

## 1.0 Gutwita bisobanura iki?

**Gutwita bisobanura** igihe umugore aba atwite umwana mu nda, **kuva intanga n’urusoro byahuye kugeza igihe cyo kubyara. Ni urugendo rw’amezi hafi icyenda aho umwana akura, kandi umugore agahinduka mu mubiri no mu buzima bwe.**

### 1.1 Ibimenyetso bigaragaza ko utwite (umugore utwite)

Kumenya ko utwite ntibishingira ku kimenyetso kimwe gusa. Iyo hari byinshi byihurijeho, bitanga gihamya ikomeye ko umugore ashobora kuba atwite.

#### **Gutinda kw’imihango**

Ubusanzwe umugore aba afite gahunda y’imihango ye. Iyo imihango itinzeho iminsi irenga irindwi, kandi nta mpamvu izwi yabiteye (nko stress cyangwa indwara), kenshi bishobora kuba ikimenyetso cya mbere cy’uko ashobora kuba atwite.

#### **Isesemi no kuruka**

Mu byumweru bya mbere, umugore ashobora gutangira kumva **asesemewe** cyangwa akajya akaruka, cyane cyane mu gitondo (babita *morning sickness*), ariko bishobora no kuba ku masaha atandukanye y’umunsi.

#### **Impinduka ku mabere**

Amabere ashobora:

- Kubabara cyangwa kubyimba,
- Kugaragara aremereye kurenza ibisanzwe,
- Guhindura imvange y’ibimenyetso: rimwe akaryoha, rimwe akaribwa, rimwe akarushaho kuba menshi cyangwa akazana ubushyuhe.

#### **Umunaniro ukabije**

Umugore atangira kumva **ananiwe cyane**, nubwo ntacyo yakoze kiremereye. Akunda gusinzira cyane, cyangwa akumva nta mbaraga zo gukora imirimo asanzwe akora.

#### **Impinduka mu marangamutima**

Imisemburo irahinduka cyane. Umugore ashobora:

- Guhinduranya amarangamutima mu kanya gato,
- Kubabara byoroshye cyangwa kurakarira utuntu duto,
- Ariko nanone mu gihe gito agahinduka akishima cyane.

## **Kujya ku bwiherero kenshi**

Mu ntangiriro z'inda, impinduka mu mikorere y'umubiri zituma umugore ajya kunyara inshuro nyinshi kurusha ibisanzwe.

## **Impinduka ku biryo cyangwa ku mpumuro**

- Ibintu yakundaga kurya ashobora kubyanga.
- Impumuro zimwe (nk'iza amavuta cyangwa umunyu) ziramubangamira cyane.
- Ibi byose biterwa n'impinduka mu misemburo.

## **Amashereka make agaragara**

Hari abagore mu ntangiriro z'inda bagaragaza **utuntu duto tw'amashereka (colostrum)** ku ibere, nubwo biba ari duke kandi atari ibintu bihoraho.

## **Ububabare bukabije cyangwa amaraso atari mu buryo busanzwe**

- Hari abagore bashobora kugaragaza **ububabare bukomaye mu nda**.
- Hari n'ababona amaraso mu buryo butari busanzwe.  
Ibi bishobora kwerekana ko hari ikibazo gikomeye mu nda gikeneye kwitabwaho byihuse.

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## **Icyo wakora iyo ufite ikimenyetso kimwe gusa**

- Tegura umunsi wanyuma w'imihango yawe kandi wandike itariki neza.
- Niba imihango yatindie iminsi irenga 7, kora ikizamini cy'inda (pregnancy test) mu gitondo ukoresheje inkari za mbere.
- Niba test yagaragaje ko utwite: tangira kwipimisha (ANC) mu byumweru bitarenze 12, kandi utangire gufata acide folique buri munsi nk'uko muganga abigutegeka.
- Niba test yagaragaje ko atari inda, ariko ikimenyetso gikomeza cyangwa kibangamye, ongera ukore test nyuma y'iminsi 2–3 kandi usabe inama kwa muganga.
- Mbere yo kugira gihamya, irinde inzoga, itabi n'imiti itandikiwe n'umuganga.

## **Icyo wakora iyo ibimenyetso birenze kimwe**

- Kora ikizamini cy'inda nonaha, cyangwa ujye ku kigo nderabuzima usabe isuzuma.
- Niba byemejwe ko utwite: andikisha inda yawe (ANC), utegure gahunda z'isuzuma za buri gihe, kandi ukurikize inama z'imirire n'isuku.
- Niba test ari negatif ariko ibimenyetso bikomeje, jya kwa muganga basuzume izindi mpamvu.

## **1.2 Icyo wakora mugihe imihango yatinze**

**Icyo wakora ako kanya:**

- Niba iminsi irenga 7 itaragera ku mihango isanzwe, kora ikizamini cy'inda mu gitondo.
- Irinde inzoga n'itabi; wirinde imiti utandikiwe n'umuganga.

**Ibyiza ukora mu minsi ya vuba:**

- Niba test ari pozitivu, andikisha inda yawe (ANC) hakiri kare.
- Niba test ari negatifu, ongera ukore test nyuma y'iminsi 2–3. Niba bikomeje, saba inama kwa muganga.

**Jya kwa muganga ako kanya niba:**

- Ufite kuribwa bikomeye mu nda cyangwa kuva bidasanze.
- Ufite ihungabana rikabije n'umutwe ukabije uharekejwe no kuribwa mu nda.

### **1.3 icyo wakora mugihe ufite Isesemi no kuruka**

**Icyo wakora ako kanya:**

- Rya ibiryo bito-bito kenshi; irinde amavuta menshi n'ibiryo bifite impumuro ikaze.
- Fata amazi gahoro gahoro kenshi; gerageza icyayi cya tangawizi (ginger) niba kiboneka.

**Ibyiza ukora mu minsi ya vuba:**

- Kora urutonde rw'ibiryo bigutera isesemi ubirinde; hitamo ibiryo byoroshye nk'imyumbati, umuceli, imboga.
- Genzura ko urimo kurya indyo yuzuye; saba inama ku mirire nibikugora.

**Jya kwa muganga ako kanya niba:**

- Uri kuruka cyane ku buryo ntacyo ushobora gufata mu masaha 24.
- Ugaragaza ibimenyetso by'umwuma (akanwa kuma, inkari nke cyane, umutwe uhindagurika).

### **1.3 icyo wakora mugihe ugize impinduka ku mabere (kubyimba/kubabara)**

**Icyo wakora ako kanya:**

- Koresha amasutiya yoroheje ashyigikira neza, atagukanda.
- Irinde gukanda cyangwa gukama amabere udafite impamvu ya muganga.

**Ibyiza ukora mu minsi ya vuba:**

- Komeza isuku y'umubiri; niba hari utuntu tw'umukororo (colostrum) kenera agapira ko kubyitwaramo.
- Saba inama niba ububabare buterwa n'ahantu humwe ku ibere rimwe.

**Jya kwa muganga ako kanya niba:**

- Hari udusebe, uruhu rwatukura cyane, umuriro cyangwa isohoka ridasanze (gusa n'amaraso cyangwa ipus).
- Hari akabyimba kamwe gafatika mu ibere kagenda kiyongera.

### **1.4 icyo wakora mugihe ugira Umunaniro ukabije**

**Icyo wakora ako kanya:**

- Ruhuka; teganya amasaha 8–9 yo gusinzira nijoro.
- Igabanya imirimo iremereye kandi unywe amazi ahagije.

**Ibyiza ukora mu minsi ya vuba:**

- Rya indyo yuzuye (imboga, imbuto, ibinyampeke, ibinyamavuta byiza n'ibikomoka ku matungo).

- Vuga n’umuganga ku nyunganiramirire (iron/fer na acide folique).

**Jya kwa muganga ako kanya niba:**

- Uhumeke nabi, umutima wihuta cyane, cyangwa umunaniro urenze ibisanzwe nubwo uruhutse.
- Urasarara, udatya cyangwa ugira isereri kenshi.

**1.5 icyo wakora mugihe ugira impinduka mu marangamutima**

**Icyo wakora ako kanya:**

- Ganira n’umugabo wawe cyangwa inshuti; fata umwanya wo kuruhuka.
- Kora imyitozo yoroshye yo guhumeke no kurambura umubiri.

**Ibyiza ukora mu minsi ya vuba:**

- Shaka itsinda ry’ababyeyi cyangwa umujyanama; tegura gahunda yo kwisuzuma mu gihe ukomeza kumva utameze neza.
- Itegure ibikorwa bikunezeza: gusenga, gusoma, kumva umuziki.

**Jya kwa muganga ako kanya niba:**

- Agahinda gakomeye kumara ibyumweru birenze bibiri.
- Ibitekerezo byo kwiyahura cyangwa kwishora mu byago—shaka ubufasha bwihuse.

**1.6 icyo wakora mugihe wumva ushaka kujya ku bwiherero kenshi**

**Icyo wakora ako kanya:**

- Nyunyuzwa amazi ahagije umunsi wose; irinde ikawa/cafeine n’inzoga.
- Ntukihambirize ku nkari igihe kirekire.

**Ibyiza ukora mu minsi ya vuba:**

- Komeza isuku y’igitsina imbere (utagikoresheje ibitera ubusharire).
- Niba bikomeza, saba isuzuma ry’inkari (UTI) ku ivuriro.

**Jya kwa muganga ako kanya niba:**

- Ujyanishije no kubabara mu nda y’epfo, inkari zishyushya cyangwa zirimo amaraso, umuriro mwinshi.
- Umutwe ukabije no kubabara mu mugongo muni.

**1.7 icyo wakora mugihe watangiye kwanga impumuro cyangwa ibiryo bimwe**

**Icyo wakora ako kanya:**

- Irinde impumuro/ibiryo bikubangamira; funguza inzu cyangwa ukorete umwuka mwiza mu gikoni.
- Hitamo ibindi byasimbura ukabona intungamubiri (urugero: niba wanze inyama, ushobora gufata ibishyimbo, amagi, amata).

**Ibyiza ukora mu minsi ya vuba:**

- Komeza gufata inyunganiramirire za mbere y’inda/zo mu nda nk’uko muganga abiteganyaga.
- Saba inama z’imirire niba uri gutakaza ibiro.

**Jya kwa muganga ako kanya niba:**

- Watakaje ibiro byinshi mu gihe gito cyangwa utabasha gufata indyo yuzuye.
- Ufite isesemi rikomeye rikumara igihe kinini.

### **1.8 icyo wakora mugihe utangiye kubona amashereka make agaragara kare**

#### **Icyo wakora ako kanya:**

- Ntugahangayike; bishobora kubaho. Koresha agapira ko kubyitwaramo niba bikubangamiye.
- Irinde gukanda ibere kenshi cyangwa kugikama udasabwe n’umuganga.

#### **Ibyiza ukora mu minsi ya vuba:**

- Komeza isuku y’amabere; hamagara umuganga niba bitera uburibwe.
- Genzura niba atari isohoka ridasanzwe.

#### **Jya kwa muganga ako kanya niba:**

- Amashereka ari menshi cyane, arimo amaraso, cyangwa uherekejwe n’umuriro/uburibwe bukabije.

### **1.9 icyo wakora mugihe wumva ububabare bukabije cyangwa kuva bidasanzwe**

#### **Icyo wakora ako kanya:**

- Hagarika imirimo; shyira agapira mu myenda ukurikire umubare w’amaraso asohoka (ntukinjize ikintu mu gitsina).
- Tegura ibyangombwa byawe (ikarita y’ubwisungane, andi makuru) maze ujye ku ivuriro ryo hafi.

#### **Ibyiza ukora mu minsi ya vuba:**

- Vugisha umuganga n’iyo byagabanutse kugira ngo amenye ibyabaye.
- Andika igihe byatangiye, uko byiyongera n’ibindi bimenyetso bikurikirana.

#### **Jya kwa muganga ako kanya niba:**

- Uva amaraso menshi, ufite ibise bikomeye, isereri cyangwa gutitira.
- Utekereza ko waba usama nabi (inda iri hanze y’umura) cyangwa wigeze kubigiraho ikibazo mbere.

### **1.10 Ibimenyetso by’Ibibazo Bikomeye mugihe utwite—Jya kwa Muganga Ako Kanya**

- Kuva menshi cyangwa kumara igihe kirekire, nko gusimbuza amapira menshi mu masaha make.
- Kubabara bikabije mu nda y’epfo, umuriro mwinshi, cyangwa umutwe ukabije uherekejwe n’ijoro rirerire.
- Kuruka bituma ntacyo ubasha gufata mu masaha 24 no kumva ufite umwuma.
- Inkari zirimo amaraso cyangwa zishyushya cyane.
- Guhumeka nabi, umutima wihuta cyangwa isereri ikabije.

### **1.11 Muri make: icyo wakora mugihe umwnye ko utwite icyitonderwa n’Inama Rusange**

- Tangira kwipimisha (ANC) kare, ukurikize gahunda zose z’isuzuma.
- Fata acide folique na fer/iron nk’uko muganga abigutegeka; irinde inzoga n’itabi.
- Kurya indyo yuzuye no kunywa amazi ahagije; kora imyitozo yoroshye kandi wirinde imirimo iremereye.
- Iyi nyandiko ntiyabisimbura kwa muganga; niba ushidikanya, jya ku ivuriro ryo hafi cyangwa ikigo nderabuzima kikwegereye.

## 2.1 Imirire myiza y’umugore utwite

**Imirire myiza ku mugore utwite** bisobanura gufata **ibiribwa bitandukanye kandi byuzuye intungamubiri**, kugira ngo umubyeyi abone imbaraga zo gukomeza kubungabunga ubuzima bwe no gutunga umwana uri mu nda.

Ibyo biribwa bigomba kuba byuzuye:

- **Poroteyine** (amagi, amafi, inyama, ibishyimbo) – zifasha umwana gukura neza.
- **Ibiribwa bitanga ingufu** (umuceri, kawunga, uburo) – bituma umubyeyi akora imirimo idahutaza ubuzima.
- **Vitamini n’imyunyu** (imboga, imbuto) – birinda indwara kandi bigafasha amaraso n’imitsi y’umwana gukura.
- **Calcium** (amata, yogati, fromaji) – ikomeza amagufa n’amenyo y’umwana.
- **Amazi meza** – afasha igogora no kwirinda umwuma.

Muri make, **imirire myiza ku mugore utwite** ni ugutegura indyo yuzuye buri muni, igizwe n’ibi byiciro byose, kugira ngo umubyeyi n’umwana babe bazima kandi barindwe ibibazo by’imirire mibi.

## 2.2 Muri make: imirire myiza ku mugore utwite

Muri make, **imirire myiza ku mugore utwite** ni ugutegura indyo yuzuye buri muni, igizwe n’ibi byiciro byose, kugira ngo umubyeyi n’umwana babe bazima kandi barindwe ibibazo by’imirire mibi.

## 2.3 Ibikomoka ku matungo umugore utwite yafata

**Ingero:**

- Amagi, amafi ateguye neza, inyama zidafite amavuta menshi.

**Akamaro:**

- Bitanga poroteyine nziza ikenerwa mu gukura kw’umwana no gusana umubiri.

**Icyo wakora:**

- Rya amagi atetse neza, amafi yokeje cyangwa atetse, inyama zidafite amavuta. Irinde inyama zidashegeshejwe neza.

## 2.4 Ibinyamisogwe umugore utwite ashobora gufata

**Ingero:**

- Ibishyimbo, amashaza, soya.

**Akamaro:**

- Bitanga poroteyine kandi bikungahaye ku fiber.

**Icyo wakora:**

- Tegura ibishyimbo neza kandi ubishyire mu ifunguro rya buri munsu.

**2.5 Ibinyampeke umugore utwite ashobora gufata****Ingero:**

- Umuceri, kawunga, amasaka, uburo.

**Akamaro:**

- Bitanga ingufu zo gukora imirimo y'umunsu ku munsu.

**Icyo wakora:**

- Hinduranya ibinyampeke; ntukomeze ku biribwa bimwe gusa.

**2.6 Imboga z'icyatsi umugore utwite ashobora gufata****Ingero:**

- Isombe, dodo, epinari, amashu y'icyatsi.

**Akamaro:**

- Zikungahaye kuri folate n'imyunyu ngugu ikenerwa mu gukura kw'ingingo z'umwana.

**Icyo wakora:**

- Rya imboga buri munsu, byibura ikiyiko kinini ku ifunguro.

**2.7 Imbuto umugore utwite ashobora gufata****Ingero:**

- Amacunga, inanasi, watermelon, ibinyomoro.

**Akamaro:**

- Zikungahaye kuri vitamin C ifasha umubiri kumira icyuma.

**Icyo wakora:**

- Rya imbuto zitandukanye buri munsu, nibura kabiri ku munsu.

**2.8 Ibikomoka ku mata umugore utwite ashobora gufata****Ingero:**

- Amata, yogati, fromaji.

**Akamaro:**

- Bitanga calcium ifasha amagufa n'amenyo y'umwana gukomera.

**Icyo wakora:**

- Nywa amata cyangwa yogati nibura igikombe kimwe ku munsu.

**2.9 Kunywa amazi ku mugore utwite****Ingero:**

- Amazi meza kandi atetse cyangwa apfundikiwe.

**Akamaro:**

- Afasha mu igogora no gukwirakwiza intungamubiri mu mubiri.

**Icyo wakora:**

- Nywa ibikombe 6–8 ku munsu. Irinde inzoga n'ibinyobwa birimo caffeine.

## **2.10 Uburyo bwo kurya mugihe utwite**

### **Ingero:**

- Kurya duke kenshi.
- Hinduranya ibyiciro by'ibiribwa buri muni.

