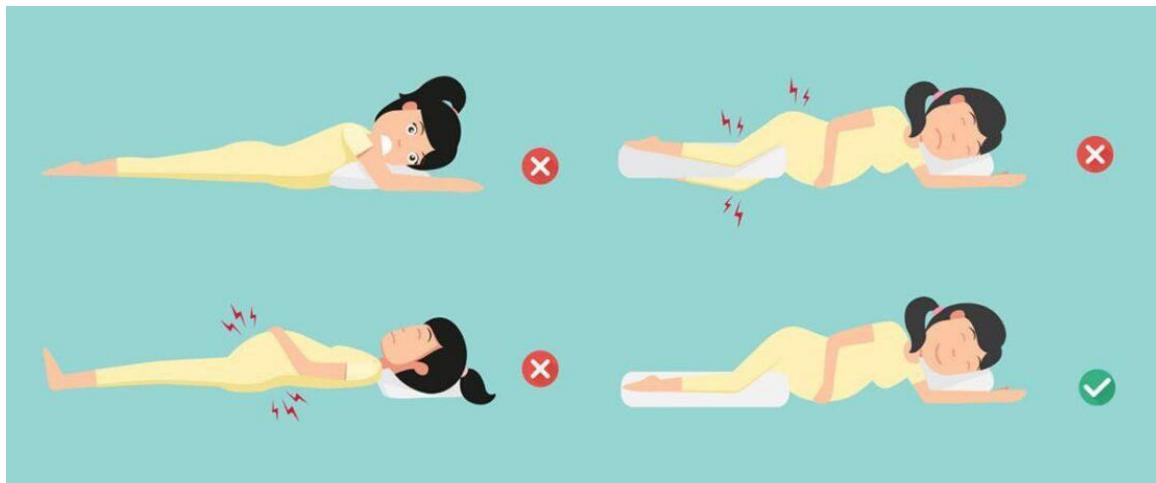
Uburyo bwa 1

Umugabo/Umuherekeza/umurwaza wawe ashobora gukoresha ikiganza cye kugirango agukande umugongo, kuva ku rutugu kugeza hasi hafi n'akangamurizo ku gice gihera cy'uruti rw'umugongo. Agakoresha ukundi kuboko kugirango akande kurundi ruhande rw'urutirigongo mu buryo bufite injyama agumane iyo njyana cyane cyane aho ukeneye ko yibanda. Mubwire ibyo wumva bigufitiye umumaro cyane. Menya neza niba ari ku gukanda akoresheje ibice by'aho ikiganza gitereye, atari ibice by'impera byo mu kiganza. Intoki kandi zigomba kuba ziri gukora ku mubiri wawe kugirango bikomeze kurushaho kugufasha.

