

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

Kumenya ko utwite n'ibimenyetso by'itangira

Gutinda imihango ni ikimenyetso gikunze kubanza kugaragara.

Isesemi no kuruka by'umunsi birashobora kuboneka mu byumweru bya mbere.

Amabere ashobora kubyimba cyangwa akaribwa.

Umunaniryo ukabije ushobora kwi Yongera mu ntangiriro z'inda.

Hari abahinduka mu marangamutima bitewe n'impinduka z'imisemburo.

Kujya ku bwiherero kenshi bishobora kwi Yongera.

Impumuro z'ibiryo zishobora kukurushya mu ntangiriro.

Amashereka make ashobora kuboneka, ariko amashereka menshi si ibisanzwe.

Wumva ububabare bukabije? Jya kwa muganga ako kanya.

Ikimenyetso kimwe gishobora kutahagije; reba uko byinshi bihurirana.

### **2.1 Imirire myiza y'umugore utwite**

Indyo yuzuye ikubiyemo ibikomoka ku matungo, imboga, imbuto, ibinyamavuta meza, ibinyamafufu, ibinyamisogwe n'ibinyampeke.

Ibikomoka ku matungo birimo amagi, amafi ateguye neza n'inyama zidafite amavuta menshi.

Ibinyamisogwe nk'ibishyimbo n'amashaza byongera poroteyine.

Ibinyampeke nk'umuceri, kawunga, amasaka n'uburo bitanga ingufu.

Imboga z'icyatsi zikungahaye kuri folate n'imyunyu ngugu.

Imbuto zifite vitamin C zifasha kumira icyuma.

Calcium iva mu mata na yogati ifasha amagufa y'umwana.

Kunywa amazi meza kenshi bifasha igogora.

Kurya duke kenshi bigabanya isesemi.

Hinduranya ibyiciro by'ibiribwa buri munsi kugira ngo indyo ibe yuzuye.

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

Irinde ibiryo byanduye cyangwa byataye igihe.

Irinde inyama n'amagi bidahiye neza.

Irinde imitobe y'isukari nyinshi n'ibinyobwa bya energy.

Gabanya umunyu n'amavuta menshi ataturanyijwe cyane.

Ibyo kwirinda: ikawa, ibisindisha, itabi n'ibiyobyabwenge(umugore utwite)

Ikawa nyinshi na caffeine nyinshi si byiza.

Simbuza amazi cyangwa icyayi kitagira kafeine.

Inzoga zose zirabujijwe kuko zangiza umwana.

Itabi rirabujijwe kandi umwotsi wo ku bandi nawo urabangamye.

Ibiyobyabwenge byose birabujijwe.

Niba bigoranye kureka kafeine, itabi cyangwa inzoga, saba ubufasha kwa muganga.

### **3.2 Ibibazo biterwa no gutwita**

Mu gihe umugore atwite, ubudahangarwa bw'umubiri we ndetse n'ubw'amarangamutima biba byoroshye niyo mpamvu agomba kwirinda kandi akarindwa icyamuhungabanya cyose.

Igihe hari ikimenyetso mpuruza abonye giteye inkeke nko kuva, kuribwa umutwe bikabije no mu kiziba cy'inda, gucika intege cyane n'ibindi; itabaze muganga cyangwa umujyanama w'ubuzima hakiri kare.

Irinde umuhangayiko ndetse unirinde malariya uryama mu nzitiramibu iteye umuti. Umugore utwite yirinda n'izindi ndwara agira isuku, aruhuka bihagije akirinda imirimo ivunanye kandi akajya akora imyitozo ngororamubiri.

Abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye, ahubwo baba bagomba kuryamira urubavu.

### **3.3 uruhare rw'umugabo mugihe umugore we atwite**

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

Umugabo witaye ku mugore we mu gihe atwite, akamuherekeza kwisuzumisha, bituma agira ubuzima bwiza, kandi akabasha gukemura neza ibibazo umugore ashobora guhura nabyo hakiri kare kandi bikongera ubusabane hagati yabo.

Iyo umugabo ari kumwe n'umugore we igihe abyara, bituma abasha gutuza, ububabare agira buragabanuka ndetse binatuma yumva akunzwe kandi ashyigikiwe n'umugabo we. Ababyeyi bombi bashobora gutangira gushyikirana n'umwana wabo akiri munda binyuze mu kumuganiriza, kumuririmbira no gukuyakuya inda y'umubyeyi utwite bikamwongerera amahirwe yo gukura neza mu bwenge, mu mbatima n'imibanire ye n'abandi.

### **3.3 Ibyiciro by'ingenzi by'imikurire y'umwana uri mu nda**

Ukwezi kwa 1: Isura itangira kwirema, ahazajya amazo ari utuziga twijimye

Ukwezi kwa 2: Ubwonko butangira kwirema

Ukezi kwa 3: Amaboko, ibiganza, intoki, ibirenge n'mano biba bimaze kwirema mu buryo bwuzuye Ibice by'umubiri byose n'ingingo biba bimaze kwirema

Ukwezi kwa 4: Ushobora kumva umutima w'umwana utera wifashishije igikoreshe cyabugenewe

Ukwezi kwa 5: Ushobora kumva umwana yinyagambura mu nda

Ukwezi kwa 6: Amaso atangira gufunguka

Ukwezi kwa 7: Ubushobozi bwo kumva/amatwi buba butangiye bwuzuye neza

Ukwezi kwa 8: Umwana ashobora kumva no kureba. Ubwonko buba bukura vuba cyane

Ukwezi kwa 9: Ibihaha biba byariremye ku buryo bwuzuye Umwana ashobora kwerekana ko yumvise ijwi, ko yabonye urumuri no kumukoraho akabyumva

Ukwezi kwa 10: Igihe icyo ari cyo cyose ushobora gufatwa n'ibise Kwinyagambura k'umwana kuragabanuka kuko umwana aba amaze kuba munini.

### **3.4 Ibiryo umugore utwite agomba kurya**

Urutonde rw'ibiribwa bikungahaye ku butare no kuri vitamine C umugore utwite ashobora gufungura

Urutonde rw'ibyakurya bikungahaye ku butare bwa feri Amagi (cyane cyane umuhondo), amafi, udushyimbo duto twa rantiye, sesame, ingano, porici, igikoma, kinowa, umuceri, uburo, ibishyimbo, amashaza, imboga rwatsi (epinari), imbuto zimeze nk' ibinyobwa (imbuto za cashew, almonde, ubunyobwa, pisitaciyo), inyama zitukura, inkoko, tangawizi. imbuto zumwe, tofu, n' uumugati ukungahaye ku butare

ibyakurya bikungahaye kuri vitamine C. Icunga, papayi, indimu, urusenda rutukura, imbuto zitukura, inkeri, shufureri, amashu atukura n' inkeri. umweru. Imboga zifite indabyo nka brokoli, ibirayi by'umweru

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

Ibiribwa bikungahaye kuri Kalisiyumu

Shufureri Celeri Imiteja imboga rwatsi Inzuzi Beterave Coconati Avoka Amashu Celeri Shufureri Sesame Ibitunguru.

