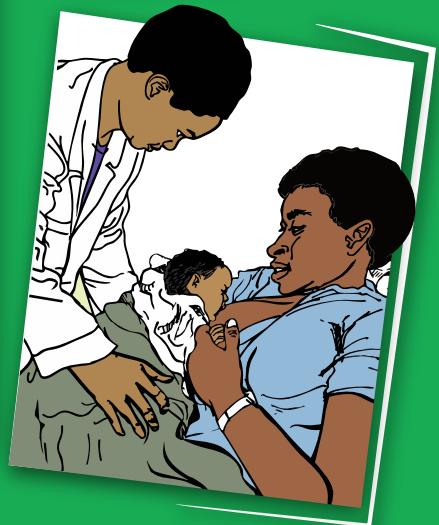
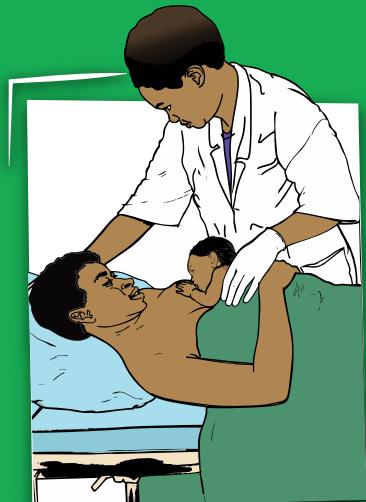


# UBUTUMWA BW'INGENZI BUGENEWE ABABYEYI BUREBANA NO KURERA NO KWITA KU BANA



**UMWANA WANJYE, ISHEMA RYANJYE**

# **UBUTUMWA BW'INGENZI BUREBANA NO KWITA KU MWANA KUVA AGISAMWA, AVUKA NA NYUMA YO KUVUKA**





## 1. Imirire myiza ku mugore utwite

Abagore batwite bagomba kurya indyo yuzuye harimo: ibikomoka ku matungo, imboga, imbuto, ibinyamavuta, ibinyamafufu, ibinyamisogwe n' ibinyampeke, kandi bagafata n'izindi nyunganiramirire zikomatanyije bahawe na muganga. Bakongera inshuro basanzwe barya; kugirango barwanye ibura ry'intungamubiri n'imyunyungugu bikenewe mu mubiri. Bakirinda kurya ibiryo n'ibinyobwa bibujijwe nk'ikawa, ibisindisha ,ibiyobyabwenge, n'itabi cyangwa kuba hafi y'umuntu uri kurinya kuko byangiza ubuzima bw'umwana uri munda ndetse n'ubw'umubyeyi. Mu gihe utwite, birabujije kugira umuti uwo ariwo wose ufata utawandikiwe na muganga, kuko ushobora kukugiraho ingaruka ndetse no ku mwana utwite, kandi wirinde gukoresha imiti ya gakondo n'ibindi. Ni byiza kumenya ibyiciro by'imikurire y'umwana, kuko bidufasha gutahura no gukumira hakiri kare ikibazo cyahungabanya ubuzima bwe.



## 2. Kwita ku mubyeyi mbere yo kubyara

Umubyeyi utwite agomba kwitabira gahunda zo kwisuzumisha inda hakiri kare akimara kumenya ko yasamye, akubahiriza gahunda yahawe na Muganga kandi akubahiriza kujyayo byibura inshuro 8. Umugabo agomba guherekeza umugore we kwisuzumisha, kugirango bombi babapime indwara harimo n' izandurira mu mibonanano mpuzabitsina nk'ubwandu bw'agakoko gatera SIDA, banahabwe ubufasha mu gihe bibaye ngombwa. Kunyura mu cyuma kireba uko umwana ameze mu nda (Ekogarafi) ndetse no gufata inkingo zagenwe na muganga. Kunywa neza inyunganiramirire zikomatanyije wahawe na muganga birinda ubuzima bw'umubyeyi n'ubw'umwana.



### 3. Ibibazo biterwa no gutwita

Mu gihe umugore atwite, ubudahangarwa bw'umubiri we ndetse n'ubw'amarangamutima biba byoroshye niyo mpamvu agomba kwirinda kandi akarindwa icyamuhungabanya cyose. Igihe hari ikimenyetso mpuruza abonye giteye inkeke nko kuva, kuribwa umutwe bikabije no mu kiziba cy'inda, gucika intege cyane n'ibindi; itabaze muganga cyangwa umujyanama w'ubuzima hakiri kare. Irinde umuhangayiko ndetse unirinde malariya uryama mu nzitiramibu iteye umuti. Umugore utwite yirinda n'izindi ndwara agira isuku, aruhuka bihagije akirinda imirimo ivunanye kandi akajya akora imyitozo ngororamubiri. Abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye, ahubwo baba bagomba kuryamira urubavu.



### 4. Kwitegura kubyara

Kubyarira kwa muganga ni ingirakamaro kuko uhabwa ubufasha bw'abaganga bikarinda umubyeyi n'umwana uvuka ingorane zishobora kubaho mu gihe cyo kubyara zirimo ubumuga nk' indwara yo kujojoba, kuva cyane k'umugore cyangwa urupfu. Tangira gutegura ibikoresho uzitwaza mu gihe cyo kubyara, uburyo uzagerayo, uzaguherekeza, kandi witegure hakiri kare uko wifuza ibantu bizagenda ku munsi uzabyariraho. Mugabo, herekeza umugore wawe kwa muganga agiye kubyara kugirango umufashe kandi umube hafi.



### 5. Kwita ku ruhinja rukimara kuvuka

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

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



## 6. Kwita ku mubyeyi n'uruhinja nyuma yo kubyara/kuvuka

Nyuma yo kubyara, umubyeyi n'uruhinja bisuzumisha inshuro eshatu,

**inshuro ya 1:** Basuzumwa na muganga mbere yo gutaha.

**inshuro ya 2:** Basuzumwa n' umujyanama w'ubuzima ku munsi wa gatatu ageze mu rugo.

**inshuro ya 3:** Basuzumwa na muganga ku munsi wa 42 basubiye ku kigo nderabuzima guhabwa inkingo z'umwana.

Ariko hari izindi nshuro 2 ziyongera ku mwana wavukanye ibiro bikeya, aho asurwa n' umujyanama w' ubuzima ku munsi wa 7 ndetse n' umunsi wa 28 ageze mu rugo. Bifasha gutahura hakiri kare ikibazo icyo aricyo cyose cyahungabanya ubuzima bw'uruhinja n'ubw'umubyeyi. Urwo ruhinja rushyirwa mu gituza cya nyina cyangwa cya se, umubiri ku mubiri mu minsi ya mbere rukivuka, bituma rukura vuba rukagira n'ubuzima bwiza.

