



Repubulika y'u Rwanda

Ikigo cy'Ighugu
Gishinzwe Imikurire no
Kurengera Umwana

IMFASHANYIGISHO

IYOBORA ABABYEYI KU BIJYANYE N'UBUTABAZI BW'IBANZE



unicef



kuri buri mwana

**IMFASHANYIGISHO
IYOBORA ABABYEYI
KU BIJYANYE
N'UBUTABAZI
BW'IBANZE**

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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.

Nadine Gatsinzi UMUTONI

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

Intangiriro

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

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

Imfashanyigisho z'uburere buboneye zitanga umurongo ngenderwaho w'uburyo bwo guhugura ababyeyi binyuze mu myitozo itandukanye ikomoka ku nyigisho z'ingenzi zikubiye mu nteganyanyigisho ku burere buboneye. Izo nyigisho zigamije kubaka ubumenyi bw'ababyeyi no guhindura imyumvire n'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. Turashishikariza abafatanyabikorwa bose bifusa guhugura ku burere buboneye, kwifashisha izo mfashanyigisho bagategura inyigisho zabo bagendeye ku bikenewe n'abagenerwabikorwa n'abafashamyumvire bakorana na bo (ni ukuvuga igihe babonekera, aho bahurira, n'ibindi). Insanganyamatsiko bifusa guhuguraho zigomba kwibanda ku byihutirwa cyane mu gace bakoreramo. Abafatanyabikorwa bashobora guhitamo imfashanyigisho bifusa guhuguraho n'inyigisho runaka bashaka gushimangira cyane. Abafatanyabikorwa basanzwe bakora muri gahunda z'uburere buboneye bashobora kwifashisha izo mfashanyigisho bakaniza izo bari basanganywe kugira ngo bijyane n'imirongo migari y'ighugu 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 kwigishwa ikanrangira idasubitswe.

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

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

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

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

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

Uburyo bwo gutanga inyigisho

Mu gihe cyo gutanga inyigisho, ababyeyi bagomba kugira uruhare mu biganiro n'imyitozo, aho kumara umwanya munini bateze amatwi umufashamyumvire.

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

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

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

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

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

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

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

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

Uko inyigisho zikurikirana

Inyigisho ya 1

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

Ubutabazi bw'ibane buhabwa uruhinja cyangwa umwana urwaye

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

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

Inyigisho ya 2

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

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

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

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

Inyigisho ya 3

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

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

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

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

Muri iri somo haranarebwa uburyo bwo guhagarika kuva imyuna.

Muri iri somo hanarebwa ibijyanye no kurumwa n'inyamaswa, uko byakwirindwa n'ikiba gikwiye gukorwa igihe byabayeho.

Inyigisho ya 4

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

Ubutabazi bw'ibane buhabwa uruhinja cyangwa umwana muto ukomeretse

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

Iyi nyigisho yibanda ku bikomere bishobora guterwa no kugwa nk'igihe agize igikomere ku mutwe cyangwa igufwa rivunitse. Harasobanurwa ikiba gikwiriye gukorwa mu maguru mashya mbere yo kujya kwa muganga.

Iri somo risoza rivuga ku gikomere cy' ijisho n'uburyo bwo kugabanya ububabare mbere yo gushaka ubufasha bwisumbuye aho bibaye ngombwa.

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

Inyigisho ya 5

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

Ubutabazi bw'ibazze buhabwa uruhinja cyangwa umwana utaye ubwenge

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

Uko inyigisho zitangwa

INYIGISHO

1

Iminota 80

Intego



**Ubutabazi bw'ibazze buhabwa
uruhinja cyangwa umwana muto
urwaye**



Ibyo ababyeyi bagomba
kumenya

Ibimenyetso by'umuriro
Ibimenyetso by'umwuma



Ibyo ababyeyi bagomba
gukora

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

INTAMBWE YA 1

Iminota 10



Gutanga ikaze n'incamake y'inyigisho y'umunsi

Imfashanyigisho

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

INTAMBWE YA 2

Iminota 40

Ubutabazi bw'ibazze buhabwa umwana ufite umuriro.

