



Republika y'u Rwanda

Ikigo cy'Ighugu
Gishinzwe Imikurire no
Kurengera Umwana

IMFASHANYIGISHO

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



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kuri buri mwana

**IMFASHANYIGISHO
IYOBORA ABABYEYI
KWITA KU MWANA
KUVA AGISAMWA,
AKIVUKA NA NYUMA
YAHO**

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Ijambo ry'ibanze

Gushimira

Iyi mfashanyigisho yateguve 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 ritaya 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 biganiro mu matsinda byabaye ingirakamaro kuko byifashishijwe kugira ngo iyi mfashanyisho itegurwe neza.

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UNICEF – Global Office
Catholic Relief Service

Intangiro

Imfashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho, ni imwe mu mfashanyigisho umunani zifashishwa mu gushyira mu bikorwa ry'integanyanyigisho y'uburere buboneye binyuze mu nyigisho zihabwa ababyeyi.

Integanyanyigisho y'uburere buboneye yateguve mu rwego rwo kwigisha ababyeyi ibijyanye n'uburere buboneye ndetse n'uruhare rw'umuryango aho batuye. Igamije guha ababyeyi ubumenyingiro bwo kwita ku bana babo no kubigisha buri munsi, bityo abana bose bagakura bitaweho kandi bisanzuye ku babyeyi. Ikubiyemo ibyo ababyeyi n'abita ku bana bagomba kumenya, gukora no kwemera kuri buri nsanganyamatsiko irebana n'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. Ayo masomo agamije kubaka ubumenyi bw'ababyeyi no guhindura imyumvire n'imyitwarire 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. Turasaba abafatanyabikorwa bose bifusa guhugura ku burere buboneye, kwifashisha izo mfashanyigisho bagategura inyigisho zabo bagendeye ku bagenerwabikorwa n'abafashamyumvire bakorana na bo (ni ukuvuga igihe babonekera, aho buhurira, n'ibindi...). Insanganyamatsiko bifusa guhuguraho zigomba kwibanda ku byihutirwa cyane mu gace inyigisho zigiye gutangwamobakoreramo. Abafatanyabikorwa bashobora guhitamo imfashanyigisho bifusa guhuguraho n'inyigisho runaka bashaka gushimangira cyane. Abafatanyabikorwa basanzwe bakora muri gahunda y'uburere buboneye bashobora kwifashisha izo mfashanyigisho bakanoza ibyo bari basanganywe kugirango zijiye n'imirongo migari y'igihugu ku burere buboneye. Abafatanyabikorwa bose muri gahunda z'uburere buboneye barasabwa gukorera hamwe mu ishyirwa mu bikorwa ry'izo mfashanyigisho. Buri mfashanyigisho ikubiyemo inyigisho zitandukanye. Buri yose muri izo nyigisho igomba kwigisha ikarangira idasubitswe.

Imfashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho igamije kugaragaza uko umwana yitabwaho kuva agisamwa kugeza akuze. Igaragaza akamaro k'ababyeyi bombi mu kwita ku mwana, ikibanda ku ruhare rw'ubuzima n'imibereho myiza y'umugore utwite n'ingaruka bigira ku buzima bw'umwana. Inyigisho zikubiye muiyi iyi mfashanyigisho zigamije gushishikariza ababyeyi gukurikirana umwana, kumwitaho no komatana nawe akiri munda. Inyigisho kandi zishishikariza ababyeyi kubaka no gukomeza isano iri hagati y'umubyeyi n'umwana ukiri mu nda binyuze mu bikorwa n'imyitwarire y'umugore utwite. Muri iyi mfashanyigisho havugwamo n'ibijyanye n'inyunganiramirire ku mubyeyi utwite n'uko akwiriye kwitabwaho yirinda gufata indyo ituzuye ndetse n'ikintu cyose cyatuma abura amaraso. Hanibandwa no ku bikwiye gukorwa mu kugabanya imyitwarire igira ingaruka mbi ku buzima nko kunywa itabi, ibinyobwa bisembuye n'ibindi. Muri iyi mfashanyigisho hanibandwa kw'ikurikiranwa ry'ubuzima bw'umubyeyi, gutahura hakiri kare ibibazo bishobora kubaho no kumenya serivisi bagana nk'ababyeyi bakwiye kwitabwaho by'umwihariko cyane cyane abanduye agakoko gatera Sida (HIV).

Iyi mfashanyigisho yibanda ku kamaro ko kwipimisha ku mugore utwite. Yibanda ku kwigisha ababyeyi ku biba biteganyijwe byose ku mugore utwite, ibyo bamusuzuma igihe cyose atwite; uburyo bwo gukurikirana no gufasha umugore mu gihe cyo kubyara ndetse na nyuma yo kubyara.

Intego y'amasomo ni ugufasha ababyeyi kwitegura mu bisabwa byose kugirango bazabyare neza kandi babyare umwana ufite ubuzima buzira umuze. Kugira ubumenyi bwisumbuyeho byongera ubushobozi bw'umubyeyi bumubashisha gufata ibyemezo biboneye no kumva ko ntakigomba kumuhungabanya.

Inyigisho zikubiye muri iyi mfashanyigisho zishishikariza kwigisha no gusobanura akamaro ko kwita k'ubuzima bw'umugore n'icyo bivuze ku mugabo n'umugore, uburenganzira bw'abagore n'abagabo babo n'uko ibibazo byabo biba bigomba gusubizwa kandi ko umubyeyi w'umugore agomba gusabwa kwemera gukorerwa ibizamini.

Kwitegura neza kubyara n'ikintu cy'ingenzi mu kwirinda ingorane zishobora kubaho. Muri iyo myiteguro harimo guhitamo aho umubyeyi azabyarira, uzamuherekeza kubyara yihitiyemo, imibanire y'ubo mugore n'umugabo we mu gihe cyose atwite, abyara n'ubunararibonye mu kurera. N'ingenzi kwitegura ko mu gihe cyo kubyara hashobora kubamo ingorane ku mubyeyi cyangwa no ku mwana. Gusobanukirwa ingorane ababyeyi bakunze

kugira bifasha ababyeyi kumenya no gukora ibikwiye cyane cyane ibishobora gutera ubutinde mu mikurire y'umwana ndetse bikaba bishobora kuba byanamuviramo urupfu ndetse ari nako barushaho kugira imyiteguro ku byakorwa igihe ibintu bitagenze neza.

Gutwita n'ibyo kwishimira ariko biranahangayikisha cyane ku bagore ndetse n'abagabo babo. Imibanire y'umugore utwite n'abandi bantu muri rusange ishobora guhungabana bigatuma habaho imihangayiko no guta umutwe kandi bigira ingaruka mbi ku mwana. Abagore batwite cyane cyane abakiri bato nibo bakunda kugira ibyago byinshi by' ihohotera bituruka ku bagabo babo bikaba bishobora kubaviramo no gukomereka cyangwa imvune bigira ingaruka ku mugore utwite ndetse n'umwana atwite. Abagore bashobora kumva bihebye haba mbere na nyuma yo kubyara kandi n'ingenzi ko bamenyeshwa serivisi bagana zikabaha ubufasha. Iyi mfashanyigisho niyo gufasha ababyeyi bose muri rusange, haba ababyeyi babyaye imbyaro nyinshi ndetse n'abakibyara bwa mbere. Ndetse ikubiyemo ibikorwa n'ubundi butumwa bwakwifashishwa by'umwihariko mu kuyobora abangavu n'ingimbi.

Amabwiriza ku ishyirwamubikorwa ry'impashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho

Impashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho, yateguriwe ababyeyi bose bateganya kubyara, kandi irareba n'ababyeyi bitegura kubyara bwa mbere. Ahantu umufashamyumvire ashobora guhurira n'ababyeyi akabahugura ku mfashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho.

Ahantu / Abafatanyabikorwa	Impamvu bishoboka
Serivisi z' ubuzima (ibitaro, amavuriro, ibigo nderabuzima, abajyanama b'ubuzima n'abandi)	Abakozi n'abakorerabushake mu nzego z'ubuvuzi nibo bafashamyumvire b'ingenzi mu gutanga ubutumwa bukubiye mu mfashanyigisho iyobora ababyeyi kwita ku mwana kuva agisamwa, akivuka na nyuma yaho. Ni bo ba mbere bahura n'ababyeyi batwite ndetse ni nabo b'ingenzi mu guha inama abagore n'abagabo bitegura kubyara.
Amatsinda y'ababyeyi ya gahunda mbonezamikurire	Umufashamyumvire/umurezi w'abana w'irerero ahugura itsinda ry'ababyeyi kuri gahunda mbonezamikurire. Aya mahugurwa akunda gutangwa n'abanyamadini, imiryango ishingiye ku myemerere cyangwa imiryango itari iya Leta cyangwa binyuze mu bakorerabushake nk'abajyanama b'ubuzima n'insuti z'umuryango (IZU) nabandi. Izi nyigisho zishobora no gutangirwa mu nteko z'abaturage nko mu muganda, Umugoroba w'imiryango, gahunda mbonezamikurire zitangirwa mu mudugudu /igikoni cy'umudugudu cyangwa mu matsinda yo kwizigama. Abanyamadini bashobora kujya batanga izi nyigisho mu gihe cyo kuganiriza no gusezeranya abasore n'abakobwa biyemeje kurushinga. Imiryango cyangwa abakozi bahura n'abantu kenshi mu bijyanye no gutanga servisi z'ubuzima bashobora gutanga ubu butuma ku miryango igishinga urugo; ndetse ntibakwiye kwibagirwa abangavu batwite cyangwa ababyaye bakiri bato.
Amatsinda yo kwizigama no kugurizanya n'amakoperative y'abahinzi-borozi	Ababyeyi bensi babarizwa mu matsinda yo kwizigama no kugurizanya cyangwa amakoperative y'ababinzi borozi, kandi bakunda guhurira hamwe kuburyo buhoraho. Bityo rero Inyigisho zikubiye muri iyi mfashanyigisho zaba zimwe mu nsanganyamatsiko ziganirwaho iyo bahuye.

Uburyo bwo guhugura:

Mu gihe cy'amahugurwa, umufashamyumvire ntiyigisha gusa ahubwo atoza ababyeyi uko bashyira mu ngiro/ mu bikorwa ibyo batozwa.

Ikiganiro kiyobowe. Mu gihe umufashamyumvire aganira n'abo ahugura, umufashamyumvire abaza ababyeyi cyo bazi ndetse n'uko basanzwe babigenza kubirebana n'ingga nyamukuru bagiye guhugurwaho maze bakayiganiraho. Iyo ababyeyi bamaze gutanga ibitekerezo byabo, umufashamyumvire ahuza ibyo bamubwiye n'ikigisho ubwacyo, ashingira ku byo ababyeyi bavuze basanzwe bazi maze akabungura ubumenyi cyangwa agakosora aho batabyumvaga uko bikwiye. Umufashamyumvire ufite ubunraribonye ahuza ibibazo byateguranwe n'inyigisho n'iby/itsinda ry'ababyeyi ari guhugura bakunze guhura nabyo ariko bikaba bijyanye n'insanganyamatsimo iri kwigwaho.

Ishusho mfashanyigisho: Umufashamyumvire yereka itsinda ry'abyeyi bahugurwa ishusho ngari/nini noneho bakayiganiraho. Ikiganiro kigomba kuba kijyanye kandi kibanda ku butumwa bw'ingenzi bw'iryo somo.

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

Gahunda zo guteza imbere imibereho myiza y'abaturage	<p>Gahunda zo kuzamura imbere imibereho myiza y'abaturage na zo ni zimwe mu z'ingenzi zihuza abaturage benshi zigamije imibereho myiza y'abana n'imiryango n'uduce batuyemo. Izi nyigisho ni ingirakamaro cyane ku bana n'imiryango iri mu bukene bukabije mu Rwanda.</p> <p>Urugero rwa serivisi zo kuzamura imibereho myiza y'abaturage na gahunda mbonezamikurire y'abana bato. Kwitabira gahunda mbonezamikurire y'abana bato bishoboka byaba itegeko kugirango umubyeyi abe yahabwa inkunga zigamije guteza imbere imibereho y'abaturage nk'ingoboka, zishamikiye kuri VUP n'izindi nkunga.</p> <p>Abashinzwe gahunda z'imibereho myiza bashobora gutoranya amasomo akubiye muri izi mfashanyigisho z'uburere buboneye yigishwa ababyeyi bitewe n'ibyhutirwa mu gace batuyemo (urugero: guteza imbere imyigire y'abana, kurwanya imiriire mibi mu bana...)</p> <p>Mu gutanga inyigisho zizyanye n'iyi mfashanyigisho by'umwihariko bakwiriye kwita cyane ku babyeyi batwite kuko nibo zireba cyane.</p>
Ibigo by'abikorera	Bamwe mu bakozi ni ababyeyi. Ibigo by'abikorera bishobora gushyigikira gahunda y'uburere budahutaza. Ikigo runaka gishobora guhitamo iringingo yo guhuguraho abakozi bitewe n'ibyo babona byihutirwa cyangwa ibyifuzo by'abakozi babo.
Amatsinda y'urubyiruko Amatsinda yo ku mashuri	Amatsinda y'urubyiruko ni umuyoboro w'ingenzi wo kunyuzamo ubutumwa bugenewe ingimbi n'abangavu. N'ahantu heza ho kugeza ubutumwa ku bakobwa bamaze igihe gito basamye kuko ubusanzwe baba batinya ko hari uwabimenza. Ni yo mpamvu bakeneye kumenya hakiri kare uko bagomba kwitwara igihe batwite.

Kwitoza ibyzwe: 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.

Agakino: Umufashamyumvire ategura agakino ko gufasha ababyeyi kwiga 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 zizyanye n'inyigisho ari kwigisha.
Abafashamyumvire barasabwa kutagira uwo baheza mu bahabwa izi nyigisho batibagiwe abafite ubumuga n'ababyeyi babyaye bakiri mu kigero k'ingimbi n'abangavu.

Uko inyigisho zikurikirana

Inyigisho 1

Uko umwana akura munda y'umubyeyi.
Komatana n'umwana utwite.
Kutamererwa neza ku mugore utwite : wakora iki ?
Ibikorwa byafasha umugore utwite n'ibitamugwa neza

Gusobanukirwa n'umubiri wawe ndetse n'umwana utwite

Iyi nyigisho itanga ikaze ndetse n'ubusobaburo bijyanye no gutwita. Iha ababyeyi amakuru y'ibanze ku buzima bw'umwana ukiri muri nyababyeyi n' uburyo akura, yerekana uko umubyeyi atangira gushyikirana n'uwo atwite. Inavuga kandi uko umubyeyi utwite yahangana n'ikibazo cyo kumva atamerewe neza maze ikagaragariza umubyeyi utwite imyitwarire n'ibikorwa biboneye bikwiye kwitabwaho. Iyi nyigisho ifasha ababyeyi ibasobanurira uburyo bakwitwararika birinda ibyahungabanya umwana batwite ahubwo bakimakaza ibyabagirira akamaro. Ifasha umugore imwereka uburyo yahangana n' ibibazo byoroheje biterwa n'inda atwite.

Inyigisho 2

Indyo ikungahaye ku ntungamubiri kandi yuzuye Akamaro k'intungamubiri zikenewe
Ibiribwa byo kwirindwa
Uburyo bukwiye bwo gutegura ifunguro
Ibikorwa byangiza ubuzima bw'umugore utwite (kunywa itabi, ibiyobyabwenge n'inzoga)
Ubuvazi bukwiye

Imirire y'umugore utwite

Iyi nyigisho ifasha umugabo n'umugore gusobanukirwa akamaro ku buzima bwiza n'imirire iboneye ku mu gore utwite no ku buzima bw'imikurire y'umwana atwite.
Iyi nyigisho kandi igaragaza ibikorwa bibi n'imyitwarire itaboneye ku mugore utwite nko kunywa itabi, ibiyobyabwenge n'inzoga

Inyigisho 3

Kujya kwipimisha inda
Ikurikanwa n'isuzuma bihoraho by'ubuzima bw'umwana uri mu nda
Kwikingiza no kwivuza
Ubufasha bwihariye ku mugore utwite kandi afite agakoko gatera SIDA
Uruhare rw' umugabo mu gukurikirana ubuzima bw'umwana uri mu nda

Ikurikiranwa ry'ubuzima bw'umugore utwite

Iyi nyigisho ni iyo gufasha umugabo n'umugore gusobanukirwa akamaro ko kwita ku mwana uri mu nda, akamaro ko kuganira n'abanshinzwe ubuzima bw'umugore utwite n'akamaro ko kubahiriza ingengabiye yo kwipimisha ku mugore utwite. Iyi nyigisho itanga amakuru yizewe muri gahunda yo kwita ku mwana uri mu nda n'ingamba zo gukumira ikibi cyose cyabangamira ubuzima bw'umwana uri mu nda.
Iyi nyigisho ivuga ku ntego zo gutanga ibipimo by'inkari n'amaraso ndetse ikanashishikariza abagore kugana serivisi zibafasha uburyo bwo kwirinda kwanduza uwo batwite.

Inyigisho 4

Abagore bakeneye kwitabwaho by'umwihariko Ibimenyetso mpuruza ku mugore utwite Kwirinda indwara zandura

Ibibazo umugore utwite ashobora kugira

Iyi nyigisho yibanda ku bintu byihariye bisaba kwitwararika no gushaka ubufasha ku bibazo umubyeyi utwite ashobora kugira; ingorane n'ibyamushyira mu kaga ndetse no gutegura icyakorwa hakiri kare igihe hari ikibazo kivutse.
Iyi nyigisho kandi iha inama Abagore batwite uburyo bwo kwirinda indwara zandura.
Muri iyi nyigisho havugwamo ibijyanye n'ubukererwe bwo kujya kwa muganga kandi igashishikariza umugabo n'umugore gutegura ibyangombwa nkenerwa hakiri kare.