### **3.5 Urutonde rw'ibyakurya bikungahaye ku butare bwa feri**

Amagi (cyane cyane umuhondo), amafi, udushyimbo duto twa rantiye, sesame, ingano, porici, igikoma, kinowa, umuceri, uburo, ibishyimbo, amashaza, imboga rwatsi (epinari), imbuto zimeze nk' ibinyobwa (imbuto za cashew, almonde, ubunyobwa, pisitaciyo), inyama zitukura, inkoko, tangawizi. imbuto zumwe, tofu, n' uumugati ukungahaye ku butare

### **3.6 ibyakurya bikungahaye kuri vitamine C**

Icunga, papayi, indimu, urusenda rutukura, imbuto zitukura,

inkeri, shufureri, amashu atukura n' inkeri. umweru. Imboga zifite indabyo nka brokoli, ibirayi by'umweru

### **3.7 Ibiribwa bikungahaye kuri Kalisiyumu**

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#### **4.1 Kwitegura kubyara**

Dore bimwe mubyo wamenya 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.

#### **4.2 Ibyiza byo 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 kujijobya, kuva cyane k'umugore cyangwa urupfu.

#### **4.3 wamenya ute ko ugiye kubyara**

Iyo igihe cyo kubyara kigeze, umugore utwite agira ibise birangwa no kwihaga/kwifora kw'inda (ukabona ku gice cy'inda yo hasi uruhande harabyimbe kandi harakomeye) bikamara nk'igihe kirenga amasegonda 30 kandi bikagenda birushaho gukomera ndetse bikaba kenshi.

Mubyeyi menya uburyo bwo guhumeka bugufasha kukugabanyiriza uburibwe. Mugabo fasha umugore wawe umuherekeze, umwiteho kandi umwereke urugwiro mu gihe cyo kubyara. Uruhinja rukimara kuvuka rushyirwa mu gituzi cy'umubyeyi, ibi bifasha umwana gukomeza kuba ashushye ndetse binafasha umwana n'umubyeyi komatana ndetse bikanatuma abasha kumwonsa hakiri kare.

#### **4.4 icyo wakora ruhinja rukimara kuvuka**

Uruhinja rukimara kuvuka rushyirwa mu gituzi cy'umubyeyi, bikarufasha gukomeza kuba ashushye 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 bukomaye cyangwa buhoroshye 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 mpuruzi ubonye ku ruhinja rwawe nko kugira umuhondo, kuva amaraso mu mukondo, kuzana icyena mu mbavu, amashyira mu maso n'ibindi.

#### **4.5 uruhinja ruvutse rufite ikibazo**

Niba hari Impungenge mugize k'ubuzima bw'umwana, nk'ubumuga bukomaye cyangwa buhoroshye 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 mpuruzi ubonye ku ruhinja rwawe nko kugira umuhondo, kuva amaraso mu mukondo, kuzana icyena mu mbavu, amashyira mu maso n'ibindi.

#### **4.6 Kwita ku mubyeyi n'uruhinja 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. Bifasha gutahura hakiri kare ikibazo icyo aricyo cyose cyahungabanya ubuzima bw’uruhinja n’ubw’umubyeyi. Urwo ruhinja rushyirwa mu gituzi cya nyina cyangwa cya se, umubiri ku mubiri mu minsi ya mbere rukivuka, bituma rukura vuba rukagira n’ubuzima bwiza.

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

#### **4.7 Kwita ku ruhinja**

Kugirango umwana akure neza kandi atekanye aba akeneye kugirana isano yihariye byibura n’umuntu umwe yiyumvamo. Jya usabana n’umwana wawe. Impinza zigaragaza ibyifuzo byazo zirira, bishoboka ko ziba zikeneye, isuku, konka, guterurwa, guhozwa no guhuguzwa cyangwa se rwumva rutameze neza. Ni byiza cyane ko umubyeyi atangira kumenyereza uruhinja kugira igihe gihoraho cyo gusinzira.

#### **4.8 uko wakwita ku ruhinja/umwana muto**

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 mpuruzi afite mwihutire kujya kwa muganga.

#### **4.9 Imbindo z’umwana – Pampegisi**

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

#### **4.10 umubare w'imbindo umwana akeneye**

- Umubare w'imbindo umwana yanduje ugomba kungana n'umubare w'iminsi uruhija rumaze ruvu tse. Urugero, imbindo 3 ku minsi wa 3 umwana avutse, n'imbindo 6 umwana amaze iminsi 6.

#### **4.11 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. Uduheri 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 birashiye ra icyo haje amafu n'umwana yacecetse.
- Uruhu rw'umwana rushobora gukanyarara cyane ku bana bavutse barengeje igihe gisanzwe. Ushobora kubasiga amavuta. Ugomba kubaza abashinzwe ubuzima amavuta akwiye.

#### **4.12 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 amara, ruhindutse umutuku cyangwa ku mukondo hameze nk'ahandujwe n'udukoko dutera indwara, ihutire kubibwira muganga.
- Baza muganga uko wakwitwararika igihe uruhinja Umwihariko ku mpinja zavukanye ibiro bidashyitse n'izavutse igihe kitageze

#### **4.13 uruhinja rwavutse igihe kitageze**

- Impinja zivutse igihe kitageze n'izavukanye ibiro bidashyitse zikunze kugira ibibazo kandi ziba zishobora kurwara kurusha cyane.
- Izi mpinja zikonje 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 gituma utambaye, ari byo byitwa Kangaro.

Uburyo bwa Kangaro bwo gufatira uruhinja mu gituma butuma ruhorana ubushyuhe. Ubu kandi ni n'uburyo bwiza bwo konsa umwana kuko byongeraga urugwiro akomatana n'umubyeyi.

#### **4.14 uruhare rw'umugabo mugihe umugore we abyara**

Iyo umugabo ari kumwe n'umugore we igihe abyara, bituma abasha gutuma, ububabare agira buragabanuka ndetse binatuma yumva akunzwe kandi ashigikiwe n'umugabo we. Ababyeyi bombi

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

## **5. KONSА UMWANA**

### **5.1 Konsa ni iki**

Konsa ni uguha umwana amashereka gusa. Konsa ni ingirakamaro ku mwana na nyina. Konsa bikwiye gukorwa bitarenze isaha imwe umubyeyi amaze kubyara, igihe umwana abishatse, na buri masaha 3 nibura, umwana agatungwa n’amashereka gusa kugeza ku mezi 6.