Uburyo bwa 2

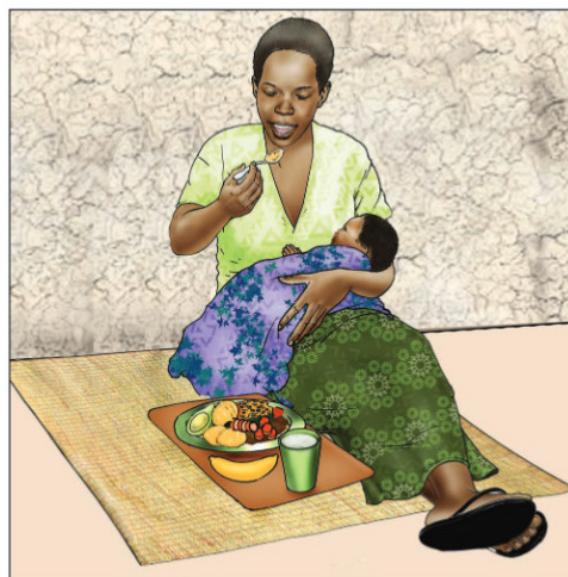
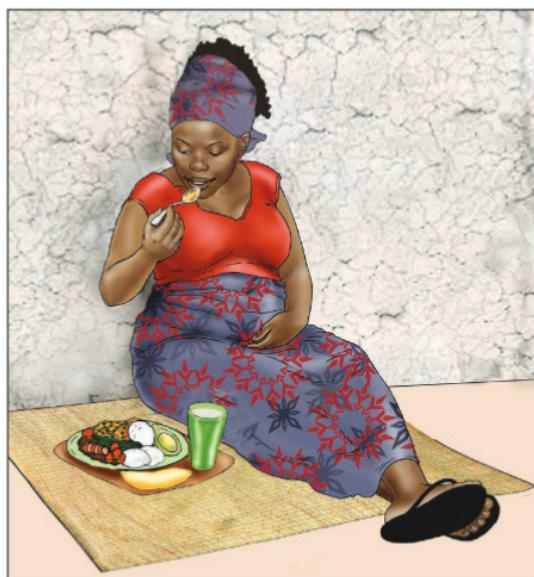
Umuherekaza/umugabo/umurwaza wawe ashobora gukoresha aho ikiganza gitereye akagenda akanda mu bice by'aho uruti rw'umugongo biherereye. Cyangwa ashobora gukoresha igikumwe cye agakandira umubyeyi mu bice byegereye aho uruti rw'umugongo rurangirira/ku kangamurizo akora mu buryo buzenguruka, mubwire ibyo wumva byagufasha kumva umerewe neza

Imfashanyigisho ya 6: Uburyo umugore utwite aryama (Urupapuro rwa 14)

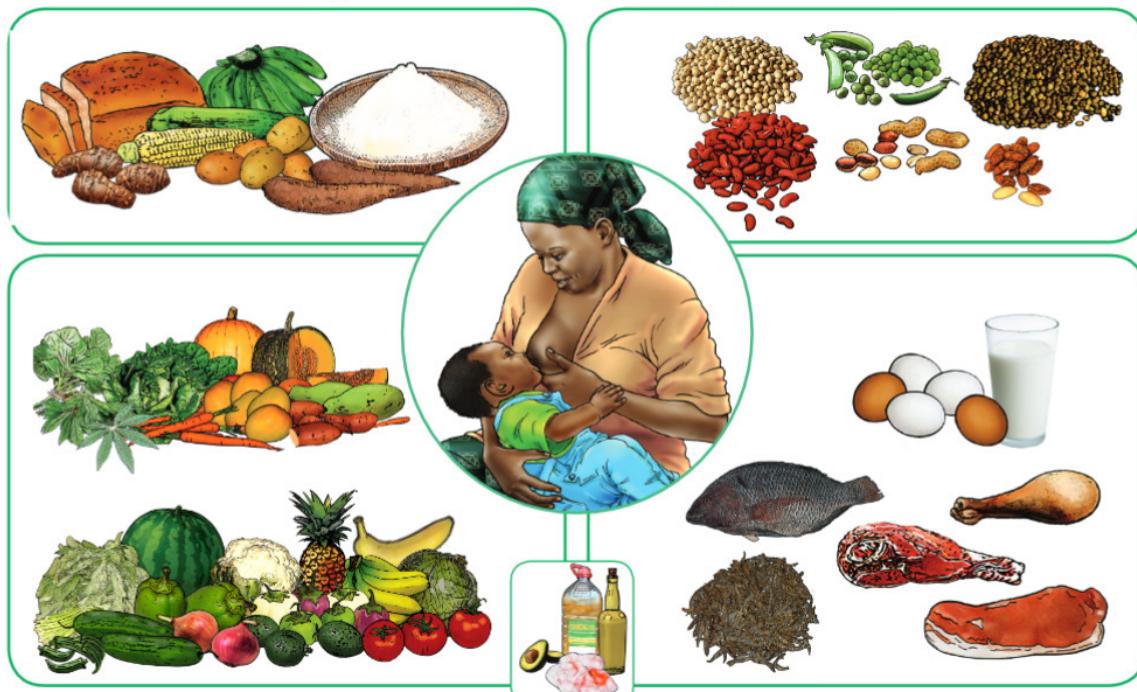


Imfashanyigisho ya 7: Imirire y'abagore batwite (Urupapuro rwa 18)