Inyigisho 5

Ibyumviro n'isano
Ibimenyetso by'agahinda
gakabije ku mugore
utwite

Kumenyera gutwita

Iyi nyigisho igaragaza ibyumviro umubyeyi ashobora kuba afite ku mwana atwite, impinduka za hato na hato n'uko aba yiyumva no gusobanukirwa ibimenyetso by'agahinda gakabije ndetse no gutegura abandi bana kwakira umwana wenda kuvuka.
Iyi nyigisho n'iyo gufasha abangamvu guhangana n'ibibazo byo gutwita by'imburagihe cyangwa inda zitateganyijwe.

Inyigisho 6

Kubyarira kwa muganga
Gutekereza no kwitegura
hakiri kare igihe cyo
kubyara
Kwita no gukurikirana
ubuzima bw'umugore
Uruhare rw'umugabo

Gutegura igihe cyo kubyara

Iyi nyigisho igamije gutegura abagore n'abagabo igihe cyo kubyara ndetse inatanga igitobanuro cyo kwita no gukurikirana ubuzima bw'umugore. Inagamije kandi gutuma umugore n'umugabo batekereza ku bufasha umugabo akwiriye gutanga.
Iyi nyigisho igamije kwitegura igihe cy'ibise, kandi hanatangwamo ibisobanuro bijyanye no kubyara neza cyangwa kutabyara neza ndetse n'igihe umubyeyi akwiriye kujya kwa muganga.

Inyigisho 7

Mu gihe k'ibise
Ummaro wo gushyira
uruhinja rukivuka mu
gituza cy'umubyeyi
umubiri ku wundi.

Kubyara

Iyi nyigisho ni ngufi ugereranyije n'izindi kuko hateganyijwe ko ababyaza batanga amakuru ahagije ku mugore ugiye kubyara n'umugabo we.
Iyi nyigisho kandi ihamagarira ababyeyi babyaye gusangiza ababyeyi benda kubyara bwa mbere ubumenyi bujyanye n'ibise ndetse no kubyara.
Iyi nyigisho kandi ivuga ku gihe umugore akimara kubyara ikanasobanura umumaro wo guhuza umubiri w'umwana ukivuka n'igituza cy' umubyeyi, ndetse kandi muri iyi nyigisho ababyeyi bashishikarizwa konsa uruhinja rukivuka kuko ari ingirakamaro.

Inyigisho 8

Ubugenzusi bw'ibanze
bukorerwa umwana.
Kugenzura ubuzima
bw'uruhinja ruvutse vuba
Ubumuga bukomeye
cyangwa bworoshye
uruhinja rushobora
kuvukana
Ibibazo uruhinja rukivuka
rushobora kugira
Ibimenyetso mpuruza
bishobora kugaragara ku
ruhinja rukivuka

Nyuma gato uruhinja rukimara kuvuka

Iyi nyigisho ivuga kubigomba kugenzurwa ku ruhinja rukivuka Isobanura na none ubumuga bworoheje bukunze kuvukanwa n'ubukomeye impinjya zikunda kuvukana n'uburyo bwo kubyitwaramo.
Iyi nyigisho ivuga ku bibazo impinjya nyuma yo kuvuka zikunze kugira nko kudahumeka neza no gukonja k'umubiri w'uruhinja kandi ivuga ku buryo byakemurwa mu maguru mashya.

Inyigisho 9

Kwisuzumisha no
gusuzumisha uruhinja
Komora umubyeyi
ibikomere yatewe no
kubyara no kubikira
Impinduka mu myitwarire
Ibibazo umubyeyi
n'umwana bashobora
kugira nyuma yo kubyara
Kuboneza urubyaro

Kwita ku mubyeyi n'umwana nyuma yo kubyara/kuvuka

Muri iyi nyigisho hasobanurwa inshuro umubyeyi akwiye guteganya kwisuzumisha.
Muri liy nyigisho hasobanurwa uburyo bwo komora umubyeyi yaba yabyaye neza cyangwa yabazwe. Haributswa kandi ko umubyeyi aba akeneye kuruhuka bihagije no gufashwa mu yindi mirimo.
Muri iyi nyigisho umugore n'umugabo Basobanurira ibibazo umubyeyi ashobora kugira nyuma yo kubyara, igikiye gukorwa n'igihe bakwiriye kujya kwa muganga hakiri kare.
Muri iyi nyigisho havugwa ige umugore n'umugabo bakwiriye kugana serivisi zo kuboneza urubyaro kugirango umubyeyi abone ige gihagije cyo gukira neza ndetse n'icyo kwita ku mwana.

Inyigisho 10

Komatana kw'ababyeyi
n'uruhinja
Uburyo buboneye bwo
gufata no guttera
uruhinja
Guhoza umwana
Gusinzira k'uruhinja
rukivuka

Kwita ku ruhinja rukivuka

Muri iyi nyigisho hibandwa cyane ku buryo bwo gusabana no komatana kw'ababyeyi n'uruhinja.
Muri iyi nyigisho hasobanurwa ibyo ababyeyi bakwiriye gukora kugirango harusheho kubaho ubwomatane bw'ababyeyi n'uruhinja.
Muri iyi nyigisho ababyeyi babyaye bwa mbere bagirwa inama z'uburyo bwo gufata, guttera no guheka uruhinja, gusobanukirwa ikiruriza no kurusinziriza.
Muri iyi nyigisho ababyeyi baburirwa ku byahungabanya cyangwa ibyagira ingaruka mbi ku ruhinja rukivuka.

Inyigisho 11

Gukingira
Ibimenyetso by'indwara
kubinda uruhinja
Uruhu rw'uruhinja
Kwita k'urureri rw'uruhinja
Impinjya zifite ubumuga
n'ibindi bibazo byo
kwitabwaho

Gukomeza kwita no gukurikirana ubuzima bw'uruhinja

Muri iyi nyigisho havugwamo gukingiza impinjya n'abana bato
Muri iyi nyigisho hasobanurwa ibimenyetso by'uburwayi impinjya zishobora kugira ndetse hakanibandwa k'uburyo ari ingirakamaro ko ababyeyi bakwiye guhita bihitira gushaka inama za muganga ige babonye ibyo bimenyetso.
Muri iyi nyigisho ababyeyi babyaye bwa mbere bagirwa inama z'uburyo babinda uruhinja, gusobanukirwa uruhu rw'uruhinja n'uburyo bwo kwita k'urureri rw'uruhinja.
Muri iyi nyigisho hasobanurwa umumaro wo guheka kunda uruhinja rwavutse ige kitaragera n'urufite ibiro bidahagije ndetse hakanasobanurwa n'uburyo bikorwa.

Uko inyigisho zitangwa

INYIGISHO

1

Iminota 95

Gusobanukirwa n'umubiri wawe ndetse n'umwana utwite

Intego



Ibyo ababyeyi bagomba kumenya

Uko umwana akura mu nda
y'umubyeyi
Igisobanuro cy'ijambo
komatana
Kutamererwa neza igihe
umugore atwite
Ibyo umugore utwite
yemerewe n'ibyo
atemerewe



Ibyo ababyeyi bagomba gukora

Gusobanukirwa uruhinja
rwawe
Kugira igihe cyo kuruhuka
Ganiriza, ririmbiria kandi
ukuyakuye inda
Gabanya ibikubuza
amahwemo igihe utwite
Gabanya ibikorwa
byakugiraho ingaruka mbi
mu gihe utwite.

INTAMBWE YA 1

Iminota 10



Ikaze n'intangiriro

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Kwishimana n'ababyeyi ku bwo gutwita
Gusobanura insanganyamatsiko ya none

Imfashanyigisho

INTAMBWE YA 2

Iminota 15



15 MIN

Imikurire y'umwana uri mu nda

Ishusho mfashanyigisho: Imikurire y'umwana uri mu
nda
Ni ryari ibice by'umubiri bikurikira bitangira kwirema: ubwonko, amaso, isura, intoki n'amano.
Ese umwana arangiza kwirema byuzuye ryari?

Imfashanyigisho

INTAMBWE YA 3

Iminota 15



Iminota 00

Komatana n'umwana uri mu nda

- Ababyeyi bombi bashobora gutangira kwita ku
mwana no kumwereka urugwiro binyuze mu ku-
muganiriza, kumuririmbira no gukuyakuya inda kuko
bituma arushaho kubaho neza akanagira imikurire
myiza
- Abana bakiri mu nda bamenyera amajwi bakunze
kumva n'intoki z'abakunze gukuyakuya inda ya nyina.
Iyo ayo majwi yuje urukundo n'ituze, bituma umwana
agira imbamutima ndetseakanarushaho komatana na
nyina n'undi wese umwitaho.

Material /resources

Imfashanyigisho ya 1:
Amashusho yerekana
imikurire y'umwana uri
mu nda
(Urupapuro rwa 5)

Imfashanyigisho ya
2: Ibyiciro by'ingenzi
by'imikurire y'umwana
uri mu nda
(Urupapuro rwa 6)

Ikiganiro kiyobowe – Kumva umerewe neza

Vuga ibintu bishobora kugutera ibyishimo : umuziki,
kuririmba, amagambo meza, kugukoraho
Vuga ibintu bishobora kukubuza umutozo : umuntu
uvugira hejuru, amahane, umuryango utishimye,

Imfashanyigisho ya
3: Uko waruhura
ubwonko n'umubiri
wawe
(Urupapuro rwa 6)



Iminota 05

umujagararo utewe n'abo mubana cyangwa uhura nabo. Ibyo bintu bigushimisha n'ibikubabaza binagira ingaruka ku mwana utwite. Ni yo mpamvu ugomba gukora uko ushoboye ukirinda ibigutera impagarara ugashaka ibigushimisha.

Kwimenyereza ibyizwe – Ruhura umubiri

Kwimenyereza ibyizwe – Komatana n'umwana wawe Ririmbiira umwana uri mu nda, muganirize, ukuyakuye inda

INTAMBWE YA 4

Iminota 20



Iminota 15

Kubura amahwemo mu mubiri igihe utwite

Ikiganiro kiyobowe – Kubura amahwemo mu mubiri Vuga ibantu byakubuzaga amahwemo igihe wari utwite ? Ni iki cyagufashije ?
Muganire kuri buri kintu cyabuzaga ababyeyi amahwemo mubikubiye mu mfashanyigisho ijyanye n'iyi nyigisho.

Kwimenyereza ibyizwe : Kunanura umugongo Erekana uko abashakanye bashobora kunanurana umugongo, noneho ubasabe babyimenyereze. Saba umugabo kwerekana uko ananura umugongo w'umugore we kugirango amavunane ashire. Bwira abashakanye bajye babikora.

INTAMBWE YA 5

Iminota 20



Iminota 05

Ibikorwa byafasha umugore utwite n'ibitamugwaneza

- Umugore utwite akenera kuruhuka bihajje. Mu gihembwe cya mbere cyo gutwita, habaho impinduka mu mikorere y'imisemburo zituma akenshi umugore yumva ananiwe cyane.
- Imirimo ivunanye nko guttera cyangwa kwikorera ibantu biremeye bigomba kwirindwa.
- Ku bagore badakora imirimo isaba ingufu nk'iy'ubuhinzi, ni ngombwa gukora imyitozo ngororamubiri ituma ugira ubuzima bwiza nkuko wayikoraga mbere yo gusama ariko ikaba itananiza umubiri wawe.



Iminota 05

Ikiganiro kiyobowe

Tekereza imirimo usanzwe ukora. Wabigenza ute kugirango abandi bajye babigufasha ? Ese ujya usaba umugabo wawe kugufasha ?

- Mu gihembwe cya kabiri cyo gutwita, abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye. Kuryama wubitse inda utwite ni bibi kuko bishobora gutuma utsikamira umwana. Kuryama ugaramye kandi utwite bihagarika gutemba kw'amaraso yawe n'umwana.



Iminota 05



Iminota 05

Ikiganiro kiyobowe – Imibonano mpuzabitsina mu gihe utwite

Mutekereza iki ku bijyanye n'imibonano mpuzabitsina mu gihe umugore atwite?

Abashakanye bashobora kutiyumva kimwe kuri iyi ngingo ariko ni ngombwa kuganira bakabyumvikanaho.

Imfashanyigisho

Imfashanyigisho ya 4: Kubura amahwemo mu mubiri igihe utwite
(Urupapuro rwa 7)

Imfashanyigisho ya 5: Gukanda umungongo
(Urupapuro rwa 8)

Imfashanyigisho

Imfashanyigisho ya 6: Uburyo umugore utwite aryama
(Urupapuro rwa 9)

KWITA KU MWANA KUVA AGISAMWA,
AKIVUKA NA NYUMA YAH0





Iminota 05

• Muri rusange gukora imibonano mpuzabitsina nta cyo bitwaye ku mugore utwite; ariko bigomba kwirindwa niba waba waragize ikibazo cyo kuva cyangwa kubabara mu kiziba cy'inda; ni ibimenyetso cy'uko ushobora gukuramo inda cyangwa kubyara umwana utagejeje igihe. Imibonano igomba nanone guhagarara ugize ibantu by'ururenda bidasanzwe/isuha, niba warigeze kujya ukuramo inda mbere cyangwa niba warasabwe na muganga ku mpamvu z'ubuzima ibyo nabyo bishobora gutuma inda ivamo cyangwa ukabvara igihe kitageze.

• Iyo gukora imibonano mpuzabitsina bitera ububabare umugore utwite, ni ngombwa cyane kubiganiraho kuko ari igikorwa kigomba kumvikanwaho kugirango kibanezeze mwembi.

INTAMBWE YA 6

Iminota 5



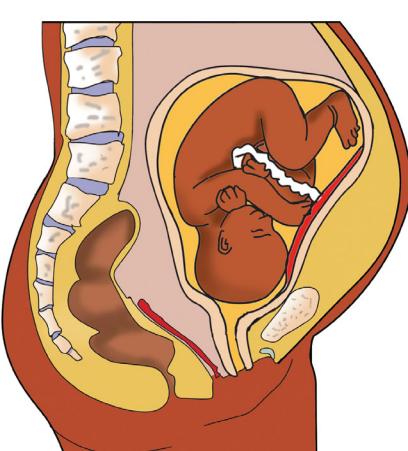
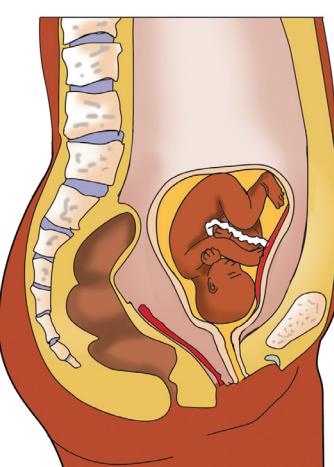
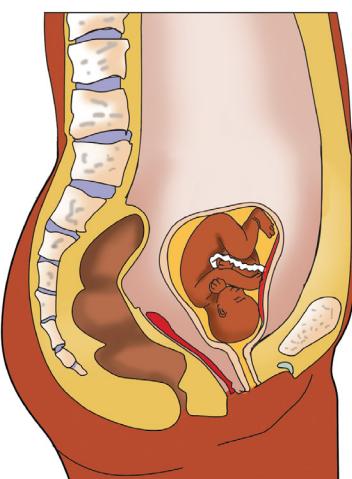
Umusozo w'inigisho

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

- Ababyeyi bombi bashobora gutangira kwita ku mwana no kwereka urugwiro umwana akiri munda mama amutwite.
- Umugore utwite akenera kuruhuka bihagije
- Mu gihembe cya kabiri cyo gutwita, abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye, ahubwo baba bagomba kuryamira urubavu.

Umukoro wo mu rugo: Muze kuririmbita umwana uri mu nda munamuganirize. Kuririmba indirimbo isoza.

Imfashanyigisho



KWITA KU MWANA KUVA AGISAMWA,
AKIVUKA NA NYUMA YAH0



INYIGISHO

2

85 Minutes

Intego



Imirire ku mugore utwite

KWITA KU MWANA KUVA AGISAMWA,
AKIVUKA NA NYUMA YAH0



Ibyo ababyeyi bagomba kumenya

Indyo yuzuye ikwiye umugore utwite Akamaro k'intungamubiri zihariye ku bagore batwite Imirire umugore utwite agomba kwirinda Gutegurana isuku amafunguro Imiyitwarire yangiza ubuzima bw'umugore utwite (kunywa itabi – Kunywa inzoga – kunywa ibiyobyabwenge – gufata imiti utandikiwe na muganga.)



Ibyo ababyeyi bagomba gukora

Kongera inshuro zo gufata amafunguro kandi anyuranye. Kongera inshuro zo gufata amafunguro akungahaye ku butare/fer, vitamine C n'imyunyungugu ya karisiumu. Gukoresha umunyu ukungahaye ku butare bwa lyode Kugabanya ibiribwa n'ibinyobwa by'ibinyasukari/biryohereye Kwirinda kurya ibiyo bibujije ku mugore utwite Kurya ifunguro riteguye neza. Kwirinda ibikorwa/imiyitwarire byangiza ubuzima.

INTAMBWE YA 1 Iminota 5



Ikaze n'intangiriro

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Gusobanura insanganyamatsiko ya none.
Gusuzuma umukoro watanzwe : Kuririmbira no kuganiriza umwana uri mu nda

Imfashanyigisho

INTAMBWE YA 2 Iminota 20

+Iminota 20



Imirire y'umugore utwite

Inyigisho zihariye ku bagore bakiri abangavu

- Abagore batwite bagomba kongera inshuro basanzwe barya kandi bagafata amafunguro akungahaye ku ntungamubiri zinyuranye
- Iyo uriye neza utwite ushobora kwiyongeraho nk'ibiro 10
- Ifunguro ryawe rigomba kuba rikubiyemo amoko yose y'ibiribwa agize indyo yuzuye :
- Ibyubaka umubiri nk'amagi, inyama n'ibishyimbo
- Ibitera imbaraga nk'amata, ibyinyampeke n'ibigori, ingano n'umuceri; ibinyabijumba, n'ibinyamavuta nk'ubunyobwa na avoka
- Ibirinda indwara nk'imboga rwatsi, beterave, ibihaza, karoti, amashaza n'amashu.
- Imbuto nk'amapera, inanasi, imyembe n'amatunda.