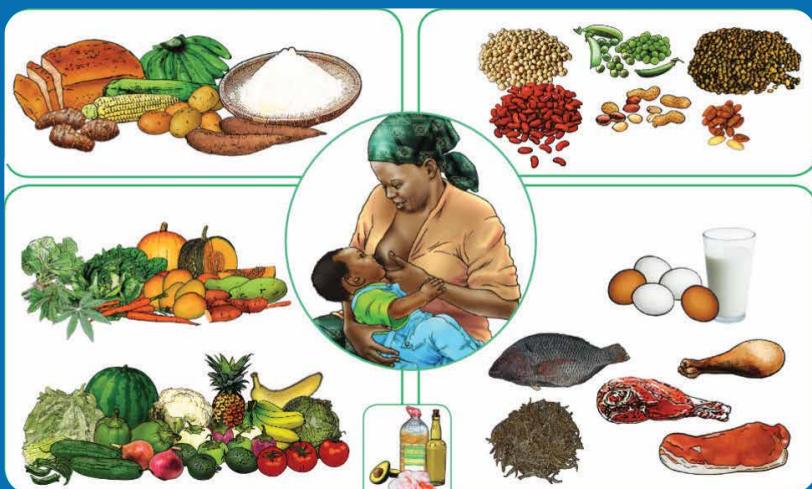
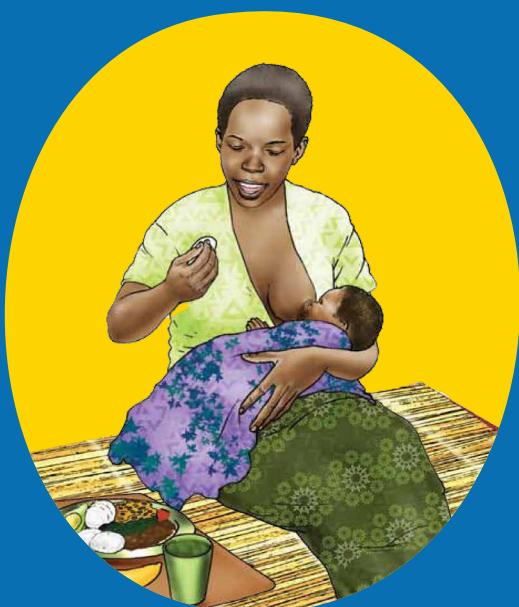
Umubyeyi agomba kuruhuka bihagije, akarya indyo yuzuye, akonsa umwana kenshi uko bikwiye. Ni byiza gukurikiza umwana afite byibura imyaka ibiri, bifasha umubiri w'umubyeyi kwisubiranya, umwana akonka igihe gihagije n'umuryango ugatera imbere. Ganira na muganga ku buryo bwo kuboneza urubyaro wahitamo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



## 7. Gukomeza kwita ku bana bato

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

# UBUTUMWA BW'INGENZI BUREBANA NO KUGABURIRA ABANA INDYO YUZUYE





## 1. Imiririre y'umugore utwite n'uwsa no kunganira imirire y'umuryango

Umugore utwite ndetse n'umubyeyi wonsa bagomba kurya indyo yuzuye kandi bagafata buri munsi amafunguro 2 mato y'inonyerera hagati y'amafunguro manini, kugirango we n'umwana bagire imbaraga zihagije n'ubuzima bwiza. Ababyeyi b'abangavu bakenera kurya cyane kuruta uko bari basanzwe barya, kugirango bakomeze gukura neza kandi banafashe abana gukura neza.

Abangavu bakenera indyo yuzuye, byibura amafunguro atatu ku munsi kugirango bakure neza, bagire ubudahangarwa bw'umubiri, bitegure kuba ababyeyi b'eo hazaza badafite imirire mibi by'umwihariko ibura ry'amaraso riterwa n'ibura ry'intungamubiri.

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



## 2. Konsa gusa umwana nta kindi umuhaye

Uruhinja rugomba konswa mu isaha ya mbere rukimara kuvuka, kandi rukonka gusa amashereka yonyine mu mezi 6 ya mbere, kuko akubiyemo intungamubiri zose ndetse n'amazi umwana akeneye. Mubyeyi, onsa umwana kenshi ku manywa na nijoro nibura buri masaha atatu (3), kandi ujye wibuka gukangura umwana ukunda gusinzira cyane kugirango yonke.

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

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



### 3. Uburyo bwo konsa umwana neza

Konsa umwana neza bituma amashereka yihembera akaba menshi agahaza umwana. Konsa umwana neza, ni ukumufata neza umubiri we urambuye atihinnye, umutwe we usa n'aho uraramye buhoro. Mu maso h'umwana hagomba kuba hateganye n'ibere kandi utamutsindagiye ku gituza no ku nda byawe, akureba mu maso. Umwana aba afunguye umunwa bihagije, ikiziga cy'ibere kigaragara hejuru y'umunwa w'umwana kurusha munsi yawo, umunwa wo hasi w'umwana uba ugaruka hanze, akananwa ke gakora ku ibere. Umubyeyi kandi ashobora kwikama akabika amashereka mu gikoresho gisukuye umwana akaza kuyakoresha mu gihe mama we adahari.

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

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



### 4. Guha abana imfashabere no kugaburira abana b'inshuke

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

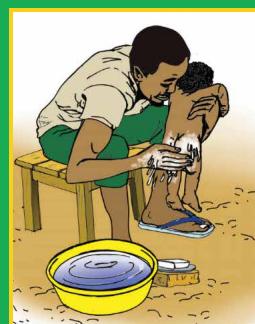
- Ibinyampeke n' ibinyabijumba n'ibitoki,
- Ibinyamisogwe byumye (ibishyimbo, amashaza, lantiye) bikungahaye kuri poroteyine y'ibikomoka ku bimera.
- Ibikomoka ku matungo bikungaye kuri poroteyine: inyama, amafi, amagi, amata;
- Imboga n'imbuto biboneka aho abaturage batuye
- Ibiryo bikungahaye ku binure: amavuta, avoka, ubunyobwa, ibihwagari n'ibindi.

Ibyo kurya bihabwa umwana ndetse n'igikoma bigomba kuba bifashe bihagije, ibiryo bivanze binombye kandi hakongerwamo ifu ya Ongera-intungamubiri ikungahaye ku myunyungugu irinda umwana kugwingira no kurwara izindi ndwara ziterwa n'imirire mibi. Ni byiza guha umwana igi rimwe buri munsi kuko ririmo intungamubiri zose umwana akeneye kugirango akure neza.

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

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

# UBUTUMWA BW'INGENZI BUREBANA N'URUHARE RW'ABAGABO MU MIKURIRE Y'UMWANA



**1**

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

Umugabo witaye ku mugore we mu gihe atwite, akamuherekeza kwisuzumisha, bituma agira ubuzima bwiza, kandi akabasha gukemura neza ibibazo umugore ashobora guhura nabyo hakiri kare kandi bikongera ubusabane hagati yabo. Iyo umugabo ari kumwe n'umugore we igihe abyara, bituma abasha gutuza, ububabare agira buragabanuka ndetse binatuma yumva akunzwe kandi ashyigikiwe n'umugabo we.

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

**2**

## **2. Umumaro wo kuba umubyeyi w'umugabo ugira uruhare mu kurera**

Iyo umubyeyi w'umugabo yita ku mwana akanita ku byo akeneye akagerageza kubikemura mu bushobozi bwe uko bungana kose, bituma umwana akura neza akunda ababyeyi be, bikamwongerera ubushobozi bwo kwiga no gutsinda, no kubana neza n'abandi.