### **Akamaro:**

- Bigabanya isesemi, bikarinda kubura intungamubiri zimwe.

### **Icyo wakora:**

- Tegura gahunda y'indyo inyuranye buri muni.

## **3.1 Ibiribwa bitemewe mu gihe utwite**

Umugore utwite agomba kwitwararika ku biribwa n'ibinyobwa afata, kuko hari ibyo bishobora guteza ibibazo ku buzima bwe cyangwa ku mwana atwite. Iyi nyandiko isobanura ibyo kwirinda n'icyo wakora.

### **Ibiryo byanduye cyangwa byataye igihe**

#### **Ibyo kwirinda:**

- Irinde ibiryo byanduye, bidafunze neza cyangwa byataye igihe.

#### **Impamvu:**

- Bitera indwara z'igifu n'udukoko twangiza umwana.

#### **Icyo wakora:**

- Rya ibiryo bishya kandi byateguwe neza; reba itariki y'ifunguro riboze.

### **Inyama n'amagi bidahiye neza**

#### **Ibyo kwirinda:**

- Inyama zidahiye neza, amagi atari atetse neza.

#### **Impamvu:**

- Bishobora kuba bifite udukoko twatera indwara z'inda.

#### **Icyo wakora:**

- Teka inyama kugeza zihindutse neza; teka amagi kugeza umutobe w'imbere wumutse.

### **Imitobe y'isukari nyinshi n'ibinyobwa bya energy**

#### **Ibyo kwirinda:**

- Imitobe irimo isukari nyinshi, ibinyobwa byongera imbaraga (energy drinks).

#### **Impamvu:**

- Bitera isukari nyinshi mu maraso, bikongera ibyago byo kubyibuha no kurwara diyabete y'inda.

#### **Icyo wakora:**

- Simbuza imbuto nzima cyangwa imitobe yateguwe mu rugo idafite isukari nyinshi.

### **Umunyu n'amavuta menshi atunganyijwe**

#### **Ibyo kwirinda:**

- Umunyu mwinshi, amavuta y'ikirungo atunganyijwe cyane.

#### **Impamvu:**



- Byongera ibyago by'umuvuduko w'amaraso (hypertension) n'indwara z'umutima.

**Icyo wakora:**

- Gabanya umunyu n'amavuta; hitamo amavuta meza nk'ay'inyanya, amacunga cyangwa avoka.

**3.1 Ibiribwa bitemewe mu gihe utwite**

Umugore utwite agomba kwitwararika ku biribwa n'ibinyobwa afata, kuko hari ibyo bishobora guteza ibibazo ku buzima bwe cyangwa ku mwana atwite. Iyi nyandiko isobanura ibyo kwirinda n'icyo wakora.

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**Impamvu:**

- Bitera indwara z'igifu n'udukoko twangiza umwana.

**Icyo wakora:**

- Rya ibiryo bishya kandi byateguwe neza; reba itariki y'ifunguro riboze.

**Inyama n'amagi bidahiye neza**

**Ibyo kwirinda:**

- Inyama zidahiye neza, amagi atari atetse neza.

**Impamvu:**

- Bishobora kuba bifite udukoko twatera indwara z'inda.

**Icyo wakora:**

- Teka inyama kugeza zihindutse neza; teka amagi kugeza umutobe w'imbere wumutse.

**Imitobe y'isukari nyinshi n'ibinyobwa bya energy**

**Ibyo kwirinda:**

- Imitobe irimo isukari nyinshi, ibinyobwa byongera imbaraga (energy drinks).

**Impamvu:**

- Bitera isukari nyinshi mu maraso, bikongera ibyago byo kubyibuha no kurwara diyabete y'inda.

**Icyo wakora:**

- Simbuza imbuto nzima cyangwa imitobe yateguwe mu rugo idafite isukari nyinshi.

**Umunyu n'amavuta menshi atunganyijwe**

**Ibyo kwirinda:**

- Umunyu mwinshi, amavuta y'ikirungo atunganyijwe cyane.

**Impamvu:**

- Byongera ibyago by'umuvuduko w'amaraso (hypertension) n'indwara z'umutima.

**Icyo wakora:**

- Gabanya umunyu n'amavuta; hitamo amavuta meza nk'ay'inyanya, amacunga cyangwa avoka.

## **Imitobe irimo isukari nyinshi (n'ibinyobwa byaswe isukari, sodas)**

### **Ibyo kwirinda:**

- Imitobe yongeretsemo isukari, sodas, “juice drinks” zidakomoka ku mbuto 100%.

### **Impamvu:**

- Isukari nyinshi izamura cyane glucose mu maraso, ikongera ibyago bya diyabete y'inda no kubyibuha bikabije.

### **Icyo wakora:**

- Hitamo imbuto nzima uko ziri cyangwa “juice” witeguriye mu rugo udashyizemo isukari; shyira imbere amazi meza.
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## **Inzoga (alcohol)**

### **Ibyo kwirinda:**

- Inzoga zose (divayi, bierre, spirit...).

### **Impamvu:**

- Inzoga zinjira ku mwana nta kizuzi, zikangiza ubwonko n'imikurire (nta gipimo cy'“umutekano” gihari ku mugore utwite).

### **Icyo wakora:**

- Subiza inzoga amazi, amata, cyangwa imitobe y'imbutu wateguye mu rugo.
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## **Itabi (harimo n'umwotsi w'itabi w'abandi)**

### **Ibyo kwirinda:**

- Kunywa itabi n'uko kose kwihorera mu mwotsi w'itabi (passive smoking).

### **Impamvu:**

- Nikotine na carbon monoxide bigabanya umwuka n'amaraso agera ku nda, bigadindiza imikurire y'umwana.

### **Icyo wakora:**

- Kureka itabi burundu; gusaba abo mubana/aho ukorera kutatandika hafi yawe.
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## **Ibiyobyabwenge (urumogi, cocaine, heroin, meth, n'imiti ikoreshwa nabi)**

### **Ibyo kwirinda:**

- Ibiyobyabwenge byose n'imiti ikoreshwa mu buryo butanditswe n'umuganga.

**Impamvu:**

- Byangiza ubwonko, imitsi n'umutima; binyura ku mwana biciye mu maraso/placenta.

**Icyo wakora:**

- Irinde rwose; niba hari ikibazo cyo kubireka, shaka ubufasha kwa muganga.

### 3.2 Ibiryo byanduye cyangwa byataye igihe

- **Impamvu:** Iyo ibiryo byanduye cyangwa byapfuye, bigira udukoko (microbes) dutera indwara z'igifu nka *salmonella* cyangwa *E.coli*.
  - **Ku mubyeyi:** ashobora kurwara isesemi rikomeye, guhitwa, umuriro mwinshi cyangwa dehydration.
  - **Ku mwana:** ashobora kutabona amaraso n'intungamubiri zihagije, bikamudindiza mu mikurire cyangwa inda igacika.
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### 3.3 Inyama n'amagi bidahiye neza

- **Impamvu:** Inyama zidahiye neza cyangwa amagi atarimo gushya neza bishobora kubamo udukoko nka *toxoplasma gondii* cyangwa *salmonella*.
  - **Ku mubyeyi:** bishobora gutera infection, umuriro no kuribwa mu nda.
  - **Ku mwana:** ashobora kugira ubumuga bw'amaso, ubwonko cyangwa kuvuka afite intege nke.
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### 3.4 Imitobe y'isukari nyinshi n'ibinyobwa bya energy

- **Impamvu:** Isukari nyinshi ituma igipimo cy'isukari mu maraso gihora kiri hejuru, naho ibinyobwa bya energy bikaba bifite caffeine nyinshi n'amavuta.
  - **Ku mubyeyi:** byongera ibyago byo kurwara diyabete y'inda, kubyibuha bikabije no kugira umuvuduko w'amaraso.
  - **Ku mwana:** ashobora kuvuka afite ibiro byinshi cyane cyangwa imirire mibi, ndetse bikamutera kuvuka kare.
- 

### 3.5 Umunyu n'amavuta menshi atunganyijwe cyane

- **Impamvu:** Umunyu mwinshi utuma amazi afata mu mubiri, naho amavuta menshi atunganyijwe cyane (processed oils) agatera cholesterol nyinshi.
- **Ku mubyeyi:** byongera ibyago bya *pre-eclampsia* (umuvuduko mwinshi w'amaraso n'inkari zirimo proteyine), indwara z'umutima.
- **Ku mwana:** ashobora kubura amaraso amukwiye no kudakura neza mu nda.

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### 3.6 Ikawa na caffeine nyinshi

- **Impamvu:** Caffeine ishyira umubiri ku murimo mwinshi (stimulant), ikagabanya gusinzira no gukora k'umutima. Umwana nta bushobozi afite bwo kuyisohora mu maraso ye.
- **Ku mubyeyi:** atakaza amazi menshi, akagira isereri, umutima ukihuta no gusinzira gake.
- **Ku mwana:** akura buhoro, ashobora kuvuka ari muto cyane, bikongera ibyago byo kubura inda.

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### 3.7 Inzoga

- **Impamvu:** Inzoga zose zinjira mu maraso ya mama zikagera ku mwana nta kizuzi, zikangiza ubwonko n'imikaya ye.
- **Ku mubyeyi:** ashobora kugira intege nke, kubura amaraso no kugira ibibazo by'amarangamutima.
- **Ku mwana:** ashobora kuvuka afite *Fetal Alcohol Syndrome* (ubumuga bw'ubwonko n'isura idasanzwe), kuvuka kare cyangwa inda igacika.

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### 3.8 Itabi

- **Impamvu:** Itabi ririmo nikotine na carbon monoxide bikabuza amaraso gutembera neza ku nda. Ndetse n'umwotsi w'itabi wo ku bandi (passive smoking) ufite ingaruka.
- **Ku mubyeyi:** atangira kugira umuvuduko w'amaraso, indwara z'umutima no guhumeka nabi.
- **Ku mwana:** abura umwuka uhagije, akavuka ari muto, imburagihe cyangwa inda igacika.

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### 3.9 Ibiyobyabwenge (urumogi, cocaine, heroin n'ibindi)

- **Impamvu:** Ibiyobyabwenge bikangiza ubwonko, imitsi n'umutima. Byinjira mu maraso ya mama bikagera ku mwana mu nda.
- **Ku mubyeyi:** agira intege nke, ashobora kubura amaraso, indwara z'umutima no kwiyongera kwa stress.
- **Ku mwana:** ashobora kuvuka afite addiction (yamenyereye ibiyobyabwenge akiri mu nda), kuba afite ubumuga bw'ubwonko, indwara y'imitima cyangwa kuvuka kare.

### 3.11 Ikawa na Caffeine nyinshi

- **Impamvu bitemewe:**
    - Caffeine ni ikinyabutabire gishyira umubiri ku murimo mwinshi (stimulant). Iyo ikawa ibaye nyinshi, ishobora gutera **umuvuduko w’amaraso no kwihuta k’umutima**.
    - Ku mwana uri mu nda, caffeine yinjira mu maraso ya nyina ikagera ku mwana. Umwana nta bushobozi afite bwo kuyisohora, bigatuma **atangira kugaragaza ibibazo byo gukura**.
    - Ibyago byiyongera byo **gukuramo inda** cyangwa **kubura ibiro byinshi ku mwana avuka**.
  - **Icyo wakora:**
    - Gabanya ikawa n’ibinyobwa bifite caffeine (nk’icyayi gikaze, energy drinks).
    - Simbuza amazi meza, imitobe y’imbuto cyangwa icyayi cya **herbal** kitagira caffeine.
- 

### 3.12 Inzoga

- **Impamvu zibuza:**
    - Inzoga (alcohol) nta gipimo cyemewe cy’umutekano ku mugore utwite: *inzoga nkeya cyangwa nyinshi byose byangiza*.
    - Zishobora gutera **ibibazo bikomeye ku mikurire y’ubwonko bw’umwana** (Fetal Alcohol Syndrome).
    - Byongera ibyago byo **gukuramo inda, kuvuka imburagihe cyangwa umwana ufite ubumuga bwo mu mutwe n’ubwenge**.
  - **Icyo wakora:**
    - Irinde inzoga zose (cyane cyane divayi, bierre, ibinyobwa bikomeye).
    - Simbuza amazi, imitobe y’imbuto cyangwa amata.
- 

### 3.13 Itabi

- **Impamvu zibuza:**
  - Itabi ririmo **nikotine na carbon monoxide** bihagarika umwuka mwiza kugera ku mwana.
  - Bitera **kugabanuka k’amaraso ajya ku nda**, bigatuma umwana adakura neza.
  - Byongera ibyago byo **kubura inda (miscarriage), kuvuka imburagihe, cyangwa umwana ufite ibiro bikeya cyane**.

- No guhumeka umwotsi w'itabi rituruka ku bandi (*passive smoking*) nabyo bigira ingaruka zimwe.
- **Icyo wakora:**
  - Kureka itabi burundu.
  - Gusaba abo mubana kudatandika hafi yawe.
  - Niba bikugoye kureka, shaka ubufasha ku muganga cyangwa mu matsinda y'abafasha kureka itabi.

### 3.14 Ibiyobyabwenge (nk'urumogi, cocaine, heroin, n'ibindi)

- **Impamvu zibuza:**
  - Byangiza ubwonko n'imitsi by'umwana mu nda.
  - Byongera ibyago byo **kubura inda, kubura amaraso ku mugore, kuvuka imburagihe n'ubumuga bukomeye ku mwana.**
  - Umwana ashobora kuvuka afite **kwiyumvisha inzoga cyangwa ibiyobyabwenge mu maraso (addiction)** bigatuma arwara kuva akivuka.
- **Icyo wakora:**
  - Irinde ibiyobyabwenge byose.
  - Niba hari ikibazo cyo kubireka, shaka ubufasha ku muganga cyangwa ku kigo cy'ubuvuzi.

### 3.15 ibinyobwa bitemewe mugihe utwite

#### Imitobe y'isukari nyinshi n'ibinyobwa bya energy

- **Impamvu:** Isukari nyinshi ituma igipimo cy'isukari mu maraso gihora kiri hejuru, naho ibinyobwa bya energy bikaba bifite caffeine nyinshi n'amavuta.
- **Ku mubyeyi:** byongera ibyago byo kurwara diyabete y'inda, kubyibuha bikabije no kugira umuvuduko w'amaraso.
- **Ku mwana:** ashobora kuvuka afite ibiro byinshi cyane cyangwa imirire mibi, ndetse bikamutera kuvuka kare.

#### Ikawa na Caffeine nyinshi

- **Impamvu bitemewe:**
  - Caffeine ni ikinyabutabire gishyira umubiri ku murimo mwinshi (stimulant). Iyo ikawa ibaye nyinshi, ishobora gutera **umuvuduko w'amaraso no kwihuta k'umutima.**
  - Ku mwana uri mu nda, caffeine yinjira mu maraso ya nyina ikagera ku mwana. Umwana nta bushobozi afite bwo kuyisohora, bigatuma **atangira kugaragaza ibibazo byo gukura.**
  - Ibyago byiyongera byo **gukuramo inda** cyangwa **kubura ibiro byinshi ku mwana avuka.**

- **Icyo wakora:**
    - Gabanya ikawa n'ibinyobwa bifite caffeine (nk'icyayi gikaze, energy drinks).
    - Simbuza amazi meza, imitobe y'imbuta cyangwa icyayi cya **herbal** kitagira caffeine.
- 

## Inzoga

- **Impamvu zibuza:**
  - Inzoga (alcohol) nta gipimo cyemewe cy'umutekano ku mugore utwite: *inzoga nkeya cyangwa nyinshi byose byangiza*.
  - Zishobora gutera **ibibazo bikomeye ku mikurire y'ubwonko bw'umwana** (Fetal Alcohol Syndrome).
  - Byongera ibyago byo **gukuramo inda, kuvuka imburagihe cyangwa umwana ufite ubumuga bwo mu mutwe n'ubwenge**.
- **Icyo wakora:**
  - Irinde inzoga zose (cyane cyane divayi, bierre, ibinyobwa bikomeye).
  - Simbuza amazi, imitobe y'imbuta cyangwa amata.

## Itabi

- **Impamvu zibuza:**
    - Itabi ririmo **nikotine na carbon monoxide** bihagarika umwuka mwiza kugera ku mwana.
    - Bitera **kugabanuka k'amaraso ajya ku nda**, bigatuma umwana adakura neza.
    - Byongera ibyago byo **kubura inda (miscarriage), kuvuka imburagihe, cyangwa umwana ufite ibiro bikeya cyane**.
    - No guhumeka umwotsi w'itabi rituruka ku bandi (*passive smoking*) nabyo bigira ingaruka zimwe.
  - **Icyo wakora:**
    - Kureka itabi burundu.
    - Gusaba abo mubana kudatandika hafi yawe.
    - Niba bikugoye kureka, shaka ubufasha ku muganga cyangwa mu matsinda y'abafasha kureka itabi.
- 

## Ibiyobyabwenge (nk'urumogi, cocaine, heroin, n'ibindi)

- **Impamvu zibuza:**
  - Byangiza ubwonko n'imitsi by'umwana mu nda.

- Byongera ibyago byo **kubura inda, kubura amaraso ku mugore, kuvuka imburagihe n’ubumuga bukomeye ku mwana.**
- Umwana ashobora kuvuka afite **kwiyumvisha inzoga cyangwa ibiyobyabwenge mu maraso (addiction)** bigatuma arwara kuva akivuka.
- **Icyo wakora:**
  - Irinde ibiyobyabwenge byose.
  - Niba hari ikibazo cyo kubireka, shaka ubufasha ku muganga cyangwa ku kigo cy’ubuvuzi.