### **5.2 Umumaro wo konsa umwana**

Ibyiza byo konsa umwana GUSA mu mezi 6 ya mbere

- Guha umwana amashereka yonyine mu mezi 6 ya mbere bimurinda indwara nyinshi nk’impis wi n’indwara zo mu myanya y’ubuhumekero.
- Bifasha umwana kwiyoungera mu biro, igihagararo no mu mikurire myiza y’ubwonko
- Konsa ukimara kubyara bituma nyababyeyi yisubiranya bikagabanya kuva
- Konsa bituma habaho komatana hagati y’umwana n’umubyeyi, kandi umwana aba akeneye cyane

### **5.3 umuhondo ni iki?**

Umuhondo ni amashereka y’umubyeyi ukibyara, akaba ingirakamaro cyane ku ruhinja. Gushyira umwana mu gituza bifasha ubwiyongere bw’amashereka. Umumaro wo gukuyakuya umwana igihe urimo kumwonsa

Muzi impamvu amashereka y’umuhondo agereranywa na zahabu? Umuhondo ni amashereka y’umubyeyi ukibyara; aba asa n’umuhondo kandi ni meza cyane ku mwana wawe. Ntakwiriye kwirengagizwa.

- Arinda uruhinja rwawe indwara. Afasha uruhinja kwituma bwa mbere no gusohora indurwe yashoboraga gutera umwana indwara yo kuba umuhondo (Jaundice).
- Amashereka y’umuhondo akubiyemo intun gamubiri z’ingirakamaro ku mikurire y’umwana, harimo n’izifasha imikurire y’imyakura.

### **5.4 Ni ryari ugomba konsa?**

Konsa ukimara kubyara Tangira konsa mu isaha ya mbere ukibyara. Konsa uruhinja rukivuka birufasha kumenya konka kuko ibere riba ricyoroshye.

Konsa umwana igihe kigenwe:

- Onsa umwana kenshi. Uko umwana akurura ni ko amashereka arushaho kwihembera akaza ari menshi.
- Ibwirize konsa umwana ku manywa na nijoro.

- Impinja zikeneye konswa nibura buri masa ha atatu (3).
- Niba umwana wawe arwaye cyangwa asinziriye, hari ubwo byaba ngombwa ku mukangura



Nyuma yo konka, akenshi uruhinja ruba rukeneye gutura umubi ukanaguma kurukikira neza kugira ngo rwongere rusinzire.

Kwikangura ukonsa nijoro ni ingirakamaro ku mikurire y'umwana wawe no komatana na we, no kongera ikorwa ry'amashereka

### 5.5 Ibimenyetso bigaragaza ko umwana ashaka konka

Ubwirwa n'iki ko umwana wawe ashonje ashaka konka?

- Arasama ubundi akajya akebuka hirya no hino
- Gusohora ururimi ubudatuza
- Konka intoki n'ibipfunsi Ntugategereze ko umwana arira ngo ukunde umwonse. Kurira bishobora kuba ikimenyetso cya nyuma cy'uko umwana akeneye konka, ashonje cyangwa atisanzuye ashaka ko umwitaho.

### 5.6 Ibyiza byo konsa umwana gusa mu mezi 6 ya mbere

- Guha umwana amashereka yonyine mu mezi 6 ya mbere bimurinda indwara nyinshi nk'impiswi n'indwara zo mu myanya y'ubuhumekero.
- Bifasha umwana kwi Yongera mu biro, igihagararo no mu mikurire myiza y'ubwonko.

Baza ababyeyi ibyo bibuka mu nyigisho y'uyu munsu. Niba ari ngombwa bibutse ibi:

- Ni ngombwa konsa umwana gusa mu mezi atandatu ye ya mbere. Ibi bivuze kumuha amashereka YONYINE kuva avutse kugeza afite amezi 6.
- Umubyeyi agomba konsa akimara kubyara n'ikindi gihe cyose biri ngombwa
- Uko wonsa umwana, jya umureba mu maso umusekere, umuvugirize ubuhaha... Gushimira ababyeyi Idirimbo isoza

### 5.7 uburyo bwo gukikira umwana urimo konka

- Nta buryo bumwe BWIHARIYE bwo gukikiramo umwana arimo konka, ahubwo habaho uburyo bunyuranye bushobora kunogera buri mubyeyi n'umwana we, bukanahinduka bitewe n'ibihe.
- Umwana wawe yifitemo ibyiyumvo bimufasha konka mu buryo bwisanzuye. • Jya mu mwanya mwiza igihe urimo konsa
- Umva neza ko amaboko yawe afite ikiyashyigikiye kandi ko umwana umukikiye neza. Ushobora gukoresha nk'umusego kugirango wonse wisanzuye neza.
- Fata umwana uhagije wonse umwana
- Buri gihe ujye ubanza ukarabe ukoresheje isabune mbere yo konsa

- Konsa umwana ijosi rye urishyigikiye ukuboko gutandukanye n'ibere arimo konka
- Gukikira umwana akonka umushyigikiye am aboko abiri
- Konsa umwana uryamishije urubavu
- Konsa umwana wegamyeye Fasha ababyeyi kwimenyereza ubu buryo bwo konsa bifashishije igikinisho cyangwa umwana wabo ny irizina

Reka umwana abanze ahumaze ibere rimwe mbere yo kumuha irindi.

- Bifasha umwana konka amashereka y'imbere n'ay'inyuma. Amashereka y'imbere abamo amazi amara umwana inyota. Amashereka y'inyuma yo aba akungahaye ku binure kandi amara umwana inzara.

### **5.8 Gusabana no kwiyegeza umwana mugihe cyo kumwonsa**

Kwiyegeza umwana neza bituma atakuruma n'imoko zigahora ziheherereye

Hari ibimenyetso 4 byerekana ko umwana yegereye ibere neza:

- Umwana arasama bihagije.
- Umwana ntatamira imoko yose.
- Umwana w'umwana ubona uhehereye, yasamyeye
- Akananwa k'umwana gakora ku ibere ry'umubyeyi.

Konsa umwana neza bituma amashereka yihembera akaba menshi agahaza umwana.

Ibimenyetso byerekana ko umwana akurura amashereka neza ni:

- Umwana akurura amashereka yitonze, akananyuzamo akaruhuka.
  - Nyuma yo gukurura amashereka nk'inshuro 4 cyangwa 5 ushobora kumva cyangwa kubona umwana amira
  - Umwana akurura amashereka yitonze kandi ntibibabaze umubyeyi.
  - Umwana amara konka akarekura ibere ukabona aranezerewe kandi yisanzuye
- Iyo umaze konsa, amabere aba yoroshye ahehereye

Igihe umwana wawe afite ikibazo cyo kudatamira ibere neza cyangwa ngo akurure neza, geregeza kumwonsa mu buryo butandukanye

- Nibikomeza kumugora cyangwa akaguma gusanza kandi amaze konka, mujyane kwa muganga. Abana benshi bakunda kunanirwa konka kubera ikibazo cy'akugara k'ururimi abaganga bashobora kuvura byoroheje.