Abagore batwite n'abonsa bakeneye imirire myiza



Imfashanyigisho ya 8: Amatsinda y'ibiribwa (Urupapuro rwa 18)

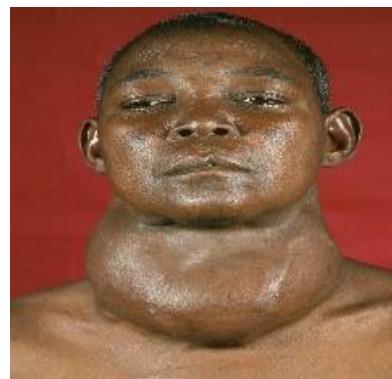


Imfashanyigisho ya 9: Urutonde rw'ibiribwa bikungahaye ku butare no kuri vitamine C (Urupapuro rwa 19)

Urutonde rw'ibyokurya bikungahaye ku butare bwa feri	ibyokurya bikungahaye kuri vitamine C.
Amagi (cyane cyane umuhondo), amafi, udushyimbo duto twa rantiye, sesame, ingano, porici, igikoma, kinowa, umuceri, uburo, ibishyimbo, amashaza, imboga rwatsi (epinari), imbuto zimeze nk' ibinyobwa (imbuto za cashew, almonde, ubunyobwa, pisitaciyo), inyama zitukura, inkoko, tangawizi. imbuto zumwe, tofu, n' uumugati ukungahaye ku butare.	Icunga, papayi, indimu, urusenda rutukura, imbuto zitukura, inkeri, shufureri, amashu atukura n' inkeri. Imboga zifite indabyo nka brokoli, ibirayi by' umweru.

Icyayi kigabanya ubutare yinjira mu mubiri. Ujye wirinda kunywa icyayi mu gihe uri kurya.

Imfashanyigisho ya 10: umwingo (Urupapuro rwa 20)



Imfashanyigisho ya 11: Ibiribwa bikungahaye kuri Kalisiyumu (Urupapuro rwa 20)



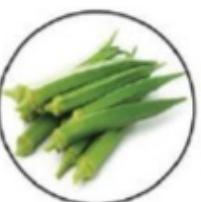
Shufureri



Inzuzi



Kale



Celeri



Beterave



Avoka



Imiteja



Coconati



imboga rwatsi



Amashu



Imfashanyigisho ya 12: Ishusho y'umwana uri munda (Urupapuro rwa 26)



**Imfashanyigisho ya 13: Abashakanye bagiye ku ivuriro kwipimisha no
gupimisha umwana (Urupapuro rwa 27)**



Imfashanyigisho ya 14: Urutonde rwa serivisi wakwiyambaza (Urupapuro rwa 28)

Bizuzuwaho n'uhugura

Imfashanyigisho ya 15: Umukino- umunezero n'ubwoba biterwa no gutwita (Urupapuro rwa 31)

Agakino ko kwigana:

Abakobwa b'abangavu 2 barimo kuganira kubyerekeye inda batwite. Umwe aranezerewe kuko yari yarabiteguye ndetse yanifuzaga gusama,. Yari yariteguye kandi yishimiye kuba atwite. Undi rwose afite ubwoba. Ntabwo gusama byaramutunguye, ntabyo yari yariteguye, afite ubwoba bwo kubibwira uwamuteye inda n'umuryango we ndetse anahangayikishijwe n'uburyo umubiri we ugiye guhinduka n'ibindi..