#### **4.1 Ibibazo biterwa no gutwita**

Mu gihe umugore atwite, ubudahangarwa bw’umubiri ndetse n’ubw’amarangamutima buragabanuka, ni yo mpamvu agomba kwirinda icyamuhungabanya cyose. dore bimwe mu bibazo bishobora kugaragara mu gihe cyo gutwita

##### **Ibimenyetso Mpuruza (Danger Signs)**

Mugihe utwite kandi ukabona ibimenyetso bikurikira bisaba kwihutira kujya kwa muganga kuko bishobora gushyira ubuzima bw’umubyeyi ndetse n’ubw’umwana mu kaga:

- Kuva amaraso menshi mu gitsina: bishobora gusobanura gukuramo inda kare, placenta yashwanyutse cyangwa indi ndwara ikomeye.
- Kuribwa umutwe bikabije: bishobora kuba ikimenyetso cya umuvuduko w’amaraso mwinshi (pre-eclampsia) n’ibindi bibazo bikomeye.
- Kuribwa mu kiziba cy’inda: bishobora kwerekana ko inda ifite ikibazo, harimo kuba hari inda iri hanze y’umura cyangwa placenta yamanutse.
- Gucika intege cyane cyangwa kugira isereri: bishobora kuba ikimenyetso cyo kubura amaraso (anémie) cyangwa izindi ndwara zikeneye kwitabwaho.
- Umuriro mwinshi cyangwa guhumeka nabi: bishobora gusobanura infection cyangwa ikibazo ku bihaha.

Iyo kimwe muri ibi bibaye, umugore agomba guhita atabaza muganga cyangwa umujyanama w’ubuzima.

#### **4.2 Ibyo Umugore Agomba Kwitwararika mu gihe atwite**

- **Kwirinda umuhangayiko:** Stress ishobora gutera ibibazo ku misemburo no ku mikurire y’umwana.
- **Kwirinda malariya:** Malariya ku mugore utwite ishobora gutera kubura inda cyangwa umwana kuvuka ari muto cyane. Ni yo mpamvu inzitiramibu iteye umuti ari ngombwa.
- **Isuku:** Gukora isuku y’umubiri n’aho atuye birinda indwara ziterwa n’umwanda nko guhitwa no kurwara urwuma.



- **Kuruhuka bihagije:** Kuba utaruhutse bihagije bishobora gutera umunaniro ukabije no kubura imbaraga.

- **Kwirinda imirimo ivunanye:** Imirimo iremereye ishobora gutera gukuramo inda cyangwa kugera ku nda kare.

- **Imyitozo yoroshye:** Nko kugenda buhoro, yoga yoroshye, guhumeka neza – bifasha umubiri kugira imbaraga no kurinda kubyimba amaguru.

- **Uburyo bwo kuryama:** Kuryamira urubavu rw'ibumoso ni bwo bwiza kuko bituma amaraso atembera neza ajya ku nda n'umwana. Kuryama ugaramye cyangwa ububitse inda byongera ibyago byo kugira isereri no kugabanya amaraso agera ku mwana.

#### 4.3 Uburyo bwo Kuryama mugihe utwite

##### Kuryamira urubavu rw'ibumoso (ni bwo bwiza cyane)

- **Impamvu:** bigabanya igitutu ku mutsi munini w'amaraso (vena cava) n'umwijima w'inkari, bikongera **amaraso n'umwuka** bigera ku mwana no ku mpyiko za mama; bigafasha no kugabanya **kubyimba amaguru**.
- **Uko wabikora:** funga amavi gake; shyira **umuriro/pilo** hagati y'amavi, undi munsu y'inda n'undi inyuma y'umugongo kugira ngo utayigarama utabishatse.

##### Kuryamira urubavu rw'iburyo (ni byiza nk'impalturnativa)

- **Impamvu:** nta kibazo gikomeye, ariko urubavu rw'ibumoso ruba rufite inyungu nyinshi; **gusimburanya** impande zombi birinda kubabara mu mugongo no gupfukirana.

##### Kuryama ugaramye (flat on the back) – wirinde cyane ugiye hejuru y'ibyumweru 20

- **Impamvu:** inda ikura igakanda **vena cava**, bigatera isereri, umutima kugenda buhoro, no **guhanagura amaraso agera ku mwana**.
- **Icyitonderwa:** nibiba ukabyuka wisanze ugaramye, **hindukira ucyeye** usubire ku rubavu; ushobora no gukoresha **pilo y'akabambano** (wedge) ku ruhande rw'iburyo kugira ngo umubiri ube ufite **ikizenguruko gito** (atari flat).

##### Kuryama wubitse inda (wubitse umusaya) – birahinduka uko inda ikura

- **Mu ntangiriro:** bishobora kutagira ingaruka zikomeye niba byoroheye mama.

- **Nyuma:** ntibikunda no kworoha bitewe n’uko inda iba nini; wirinde **gucinya inda**.

#### **Kuzamura igihimba cy’hejuru (semi-recline)**

- **Impamvu:** bigabanya isesemi n’induru mu muhogo (reflux/heartburn) kandi bifasha abumva **kubura umwuka nijoro**.
- **Uko ubikora:** shyira amapilo menshi ku mutwe n’igitsina cyo hejuru; wirinde kuryama **muri saa 2–3** za mbere nyuma yo kurya.

#### **Uburyo bwo kuruhuka neza nijoro**

- **Gahunda y’ibitotsi:** gerageza amasaha **8–9**; jya kuryama no kubyuka **igihe kimwe** buri munsu.
- **Amazi:** nywa menshi ku manywa, **ugabanye nijoro** kugira ngo kujya ku bwihereho kenshi bitaguhungabanya.
- **Umwuka na pilo:** funguza icyumba, koresha amapilo afasha uruti rw’umugongo (spine) **kuguma mu murongo**.

#### **Ibyo wirinda nijoro**

- **Kwicara/kwirambika umwanya muremure** utimukiye → biha amazi gufata mu maguru; wimuke gake-gake (stretching).
- **Ibiryo biremereye mbere yo kuryama** → byongera **reflux/heartburn**.

#### **Aho wihutira gusaba ubufasha**

- **Isereri ikabije** iyo ugaramye, **guhumeke nabi**, **ububabare bukomeye mu gituza**, cyangwa **ikimenyetso cy’akabombambari k’akaguru** (urwara rudahemuka, akaguru kababaye, kabyimbye kurusha akandi): **jya kwa muganga ako kanya**.

#### **4.4 Uburyo bwiza bwo kuryama igihe utwite**

• Uburyo bwiza: ni kuryamira urubavu cyane cyane urubavu rw’ibumoso. Ibi bifasha amaraso kugera neza ku nda n’umwana, bigabanya ibyago byo kugira umuvuduko w’amaraso mwinshi.

- **Impamvu:** bigabanya igitutu ku mutsi munini w’amaraso (vena cava) n’umwijima w’inkari, bikongera **amaraso n’umwuka** bigera ku mwana no ku mpyiko za mama; bigafasha no kugabanya **kubyimba amaguru**.
- **Uko wabikora:** funga amavi gake; shyira **umuriro/pilo** hagati y’amavi, undi munsu y’inda n’undi inyuma y’umugongo kugira ngo utayigarama utabishatse.

#### **4.5 Kuryamira urubavu rw’ibumoso (ni bwo bwiza cyane)**

- **Impamvu:** bigabanya igitutu ku mutsi munini w'amaraso (vena cava) n'umwijima w'inkari, bikongera **amaraso n'umwuka** bigera ku mwana no ku mpyiko za mama; bigafasha no kugabanya **kubyimba amaguru**.
- **Uko wabikora:** funga amavi gake; shyira **umuriro/pilo** hagati y'amavi, undi munsu y'inda n'undi inyuma y'umugongo kugira ngo utayigarama utabishatse.

#### **Kuryamira urubavu rw'iburyo (ni byiza nk'impalturnativa)**

- **Impamvu:** nta kibazo gikomeye, ariko urubavu rw'ibumoso ruba rufite inyungu nyinshi; **gusimburanya** impande zombi birinda kubabara mu mugongo no gupfukirana.

#### **4.6 Kuryama ugaramye (flat on the back) – wirinde cyane ugiye hejuru y'ibyumweru 20**

- **Impamvu:** inda ikura igakanda **vena cava**, bigatera isereri, umutima kugenda buhoro, no **guhanagura amaraso agera ku mwana**.
- **Icyitonderwa:** nibiba ukabyuka wisanze ugaramye, **hindukira ucyeye** usubire ku rubavu; ushobora no gukoresha **pilo y'akabambano** (wedge) ku ruhande rw'iburyo kugira ngo umubiri ube ufite **ikizenguruko gito** (atari flat).

#### **4.7 Kuryama wubitse inda (wubitse umusaya) – birahinduka uko inda ikura**

- **Mu ntangiriro:** bishobora kutagira ingaruka zikomeye niba byoroheye mama.
- **Nyuma:** ntibikunda no kworoha bitewe n'uko inda iba nini; wirinde **gucinya inda**.

#### **4.8 Kuzamura igihimba cy'hejuru (semi-recline)**

- **Impamvu:** bigabanya **isesemi n'induru mu muhogo (reflux/heartburn)** kandi bifasha abumva **kubura umwuka nijoro**.
- **Uko ubikora:** shyira amapilo menshi ku mutwe n'igitsina cyo hejuru; wirinde kuryama **muri saa 2–3** za mbere nyuma yo kurya.

#### **4.9 Uburyo bwo kuruhuka neza nijoro**

- **Gahunda y'ibitotsi:** gerageza amasaha **8–9**; jya kuryama no kubyuka **igihe kimwe** buri munsu.
- **Amazi:** nywa menshi ku manywa, **ugabanye nijoro** kugira ngo kujya ku bwihereho kenshi bitaguhungabanya.
- **Umwuka na pilo:** funguza icyumba, koresha amapilo afasha uruti rw'umugongo (spine) **kuguma mu murongo**.

### **5.1 Uruhare rw'Umugabo mu Gihe Umugore we Atwite**

Umugabo ufasha umugore we mu gihe cyo gutwita atuma umugore agira umutuzo w'amarangamutima, bikagabanya stress no kongera ubusabane hagati yabo.

Kumuherekeza kwisuzumisha (ANC) bituma ibibazo bikemurwa hakiri kare kandi bigatanga umutekano.

Iyo umugabo amuba hafi igihe cyo kubyara, umugore agira ubutwari n'amahoro, ububabare buragabanuka kandi yumva akunzwe. Kugirana umubano n'umwana akiri mu nda binyuze mu kumuganiriza, kumuririmbira no gukoraho inda bimufasha gukura neza mu bwenge, mu mibanire n'amarangamutima.

#### **Ibyo umugabo ashobora gukora**

- Kumuherekeza kwa muganga no kumushyigikira mu isuzuma.
- Gufasha mu mirimo yo mu rugo kugira ngo umugore aruhuke.
- Kumuganiriza no kumwumva.
- Gushyikirana n'umwana akiri mu nda (kumuririmbira, kumuganiriza, gukoraho inda buhoro).

### **5.2 Ibyiciro by'Ingenzi by'Imikurire y'Umwana uri mu nda**

- Ukwezi kwa 1: Isura itangira kwirema, ahazajya amaso hagaragara utuziga twijimye.
- Ukwezi kwa 2: Ubwonko butangira kwirema.
- Ukwezi kwa 3: Amaboko, ibiganza, intoki, ibirenge n'ino biba byamaze kwirema. Ibice byose by'umubiri biba byarangiye kurema.
- Ukwezi kwa 4: Umutima ushobora kumvwa n'igikoreshe cyabugenewe.
- Ukwezi kwa 5: Umwana atangira kwinyagambura mu nda.
- Ukwezi kwa 6: Amaso atangira gufunguka.
- Ukwezi kwa 7: Ubushobozi bwo kumva (amatwi) buba bwuzuye neza.
- Ukwezi kwa 8: Umwana ashobora kumva no kureba, ubwonko bukura vuba cyane.
- Ukwezi kwa 9: Ibihaha biba byarangiye kurema neza. Umwana ashobora kumva ijwi, kubona urumuri no kumva gukorwaho.
- Ukwezi kwa 10: Umwana aba ageze igihe cyo kuvuka; kwinyagambura kwe kuragabanuka kuko aba amaze kuba munini.

### **5.3 Urutonde rw'Ibiribwa Bikungahaye ku Butare (Fer)**

- Amagi (umuhondo)
- Amafi
- Udushyimbo duto twa rantiye
- Sesame
- Ingano, porici, igikoma, kinowa
- Umuceri, uburo
- Ibishyimbo, amashaza
- Imboga rwatsi (epinari)
- Imbuto z'amasaka nka cashew, almonde, ubunyobwa, pisitaciyo
- Inyama zitukura, inkoko
- Tangawizi
- Imbuto zimwe

- Tofu
- Umugati ukungahaye ku butare

Fer ni ingenzi mu gukora amaraso mashya, kugabanya umunaniro no gufasha umwana gukura neza.

#### **5.4 Ibyokurya Bikungahaye kuri Vitamine C**

- Icunga
- Papayi
- Indimu
- Urusenda rutukura
- Imbutu zitukura (inkeri)
- Shufureri
- Amashu atukura
- Brokoli
- Ibirayi by'umweru

Vitamine C ifasha umubiri kumira neza fer kandi irinda umubiri indwara.

Icyitonderwa: Icyayi gikomeye kigabanya uko fer imirwa. Ntukinywe mu gihe uri kurya ibiribwa bikungahaye ku butare.

#### **5.5 Ibiribwa Bikungahaye kuri Kalisiyumu**

- Shufureri
- Celeri
- Imiteja
- Imboga rwatsi
- Inzuzi
- Beterave
- Coconati
- Avoka
- Amashu
- Sesame
- Ibitunguru

Kalisiyumu ikomeza amagufa n'amenyo y'umwana, kandi irinda umubyeyi kubura ibinyabutabire by'ingenzi.

### **6.1 Gushyikirana hagati y'umubyeyi utwite n'umwana we**

**Gushyikirana hagati y'umubyeyi utwite n'umwana we** bikubiyemo guhererekanya no kwakira amakuru hagati y'umwana uri mu nda na nyina, bitanyuze mu magambo gusa, ahubwo biciye mu **amaraso, amarangamutima, amajwi, imisemburo, no gukorakora inda.**

Umwana aba ashobora **kumva no kwiyumvisha** ibibera hanze n'iby'umubyeyi kuva mu mezi ya mbere y'inda.

## 6.2 Uburyo butandukanye umubyeyi utwite ashobora gushyikirana n’umwana we

**Gushyikirana hagati y’umubyeyi utwite n’umwana we** bikubiyemo guhererekanya no kwakira amakuru hagati y’umwana uri mu nda na nyina, bitanyuze mu magambo gusa, ahubwo biciye mu **amaraso, amarangamutima, amajwi, imisemburo, no gukorakora inda.**

Umwana aba ashobora **kumva no kwiyumvisha** ibibera hanze n’iby’umubyeyi kuva mu mezi ya mbere y’inda.

1. **Biciye mu maraso n’imisemburo**
  - Placenta itwara **umwuka n’itungamubiri** biva ku mubyeyi bikagera ku mwana, kandi isubizayo imyanda.
  - Iyo mama afite stress cyangwa ibyishimo, **imisemburo y’umubiri** (hormones) ihinduka, bikagera no ku mwana.
2. **Biciye mu majwi n’amagambo**
  - Kuva ku mezi 5–6, umwana atangira **kumva amajwi**; yumva ijwi rya mama we nk’iryo hafi cyane.
  - Iyo mama aririmba indirimbo zimwe kenshi, umwana azikomeza kumenya no nyuma avutse.
3. **Biciye mu gukoraho inda**
  - Iyo mama cyangwa se bamukoraho inda buhoro, umwana ashobora kwinyagambura cyangwa kwitura aho bamukoze.
  - Ibi bituma yumva ahuje n’ababyeyi be.
4. **Biciye mu marangamutima**
  - Iyo mama afite amahoro, umwana aba atuje. Iyo afite stress cyangwa agahinda, umwana ashobora kubyiyumvamo (nko gukubita umutima vuba).
5. **Biciye mu rumuri n’urusaku**
  - Nubwo inda imucyingiriza rumuri ruke, umwana ashobora gutandukanya **umucyo n’umwijima.**
  - Ashobora no kumva urusaku rukabije arwumvise (nk’umuziki w’urusaku).

## 6.3 Akamaro KO kuba hari imishyikirano hagati y’umubyeyi utwite n’umwana uri mu nda

1. **Kongera ubusabane (bonding) mbere yo kuvuka**
  - Umwana amenya ijwi rya mama n’umuryango, bikamufasha kumenyera urukundo n’umutekano akivuka.
2. **Guteza imbere ubwonko n’imikurire**
  - Gushyikirana na mama bigira uruhare mu mikorere y’**ubwonko bw’umwana** (cognitive development).
  - Byongera ubushobozi bwo kumva, kumenya amajwi, no kumva ibidukikije.
3. **Kurinda umubyeyi stress nyinshi**

- Iyo umubyeyi aganiriza cyangwa aririmbira umwana, nawe araruhuka, amaraso atembera neza, kandi amarangamutima ye aba meza.
- 4. **Kongerera umwana amahirwe yo kuvuka afite ubuzima bwiza**
  - Uko amarangamutima n'imibereho myiza ya mama ari meza, niko umwana akura neza mu mitsi, mu magufa no mu bwenge.
- 5. **Kwerekana umwana ko ari uw'agaciro kuva akiri mu nda**
  - Ibi bituma umuryango wose (umugabo, abavandimwe, ababyeyi) uha agaciro uwo mwana akiri mu nda, bigatuma avuka afite umubano mwiza n'ababyeyi be.