Imfashanyigisho

Ikiganiro Kiyobowe – Umuriro

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

Ibimenyetso by'umuriro :

- Gushyuha ku ruhu
- Kubira ibuya
- Kumva ukonje
- Uruhu rureruruka
- Kurwara umutwe
- Kumva unaniwe
- Iminwa ikuma
- Guhumeka nabi



Iminota 05



Iminota 05

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



Iminota 10

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

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

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

Gupima ubushyuhe bw'umwana ukoresheje igipimo cy'umuriro

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

Gupima ubushyuhe bw'umubiri udakoresheje igipimo

- Shyira igikonjo mu gahanga cyangwa ku ijosi ry'umwana

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

Baza umwana wawe niba hari aho yumva ari kubabara.



Iminota 05

Gufasha umwana igihe afite umuriro

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

Ikiganiro kiyobowe – Kugabanya umuriro

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

Tega amatwi ibyo ababyeyi basubiza, ubungure ibite-kerezko ku byo batabashije gusubiza uko bikwiye:

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



Iminota 10



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

INTAMBWE YA 3 Iminota 20



Iminota 05

Ubutabazi bw'ibazze buhabwa umwana urimo kuruka no guhitwa

Ikiganiro Kiyobowe – Kuruka n'impiswi

Baza ababyeyi: Ese mukora iki iyo impinja cyangwa abana banyu baruka cyangwa bafite impiswi?

Imfashanyigisho

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

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

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

Shishikariza ababyeyi kwitabira inyigisho zirebana n'isuku

3. Mureke aruhuke

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

4. Niba ubona umwana akomeje kumererwa nabi, gana muganga

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

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



Iminota 05

Ikiganiro kiyobowe – Umwuma

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

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

INTAMBWE YA 4 Iminota 5

Umusozo w'inigisho



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

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

Indirimbo isoza

Imfashanyigisho

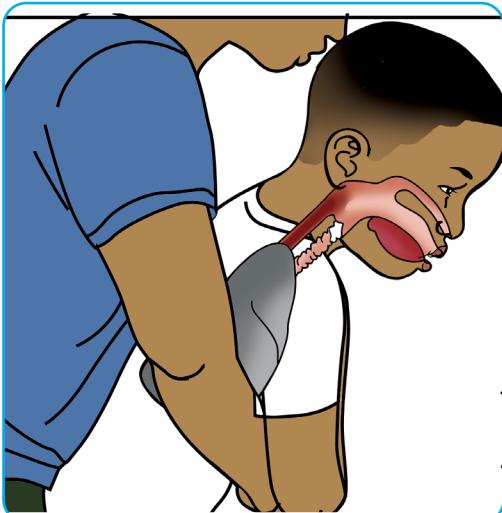


INYIGISHO

2

Iminota 95

Intego



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



Ibyo ababyeyi bagomba kumenya

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



Ibyo ababyeyi bagomba gukora

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

INTAMBWE YA 1

Iminota 5



Gutanga ikaze n' incamake y'inyigisho y'umunsi

Imfashanyigisho

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

INTAMBWE YA 2

Iminota 10



Guhera umwuka kubera kunigwa n'ikintu

Imfashanyigisho

Ikiganiro kiyobowe – Guhera umwuka

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

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

Ikiganiro kiyobowe : Kunigwa n'ikintu

Baza ababyeyi uti ni gute mwakwirinda ibishobora kuniga umwana akabura umwuka? Tega amatwi ibite-kerezo byabo noneho wongereho ibi niba batabivuze ho :

- Kwigiza kure ibintu byose abana bashobora gutamira bikabaheza umwuka

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

INTAMBWE YA 3 Iminota 5



Iminota 5

Ubutabazi bw'ibenze bukorwa ku mwana wanizwe n'ikintu atarengenge umwaka umwe

Uruhinja runizwe n'ikintu ntirubasha kurira, gukorora, guhumeka cyangwa se ngo rubashe gutaka.

- Mukomange mu mugongo kugeza ku nshuro eshanu
- Niba kumukomanga mu mugongo nta cyo bitanze, mukomange mu gituza inshuro eshanu.
- Komeza gukurikiza amabwiriza yo gukomanga mu mugongo, ubisimburanya no gukomanga mu gituza kugeza ubwo icyanize umwana kirekuye. Niba bikunaniye ukabura n'ukugoboka hafi aho, ihutane umwana kwa muganga.
- Ihutire kujya ku mujyanama w'ubuzima cyangwa kwa muganga igithe icyanize umwana cyanze kurekura.