Irinde gukoresha inkongoro zifite udupfundikizo twa purasitike (bibero) n'utundi dukoreshe bashyira mu kanwa k'umwana. Bitera umwana urujijo kuko uburyo bwo gukurura amashereka butandukanye n'ubwo dukoreshe bundi

Ibyo wakwibuka:

- Hitamo uburyo wonsa wowe n'uruhinje mwisanzuye, kandi ujye uhinduranya uburyo ukikira umwana urimo kumwonsa

- Jya ureka uruhinja rwonke ibere rimwe rurihumuze neza, mbere yo kuruha irindi
- Genzura niba uruhinja rufite imbogamizi mu konka neza/gukurura amashereka, ubundi ugishe inama abaganga.

### **5.9 umwana ufite ikibazo cyo konka**

Igihe umwana wawe afite ikibazo cyo kudatamira ibere neza cyangwa ngo akurure neza, geregeza kumwonsa mu buryo butandukanye

- Nibikomeza kumugora cyangwa akaguma gusonga kandi amaze konka, mujyane kwa muganga. Abana benshi bakunda kunanirwa ko ka kubera ikibazo cy'akugara k'ururimi abaganga bashobora kuvura byoroheje.

Irinda gukoresha inkongoro zifite udupfundikizo twa purasitike (bibero) n'utundi dukoreshe bashyira mu kanwa k'umwana. Bitera umwana urujijo kuko uburyo bwo gukurura amashereka butandukanye n'ubwo dukoreshe bundi

Ibyo wakwibuka:

- Hitamo uburyo wonsa wowe n'uruhinja mwisanzuye, kandi ujye uhinduranya uburyo ukikira umwana urimo kumwonsa
- Jya ureka uruhinja rwonke ibere rimwe rurihumuze neza, mbere yo kuruha irindi
- Genzura niba uruhinja rufite imbogamizi mu konka neza/gukurura amashereka, ubundi ugishe inama abaganga.

### **5.10 Imbogamizi mu gihe cyo konsa**

Imbogamizi zikunda kubaho mu gihe cyo konsa ni ukubabara imoko, kurwara amabere, kuzana udusebe ku mabere Guhesha umwana amashereka agakombe

Kujya kwa muganga kwisuzumisha Gusobanukirwa ibimenyetso by'uko warwaye imoko cyangwa ibere nk'igihe ryabyimbye, hajeho udusebe. Kwirinda uburwayi bw'ibere Gukomeza konsa umwana cyangwa rimwe na rimwe ukamuhesha amashereka agakombe.

- Niba imoko zawo zikubabaza cyangwa amabere akakurira igihe umwana arimo konka, genzura uko umwana afashe ibere maze umukikire mu bundi buryo, nihatagira igihinduka jya kwisuzumisha kwa muganga.
- Komeza wonse umwana cyangwa wikame umuheshe agakombe ubundi ujye kwisuzumisha

### 5.11 kwikama amashereka

- Ushobora kugira impamvu zituma wikama amashereka ugahesha umwana agakombe:
- Kubabara amabere cyangwa izindi mbogamizi mu konsa
- Kuba utari kumwe n'umwana
- Kuba umwana arwaye

Karaba intoki unasukure ibikoresho n'amazi meza n'isabune  
Sukura igikoresho uri bukamiremo amashereka ndetse unagiteke mu mazi abire Isanzure Rimwe na rimwe gusa nk'ukandakanda amabere yawe birafasha.

Gukoresha agatambaro gashyushye bifa sha imiyoboro guhembera amashereka.

- Fata ibere ku buryo igikumwe kifata agace ko hejuru k'imoko, izindi ntoki ziri muni y'ibere.
- Ukoresheje igikumwe n'intoki byegeranye ebyiri, kanda agace kirabura k'imoko
- Kamira amashereka mu gikoresho gisukuye
- Genda wimura intoki zawe mu gace gakikije imoko. Kama ibere rimwe hagati y'iminot 3-5 kugeza igihe amashereka atakirimo kuza, noneho ubikore no ku rindi bere; umare hagati y'iminota 20 na 30 uyasimburanya.

Tereka amashereka wikamye mu gikoresho gisukuye gipfundikiye.

Amashereka ushobora kuyatereka ahantu:

- Amasaha 6 kugeza ku 8 ahantu hafite ubushyuhe busanzwe
- Amasaha 24 mu cyuma gikonjesha- firigo
- Hagati y'amezi 3 n'atandatu ari ku gipimo cyo hejuru cy'ubukonje bwa dogere 20 muni ya zeru muri firigo Guhesha umwana amashereka agakombe

## 5.12 Konsa umwana urwaye

Igihe umwana wawe arwaye:

- Mwonse inshuro nyinshi kurusha mbere: bifasha umwana gukira kandi bikamuhumuriza.
- Muhe imiti yandikiwe na muganga GUSA.
- Niba umwana yacitse intege cyane ku buryo adashobora konka, kama amashereka umuheshe agakombe cyangwa ikiyiko.
- Umwana wawe namara koroherwa, ongera inshuro umwonsa ubikore iminsi myinshi. Ibi bifasha umwana kwijajara agasubirana ibiro, akagira imbaraga. Igihe ari wowe mubyeyi urwaye:
- Jya kwa muganga bakugire inama niba wako meza konsa umwana cyangwa wabihagarika. Ushobora gukenera amafunguro y'inyongera no kunganirwa n'umuryango wawe. Niba ubona amashereka yawe adahagije, gisha inama muganga.

Baza ababyeyi icyo bungutse mu nyigisho y'uuyu muni.

Niba ari ngombwa bibutse: •

Igihe wumve ufite uburibwe igihe wonsa, gerageza kuguma konsa cyangwa wikame uheshe umwana agakombe;

- Niba urwaye cyangwa umwana wawe arwaye, komeza umwonse cyangwa wikame amashereka um

## 5.13 Imirire y'ababyeyi bonsa

- Mu gihe wonsa, jya ufata buri muni amafunguro abiri yoroheje yiyongera ku yo usanzwe ufata buri muni, kugirango akongerere imbaraga anafashe umwana wawe gukura neza
- Rya amafunguro y'ubwoko bwose akungahaye ku ntungamubiri
- Nywa amazi menshi, nibura litiro zisaga 2 ku muni (zingana n'ibikombe 8 binini)
- Gabanya icyayi n'ikawa unywa kuko bishobora kubangamira uburyo umubiri wawe ukoreshe amafunguro wafashe.
- Reka inzoga, itabi n'ibiyobyabwenge mu gihe wonsa.