Imfashanyigisho

Imfashanyigisho ya 7: Imirire y'abagore batwite
(Urupapuro rwa 9)

Imfashanyigisho ya 8:
Amatsinda y'ibiribwa
(Urupapuro rwa 10)



Iminota 10

Ikiganiro kiyobowe – Ibiribwa biboneka

Ni ibihe biribwa biboneka iwanyu ? Ni ibihe byakorohera kubihinga mu karima k'igikoni kugirango mwihaze ku ndyo yuzuye kandi ikungahaye ku ntungamubiri ?



Iminota 00

Ingaruka zo kutarya indyo yuzuye utwite ni ukubyara umwana utagejeje igithe cyangwa umwana uftite ibiro bidashyitse kandi bigira ingaruka mbi ku mikurire y'umwana.



10 MIN

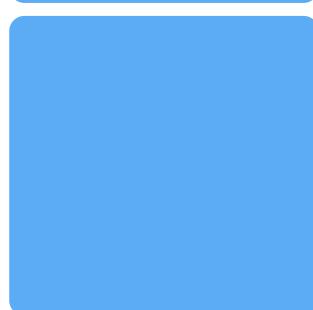
Iminota 05

Iminota 0 Inyigisho zihariye ku abagore bakiri abangavu

Ikiganiro kiyobowe - Ifunguro

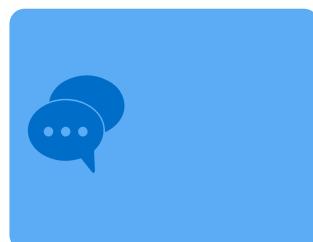
- Nk'umuntu ukiri umwangavu, umubiri wawe uracyakura. Ni yo mpamvu wowe n'uwo utwite mukeneye indyo yuzuye kurusha abandi bagore kugirango mukure neza.
- Wowe n'umwana utwite mukeneye intungamubiri. Ni ngombwa ko mubona n'inyunganiramirire ikungahaye ku butare na vitamine B (aside folike).

Ushinzwe ubuzima azabibafashamo.



Ikiganiro kiyobowe - Ifunguro

- Baza abashaka kuba basangiza itsinda ry'abahugurwa ibyo bariye n'ibyo banyoye umunsi w'ejo hashize. Murebere hamwe niba muri ayo mafunguro n'ibinyobwa hakubiyemo amoko yose agize indyo yuzuye
- Baza ababyeyi inshuro bafata ibiribwa byongewemo amasukari nk'ibisuguti cyangwa ibinyobwa birimo gazi n'amasukari nka Fanta



- Mwihatire kurya indyo yuzuye.
- Murekere aho gufata ibiribwa n'ibinyobwa byongewemo amasukari mubisimbuze ibikungahaye ku ntungamubiri nk'imbuto zitaranamba.
- Ibiribwa cyangwa ibinyobwa by'amasukari bishobra kubateza uburwayi bukomeye wowe n'umwana utwite.



INTAMBWE YA 3 Iminota 30

Iminota 05

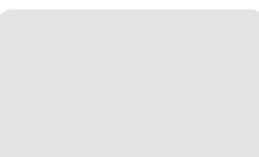
Umumaro w'indyo yihariye

- Mugihe utwite, ugomba gufata indyo ihagije kandi ikungahaye ku ntungamubiri z'amoko yose kugirango utagwa mu mirire mibi.
- Ubutare n'aside folike bifasha mu kurwanya ikibazo cyo kubura amaraso. Kubura amaraso bitera umubyeyi kumva ananiwe bikanamukuririra ingaruka zo kuva, cyane cyane akimara kubyara. Ibikungahaye kuri za vitamine B (aside folike) kandi birinda impinja kuazukana ubumuga bukomeye bufata imyakura y'urutirigongo ntirwifunge neza (Spina Bifida).



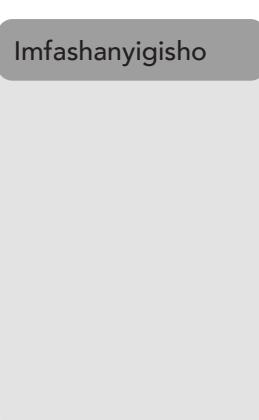
Ishusho mfashanyigisho – Ibiribwa bikungahaye ku butare na vitamin C

Mwaba muzi ibiribwa bikungahaye ku butare? Mwaba muzi ibiribwa bikungahaye kuri vitamine C? Ibiribwa bikungahaye kuri vitamine C bifasha ikwirakwira ry'ubutare mu mubiri



Imfashanyigisho

Imfashanyigisho ya 8:
Amatsinda y'ibiribwa
(Urupapuro rwa 10)



Imfashanyigisho

Imfashanyigisho ya 9:
Urutonde rw'ibiribwa
bikungahaye ku
butare no kuri
vitamine C
(Urupapuro rwa 10)



Iminota 05

Ishusho mfashanyigisho – Umwingo

Hari uwaba yarabonye umuntu urwaye umwingo aho mutuye? Umwingo uterwa no kubura umunyungugu wa lyode mu mubiri, bikagira ingaruka mbi ku mikurire y'ubwonko bw'umwana. Mugomba gukoresha umunyu ukungahaye kuri lyode cyane-cyane abagore bitegura gusama. Abagore batwite na none bashobora kubura umunyungugu wa Karisiyumu. Iyi Karisiyumu ni ngombwa cyane kuko ifasha umwana uri mu nda kugira amagufa n'amenyo akomeye ikanarinda umubyeyi kugira ikibazo cy'umuvuduko w'amaraso igihe atwite (pre-eclampsia).

Imfashanyigisho ya
10: umwingo
(Urupapuro rwa 11)



Iminota 05

Ishusho mfashanyigisho – Ifunguro rikungahaye ku munyu ngugu wa Karisiyumu

Mwaba muzi ibiribwa bikungahaye kuri karisiyumu ?

Imfashanyigisho
ya11: Ibiribwa bikungahaye kuri Kalisiyumu
(Urupapuro rwa 11)



Iminota 05

Ibiribwa umugore utwite agomba kwirinda

Bimwe mu biribwa umugore utwite agomba kwirinda :

- Amafi, inyama n'amagi bimaze iminsi, bibisi cyangwa bidahiye neza ;
- Amata adatetse ;
- Inyama y'umwijima kuko ikungahaye kuri Vitamin A ishobora kugwa nabi umwana utwite ;
- Ikawa nyinshi nk'iri muri fanta koka, icyayi n'ikinyobwa cy'ikawa nyirizina ;
- Isukari nyinshi.

Imfashanyigisho



Iminota 05

Uburyo bukwiye bwo gutegura ifunguro

Abagore batwite baba bafite ibyago byinshi byo kwandura indwara yitwa listeriyoze ifata amara, iterwa no kurya ibiribwa byanduye nk'imbuto n'imboga zitaronze cyangwa kurya ibikomoka ku matungo ari bibisi.

- Genzura neza ko imbuto n'imboga zironze n'amazi meza mbere yo kuzirya.
- Karaba neza intoki nyuma yo gutunganya inyama cyangwa ibikomoka ku nkoko kandi ubiteke bishye neza.

Imfashanyigisho



Iminota 05

Ibikorwa bigira ingaruka mbi ku buzima

Inyigisho zihariye ku bagore bakiri abangavu

- Kunywa inzoga, ibiyobyawenge n'itabi cyangwa kwegera abantu banya itabi utwite bishobora gutuma inda ikugwa nabi bikanagira ingaruka z'ihi kirekire ku buzima bw'umwana utwite. Zimwe muri izo ngaruka n'izi:
 - Gukuramo inda, kubyara igihe kitageze, kubyara umwana upfuye ;
 - Kubyara umwana ufile ibiro bidashyitse;
 - Umwana yagira ibibazo mu myigire no mu myitwarire.
 - Urupfu rutunguranye umwana akiri uruhinja
 - Uburwayi umwana aterwa n'inkurikizi z'inzoga nyina yanyweye akimutwite

Imfashanyigisho



Iminota 05

- Niba umuntu arimo kunywera itabi iruhande rwawe kandi bikaba bitakunda ko uhava, mubwire asigeho. Niba bikugoye kubimubuza, reba umuyobozu abigufashemo.
- Niba warabaswe n'inzoga, ibiyobyabwenge cyangwa itabi, ugomba gushaka impugu ke mu by'ubuzima zikagufasha kubicikaho.

10 MIN

Inyigisho zihariye ku bagore bakiri abangavu

Ikiganiro kiyobowe – Kunywa itabi, inzoga no gukoresha ibiyobyabwenge.

- Ni kangahe ugira aho uhurira n'umwotsi w'itabi cyangwa unywa itabi ? Unywa inzoga kangahe ? Ukoresha ibiyobyabwenge kangahe ?
- Wakora iki ngo ugabanye kugira aho uhurira n'itabi ?
- Ni he ushabora kujya gushaka ubufasha bwo gucika ku itabi, inzoga n'ibiyobyabwenge ?

INTAMBWE YA 7 Iminota 05



Iminota 05

Gufata imiti mu gihe utwite

- Mu gihe utwite, birabujijwe kugira umuti uwo ari wo wose ufata utawandikiwe na muganga, kuko ushabora kugira ingaruka ku mwana utwite. Mu miti ubujijwe gufata utayandikiwe harimo n'inyunganiramirire z'amavitamine anyuranye ndetse na Vitamine A.

Muganga ni we uzi imiti yizewe kandi ishabora gufasha umubyeyi.

INTAMBWE YA 8 Iminota 05



Iminota 05

Umusozo w'inigisho

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

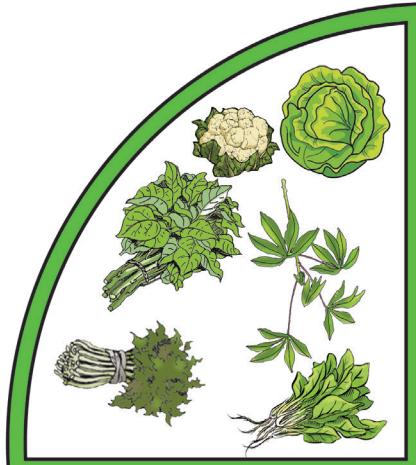
- Abagore batwite bagomba kongera inshuro basanzwe barya kandi bagafata amafunguro akungahaye ku ntungamubiri zinyuranye.
- Rya indyo yuzuye igizwe n'ibiribwa byo mu bwoko butandukanye kugirango urwanye ibura ry'intungamubiri zikenewe mu mubiri.
- Mugore utwite irinde kurya ibiryio bibujijwe
- Birabujijwe kunywa ibisindisha n'ibiyobyabwenge, kunywa itabi cyangwa kuba hafi y'umuntu uri kunywa itabi igihe utwite
- Mu gihe utwite, birabujijwe kugira umuti uwo ari wo wose ufata utawandikiwe na muganga, kuko ushabora kugira ingaruka ku mwana utwite.

Umukoro : Ongera inshuro ufatamo amafunguro kandi agizwe n'amoko yose agize indyo yuzuye. Genzura niba umunyu urya urimo umunyungugu wa lyode. Niba utabyizeye neza usobanuze undi muntu. Kuririmba indirimbo isoza.

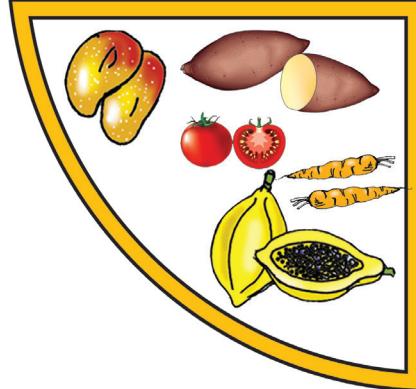
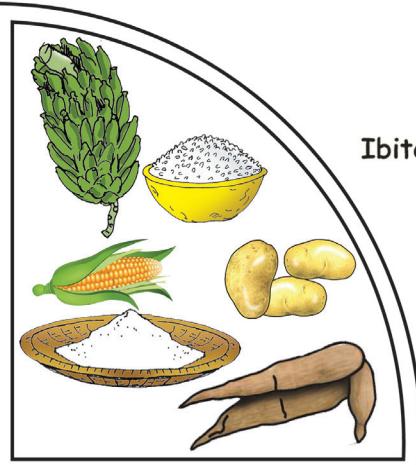
Imfashanyigisho

Imfashanyigisho

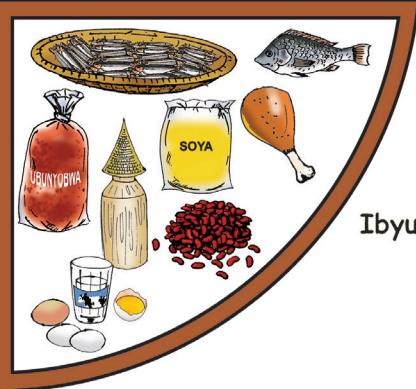
Ibirinda indwara



Ibitera imbaraga

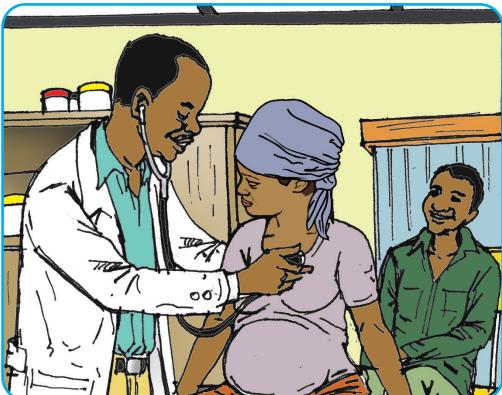


Ibyubaka umubiri



Kwita ku mubyeyi mbere yo kubyara

Intego



Ibyo ababyeyi bagomba kumenya

Kujya kwipimisha inda kwa muganga n'umumaro wabyo Ikurikinanwa n'isuzuma bihoraho by'ubuzima bw'umugore utwite n'umwana atwite Kwivuza no gukingirwa k'umugore utwite Iminota



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Kujya gusuzumisha inda kwa muganga Kugabanyirizwa kw'umubyeyi kujya kwisuzumisha kuko aba yamaze gusobanukirwa ibijanye n'inda atwite Guhitamo kujya kwipimisha umubyeyi ajyanye n'umugabo we cyangwa undi muntu bafitanye isano

INTAMBWE YA 1

Iminota 05



Ikaze n'intangiriro

Guha ikaze ababyeyi Umukino cyangwa indirimbo y'ikaze Kubaza ibibazo bisaba ababyeyi kuvuga ku masomo yizwe ubushize Kurebera hamwe umukoro watanzwe: Kongera ingano y'amafunguro urya no kumenya ingano y'umunyu urya

Imfashanyigisho

INTAMBWE YA 2

Iminota 40

+Iminota 5



Iminota 05

Kujya kwipimisha inda kwa muganga

Amakuru n'ibikorwa by'inyongera ku bagore baki ri abangavu

Ikiganiro kiyobowe – Kujya kwipimisha inda kwa muganga

Kubera iki kwipisha inda ari ngombwa ku mugore utwite? Ni ryari umubyeyi akwiriye kujya kwipimisha?

Imfashanyigisho



Iminota 10

Igihe cyo gutwita kigabanyijemo ibihembwe bitatu. Hari ibyumweru 0-12, 13-26,28-40.

Umugore utwite agomba kujya kwipimisha inshuro 8: •

Inshuro 1 Mu gihembwe cya mbere (Kugeza mu byumweru 12)

- Inshuro 2 mu gihembwe cya 2 (akensi ni hagati y'icyumweru cya 20 na 26)
- Inshuro 5 mu gihembwe cya 3 (mu byumweru bya 30,34,36,38 na 40).

Ibi bipimo ni ngombwa kugira ngo hizerwe ko:

- Umwana wawe arimo gukura neza
- Urimo guhabwa inyunganiramire n'ubufasha ukeneye kugirango ugire ubuzima buzira umuze ndetse n'umwana utwite agire imikurire iboneye.
- Uba ubonye uburyo bwo kuvuga ibibazo waba ufite ukabiganira n'abaguha ubufasha bwizewe.
- Ntabibazo bigenda bivuka kugira ngo uhabwe ubufasha hakiri kare ?
- Umwana ameze neza munda ndetse n'igihe cyo kuvuka kikaba kizwi.





Iminota 10

Ikiganiro kiyobowe – Kujya kwipimisha inda kwa muganga

Kuva mu rugo ugera ku ivuriro/ikigo nderabuzima hareshya hate ? Mbese birakorohera kuhagera ? Ese hari ababyeyi muzi bafite ubumuga kandi batwite bafite imbogamizi zo kujya kwipimisha ? Twabafasha gute ? Fasha umubyeyi utwite guhura n'umuganga amufashe ku bibazo bijyanye no gupimisha inda kwa muganga.



Iminota 10

Abutumwa n'ibikorwa bireba abangavu batwite gusa

Iki kiganiro kigirane gusa n'abangavu batwite
Ikiganiro kiyobowe – Kujya kwipimisha inda kwa muganga ku bangavu batwite
Mbese wigeze ujya kwipimisha kandi uracyajyayo n'ubungubu?
Tinyura abangavu batwite maze bavuge impamvu batifuza kujya kwipimisha inda kwa muganga. Fata akanya mubiganireho.

- Abagore batwita bakiri bato munsi y'imyaka 19 bakunze guhura n'ibibazo bikomeye igihe batwite. Ibi bibazo byose bikemurwa no gukurikirana kenshi ubuzima bw'umwana batwite ari nayo mpamvu ari ngombwa kwipimisha ziriya nshuro zose uko ari 8.