Saba abantu 2 babishaka bakine ako gakino

Mu itsinda, musesengure ibiyumvo by'abo bangavu, ibyo biteze n'ibibahangayikishije. Muganire kuko mwabonye umukino ku byiyumvo n'imyitwarire y'abo bangavu bombi.

Imfashanyigisho ya 16: Guha ikaze uruhinja rukivuka rushyirwa mu gituza cya nyina ndetse no kurwonsa (Urupapuro rwa 40)

Uruhinja rukivuka rugomba guhita rushyirwa mu gituza cy'umubyeyi:

- Hagire ugushyira umwana wawe yambaye ubusa, inda ye ayihuze n'igituza cyawe nta kintu wambayeho kuburyo umubiri wawe uhura n'uwruruhinja.
- Hindura mu maso h'uruhinja mu gihe yubitse inda kuyawe kugirango abashe guhumeka.
- Hanagura umwana wawe hanyuma umufubikishe igitambaro/akaringiti, kugirango mukomeze kugira ubushyuhe mwembi.

Murebane amaso ku yandi

- Abana bakunda kureba mu maso h'ababyeyi babo kandi bamara igihe bitegerezwa mu maso h'ababyeyi babo nyuma yo kuvuka.

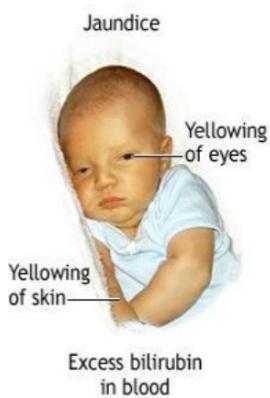
Nyuma y'igihe cyo kuruhuka no gukanguka:

- Uruhinja rutangira gukoresha utugeri rusunika inda ya mama kandi rugatangira kushaka gukurura inda rugana ku ibere rya nyina.
- Iyo bageze ku ibere, bashobora gufataho, kuririgata, cyangwa gukanda ahantu bafashe bakonka.
- Abana benshi bashoboye gufata imoko hanyuma bagatangira konka. Niba bikenewe ushobora kumufasha kubona ibere ryambere ukarimutamika ndetse no guhindura ukamuha irya kabiri.
- Nyuma yo guhaga, uruhinja, rurongera rugasinzipira mu gituza cy'umubyeyi.

Ubu buryo bwo gushyira uruhinja mu gituza bikwiye gukomeza, ntabwo ari igihe umwana akibuka gusa, uruhinja ruba rukwiye gushyirwa mu gituza cya nyina cyangwa se noneho ibindi bice bitari gukora ku mubiri w'umubyeyi bikoroswa n'ikigoma/akaringiti cyangwa ikindi, Ibi mujye mubikomeza uko mushoboye



Imfashanyigisho ya 17: Ibimenyetso by'inwara y'umuhondo (Urupapuro rwa 44)



The general symptom of neonatal jaundice

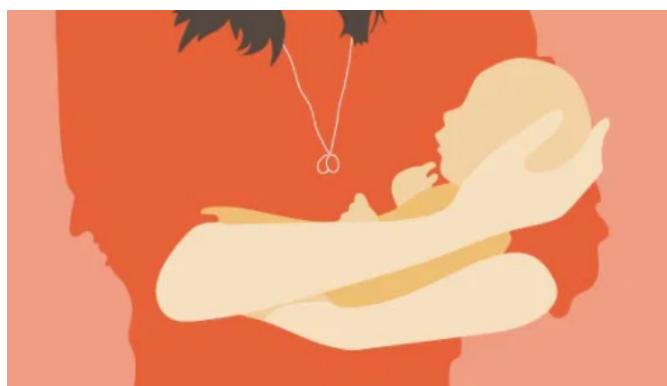
- Yellow skin
- Yellow eyes(sclera)
- Sleepiness
- Poor feeding in infants
- Brown urine
- Fever
- High-pitch cry
- Vomiting