#### 6.4 Ingero z'ibyo wakora kugira ngo ushyikirane n'umwana wawe uri munda

- Mama aririmbira indirimbo za gakondo buhoro → umwana aratuzwa.
- Se akora ku nda, akavugaga amagambo meza → umwana akanyeganyegaga cyangwa akiturira aho amajwi aturuka.
- Mama arimo gusenga cyangwa asoma amagambo y'amahoro → umwana aba mu mutuzo.
- Mu gihe hari indirimbo ikomeye cyangwa urusaku rukabije → umwana ashobora kwinyagambura cyane.

#### 6.5 Kuki umugore utwite agomba kwirinda stress?

- **Stress izamura imisemburo mibi (cortisol)** ishobora guhungabanya imikurire y'umwana.
- **Ishobora gutera umuvuduko mwinshi w'amaraso (pre-eclampsia)** no kudatembera neza k'amaraso ku nda.
- **Ituma umubyeyi atakaza imbaraga**, agasiba kurya cyangwa gusinzira neza.
- **Yongera ibyago byo kubura inda cyangwa kuvuka imburagihe.**
- **Ishobora kugira ingaruka ku bwenge n'imibanire y'umwana akivuka.**

#### 6.6 Kongera ubusabane (bonding) mbere yo kuvuka

- **Ibisobanuro:** Iyo umubyeyi aganiriza cyangwa aririmbira umwana, uwo mwana atangira kumenyera ijwi rya mama ndetse n'ay'abandi bo mu muryango.
- **Impamvu:** Uko kumenyera amajwi bituma umwana akura yumva afite umutekano, kandi igihe avutse yumva ibidukikije bimurimo urukundo n'ubusabane. Ibi bituma umubano we n'ababyeyi uhera ku rukundo rufatika.

#### 6.7 Guteza imbere ubwonko n'imikurire

- **Ibisobanuro:** Ubutumwa, indirimbo n'ijwi rya mama bituma ubwonko bw'umwana butangira gukora imikoranire (neural connections).
- **Impamvu:** Ibi bituma umwana agira ubushobozi bwo gutangira kumva, gutandukanya amajwi, no kumenya ibidukikije hakiri kare. Byongera amahirwe

yo kugira imikurire myiza mu bwenge (cognitive development) no mu mikorere y'ubuzima bwe bwose.

### 6.8 Kurinda umubyeyi stress nyinshi

- **Ibisobanuro:** Iyo mama aririmbira cyangwa aganiriza umwana, nawe araruhuka, umutima ugakora neza, amaraso akatembera neza kandi akagira amarangamutima meza.
- **Impamvu:** Kugabanya stress ku mugore utwite birinda indwara nko kugira umuvuduko w'amaraso mwinshi cyangwa kubura amaraso. Uko mama afite umutuzo, niko n'umwana amera neza mu nda.

### 6.9 Kongerera umwana amahirwe yo kuvuka afite ubuzima bwiza

- **Ibisobanuro:** Uko amarangamutima ya mama ari meza kandi atuje, niko n'imikurire y'umwana mu nda igenda neza mu magufa, mu mitsi ndetse no mu bwonko.
- **Impamvu:** Ubuzima bwiza bwa mama butuma umwana abonera intungamubiri n'amaraso ahagije, bigatuma avuka afite ubuzima buzira umuze kandi afite imbaraga.

### 6.10 Kwereka umwana ko ari uw'agaciro kuva akiri mu nda

- **Ibisobanuro:** Iyo umuryango wose uganiriza cyangwa ugashyikirana n'umwana akiri mu nda, uwo mwana atangira gufatwa nk'uw'agaciro mbere y'uko avuka.
- **Impamvu:** Ibi byubaka umubano mwiza hagati y'umwana n'umuryango we. Bituma akura azi ko akunzwe, ko ahawe umwanya, kandi bikamufasha kugira imibanire myiza akivuka ndetse no mu buzima bwe bw'igihe kirekire.
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### 6.11 Muri make : kubijyanye n'imishyikirano iri hagati y'umubyeyi utwite n'umwana we:

Gushyikirana hagati y'umubyeyi n'umwana we si amagambo gusa, ahubwo ni **itumanaho ry'umubiri, amarangamutima n'amajwi** rifasha umwana kumenya, gukura neza no kwiyumvamo ko akundwa mbere y'uko avuka.

### 6.12 imiti gakondo mu gihe utwite

**Imiti gakondo ntiyemewe ku mugore utwite keretse iyo yemejwe n'umuganga.**

Kuyikoresha ku giti cyawe ni **ingorabahizi** kuko ishobora gutera **ibibazo bikomeye ku buzima bwa mama no ku mwana.**

Imiti gakondo ikozwe mu byatsi cyangwa ibimera ishobora kuba ikaze cyane ku mubiri, ikagira ingaruka zitazwi kuko idapimwa nk'imiti isanzwe yemewe na muganga.



### **Ku mugore utwite:**

- **Gukuramo inda (miscarriage):** bimwe mu byatsi bizwiho gutera ibise bikomeye bikaba byakurura inda.
- **Kubyara imburihe:** imiti ibangura igifu cyangwa igatera imbarurira ishobora gutuma inda isohoka kare.
- **Kubura amaraso cyangwa umuvuduko w'amaraso:** bimwe bigabanya amaraso cyangwa bikazamura cyane umuvuduko w'amaraso.
- **Indwara z'igifu n'impiko:** imiti iteguwe mu buryo budafite isuku ishobora kwanduza bagiteri cyangwa kwangiza impiko.
- **Kwivanga n'imiti ya muganga:** ishobora kugabanya cyangwa kongera imbaraga z'imiti muganga yaguhaye, bikaba bibi cyane.

### **Ku mwana uri mu nda:**

- **Kudakura neza:** imiti igabanya intungamubiri cyangwa amaraso agera ku nda, bigatuma umwana akura nabi.
- **Ubumuga bw'ubwonko n'imitsi:** bimwe mu bigize imiti byinjira mu maraso ya mama bikagera ku mwana bigahungabanya ubwonko.
- **Kuvuka ari muto cyane (low birth weight):** kubera kubura amaraso cyangwa intungamubiri zihagije.
- **Kuvuka imburihe:** kubera ibise bitungurwa n'imiti gakondo.
- **Urupfu rw'umwana akiri mu nda:** mu gihe imiti ifite ingaruka zikaze.

### **6.13 Inkingo umugore utwite agomba gufata**

- **Tetanus/Td vaccine** – irinda mama n'umwana indwara ya tetanus igihe cyo kubyara.
- **Malaria prevention (SP/Fansidar)** – ahantu hari malaria, abagore batwite bahabwa imiti yo kuyirinda.
- **Indi nkingo:** bitewe n'aho uri n'inama za muganga (urugero: Hepatite B, influenza).

### **Kuki ari ngombwa kuzifata?**

- Zirinda indwara ziremba ku mugore utwite.
- Zirinda umwana uri mu nda n'igihe avutse.
- Zigabanya ibyago byo gupfa kwa mama cyangwa umwana.

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### **6.14 Kuki ari ngombwa kwipimisha hakiri kare mu gihe utwite (ANC)**

- Kumenya kare niba inda iri mu buryo bwiza.

- Kugenzura amaraso, inkari, ibipimo by'umuvuduko w'amaraso, fer/iron, acide folique.
- Kugenzura uko umwana akura mu nda.
- Gutegura gahunda yo kubyara (birth plan).
- Kugabanya ibyago byo kubura inda cyangwa kugira ibibazo bikomeye.

**Icyo bitanga:** umutekano ku buzima bwa mama n'umwana, kumenya kare ibibazo bishobora kubaho.

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#### 6.14. Wakora iki mugihe umenye ko utwite cyangwa usanze utwite

- **Kora ikizamini cy'inda (pregnancy test)** ukimara gutinda imihango.
- **Jya ku kigo nderabuzima** uandikishe inda (ANC) mbere y'ibyumweru 12.
- **Tangira gufata acide folique na fer/iron** buri munsu nk'uko muganga abigutegeka.
- **Irinde inzoga, itabi, ibiyobyabwenge, imiti gakondo** n'ibiribwa bitemewe.
- **Kurya indyo yuzuye:** ibiribwa bikungahaye kuri proteyine, imboga, imbuto, amata, ibinyampeke.
- **Kumenya ibimenyetso mpuruza** (kuribwa bikabije, kuva amaraso, umuriro mwinshi, kutumva umwana anyeganyega).
- **Shaka inkunga y'umuryango n'umugabo:** kuba hafi, kugufasha mu mirimo, kukuganiriza.

#### Muri make

- **Inkingo:** zirinda mama n'umwana indwara zikomeye.
- **Kwipimisha kare:** bituma bamenya ibibazo hakiri kare kandi bigakemurwa.
- **Iyo umenye ko utwite:** andikisha inda, fata imiti y'inyunganiramirire, irinde ibyangiza umwana, kurya neza no gukurikiza inama za muganga.

#### 6.15 Ingaruka zo kudafata ibinini mbonezabuzima (Fer/iron na Acide folique) igihe utwite

**Ibinini mbonezamirire (inyunganiramirire)** bigizwe ahanini na **Fer/iron** n'**Acide folique**.

Umugore utwite abihabwa kugira ngo afashe umubiri we n'umwana gukura neza, kurinda indwara no kubura amaraso.

#### Ingaruka ku mubyeyi:

- **Anemia (kubura amaraso)** → umubyeyi ahora ananiwe, acika intege, ashobora kugira umutwe ukabije n'isereri.

- **Kubyara imburagihe** kubera kubura intungamubiri zihagiye.
- **Kubura imbaraga igihe cyo kubyara** (labor complications).
- **Kwiyongera ibyago byo gupfa ku mugore** igihe cyo kubyara kubera kubura amaraso ahagiye.

#### **Ingaruka ku mwana uri mu nda:**

- **Kudakura neza** mu nda (growth restriction).
- **Kuvuka ari muto cyane** (low birth weight).
- **Kuvuka imburagihe** (premature birth).
- **Ubumuga bwo mu bwonko n’umugongo** (neural tube defects) bitewe no kubura acide folique.
- **Kwiyongera ibyago byo gupfa akiri mu nda cyangwa akivuka.**

#### **Umwanzuro**

Kunywa **fer/iron na acide folique buri munsu** kuva utangira kwipimisha kugeza ubyaye ni ingenzi cyane:

- Birinda kubura amaraso,
- Bituma umwana akura neza,
- Birinda ubumuga bukomeye ku mwana.

#### **6.16 Wabwirwa n’iki ko umugore utwite afite ikibazo cy’imirire?**

##### **Ibimenyetso ku mubiri wa mama**

- **Kunanuka cyane cyangwa kubura ibiro** (BMI iri hasi).
- **Guhora ananiwe, isereri kenshi** – bishobora kwerekana kubura amaraso (anemia).
- **Uruhu rwumye cyangwa rucikagurika**, imisatsi itangiye kugwa.
- **Amaguru n’ibirenge byabyimbye** (bishobora kwerekana ikibazo cya proteyine).
- **Amenyo ashobora gutangira kwangirika** kubera kubura calcium na vitamini.
- **Umunwa ugaragaza ibisebe cyangwa ururimi ruryaryata** (kubura vitamini B cyangwa C).

##### **Ibimenyetso mu mikorere**

- **Kutagira imbaraga** zo gukora imirimo isanzwe.
- **Kugira isesemi ikabije n’ibibazo byo kutabona ibyo kurya bihagiye.**
- **Kurwara kenshi** kubera kugabanuka k’ubudahangarwa.

##### **Ibimenyetso ku mwana uri mu nda**

- **Kudakura neza mu nda** (fetal growth restriction).
- **Kuvuka ari muto cyane cyangwa imburagihe.**

- **Ibyago byo kugira ubumuga bw'ubwonko cyangwa amagufa** bitewe no kubura intungamubiri (nk'acide folique, calcium).
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## 6.17 Wakora iki niba umugore utwite afite ikibazo cy'imirire

### 1. Kwipimisha no gukurikirana kwa muganga

- Jya ku kigo nderabuzima cyangwa kwa muganga **hakiri kare** kugira ngo bamenye imiterere y'ikibazo.
- Muganga ashobora **gupima amaraso** (anemia, fer/iron) no kugenzura imikurire y'umwana.
- Ukurikize gahunda zose za **ANC (Antenatal Care)**.

### 2. Indyo yuzuye buri muni

- **Proteyine:** amagi, inyama zidafite amavuta menshi, amafi, ibishyimbo, amashaza, soya.
- **Imboga n'imbuto:** imboga z'icyatsi (isombe, dodo, epinari), imbuto zifite vitamin C (icunga, indimu, inanasi, papayi).
- **Ibinyampeke:** umuceri, kawunga, amasaka, uburo.
- **Ibikomoka ku mata:** amata, yogati, fromaji (byongera calcium).
- **Amazi meza:** ibikombe 6–8 ku muni.

### 3. Inyunganiramirire

- Fata buri muni **fer/iron na acide folique** nk'uko muganga abigutegeka.
- Ahandi hakenewe, muganga ashobora kongeraho **vitamini cyangwa kalisiyumu**.

### 4. Kwirinda ibyangiza

- Irinde **inzoga, itabi, ibiyobyabwenge, imiti gakondo** n'ibiryo byanduye.
- Gabanya **ikawa na caffeine nyinshi**.

### 5. Inkunga y'umuryango

- Umugabo n'umuryango bagomba gufasha umugore kubona indyo yuzuye, kumuha akaruhuko, no kumushyigikira mu rugendo rwo gutwita.

### Jya kwa muganga ako kanya niba

- Hari **kubura amaraso gukabije** (isereri, gucika intege cyane, umutwe ukabije).
- Umugore **atabona ibiro bihagije** cyangwa abura ibiro byinshi.
- Umwana **ntakomeza kugaragaza imikurire** (ntanyeganyega uko byari bisanzwe).

## 6.18 Ingaruka z'imirire mibi mu gihe umugore atwite

### Ku mugore utwite

1. **Kubura amaraso (anemia)**
  - Umugore ahora ananiwe, agira isereri kenshi, umutwe ukabije.
  - Byongera ibyago byo kugira amaraso make cyane igihe cyo kubyara.
2. **Kunanuka cyangwa kubura ibiro bikenewe**
  - Umubiri we ubura ubushobozi bwo kwihanganira inzira yo kubyara.
  - Gucika intege no guhora ananiwe.
3. **Kugabanuka k'ubudahangarwa**
  - Ashobora kurwara indwara zoroheje kenshi (z'igifu, z'ubuhumekero, iz'uruhu).
4. **Umunaniriro n'agahinda gakabije**
  - Stress ikiyongera, rimwe na rimwe bigatera agahinda gakabije (depression).
5. **Ibibazo mu gihe cyo kubyara**
  - Kubura imbaraga zo kubyara.
  - Kwiyongera k'ibyago byo gupfa igihe cyo kubyara.
  - Kugira ibibazo mu gukira nyuma yo kubyara.

### Ku mwana uri mu nda

1. **Kudakura neza (growth restriction)**
  - Umwana ashobora kuvuka ari muto cyane (low birth weight).
2. **Kuvuka imburagihe (premature birth)**
  - Inda ikarangira kare, umwana akavuka adakuriye neza.
3. **Ibibazo mu mikurire y'ubwonko n'umugongo**
  - Kubura **acide folique** bishobora gutera ubumuga bwo mu bwonko cyangwa mu mugongo (neural tube defects).
4. **Intege nke cyangwa ubumuga**
  - Kubura intungamubiri (fer, vitamini, kalisiyumu) bigatera amagufa adakomera cyangwa ubwonko budakura neza.
5. **Kwiyongera k'icyago cyo gupfa**
  - Umwana ashobora gupfa akiri mu nda cyangwa akivuka.

## 6.19 Icyo wakora wakora mu gihe ufite imirire mibi kandi utwite

### Ku mugore utwite

- **Kwipimisha kare no gukurikirana ANC** ku kigo nderabuzima.

- **Kurya indyo yuzuye** buri munsu: ibinyampeke, ibikomoka ku matungo, imboga, imbuto, amata n'amafi.
- **Kunywa fer/iron na acide folique** buri munsu nk'uko muganga abigutegeka.
- **Kunywa amazi meza ahagije.**
- **Kwirinda ibyangiza:** inzoga, itabi, ibiyobyabwenge, imiti gakondo.

#### **Ku mwana uri mu nda**

- Iyo mama akurikiranye imirire ye neza, umwana ahabwa intungamubiri zimufasha **gukura neza mu magufa, mu bwonko no mu mubiri wose.**
- Gukurikirana kwa muganga (ANC) bituma **ibibazo bamenyekana kare** kandi umwana akarindwa ingaruka z'imirire mibi.

#### **Muri make**

**Imirire mibi ku mugore utwite** itera kubura amaraso, gucika intege, kurwara kenshi, no kugira ibyago byinshi igihe cyo kubyara.

**Ku mwana,** itera kudakura neza, kuvuka ari muto cyangwa imburagihe, ndetse n'ubumuga bukomeye.

**Igisubizo:** kwipimisha hakiri kare, kurya indyo yuzuye, gufata inyunganiramirire (fer/iron na acide folique), no kwirinda ibyangiza.

#### **7.0 Kwitegura kubyara**

Mugihe witegura kubyara Tangira gutegura ibikoresho uzitwaza mu gihe cyo kubyara, uburyo uzagerayo, uzaguherekeza, kandi witegure hakiri kare uko wifuza ibintu bizagenda ku munsu uzabyariraho.

Mugabo, herekeza umugore wawe kwa muganga agiye kubyara kugirango umufashe kandi umube hafi.