Iminota 05

Kwerekana uko bikorwa – Kwisuzumisha

Baza niba hari umwe mu bagore waba yaragiye kwipimisha atwite? Mushishikarize gusangiza abandi babyeyi uko byagenze.

- Iyo ugiye kwipimisha bwa mbere umuganga/umu-byaza akubaza uburwayi waba waragize mu bihe byashize, bwaba atari ubwambere usamye akubaza uko byakugendekeye igihe wari utwite izindi nda zabanjiriye iyingiyi ndetse n' uburyo wabyayemo.
- Ibiro, umuvuduko n'inkari bifatirwa ibipimo buri uko ugiye kwipimisha.
- Umubyaza akubaza ndetse akagufasha gusobanukirwa aho umwana aherereye mu nda ndetse n'ingano ye. Kuva mu byumweru 20 azakubaza niba wumva umwana yinyagambura mu nda, iki gihe kandi azumva uko umutima w'umwana utera.



Iminota 10

INTAMBWE YA 3 Iminota 05



Iminota 05

Ikurikinanwa n'isuzumabihoraho by'ubuzima bw'umwana uri mu nda

Gupima amaraso: bashobora gupima niba ufite amaraso make, urwaye Marariya cyangwa niba ufite agakoko gatera SIDA ndetse n'ibindi. Baza muganga ibisubizo by'ibipimo byafashwe ndetse niba nta n'ikibazo babonyemo kugirango umenye ingamba zigomba gufatwa niba hari ikibazo.

Guca mu cyuma kireba umwana munda (Ekogarafi): Iyo witabira serivise zihabwa umugore utwite ku ivuriro, ushabora guca mu cyuma mbere y'ibumweru 24 kugira ngo bemeze igihe nyakuri inda ifite, uko umwana angana, kugirango barebe niba hari ikibazo cyangwa ubumuga umwana uri munda yaba afite; niba utwite impanga cyangwa abana barenze 2, Ibyuma bifite ubu bushobozi ntibiboneka hose ariko muganga igihe abona ko ari ngombwa akohereza ku bitaro/ivuriro ribifitiye ubushobozi.

INTAMBWE YA 4 Iminota 05



Iminota 05

Kwikingiza no kwivuza ku mugore utwite.

Urukingo rwa tetanus:

- Uru rukingo ruhabwa umubyeyi utwite rukana-habwa umwana nyuma yo kuvuka
- Umugore yandura tetanusi mu gihe agakoko kay-itera kinjiye muri nyababyeyi cyangwa mu gitsina. Ku mwana yinjirira mu mukondo nyuma yo kuvuka iyo hakoreshejwe inzembe zanduye cyangwa igihe haba hari umwanda cyangwa umwanda witumwe namatungo ugera ku rureri rw'umwana
- Urukingo rwa tetanus ntacyo rutwara umugore utwite.

Ibinini bivura inzoka: Mu byumweru 20 uzahabwa ibinini by' inzoka unywera icyarimwe (ushabora no kubihabwa mu gihembwe cya 3) kuko inzoka zituma umugore abura amaraso, zigatuma atarya uko bikwi-ye bityo bikagira ingaruka kuri wowe no ku mwana utwite.

INTAMBWE YA 5 Iminota 15



Iminota 05

Ubufasha bwhiariye ku mugore utwite kandi afite agakoko gatera SIDA.

Hamwe n'uwo mwashakanye, mupimwa agakoko gatera SIDA mu gihembwe cya mbere. Ku bagore bafite ubwando bw'agakoko gatera SIDA, ari aba busanganywe cyangwa se abakibwandura, bahabwa ubufasha buhagiye mu guhumurizwa no guhabwa imiti igabanya ubukana. Mu gihe cyo kubyara umugore ufite ubwando bwa SIDA ahabwa ubufasha bwhiariye kugira ngo hirindwe ko yakwandumwa umwana we igihe ari kumubyara cyangwa se ngo abe yakwandumwa umubyaza. Abana babyawe n'umubyeyi ufite ubwando bwa SIDA bitabwaho bahabwa imiti ibakingira. Iyo umwana yanduye, ahita atangira guhabwa imiti igabanya ubukana.

Ikiganiro kiyobowe – HIV

Waba uzi niba ufite agakoko gatera SIDA? Mbese utinya kwipimisha SIDA kugirango udasanga wanduye? Kubera iki?

Imfashanyigisho

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

Imfashanyigisho

Imfashanyigisho



Iminota 05

Umufashamyumvire asobanurira abahugurwa ko u Rwanda rwakoresheje imbaraga nyinshi cyane kugira ngo hagabanuke ubwandum bwa SIDA ndetse no kugirango haboneke imiti igabanya ubukana kandi ifashe abafite agakoko kugira ubuzima bwiza hagabanya wa ubukana bw'agakoko ndetse hagabanya wa ikwirakwira ry'agakoko nko kuba umubyeyi yakwandum amubyaza cyangwa na nyuma yaho.

INTAMBWE YA 6 Iminota 10



Iminota 05

**Uruhare rw'umugabo mu bihe byo gukurikirana
ubuzima bw'umubyeyi n'umwana uri mu nda**

Ikiganiro kiyobowe – Uruhare rw'umugabo

Ni nde muntu wa mbere wifusa ko mwaba muri kumwe kwa muganga ugiye kwipimisha inda ?
Utekereza ko ari ngombwa kuba uri kumwe n'umugabo wawe ? Uhama ko babakira mwembi ?

INTAMBWE YA 7 Iminota 10



Umusozo w'inigisho

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

- Mubyeyi itabira gahunda zo kwisuzumisha, namwe bagabo muherekeze abagore banyu kwisuzumisha
- Nyura mu cyuma kireba uko umwana ameze munda (ekogarafi) ndetse unafate inkingo zose zagenwe na muganga muri cy'ikurikiranwa ry'umubyeyi

Umukoro: Ganira n'abo mu muryango wawe, cyangwa umugabo wawe ku muntu wifusa ko mwaba muri kumwe mu gihe ugiye kwipimisha inda ndetse unabiganireho n'umugabo wawe.

Indirimbo isoza

Imfashanyigisho

Imfashanyigisho ya 13:
Abashakanye bagiye
ku ivuriro kwipimisha
no gupimisha umwana
(Urupapuro rwa 12)

Imfashanyigisho



Intego



Ibibazo biterwa no gutwita

KWITA KU MWANA KUVA AGISAMWA,
AKIVUKA NA NYUMA YAH0



Ibyo ababyeyi bagomba kumenya

Igihe umugore utwite akenera kwitabwaho by'umwihariko. Ibimenyetso by'uburwayi bukenera ubufasha bwa muganga ku mugore utwite



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Shaka ubufasha bwa muganga mugihe utwite. Kwirinda ubwandum (infection) ubwaribwo bwose Kuryama mu nzitiramibu

INTAMBWE YA 1

Iminota 05



Gutanga ikaze no gusobanura Inyigisho igiye kwig-wa

Guha ikaze ababyeyi Kubaza ababyeyi ibibazo bibafasha gusubira mu masomo yizwe ubushije Kugenzura umukoro watanzwe mu nyigisho y'ubushize ku bijyanye ko kujya kwimisha inda kwa muganga Inshamake ku nsanganyamatsiko y'inigisho ya none

Imfashanyigisho

INTAMBWE YA 2

Iminota 25



Iminota 05

Abagore bakeneye ubufasha bwihariye

Ishusho mfashanyigisho- Gusaba ubufasha

Utekereza ko umugore utwite asaba ubufasha bwihariye ryari ? Kubera iki ?

Imfashanyigisho

Ukeneye ubufasha bwihariye bwa muganga:

- Nyuma yo kugwa cyagwa gukomerekwa cyangwa igihe ugize imvune
- Iyo wahohotewe ku mubiri cyangwa mu mbamutima.
- Iyo bagusanzemo akakoko gatera SIDA
- Iyo urwaye diyabeti, umuvuduko ukabije

Imfashanyigisho ya 14:
Urutonde rwa serivisi wakwiyambaza
(Urupapuro rwa 13)



Iminota 05

Ikiganiro kiyobowe: Kugwa/ Kwitura hasi

Ni hehe hari ibyako ko ushobora kuhagwa ? Murebere hamwe ingamba zo kurwanya kugwa.



Iminota 10



Iminota 05

Ikiganiro kiyobowe: Ihohoterwa

Ni nde umugore (utwite cyangwa nyuma yo kubyara) yamenyesha mu gihe yakorewe ihohoterwa iyo ari ryo ryoze, arikorewe n'uwo bashakanye cyangwa umwe mu bagize umuryango.

Gira inama ababyeyi kujya baganira n'inschuti z'umuryango (IZU) cyangwa umujyanama w' ubuzima.

INTAMBWE YA 3

Iminota 15



Iminota 10



Iminota 05

INTAMBWE YA 4

Iminota 20



Iminota 05



Iminota 15

Ibibazo ku mugore utwite

IKiganiro kiyobowe- Ibimenyetso mpruza ku mugore utwite

Ni ibihe bimenyetso mpruza ku mugore utwite ?
Muganire ku bimenyetso mpruza byose byavuzwe munsi
niba bishoboka.

Umugore utwite agomba guhita ajya kwa muganga mu gihe
cyose abonye ibimenyetso mpruza nk'ibi +-bikurikira :

- Umugore utwite agomba guhita ajya kwa muganga
mu gihe cyose abonye ibimenyetso mpruza nk'ibi
bikurikira :
- Kuva amaraso mu gitsina cyangwa kumva ababara
cyane mu nda yo hepfo.
- Kuruka cyane bishobora kujyana no guhitwa
- Kuribwa umutwe bikabije (bitakizwa na paracetam-
olo), kubyimba (ibirenge, utugombambari, mu maso
n'ibiganza), kumva utabona neza no kumva imbauv
zikurya byose ni ibimenyetso mpruza by'indwara
y'umuvuduko ukabije yitwa puri-Ekalampusiya
(Pre-eclampsia), kandi bishobora kugira ingaruka
zikomeye zirimo no kugwa igicuri, kubura umwuka,
kubura ubwenge n'ibindi, mu gihe hari ugize ikibazo
nk'iki, ubufasha bwa muganga buba bukenewe by-
ihuse.
- Uburyaryate, uhereye mu biganza, mu birenge no
gukomeza ku bindi bice by'umubiri kandi budatera
ubuheri.
- Iyo ubonye amazi atunguranye mu gitsina, bashob-
ora gusobanura ko isuha yamenetse kandi igihe cyo
kuvuka kitaragera, ibi bivuze ko ari ikibazo gikomeye
cy'ubwando (infection) buri muri nyababyeyi.
- Igihe wumva ko gukina munda k'uruuhinja kugen-
da kugabanuka cg se kwarahagaze mu minsi mike
ishize.
- Kubyimba amaguru ndetse n' uburibwe cyangwa se
ukabona igice kimwe gitukura
- Gutitira no kugira umuriro bishobora kuba ibimenyet-
so bya Marariya ndetse n' izindi ndwara zandura.

Material /resources

**Gushaka ubufasha bwa muganga mu gihe umugore
utwite agize ikibazo**

Ikiganiro kiyobowe – Kwitegura ibyatungurana

Kuki ari ngombwa kujya kwa muganga byihuse
ukibona bimwe mu bimnyetso mpruza twavuzeho
haruguru ?

Ganira n'ababyeyi ibyago bishobora gutuma : inda
ivamo, umwana avuka igihe kitageze, ubwando/ind-
wara zandura n'ibindi

- Tekeraza ko utwite noneho ukaba ugize ikibazo cy'ubuzima.
Ese wakora iki ? Reka buri mugore n'umugabo mu itsinda rya babiri
baganire uko bakwitwara igihe bagize ibibazo nk'icyo kigomba
gukemurwa mu buryo bwiuse.

Nyuma y'iminota 5, baza ababyeyi:

- Imagine your husband is not recognizing that the problem is serious. What do you do?
(For example, you remind him that we discuss this in our group as being a sign of danger)
- Ibaze noneho mu gihe umugabo wawe atari gusobanukirwa ko ikibazo gikomeye. Wakora iki?
(Urugero, wa mwibutsa ko mwaganiriye mu itsinda ko ibyo ari ibimnyetso mpruza)

- Tekereza ko nta nta modoka mufite ndetse nta n'amafaranga ufile yo guhita wishyura imodoka yo kukujuvana kwa muganga (Urugero mushobora noneho gutangira gahunda yo kwizigamira buhoro buhoro kugirango bizabafashe nibura kubona imodoka ibajyana cyangwa se n'ikindi mwakenera cyafasha icyo gihe ntimutungurwe).
- Hanyuma se abana banyu bandi ? Ninde uzabitaho mu gihe muzaba mwagiye kubyara ? (Urugero nk'abo mu muryango wanyu, abaturanyi, ibyo muba mugomba kuba mwarabiganiriyeho nabo mbere)
- Baza mwene ibyo bibazo buri umwe umwe muri buri tsinda ry'ababyeyi noneho baguhe ibisubizo. Ushobora kubunganira igehe biri ngombwa ndetse ushobora kubaha mu ngero zatanzwe cyangwa nawe watekereza. Mu itsinda bagomba gufashanya kubona ibisubizo.

INTAMBWE YA 5 Iminota 10



Iminota 05

INTAMBWE YA 6 Iminota 10



Iminota 05

Kwirinda ubwandum / indwara zandura

- Horana isuku, karaba intoki n'isabune n'amazi meza buri gihe.
- Ryama mu nzitiramibu mu kwirinda kurumwa n'agakoko gatera malaria.
- Umugore utwite agomba kwirinda gukorakora intama, injangwe n'umwanda wazo kuko aya matungo akunze gukwirakwiza indwara zibangamira ubuzima bw'umwana uru mu nda. Karaba neza intoki nyuma yo gukora imirimio ig-usaba gukora mu bitaka cyangwa wakoze hasi.

Ikiganiro kiyobowe – Malaria

Mbese ujya uryama mu nzitiramibu ndetse uzi n'im-pamvu ari ngombwa cyane ku mugore utwite?

Umwanzuro kuri iri somo

Kora inshamake y'inyigisho yizwe

- Igihe hari ikimenyetso ubonye giteye inkeke, itabaze muganga cyangwa umujyanama w'ubuzima
- Irinde kurwara nka malariya n'izindi ndwara

Umukoro : Murugo rwanyu mukomeze muganire n'umugabo/umugore wawe ku ngamba z'icyakorwa mu gihe hakenerwa kujya kwa muganga bitunguranye. Kuririmba indirimbo isoza

Imfashanyigisho

Shishikariza
ababyeyi kwiga
imfashanyigisho
yo kwita ku isuku

INTAMBWE YA 6 Iminota 05

Imfashanyigisho

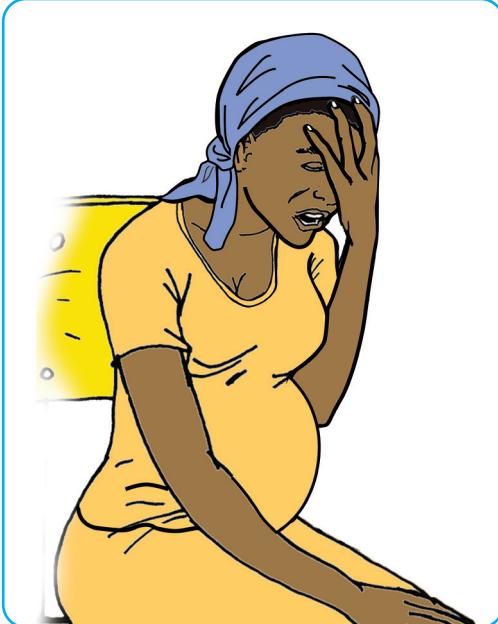


INYIGISHO

5

Iminota 60

Intego



Kwiyakira no kumenya uko witwara utwite



Ibyo ababyeyi bagomba kumenya

Impinduka mu byiyumvo by'umugore utwite
Ibimenyetso by'agahinda gakabije



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Impinduka mu byiyumvo by'umugore utwite
Saba ubufasha mu gihe wumva ufite agahinda Guhangana n'ibibazo bahura nabyo mu gihe batwite (abangavu)
Kuganiriza abana babo hagamijwe kabategurira kwakira umwana uzavuka.
Gushaka uzita ku bandi bana ku munsi wo kujya kubyara

INTAMBWE YA 1

Iminota 10



Gutanga ikaze no gusobanura inyigisho igiye kwiga

Imfashanyigisho

Guha ikaze ababyeyi. Umukino cyangwa indirimbo y'ikaze. Baza ababyeyi ibibazo bibafasha kwibukiranya inyigisho y'ubushize . Genzura umukoro watanzwe ngamba z'icyakorwa mu gihe hakenerwa kujya kwa muganga bitunguranye. Inshamake ku nsanganyamatsiko y'inyigisho ya none

INTAMBWE YA 2

Iminota 15

+Iminota 15



Iminota 10

Ibyiyumvo ndetse n'isano

Imfashanyigisho

Ubutumwa n'ibikorwa ku bangavu batwite

Ikiganiro kiyobowe : Umunezero n'ingorane umugore utwite agira

Ese mwumva mumeze mute (abagabo n'abagore) kubera umwana ugiye kuvuka ? Saba ababyeyi kuvuga ibyishimo bafite ndetse n'ingorane bumva barimo guhura na zo. Baza niba hari umwe mu babyeyi wasangiza abandi igihe yari atwite akagira agahinda gakabije cyangwa igihe yumvise yihebye cyangwa se igihe yaba yariyuvaga nk'ucitse intege ndetse anasangize itsinda icyamufashije kugirango amererwe neza.