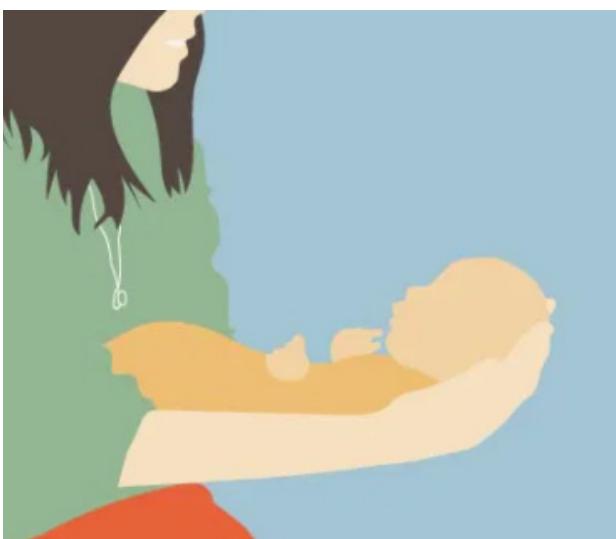


Imfashanyigisho ya 18: uburyo bwo gufata no guterura uruhinja (Urupapuro rwa 52)

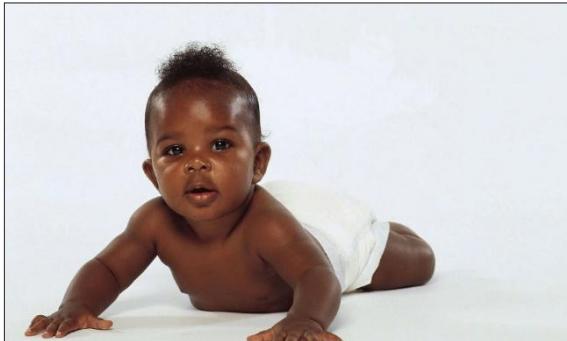
Iyo uteruye uruhinja ugomba gushyira ikiganza kimwe munsi y' umutwe noneho ikindi kigafata ku kibuno. Hera aho noneho umuzamure umwegereza igituza cyane

Hariho uburyo butandukanye bwo gufata no guterura uruhinja rukivuka





Imfashanyigisho ya 19: Umwanya wo kubika inda (Urupapuro rwa 52)



Imfashanyigisho ya 20: Uburyo bwo guhoza umwana (Urupapuro rwa 53)

Uburyo bwo guhoza umwana:

- Ushobora kugerageza izi ngamba ukareba icyafasha umwana wawe.
- Mushyire mu mugongo
- Muririmbire
- Ahari zimya amatara
- Muzengurutse hanze cyangwa mu nzu. Cyangwa mu buriri ujya mu gikoni n'ahandi...)
- Mukoreshe imyitozo yo guhumeka
- Muhe undi muntu agufashe ubone umwanya wo kuruhuka no gutuza
- Bamwe mu bana bakuze bakunda kwiyorosa igitambaro cyangwa uburingiti.
- Muhe ikintu ashobora guhugiraho, nk' igitabo cyangwa ikinyamakuru.

Fasha umwana gusura:

- Gusura: Gusura ni ngombwa nyuma ya buri funguro umwana yaba yariye biceye cyangwa se byinshi. Dore uko wabikora:
 - Muterure umushyire ku rutugu
 - witonze witonze terura umwana areba hejuru ufate umugongo ugenda umuzamura wongera umumanura.
- Fata amaboko munsi y'amavi y'umwana wawe, hanyuma ukande witonze amaguru ye uyakoza ku nda
- "nyonga" amaguru y'umwana wawe
- Buhorobuhora kanda ku nda y'umwana wawe.