### **7.1 Niriyari wamenyako ugomba kwihutira kujya kwamuganga kubyarirayo**

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 ina ma yo guhita ujjayo ukibona ibimenye 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

- 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 kuvu ka 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

### **7.2 Ibyo wamenya ku bise by'umugore ugiye kubyara**

- Ushobora kuba ujya wumvaga kwivumbaga tanya 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 kwi haga/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 ibisan za (ururenda) ndetse harimo n'bisa nkaho hari mo amaraso.
- (2) Kuva ibintu bimeze nk'amazi.
- (3) Kuribwa umugongo.
- (4) Kugira isesemi no kuruka.
- (5) Guhitwa.

- Gukoresha ibimera cyangwa imiti ya kinyarwanda ntabwo byafasha umubyeyi kugirango ibise bize neza, kuko bishobora gutera umwana ibibazo cyangwa se na nyina

### **7.3 Akamaro ko kubyarira kwa muganga**

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.

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

Nanone

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

#### **7.4 Kwita ku ruhinja rukimara kuvuka**

Uruhinja rukimara kuvuka rushyirwa mu gituzi 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 rwawe nko kugira umuhondo, kuva amaraso mu mukondo, kuzana icyena mu mbavu, amashyira mu maso n'ibindi.

- Uruhinja rukimara kuvuka rugomba guhitira rushyirwa mu gituzi, rugahanagurwa neza kandi vuba hakoreshejwe igitambaro gifite isuku, rugomba gufubikwa ikigoma cyangwa igitambaro/umwenda wumutse ndetse rugomba kuguma mu gituzi cya nyina mu gihe cy'isaha byibuze kandi aba ari mugituzi cy'umubyeyi ku buryo abasha kuba amureba mu maso.

Akamaro:

Ibi bifasha umwana gukomeza kuba ashushye ndetse binafashe umwana n'umubyeyi komatana ndetse bikanatuma abasha kumwonsa hakiri kare.

Iyo umubyeyi w'umugore atameze neza nyuma yo kubara kuburyo atashobora gushyira uruhinja mu gituzi umubiri ku wundi, se w'umwana ashobora kubikora neza uko bikwiye.

- Konsa uruhinja bigomba gukorwa byibuze mu gihe kitarenze isaha nyuma y'uko uruhinja ruvutse

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 yatumye utabwo kumwe n'uruhinja rwawe kandi ukarwonsa bikwiriye ndetse ukanamukurikirana ukanamwitaho uko bikwiriye.

#### **7.5 Ni ryari umubyeyi agomba gutangira konsa umwana**



Konsa uruhinja bigomba gukorwa byibuze mu gihe kitarenze isaha nyuma y'uko uruhinja ruvutse

### **7.6 Ese biremewe koza umwana ukivuka**

Umwana ntabwo akarabywa akivuka. Impinja ntabwo zishobora guhita zihangana n'impindu ka 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 ubushobozi bwo gahindagurika.

Umwana ukivuka ntagomba kuhagirwa kuko biba bigoye kugenzura igipimo cy'ubushyuhe bw'umwana.

### **7.7 Niryari watangira koza uruhinja**

Ni ngombwa gutegereza nk'umunsi umwe cyangwa ibiri aho ubushyuhe bw'umwana buba bumaze kugira ubushobozi bwo gahindagurika.

### **7.8 impamvu 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 kidasanzwe 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 runyeganye ga, rufata, niba nta bimenyetso bigaragara by'indwara y'umuhondo, kureba niba nta kibazo cy'amaso, umuti ma ndetse n'ingingo zo ku kukibuno.
- Uburebure n'ibiro by'abana bizahora bigenzurwa kugira ngo hizere ko umwana akura uko bikwiye.
- Gusuzuma umwana bishobora gutanga amaku ru 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)

### **7.9 Ubumuga bukomereye cyangwa bworoshye uruhinja rushobora kuvukana**

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

### **7.10 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 guhita batangira guhumeka nyuma yo kuvuka bihuriye/byihuse (urugero iyo umubyeyi abazwe) cyangwa bigatinda cyane wenda se umwana yahungabanyijwe no gutinda munda cyangwa yahuye n'ibindi bibazo akiri mu nda.

- Muganga niwe wenyine ugomba gutanga ubu fasha. 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.

### **7.11 Impinja zikeneye kurushaho gukurikiranwa**

Ababyeyi basanganywe ibibazo byihariye bivuze ko n'iyi 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'abavu kana 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 ukanamukurikirana ukanamwitaho uko bikwiriye.

### **7.12 Inshuro umubyeyi n'uruhinja bisuzumisha nyuma yo kubyara**

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 munsu wa gatatu ageze mu rugo.

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

Ariko hari izindi inshuro 2 ziyongera ku mwana wavukanye ibiro bikeya, aho asurwa n'umujyanama w'ubuzima ku munsu wa 7 ndetse n'umunsu wa 28 ageze mu rugo.

### **7.13 Akamaro ko kwisuzumisha nyuma yo kubyara**

Bifasha gutahura hakiri kare ikibazo icyo aricyo cyose cyahungabanyaga ubuzima bw'uruhinja n'ubw'umubyeyi.

### **7.14 Icyo wakora uruhinja rukimara kuvuka**

Urwo ruhinja rushyirwa mu gituma cya nyina cyangwa cya se, umubiri ku mubiri mu munsu ya mbere rukivuka, bituma rukura vuba rukagira n'ubuzima bwiza.

### **7.15 Ibyo umubyeyi wabyaye agomba kuzirikana**

Umubyeyi agomba kuruhuka bihagije, akarya indyo yuzuye, akonsa umwana kenshi uko bikwiye.

### **7.16 Igihe cyiza cyo gukurikiza umwana**

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.

### **7.17 Gukomeza kwita ku bana bato cyangwa impinja**

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'imiti (farumasi) yemewe unirinde kumuvurisha imiti ya gakondo. Niba ubona hari ikimenyetso mpuruza afite mwihutire kujya kwa muganga.

### **7.18 Imbindo z'umwana – Pampegisi**

Ugomba guhindurira umwana kabiri ku muni (inshuro 2 mu masaha 24) kuva ku muni wa 6 avuye tse. Namara kugira ibyumweru 6, inshuro yituma zizagenda zigabanuka, imbindo ze atakizanduza cyane.

- Umubare w'imbindo umwana yanduje ugomba kungana n'umubare w'iminsi uruhinja rumaze ruvutse. Urugero, imbindo 3 ku muni wa 3 umwana avutse, n'imbindo 6 umwana amaze iminsi 6.

### **7.19 IBYO WAMENYA KU MWANDA UMWANA YITUMA**

Ubusanzwe umwana ukivuka yituma ibintu bisa n'icyatsi cyangwa umukara mu masaha 24 ya mbere. Niba utabibonye ku mwana wawe, baza muganga.

Mu minsi ya mbere ushobora kubona ibintu bimeze nk'ibitukura cyangwa iroza mu mwanda uruhinja rwitumye. Ariko uko arushaho konka bi genda bishira. Mu mbindo z'impinja z'abakobwa ushobora kubonamo utuntu tw'uturaso mu minsi mike akivuka, ariko humura, ntibigutere impun genge birashira.

### **7.20 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 igihe arize cyangwa hari ubushyuhe bwinshi. Ibi ariko birashi ra iyo haje amafu n’umwana yacecetse.

- Uruhu rw’umwana rushobora gukanyarara cya ne ku bana bavutse barengeje igihe gisanzwe. Ushobora kubasiga amavuta. Ugomba kubaza abashinzwe ubuzima amavuta akwiye.

### **7.21 Urureri**

uko wafata urureri 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. rugifite urureri

Igengesere mu gihe uhindurira imbindo uruhinja rugifite urureri. Niba ubona rutangiye kuva ama raso, ruhindutse umutuku cyangwa ku mukondo hameze nk’ahandujwe n’udukoko dutera indwara, ihutire kubibwira muganga.

### **7.22 Ibyo ugomba kuzirikana ku mpinja zavutse igihe kitageze**

- Baza muganga uko wakwitwararika igihe uruhinja Umwihariko ku mpinja zavukanye ibiro bidashyitse n’izavutse igihe kitageze

- Impinja zivutse igihe kitageze n’izavukanye ibiro bidashyitse zikunze kugira ibibazo kandi ziba zishobora kurwara kurusha cyane.

- Izi mpinja zikonja vuba kurusha izavukiye igihe 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 igihe kitageze, urwavukanye ibiro bidashyitse n’urwavukanye ibiro bike ruhorana ubushyuhe, cyane bamuheka mu gituzza utam baye, ari byo byitwa Kangaro.

### **7.23 Uburyo bwiza bwo gufata uruhinja**

Uburyo bwa Kangaro bwo gufatira uruhinja mu gituzza butuma ruhorana ubushyuhe. Ubu kandi ni n’uburyo bwiza bwo konsa umwana kuko byongera urugwiro akomatana n’umubyeyi.

### **7.24 Uko wakwita ku mwana muto**

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 igihe n'uwavukanye ibiro bidashyitse.

Kuvuza umwana vuba na bwangu igihe agaragaza ibimenyetso by'uburwayi

### **7.25 Kuki abana baato bakunda kurwaragurika**

- Abana bakunda kurwara iyo bakiri munsu y'umwa ka umwe kubera ko umubiri wabo uba utaragira ubudahangarwa, nubwo amashereka n'inkingo bibongerera ubwirinzi cyane.
- Indwara zisanzwe zishobora kurembya abana cya ne bitunguranye
- Ugomba kwigengesera ku buzima bw'umwana wawe kandi ukhutira kumuvuza igihe agaragaza ibimenyetso by'uburwayi.

### **7.26 Gusinzira k'uruhinja cyangwa gusinziriza 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.

### **7.27 Ese nibyiza ko uruhinja rurarana n'ababyeyi barwo**

Ahantu hatekanye umwana akwiye kuryamishwa mu mezi atandatu ye ya mbere ni mu akamoyize cyangwa mu gatanda kagenewe abana ariko kakaba kari mucyumba ababyeyi bararamo.

Ntabwo ari byiza kuryama ku buriri bumwe n'uruhinja

### **7.28 Impamvu zituma abana bakunda kurira**

Abana barira kubera impamvu nyinshi, ariko higanjemo kuba bashonje, bafite ubushyuhe bw'inshi, banyaye cyangwa bitumye bashakira 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 guterurwa, guhozwa no guhuguzwa. Ntabwo bisobanuye ko ari kurera bajeyi, ahubwo ni uko uko urushaho kubikora niko arushaho kumva atekanye, yitaweho noneho bigatuma ubwo yumva ko agomba gutuza.

Kurira ni ibisanzwe ku mpinja ariko iyo bi komeje kabone n'ubwo wamuhaza 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 guceceka, 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 muke urabona acecetse kuko bituma yumva atekanye.

### **7.29 Indwara y'Umuhondo**

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

Iyo umwana wawe agaragaje ikimenyetso mpuruzwa ntukazuyaze ushakira ahandi ahubwo hita ujyana umwana kwa muganga kuko uruhinja ruremba mu mwana muto. Niba wumva umwana wawe afite umuriro, wimufubika cyane, mwambike utwenda tworoshye ubwo umujyanye kwa muganga

### **7.30 Impinja zikeneye kurushaho gukurikiranwa**

Ababyeyi basanganywe ibibazo byihariye bivuze ko n'iyi 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 gihiruka cyangwa se mu gihe bari ku bise.

- Abana bavutse igihe kitageze ndetse n'abavu kana 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 ukanamukurikirana ukanamwitaho uko bikwiriye.

### **8.1 Uruhare rw'umugabo mugihe mugore utwite**

Umugabo ashobora gufasha umugore utwite:

- Amuherekeza kwisuzumisha kwa muganga.
- Amuba hafi mu rugo no kwa muganga.
- Bituma umugore agira ubuzima bwiza, agira ituze, kandi yumva ashigikiwe.

### **8.2 Uruhare rw'umugabo mu gihe cyo kubyara**

Iyo umugabo ari kumwe n'umugore igihe abyara:

- Bituma umugore agira ituze n'umutekano.
- Ububabare bwe bugabanuka.
- Yumva afite urukundo n'ubufasha.

### **8.3 Uko ababyeyi bashyikirana n'umwana uri mu nda**

Ababyeyi bombi bashobora gutangira gushyikirana n'umwana akiri mu nda:

- Binyuze mu kumuganiriza.

- Kumuririmbira no gukuyakuya inda.
- Bifasha umwana gukura neza mu bwenge, imbamutima, n'imibanire.

#### **8.4 Akamaro ko kuba ababyeyi bashyikirana n'umwana uri mu nda**

Bifasha umwana gukura neza mu bwenge, imbamutima, n'imibanire.

#### **8.5 Uruhare rw'umubyeyi w'umugabo mu mikurire y'umwana**

Iyo umubyeyi w'umugabo yita ku mwana no ku byo akeneye:

- Bituma umwana akura neza, akunda ababyeyi be.
- Umwana agira ubushobozi bwo kwiga neza no gutsinda.
- Bimufasha kubana neza n'abandi.

#### **8.6 Kuba intangarugero n'uruhare rw'umugabo mu burere bw'umwana**

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 afatanyaga n'uwo bashakanye mu nshingano zabo zo kwita ku bana babo

Uurugero nko:

- Gufasha abana kwiga no gukora imikoro y'ishuri.
- Gukunda guterura no gukina n'abana bato.
- Kubaganiriza, kubakorera ibikinisho, no kubafasha kuvumbura ibidukikije.

Umubyeyi w'umugabo afite uruhare runini mu mikurire, umunezero n'umutekano w'umwana we ndetse n'uw'umuryango wose

#### **8.7 akamaro ko kuba umugabo ari intangarugero mu muryango**

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 afite uruhare runini mu:

- Mikurire y'umwana.
- Umunezero w'umuryango.
- Kugarura icyizere n'umutekano mu rugo.

#### **8.8 Gufatanyaga 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 igitutu bashobora gushyirwaho n'umuryango mugari babita inganzwa, ngo bararozwe n'ibindi.

### **8.9 Uruhare rw'abagore mu gushyigikira abagabo**

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.

### **8.10 Gufatanya imirimo yo mu rugo n'iyita ku mwana**

Igihe ababyeyi bombi bafatanya imirimo yo mu rugo:

- Bombi babona umwanya uhagije wo kwita ku yindi mirimo iteza imbere umuryango.

Imirimo yo kwita ku mwana igomba gusaranganywa:

- Guterura umwana, kumuhindurira imyenda/ibyo yitumyemo.
- Kumugaburira, kumuvugisha, kumuririmbira, no gukina na we.
- No mu gihe cyo konsa, umugabo:
- Yunganira umugore akora indi mirimo y'urugo kugira ngo amworohereze.

### **8.11 Ubwoko bw'ihohoterwa rikunze kugaragara**

Ihohoterwa rikunze kugaragara mu muryango:

- Gukubitwa
- Guhutazwa
- Gucirwa mu maso
- Gutukwa
- Guteshwa agaciro
- Ihohoterwa rishingiye ku gitsina
- Ihohoterwa rishingiye ku mitungo

Ibi byose bigira ingaruka ku mubyeyi utwite n'umwana atwite mu mitekerezwe n'amarangamutima.

### **8.12 Ingaruka z'ihohoterwa ku bana n'umuryango**

Abana biga bigana, iyo ababyeyi bakora ihohotera, bibagiraho 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.

Ingaruka ziterwa no kuba bana

### **8.13 Ingaruka zagera ku mwana mugihe ahohotewe**

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.

Ingaruka ziterwa no kuba bana

### **8.14 Uburyo bwo gukumira ihohoterwa no kurinda abana**

- Gukumira ihohoterwa birinda:

- Imibanire mibi hagati y'ababyeyi.
- Ingaruka mbi ku bana no ku muryango.

- Ababyeyi bakwiye:

- Kwirinda impamvu zose z'amakimbirane mu rugo.
- Kwirinda kubigaragariza imbere y'abana.
- Kwita ku mibanire myiza n'umutekano w'abagize umuryango bose.

### **8.15 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'umwihariko 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.

### **8.16 akamaro ko kuba umugabo yita ku muryango we**

Iyo umugabo yitabira ibikorwa byo kwita ku muryango we:

bibera abana urugero rwiza bazakurikiza, kandi bigatuma umuryango urushaho komatana.

### **8.17 uko umugabo yafasha umugore wonsa**

No mu gihe cyo konsa, umugabo:

Yunganira umugore akora indi mirimo y'urugo kugira ngo amworoherenze.

## **9.1 Ubumuga ni iki**

Ubumuga ni imbogamizi mu miterere n'ubushobozi buke umubiri w'umuntu ufite, bigatuma atabasha gukora inshingano cyangwa se imirimo nk'iyi 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.

## **9.2 ubumuga bushobora kubaho igihe umubyeyi atwite**

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.

## **9.3 ubumuga bushobora kubaho igihe umugore abyara**

, 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

## **9.4 ubumuga bushobora kubaho nyuma yo kubyara**

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.

## **9.5 Uko twakwirinda abana ubumuga**

Babyeyi, twarinda umwana ubumuga umubyeyi utwite yisuzumisha kwa muganga byibura inshuro 8, afata inyunganiramirire zikomatanijwe yahawe na muganga, aya 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 kumuvuza hakiri kare ku baganga bemewe, gukunda kumukinisha, kumuganiriza no gukangura ubwonko bw'umwana hakiri kare

## **9.6 Kwita ku bana bafite ubumuga no kubafasha kwiga**

Abana bafite ubumuga ni abana nk'abandi, bafite uburenganzira bwo kwiga mu ngo mbonezamukurire ndetse n'amashuri atandukanye

- Ababyeyi bagomba gufasha umwana ufite ubumuga kugira amahirwe yo kwiga, gutsinda no kurangiza ishuri.
- Bagomba no kumufasha kubona insimburangingo n'ubufasha bwihariye bafatanyije n'abarezi be.
- Ni ngombwa kumenyekanisha umwihariko wabo kugira ngo bafashwe uko bikwiye kandi babashe kugendana n'abandi.
- Abana bafite ubumuga bagomba kwinjizwa mu mikino n'ibikorwa rusange kugira ngo batigunga cyangwa ngo biyange.
- Ntihakwiye kubaho uhejwe cyangwa usigaye inyuma mu bikorwa by'abana.