Umubyeyi w'umugabo, agomba kuba intangarugero mu bana be, akaberekera uko afatanya n'uwo bashakanye mu nshingano zabo zo kwita ku bana babo abafasha mu kwiga no gukora imikoro bahawe ku ishuri, agakunda gutterura abana bato, abaganiriza, akina nabo no kubafasha kuvumbura ibibazengurutse, hakubiyemo no kubakorera ibikinisho. Umubyeyi w'umugabo afite uruhare runini mu mikurire, umunezero n'umutekano w'umwana we ndetse n'uwmuryango wose.

**3**

## **3. Gufatanya inshingano z'urugo.**

Kwita ku mwana kuva agisamwa ni inshingano y'ababyeyi bombi ndetse n'abandi bantu bose bari mu rugo. Kugira ngo abagabo babashe kwita ku bana babo bagomba kwirengagiza igititu bashobora gushyirwaho n'umuryango mugari babita inganzwa, ngo bararozwe n'ibindi.

Abagore bakwiye guha abagabo umwanya ndetse no kubashyigikira igihe biga kwita ku bana babo. Igihe ababyeyi bombi bafatanyije imirimo yo mu rugo, bituma bombi bagira umwanya uhagije wo kwita ku yindi mirimo ishobora guteza umuryango imbere. Gutterura umwana, kumuhindurira imyenda/byo yitumyemo, kumugaburira, kumuvugisha, kumuririmbiro, ndetse no gukina nawe, ni inshingano z'ababyeyi bombi; no mugihe cyo konsa, umugabo yunganira umugore we amufasha gukora indi mirimo yari kuba akora mu rugo.

4



#### 4. Gukumira ihohoterwa mu muryango

Ihohoterwa nko gukubitwa, guhutazwa, gucirwa mu maso, gutukwa, guteshwa agaciro, ihohoterwa rishingiye ku gitsina, ihohoterwa rishingiye ku mitungo, cyangwa kubona undi mu bagize umuryango abikorerwa, bigira ingaruka ku mikurire y'abana, ndetse n'ingaruka mbi mu mitekereze n'amarangamutima ku mugore utwite n'umwana atwite.

Abana biga bigana, iyo ababyeyi bakora ihohotera, babigiraho ingaruka, bakabona ko ari uburyo bwemewe kandi bukoreshwa igihe umuntu arakaye. Abana baba mu ngo zirimo amakimbirane, barahangayika cyane bikaba byabaviramo no guhunga urugo bakajya kwibera mu muhanda, ndetse no kugira imico mibi izabakurikirana mu mikurire yabo.

Guhohotera umwana umukubita, umukankamira cyangwa umutesha agaciro bimugiraho ingaruka mbi nko kwigunga, agahinda gakabije, kurwana, kwiyahura n'ibindi. Babyeyi mwirinde impamvu zose zikurura amakimbirane mu rugo kandi mwirinde kubigaragariza abana.

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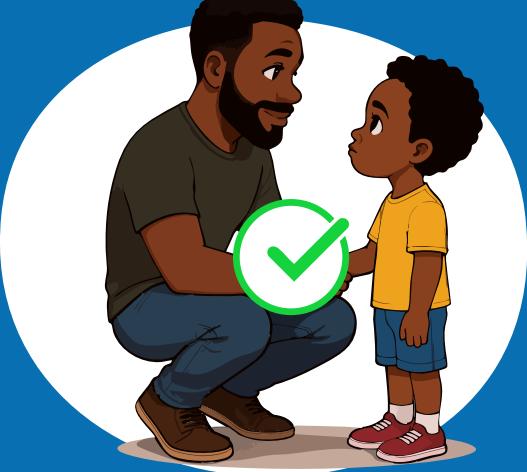


#### 5. Uruhare rw'umugabo mu gufasha umuryango kugira ubuzima bwiza

Umubyeyi w'umugabo agomba guharanira ko umuryango we urya indyo yuzuye, ugira isuku ihagije, ndetse akita ku mikurire y'umwana n'abagize umuryango. Azirikana ko umugore utwite, umubyeyi wonsa, ndeste n'umwana muto bakenera ifunguro ry'umwiheriko rigizwe n'indyo yuzuye, ndeste no kugira buzima bwiza bavuzwa hakiri kare.

Kujyana n'umugore gupimisha inda, gukingiza no kuvuza umwana mu gihe yarwaye biri mu nshingano z'umugabo. Ibyo bibera abana urugero rwiza bazakurikiza, kandi bigatuma umuryango urushaho komatana.

# **UBUTUMWA BW'INGENZI BUREBANA N'UBURERE BUBONEYE BUDAHUTAZA UMWANA**



## **1. Uko watoza umwana wawe cyangwa uwo urera uburere buboneye**

Uburere buboneye budahutaza umwana ni ukumuyobora mu nzira iboneye hadakoreshejwe ibihano bibabaza umubiri n'imbamutima, mukusoze urukundo n'ineza bimufasha kwikosora no kwitarwara neza. Ababyeyi batanga uburere bwiza, bwuzuye urukundo ubusabane n'abana babo, bakaba intangarugero mu myifatire n'ibikorwa byiza byubakiye ku ndanagagaciro z'umuco nyarwanda.

Uburyo umwana atozwa uburere buboneye bijyana n'icyiciro cy'ubukure agezemo. Mubyeyi, toza umwana wawe kumvira, ikinyabupfura,kubaha no kumenya gutandukanya imigirire myiza n'imibi,ndetse no kumva ko yabazwa ibyo yakoze atabishyize ku bandi. Toza umwana hakiri kare kumenya kwikorera uturimo tumwe na tumwe bijyanye n'ikgero ke, bidahariwe gusa abakozi bo mu rugo. Mufashe abana kugira imytwarire myiza mufatanya gushyiraho imirongo ngenderwaho mu rugo nk'amasaha yo kuryama, koga, kubyuka, gusasa, gutaha mu rugo, gukina, kureba televiziyo,kumva radio, gusurana, gusoma ibitabo,gukora imikoro yo ku ishuri no gukora isuku n'ibindi.

Ababyeyi bagomba gushimangira no gusigasira umubano mwiza no kwizerana n'abana babo mu buryo buhoraho, bamarana igihe, baganira banakina; bituma umwana arushaho kubiyumvamo, kubizera no kubagaragariza inzitizi afite nta kwishisha. Abana biga bitegereza ibyo ababyeyi babo bavuga,bakora nuko babayeho. Mubyeyi, erekana imytwarire ikwiye wifuza kubona mu bana bawe, nk'icyubahiro, ineza, n'ubunyangamugayo,urukundo,umutoze kubana neza n'abandi no gukunda Igihugu.