Ku bangavu, aho kugirango bibe ikiganiro ahubwo ibibazo byavuzwe haruguru bikorwemo umukino

Umukino - Umunezero n'ubwoba biterwa no gutwita :
Umukino w'abakobwa babiri bari kuganira ku by'umubyeyi utwite ahura nabyo (Umwe arishimye kandi arizihewe undi gusama byaramutunguye kandi afite impungenge n'ubwoba bwinshi)

Mu itsinda, muganire kubyo bakinnye mureberehamwe ibiyumvo, ibyifuzo n'ibiteye inkeke umwangavu utwite ashobora guhura nabyo.

Imfashanyigisho ya 15: Umukino-umunezero n'ubwoba biterwa no gutwita
(Urupapuro rwa 13)



Iminota 05



Iminota 00

INTAMBWE YA 3

Iminota 15



Iminota 10



Iminota 05

INTAMBWE YA 4

Iminota 15



Iminota 10



Iminota 05

- Guhindagurika byihuse kw'ibiyumvo nk'ibishimishije, ubwoba, ibisekeje, ibituma arira, kugira uburakari cyangwa umujinya n'ibantu bibaho cyanne ku mubyeyi utwite. Ibyo byiyumvo nk'ibyo bibaho kandi ni ingenzi kubiganiraho n'umuntu wiyumvamo.

- Ku bagore bamwe na bamwe bakiri bato gutwita bibatera umunezero, n'ibyo kwishimira, ku bandi bo bishobora kuba byarabatunguye kandi bikabatera ubwoba.

Ibimenyetso by'agahinda gakabije

Ikiganiro kiyobowe – Ibimenyetso by'agahinda gakabije.

Ni ibihe bimenyetso biranga umuntu ufite agahinda gakabije, umuntu wumva ko ibye byarangiye? Reka ababyeyi bavuge uko babyumva maze wongereho ibyo batabashije kuvuga.

- Kubura ubushake bwo kurya no kunanirwa kurya ibyo usanzwe umenyereye
- Kubura ibitotsi no kugira umunaniro ukabije
- Kumva udashishikajwe n'umwana utwite
- Kumva wihebye
- Ibitekerezo byo kwigirira nabi
- Ibitekerezo byo kugirira nabi umwana utwite
- Kwiyumvamo ubwoba bukabije bwo kuba ububyeyi gito

- Agahinda gakabije ni ikibazo gikomeye abagore bensi bahura na cyo mugihie batwite na nyuma yo kubyara. Iki kibazo kandi gishobora kugira ingaruka mbi ku mikurire y'umwana. Gana muganga igihe wumva ufite agahinda gakabije cyangwa igihe wumva wihebye.

- Ababyeyi bakiri bato nimwe mukunze kugira agahinda gakabije iyo mutwite. Mu gihe wumva utishimye cyangwa wumva watakaje ikizere, shaka ubufasha cyangwa ubiganirize inshuti yawe cyangwa uwo mufitanye isano wizera.

Imfashanyigisho

Imfashanyigisho ya 14:
Urutonde rwa serivisi umugore utwite ufite agahinda gakabije yakwiyambaza
(Urupapuro rwa 13)

Imfashanyigisho

Gutegura abandi bana kwakira undi mwana muzabyara (Cyangwa abangavu-Guhangana n'impinduka mu gihe batwite)

Ikiganiro kiyobowe – Gutegura abandi bana kwakira undi mwana muzabyara

Waba waraganirije undi mwana/abandi bana mufite mwendia kubyara undi mwana? Saba umubyeyi wifuza gusangiza abandi uko yabiganirije abana be.

Gutegura abandi bana kwakira undi umwana muzabyara

Mu gihe utwite, ni ngombwa gushaka umwanya wo kuganiriza abana banyu ku mwana wenda kuvuka kugira ngo batangire bagaragaze uko bazamwakira niba hari n'abatabyishimiye utangire ubibakundishe.

Guteganya umuntu uzabafasha kwita ku bandi bana ku munsi wo kubyara.

Teganya byibuze umuntu umwe uzasigara mu rugo yita ku bandi bana igihe muzaba mwagihe kwa muganga ugiye kubyara.

Reka abana batangire bamenyerane n'uwo muntu

**Ku bangavu, aho kugirango bibe ikiganiro ahubwo
ibibazo byavuzwe haruguru bikorwemo umukino
Ikiganiro kiyobowe- Ibibabazo biterwa no gutwita
imburagihe.**

Ni ibihe bibazo muri guhura nabyo mu rugo bitewe no kuba utwite? Uri kwiyumva gute? (Urugero: Kubura ubufasha, Amikoro make murugo, imibereho mibi mu muryango, kubura amikoro yo kujya ku ishuri, kureka ishuri, kubura akazi n'ibindi, kandi ibi bishobora guhangayikisha.)

Bafashe gukemura ibi bibazo ndetse unabagire inama yo kujya babiganiraho n'umuntu bizera, bishobotse bakabiganiraho n'umuganga/umujyanama w'ubuzima kugirango babashe guhabwa ubufasha bakeneye. Kubijanye no kuva mu ishuri, bamenyeshe amabwiriza/gahunda y'igihugu ku burezi igamije gushishikarizaabana gusubira mu ishuri.

STEP 5 05 MIN



Umusozo w'inigisho

Shimira ababyeyi. Babaze cyo bungutse mu nyigisho y'uju munsi. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Menya ko habaho impinduka mu byiyumvo n'imbamutima igihe utwite, wabiganiraho n'umugabo wawe cyangwa undi muntu ukuba hafi cyangwa inshuti
- Agahinda gakabije ni ikibazo gikomeye abagore benshi bahura na cyo mugihe batwite na nyuma yo kubyara. Niba utekereza ko wumva ufite agahinda gakabije iyambaze muganga.
- Ganiriza abana banyu ku mwana mwenda kubyara ubategura ndetse munateganye umuntu azasigara abitaho ubwo uzaba wagiye kubyara.

Umukoro: Ibyo mwize mubiganireho n'inshuti cyangwa abandi bantu banyu ba hafi

Indirimbo isoza

Imfashanyigisho



6

Iminota 60

Intego



Kwitegura kubyara



Ibyo ababyeyi bagomba
kumenya



Ibyo ababyeyi bagomba
gukora

Impamvu ari ngombwa
kubyarira kwa muganga
Uburenganzira
bw'umubyeyi kwa
muganga
bimenyetso by'ibise
Akamaro ko guherekezwa
igihe ugiye kubyara

Kubyarira kwa muganga
Gusobanuza inzira
umubyeyi anyuramo agiye
kubyara
Kumenya ko ari ibise
bigufashe ughaita ujya kwa
muganga
Guherekezwa n'uwo
mwashakanye cyangwa
undi muntu igihe ugiye
kubyara

INTAMBWE YA 1

Iminota 5



Gutanga ikaze no gusobanura inyigisho igiye kwigwa

Imfashanyigisho

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Baza ababyeyi ibibazo bibafasha kwibukiranya
inyigisho y'ubushize
Genzura umukoro ku nyigisho y'ubushize: Kuganiriza
imbamutima zawe abantu bawe ba hafi
Inshamake ku nsanganyamatsiko y'inyigisho ya none

INTAMBWE YA 2

Iminota 15



Iminota 10

Umumaro wo kubyarira kwa muganga

Imfashanyigisho

Ikiganiro kiyobowe- Kubyarira kwa muganga

Ni izihe nyungu zo kubyarira kwa muganga ?
Ibyiza byo kubyarira kwa muganga harimo :

- Kubyarira kwa muganga ukabyazwa n'umuganga wabyigye ufite ubumenyi mu buryo bwemewe n'amategeko
- Umwana ahita yandikwa mu bitabo by'irangamimerere akituka
- Iyo uri kwa muganga bamenya neza ubufasha ukeneye kugirango ubyare neza, cyane nk'iyo wakurikiranwaga by'umwihariko/ufite uburwayi bakuvuye ubwo wabaga wisuzumisha utwite.
- Iyo uri kwa muganga biroroha kwitabwaho igihe ukeneye ubutabazi byihuse ngo ubyare



Iminota 05

Kujojoba ni indwara ikomeye iterwa n'umwenge ucika hagati y'inda ibyara n'impera y'urura runini cyangwa uruhago, kubera ko inzira umwana acamo iba ari nto cyane, imeze nk'ifunganye umubyeyi agategereza umwanya munini atarabyara. Uku gufungana bitera umubyeyi uburibwe bukabije, uruhago rukitugatugira ku igufa ryo mu mayasha bigatuma hagati y'inda ibyara n'impera y'urura runini cyangwa uruhago haturikamo umwenge. Ingaruka zo kujojoba ni uko ari ubumuga umuntu ashobora kugira ubuzima bwose, aho inkari cyangwa umwanda wagombye guca mu kibuno bica muri wa mwenge kandi bikaza utabishatse. Ni indwara itera ipfunwe no kwiheza k'uyirwaye, ndetse no guhezwa n'abandi.

Ni ngombwa kubyarira kwa muganga kuko basuzuma uko umwana ameze mu nda bagakumira hakiri kare inzitizi zabaho, umubyeyi akabyara atekanye.

Abagiye kubyara bakiri abangavu ni bo cyane bagira ibyago byo kuba bahura n'iyyi ndwara yo kujojoba kubera ko baba bataraguka mu myanya umwana acamo avuka bigatuma kubyara bibagora.
Abangavu bagomba kubyarira kwa muganga.

INTAMBWE YA 3

Iminota 10



Iminota 05

Kugira imyiteguro yo kubyara hakiri kare

*Gutegura igihe cyo kubyara
Imyiteguro yo kubyara*

Gerageza gutekereza hakiri kare ku:

- Uzaguherekeza ugiye kubyara (umugabo wawe cyangwa undi muntu wo mu muryango);
- Ibitaro wifuza kuzabyariraho ;
- Ibijyanye n'urugendo ujya, unava kwa muganga ;
- Uburyo bwo kugabanya ububabare/ibise...

Imfashanyigisho

INTAMBWE YA 4

Iminota 15



Iminota 10

Gukurikirana umugore uri ku nda

Ikiganiro kiyobowe –Ibyo kwitwaza ugiye kubyara

Mu mahugurwa, egeranya ibikoresho byose umubyeyi agomba kwitwaza agiye kwa muganga kubyara. Ni iby'uruhinja ruzavuka n'ibyo we bwite azakenera. Niba ibyo ibikoresho nta byo wabona, kusanya amafoto yabyo uyereke abahugurwa.

Urugero: Imyenda y'uruhinja n'ibigoma byo kumufubika no kumuterura bisukuye.

Baza ababyeyi bafite abana ibikoresho by'ingenzi bakeneye igihe bagiye kwa muganga kubyara.

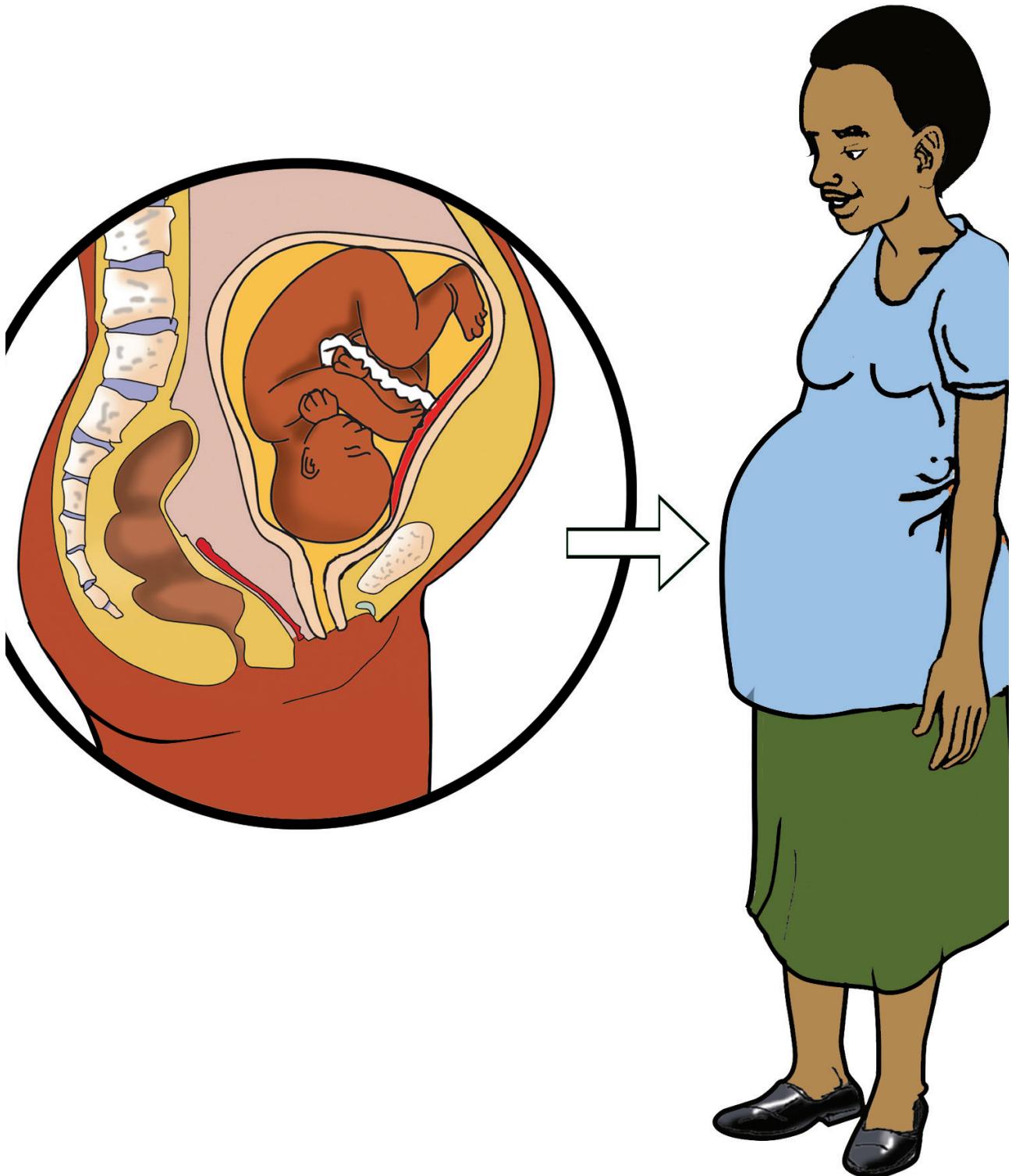
Imfashanyigisho

Ikiganiro kiyobowe –Ubufasha butangirwa kwa muganga

Ubwo uheruka kwa muganga wakiriwe ute, ni ubuhe bufasha baguhaye?

- Umuforomo cyangwa umubyaza usobanikiwe akazi ke agutega amatwi agasobanukirwa ubufasha ukeneye ubundi akakunyuriramo inzira iri bukurikizwe uhabwa serivise. Baza ikibazo icyo ari cyo cyose kijyanye na serivise muganga akubwiye uri buhabwe.

- Serivise nyinshi uba ugomba guhabwa zisaba ubushake bwawe. Gusa akenshi ni byiza kugendera ku nama wagiriwe na muganga igihe wamugiriye icyizere.



INTAMBWE YA 5 Iminota 10

+Iminota 5



Iminota 05

Ubufasha bw'uwaherekeje umubyeyi kubyara.

Ubutumwa n'ibikorwa byihariye ku bangavu batwite

Ikiganiro kiyobowe – Guherekezwa kubyara n'umugabo wawe cyangwa undi muntu

Shishikariza abahugurwa gutanga ibitekerezo by'uko babona uwaherekeje umubyeyi yamufasha igihe ari kwa muganga ari ku bise n'igihe ari kubyara.

Yobora ikiganiro ku bijyanye n'umumaro w'umuherereza ku mubyeyi, ariko unabasobanurire ko bamwe mu bagabo cyangwa abaherekeza ababyeyi bagira ubwoba bwo kuguma mu cyumba ngo barebe uko umubyeyi abyara. Ni byiza kuri ko bo bajya bisohokera kuko haba hari umubyaza wita ku mubyeyi. Ha ababyeyi rugari batange ibitekerezo bihagije ku cyo batekereza kuri iyi ngingo.

Imfashanyigisho

+Iminota 5

Ubutumwa n'ibikorwa byihariye ku bangavu batwite

Ikiganiro kiyobowe - Uwo mwabyaranye/ umugabo Ku bangavu, reka baganire ku jyi ngingo aho kuvuga ku kiganiro cyabanje.

Hitamo neza uwo wifuza ko azaguherereza mu gihe cyo kubyara. Uyu ni we ugomba gufata inshingano zose no kuguha ubufasha bukwiye. Iki rero ni ikintu kingenzi ugomba kuniraho n'uwo mugije kubyarana cyangwa n'umuryango wawe.

Saba abagore bakiri bato ku ganira hagati yabo kandi ubushishikarize gusangizanya ibitekerezo nyuma y'iki-ganiro kiyobowe.

Uhorekeje umugore utwite ashobora gutanga ubufasha butangaje bashobora gutuma umubyeyi yumva aruhutse ku mutima bityo bigatuma abyara neza :

- Kubana nawe no kugufasha mu gihe uri kubise
- Guhindura uruhande uryamiye no kugukanda mu mugongo akugabanyiriza ububabare.
- Kugufasha mu byo ushabora gukenera gukora kubw'ibyemezo wafashe.
- Kumenyekanisha icyo ucyeneye kubashinzwe ku kwitaho.
- Kukubwira ibirimo kuba

INTAMBWE YA 6 Iminota 5



Umusozo w'inigisho

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

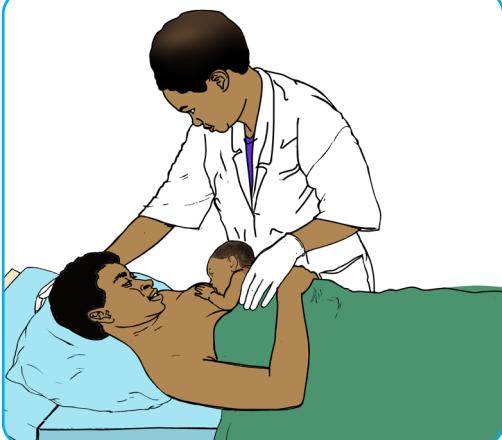
- Kubyarira kwa muganga ni ingirakamaro kuruta kubyarira ahatari ubufasha bw'abaganga. Gerageza gutegura kubyarira kwa muganga hakiri kare.
- Mugabo, herekeza umugore wawe kwa muganga agiye kubyara kugirango umufashe kandi umube hafi

Umukoro : Tangira gutegura ibikoresho uzajyana kwa muganga kubyara. Ganira n'uzaguherereza uko wifuza ibintu bizagenda ku munsi uzabyariraho.