Mu gihe wonsa, intungamubiri zihariye zifasha umwana wawe gukura neza kandi akagira ubuzima bwiza. Ubutare (Feri) na Vitamine B ni ingi rakamaro.

- Fata ku buryo buhoraho ibikomoka ku mata, kandi ukoreshe umunyu ukungahaye kuri iyode kugirango bifashe ubwonko bw'umwana wawe gukura neza, no mu gihagararo
- Fata ibinini bivura inzoka zo mu nda kugirango urwanyeho kubura amaraso.
- Ganira na muganga ibijyanye na Vitamine z'inyun ganiramirire ushobora kuba wafata, maze ukurikize amabwiriza aguha.
- Ku babyeyi b'abangavu: mukeneye kurya cyane kuruta ababyeyi bakuze. Mukeneye kurya kugirango

mukomeze gukura kandi munafashe n'abana banyu gukura neza.

Gukora umurima w'igikoni n'ibiti by'imbutu no korora amatungo magufi

- Imbutu n'imboga ni bimwe mu bigize indyo yuzuye.
- Amafunguro akomoka ku matungo nk'inyama, amagi, amafi, amata, ni bimwe mu bigize indyo yuzuye kandi bikungahaye ku ntungamubiri. Ibinyamisogwe nk'ibishyimbo bishobora gusimbura ibikomoka ku matungo rimwe na rimwe
- Mutunganye umurima w'igikoni mushobora guhingamo ubwoko butandukanye bw'imboga umuryango uzakenera umwaka wose.
- Imbutu nk'imineke, ipapayi, indimu, avoka zikungahaye ku ma vitamine. Nimuhinge amoko anyuranye y'imbutu.
- Mushake uko mwakorora amatungo magufi nk'ingurube, inkwavu cyangwa inkoko Mushake uko mwakora ikidendezi cyo kororera mo amafi.
- Niba mwabasha kubona inka n'uburyo mwayita ho byabafasha kujya mubona amata ku buryo buhoraho.

## IYOBORA ABABYEYI KU KUGABURA INDYO YUZUYE

### 6.1 Ibiribwa bukungahaye ku butare

Amagi (by'umwihariko umuhondo w'igi), ifi, ranti ye, sezame, ingano, oats, amasaka, umureti, rye, ibishyimbo, uburo, imboga rwatsi/epinari, ubunyobwa (ibibiringanya, almond, imbuto, pistaciyo), inyama zitukura, inkoko, tangawizi. Ibiribwa bikungahaye kuri vitamins C Icunga, ipapayi, kiwi, indimu, urusenda rwa piripiri, imbuto zitukura, inkeri, amashu, amashu atukura, imizabibu, ubundi bwoko bw'imboga nka borokori, amashu ameze Icunga, ipapayi, kiwi, indimu, urusenda rwa piripiri, imbu to zitukura, inkeri, amashu, amashu atukura, imiz abibu. Imbuto zihuguse nk'imizabibu, umutini, ibinyomoro, dattes, na apricots. Haimo na tofu, n'umugati ukungahaye ku butare

### 6.2 Ibiribwa bikungahaye kuri vitamins C

Icunga, ipapayi, kiwi, indimu, urusenda rwa piripiri, imbuto zitukura, inkeri, amashu, amashu atukura, imizabibu, ubundi bwoko bw'imboga nka borokori, amashu ameze n'amababi (choux fleurs), amashu yitiriwe Buruseli, ibirayi by'umweru.

### 6.3 Ibyo ababyeyi bagomba gukoramu gihe bashaka Konsa umwana

mu gihe kitarenze isaha avutse.

Konsa umwana umuhondo mu minsi ye ya mbere.

Guha umwana amashereka YONYINE kugeza ku mezi 6.

Kumenya ibimenyetso byibanze by'uko umwana ashonje Konsa umwana hagati y'amasaha 2 n'atatu, nubwo yaba arwaye cyangwa asinziriye Ababyeyi bombi bagomba gufatira umwana mu gituza.

Kumwenyurira umwana, kumuvugiriza ubuhuha/ ubuguriguri igihe arimo konka

- Konsa gusa bivuze guha umwana amashereka YONYINE mu mezi 6 ya mbere.
- Ntugahe amazi cyangwa ibindi binyobwa cyangwa ibiribwa umwana atarageza amezi 6. Bishobo ra kumutera indwara.
- Amashereka ubwayo akubiyemo intungamubiri zose umwana akeneye, arimo indyo zose n'amazi umwana wawe akeneye mu mezi 6 ya mbere y'ubuzima bwe.

Nubwo haba hari ubushyuhe bu kaze, amashereka atsirika inyota y'umwana wawe

. • Guha umwana wawe ikindi kintu kitari amashereka atarageza amezi 6 bimutera ubunebwe bwo konka bikanagabanya amashereka umubiri w'umubyeyi ukora.

- Usabwe guha umwana wawe imiti yandikiwe na muganga GUSA; ukayikura kwa muganga cyangwa amaguriro y'imiti (farumasi) yemewe

Ingano y'igifu cy'umwana

- Ingano y'igifu cy'umwana. Saba ababyeyi bafunge igipfunsi. Babwire ko igifu cy'umwana kingana n'igipfunsi cye.

- Igifu cy'uruhinja ni gito cyane ku buryo mu minsi ye ya mbere aba akeneye make gusa

#### **6.4 Ni gute wamenya ko umwana yijuse?**

• Iyo umwana atangiye konka, agapfunsi ke agashyira mu isura. Iyo yijuse, afungura igipfunsi amaboko akayarambura.

Iyo umwana wawe yonka bihagije bigaragazwa nuko:

- Yiyongera ibiro n'igihagararo
- Ubona ashabutse, akina bijyanye n'imyaka ye.
- Yihagarika inkari zikeye nibura inshuro 6 ku munsu cyangwa kuzamura iyo yonka GUSA.

#### **6.5 Umumaro wo konsa umwana**

Ibyiza byo konsa umwana GUSA mu mezi 6 ya mbere

- Guha umwana amashereka yonyine mu mezi 6 ya mbere bimurinda indwara nyinshi nk'impis wi n'indwara zo mu myanya y'ubuhumekero.
- Bifasha umwana kwi Yongera mu biro, igihagararo no mu mikurire myiza y'ubwonko
- Konsa ukimara kubyara bituma nyababyeyi yisubiranya bikagabanya kuva
- Konsa bituma habaho komatana hagati y'umwana n'umubyeyi, kandi umwana aba akeneye cyane



## **6.6Imirire y’abangavu bonsa**

Ababyeyi b’abangavu bakenera kurya cyane kuruta uko bari basanzwe barya, kugirango bakomeze gukura neza kandi banafashe abana gukura neza. Abangavu bakenera indyo yuzuye, byibura amafunguro atatu ku munsu kugirango bakure neza, bagire ubudahangarwa bw’umubiri, bitegure kuba ababyeyi b’ejo hazaza badafite imirire mibi by’umwihariko ibura ry’amaraso riterwa n’ibura ry’intungamubiri.