### **9.7 Abana bafite ibibazo by'idindira mu mikurire**

Ibyiciro by'ingenzi mu mikurire y'umwana

Kwitegereza imikurire y'umwana wabo kugirango batahure hakiri kare ibimenyetso by'idindira mu mikurire. Kuja kwa muganga igihe ubona ikibazo gikomeye cy'idindira mu mikurire y'umwana.

Gutahura hakiri kare ibibazo by' idindira mu mi kurire y'umwana

- Ibyiciro by'imikurire biduha ishusho rusange y'igihe umwana aba akwiye gukora ikintu runaka mu mikurire ye, nko gutangira kugenda.
- icyiciro gitanze kugaragara mu mikurire bikagera mu mezi abiri kuzamura, bifatwa nk'idindira rikabi je bitewe n'icyiciro umwana yakabaye agezeho.
- Iyo imikurire y' umwana ku kicio runaka idindiyeho gato ntibiba bisobanuye ako kanya ko ari ikibazo cy'ubumuga. Ariko iyo idindiye cyane, birashoboka ko bwaba ari ubumuga.
- Igihe cyose umwana agize ubukerererwe bukabije bwo gukora ikintu ku cyiciro runaka, ugomba kumujyana kwa muganga.
- Gutahura ikibazo no kugukurikira hakiri kare ni ingirakamaro.

### **9.8 umwana ufite ikibazo mu mivugire:**

- Uruhinja rutivugisha/rutiganiriza nkuko bisanzwe iyo ruri mu kigero cy'amezi 6 - Umwana w'igitambabuga utabasha gutobora ngo avuge ijamba na rimwe ku myaka 2
- Umwana w'incuke utabasha kuvuga amagambo ngo wumve icyo avuze.

### **9.9 ibibazo bishobora kuvuka ku bijyanye no kumva k'umwana :**

- Umwana utinyeganyezza iyo hari ijwi cyangwa urusaku byumvikanye
- Ntagutega amatwi iyo umuvugishije cyangwa ngo amwenyure iyo umukinishije
- Umwana iyo akubonye arahindukira ariko wamuhamagara wigiye hirya gato aho atakureba ntiyitabe
- Ntiyita ku ndirimbo
- Ku mwaka 1, umwana yaradindiye mu gusubiramo cyangwa kuvuga amagambo yoroheje ubundi abana baheraho biga kuvuga nka "mama" cyangwa "dada" Saba ababyeyi barebe ku bijyanye no kureba

### **9.10 ibimenyetso by' ubumuga bwo kutabona ku mwana:-**

Uruhinja rurengeje amezi 3 rukaba rudashobora gukurikiza amaso ikintu umunyujije imbere, uva iburyo ugana ibumoso.

- Amaso ataringaniye (areba imirari, amaso yigaragura, cyangwa agenda rubiriki iyo umwana yitegereza ikintu), kandi umwana arengeje amezi 4
- Iyo imboni yeruruka cyane cyangwa isa nk'ikijuju
- Amaso yizunguza cyane impande n'impande
- Kubona umwana agaragaza ko aribwa mu maso, yibyiringira cyangwa akuba amaso
- Gutukura ijisho cyangwa yombi bikamara iminsi byaranze gushira
- Imirishyi/amashyira mu jisho cyangwa yombi
- Amaso ahora abungamo amarira/ amatemababuzi menshi- Ibitsike byenda gutwikira ijisho
- Amaso atinya urumuri cyane.

### **9.11 Uko twagenzura imikorere y'ingingo z'umwana**

uko umwana akoresha amaboko n'amaguru, n'uburyo yifasha gukora ibintu:

- Muje mukurikiranira hafi cyane uko uruhinja rwanyu rugenda rukura mugenzure niba hari icyiciro ki garagaza kudindira.
- Jya kwa muganga umutekerereze uko umwana ameze, amusuzume akugire inama, cyane ko hari igihe byasaba kukohereza aho yabona ubufasha bukwiye.
- : • Ibyiciro by'imikurire biduha ishusho rusange y'igihe umwana aba akwiye gukora ikintu runaka mu mikurire ye, nko gutangira kugenda.
- Niba hari ikiguhangayikishije ku byiciro by'imikurire y'umwana, baza muganga.

### **9.12 Ubumuga buvukanwa**

: **Umwana wavukanye umutwe munini (amazi ku bwonko).**

Indwara yo kuvukana amazi ku bwonko ituma umutwe w'umwana uba munini cyane ntunakomere. Umwana agomba guhita ajyanwa byihutirwa ku bitaro byihari ye.

**Indwara yo kugagara kw'imikaya y'ubwonko**

umwana ntabashe guhagarara no kugenda (Cerebral Palsy) Indwara yo kugagara kw'imikaya y'ubwonko iterwa no kugira ibibazo ku bwonko mu minsi ya mbere y'uruhinja ; bibaho kenshi mu gihe cyo kuvuka.

Ibimenyetso biyigaragaza cyane ni ukwizunguza no kwikaraga kw'ingingo bikabije ndetse no kugagara kw'ingingo zimwe na zimwe.

### **Ibibari**

Ibibari ni indwara umwana avukana umubiri w'igice cyo hejuru cy'umunwa kikaba gisadutse. Ibibari ni ukuvuka umunwa wo hejuru cyangwa hasi usadutse. Bishobora no kuba mu gisenge cy'akanwa. Ibibari bishobora gukora abuzima-fatizo/chromosome (down syndrome) Ni ubumuga buterwa n'imikorere itari kumurongo y'utunyabuzima-fatizo (chromosome) igatuma twi yongera bigatuma umwana agira ubukererwe mu mikurire n'imikorere y'ubwonko.

Iyi ndwara itera abana ubumuga bugaragara ku mubiri ndetse no mu bwenge. N'ubwo ubu bumuga budakira, iyo butangiye gukurikiranwa hakiri kare buroroha ubuzima buga

komeza. Abana bavukanye ubu bumuga bakavurwa hakiri kare bashobora kubaho ubuzima bwisanzwe bakagera kuri byinshi mu buzima.

**Indwara ifata imyakura y’ahagana hasi ku ruti rw’umugongo ntirwifunge neza (Spina Bifida)**

Iyi ni indwara ifata imyakura y’ahagana hasi ku ruti rw’umugongo.

Genzura ku mugongo w’uruhinja rwawe. Niba hariho ikibyimba kinini, igisebe cyangwa ikintu kidasanzwe gishobora no kuba nk’ubwoya bwinshi budasanzwe bukoze agatsiko, ishobora kuba ari iyi ndwara.

**Ubumuga bw’ingingo (amaboko n’amaguru)**

Abana bashobora kuvuka hari igice cy’ingingo (ak aboko cyangwa akaguru) batavukanye, katuzuye cyangwa kamugaye.

Abana bafite ibi bibazo bashobora gukurikiranirwa mu bigo byihariye mu kuvura ubumu ga bw’ingingo.

**Ubumuga bw’uruhu rwera**

Uruhu rw’umwana rubura utunyangingo dutuma rukomera noneho rukagira ibara ryera kandi rubasha kwangizwa mu buryo bworoshye n’imirasire y’izuba. Ufite ubu bumuga ahorana ikibazo cy’amaso, ariko ntibigira ingaruka ku mikorere y’ubwonko.

**Ikirenge kitaranginganiye**

Ikirenge ntikiba kiringaniye uko cyakagombye kuba kimeze.

**Ubumuga bwo kudakomera mu mavi (imitego)**

Mu mavi ntihaba hakomeye (imitego), amavi ashobora gutagarana cyangwa akenda kugongana

**Ubumuga bw’intoki n’amano**

Kwa muganga bashobora kubaga ahafite ikibazo bakaringaniza bigakemuka

- Ganira na muganga ku bumuga umwana yavukanye, kandi wihutire no kumugeza ku bitaro byabugenewe.

- Wumvire inama za muganga kandi wihutire kuvuza umwana ubumuga yavukanye.

- Bumwe mu bumuga buvukanwa bushobora kuvurwa hakiri kare ariko umwana agakenere kwitabwa ho na nyuma yaho. Urugero, uruhinja rwavukanye ibibari [bikabagwa] rushobora gukomeza gukenere gufashwa mu kugaburirwa ndetse no kubona ubufasha bwihariye butuma abasha kuvuza uko agenda akura.

imbogamizi mubona zatuma umwana wavukanye ubumuga atavuzwa ?

(Urugero nko kuba kure y’ibitaro bitanga ubwo buvuzi bwihariye, kubura amafaranga, kubura umwana...) .

**9.13 Gahunda yo gufashiriza murugo abana bafite ubumuga**

Ni iki ababyeyi bashobora gukora ngo bafashe umwana ufite ubumuga? Ni nde ushobora gufasha ababyeyi bafite umwana ufite ubumuga kwita ku mwana wabo?

- Iyo gahunda yo gukurikiranira umwana mu rugo iba igamije gufasha umwana wamaze gusuzumwa ubumuga runaka bwihariye.

- Gahunda yo gukurikiranira mu rugo umwana ufite ubumuga ikorwa n’impuguke mu buvuzi, umuryango w’umwana n’abandi baturanyi baturizwa hamwe guha umwana ufite ubumuga ubufasha bwihariye akeneye haba mu myigire cyangwa ubuzima busanzwe.

- Gira inama abagize umuryango ndetse n'umwana ufite ubumuga kumenya uko bazajya bitwara, uko begenzura imbamutima zabo ku bijyanye n'ikibazo cyo kugira ubumuga.
- Igisha abana bafite ubumuga kuja bamenya icyo bakeneye no kukimenyekanisha kugirango babone ubufasha.
- Igisha abagize umuryango ubumenyi bw'ibanze bwo gufasha abana bafite ubumuga kugirango bajye bafashiriza abo bana mu rugo.
- Shishikariza ababyeyi kujyana abana bafite ubumuga ku ishuri no kubafasha mu myigire

#### **9.14 Inzitizi abana bafite ubumuga bakunda kugira**

- Abana bafite ubumuga baba bagira inzitizi :
- Mu miterere y'umubiri wabo : ingingo zimwe zigize umubiri (amaguru, amaboko, ijosi,) cyangwa ingingo z'imbere mu mubiri (umutima, ibihaha, ubwonko) ; cyangwa
- Mu mikorere y'umubiri wabo : imikorere y'umubiri w'umuntu (guhumeke, gutekereza, amarangamutima, kureba,)
- Izo nzitizi zishobora kubabura gukora ibikorwa dusanzwe tumenyereye nko kugenda, kwicara, kurya, guteka, n'ibindi, no gukora ibikorwa bisanzwe mu buzima nko kujya ku ishuri, guki na, kujya ku rusengeri n'ibindi.
- Abana bafite ubumuga ni abana nk'abandi. Bakeneye gukundwa no guhabwa agaciro.
- Bakura ku rwego rw'imiterere yabo. Mu mikurire yabo bahura n'imbogamizi nyinshi ugereranyije n'abandi bana; ni yo mpamvu bakenera ubufasha buvuye mu bw'abandi

#### **9.15 Impamvu zitera ubumuga**

- Impamvu zitera ubumuga zishobora kubaho mbere yo gusama, umwana akiri mu nda, arimo kuvuka, cyangwa amaze kuvuka.
- Ubumuga si urupfu ; Ubumuga bwinshi bwakwirindwa.
- Hari impamvu zitandukanye zitera ubumuga. Kwirinda ibitera ubumuga ni inshingano z'ababyeyi bombi, kandi nta n'umwe ukwiye kwitirirwa kuba nyirabayazana w'ubumuga bw'umwana

#### **9.16 Ingaruka z'ubumuga ku mwana**

Ubumuga cyangwa idindira mu mikurire bigira ingaruka zinyuranye ku buzima bw'umwana.

Zimwe muri izo ni :

- Kudashobora kwiyitaho : kwiyambika, kwiga burira, gukoresha ubwiherero.
- Kudashobora kuganira n'abandi : kudashobora gusobanurira abandi igitekerezo cye, ibyifuzo ndetse imbamutima ze.
- Kubura amahirwe nk'ay'abandi bana mu buto bwe, nko kwiga no gukina
- Ubumuga butuma umwana adakora icyo ashaka cyangwa yifuza
- Guhabwa akato n'abandi
- Kubura urukundo rw'ababyeyi cyangwa kwi tabwaho

#### **9.17 Umuryango ufite umwana ufite ubumuga**

- **Akato n'iheweza** : umuryango ufite umwana ufite ubumuga ushobora kudatumirwa mu bikorwa/ibi rori by'aho atuye cyangwa ubwawo ukiheza.
- **Ibibazo by'amikoro** : ubushobozi busabwa ku buvuzi bw'umwana burabahenda, kutabona umwana wo gukora kubera ubufasha bwihariye umwana akenera, ...

- Umuryango ubaho udatuje : buri wese aba afite igishyika cyo gusiga umwana wenyine ; n'iyi yaba ari mukuru.
- Bishobora guteza ubwumvikane buke hagati y'ababyeyi n'imiryango yabo, gutandukana kw'abashakanye kandi akenshi ababirenganiramo ni abagore.

### **Ubufasha bw'abaturanyi ku mwana ufite ubumuga.**

ni iki abaturanyi bakora kugirango bafashe umuryango kwita ku mwana ufite ubumuga ?

- Habaho amatsinda y'ababyeyi yo gushyigikira umuryango ufite umwana ufite ubumuga. Ba umwe muri bo cyangwa uhamagarire abandi babyeyi uzi kugana ayo matsinda.
- Kugira umwana ufite ubumuga bishobora kutubaho twese. Aho guha akato umuryango bya bayeho, ahubwo nimuze tubafashe. Urugero: twanyuzamo tukajya tubafasha kwita kuri wa mwa na, kubazanira ibiribwa aho bikenewe, kubasura tukabaganiriza

### **9.18 Uburenganzira bwo kwiga ku mwana**

- Buri mwana afite uburenganzira bwo kwiga
- . • Leta y'u Rwanda yiyemeje guteza imbere uburenganzira bwo kwiga ku bana bafite ubumuga ;
- Amahame na politike rusange agenewe abana bafite ubumuga n'abakeneye kwitabwaho by'umwihariko akena ko aho bishoboka bajya biga mu mashuri asanzwe bakigana n'abandi.
- Umwana ufite ubumuga ashobora kwiga kandi akaguka mu bumenyi. Ubumuga bucyeye gusa ni bwo buba inzitizi ku myigire y'abana babufite, ariko nubundi ntibibuza ko abo bana bashobora kwiga ku rwego rw'ubushobozi bwabo.
- Umwana ufite ubumuga aramutse agiye mu urugo mbonezamukurire cyangwa ishuri umwana wawe yigamo. Wabyakira ute?
- Buri mwana afite uburenganzira bwo kwiga.
- Leta y'u Rwanda yiyemeje guteza imbere uburenganzira bwo kwiga ku bana bafite ubumuga ;
- Amahame na politike rusange agenewe abana bafite ubumuga n'abakeneye kwitabwaho by'umwihariko akena ko aho bishoboka bajya biga mu mashuri asanzwe bakigana n'abandi.
- Umwana ufite ubumuga ashobora kwiga kandi akaguka mu bumenyi. Ubumuga bucyeye gusa ni bwo buba inzitizi ku myigire y'abana babufite, ariko nubundi ntibibuza ko abo bana bashobora kwiga ku rwego rw'ubushobozi bwabo

### **9.19 Umwana ufite ubumuga aramutse agiye mu urugo mbonezamukurire cyangwa ishuri umwana wawe yigamo. Wabyakira ute?**

- Abana bafite ubumuga ni abana nk'abandi. Bakeneye gukundwa no guhabwa agaciro no kwitabwaho. Bagomba kujya mu mashuri no mu mashuri, gukura n'abandi bana no kwiga.
- Ubumuga ntibwandura. Umwana ntibwandurira abandi

### **9.20 Uburezi budaheza ku bana bafite ubumuga**

- Uburezi budaheza busobanuye ko abana bose bagomba kwigana mu kigo kimwe.

Abana bose bagomba kwakirwa bagafashwa kwiga.

- Ingo mbonezamikurire n'amashuri bagomba :

Kubaka inyubako mu buryo butabangamiye abanyeshuri bafite ubumuga butandukanye.

Kugira imfashanyigisho zigenewe abana bakeneye ubufasha bwihariye mu kwiga

o Kugira abarezi n'abarimu bahuguwe ku burezi budaheza mu marerero n'amashuri.

- Abana bakeneye ubufasha bwihariye mu kwiga ni abafite imbogamizi z'igihe gito cyangwa kirekire zituma atabasha kwiga mu buryo busanzwe.

### **9.21 Gufasha abana bafite ubumuga kugana ishuri no gutsinda amasomo**

Urugo mbonezamikurire/urugo mbonezamikurire cyangwa ishuri bigomba gukora

isesengura ku bufasha bwihariye bukenewe mu myigishirize ; abarezi n'ababyeyi

bagatanga amakuru ku rwego ubumuga bw'umwana buriho, ubufasha bwihariye akeneye,

inzitizi ahura na zo, n'ubushobozi bwe mu myigire.

Aho bikenewe, hakorwa gahunda yihariye ku mwana bigaragara ko ayikeneye

(Individual Education Plan - IEP). Ababyeyi ubwabo baba ku isonga mu gushyigikira

umwana mu myigire yihariye, bamufasha gusubiramo amasomo.