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## **2. Kurinda umwana ihohoterwa iryo ariryo ryose**

Kurinda umwana ihohoterwa ryaba irishingiye ku kubabaza umubiri, gukomeretsa amarangamutima, kuvangura abana, kubakoresha imirimo irenze ubushobozibwabo, kubashakiraho amaronko, kubacuruza kutabaha ibyo bakeneye uko bikwiye nko kubitaho, kubagaburira, kubavuza, kubajyana kwiga, kwidagadura ndetse n'ibindi. Iyo umwana akorewe ihohoterwa iryo ariryo ryose, bimugiraho ingaruka mbi ku buzima bwe, bw' umubiri n'ubwo mu mutwe, mu myitwarire ye ndetse n'imibanire ye n'abandi, bikaba byanakurizaho kudindira mu mikurire ye, kumugara ndetse n'urupfu. Ibihano byose bibabaza umubiri n'imbamutima bihanwa n'amategeko kandi ntibikwiye gukoreshwa mu gukosora abana.

Gukosora neza udahutaje umwana mu gihe yakoze ibidakwiye cyangwa yarenze ku murongo mwiza mwemeranjeho mu muryango, ni ukumuyobora si ukumuhana cyangwa kumuhamura; banza ucururuke, utuze, umwegere muganire ku ikosa yakoze umwereka ingaruka mbi zabyo ndetse n'ibiza byo kwitwara neza, mufate ingamba yo kutazabisubira. Mu gihe habayeho isubirakosa, umwibutsa ingamba mwari mwarafashe byaba ngombwa agakosorwa mu bundi buryo butari ugukubitwa cyangwa gutukwa nko kumuha umurimo akora utavunanye, nko gukora isuku mu cyumba, gusukura mu busitani, amasahani n'ibindi.

### **3. Uko wafasha umwana urira cyangwa se ubabaye kugenzura uburakari bwe**

Impinja n'abana b'ibitambambuga akensi barira iyo bamenyekanisha ibyifuzo byabo n'uko bamerewe nko kuba barwaye, bashonje, bafite inyota, bashyushye cyane, bakonje cyane, batisanzuye, bateranwe, bitumye bashaka ko ubahindurira imyambaro. Iyo barira ntabwo ari uko baba bashaka gutesha umutwe ababyeyi babo, ahubwo gerageza kumenya ibyo bakeneye ubafashe ku gihe.

Imbamutima zigaragaza kurakazwa n'ubusa, kurira, kwisiribanga hasi ni ibisanzwe ku mwana w'igitambambuga bitewe n'uko bamubujije icyo yashakaga gukora cyangwa gufata, bityo rero akeneye gufashwa kwiga, gusobanukirwa ndetse no kugenzura imbamutima ze mu buryo bwiza.

Babyeyi, mukurikije ikigero umwana agezemo, mutoze kwimenyereza kuvuga no gusaba icyo ashaka mu buryo bwiza atarize cyangwa ngo asiribange hasi. Abana bato batazi kuvuga, ahubwo bakoresha amarira, banza utuze, ugabanye uburakari, ufatire amaboko inyuma cyangwa uyashyire mu mufuko w'umwenda wambaye, urebe aho uba ugiye gato, ubanze ucurreduke, maze usesengure impamvu iri kumuriza, ugaruke muganire umenye kandi umufashe kubona icyo ashaka atarinze guhogora. Umwana umufasha kugenzura uburakari bwe umukinisha, umuterura, umuhobera kugirango mwubake urugwiro yibagirwe ibyatume arakara, umuhe ibyo akeneye yamaze gutuza.

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### **4. Ibyiyumviro n'imitekerereze y'abana b'ibitambambuga n'impamvu ibatera gukubagana**

Abana b'ibitambambuga ni abanyamatsiko, baba bifuzza kwiga ibishya, kuvumbura no kumenya ibibakikije uko bikora n'uko biteye, ni abanyeshuri bigira ku byo babona, cyangwa bakora mu byumviro bitanu ariyo guhumurirwa, kuryoherwa, gukorakora, kumva no kubona.

Ababyeyi bumva ko ari ubukubaganyi, kubahombya, kwangiza ibikoresho n'ahantu no guta umwanya iyo abana babasabye kubafasha. Iyo tugerageje kubabuza kwiga n'ubuvumbuzi bwabo birabarakaza cyane kandi bikadindiza iterambere ryabo mu bwenge; bamwe bahita bivumbura, barira, abandi bagasiribanga hasi kubera ko tubabujije ibyo bashaka.

Mubyeyi, uburyo bwiza bwo kubafasha, ni ugusobanurira umwana ibintu babona hafi yabo cyangwa bakireshwa uko bimeze, uko bikora, icyo bigenewe gukoreshwa n'uburyo bwiza bwo kubikoresha kugirango bidashyira ubuzima bwabo mu kaga bikaba byabakomeretsa, bihera mu mihogoo no mu matwi, bibahumanya nk'uburozi, n'ibindi kugirango bagire amakuru ahagije, bunguke ubwenge ubutaha babikoreshe neza. Yobora umwana utamukubise cyangwa utamututse, umwereke igikwiye gukorwa kimufasha kugera ku ntego yashakaga; niba ubona byamushyira mukaga cyangwa ari kwangiza umubwire ko ari bibi, umuhindurire, umwereke igikwiye cyimufitiye akamaro.

**UBUTUMWA BW'INGENZI  
BUREBANA N'UMUMARO WO  
GUKINA NO GUKANGURA  
UBWONKO BW'UMWANA.**





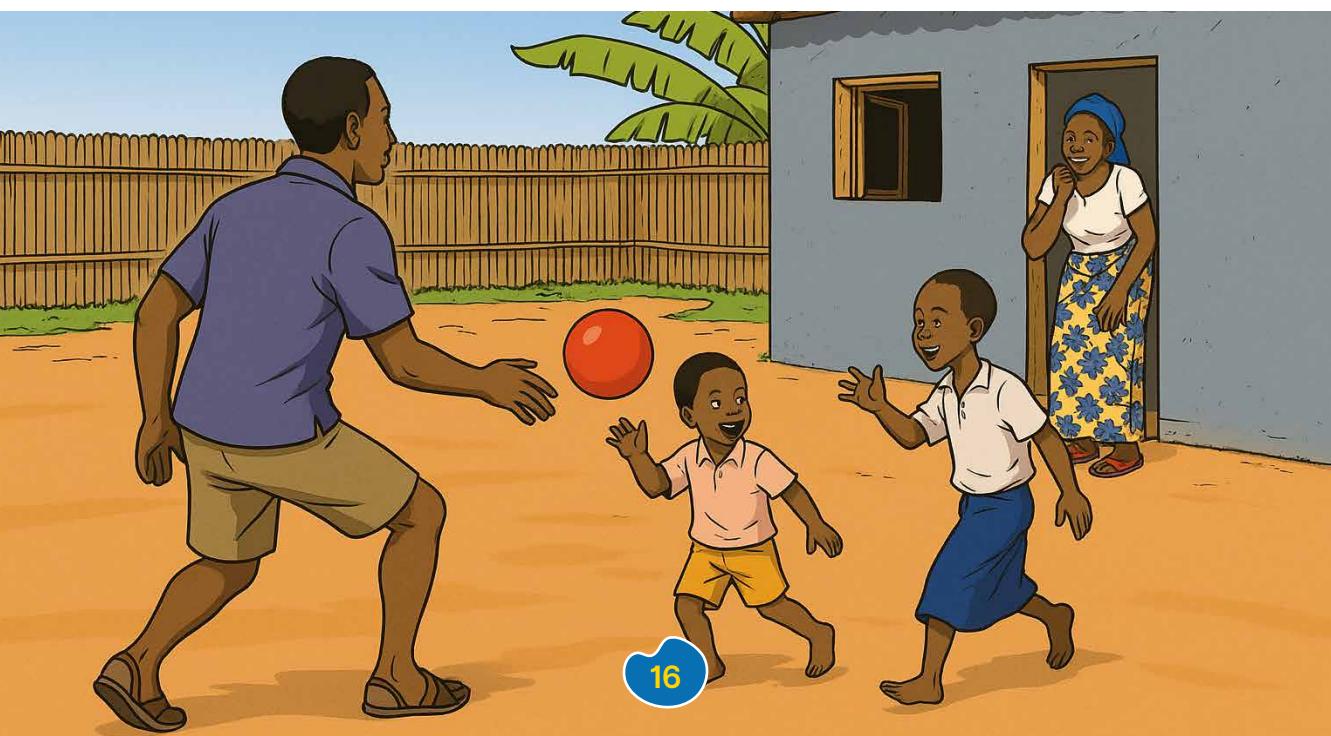
## 1. Umumaro wo gukina no gukangura ubwonko