Imfashanyigisho



Iminota 10

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

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

Imfashanyigisho ya 3 : Gukomanga mu mugongo w'uruhinja rwanizwe n'ikintu
(Urupapuro rwa 05)

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

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

Ugomba gukomanga mu bitugu by'umwana ukurije ikigero cye:

Niba ari agahinja gato uroroshy ugereranyije n'uruhinja rumaze kwigira ejuru. Ni ngombwa gukomanga mu bitugu by'umwana cyane ku buryo bigera mu myanya y'ubuhumekero bigasunika icamunize.

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

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



Iminota 15

Imfashanyigisho ya 4 :
Gukomanga mu gituza cy'uruhinja cyangwa umwana wanizwe n'ikintu.

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

Imfashanyigisho ya 4 : Gukomanga mu gituza cy'uruhinja cyangwa umwana wanizwe n'ikintu
(Urupapuro rwa 05)



- Ntugerageze gukurura ikintu cyanize umwana ukoresheje intoki.

INTAMBWE YA 4

Iminota 30



Iminota 05

Ubutabazi bw'ibanzé buhabwa umwana wanizwe n'ikintu afite umwaka umwe kuzamura

Umwana unizwe n'ikintu ushobora kubona arimo kwikora mu gatuza cyangwa mu ijosí ariko atabasha kuvuga ahubwo arwana n'umwuka, atabasha guhumeka cyangwa ngo akorore.

1. Mukomange mu mugongo kugeza ku nshuro eshanu
2. Niba kumukomanga mu mugongo nta cyo bitanze, mukomange mu gituza inshuro eshanu.
3. Komeza gukurikiza uburyo bwo gukomanga mu mugongo, ubusimburanya no gukanda mu gituza kugeza ubwo icyanize umwana gisogotse. Niba bikunaniye ukabura n'ukugoboka hafi aho, ihutane umwana kwa muganga.
4. Ihutire kwa muganga niba icyanize umwana cyanze kurekura

- Ntugahe amazi cyangwa ikintu cyo kurya umwana wanizwe n'ikintu kuko bishobora kongera ikibazo agahera umwuka kurushaho.

Imfashanyigisho



Iminota 10

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

Ereka ababyeyi uko bakomanga mu mugongo w'umwana unizwe n'ikintu, ubasobanuire neza amabwiriza mbere y'uko bakora umwitoto wo kubyimenyereza bakoresheje igikinisho

Fasha umwana kunama yifashe mu mavi cyangwa yicare ku ntebe areba imbere nabwo yifashe mu mavi. Mukomange mu bitugu cyane inshuro nibura eshanu.

Imfashanyigisho ya 5: Gukomanga mu mugongo w'umwana wanizwe n'ikintu
(Urupapuro rwa 06)



Iminota 15

Umwitoto : Gukanda mu nda h'umwana urengeje umwaka wanizwe n'ikintu

Ukoresheje igikinisho, ereka ababyeyi uko bakanda umwana urengeje umwaka, wanizwe n'ikintu. Bahe umwanya babyimenyereze mu mahugurwa.

Fata umwana mu nda umwiyegamije, ukande uzamura.

Imfashanyigisho ya 6 : Gukanda mu nda h'umwana wanizwe n'ikintu
(Urupapuro rwa 06)



INTAMBWE YA 5 Iminota 10



Iminota 10

Ubutabazi bw'ibanzé buhabwa umwana umize ikintu cyamugwa nabi

Ikiganiro kiyobowe : Ibantu bishobora kugira ingaruka mbi ku mwana

Baza ababyeyi uti : Mbese ni hehe mubika ibinini, imiti, ibikoresho by'isuku cyangwa imiti yamatungo n'iyo gutera mu myaka ? Ese ntimubibika aho umwana ashyikira ? Ese mubibika ahantu hafunze ? Ni gute mushobora kubika ibyo bantu hizewe ?

Imfashanyigisho



INTAMBWE YA 6 Iminota 5



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

1. Menya ubwoko bw'ikintu umwana yamize/yan-
yoze, igihe yakimiriyе n'ingano y' icyo yamize
2. Mwihutane kwa muganga
3. Ntugergeze kumuhabaga ngo aruke icyo yam-
ize kuko ushobora guteza ibindi bibazo nko
kumuheza umwuka cyangwa kumwangiza mu
muhogo.