## **6.7 gutangira konsa**

Uruhinja rugomba konswa mu isaha ya mbere rukimara kuvuka, kandi rukonka gusa amashereka yonyine mu mezi 6 ya mbere, kuko akubiyemo intungamubiri zose ndetse n’amazi umwana akeneye.

## **6.8 incuro umubyeyi agomba konsa**

Mubyeyi, onsa umwana kenshi ku manywa na nijoro nibura buri masaha atatu (3), kandi ujye wibuka gukangura umwana ukunda gusinzira cyane kugirango yonke.

## **6.9 Amashereka / Umumaro wo konsa**

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

## **6.10 ibyo wakwitondera mugihe wonsa**

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

## **6.11 Konsa gusa umwana nta kindi umuhaye**

Uruhinja rugomba konswa mu isaha ya mbere rukimara kuvuka, kandi rukonka gusa amashereka YONYINE kugeza mu mezi 6 ya mbere. Umwana ataruzuzwa amezi 6 ntagomba guhabwa amazi, ibindi binyobwa cyangwa ibiryo kuko bishobora kumutera uburwayi. Amashereka ubwayo akubiyemo intungamubiri zose umwana akeneye, harimo indyo zose n’amazi umwana wawe akeneye mu mezi 6 ya mbere y’ubuzima bwe. Nubwo haba hari ubushyuhe bukaze, amashereka atsirika inyota y’umwana wawe. Usabwe guha umwana wawe imiti yandikiwe na MUGANGA gusa, kandi ukayikura kwa muganga cyangwa amaguriro y’imiti (farumasi) yemewe.

## **6.12 Uburyo bwo konsa umwana neza**

Konsa umwana neza bituma amashereka yihembera akaba menshi agahaza umwana. Konsa umwana neza, ni ukumufata neza umubiri we urambuye atihinye, umutwe we usa n’aho uraramye buhoro.

Mu maso h'umwana hagomba kuba hateganye n'ibere kandi utamutsindagije ku gituza no ku nda byawe, akureba mu maso. Umwana aba afunguye umunwa bihagije, ikiziga cy'ibere kigaragara hejuru y'umunwa w'umwana kurusha munsu yawo, umunwa wo hasi w'umwana uba ugaruka hanze, akananwa ke gakora ku ibere.

Umubyeyi kandi ashobora kwikama akabika amashereka mu gikoresho gisukuye umwana akaza kuyakoresha mu gihe mama we adahari.

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

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

### **6.13 ibyo wakwitondera mugihe wonsa**

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

### **6.14 Guha abana imfashabere**

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

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

### **6.15 kugaburira umwana muto**

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

Ibyo kurya bihabwa umwana ndetse n'igikoma bigomba kuba bifashe bihagije, ibiryo bivanze binombye kandi hakongerwamo ifu ya Ongera-intungamubiri ikungahaye ku myunyangugu irinda umwana kugwingira no kurwara izindi ndwara ziterwa n'imirire mibi.

Ni byiza guha umwana igi rimwe buri munsu kuko ririmo intungamubiri zose umwana akeneye kugirango akure neza.

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

#### **6.16 Kugaburira abana bigiye hejuru**

Ababyeyi bagomba kwita cyane ku igaburo ry'abana bacutse ibere n'abigiye hejuru, bakita cyane ku isuku yabo, kubyo bakinisha n'ibyo barya, bakagenzura cyane ko igaburo bafata rigizwe n'indyo yuzuye igizwe n'ibyubaka umubiri, ibitera imbaraga ndetse n'ibirinda indwara, bakongera ifu ya Ongera mu igaburo ry'umwana, kandi bagaha umwana igi rimwe buri muni.

Uwo mwana agomba kugaburirwa inshuro 5 ku muni, agahabwa ibiryo bihagije kandi bijyanye n'ikigero agezemo. Ibiryo aya bigomba kuba bifashe kandi, nibyiza kumuha inombe y'ibiryo bivanze cyangwa bikasemo uduce duto. Hinduranya indyo umuha kandi ibe igizwe n'amoko atandukanye y'ibiribwa, sabana cyane n'umwana mu gihe urimo kumugaburira.

### **7. UBURERE BUBONEYE BUDAHUTAZA UMWANA**

#### **7.0 uburere buboneye ni iki**

Uburere buboneye budahutaza umwana ni ukumuyobora mu nzira iboneye hadakoreshejwe ibihano bibabaza umubiri n'imbamutima, mukusoze urukundo n'ineza bimufasha kwikosora no kwitarwara neza.

#### **7.1 .Uko watoza umwana wawe uburere buboneye**

Uburyo umwana atozwa uburere buboneye bijyana n'icyiciro cy'ubukure agezemo. Mubyeyi, toza umwana wawe kumvira, ikinyabupfura, kubaha no kumenya gutandukanya imigirire myiza n'imibi, ndetse no kumva ko yabazwa ibyo yakoze atabishyize ku bandi.

Toza umwana hakiri kare kumenya kwikorera uturimo tumwe na tumwe bijyanye n'ikigero ke, bidahariwe gusa abakozi bo mu rugo.

Mufashe abana kugira imyitwarire myiza mufatanyaga gushyiraho imirongo ngenderwaho mu rugo nk'amasaha yo kuryama, koga, kubyuka, gusasa, gutaha mu rugo, gukina, kureba televiziyo, kumva radio, gusurana, gusoma ibitabo, gukora imikoro yo ku ishuri no gukora isuku n'ibindi.

#### **7.2 uko umubyeyi yashyikirana n'umwana**

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

#### **7.3 uko warinda umwana wawe**

Kurinda umwana ihohoterwa ryaba irishingiye ku kubabaza umubiri, gukomeretsa amarangamutima, kuvangura abana, kubakoresha imirimo irenze ubushobozi bwabo, kubashakiraho amaronko, kubacuruza

kutabaha ibyo bakeneye uko bikwiye nko kubitaho, kubagaburira, kubavuzza, kubajyana kwiga, kwidagadurira ndetse n'ibindi.

#### **7.4 ingaruka zo kuba umwana yarahohotewe**

Iyo umwana akorewe ihohoterwa iryo ariryo ryose, bimugiraho ingaruka mbi ku buzima bwe, bw' umubiri n'ubwo mu mutwe, mu myitwarire ye ndetse n'imibanire ye n'abandi, bikaba byanakurizaho kudindira mu mikurire ye, kumugara ndetse n'urupfu. Ibihano byose bibabaza umubiri n'imbamutima bihanwa n'amategako kandi ntibikwiye gukoreshwa mu gukosora abana.