Mbere y'emyaka 6 y'amavuko, ubwonko bw'umwana buba bucura vuba cyane, bwubaka urufatiro rw'emyigire n'imikurire mu gihe cyose umwana amara ku isi. Ubwonko bukuzwa cyangwa bukadindizwa n'ibyo umuntu anyuramo byiza cyangwa bibi. Imihangayiko irangiza, ariko gukina bigakangura ubwonko.

Umwana avuka abona, akagenda akururwa cyane n'amasura y'abantu ndetse n'amabara y'ibantu akina nabyo. Abana bakunda gukina bafatiye ku byiyumviro byabo kuko bibafasha kwiga kumenya ibishyushye, ibikonje, ibyoroshye n'ibikomeye bakoresheje mu kanwa n'intoki zabo. Ku mwana ukiri munda, ababyeyi bamukinisha mu turirimbo, ibisingizo n'ibihozo kugirango bakangure ubwonko bwe.

Abana biga bakina cyangwa bigana ibyo abandi bakora kurusha ibyo babwirwa gukora. Gukina biha abana uburyo bwinshi bwo gutekereza no kwishakira ibisubizo cyangwa gukemura ibibazo. Iyo umwana muto afata ikintu akakijugunya hasi inshuro nyinshi, bimufasha kumenya ibirimo kuba, igihe byatwaye kugirango ijwi cyangwa urusaku rubashe kumvikana, uko abantu babyakira n'ibindi; mu mikino abana bato biga kuvumbura no kugerageza ibantu bishya.

Babyeyi, mufite inshingano zo guha umwanya abana bagakina, aho bakinira no kugenzura neza ko ibyo umwana akinisha, akoraho ndetse anashyira mu kanwa bifite isuku, bitamuhumanya, bitamuniga, bidahera mu matwi kandi ko bitamukomeretsa, bakanagenzura aho abana bakinira mugihe bari gukina bonyine ku bw'umutekano wabo. Bituma barushaho kubaka ubucuti binyuze mu gukina no kuganira, bigatuma umwana yumva atekanye, agakura neza kandi yizeye ababyeyi, ntagire icyo abahisha. Yubaka kandi ubusabane n'imibanire myiza n'abandi bana bakinana.





## 2. Kwigisha umwana gusoma hakiri kare no kumenya ururimi tumutegura kwiga

Kuva umwana agisamwa, umwana ukiri mu nda ya nyina akurikirana amakuru yose yegereye aho ari, kandi bigakomeza kugenda byiyongera kurushaho binyuze mu kuganira, kuririmba, gusoma ibitabo no kuvuga inkuru zubaka. Mu myaka 6 ya mbere y'amavuko, ubwonko bw'umwana buba bukura vuba cyane, bwubaka urufatiro rw'imyigire n'imikurire mu bwenge, ibyo umwana atabonye muri iki gihe bimugiraho ingaruka mu buzima bwe bwose mu rurimi, imitsindire n'imbanire ye n'abandi no mu byemezo afata.

lyo umwana ahawe uburyo bwo gusabana n'abandi, ukamuha ibitabo byo gusoma, kumwigisha indirimbo ukamufasha no kubyikorera, mukaganira umubaza ibibazo bimwagura mu mitekerereze, ukaganubarira inkuru unamusomera ibitabo; bimufasha kumenya vuba ururimi yunguka amagambo mashya akavuga vuba bitamugoye, bibafasha no kwaguka mu mitekerereze, gufata ibyemezo no kwishakamo ibisubizo, akazatsinda mugihe atangije amashuri abanza.

Mubyeyi, gira uruhare mu gushakira abana ibikinisho no gukinana n' umwana mu mikino itandukanye ibafasha kuvumbura inyuguti n'imbare. Bashakire ibitabo byo gusoma n'ibikinisho ndetse mufatanye no kubyikorera wifashishije ibikoresho biboneka murugo aho mutuye. Ushobora gukora ibikinisho mu bikoresho bitagikoreshwa byo mu rugo nk'uducupa, udukarito, impapuro, ibirere, ibikenyeri ndeste n'ibindi. Ushobora kandi gufatanya n'umwana gukina, urimo no gukora uturimo two mu rugo, nk'igihe utetse, uri mu masuku n'ibindi. Mwigishe kuririmba, umucire imigani, umubarire inkuru ndetse n'ibindi. Ni ngombwa ko umwana wese ajyanwa mu rugo mbonezamikurire kugirango ategurwe neza gutangira amashuri abanza yuzuye mu bwenge, mu gihagararo, mu mibanire n'abandi, mu rurimi n'indangagciro.

### Ishusho y'umwana wanyuze muri gahunda mbonezamikurire y'abana bato

The illustration shows two young children, a boy and a girl, standing side-by-side. The boy is on the right, wearing a brown and white horizontally striped t-shirt and orange shorts. The girl is on the left, wearing a pink dress with small white floral patterns and sandals. They are both smiling. Below them is a green button labeled "Ufite ubupfura". To the left of the children are five yellow buttons with text: "Ufite ubumuntu", "Ufite ubuzima n'imikurire myiza", "Umwana wifitiye icyizere", "Ufite impano yo kuyobora neza", and "Ushobora kuvumbura no guhangga udushya". To the right of the children are four green buttons with text: "Ufite inyota yo kumenya", "Umwana windashyikirwa mu mikorere", "Umwana Ufite umwete mu byo akora", and "Umwana ubana neza n'abandi". At the bottom right is a blue button labeled "Ufite ubushobozi bwo gushaka ibisubizo".