Umusozo w'isomo

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

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

Imfashanyigisho

INYIGISHO

3

Iminota 60

Intego



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

INTAMBWE YA 1 Iminota 5



Gutanga ikaze n' incamake y'inyigisho y'umunsi

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

Imfashanyigisho

INTAMBWE YA 2 Iminota 10



Iminota 10

Ubutabazi bw'ibazze buhabwa uruhinja cyangwa umwana ufile igikomere kidakabije

Umwitozo : Kvirinda ibyakomeretsa umwana
Baza ababyeyi uti : Ese aho mutuye ni ibihe bintu
by'ingenzi byashyira umwana mu kaga ko gukomere-
ka akava cyane ? Ni gute mwabyirinda ?
Fasha ababyeyi gusobanukirwa ubaha ingero : Kubika
aho umwana atashyikira icyuma/umushyo, inzembe
n'ibindi byakomeretsa, gutunganya ahatuzengurutse
tukahavana ibyakomeretsa umwana...

Imfashanyigisho



Iminota 10

Igihe umwana afite igikomere kidakabije:

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

INTAMBWE YA 3

Iminota 25

Ubutabazi bw'ibenze buhabwa umwana urimo kuva cyane

Imfashanyigisho

1- Hambira ahantu hakomeretse ukoreshjeje ikitu gisukuye ubasha kubona hafi yaye kugira ngo uhagarike cyangwa ugabanye kuva.

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

2- Jya kwa muganga mu buryo bwiuse

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

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



Iminota 10

Kwerekana uko bikorwa no kubyitoza

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

INTAMBWE YA 4

Iminota 10

Ubutabazi bw'ibenze buhabwa umwana urimo kuva imyuna

Imfashanyigisho

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

Imfashanyigisho ya 7 : Kuva imyuna (**Urupapuro rwa 06**)



Iminota 05



Iminota 05

Kwerekana uko bikorwa no kubyitoza

Ubutabazi bw'ibanzé ku ruhinja cyangwa umwana uri kuva imyuna. Erekana uko kuva imyunabihagarikwa nkoko byasobanuwe haruguru kandi ureke ababyeyi ubwabo babyitoze.

INTAMBWE YA 5

Iminota 10

Ubutabazi bw'ibanzé buhabwa umwana warumwe n'inyamaswa

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

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

Mu kurinda umwana kurumwa n'inyamaswa, cunga umwana wawe igithe hari inyamaswa hafi aho, ndetse n'iyo zaba ari inyamaswa mutunze mu rugo. Igisha umwana ko akwiye kwirinda gucokoza inyamaswa zo mu rugo, ko agomba kuzitondera kandi akagendera kure inyamaswa yose yishyamba.

Igihe umwana arumwe n'inyamaswa :

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

INTAMBWE YA 5

Iminota 10

Umusozo w'isomo

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

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

Indirimbo isoza

Imfashanyigisho

Imfashanyigisho

Intego



Ubutabazi bw'ibenze buhabwa uruhinja cyangwa umwana ukomeretse

IMFASHANYIGISHO IYOBORA ABABYEYI
KU BIJYANYE N'UBUTABAIZI BW'IBANZE



Ibyo ababyeyi bagomba kumenya

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



Ibyo ababyeyi bagomba gukora

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

INTAMBWE YA 1

Iminota 10



Gutanga ikaze n' incamake y'inyigisho y'umunsi

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

Imfashanyigisho

INTAMBWE YA 2

Iminota 20



Iminota 10

Ubutabazi bw'ibenze buhabwa uruhinja cyangwa umwana uhiye

Ikiganiro Kiyobowe – Ibishobora kuba intandaro yo gushya

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

Imfashanyigisho

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

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

Iminota 05





Iminota 15

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

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

Umwitoto – Ubutabazi bw'ibanzu buhabwa umwana uhiye

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

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

INTAMBWE YA 3

Iminota 15



Iminota 05

Ubutabazi bw'ibanzu buhabwa uruhinja cyangwa umwana wakomeretse ku mutwe

Imfashanyigisho

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

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

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

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

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

Imfashanyigisho



Iminota 05



Iminota 05



Iminota 05



Iminota 10



INTAMBWE YA 4 Iminota 15

Ikiganiro kiyobowe – Gukandisha umwana ikintu gikonje

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

Ubutabazi bw'ibanzé buhabwa uruhinja cyangwa umwana wakomeretse ku mutwe

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

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

Imfashanyigisho

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

Umwitoto – Ubutabazi bw'ibanzé buhabwa umwana wavunitse igufwa

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

Ha ababyeyi umwanya bakore umwitoto mu matsinda bagaragaze uko baha ubutabazi bw'ibanzé umwana wavunitse igufwa. Berekere uburyo bwo gushyigikira aho igufa ryavuniye ngo hatinyeganyeza.