### **9.22 Uko abana bafite ubumuga bahabwa Uburezi budaheza**

Gushyira abana bafite ubumuga bwo kwiga mu marerero; cyangwa gushishikariza

ababyeyi bafite umwana ufite ubumuga kumwohereza mu ngo mbonezamikurire

n'amashuri.

Gufasha umwana ufite ubumuga gutsinda no kurangiza ishuri.

Kwakira neza abana bafite ubumuga ku marerero/ingo mbonezamikurire n'amashuri

Gukoresha ururimi rw'amarenga aho bikenewe, no gukangurira abana kurukoresha

kugirango babashe kuvugana n'umwana bigana ufite ubumuga busaba kuganira ari uko

akoresheje amarenga.

### **9.23 Gufasha abana bafite ubumuga bwo kutavuga**

- Abana bafite ubumuga bwo kutavuga cyangwa ibindi bibazo mu mikurire bakunda

kugira ipfunwe.

- Ashobora kubabara cyane iyo abona atabashije gutanga igitekerezo uko babyifuzaga

cyangwa gukora ikintu uko yabishakaga, cyangwa iyo ata bonye icyo yifuzaga

- Ihanganire umwana wawe, umureke ntumuce mu ijamba umwunganira igihe arimo

arwana no kukubwira icyo yifuza.

- Muhe umwana uhagije igihe arimo kukuganiriza, kandi ugerageze gutahura ibyo

ashaka kukubwira.

- Gerageza uburyo bunyuranye bwakoroshya ikiganiro, nko gukoresha ibimenyetso,

gutunga urutoki ku kintu ashaka, n'ururimi rw'amarenga

### **9.24 Ese abana bato bashobora kumenya amarenga**

Abana bashobora kwiga ururimi rw'amarenga kuva bakiri impinja. Uruhinja rufite amezi

6 rushobora kwiga amarenga amwe n'amwe noneho ku mezi 12 rukaba rubasha kuvuga



ibintu runaka cyoroheje no kwerekana ibyo rukeneye mu marenga. Urugero “Ndashaka”, “Nyongera”, “Kurya”, “Nyabuna”

### **9.25 Ese ni gute umwana ufite ubumuga (kutumva, kutabona, mu myitwarire) ashobora gukina?**

- Gukina bifasha abana gukura neza no kwigira
- Abana bafite ubumuga bagomba guhabwa uburyo bunyuranye bwo gukina nk’abandi bana
- Gukina n’abandi bana bitera abana bafite ubumuga kumva bisanzuye

### **10.1 Kugira isuku**

Kugira isuku ni ukwita ku mubiri wacu, ndetse no gu tunganya aho dutuye no mu nkengero zaho

- Isuku tuvuga ni nko gukaraba intoki, kwiyoogoshe sha, guca inzara, kwambara inkweto, kwiyoogira, gusukura mu nzu no mu mbuga, kugira umusa rane/ubwihereho no kuwubungabunga.
- Isuku ni isoko y’ubuzima ku bana n’ababyeyi.

### **10.2 Ingaruka zo kutagira isuku no kutituma mu musarane**

Kutagira isuku ikwiye no kutituma mu musarane bishobora gutuma imyanda yanduza abantu indwara z’impiswi, macinya, tifoyide na korera.

- Impiswi ituma umwana abura amazi mu mubiri, akagira umwuma n’imirire mibi, akadindira mu mikurire
- Iyo umwana akunda guhura n’umwanda abantu bituma cyangwa watawe n’inyamaswa, ashobo ra kuhandurira udukoko dutera indwara mu zo mu nda, amara ntashobora kugogora no gutun ganya neza intungamubiri umwana akenera mu mikurire y’ubwonko n’igihagararo.

### **10.3 Umwanda abantu bituma ahadukwiye wongera ugakwirakwizwa mu bantu binyuze:**

- Mu mazi : imigezi, amariba adaturanyije neza, imivu y’imvura...
- Mu ntoki : kuko akenshi mu bihuru nta hantu ho gukarabira intoki hahari
- Isazi zishobora kuva ku mwanda zikaza kwanduza ibiribwa
- Ahadukikije : hasi ku butaka, mu busitani, aho gukinira n’ahandi Binyuze mu buryo tumaze kubona, umwanda ugera ku biribwa umuntu akabirya, na we akaba yanduye atyo !

### **10.4 Gukaraba intoki**

Kuki ari ngombwa gukaraba intoki?

- Gukaraba intoki biturinda indwara dushora kwandura twe n’abana bacu.
- Gukaraba intoki birinda ikwirakwira ry’icyorezo cya COVID-19

### **10.5 Ibihe by’ingenzi byo gukaraba intoki**

Ugomba gukaraba intoki iteka ukoresheje isabune n'amazi meza 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/inga rane

#### **10.6 Ni ryari ugomba gukaraba intoki ngo wirinde COVID-19**

- nyuma yo kwimyira, gukorora no kwitsamura • nyuma yo kuva mu ihuriro ry'abantu benshi
- nyuma yo gufasha/kwita/gusukura umuntu urwaye
- nyuma yo gukora ahantu hakorwa n'abantu benshi cyangwa nyuma yo gukora ku kintu cy anduye, kiriho ivumbi cyangwa amatembabuzi

#### **10.7 uburyo buboneye bwo gukaraba intoki**

1Tosa intoki wisukira amazi meza

2. Siga isabune ihagije ku ntoki

3. Kuba ku biganza n'ibikonjo byombi, hagati y'intoki, no mu nzara mu gihe cy'amasegonda 20.

4. Ongerera wunyuguze intoki ukoresheje amazi meza Atari ayo wari uri gukarabiramo.

5. Umutsa intoki ukoresheje igitambaro gisukuye cyangwa impapuro zabugenewe (Ntukoreshe ibitamba ro byihanaguzwa n'abandi niba nta cyawe ufite).

6. Funga amazi ufatishije agatambaro gafite isuku cyangwa se urupapuro rwagenewe kwihanagura. Kugira ngo umuntu abe amaze gukaraba intoki neza nk'uko tubibonye bifata hagati y'amasegonda 40 na 60

#### **10.8 Kuki ari ngombwa ko dukaraba intoki**

Gukaraba intoki neza ni ingenzi kuko byica udukoko dutera indwara dushobora kuba turi ku ntoki zawe

Gukaraba intoki n'amazi meza n'isabune bigabanya ibyago byo kurwara impiswi n'izindi nd wara ; kandi ni inkingi y'ubuzima bwiza, cyane ku bana bato.

#### **10.9 Gukarabya abana intoki**

- Abana b'impinja n'ibitambambuga bakenera ko ababyeyi babakarabya intoki
- Abana b'inshuke bakenera ko ababyeyi baberekera uburyo bwo gukaraba kugirango babashe gukaraba intoki neza

#### **10.10 Sobanurira abana impamvu bagomba gukaraba intoki n'amazi meza ndetse n'isabune**

Sobanurira abana ko bagomba gukaraba intoki n'amazi meza ndetse n'isabune nyuma yo kuva mu bwiherero na mbere yo kurya kuko byica udukoko dutera indwara.

Basobanurire ko batagomba gutamira intoki kuko ziba zanduye ziriho udukoko

Basobanurire ko udukoko dutera indwara n'ub wo tutaboneshwa ijisho ariko tuba turi mu nzara no mu biganza byabo.

Bibutse ko udukoko dutera indwara dushobora kudutera kuremba. Nidukaraba intoki n'amazi meza n'isabune tuzica utwo dukoko.

Bamenyeshe ko igikorwa cyo gukaraba intoki cyangwa ikindi gikorwa cy'isuku bishobora gukorwa mu buryo bwo gukina.

#### **10.11 Urukarabiro/Kandagira ukarabe**

Urukarabiro/Kandagira ukarabe ni uburyo bwiza bwo gushimangira umuco wo gukaraba intok

i • Ushobora gushyira kandagira ukarabe hafi y'umusarane cyangwa ahagereye akarima k'igikoni

- Ahari urukarabiro/Kandagira ukarabe hagomba guhora isabune yo kwifashisha igihe cyo gukaraba

- Ushobora gukora kandagira ukarabe mu kajerekani ukajya wuzuzamo amazi uko bikenewe. Abantu bakuze baba mu rugo bagomba guhora bagenzura ko kandagira ukarabe irimo amazi ahagije.

- Kandagira ukarabe igomba kuba ikoze ku buryo bworohera abana kuyishyikira bagakaraba intoki biboroheye.

#### **10.12 Kunywa amazi asukuye no gutegurana amafunguro isuku**

Teka amazi yo kunywa abire akanya cyangwa uyasukure mu bundi buryo Kurikiza amabwiriza yo gutegurana amafunguro isuku Bika ibiryo mu kabati cyangwa mu kintu gipfundikiye

#### **10.13 Isuku yaho tuvomera**

Amasoko amwe n'amwe, imigezi, amariba atubakiye, ashobora kuba yanduye cyangwa ashobora kwandura mu buryo bworoshye.

- Amazi meza yavomwe ku iriba risukuye ashobora kwandurira mu kivomesho uyatwayemo. Genzura niba amazi apfundikiye neza, n'umupfundikizo usukuye.

- Ibigega byo gufata amazi y'imvura mu ngo bifasha urugo kubona amazi

- Muzitire ivomero ryanyu kugira ngo muririnde kwanduzwa n'amatungo cyangwa izindi nyamaswa.

- Ntimukogere mu ivomero, ntimugatekere hafi yaryo cyangwa ngo mwicire inyamaswa hafi yaryo kuko biryanduza

- Kirazira kwihagarika, kwituma cyangwa kubaka umusarane mu ntera iri hasi ya metero 30 uvuye ku ivomero.

#### **10.14 Amazi yo kunywa asukuye**

Amazi yo kunywa agomba kuvomwa ku isoko itunganyijwe kandi agatekwa cyangwa agatun ganywa mu bundi buryo kugira ngo ashiremo udukoko dutera indwara mbere yo kuyanywa.

- Amazi yo kunywa agomba gutekwa akabira akanya cyangwa agasukurwa mu bundi buryo nko kuyayungurura ukoresheje ibikoresho byabugenewe (filtre) cyangwa kuyatunganya ku bundi buryo kugira ngo abe nta myanda n'udu koko bitera indwara n'impiswi birimo.
  - o Amazi ugomba kuyabiza agaserura igihe cy'umunota kandi agakomeza kuba apfundikiye kugirango atandura o Koresha imiti yica udukoko nka siro na P&G usukure amazi mbere yo kuyanywa
  - o Gukoresha ibikoresho byabugenewe biyungurura amazi (filtre)
- o Kubika amazi yo kunywa mu gikoresho gipfundikirwa kandi gisukurwa ku buryo buhoraho.
  - Igihe mubonye amazi yanduye, yajemo ibirohwa, nk'urugero imvura ihise, mugomba kubanza kuyareka agacayuka mbere yo kuyateka cyangwa kuyasukura mu bundi buryo bwica udukoko.

### **1015 Gukoresha umuti wica udukoko wa siro cyangwa P&G**

uburyo bwo gusukura amazi hakore shejwe imiti yica udukoko nka siro cyangwa P&G :

- 1 Voma ijerekani y'amazi (litiro 20)
- 2 Pima umuti wuzuye agapfundikizo k'icupa rya siro
3. Suka wa muti wuzuye agapfundikizo muri ya jerekani ya litiro 20 z'amazi
4. Cugusa neza ya jerekani mu gihe cy'umunota umwe kugirango umuti wivange n'amazi neza
5. Tegereza iminota 30 mbere yo gukoresha cyangwa kunywa ayo mazi
6. Nyuma y'iminota 30, tangira gukoresha ya mazi wasukuje siro

### **10.16 ESE dushobora guha amazi abana**

Abana barengeje amezi 6 y'amavuko bashobora kunywa amazi make asukuye yiyongera ku mashereka. Abana bamaze gukura nabo banywa amazi.

Menya neza ko asukuye ku buryo nta ngaruka yabagiraho.

Koresha amazi asukuye no mu gihe cyo gutegura amafunguro.

### **10.17 Gutegurana isuku amafunguro**

Banza ukarabe intoki n'amazi meza n'isabune mbere yo gutegura amafunguro

- Tegurira amafunguro ahantu hafite isuku. Genzura neza ko icyo ukatiraho ibintu, amasa hane, amasorori yose, ibikombe, amasafuriya, inkono, ibiyiko n'amakanya byogeshajwe amazi meza n'isabune.
- Ibyuma ukoresha utetse n'ibindi bikoresho byo mu gikoni bigomba kuba bisukuye
- Ugomba kuronga imboga n'imbuta ukoresheje amazi meza mbere yo kuzikata no kuzirya
- Amagi mabisi agomba kozwa mbere yo kugira icyo akoreshwa
- Ibiribwa bikomoka ku matungo bidatetse ntu kabyegereze ibindi biribwa mbere yo kubiteka kugirango bitandura
  - Teka inyama, amafi n'amagi kugeza bihiye neza
- Amata y'inshyushyu yateke abire akanya mbere yo kuyakuraho
  - Gerageza gutekera hanze cyangwa utekere mu nzu niba imvura iri kugwa ariko amadirishya akinguye kubera ko umwotsi ushobora gutera abana bato indwara.
- Ni byiza kugabura amafunguro akimara gutegurwa.

- Niba ibiryo birengeje isaha biteguwe, ni byiza kubanza kubishyushya neza mbere yo kubigabura
- Amasafuriya/inkono mutekamo n'ibindi bikoresho byo mu gikoni bigomba kuba bisukuye kandi bidateretse hasi.

#### **10.18 Agatanda ko kumutsa amasahane**

- Ibiryo bihiye n'imbuta nyuma yo kuzironga n'amazi meza bibikwa ahantu hasukuye. Ntimugatereke hasi ibiryo bihiye ngo abe ariho mubibika.
- Niba ibiryo uteste utari buhite ubigabura, ubiteguriye abana cyangwa abo mu rugo, nibimara gushya ubibike mu kabati cyangwa ahandi hantu heza bibe bipfundikiye. bibutse ubutumwa bw'ingenzi:
- Voma amazi ku isoko isukuye uyavomere mu kintu gisukuye
- Ugomba kunywera amazi mu kintu gisukuye kandi yaravomwe ku isoko isukuye ndetse aba akwiye gutunganywa neza mu kwirinda ikwirakwizwa ry'udukoko dutera indwara.
- Gutegurana amafunguro isuku ni ingirakamaro mu gutuma abagize umuryango bagira umbuzima buzira umuze.

#### **Umusarane**

##### **10.19 Kwituma hanze/ku gasozi**

Umwanda wose witumwe, harimo n'uw'abana, ni mubi ; ni ngombwa ko uwo mwanda utagira aho uhurira n'abantu.

- Iyo hari umuntu witumye hanze/ku gasozi aba adushyize mu kaga ko kwanduzwa n'uwu mwanda binyuze mu mazi tunywa
- Dukwiye kugira umusarane utunganyije neza kandi uhora usukuye

##### **10.20 Kugira umusarane**

Buri rugo rugomba kugira umusarane

- Umusarane ntugomba kubakwa ahegereye cyane inzu abantu batuyemo cyangwa munsu ya metero 30 uvuye aho ivomero riri.
- Iyo umusarane wubatse neza ufite inkuta, ukinze ufite urugi cyangwa ukinzeho umwenda ku muryango, bituma uwukoresha yisanzura cyane-cyane abakobwa n'abagore.
- Hagomba kuba hageramo urumuri kugira ngo abana batagira ubwoba bwo kujyayo
- Urugi rw'umusarane rugomba kuba rukinguka neza kugirango abana batifungiranamo

##### **10.21 Uko umusarane ugomba kuba umeze**

Umusarane ugomba kuba ufite ibintu bitatu by'ingenzi :

Umwobo : Umwobo ugomba kuba wagutse/muremure ku buryo wamara imyaka 10 ntacyo uhungabanyeho .

Ibitanze umusarane : Tindisha umwobo beto cyangwa ibiti neza ku buryo nta n'aho akaguru k'umwana kaca ndetse n'isazi ntizibone aho zica Inkuta n'isakaro : bigomba kuba bibasha gukingira uwukoresha ku buryo aba yisanzuye neza, utamushyira ku karubanda kandi atanyagirwa.

### **10.22 Isuku y'umusarane**

Musukure umusarane buri gihe kugira ngo utazana umwuka mubi ugakurura isazi n'utundi dukoko

- Umusarane ugomba guhora iteka upfundikiye
- Gushyira ivu ku muzenguruko w'umwobo birin da isazi kwijira
- Umusarane ugomba guhora ukinze kandi ntiha gire amatungo yinjiramo.
- Muje muhora mwateguye impapuro z'isuku, amazi n'isabune kugirango abana n'abakuru bisukure nyuma yo gukoresha ubwiherero.
- Igihe hari umwanda abantu basize iruhande rw'umwobo, muje mwihutira kuhasukura.

### **10.23 Uko abana bakoresha umusarane**

Ni gute twafasha abana gukoresha umusarane nta bwoba bafite?

- Umwobo ugomba kuba ari mugari bihagije kugira ngo umwanda ubashe gucamo byoro shyamba, ariko nanone udakabije kugira ngo abana batagira ubwoba bwo kugwamo
- Abana bagomba buri gihe kwituma mu musarane kandi bakajyanamo inkweto
- Igihe umwana atangiye gukoresha umusarane, muje mumuherekeza kugeza igihe amenyereye kwijyana.