Kuririmba indirimbo isoza.

Imfashanyigisho

Intego



Kubyara



Ibyo ababyeyi bagomba kumenya

Ibimenyetso by'ibise
Mbere na nyuma y'ibise
Uburyo bwo kwakira
uruhinja



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Gusobanukirwa
ibimenyetso by'ibise no
kujya ku kigo nderabuzima/
kwa muhanga
Kwitegura ibise
Kwitoza uburyo bwo
gushyira umwana ukivuka
mu gituza cya nyina
umubiri ku wundi
Konsa umwana akivuka

INTAMBWE YA 1

Iminota 10



Gutanga ikaze no gusobanura inyigisho igiye kwigwa

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Baza ibibazo ababyeyi byo ku bafasha gusubiramo
inyigisho yizwe ubushize
Kigenzura umukoro watanzwe mu nyigisho y'ubushize:
Gutegura igihe cyo kubyara n'uruhare rw'umugabo
Inshamake ku nsanganyamatsiko y'inyigisho ya none

Imfashanyigisho

INTAMBWE YA 2

Iminota 35



Iminota 10

Ibyiciro by'ibise

Ikiganiro kiyobowe: Ibimenyetso by'ibise ababyeyi benshi bakunze kugira

Mwe babyeyi mwabyaye mwasangiza mwasangiza
abandi uko mwibuka ibise byatangiye ubwo mwari
mugiye kubyara? Ese byari bimeze gute?
Saba ababyeyi gusangize abandi uko byabagendek-
eye kandi ubashishkarize kubaza ibibaza.
Fasha ababyeyi gusobanukirwa ko ibyo buri wese
anyuramo biba bitandukanye n'iby'undi.

Imfashanyigisho

- Ushobora gusabwa kujya kwa muganga igihe cyose uteganya kubyara, ariko kubyara mbere cyangwa nyuma y'itariki yari yarateganyijwe
- Niba utuye hafi yo kwa muganga, uragirwa inama yo guhita ujjayo ukibona ibimene by'ibise bya mbere. Niba uba kure kure yo kwa muganga, ukwiye kujyayo mbere y'icyumweru kimwe cyangwa 2 ugereranyije n'itariki uteganyirijwe kuzabyariraho, noneho ukaguma kwa muganga mu gihe ugitegereje kubyara uri witaweho n'inshuti cyangwa umuvandimwe



Iminota 05

- Niyo yaba ari umwana wa kabiri cyangwa wa bucura, buri igihe ugomba kujya kwa muganga mbere y'uko igihe wahawe cyo kubyara kigera kuko hari amahirwe ko umwana ashobora kuvuka mu buryo bwihuse mbere y'igihe cyateganyijwe.
- Niba ufite ikarita yo kwa muganga ifasha gukurikirana umubyeyi utwite, wibuke kuyitwaza ubwo ugiye kwa muganga.
- Buri mugore ibise bitangira kumufata mu buryo butandukanye, turaganira ku bimenyetso abensi bakunda kugira kugirango musobanukiwe n'igihe mugomba kuzahita mujya kwa muganga
- Ushobora kuba ujya wumvaga kwivumbagatanya mu nda (ukabona ku gice cy'inda yo hasi uruhande rumwe rurabyimbye, ubundi hahise habyimbuka/hararekuye) mu gihembwe cya kabiri hagati, ibyo n'ibisanzwe, bibaho kandi ntabwo bimara igihe kirekire.
- Ibise bya nyabyo bishobora kurangwa no kwhaga/kwifora kw'inda (ukabona ku gice cy'inda yo hasi uruhande harabyimbe kandi harakomeye) bikamara nk'igihe cy'amasegonda 30 kandi bikaba bikomeye, bikaba byarushaho ndetse bikaba kenshi.
- Ibindi bimenyetso by'ibise ni: (1) Kuzana ibisanza (ururenda) ndetse harimo n'bisa nkaho harimo amaraso. (2) Kuva ibantu bimeze nk'amazi. (3) Kuribwa umugongo. (4) Kugira isesemi no kuruka. (5) Guhitwa.
- Gukoresha ibimera cyangwa imiti ya kinyawanda ntabwo byafasha umubyeyi kugirango ibise bize neza, kuko bishobora gutera umwana ibibazo cyangwa se na nyina.

Ikiganiro kiyobowe: ibise (Mu gihe cyabyo cya mbere)

Saba ababyeyi babyaye niba bashobora gusangiza abandi ubunraribonye: Ese n'igihe kingana gute mwamaze kwa muganga ubwo mwajyaga kubyara? Ese n'iki mwagiriweho inama? Ese n'izihe nama mwhaw? Ese ni iyihе nama mwagira abagore bagiye kubyara bwa mbere kubijyanye n'ibihe by'ibise bya mbere. Ese hari icyo wigewe ukoresha kigabanya uburibwe? Ese n'iki cyagufashije kugabanya uburibwe?

Baza abagabo: Ese mwasangiza itsinda uko mwitwaye n'icyo mwakoze mu gufasha abagore banyu?



Iminota 10



Iminota 00

- Uburyo bwo guhumeka umubyeyi abwigishwa n'umubyaza muri ya minsi yo kujya kwipimisha. Ntabwo bahagarika uburibwe ariko iyo bikozwe neza hari icyo bigufasha mu guhangana nabwo.
- Umugabo wawe ashobora kugufasha amasa mu mugongo muri cya gihe uri ku bise. Uko bikorwa nabyo byigishwa muri ya minsi yo kujya kwipimisha.

- Bitewe n'ivuriro wahisemo kubyariramo, hari aho usanga hagaragara ibyafasha kugabanyiriza umubyeyi uburibwe, gusa uburyo bwo kugabanyiriza umubyeyi uburibwe mugomba kubuganiraho n'umubyaza wawe mu gihe cyo kwitegura kubyara.

Ikiganiro kiyobowe - Ibise (mu bihe bya nyuma umubyeyi yenda kubyara)

Saba abayeyi babyaye mbere: Ese mwasangiza itsinda ubunarabonye bwanyu uko ibise bya nyuma byari bibamereye mu bihe bya nyuma mwenda kubyara ? Ese ibijyanye no gusunika umwana mwabyitwayemo gute ? Kubyara byo byagenze gute ? Ese n'iki cyabafashije cyane kurusha ibindi (urugero uburyo butandukanye bushobora wakwicara cyangwa waryamamo kugirango wumve worohewe).

Baza abagabo : Ese mwari mumerewe mute, mwayitwayemo gute ubwo abagore banyu bari kubise benda kubyara?

INTAMBWE YA 3 Iminota 20



Iminota 10

Akamaro ko guhuza umubiri w'uruhinja rukivuka n'uwwumubyeyi

Imfashanyigisho

Ikiganiro kiyobowe : Guha ikaze uruhinja

Wiyumva gute iyo umaze kubyara bagahita bashyira uruhinja mu gituza cyawe ? Ku mugabo uri aho umwana avukiye, wumva bimeze gute kwakira uruhinja rwanyu ?

- Uruhinja rukimara kuvuka rugomba guhita rushyirwa mu gituza, rugahanagurwa neza kandi vuba hakoreshejwe igitambaro gifite isuku, rugomba gufubikwa ikigoma cyangwa igitambaro/umwenda wumutse ndetse rugomba kuguma mu gituza cya nyina mu gihe cy'isaha byibuze kandi aba ari mugituza cy'umubyeyi ku buryo abasha kuba amureba mu maso. Ibi bifasha umwana gukomeza kuba ashushye ndetse binafashe umwana n'umubyeyi komatana ndetse bikanatuma akabasha kumwonsa hakiri kare.
- Umwana ntabwo akarabywa akivuka. Impinjya ntabwo zishobora guhita zihangana n'impinduka z'ubushyuhe, bitewe n'amazi biragoye cyane ko uruhinja rusubirana ubushyuhe bukwiye. Ni ngombwa gutegereza nk'umunsi umwe cyangwa ibiri aho ubushyuhe bw'umwana buba bumaze kugira ubushobozzi bwo gahindagurika.
- Iyo umubyeyi w'umugore atameze neza nyuma yo kubyara kuburyo atashobora gushyira uruhinja mu gituza umubiri ku wundi, se w'umwana ashobora kubikora neza uko bikwiye.
- Umwana ukivuka ntagomba kuhagirwa kuko biba bigoye kugenzura igipimo cy'ubushyuhe bw'umwana.
- Umubyaza apfundika kandi agakata inkondo y'umwana nyuma y'iminota 2-3 niba ntakibazo umubyeyi n'umwana bafite)
- Konsa uruhinja bigomba gukorwa byibuze mu gihe kitarenze isaha nyuma y'uko uruhinja ruvitse.

Imfashanyigisho ya 16:
Guha ikaze uruhinja rukivuka rushyirwa mu gituza cya nyina ndetse no kurwonsa
(Urupapuro rwa 13)



Iminota 10

Amasomo
y'inyongera

Niba ushaka kongeraho inyigisho y'imirire, ushobora gutegura andi masomo aboneka mu mfashanyigisho iyobora ababyeyi kugaburira abana bato
Inyigisho ya 1, 2 na 3: Konsa

INTAMBWE YA 4 Iminota 5



Umusazo w'inyigisho

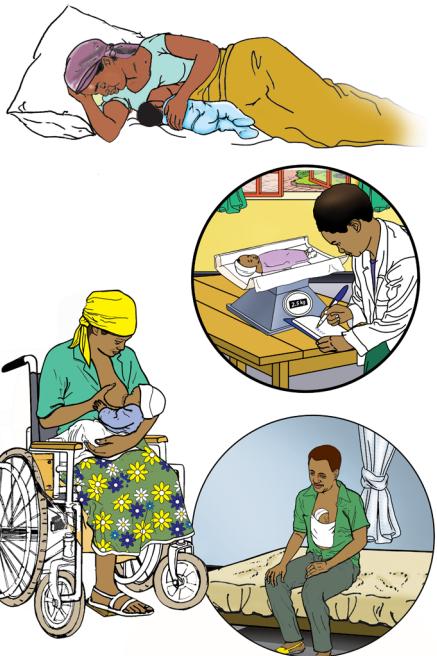
Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uyu munsi. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

- Ibise birangwa no kwiharga/kwifora kw'inda (ukabona ku gice cy'inda yo hasi uruhande harabyimbe kandi harakomeye) bikamara nk'ig-ihe kirenga amasegonda 30 kandi bikagenda birushaho gukomera ndetse bikaba kenshi.
- Mubyeyi menya uburyo bwo guhumeka bugufasha kukugabanyiriza uburibwe. Mugabo fasha umugore wawe umuguyaguya unamukandira cyangwa unanura aho ababara cyane cyane umugongo ariko n'ubwitonzi buhoro buhoro.
- Uruhinja rukimara kuvuka rushyirwa mu gituza cy'umubyeyi

Kuririmba Indirimbo isoza

Imfashanyigisho

Intego



Ako kanya umwana akimara kuvuka

KWITA KU MWANA KUVA AGISAMWA,
AKIVUKA NA NYUMA YAH0



Ibyo ababyeyi bagomba kumenya

Iby' ibanze umwana asuzumwa akivuka Ibikomere byoroheje cyangwa se bikomeye umwana akunze kugira akivuka
Ibibazo umwana ukivuka ashobora guhura nabyo Ibumenyetso mpuruza ku ruhinja rukivuka



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Kwitabira ibikorwa byo kugenzura ubuzima bw'umwana hakiri kare. Gusaba amakuru ajanye n'ubuzima bw'umwana Gushaka ubufasha bwa muganga ku mwana ugaragaje ibimenyetso mpuruza

INTAMBWE YA 1

Iminota 05



Gutanga ikaze no gusobanura inyigisho igiye kwigwa

Imfashanyigisho

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Inshamake ku nsanganyamatsiko y'inyigisho y'umuns

INTAMBWE YA 2

Iminota 15



Iminota 05

Ubugenzusi bw'ibane bukorerwa uruhinja

Imfashanyigisho

Ikiganiro kiyobowe- Ubugenzusi bw'ibane bukorerwa uruhinja.

Ese hari uwavuga impamu ari ngombwa gusuzuma/ kugenzura buri kintu cyose ku mwana ukivuka? Ukeka ko ari ibihe bintu by'ingenzi uba ushaka kumenya cyangwa ukeneye kugenzura?

- Umubyaza asuzuma ubuzima bw'uruhinja rukivuka kugira ngo agenzure ko nta kibazo na kimwe kidasan Zwe kihutirwa ku buzima bw'umwana ku buryo kigomba guhita gikemurwa.
- Umwana wawe agomba gusuzumwa ku buryo bwuzuye mbere yo kugusezerera kwa muganga aho wabyariye.
- Iri genzura ni isuzuma muri rusange ry'ubuzima bw'uruhinja harimo kureba uko uruhinja runyeganya-ga, rufata, niba nta bimenyetso bigaragara by'indwara y'umuhondo, kureba niba nta kibazo cy'amaso, umutima ndetse n'ingga zo ku kukibuno.



Iminota 05



Iminota 05

Ishusho mfashanyigisho- Ifishi y'ikingira

Ereka ababyeyi ifishi abana bikingirizwaho maze ubahe umwanya bayimenyereze

Basobanurire ko :

- Uburebure n'ibiro by'abana bizahora bigenzurwa kugira ngo hizerwe ko umwana akura uko bikwiye.
- Gusuzuma umwana bishobora gutanga amakuru hakiri kare ko umwana agaragaza ibimenyetso by'ubumuga bw'amaso ndetse n'amatwi (kutabona no kutumva).
- Guhora usuzumisha uruhinja ni ingenzi kuko bifasha gutahura hakiri kare ibibazo by'ubuzima uruhinja rushobora kuba rufite harimo nko kubura amaraso (anaemia)

Ifishi y'ikingira

INTAMBWE YA 3

Iminota 05



Iminota 05

Ubumuga bukomeye cyangwa bworoshye uruhinja rushobora kuvukana

- Impinja zimwe zikunze gukomereka zivuka kubera ibibazo byabaye mu gihe cyo kubyara. Ganiriza muganga w'abana cyangwa se uwakubyaje ku bikomere umwana yavukanye ndetse n'uburyo bwo kubivura.
- Ibibazo byoroheje nk'uduheri/utubyimba umwana ashobora kuvukana. Biganirize umuganga.
- Ibikomere bikomeye ntibikunze kubaho ariko iyo bibayeho bisaba gukurikiranwa cyane cyangwa kubaga igice gifite ikibazo.

Imfashanyigisho

Shishikariza ababyeyi kwitabira inyigisho ku kwita ku bana bafite ibibazo mu mikurire n'abafite ubumuga

INTAMBWE YA 4

Iminota 15



Iminota 05

Ibibazo uruhinja rukivuka rushobora kugira

- Ku bw'amahirwe, abana bagejeje igihe cyo kuvuka bahumeka kandi bakarira mu masegonda 90 nyuma yo kuvuka iyo bakanguye ibyumviro byabo bifashishije inkosha/igitambaro gifite isuku gishyushye mu rugero.
- Abana bamwe bananirwa guhitabatangira guhumeka nyuma yo kuvuka bihutiye/biyihuse (urugero iyo umubyeyi abazwe) cyangwa bigatinda cyane wenda se umwana yahungabanyijwe no gutinda munda cyangwa yahuye n'ibindi ibibazo akiri mu nda.
- Muganga niwe wenyine ugomba gutanga ubufasha. Ushobora gusaba kugumana n'umwana cyangwa kumuba hafi kugira ngo hagenzurwe ibirimo kuba ku mwana. Ushobora gusaba ibisobanuro by'ibigenda bikorwa cyangwa biba ku mwana.

Imfashanyigisho

Ikiganiro kiyobowe- Ubufasha bw'ubuvuzi bw'inyogera buhabwa uruhinja

Garagaza impamu zihariye zishobora gutuma umwana ahabwa ubufasha bw'inyogera.

Baza ababyeyi niba ntawigeze kugira uruhinja rwasabwaga kwitabwaho ku buryo burenze nyuma yo kuvuka. (Urugero urwoherejwe mu cyumba cyakira abana bakivuka bafite ibibazo). Baza niba uwo mubyeyi yumva yavuga ku bufasha bw'inyogera umwana yahawe n'uburyo uwo mubyeyi ubwe yabyitwayemo.



Iminota 05



Iminota 05

Impinja zikeneye kurushaho gukurikiranwa

Ababyeyi basanganywe ibibazo byihariye bivuze ko n'yo babyaye impinja zabo zigenzurwa kandi zikitabwaho kuburyo bw'umwihariko nyuma yo kuvuka.

Ingero:

- Impinja z'ababyeyi barwaye diyabeti.
- Impinja z'ababyeyi bahuye n' ubwandu runaka cyane cyane mu gihembwe giheruka cyangwa se mu gihe bari ku bise.
- Abana bavutse igihe kitageze ndetse n'abavukana ibiro bidashyitse.

Uko biri kose, (keretse bibaye ngombwa ko uruhinja rushyirwa mu cyuma gikomeza kumuha ubushyuhe nkaho akiri mu nda ya nyina (couveuse), ntampamvu iyo ariyo yose yatuma utaba kumwe n'uruhinja rwawe kandi ukarwonsa bikwiriye ndetse ukana mukurikirana ukana mwitaho uko bikwiriye.