Ubutabazi bw'ibanzé buhabwa uruhinja cyangwa umwana wakomeretse mu jisho

Utuntu duto cyangwa ibintu bisukika bishobora guitarukira mu jisho ry'umwana bigatuma atamererwa neza. Akensi igihe ijisho rigize ikirikomeretsa cyangwa ikiritokoza riratukura ukumvamo uburyaryate.

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

Imfashanyigisho

INTAMBWE YA 5 Iminota 10

Umusozo w'isomo

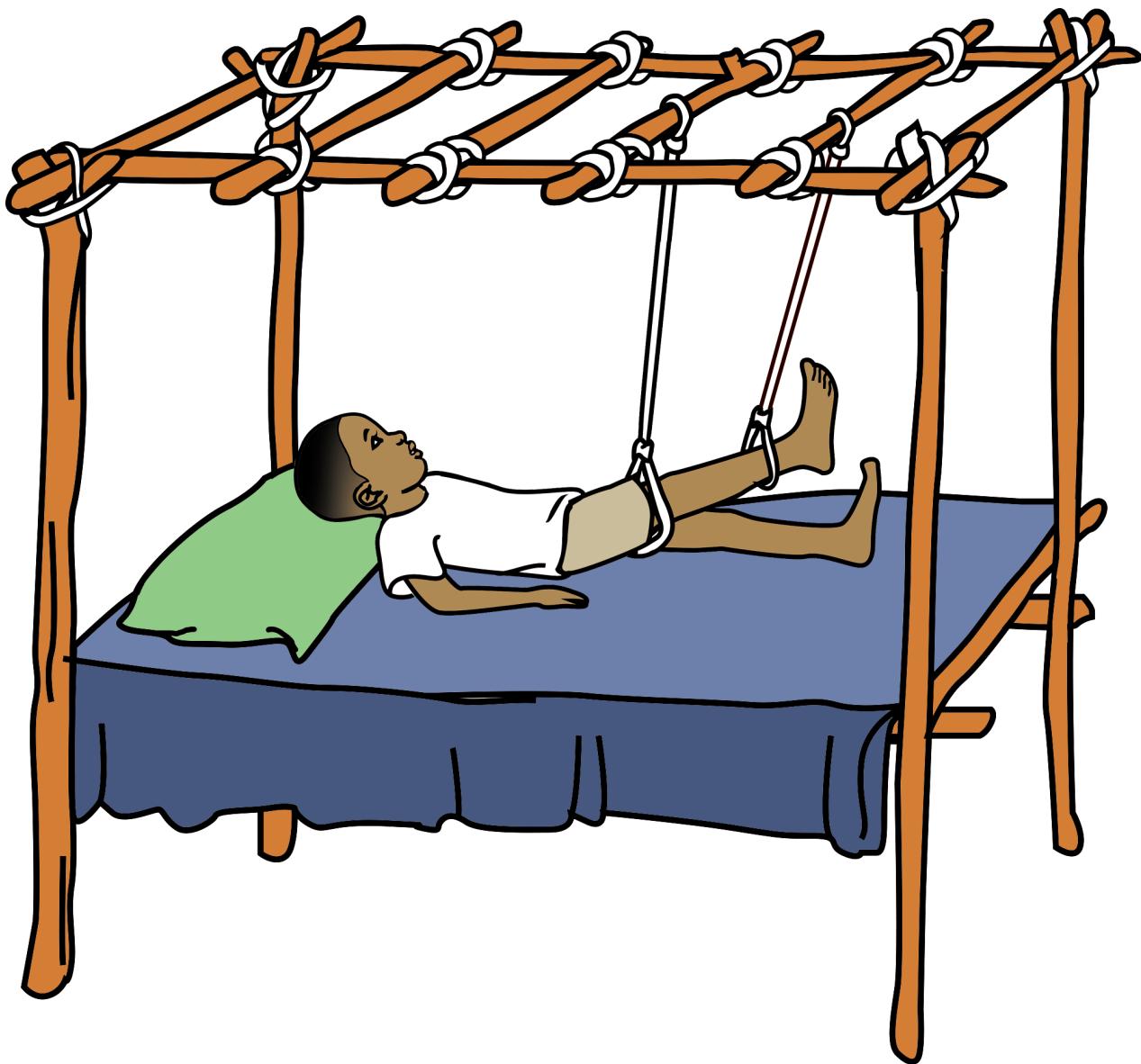


Shimira ababyeyi. Babaze icyo bungutse mu nyigisho y'uju munsi. Aho biri ngombwa bibutse ubutumwa bw'ingenzi:

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

Indirimbo isoza

Imfashanyigisho



Intego



INTAMBWE YA 1 Iminota 5



INTAMBWE YA 2 Iminota 15



Iminota 05

Ubutabazi bw'ibenze buhabwa uruhinja cyangwa umwana utaye ubwenge

IMFASHANYIGISHO IYOBORA ABABYEYI
KU BIJYANYE N'UBUTABAZI BW'IBANZE



Ibyo ababyeyi bagomba kumenya

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



Ibyo ababyeyi bagomba gukora

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

Gutanga ikaze n' incamake y'innyigisho y'umunsi

Guha ikaze ababyeyi
Incamake ku nsanganyamatsiko y'innyigishoy'uju munsi

Imfashanyigisho

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

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

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

Imfashanyigisho

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

Jyana umwana kwa muganga niba:

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



Iminota 10

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

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

INTAMBWE YA 3

Iminota 25



Iminota 05

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

Ikiganiro kiyobowe – umwana wataye ubwenge

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



Iminota 10

Umwitoto – Kugenzura niba umwana ahumeka

Erekera ababyeyi uko bagenzura niba umwana ahumeka.

Shyira ikiganza mu gahanga k'uruhinja, usubize inyuma umutwe we amere nk'uraramye, ikindi kiganza gifateakananwa k'umwana ujye uganisha umutwe inyuma uhereye ku kananwa.