Ufite ubumuntu

Ufite ubuzima n'imikurire myiza

Umwana wifitiye icyizere

Ufite impano yo kuyobora neza

Ushobora kuvumbura no guhangga udushya

Ufite inyota yo kumenya

Umwana windashyikirwa mu mikorere

Umwana Ufite umwete mu byo akora

Umwana ubana neza n'abandi

Ufite ubushobozi bwo gushaka ibisubizo

Ufite ubupfura

# **UBUTUMWA BW'INGENZI BUREBANA NO KURERA NO KWITA KU BANA BAFITE IDINDIRA MU MIKURIRE N'ABAFITE UBUMUGA**



## **1. Ubumuga, ikibutera n'uko byakwirindwa**

Ubumuga ni imbogamizi mu miterere n'ubushoboz buke umubiri w'umuntu ufite, bigatuma atabasha gukora inshingano cyangwa se imirimo nk'iyo abandi badafite ubumuga bakora; cyangwa se kuba umuntu abura urugingo rw'umubiri, cyangwa afite urugingo rudakora neza umugereranyije n'abandi bantu.

Impamvu zitera ubumuga ziratandukanye, ariko ubumuga bwinshi bwakwirindwa mu gihe ababyeyi bombi babigize inshingano zabo, kandi nta n'umwe witiriwe kuba nyirabayazana w'ubumuga bw'umwana.

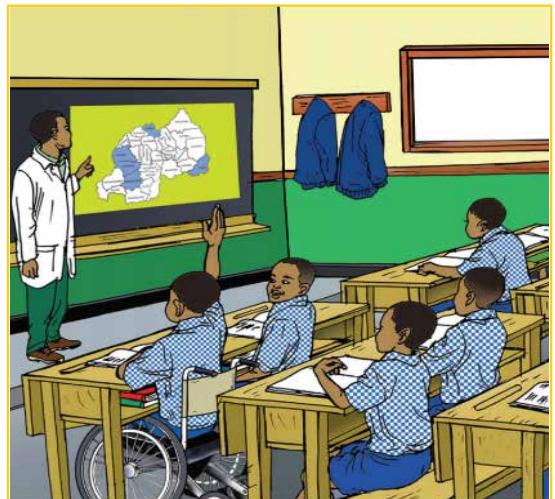
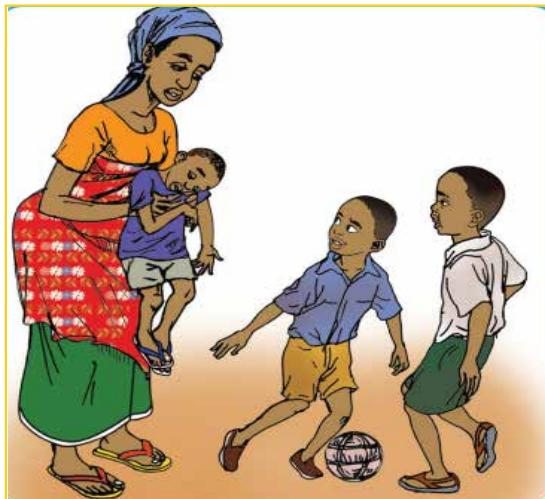
**1.Igihe umubyeyi atwite**, hari ubumuga buva ku gisanira ku babyeyi bombi, kwirema nabi k'utunyangingo, kunywa inzoga nyinshi, itabi n'ibindi biyobyabwenge, gukoresha nabi imiti utandikiwe na muganga, gukoresha imiti ya gakondo, impanuka, indyo ituzuye, umuvuduko w'amaraso uri hejuru, guhumeka umwuka wanduye, indwara zandura harimo Mburugu, SIDA, Rubewole n'izindi.

**2.Igihe cyo kubyara**, umubyeyi yabyariye mu rugo, gutinda ku bise, umwana uvutse atagejeje igihe,kugira umwuka muke, kubyara umwana ufite ibiro byinshi cyangwa bike, kubyara umubyeyi akuze, ihungabana mu gihe cyo kubyara, kuvukana indwara y'umuhondo.

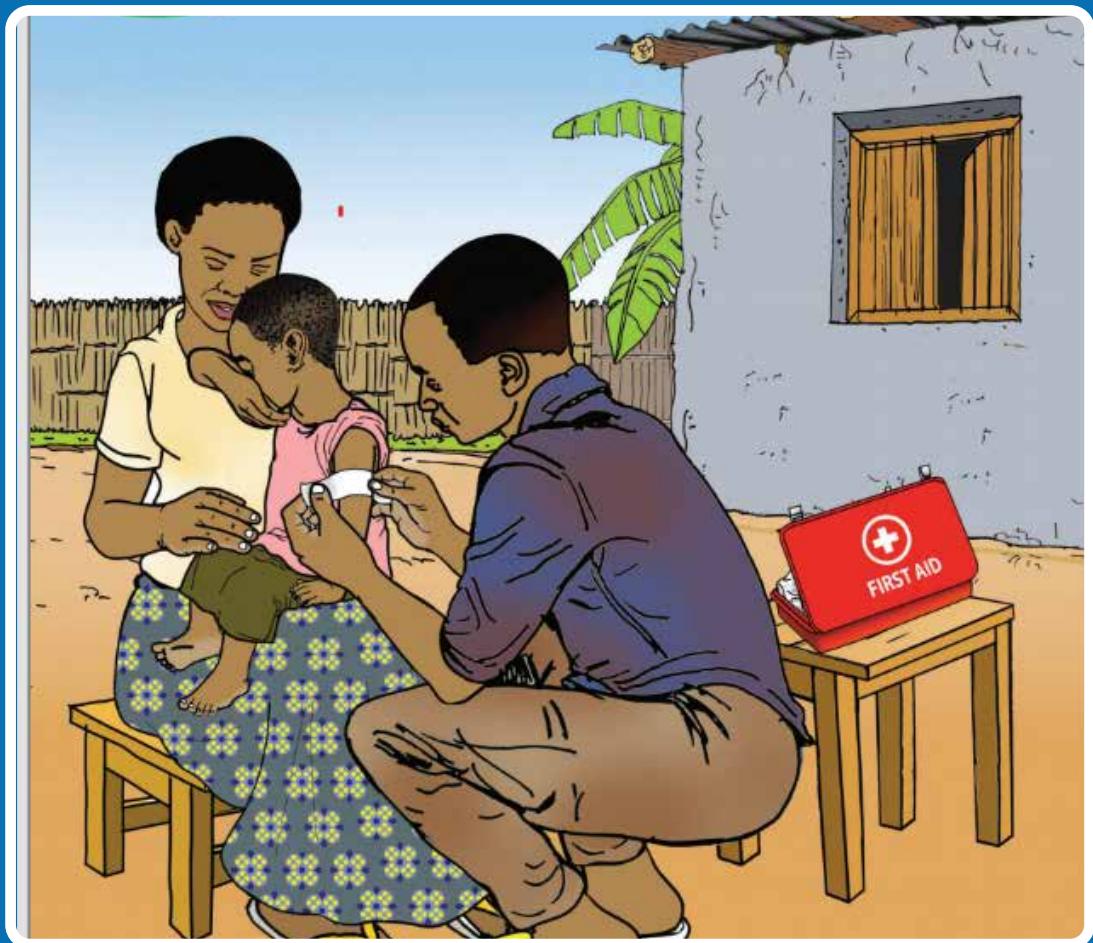
**3.Nyuma yo kubyara**, umwana yagize ikibazo cyo guhagarara kw'amaraso mu bwonko, kutikingiza cyangwa gukingirwa nabi utubahiriza gahunda za muganga, imirire mibi, indwara nka mugiga na maraliya, kwigunga ntuhure n'abandi no kudakangurwa ubwonko hakiri kare.