#### **7.5 uko wahana umwana wawe**

Gukosora neza udahutaje umwana mu gihe yakoze ibidakwiye cyangwa yarenze ku murongo mwiza mwemeranijeho mu muryango, ni ukumuyobora si ukumuhana cyangwa kumuhahamurira; banza ucururuke, utuze, umwegere muganire ku ikosa yakoze umwereka ingaruka mbi zabyo ndetse n'ibizaza byo kwitwara neza, mufate ingamba yo kutazabisubira.

Mu gihe habayeho isubirakosa, umwibutsa ingamba mwari mwarafashe byaba ngombwa agakosorwa mu bundi buryo butari ugukubitwa cyangwa gutukwa nko kumuha umurimo akora utavunanye, nko gukora isuku mu cyumba, gusukura mu busitani, amasahani n'ibindi.

#### **7.6 Ese wumva guha umwana ibihano bibabaza umubiri n'iteshagaciro bifasha ababyeyi mu kurera?**

Ibihano bibabaza umubiri n'ibitesha agaciro, bitera abana kwiyumva nk'abatereranywe n'abantu bakabaye babitaho kurusha abandi. Iyo abwiwe nabi cyangwa atonganyijwe cyangwa agakubitwa kubera ko hari ibyo akoze bitari byo cyangwa agaragaje imyitwarire idahwitse, bishobora gutuma atangira kujya abikora yihisha, bikaba byanamutera agahinda gakabije, kwigunga kubahamurira, kwitakariza ikizere bikaba byamuviramo no kwiyahura cyangwa guhunga mu rugo no kubagabanyiriza imibanire myiza n'abandi.

Ibihano bituma umwana yiyumva nk'aho ari umuntu mubi, bishobora kandi gutuma abana bazinukwa ababyeyi bakanabarwara inzika n'ubwo batabyerekana mu buryo butaziguye. Binatuma abana batinye ababyeyi bikaba byabatera kujya bababeshya. Ibihano bitera abana impagarara zishobora kudindira imikurire y'ubwonko bwabo, bikaba byabatera kugira umuze/uburwayi/urupfu, kudindira mu buryo bw'imitekerereze no kutabasha guhangana n'ibibazo; bikamukurikirana yaranabaye umuntu mukuru. Ibihano by'ubwoko bwose bibabaza umubiri n'ibibabaza imbamutima bihanwa n'amategako kandi ntibikwiye gukoreshwa mu gukosora abana.

Mugihe umwana yakoze ibidakwiye mwegere ufate umwana uhagije wo kuganira nawe ku ikosa yakoze umwereka ingaruka mbi zabyo ndetse mufate ingamba yo kutazabisubira. Mu gihe habayeho isubiracyaha, umwibutsa ingamba mwari mwarafashe byaba ngombwa agahanwa mu bundi buryo butari ugukubitwa cyangwa gutukwa. Ushobora kumuha umurimo akora nk'igihano ariko utavunanye, kumwima uruhushya rwo gukinana n'abandi cyangwa gukora ibyo yakundaga gukora nko kureba television n'ibindi.

#### **7.7 impamvu zitera umwana kurira**

Impinza n'abana b'ibitambambuga akenshi barira iyo bamenyekanisha ibyifuzo byabo n'uko bamereye nko kuba bumva batameze neza, bashonje, bafite inyota, bashyushye cyane, bakonje cyane, batisanzuye, bashakira ko ubaterura, ubahobera cyangwa bashakira ko ubahindurira imyambaro.

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

Iyo barira ntabwo ari uko baba bashaka gutesha umutwe ababyeyi babo. Gerageza kumenya ibyo uruhinja cyangwa umwana bakeneye ubafashe. Uruhinja rukeneye ko urukuyakuya cyane kugirango rwumve rutekanye runarusheho kukwibonamo. Kirazira kuzunguza uruhinja kuko ushobora kurutera ubumuga bukomeye ku bwonko.

### **7.8 icyo wakora mugihe umwana ari kurira**

Babyeyi, mukurikije ikigero umwana agezemo, mutoze kwimenyereza kuvuga no gusaba icyo ashaka mu buryo bwiza atarize cyangwa ngo asiribange hasi.

Abana bato batazi kuvuga, ahubwo bakoresha amarira, banza utuze, ugabanye uburakari, ufatire amaboko inyuma cyangwa uyashyire mu mufuko w'umwenda wambaye, urebe aho uba ugiye gato, ubanze ucururuke, maze usesengure impamvu iri kumuriza, ugaruke muganire umenye kandi umufashe kubona icyo ashaka atarinze guhugora.

Umwana umufasha kugenzura uburakari bwe umukinisha, umuterura, umuhobera kugirango mwubake urugwiho yibagirwe ibyatumye arakara, umuhe ibyo akeneye yamaze gutuza.

Uruhinja rukeneye ko urukuyakuya cyane kugirango rwumve rutekanye runarusheho kukwibonamo. Kirazira kuzunguza uruhinja kuko ushobora kurutera ubumuga bukomeye ku bwonko.

### **7.9 impamvu zitera abana gukubagana**

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

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

### **7.10 Gufasha abana bakubagana**

Mubyeyi, uburyo bwiza bwo kubafasha, ni ugusobanurira umwana ibintu babona hafi yabo cyangwa bakinisha uko bimeze, uko bikora, icyo bigenewe gukoreshwa n'uburyo bwiza bwo kubikoresha kugirango bidashyira ubuzima bwabo mu kaga bikaba byabakomeretsa, bihera mu mihogo no mu matwi, bibahumanya nk'uburozi, n'ibindi kugirango bagire amakuru ahagije, bunguke ubwenge ubutaha babikoreshe neza.

Yobora umwana utamukubise cyangwa utamututse, umwereke igikwiye gukorwa kimufasha kugera ku ntego yashakaga; niba ubona byamushyira mukaga cyangwa ari kwangiza umubwire ko ari bibi, umuhindurire, umwereke igikwiye cyimufitiye akamaro

### **7.11 uburyo bwo gufata uruhinja**

Iyo uteruye uruhinja ugomba gushyira ikiganza kimwe muni y' umutwe noneho ikindi kigafata ku kibuno. Hera aho noneho umuzamure umwegereza igituza cyane Hariho uburyo butandukanye bwo gufata no guterura uruhinja rukivuka.

### **7.12 Uburyo bwo guhoza umwana**

- Ushobora kugerageza izi ngamba ukareba icyafasha umwana wawe.
- Mushyire mu mugongo
- Murimbire

- Ahari zimya amatara
- Muzengurutse hanze cyangwa mu nzu. Cyangwa mu buriri ujya mu gikoni n’ahandi...)
- Mukoreshe imyitozo yo guhumeka
- Muhe undi muntu agufashe ubone umwana wo kuruhuka no gutuza
- Bamwe mu bana bakuze bakunda kwiyorosa igitambaro cyangwa uburingiti.
- Muhe ikintu ashobora guhugiraho, nk’ igitabo cyangwa ikinyamakuru.