Niba umwana ahumeka, urabona mu gatuza hinyeganyeza ndetse ushobora kumva ahumeka. Ha ababyeyi umwanya bitoreze ku gikinisho.

Imfashanyigisho

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



Iminota 05

Niba uruhinja cyangwa umwana wawe yataye ubwenge :

1. Genzura ko ahumeka mu gihe kitarenze amasegonda 10

Niba arimo guhumeka :

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

Niba umwana atarimo guhumeka,

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

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

INTAMBWE YA 4

Iminota 10



Iminota 05

Agasanduku k'ibikoresho by'ubutabazi bw'ibanze

Imfashanyigisho

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

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

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

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

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

INTAMBWE YA 5

Iminota 5



Umusozo w'isomo

Imfashanyigisho

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

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

Indirimbo isoza



Inyandiko zifashishijwe

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

Inyito zibereye abantu bafite ubumuga

No	Ntibavuga (Inyito ziphobya)	Bavuga (Inyito iboneye)
1	Ikimuga, uwamugaye, ubana n'ubumuga, ugendana n'ubumuga	Umuntu ufite Ubumuga
2	Ikirema, Ikimuga, Karema, Kajorite, Igicumba, Gicumba, Utera isekuru, Kaguru, Jekaguru, Ikirema Karema, Muguruwakenya, Terigeri, Kagurumoja, Kaboko, Mukonomoya, Rukuruzi	Umuntu ufite Ubumuga bw'ingingo
3	Impumyi, Ruhuma, Maso, Gashaza, Miryezi, ...	Umuntu ufite Ubumuga bwo kutabona
4	Igipfamatwi, Ikiragi, Nyamuragi, Ibuku, Ikiduma, Igihuri, Bihurihuri	Umuntu ufite ubumuga bwo kutumva no kutavuga cyangwa bumwe muri bwo
5	Igicuru, Igihoni, Ikjibwe, Ikirimarima, Ikitaburyo, Ikitabwenge, 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, Ibihwamweru, Nyamwema, Umuzungu wapfubuye	Umuntu ufite Ubumuga bw'uruhu rwera