Babyeyi, twarinda umwana ubumuga umubyeyi utwite yisuzumisha kwa muganga byibura inshuro 8, afata inyunganiramirire zikomatanyije yahawe na muganga, arya indyo yuzuye, agira isuku, yirinda itabi, inzoga, imiti atandikiwe na muganga ndetse n'imiti ya gakondo, yirinda guhumeka imyuka ihumanya, yirinda impanuka zo mu rugo no mu muhanda, yirinda amakimbirane, kandi akabyarira kwa Muganga. Umwana agomba konka neza uko bikwiye, gukingirwa inkingo zose zateganyijwe, kugaburirwa indyo yuzuye no kumuuzu hakiri kare ku baganga bemewe, gukunda kumukinisha, kumuganiriza no gukangura ubwonko bw'umwana hakiri kare.

Ikindi kandi babyeyi, abana bafite ubumuga ni abana nk'abandi, bafite uburenganzira bwo kwiga mu ngo mbonezamikurire ndetse n'amashuri atandukanye. Ababyeyi bagomba gufasha umwana ufile ubumuga kwiga, gutsinda no kurangiza ishuri no kubona insimburangingo, bafatanyije n'abarezi bakamenya umwihariko bakwiye wo gufashwa kugirango babashe kugendana n'abandi. Tugomba kubinjiza mu bikorwa ndetse n'imikino hamwe n'abandi, ntawusigaye cyangwa uhejwe kugira ngo batigunga cyangwa bakiyanga.



# **UBUTUMWA BW'INGENZI BUREBANA N'UBUTABA BW'IBANZE**



## **1. Ubutabazi bw'ibazze buhabwa uruhinja cyangwa umwana muto urwaye**

Mubyeyi, igihe umwana wawe afite umuriro, genzura igipimo cy'ubushyuhe afite, niba ubushyuhe bukabije, mugabanyirize imyenda yambaye umushyire ku gahanga agatambaro gatose ndetse unashake inama za muganga cyangwa iz'umujiyanama w'ubuzima.

Igihe umwana arwaye impiswi no kuruka cyane muhe umuti w'amazi uvura impiswi (SRO) ugizwe n'uruvange rw'imyuntu n'isukari utangwa n'umuganga cyangwa umujiyanama w'ubuzima. Komeza kumugaburira no kumwonsa, bidakize umujiyane kwa muganga wirinde kumuha imiti wishakiye.

Irinde impiswi ukaraba intoki, utegurana amafunguro isuku no kuyabika neza mu bikoresho bisukuye.

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## **2. Ubutabazi bw'ibazze buhabwa uruhinja cyangwa umwana muto waheze umwuka kubera kunigwa n'ikintu cyangwa urumwe n'inyamaswa**

Mubyeyi, sukura ahantu hose habazengurutse kugirango ukumire ikintu cyose cyakomeretsa umwana wawe umwigishe uburyo bwo kwitwararika kugirango hatagira ikimukomeretsa, unamugenzure kugirango hatagira icyo ashyira mu kanwa cyangwa mu mazuru kikaba cyamumerera nabi. Niba ari uruhinja runizwe n'ikintu, urukomanga mu mugongo cyangwa mu gatuza, niba ari umwana umukomanga cyangwa ukamukanda mu mugongo kugirango umufashe kivemo. Mwihutane kwa muganga niba kitavuyemo, ntugerageze kugikururisha intoki cyangwa kumuha amazi cyangwa ikindi kintu cyo kurya.

Mu gihe cyose umwana wawe yegereye amatungo cyangwa inyamaswa, mwigishe ko zitamenyerwa umwereke n'uburyo bwo kuzitwaraho kugirango hirindwe kurumwa cyangwa gukomeretswa nazo. Niba umwana arumwe n'inyamaswa, oza cyane aharumwe n'amazi meza menshi n'isabune, hambira ahakomeretse ukoresheje igitambaro cyangwa umwenda bisukuye, kugirango uhagarike cyangwa ugabanye kuva, ugahita umujiyana kwa muganga.

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## **3. Ubutabazi bw'ibazze buhabwa uruhinja cyangwa umwana ukomeretse cyangwa uva imyuna**

Niba umwana akomeretse ari kuva byoroheje oza ahakomeretse n'amazi meza uhahambire n'igitambaro gisukuye akensi kuva birashira. Niba ava amaraso menshi, hambira ahantu hakomeretse ukoresheje igitambaro cyangwa umwenda usukuye umwihutane kwa muganga cyangwa ku mujyanama w'ubuzima.

Niba hari ikintu kinjiye mu mubiri ntugikuremo ubiharire muganga. Wirinde koza igikomere kirimo kuva cyane kuko bishobora kurushaho kuba bibi.

Niba umwana ari kuva imyuna, kanda ku zuru riva umubwire afungure umunwa abe ahumekera mu kanwa, umurinde kuraramisha umutwe, ahubwo yicare ku ntebe areba imbere kugirango amaraso ataja mu nda, mujyane kwa muganga niba nyuma y'iminota 5 bidakemutse.

#### **4. Ubutabazi bw'ibenze buhabwa uruhinja cyangwa umwana uhiye, wakomeretse mu mutwe, cyangwa wavunitse igufwa.**

Hoza ubushye usukaho amazi akonje nibura iminota 5, irinde gukoresha barafu cyangwa amavuta, ntumukuremo umwenda yahiye yambaye ugafatira ku bushye. Mukuremo ikintu cyose kimufashe kegereye ahahiye nk'ibikomo ,isaha,impeta, n'ibindi maze umwihutane kwa muganga.

Niba uruhinja cyangwa umwana agaragaza ububabare bukabije cyangwa ibindi bimenyetso bidasanzwe nyuma yo kwikubita hasi cyangwa kugonga ikintu, ashobora kuba yavunitse igufa cyangwa ubwonko bwahungabanye. Hagarika kuva kw'amaraso, tegesha umutwe umusego cyangwa umwenda, ushyire ikintu gikonje (barafu) ahakomeretse. umwihutane kwa muganga. Niba ari ukoboko cyangwa ukuguru kwavunitse, hategeshe akabaho cyangwa ikanito uhambire ahavunitse n'igitambaro kugirango bigabanye kunyeganyega kw'igice cy'umubiri cyaho igufwa ryavunitse.