Imfashanyigisho ya 21: ibyo ugomba gukora n'ibyo utagomba gukora mu gihe cyo gusinzira kandi ufile uruhinja (Urupapuro rwa 54)

Niba uryamana n'uruhinja rwawe dore ibyo ukwiye gukora kugira ngo usinzire neza nta kirogoya:

- Ukwiye kwizera neza ko umwana wawe adashobora guhanuka ku buriri ngo yiture hasi. cyangwa se ngo afatirwe hagati ya matela n' urukuta.
- Shyira imisego, amashuka, ndetse n' uburingiti kure y'uruhinja , ubarinde gututubikana cyangwa se ngo bipfuke mu maso ku buryo byababuza guhumeka. Ushobora gukoresha udfuka impinja ziryamamo.
- Irinde krekera abandi bana mu buriri icyarimwe;
- Reka umwana wawe aryame ivure.

Ntukaryame aho umwana aryamye:

- Niba wowe n' umugabo wawe mwanyoye inzoga cyangwa se ibiyobyabwenge. (bigutera gusinzira kandi ntubone uko wita ku mwana wawe);
- Niba umwana wawe yaravutse adashytse kandi afite ibiro bike;
- Niba wumva unaniwe cyane;
- Umwana wawe afite umuriro cyangwa ibimenyetso byose by'uburwayi.

Imfashanyigisho ya 22: Uburyo bwo kuryama hirindwa indwara y' urupfu rutunguranye ku bana b' impinja (SIDS) (Urupapuro rwa 54)

Iyi ndwara y'urupfu rutunguranye (SIDS) ibaho mu gihe umwana asinziriye akabura umwuka.

Impamvu zibitera ntabwo zumvikana neza, ariko ababyeyi bagomba gufata ingamba zose zatuma icyo cyago kitaba ku mwana wabo.

- Buri gihe shyira umwana wawe / uruhinja rwawe kuburiri agaramye. (Ntacyo bitwaye niba umwana ashobora kwhhindukiza (mu kigero cy' amezi 4-6);
- Umwana wawe agomba kuryama ahantu hafite isuku haterereye kandi, nta bindi bintu bihanyanyagiye.
- Shyira ibirenge by'umwana wawe hafi y'impere z'igitanda kugira ngo adashobora gukurura ibyatuma yifunga mu mazuru bikamubuza umwuka.
- Orosa umwana kuburyo ikiringiti cyangwa ishuka uyifungira mu mpande zombi z'igitanda kandi ntibirengo mu akananwa k'umwana.
- Byogeye kandi:
- Inzu uyirinde umwotsi w' itabi (byibuze icyumba cyo kuraramo);
- Ryamisha umwana wawe ahantu hatekanye hafite:
 - ahantu hakomeye kandi haterereye
 - Nta cyuho hagati ya matela n'impera z' igitanda
 - Nta kintu gikonje, gihehereye nka bumper padi, umusego cyangwa ibikinisho.

Imfashanyigisho ya 23: Abana bafite bafite ubumuga bw'imbasa (Urupapuro rwa 55)



Infashanyigisho ya 23 yerekana: Abana barwaye imbasa

Imfashanyigisho ya 24: ingengabihe y'inkingo (Urupapuro rwa 55)

Imfashanyigisho ya 24: ingengabihe y'inkingo

Abaflashamyumvire bagomba gushimangira akamaro ko gukingirwa. Ingengabihe y'inkingo ubundi itangwa n'abakozi basanzwe bashinzwe inkingo. Ingengabihe ikurikira yo gukingirwa umufashamyumvire yayerekana gusa mu gihe abajije ubwoko butandukanye bw'inkingo ku myaka itandukanye. Ntigomba gusaranganya gutyo gusa kuko ubusanzwe ikwirakwizwa ahanini n'ibigo ndera buzima.