INTAMBWE YA 5

Iminota 25



Iminota 10

Ibimenyetso mpuruza bishobora kugaragara ku ruhinja rukivuka

Niba umwana wawe afite kimwe muri ibi bimenyetso, ugomba kwihutira gusaba muganga ubufasha :

- Guhumeka nabi : guhumeka insigane, gutunagurika, gushikagurika kwahagira ndetse no kubona ishusho y'iminya y'uruhinja yijimye cyangwa isa mu buryo budasanzwe;
- Guhondo bera no gusinzira cyane ;
- Gusa nk'uuhwekereye, kubona amaso yagiye mu bikono cyangwa impinduka mu mihumekere;
- Indwara y'umuhondo igaragara nko mu masaha 24 umwana akimara kuvuka;
- Kubyimba ndetse no kuruka ;
- Kumva uruhinja rukonje kandi wamushyize mu gituza umubiri ku wundi ndetse unamufubitse inyuma ;
- Ubushyuhe bwinshi/cyangwa kumva asa nkufite umuriro kandi wamwambuye ubusa ;
- Kubona Urureri rutukura cyangwa se wagirango harimo amashyira ;
- Kunanirwa konka ;
- Kubyimba kw'amaso cyangwa ukabona hari igice cyo ku jisho cyabyimbye ndetse herurutse rujya kugira ibara ry'umweru cyangwa umuhondo nkaho wagirango harimo amashyira
- Kunanirwa kwitura



Iminota 05

Ishusho mfashanyigisho - Indwara y'Umuhondo

Ni gute ushabora kumenya ko umwana wawe arwaye umuhondo ? (Umuhondo ahazanzwe hari umweru mu maso y'uruhinja).

Imfashanyigisho

Imfashanyigisho ya
17: Ibimenyetso
by'indwara
y'umuhondo
(Urupapuro rwa 14)



Iminota 10

Ikiganiro kiyobowe-Gusaba ubufasha bwa muganga

Nihe wasaba ubufasha mu gihe umwana wawe agaragaje ibimenyetso mpuruza nk' ibyo twabonye haruguru ?

Iyo umwana wawe agaragaje ikimenyetso mpuruza ntukazuyaze ushakira ahandi ahubwo hita ujyana umwana kwa muganga kuko uruhinja ruremba mu mwanya muto.

Niba wumva umwana wawe afite umuriro, wimufubika cyane, mwambike utwenda tworoshye ubwo umujyanye kwa muganga

INTAMBWE YA 6

Iminota 05



Umusazo w'inigisho

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

- Uruhinja rwanyu rugomba gusuzumwa nyuma yo kuvuka na mbere y'uko musezererwa kwa muganga
- Ubumuga bukomeye cyangwa bworoshye uruhinja rushobora kuvukana, bugomba kugan-irwaho na muganga, ubwo rero ntugire ikibazo cyo kubaza muganga ibibazo byose wibaza kugirango usobanukirwe n'ikibazo cy'ruuhinja rwanyu.

Itabaze muganga niba hari ibimenyetso mpuruza ubonye ku ruhinja rwawe.

Indirimbo isoza

Imfashanyigisho



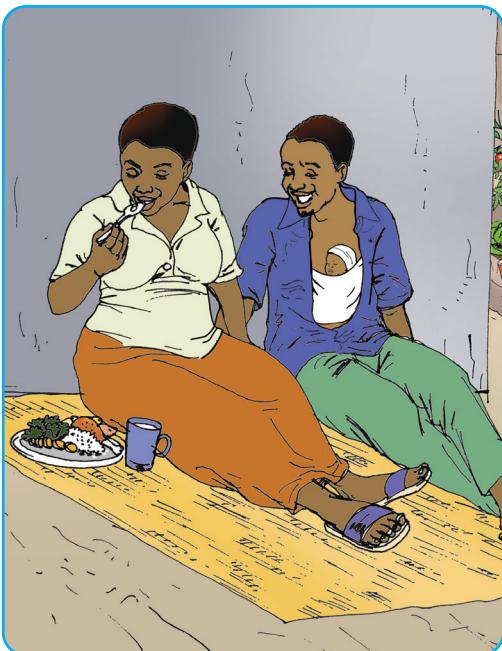
INYIGISHO

9

Iminota 90

Kwita ku mubyeyi n'umwana nyuma yo kubyara/kuvuka

Intego



Ibyo ababyeyi bagomba kumenya

Akamaro ko gusuzumisha umwana no kubahiriza ingengabihe yahawe na muganga.
Ese igihe cya nyuma yo kubyara kuvuze iki ku babyeyi.
Ibibazo umubyeyi ahura nabyo nyuma yo kubyara.
Akamaro ko kuboneza urubyaro.



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Kwitabira gusuzumisha umwana no kumukingiza nyuma yo kuvuka
Ikiruhuko cy'umubyeyi nyuma yo kubyara
Kuguma hafi y'uruhinja nyuma yo kubyara
Kwitondera ikintu cyose cyateza umubyeyi agahinda gakabije.
Gusaba muganga ubufasha mu gihe habayeho ibitagenda neza (ibibazo).
Gukoresha uburyo bwo kuboneza urubyaro

INTAMBWE YA 1 Iminota 05



Gutanga ikaze no gusobanura ikigisho kigiye kwigwa

Imfashanyigisho

Umukino cyangwa indirimbo y'ikaze
Baza ababyeyi ibibazo mu rwego rwo kwibukiranya inyigisho y'ubushize
Inshamake ku nsanganyamatsiko y'inyigisho ya none

INTAMBWE YA 2 Iminota 15



Iminota 10

Gukurikirana ubuzima bw'umugore n'uruhinja nyuma yo kubyara – Ni ibiki byitezwe/ kuki bikwiriye gukorwa?

Imfashanyigisho

Ikiganiro kiyobowe- Isuzuma rya nyuma yo kubyara
Baza ababyeyi impamvu bumva ko ari ingirakamaro kubahiriza ingengabihe y'amasuzuma yose aba agomba gukorera wa umubyeyi nyuma yo kubyara.

Iminota 05



Kwita ku mubyeyi nyuma yo kubyara ni ingenzi ku buzima bw'umwana na nyina. Ubufasha bwa nyuma yo kubyara butangirwa ku ivuriro cyangwa mu rugo butanzwe n'umujyanama w'ubuzima. Ibi bigomba gukorwa byibura :

- Isuzuma rya mbere mu masaha 24 nyuma yo kuvuka/kubyara
- Isuzuma rya kabiri hagati y'iminsi 5 na 7 nyuma yo kuvuka/kubyara
- Isuzuma rya gatatu ku munsi wa 28 nyuma yo kuvuka/kubyara.
- Ku bana bavukanye ibiro bidashyitse bo hiyongeraho incuro 2 zo gusuzumwa. (zose hamwe byibura ni inshuro 5)

INTAMBWE YA 3

Iminota 15



Iminota 10



Iminota 05

Amasomo
y'inyongera

INTAMBWE YA 4

Iminota 10



Iminota 05

Kwisubira / kwisana k'umugore umaze kubyara

Ikiganiro kiyobowe-Kuva ku kiriri. Saba abagore bafite abana gusangiza abandi ubunararibonye ku gihe cya nyuma yo kubyara. Mwumvaga bimeze bite kuba mu rugo muri kumwe n'uruhinja ?

Imfashanyigisho

Akamaro ko kuruhuka

- Nyuma yo kubyara uba unaniwe cyane, uba uken-eye kuruhuka bihagije.
- Reba uburyo ushobora kubonamo umwanya wo gusinzira : Urugero :
- Gerageza usinzire igihe umwana na we asinziriye.
- Saba ubufasha kubo mubana bagufashe imirimo yo murugo.
- Saba umuvandimwe/umwe mubo mu muryango wizeye ku gucungira umwana cyangwa abandi bana mu masaha make kugira ngo ushobore gusinzira.
- Iki ni cyo gihe ubufasha bw'umuryango buba bukenewe cyane.
- Gerageza ube hafi y'uruhinja buri gihe kuko bigufasha konsa umwana wawe uko bikwiye ndetse no kurushaho komatana nawe.
- Iyo wabyaye bakubaze ukaba waradozwe birabangama ku mubyeyi. Ushobora koroherwa byibuze nyuma y'iminsi nka 5-7. Isuku n'ingenzi kugirango abashe gukira kandi vuba, niyo mpamvu uba ugomba guhindura imbindo kandi ukisukura neza igihe cyose ugiye mu bwiherero ukihanagura ukiyumutsa neza.
- Kora ku buryo ufata indyo ikungahaye ku butare yiganjemo imbuto, imboga kandi unywe amazi ahagije byibura litiro 2 ku muni. Ibi bizagufasha kwituma neza kandi bikurinde impatwe (constipation).

Niba ukeneye gutanga andi masomo ajyanye n'imiri-re, ushobora gutegura andi masomo aboneka mu mfashanyigisho iyobora ababyeyi kugaburira abana bato.

Inyigisho ya 7: Imirie mu muryango (igice kijyanye n'imirie y'umubyeyi wonsa).

Imfashanyigisho

Impinduka mu myitwarire

- Ababyeyi benshi nko mu minsi 3 nyuma yo kubyara bashobora guhangayika bakanarira. Ibi bishobora kurushaho gukomera kandi bikabangama kandi aba agomba gukomeza kwita ku mwana
- Ababyeyi benshi bashobora kugira agahinda gakabije ndetse bikaba byanarushaho gukomera. Bashobora kunanirwa kubyihanganira. Ni byiza kubibwira muganga, umubyaza cyangwa umujyanama w'ubuzima kugirango ube wakurikiranwa cyangwa woherezwe kwa muganga igihe bibaye ngombwa.



Iminota 05

Ikiganiro kiyobowe- ibimenyetso by'agahinda gakabije

Mushobora kwibuka ibimenyetso by'agahinda gakabije twize mu masomo aherutse ? Ese hari uri muri mwe byigeze kubaho ku mwana yaba yarabyaye mbere ?

INTAMBWE YA 5

Iminota 15



Iminota 05

Ibibazo umubyeyi ashobora kugira nyuma yo kubyara

Ugomba kwihutira kumenyesha umuganga niba wiyumvamo kimwe muri ibi bikurikira nyuma yo kubyara :

- Kuva bidasanzwe, cyangwa kubona utubumbe tw'amaraso cyangwa kurushaho gutakaza amaraso.
- Gusa nk'ubuze ubwenge ukagwa
- Kubura umwuka no kubabara mu gatuza
- Kubabara mu mfundiko cyangwa kubyimba
- Kurwara umutwe ndetse no kutareba neza
- Kubyimbagan ibiganza no mu maso
- Kugira umuriro, gutitira, kubabara inda, ibintu bifite impumuro mbi bisohoka mu myanya nyibarukiro y'umugore.
- Gutukura no kubyimba kw'aho wabazwe ubyara
- Ku byimba aho wabazwe
- Kugira agahinda gakabije
- Kokera no kubabara mu mabere.

Imfashanyigisho



Iminota 10

Ikiganiro kiyobowe - Ibibazo umubyeyi agira nyuma yo kubyara

Baza niba basobanukiwe ibimenyetso by'ibibazo umugore ahura na byo nyuma yo kubyara byavuzwe haruguru, niba biba batasobanikiwe, ongera ubasobanurire. Baza ababyeyi icyo bakwiye gukora igithe babonye ibi bimenyetso (kujya kwa muganga). Ese baba biteguye ndetse bazi icyo bahita bakora igithe bagira nk'ibyo bibazo (kugana kwa muganga)

INTAMBWE YA 6

Iminota 15



Iminota 10

Kuboneza urubyaro

Ikiganiro kiyobowe- Gutandukanya imbyaro / Gushyira intera hagati y'umwana n'undi

Kuki mutekereza ko ari ngombwa gushyira intera hagati y'umwana n'undi ?

Muzi ubuhe buryo bwo kuboneza urubyaro ? Mwumva mute ibyiza bya bwo?

Imfashanyigisho



Iminota 05

- Gushyira intera hagati y'umwana n'undi ni wowe bifitiye akamaro kugira ngo ukire neza.
- Ugorwa inama yo gusama undi mwana byibura nyuma y'amezi 12 kugira ngo nibura umubiri wawe ube warabashije kongera kwiyubaka bihagiye warabonye intungamubiri zihagije.
- Ibi kandi bigufasha kubona umwanya uhagije wo gusabana no komatana n'umwana mbere y'uko umubiri utangira gucika intege kubera undi mwanawutwe.
- Ganira na muganga k'uburyo bwo kuboneza urubyaro

INTAMBWE YA 7

lminota 10



Umusozo w'inigisho

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

- Mubyeyi nyuma yo kubyara, komeza kwisuzumisha unasuzumisha umwana kuko ari ingenzi ku buzima bwawe n'ubw'umwana
- Nyuma yo kubyara, mu byumweru bya mbere bikurikiraho, ruhuka bihagije
- Nyuma yo kubyara, igihe wumva hari ikibazo ufite, itabaze muganga
- Gushyira intera hagati y'umwana n'undi n'ingirakamaro ku buzima bw'umubyeyi. Ganira na muganga ku buryo bwo kuboneza urubyaro.

Indirimbo isoza

Imfashanyigisho

INYIGISHO

10

Iminota 90

Kwita ku uruhinja

Intego



Ibyo ababyeyi bagomba kumenya

Igisobanuro cyo gusabana no komatana ku mwana n' umubyeyi.
Uburyo bwo guterura uruhinja Akamaro ko kubika inda ku mwana
Impamvu umwana arira Akamaro ko kumenyereza umwana gusinzira ku bihebihoraho
Icyo urupfu rutunguranye ku bana bisobanuye



Ibyo ababyeyi bagomba gukora (UBUMENYI NGIRO)

Kwimenyereza ibikorwa bitandukanye byubaka isano (ubwomatane) hagati y'umwana n'umubyeyi
Guterura umwana no kumuheka neza
Kugira igihe cyo kubikisha inda uruhinja
Guhzoa umwana
Kwirinda gusimbiza cyangwa kuzunguza/kumaga hejuru uruhinja
Gushyiraha uburyo buhoraho bwo gusinziriza umwana
Kuryamisha umwana mu buryo butekanye

INTAMBWE YA 1

Iminota 5



Gutanga ikaze no gusobanura inyigisho igiye kwigwa

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Kubaza ababyeyi ibibazo bibafasha kwibukiranya inyigisho y'ubushize
Inshamake ku nsanganyamatsiko y'inyigisho y'umunsi

Imfashanyigisho

INTAMBWE YA 2

Iminota 5



Iminota 10

Komatana k'umubyeyi n'uruhinja

- Komatana hagati y'umwana n'umubyeyi bitangira umwana akivuka.
- Umwana amenyerana kandi agakunda cyane umuntu umugaburira, umukikira cyangwa amuterura, uwo bakunze gukina, ukunda kumuganiriza, umuha urukundo kandi umushimisha. Abana bashobora komatana n'abantu barenze umwe.
- Kugirango umwana akure neza kandi atekanye aba akeneye kugirana isano yihariye byibura n'umuntu umwe yiyumvamo.
- Ibikorwa bifasha komatana n'umwana:
- Kwereka umwana ko umwitayeho umureba mu-maso igihe umuteruye. Umubyeyi by'umwihariko agomba kubikora igihe arimo kumwonsa.
- Gukina n'umwana wawe murebana. Abana bakenera kureba mu maso h'ababyeyi babo
- Vugisha umwana mu ijwi ryuje ubwuzu n'urukundo;
- Hoza umwana wawe binyuze mu kumukorakora mu buryo bifie injyana
- Jya ukunda gushyira uruhinja mu gituza ku buryo uhuza umubiri wawe n'uwe kuva akivuka no mu gihe cy'ubuhinja.

Imfashanyigisho

hishikariza ababyeyi kwitabira inyigisho zikubiye mu mfashanyigisho ihugura ababyeyi ku mumaro wo gukina kugirango baganire ku mikino n'ibikorwa bituma habaho komatana k'ababyeyi n'umwana

- Ita kubyifuzo by'umwana ndetse n' ibindi akeneye. Itondere ibimenyetso byose umwana akwerekwa kuko byerekana ko hari icyo akeneye cyangwa ashaka.
- Igana ibikorwa by 'umwana ndetse ujye urushaho kumuganiriza no kumushimira mubyo yakoze



Iminota 10

Ikiganiro kiyobowe – Kubaka isano cyangwa se ubwomatane n'umwana

Baza ababyeyi icyo bashobora gukora ngo barusheho gusobanukirwa no kwita ku bimenyetso abana bagaragaza kugira ngo babashe gusubiza neza ibyo bakeneye.

Nk'urugero, ababyeyi bashobora kuvuga ko bashobora kubona ko umwana ashonje, arwaye, atishimye cyangwa hari ibishobora kumuhungabanya cyangwa kumwangiza. Basabe bage basubiza ibyo byifuzo by'umwana.

INTAMBWE YA 3

Iminota 20



Iminota 10

Uburyo bwizewe bwo guterura, guzikira no guheka uruhinja

Uko bikorwa – Guterura no guzikira uruhinja

- Koresha igipupe werekana uburyo bwo guterura no gusigasira umutwe w'uruhinja harimo n'igihe umuteruye mu buryo asa nk'uhagaze cyangwa ubaze ababyeyi babimenyereye babyerekane.



Iminota 00

Included above

- Imikaya yo ku ijosi y'uruhinja iba itarakomera ku buryo ibasha gutwara cyangwa kwikorera uburemire bw'umutwe. Igihe cyose uteruye uruhinja, tegesha ikiganza umutwe n'ijosi by'umwana.

- Buri gihe jya ugenzura uko umwana ateruye uruhinja urebe niba aruteruye neza



Iminota 10

Ishusho mfashanyigisho – umwanya wubitse inda

Mugihe umwana akangutse, mureke yubike inda iminota mike.