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#### **5. Ubutabazi bw'ibenze buhabwa uruhinja cyangwa umwana utaye ubwenge**

Mu gihe uruhinja cyangwa umwana yituye hasi agata ubwenge, arimo kwigaragura asa nk'utitiza ibice by'umubiri, ashobora no kuzana urufuzi. Wihungabana, ahubwo genzura ko aguye ahantu hatari ibishobora kumukomeretsa ubikureho niba bihari. Musegure umwenda ku mutwe kugirango bimurinde kuba yawukomereka. Irinde kumutsikamira wigizeyo abantu batamucura umwuka, umureke kugeza igihe bimurekuye abanze agarure ubwenge, noneho umufashe kuruhuka neza aryamiye urubavu, umugume iruhande. Mujyane kwa muganga niba ari ubwa mbere bimubayeho cyangwa se bisanzwe bimubaho ariko guta ubwenge bikamara igihe kirenze iminota 5.

Buri mubyeyi akwiye kugira murugo agasanduku kabamo ibikoresho by'ubutabazi bw'ibenze cyangwa se akiyambaza umujyanama w'ubuzima umwegereye, mu gihe hakenewe ubutabazi bw'ibenze.

# UBUTUMWA BW'INGENZI BUREBANA NO KUGIRA ISUKU



## **1. Umumaro w'isuku ku mubiri**

Babyeyi, isuku ni isoko y'ubuzima ku bana n'ababyeyi ndetse n'umuryango wose. Kugira isuku ni ukwita ku mubiri wacu uhoreye ku mutwe ukageza ku birenge, gukaraba intoki, kwiyogoshesha, guca inzara, kwambara inkweto, kwiyuhagira, koza mu kanwa, gusukura mu nzu no mu mbuga, gukoresha neza umusarane/ubwiherero no kuwubungabunga. Toza umwana hakiri kare uko agenda akura, gukaraba intoki, gukoresha neza umusarane, kwiyogereza amenyo, kwiyuhagira, kwiyambika, kwisasira, kwandurura amasahane yaririye, ndetse no kwikorera isuku n'ahamukikije.



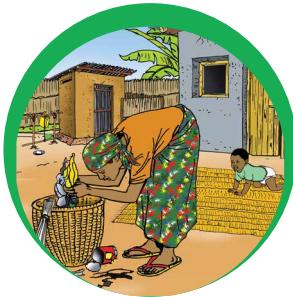
## **2. Gukaraba intoki, gutegurana amafunguro isuku no kunywa amazi asukuye**

Gukaraba intoki biturinda indwara dushobora kwandura twe n'abana bacu. Ni ngombwa gukaraba intoki iteka ukoresheje isabune n'amazi meza kandi atemba mu bihe by'ingenzi bikurikira: mbere yo gutegura amafunguro na mbere yo kurya, mbere yo konsa no kugaburira abana, nyuma yo kuva ku musarane, gusukura umwana witumye no kumuhindurira, nyuma yo gusukura/gufasha umuntu urwaye, nyuma yo gukora ku itungo/inyamaswa, nyuma yo gukora ahagenewe umwanda/ingarane, kandi mugire kandagira ukarabe mu rugo rwanyu. Tugomba kunywa amazi yavomwe ku isoko isukuye, ndetse yatunganyijwe neza nko kuyateka cyangwa kuyashyiramo umuti wica udukoko, tuyabika neza, tukanayanywera mu kintu gisukuye. Bika ibiryo ahantu hasukuye no mu bikoresho bisukuye kandi bipfundikirwa neza. Toza umwana kunywa amazi meza no kuyagirira isuku.



## **3.Umusarane**

Kutituma mu musarane bishobora gutuma imyanda yanduza abantu indwara z'impiswi ziterwa n'inzoka zo mu nda, macinya, tifoyide na korera. Impiswi kandi ituma umwana abura amazi mu mubiri, akagira umwuma n'imirire mibi, akadindira mu mikurire. Umwanda wose witumwe, harimo n'u'w'abana, ugomba kujugunywa mu musarane. Urugo rwanyu rugomba kuba rufite umusarane kandi ugahora usukuye.



#### **4. Gusukura imbuga y'urugo n'aharukikije**

Tugomba gutunganya aho dutuye no mu nkengero zaho, dutema ibigunda,dutwikira amafunguro n'ibyombo, twirinda amazi areka hafi y'urugo no mu nkengero zarwo, tumena imyanda ahabugenewe no mu ngarane yujuje ibisabwa. Biturinda gukurura udukoko dутera indwara bikanatuma twororoka nk'isazi, imibu, ibinyenzi n'imbeba, amatungo ntagomba kurara mu nzu imwe n'abantu.

## **UBUTUMWA BUGENEWE ABABYEYI MU GUFASHA ABANA KU IKORESH-WA RY'IKORANABUHANGA RIKORESHA MURANDASI**

Ikoranabuhanga rikoresha murandasi, riha abana amahirwe menshi yo kwiyungura ubumenyi, gukina imikino itandukanye, kwiga ibantu bishya, guhangga ibishya; gushyikirana n'abandi, kugaragaza impano; gufatanya, gukora ubushakashatsi; ndetse no guteza imbere ubumenyi rusange.

Mu gihe ikoranabuhanga rikoresha murandasi rikoreshejwe nabi, nko guha amakuru yawe, amashusho, amafoto, imyirondoro n'ijambo banga umuntu utazi; kureba inkuru cyangwa filime z'ubusambanyi n'urukozasoni, iz'ubwicanyi n'ubujura, ubugizi bwa nabi n'urugomo; intambara, ibihuha cyangwa inkuru ziteye agahinda n'itesha gaciro; bigira ingaruka mbi ku mwana mu mikurire, ubwenge, imyitwarire n'imbamutima bye, imibanire ye n'abandi, umutekano we, uw'umuryango we ndetse n'uw'igihugu.

Mubyeyi, ganira n'abana ku kamaro n'ibyago bashobora guhura na byo mu gihe bakoresha ibikoresho by'ikoranabuhanga rikoresha murandasi nka telefoni, mudasobwa, n'ibindi. Toza umwana wawe kugira amakenga mu gihe akoresha ikoranabuhanga kuri murandasi (interineti) n'uwo udasanzwe uzi, ku makuru mashya akuyobora cyane cyane ku mahirwe cyangwa impano. Ababyeyi n'abana bitondere kwitabira no gushishikarira gahunda bamenyeye kuri murandasi, akenshi ziba zigambiriye ubushukanyi buganisha ku kibi.

Mubyeyi ubaka ubucuti n'umwana wawe kandi umubere urugero rwiza; mutoze kujya muganira cyane kubyo abona, yumva, asoma cyangwa abwirwa kuri murandasi, umurinde kurikoresha mu gihe kirekire cyangwa yihishe; umube hafi kandi umukurikirane ku mbuga nkoranyambaga agire amakuru ahagije mbere yo kurikoresha, umushakire ibindi bikorwa yahugiraho nk'imikino, gusoma, n'ibindi. Bizatuma ataba imbata y'ikoranabuhanga (addiction), cyangwa kugwa mu byaha bigaragara kuri murandasi harimo ibyo gucuruza abantu, ubujura, ingeso z'ubusambanyi, imico mibi no gutakaza indangagaciro z'umuco w' u Rwanda.

# IBIRANGA URUGO RUTEZA IMBERE IMIKURIRE IBONEYE Y'UMWANA MUTO



**Umwana wanjye, ishema ryanje**