### **10.24 Gusukura imbuga y'urugo n'aharukikije**

Gusukura murugo no mu nkengero zarwo no gukura mu nzira ibyahungabanya umwana bisobanuye gusukura mu nzu, uburiri, imbuga abana bakinira mu, ubwiherero, igikoni, agatanda ko kumukirizaho ibikoresho byo mu gikoni, amasahane, n'ibindi.

- Mugomba kurwanya ibintu bikurura udukoko dutera indwara bikanatuma twororoka, nk'isazi, imibu, ibinyenzi n'imbeba mukuraho ibituma byororoka nko gutuma ibigunda, gukuraho ibiziba bireka hafi y'urugo no kumena imyanda ahabugenewe.
- Imyanda ibora igomba kujugunywa mu ngarani kugira ngo ivemo ifumbire.
- Aho umwana akinira cyangwa gukambakamba hagomba guhora hasukuye kandi hatekanye nta cyahutaza umwana kiharangwa.
- Mbere yo kwinjira aho umwana ariyambaye, yicaye cyangwa ari gukambakamba, mugomba kubanza gusuzuma niba ibirenge byanyu cyangwa inkweto bisukuye, byaba ngombwa mukabanza gukuramo inkweto.

### **10.25 GUCUKURA INGARANE**

Imikoreshereze y'ingarane

- o Imyanda ibora nk'ibishishwa by'ibiribwa ishobora kubyazwamo ifumbire y'imborera
- o Hari n'ibindi mu rugo bifatwa nk'imyanda bishobora kuvugururwa bikaba byakongera gukoreshwa o Mwirinde gushyira za batiri n'ibindi bintu bihumanya mu ngarane kuko byanduza ubutaka n'amasoko y'amazi.

### **10.26 Uko bacukura ingarane**

o Ingarane ishobora kuba ifite metero 2 cyangwa 3 z'ubugari cyangwa uburebure, mu bujya kuzimu ari metero 1 cyangwa 1.5 by'ubujyakuzimu

o Guhitamo aho ingarane icukurwa : o Ingarane igomba kuba kure y'imigezi, ivomero n'amasoko y'amazi kugira ngo itanduza amazi.  
 Nibura intera ingana na metero 30 ni yo itegetswe.  
 o Ingarane igomba kuba kure y'urugo kugira ngo hatagira umuntu ushobora kugwamo, ariko na none atari kure cyane ku buryo byagorana kuyigezaho imyanda. Hagati ya metero 20 na 100 ni yo ntera isabwa. o Ingarane ntigomba gucukurwa ku butaka bwiza nk'ubutaka bwera  
 o Ntigomba gucukurwa ku butaka buhorana amazi kuko byatuma irekura umwuka mubi  
 o Indiba y'ingarane igomba kuba byibuze kuri metero 1 hejuru y'amazi yo muni y'ubutaka  
 o Ubutaka bwavuye ahacukuwe ingarane ntimukabukureho kuko bushobora kuzongera gukenerwa igihe cyo gusubiranya ingarane ubwo izaba yuzuye.

### **10.27 Kurinda abana**

Ingarane igomba kuzitirwa mu rwego rwo kurinda abana ko bagwamo.

### **10.28 Kubana n'amatungo**

Ibiraro by'amatungo bigomba kuba ukwabyo, byitaruye aho abagize umuryango bakunda ku mara umwanya kandi kure y'aho abana bakinira  
 . • Amatungo ntagomba kurara mu nzu imwe n'abantu  
 • Ntugatume abana bakora mu mase cyangwa amahurunguru cyangwa undi mwanda witumwe n'amatungo kuko byabatera indwara  
 • Mujye mwibuka gukukira ink/gusukura mu kiraro cy'amatungo nibura buri muni.

### **10.29 Kujugunya umwanda witumwe n'umwana ahabugenewe**

Uburyo bwizewe bwo kujugunya umwanda witumwe n'umwana ni ukuwujugunya mu musa rane  
 • Umwanda witumwe n'umwana ni kimwe n'uwi tumwe n'umuntu mukuru

### **10.30 Gukura mu nzira ibyakomeretsa abana mu rugo**

Ibikomere n'imvune bikabije bishobora kwirindwa igihe ababyeyi n'abita ku bana babungabunze umutekano w'umwana bakura mu nzira icyamuhutaza cyose.  
 • Abana ntibagomba gukinira mu muhanda cyangwa hafi yawo. Bagomba kandi kwambutswa umuhanda n'umuntu mukuru  
 • Umwana ashobora kugwa mu kizenga gito cy'amazi agahera umwuka mu minota itageze no kuri ibiri. Ababyeyi bagomba kubahozaho ijisho igihe bege reye amazi.  
 • Abana bagomba kwigizwa kure y'umuriro, imba bura, amazi/ibintu bishyushye, ibiryo bishyushye n'insinga z'amashanyarazi.  
 • Imiti ivura abantu n'amatungo, imiti yica udukoko, imiti isukura, uburozi (aside), ifumbire mvaruganda, peteroli n'ibiyikomokaho, bigomba kubikwa aho abana batagera  
 • Amasashi n'utundi dukoreshe duto bigomba kubikwa kure y'aho abana babasha kugera  
 • Ibyuma, imikasi n'ibindi bintu bifite ubugi cyangwa bisongoye bigomba kubikwa kure y'aho abana babasha kugera

- Abana ntibagomba gusigara mu rugo bonyine cyangwa ngo bitabweho n'abandi bana nta wundi muntu mukuru wo kubitaho uhari.

ubutumwa bw'in genzi:

- Mugomba kurwanya ibintu bikurura udukoko dutera indwara bikanatuma twororoka. Isazi, imibu, ibinyenzi n'imbeba mwabirwanya mutema ibigunda, mutwikira amafunguro, mwirinda amazi areka hafi y'urugo, mu mena imyanda ahabugenewe no mu ngarane yujuje ibisabwa.

- Mugomba kurwanya mu rugo n'aharukikije ibintu bikurura udukoko dutera indwara nk' Isazi, imibu, ibinyenzi n'imbeba.

- Urugo rwanyu rugomba kuba rufite ikimoteri

- Amatungo ntagomba kurara mu nzu imwe n'abantu

- Mu rugo rwanyu kura mu nzira ikintu cyose cya komeretsa umwana

## **Isuku yo ku mubiri**

### **10.31 Umumaro w'isuku yo ku mubiri**

Kugirira abana isuku bituma basa neza, bagira ubuzima buzira umuze ndetse bakarushaho kumererwa neza. Isuku bakeneye ikubiyemo

: o Kwiyuhagira

o Koza amenyo

o Guca inzara no kuzoza neza o gukaraba mu maso buri munsu ukoreshe isabune o Gusokoza

- Kurangwa n'isuku iteka byongerera umubiri ubudahangarwa mu guhangana n'udukoko dutera indwara. Isuku irinda indwara n'ibyozezo

- Ingaruka zo kutagira isuku harimo kugira umwuka mubi ku mubiri, mu kanwa, indwara ziterwa n'umwanda mu rwungano rw'inkari, indwara z'amenyo n'izo mu kanwa, kurwara inda mu mutwe no ku mubiri, indwara z'uruhu, amavunja, ubuheri...

### **10.32 Kwiyuhagira/Kuhagira umwana**

Uruhinja rukivuka

- Uruhinja rukivuka rugomba guhanaguzwa gusa agatambaro kabugenewe (gant/eponge) kugeza igihe amaze gukungura. Akenshi umwana akungura nyuma y'ibyumweru 2.

- Uhagira uruhinja incuro 1 cyangwa 2 mu cyumweru ukoresheje amazi y'akazuyazi kandi ugume kwitwararika isuku yarwo na nyuma yuko warwuhagiye.

- Nta kintu na kimwe umubyeyi cyangwa undi muntu wese agomba gushyira ku mukondo w'umwana, uretse gusa umuganga cyangwa utanga serivisi z'ubuzima ushobora gusigaho umuti wo kurinda umwana kwandura uburwayi.

### **10.33 Guhanagura uruhinja**

Kuramo umwana imyenda.

Muryamishe ku kigoma agaramye. Mworose ikindi kigoma.

2. Tosa udutambaro tubiri dusukuye noneho uhanagure buri jisho ry'umwana, uturutse ku zuru ujyana ku ruhande rw'ijisho. Buri jisho urihanaguze agatambaro karyo.



3. Tosa agatambaro uhanagure umwana mu maso no ku matwi. Uhanagure n'inyuma y'amatwi kuko hari igihe umwana aboga bikumiraho.
4. Hanagura umwana mu mutwe no ku ijosi wigengesereye ukoresheje agatambaro kabugenewe (gant); uhumutse witonze.
5. Noneho nanura umwana. Mworosore gahoro gahoro umuhanagure igihimba, amaguru n'amaboko ukoresheje agatambaro kabugenewe (gant) wasize isabune. Wibuke gusukura mu mihiho uruhinja ruba rufite ku kibero, ku maboko no hagati y'intoki n'amano.
6. Noneho tosa akandi gatambaro umuhanagureho isabune, ariko umworosora uruhande rumwe rumwe.
7. Inama ni uko ku gice cy'umukondo n'urureri hahora hasukuye kandi humutse. Nubona hari amaraso yumiyeho cyangwa ibindi bintu, bihanagure ukoresheje agatambaro uhumutse witonze.
8. Umutsa umwana ukoresheje ikigoma aryamyeho.
9. Noneho binda uruhinjaurwambike imyenda isukuye.

### **10.34 Impinja zishobora kuhagirirwa mu ibase yabu genewe hakoreshejwe amazi y'akazuyazi.**

Ibase isanzwe ishobora gukoreshwa ku bana bisum buyeho.

- Umutsa umwana wawe ukimara kumwuhagira kugira ngo adakonja
- Ntuzigere na rimwe usiga umwana wawe mu mazi yaba ari make cyangwa menshi; habe n'isegonda rimwe.
- Jya wuhagira uruhinja byibuze rimwe cyangwa 2 mu cyumweru.
- Ntabwo ari byiza kuhagira umwana nyuma yo kumugaburira cyangwa igihe ashonje cyangwa ananiwe.
- Irinde kuhagiza umwana w'uruhinja isabune zikomeye kuko zishobora kumwangiriza uruhu.
- Boneraho umwanya wo kuganiriza umwana wawe igihe urimo kumwuhagira. Ku bana bamaze kwigira hejuru, ho fata igihe cyo kumwuhagira nk'umwanya wo gusabana na we, wifashishije imikino n'ibikinisho binyuranye.

### **10.35 Kuhagira impinja**

agatambaro ko kumwuhagiza (gant), ikigoma, ibyo uza kumubindisha bitarakoreshwa n'imyenda isukuye. Niwiyegere za ibi byangombwa kare, ntuzakenera kumusiga wenyine iruhande rw'amazi ugiye kubizana.

2. Uzuza amazi mu ibase. Amazi agomba kuba ari akazuyazi. Genzura ko adashyushye cyane ukoreshe igikonjo cyangwa inkokora.
3. Shyira uruhinja rwawe mu mazi buhoro- buhoro ukoresheje akaboko kamwe.
4. Witonze, fatira uruhinja rwawe hejuru y'ibase, akaboko gafashe ijosi ry'umwana unagashyigikize igihimba cye n'umutwe, akandi ugakoreshe umwuhagira. Noneho akaboko katamufashe ugakoreshe umushyiraho utuzi gake- gake nta kuyamumenaho.
5. Ntugire ibindi bintu bisukura ushyira mu mazi ugiye kuhagiza umwana. Amazi yonyine ni yo meza ku mubiri w'uruhinja rwawe mu kwezi kwarwo kwa mbere.
6. Ntushyire umutwe w'uruhinja mu mazi. Umutwe ugume uwufatire hejuru y'amazi.
7. Kura uruhinja mu ibase noneho uruhanagure neza utibagiwe n'imihoro iri ku mubiri warwo.

8. Iki ni igihe kiza cyo kunanura umwana wawe. Kunanura umwana wawe biramuruhura bikanatuma asinzira neza. Irinde gusiga umwana amavuta ubonye yose mbere yuko yuzuza nibura ukwezi kumwe.

### **10.36 Ku bana bamaze gukura :**

1. Uzuza amazi mu ibase ku buryo umwana nayicaramo amugera ku mukondo
2. Ku bijyanye no kureba niba amazi adashyushye cyane, kumutsa umwana umaze kumwuhagira ndetse no kumunanura, amabwiriza akurikizwa ni nk'ayo twabonye mbere ajyanye no kuhagira impinja.
3. Mena amazi umaze kuhagiza umwana kugira ngo wirinde impanuka yose yaterwa n'ayo mazi.

### **10.37 Isuku yo mu kanwa**

- Ni ngombwa guhora usukura ishinya n'amenyo by'impinja n'ibitambambuga kuva batangira kumera amenyo y'imbere no kuyarisha •
- Ushobora gukoresha agatambaro koroshye, ipamba cyangwa uburoso bw'amenyo
- Ntugakoreshe umuti woza amenyo ku mwana utaruzuzwa imyaka 2 y'amavuko, tegereza kugeza igihe azamenyera gucira no kwiunguza mu kanwa.
- Abana b'inshuke bagomba koza amenyo yabo nibura kabiri ku munsu
- Mureke abana banyu b'ibitambambuga n'ins huke biyogereze amenyo ubwabo ariko mu genzura ko babikora uko bikwiye kugira ngo nibiba ngombwa mubunganire
- Kirazira kogesha amenyo uburoso bw'undi muntu, kuko mushobora kwanduzanya indwara zo mu kanwa igihe muri mwe haba hari uyifite, kandi ni byiza guhindura uburoso buri mezi atatu cyangwa mbere yaho.
- Irinde guha umwana ibintu bikozwe mu isukari nka bombo, shokola, ibisuguti, Keke, ubuki kuko bishobora gutera umwana uburwayi bwo mu kanwa.
- Wibuke ko abana bigana ibyo babonye ku bakuru. Jya woza amenyo kugira ngo umwana akwigireho.
- Irinde umuco utari mwiza wo gukuza abana IBYINYO, kuko bigira ingaruka mbi ku buzima bw'umwana.

### **10.38 Koza amenyo**

#### **10.39 Ibimenyetso by'uko umwana abasha kwerekana ko ashaka kwihagarika/kwituma**

- Kwigisha umwana gukoresha ubwiherero ni ugufasha umwana kumenya ibimenyetso by'uko akeneye kwihagarika cyangwa kwituma no kumenya gukoresha agatebe abana bitumamo (pot) cyangwa umusarane.
- ?: Ibimenyetso byerekana ko umwana ashaka kwituma/ kwihagarika
- Igihe uketse ko umwana wawe ari kunyara cyangwa kwituma mu mbindo yambaye, mubaze uti se: “uri gushaka kwituma?”
- Igisha umwana gukoresha umusarane wifashishije agatebe kabugenewe (pot) aho kwifashisha umusarane nyirizina. Kuko gukoresha ako gatebe wigisha umwana gukoresha umusarane bituma aba yicaye neza ibirenge bigera hasi, atanikanga kugwa mu musarane.

- Ntukarakarire umwana cyangwa ngo umuhane igihe atihumye cyangwa ngo yihagarike mu gakore sho kabugenwe (pot). Mushimire cyane nubwo atakoze ibyo washakaga

- Niba umwana wawe agira igihe gihoraho cyo kwituma; urugero nka nyuma yo kurya, ushobora kubi menyera ukajya umushyira ku gatebe ko kwituma icyo gihe kigeze.

- Mu gihe ugitangira kwigisha umwana w’umuhungu kwihagarika, mu ntangiriro, mwigishe kubikora asutamyeye kuko bigorana kumenya igihe atangiriye cyangwa arangirije kwihagarika mu gihe ahaga ze.

- Gushyira umwana wawe kuri po bigire akamenyero kawe buri munsu. Nka buri gitondo uko abyutse, amaze kurya ku manywa na nijoro mbere yo kuryama.

#### **10.40 Kwita ku isuku y’ibiribwa n’amazi yo kunywa**

: • Karaba intoki buri gihe amasegonda 40 ukoresheje isabune n’amazi meza.

- Amazi yo kunywa ahomba gutekwa akabira kugirango abe ari meza, asukuye kanfi atatera ampiswi.

- Koresha amazi atetse yabanje kubira mu kuronga imbuto n’imboga mbere yo kuzikata no kuzirya. • Buri gihe, gira isuku y’intoki, iy’ibikombe n’ibindi bikoresho ukenera ugaburira umwana.

- Itwararike ku isuku yaho utegurira ibiribwa, ibintu ukatiraho ibiribwa, amasahani, amasafuriya (ibyombo), ibimamiyo n’ibindi bikoresho ubyogesha isabune n’amazi meza.

- Ronga amagi ukoresheje isabune n’amazi meza.

- Ibiribwa bikomoko ku matungo nk’innyama n’amafi bigomba kubikwa kure y’ibindi biribwa kugirango bitabyabduza.

- Teku innyama, amafi, amagi kugeza bihiye neza.

- Hita ugabura ibiryo bigishya/ ukimara kubitegura.

- Shyushya ibiryo byose bimaze isaha irenga biteguwe, mbere yo kubirya cyangwa kubigaburira umwana.

- Irinde guha umwana ibinyobwa n’ibiribwa byo munganda nk’imitobe (Jus) na za fanta byongerwamo isukari, bombo, ibisuguti, amafiriti n’ibindii biribwa n’ibinyobwa bidafite intungamubiri

#### **10.42 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. Umwana wose witumwe, harimo n’uw’abana, ugomba kujugunywa mu musarane. Urugo rwanyu rugomba kuba rufite umusarane kandi ughora usukuye.

#### **10.42 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 dutera indwara bikanatuma twororoka nk’isazi, imibu, ibinyenzi n’imbeba, amatungo ntugomba kurara mu nzu imwe n’abantu.