- Ibyo bitangire mu gihe umwana amaze ib-yumweru bibiri bijye bikorwa igihe kigufi cy'amasegonda 30. Mu gihe afite amezi 2 bibe igihe cy'iminota3 kugeza kuri 5 ku umunsi. Mugihc cy'amezi 4 kugeza kuri 5 iminota 15 kugeza kuri 30. Mu mezi 6 umwana wawe atan-gira kwibirangura ndetse akanatangira kugen-desha inda.
- Mu ntangiriro byaba byiza kumwubikisha inda mu gituza cyawe no kubibero. Mu ntangiriro abana ntabwo bakunda kubika inda.
- Ntukamwubikishe inda nyuma yo kumwonsa.
- Baza ababyeyi uburyo bashobora kubikorera abana babo mu buryo buhoraho. Nk'urugero, bashobora gushyira abana kunda mu gihe bamaze ku muhindurira imbindo.

Imfashanyigisho

Imfashanyigisho ya 18: uburyo bwo gufata no guterura uruhinja
(Urupapuro rwa 14)

Imfashanyigisho ya 19: Umwanya wo kubika inda
(Urupapuro rwa 16)



INTAMBWE YA 4 Iminota 25



Guhoza umwana

Ikiganiro kiyobowe- Kurira k'umwana

Baza ababyeyi igitera impamvu umwana kurira. (ni nk'igihe ashonje, afite inyota, ashushye cyane, akonje cyane cyangwa yumva hari ikimubangamiye, igihe ashaka ko umushyira mu gituza/umuhobera n'ibindi...)

Abana barira kubera impamvu nyinshi, ariko higanjemo kuba bashonje, bafite ubushyuhe bwinshi, banyaye cyangwa bitumye bashaka ko mubahindurira imbindo, bakeneye ko mubitaho cyangwa se babangamiwe n'umuyaga.

- Impinja zigaragaza ibyifuzo byazo zirira, gusa ntabwo baba bagambiriye gutera ababyeyi babo umujinya.

- Baba bakeneye gutterurwa, guhozwa no guhugezwa. Ntabwo bisobanuye ko ari kurera bajeyi, ahubwo ni uko uko urushaho kubikora niko arushaho kumva atekanye, yitaweho noneho bigatuma ubwo yumva ko agomba gutuza



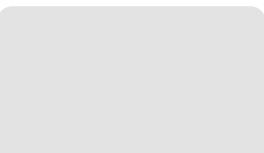
Ikiganiro kiyobowe- guhoza impinja

Ni buryo ki muhoza abana abanyu ? Ese rimwe na rimwe wumva ubirambiwe?

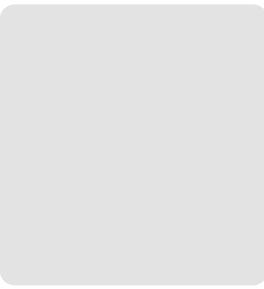
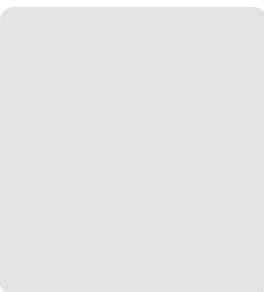
Uko bikorwa- Guhoza impinja

Igisha ababyeyi uburyo bunyuranye bwo guhoza uruhinja, harimo n'uburyo bwo guturisha umwana umubi kuko bishobora gutuma uruhinja rubabara munda.

- Kurira ni ibisanzwe ku mpinja ariko iyo bикomeje kabone n'ubwo wamuhoza haba harimo ikibazo. Ganiriza umuganga niba umwana adahora kugira ngo akugire inama niba hari ikibazo kidasanzwe gikeneye ubuvuzi.
- Ushobora kunanirwa gukomeza guhoza umwana igihe atari gucecka, kuburyo ushobora no kumva wamukubita cyangwa wamuzunguza kandi uko kumuzunguza cyangwa kumukubita bitari butume arekeraho kurira, ahubwo bishobora kumukomeretsa cyane. Ntuzigere na rimwe uzunguza uruhinja cyangwa ngo urukubite ; ahubwo mushyire ahatekanye cyangwa umuterure mu buryo yumva ko atekanye nyuma nyuma y'iminota mike urabona acecetse kuko bituma yumva atekanye.



Imfashanyigisho



Imfashanyigisho ya 20:
Uburyo bwo guhoza
umwana ashanyigisho
(Urupapuro rwa 16)

INTAMBWE YA 5

Iminota 15



Iminota 05

Gusinzira k'uruhinja

- Impinja zisinzira mu buryo butandukanye kandi birahindagurika. Mu byumweru bya mbere nyuma yo kuvuka, bisa nkaho bahora basinziriye usibye mu bihe byo konka. Bamwe babasha kwikangura. Nk'uko biba ku bantu bakuru, impinja nazo zigira ibihe byazo bikagera ubwo nawe nk'umubyeyi/ umurezi ubisobanukirwa.
- Ni byiza cyane ko umubyeyi atangira kumenyereza uruhinja kugira igihe gihoraho cyo gusinzira. Urugero nk'igihe cyo kumukarabya/kumwuhagira, igihe cyo konsa umwana mu masaha adahinduka mu gihe cya nijoro no kugira uburyo bwo ku-musinziriza.

Imfashanyigisho



Iminota 10

Ikiganiro kiyobowe-Gusinzira k'uruhinja

Baza ababyeyi ibyo bazi ku buryo bwo gusinziriza impinja n'aho baziryamisha n'uko bazorosa. Muganire ku migirire myiza n'imbi mu gihe cyo gusinziriza umwana cyangwa se mu gihe umwana asinziriye.

Bwira ababyeyi ko uhantu hambere hatekanye umwana akwiye kuryamishwa mu mezi atandatu ye ya mbere ni mu akamoyize cyangwa mu gatanda kagenewe abana ariko kakaba kari macyumba ababyeyi bararamo.

Niba ababyeyi bavuze ku bijyanye no kuryama ku buriri bumwe n'uruhinja, bamenyeshe ko atari byiza noneho ubusangize amabwiriza aboneka mu mfashanyigisho ya 27.

Wifashishije igipupe, erekana uko umubyeyi/ uwita ku mwana aryamisha akanorosa uruhinja mu rwego rwo kwirinda urupfu rutunguranye (Sudden Infant Death Syndrome) nk'uko byasobanuwe mu mfashanyigisho ya 28.

Imfashanyigisho # 21:
Ibyo ugomba gukora
n'ibyo utagomba
gukora mu gihe cyo
gusinzira kandi ufite
uruhinja
(Urupapuro rwa 17)

Imfashanyigisho ya 22:
Uburyo bwo kuryama
hirindwa indwara y'
urupfu rutunguranye
ku bana b' impinja (SIDS)
(Urupapuro rwa 17)

INTAMBWE YA 6

Iminota 05



Umusozo w'inigisho

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

- Kugirango umwana akure neza kandi atekanye aba akeneye kugirana isano yihariye byibura n'umuntu umwe yiyumvamo. Jya usabana n'umwana wawe.
- Impinja zigaragaza ibyifuzo byazo zirira, ziba zikeneye guterurwa, guhozwa no guhugezwa
- Ni byiza cyane ko umubyeyi atangira kumenyereza uruhinja kugira igihe gihoraho cyo gusinzira

Imfashanyigisho

Indirimbo isoza

Intego



Gukomeza kwita kubana bato



Icyo Ababyeyi bagomba kumenya

Umumaro wo gukingiza abana
Impinduka ku nkari n'umusarane uruhinja rwituma
Utuntu tuza ku ruhu rw'uruhinja ariko tudakanganye
Uko urureri ruhuguta n'uko barugenya.



Icyo Ababyeyi bagomba gukora

Ni ngombwa gukingiza abana
Gusobanukirwa n'indwara z'abana no kubajyana kwa muganga
Gusukura ibigoma n'ibyo babindisha umwana
Kunanura uruhu rw'umwana umusiga amavuta aho biri ngombwa
Kugenzura urureri rw'umwana Gushyira umwana mu gituza, cyane uwavutse atagejeje igithe n'uwavukanye ibiro bidashyitse

INTAMBWE YA 1

Iminota 10



Gutanga ikaze no gusobanura ikigwa

Guha ikaze ababyeyi
Umukino cyangwa indirimbo y'ikaze
Baza ababyeyi ibibazo bifasha ababyeyi kwiyibutsa inyigisho y'ubushize. Sobanura insanganyamatsiko y'umunsi

Imfashanyigisho

INTAMBWE YA 2

Iminota 15



Iminota 10

Gukingiza impinja n'abana bato

Ikiganiro cy'iyobowe-Umumaro w'inkingo

Baza ababyeyi bafite abana niba barabakingije, baganire ku kamaro k'inkingo n'uburyo bazibona. Baza ababyeyi bashyigikiye gukingiza abana, banavuge umumaro wazo kugirango bibere Inyigisho abandi

Urugero: Imbasa ishobora gutera ubumuga bukom-eye cyane - ni yo mpamu hari urukingo rwayo

Imfashanyigisho

Imfashanyigisho ya 23:
Abana bafite ubumuga bw'imbasa
(Urupapuro rwa 18)



Iminota 05

- Umwana wawe agomba kukingirwa akimara kuvuka (ubanza kubyemera)

- Umwana agomba guhabwa inkingo z'ingenzi zagenwe kuri buri cyiciro agezembo. Mugomba kujyana umwana kwa muganga kugirango ahabwe inkingo z'ingenzi zagenwe.

- Abaganga ni bo bashinzwe gutanga itariki z'ikingira bakanabyandika ku gipande.

- Jya gukingiza umwana kuri buri tariki y'ikingira kwa muganga baguhaye.

Imfashanyigisho ya 24: Ingengabihe y'inkingo
(Urupapuro rwa 18)

INTAMBWE YA 3 Iminota 10



Iminota 10

Kuvuza umwana vuba na bwangu igithe agaragaza ibimenyetso by'uburwayi

Ishusho mfashanyigisho –Ibimenyetso by'uburwayi

Ereka ababyeyi ifoto ibafasha kumenya ibimenyetso by'uburwayi ku mwana Bashishikarize kugisha inama abashinzwe ubuzima ku bijyanye n'ubuzima bw'umwana

INTAMBWE YA 4 Iminota 10



Iminota 10

Imbindo z'umwana – Pampegisi

Ishusho mfashanyigisho -Imbindo z'abana

Erekana uko umusarane umwana yituma ugenda uhinduka mu minsi ye ya mbere

- Ubusanzwe umwana ukivuka yituma ibintu bisa n'icyatsi cyangwa umukara mu masaha 24 ya mbere. Niba utabibonye ku mwana wawe, baza muganga.
- Ugomba guhindurira umwana kabiri ku munsi (inshuro 2 mu masaha 24) kuva ku munsi wa 6 avutse. Namara kugira ibyumweru 6, inshuro yituma zizagenda zigabanuka, imbindo ze atakizanduza cyane.
- Mu minsi ya mbere ushobora kubona ibintu bimeze nk'ibitukura cyangwa iroza mu mwanda uruhinja rwitumye. Ariko uko arushaho konka bigenda bishira. Mu mbindo z'impinja z'abakobwa ushobora kubonamo utuntu tw'uturaso mu minsi mike akivuka, ariko humura, ntibigutere impungenge birashira.
- Umubare w'imbindo umwana yanduje ugomba kungana n'umubare w'iminsi uruhija rumaze ruvtse. Urugero, imbindo 3 ku munsi wa 3 umwana avutse, n'imbindo 6 umwana amaze iminsi 6.

INTAMBWE YA 5 Iminota 10



Iminota 10

Uruhu rw'uruhinja

Ni ibisanzwe ko impinja zisesa uduheri ku mubiri mu minsi ya mbere ya mbere.

- Umwana wawe ashobora gusesa uduheri tusa n'umutuku ku mubiri, ku maboko no ku maguru. Udu duheri dukunda kurangirana mu cyumweru cya mbere avutse.
- Uruhinja rushobora nanone gusesa uduheri mu gahanga, ku bitsike no mu ijosi igithe arize cyangwa hari ubushyuhe bwinshi. Ibi ariko birashira iyo haje amafu n'umwana yacecetse.

Imfashanyigisho

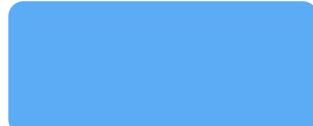
Imfashanyigisho ya 25: Ibimenyetso by'indwara z'abana (**Urupapuro rwa 19**)

Imfashanyigisho

Imfashanyigisho ya 26: Imbindo z'abana (**Urupapuro rwa 20**)

Imfashanyigisho

Imfashanyigisho ya 27: Uruhu/umubiri w'umwana (**Urupapuro rwa 21**)



INTAMBWE YA 6 Iminota 10



Iminota 10

INTAMBWE YA 7 Iminota 10



Iminota 05



Iminota 05

- Uruhu rw'umwana rushobora gukanyarara cyane ku bana bavutse barengeje igahe gisanzwe. Ushobora kubasiga amavuta. Ugomba kubaza abashinzwe ubuzima amavuta akwiye.

Urureri

- Ntukagire ikintu na kimwe usiga ku rureri cyangwa ngo urufubike mu mwenda. Rureke ruzahuguta ubundi rwivaneho umwana amaze hagati y'iminsi 5 -10 avutse.
- Igengesere mu gihe uhindurira imbindo uruhinja rugifite urureri. Niba ubona rutangiye kuva amaraso, ruhindutse umutuku cyangwa ku mukondo hameze nk'ahandujwe n'udukoko dутera indwara, ihutire kubibwira muganga.
- Baza muganga uko wakwitwararika igahe uruhinja rugifite urureri

Imfashanyigisho

Imfashanyigisho ya
28: Urureri
(Urupapuro rwa 21)

Umwihariko ku mpinja zavukanye ibiro bidashyitse n'izavutse igahe kitageze

- Impinja zivutse igahe kitageze n'izavukanye ibiro bidashyitse zikunze kugira ibibazo kandi ziba zishobora kurwara kurusha cyane.
- Izzi mpinja zikonja vuba kurusha izavukiye igahe n'izavukanye ibiro bishyitse. Dore ibimenyetso by'uko uruhinja rwakonje : kutonka/kutarya neza, kutarira, kumukora ukumva yakonje no kuba igiti ntiyite ku byo umukorera.
- Ababyeyi bagomba kwitwararika ku buryo uruhinja rwavutse igahe kitageze, urwavukanye ibiro bidashyitse n'urwavukanye ibiro bike ruhorana ubushyuhe, cyane bamuheka mu gituza utam-baye, ari byo byitwa Kangaro. Uburyo bwa Kangaro bwo gufatira uruhinja mu gituza butuma ruhorana ubushyuhe. Ubu kandi ni n'uburyo bwiza bwo konsa umwana kuko byongera urugwiyo akomatana n'umubyeyi.

Imfashanyigisho

Kwitoza ibyizwe: Gufatira uruhinja mu gituza (utambaye) ari byo byitwa Kangaro Ereka ababyeyi uko bafatira umwana mu gituza. Babyitoreze ku gikinisho/igipupe .

Imfashanyigisho
ya 29: Uburyo bwo gushyira umwana mu gituza cy'umubyeyi
(Urupapuro rwa 21)



Umusozo

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

- Umwana agomba guhabwa inkingo z'ingenzi zagenwe kuri buri cyciro agezemo. Mugomba kujya gukingiza umwana, kujyana umwana kwa muganga kugirango ahabwe inkingo z'ingenzi zagenwe.
- Buri gihe ihutire kuvuza uruhinja igihe rugaraga-za ibimenyetso by'uburwayi.
- Mwigengesere ku rureri rw'uruhinja ruhore rwumutse kugeza ubwo rwihunguye. Gana muganga igihe ubonye hari kuvamo amaraso.
- Igihe ubona uruhu rw'umwana rwumagaye musige amavuta

Indirimbo isoza

- **Amashusho mfashanyigisho ari ku mugereka wayo**
- **Isuzuma risoza rizongerwa ku mugereka**

Inyandiko zifashishijwe

- Inyandiko zikurikira zifashishijwe mu gutegura iyi mfashanyigisho iyobora ababyeyi kwita ku mwana kуva agisamwa, akivuka na nyuma yaho.
- Integanyanyigisho y'uburere buboneye guhera umwana agisamwa kugera ku myaka 6 yasohotse muri Kamena 2019 ibarizwa mu kigo cy'Igihugu gishinzwe Imikurire no Kurengera Umwana (NCD), gikorera muri Minisiteri y'Uburinganire n'Iterambere ry'Umuryango
- Amabwiriza yo kurwego rw'igihugu mu gukurikirana ubuzima bw'umugore utwite n'umwana atwite yateguwe muri 2020 n'lkigo cy'Igihugu gishinzwe Umubuzima (RBC) kibarizwa muri Minisiteri y'ubuzima
- Ministry of Health, Rwanda Biomedical Centre, Guidelines for basic and comprehensive emergency obstetric and newborn care, 2020
- Ministry of Health, Rwanda Biomedical Centre, National neonatal care protocol, 2020
- Ministry of Health, Rwanda Biomedical Centre, Emergency Obstetric and newborn care (EmONC), training manual
- Ministry of Health, Rwanda Biomedical Centre, Rwanda neonatal standards of care protocols and norms with referral guidelines, 2020

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	Impumi, 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, Ikjibwe, Ikirimarima, Ikituraburyo, Ikiturabwenge, Indindagire, Ikitigori, Igihwene, Ikimara, Zerenge, Icyontazi, Inka, Inkaputu.	Umuntu ufite Ubumuga bwo mu mutwe
6	Kanyonjo, Gatosho, Gatuza	Umuntu ufite Ubumuga bw'inyonjo
7	Nyamweru, Umweru, Ibishwamweru, Nyamwema, Umuzungu wapfubye	Umuntu ufite Ubumuga bw'uruhu rwera