Mugihe cyo kuvuka	Urukingo rwa BCG urirnda umwana kurwara igituntu
Mugihe cyo kuvuka ikongera gutangwa nyuma y' ibyumweru 6, 10 na 14	Urukingo rwo mu kanwa (OPV) rurinda umwana Gapfura
Nuba umubyeyi arwaye umwijima wo mu bwoko bwa B) ku byumweru 4	Uruhinja rugomba guhabwa urukingo rumurinda Umwijima wo mu bwoko bwa B (Hepatite B).
Ku byumweru 6, 10, na 14	Uruhinja ruhabwa inkingo zirinda kwandura Agapfura, Difuteriya, Tetanosi, Kokolishi, Umwijima wo mu bwoko bwa B, ibicurane byo mu bwoko bwa Hemofirusi; Igituntu na Rotavirusi.
Ku byumweru 6, 10, na 14	Uruhinja ruhabwa inkingo zirinda rotavirusi
Ku mezi 9	Urukingo rwo kurinda umwana wawe kurwara Iseru na Rubela

Imfashanyigisho ya 25: Ibimenyetso by'indwara z'abana (Urupapuro rwa 56)



Ibimenyetso byo kwitabwaho ni:

- Kugira umunabi ntakunde gukorwaho/witabira nabi;
- Kubura ubushake bwo kurya / kurya nabi;
- Uruhinja rwumva rushyushye cyangwa rukonje;
- Ubururu cyangwa ibara ryijimye cyane;
- Bigora umwana kubyuka;
- Kudatuza muri we agashikagurika
- Impinduka cyangwa ingorane zo guhumeka;
- - Kuruka na / cyangwa impiswi ;
- - Indwara y' uruhu rw' umuhondo by' igihe kirekire.
-

Imfashanyigiaho ya 26: Imbindo z'abana ([Urupapuro rwa 56](#))



Ibyo umwana yituma akivuka: Meconiyumu

Uyu mwanda uba ukomeye kandi ufite ibara ry'umukara.



Umwanda w'umwana watangiye konka

Mugihe umwana wawe atangiye konka cyangwa kunywa amata yagenewe abana, ibyo yitumabihinduka icyatsi cyangwa umuhondo kandi byorohe.

Mugihe umwana wawe atangiye kurya ibiryo bikomeye, ibyo yituma bizahindura ibara kuburyo buhoraho.

Imfashanyigisho ya 27: Uruhu/umubiri w'umwana (Urupapuro rwa 56)



Imfashanyigisho ya 28: Urureri rw'uruhinja (Urupapuro rwa 57)



Imfashanyigisho ya 29: Uburyo bwo gushyira umwana mu gituza cy'umubyeyi (Urupapuro rwa 57)



Guhuza umubiri w'uruhinja n'uww'umubyeyi umubiri ku wundi cyangwa guheka umwana ku kunda nko Kangaru iheka umwana wayo

Mama cyangwa papa w'uruhinja aba yambaye utambaye mugituza noneho n'uruhinja narwo rukaba ntacyo rwambaye usibye nko kuba bamubinze na pampegisi/amaranje/ibitambaro byabugenewe, yambaye ingofero n'amasogisi.

Uruhinja rushyirwa mu gituza cya Mama cyangwa papa kuburyo imibiri ikoranaho noneho uruhinja rukoroswa ikigoma/igishura cyangwa ikindi cyakoroswa umwana kugirango adaskonja. Ushobora kuruhuka muri ubu buryo. Mu gihe umubyeyi w'umugabo ari kuruhuka nka nijoro avuye nko mukazi, ashobora kuruhuka ashyize umwana mu gituza.

Niba ukeneye guhaguruka ngo ugende ushobora no guheka uruhinja rwave nta mwenda urimo kuburyo imibiri ikoranaho noneho ukikomereza imirimo yawe. Igihe umuhekeye imbere mu gituza ukitondera ko utaribwegere ikintu gishyushye nk'isafuriya cyangwa ikindi, urugero niba uri nk'umucuruzi mu isoko cyangwa muri butike, ushobora guheka umwana wawe kuburyo umubiri wawe n'uwe ukoranaho ubundi ukikomereza imiromo yawe