### **7.13 Uko wafasha umwana gusura:**

• Gusura: Gusura ni ngombwa nyuma ya buri funguro umwana yaba yariye bicye cyangwa se byinshi. Dore uko wabikora:

- Muterure umushyire ku rutugu
- “nyonga” amaguru y’umwana wawe
- witonze witonze terura umwana areba hejuru ufate umugongo ugenda umuzamura wongera umumanura
- Fata amaboko munsu y’amavi y’umwana wawe, hanyuma ukande witonze amaguru ye uyakoze ku nda
- Buhorobuhora kanda ku nda y’umwana wawe.

### **7.14 gusinzira ufite uruhinja**

Niba uryamana n’uruhinja rwawe dore ibyo ukwiye gukora kugira ngo usinzire neza nta kirogoya: • Ukwiye kwizera neza ko umwana wawe adashobora guhanuka ku buriri ngo yitire hasi. cyangwa se ngo afatirwe hagati ya matela n’ urukuta.

- Shyira imiseho, amashuka, ndetse n’ uburingiti kure y’uruhinja , ubarinde gututubikana cyangwa se ngo bipfuke mu maso ku buryo byababura guhumeka. Ushobora gukoresha udfuka impinja ziryamamo.
- Irinde kureka abandi bana mu buriri icyarimwe;
- Reka umwana wawe aryame ivure. Ntukaryame aho umwana aryamye: Niba wowe n’ umugabo wawe mwanyoye inzoga cyangwa se ibiyobyabwenge. (bigutera gusinzira kandi ntubone uko wita ku mwana wawe);
- Niba umwana wawe yaravutse adashyitse kandi afite ibiro bike;
- Niba wumva unaniwe cyane;
- Umwana wawe afite umuriro cyangwa ibimenyetso byose by’uburwayi.

### **7.15 Uburyo bwo kuryama hirindwa indwara y’ urupfu ru tunguranye ku bana b’ impinja ( SIDS)**

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

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

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

### **7.16 Guha umwana inkingo**

Dore zimwe mu nko umwana agomba gufata:

Mugihe cyo kuvuka: Urukingo rwa BCG uririnda umwana kurwara igituntu

Mugihe cyo kuvuka ikongera gutangwa nyuma y' ibyumweru 6, 10 na 14:

Urukingo rwo mu kanwa (OPV) rurinda umwana Gapfura

Nuba umubyeyi arwaye umwijima wo mu bwoko bwa B) ku byumweru 4: Uruhinja rugomba guhabwa urukingo rumurinda Umwijima wo mu bwoko bwa B (Hepatite B).

Ku byumweru 6, 10, na 14: Uruhinja ruhabwa inkingo zirinda kwandura Agapfura, Difuteriya, Tetanosi, Kokolishi, Umwijima wo mu bwoko bwa B, ibicurane byo mu bwoko bwa Hemofirusi; Igituntu na Rotavirusi.

Ku byumweru 6, 10, na 14: Uruhinja ruhabwa inkingo zirinda rotavirusi Ku

mezi 9: Urukingo rwo kurinda umwana wawe kurwara Iseru na Rubela

### **7.17 Ibimenyetso by'indwara z'abana**

Bimwe mu bimenyetso byakwerekana ko umwana wawe arwaye cyangwa afite indwara z'abana

- Umuriro, ubukonje bw'intoki n'ibirenge
- Kwanga ibiryo
- Kuruka
- Uruhu rwera n'urwijimye
- Guhagarika umutima no kwanga i bimukorerwa

- Kugamika ijosi, kudakunda amatara
- Guhondo bera
- Gusinzira cyane kuburyo bigorana kubyuk
- Ibiheri
- Guhumeka cyane
- Kurira bi dasanzwe
- Kubyimba igihorihori
- Gusa nkuhwereye /kugwa igicuri

#### 7.18 Ibimenyetso byo kwitabwaho mugihe umwana arwaye ni:

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

#### 7.19 Uburyo bwo gushyira umwana mu gituzi cy'umubyeyi

Uruhinja rushyirwa mu gituzi cya Mama cyangwa papa kuburyo imibiri ikoranaho. uruhinja narwo rukaba ntacyo rwambaye usibye nko kuba bamubinze na pampegisi/amaranje/ibitambaro byabugenewe, yambaye ingofero n'amasogisi. Nanone uruhinja rukoroswa ikigoma/igishura cyangwa ikindi cyakoroswa umwana kugirango adaskonja. Ushobora kuruhuka muri ubu buryo.

Mu gihe umubyeyi w'umugabo ari kuruhuka nka nijoro avuye nko mukazi, ashobora kuruhuka ashyize umwana mu gituzi. Niba ukeneye guhaguruka ngo ugende ushobora no guheka uruhinja rwawe nta mwenda urimo kuburyo imibiri ikoranaho noneho ukikomereza imirimo yawe. Igihe umuhekeye imbere mu gituzi ukitondera ko utaribwegere ikintu gishyushye nk'isafuriya cyangwa ikindi, urugero niba uri nk'umucuruzi mu isoko cyangwa muri butike, ushobora guheka umwana wawe kuburyo umubiri wawe n'uwe ukoranaho ubundi ukikomereza imirimo yawe.

#### 7.20 Uko wakwita kumwana igihe utwite

Komatana n'umwana uri mu nda

Komatana n'umwana wawe Ririmbira umwana uri mu nda, muganirize, ukuyakuye inda.

- Ababyeyi bombi bashobora gutangira kwita ku mwana no kumwerekana urugwiro binyuze mu ku



muganiriza, kumurimbira no gukuyakuya inda kuko bituma arushaho kubaho neza akanagira imikurire myiza

- Abana bakiri mu nda bamenyera amajwi bakunze kumva n'intoki z'abakunze gukuyakuya inda ya nyina. Iyo ayo majwi yuje urukundo n'ituze, bituma umwana agira imbamutima ndetse akanarushaho komatana na nyina n'undi wese umwitaho.

Kumva umerewe neza bishobora kugutera ibyishimo : umuziki, kuririmba, amagambo meza,

ibintu bishobora kukubuza umutuzo : umuntu uvugira hejuru, amahane, umuryango utishimye, umujagararo utewe n'abo mubana cyangwa uhura nabo.

Ibyo bintu bigushimisha n'ibikubabaza binagira ingaruka ku mwana utwite. Ni yo mpamvu ugomba gukora uko ushoboye ukirinda ibigutera impagarara ugashaka ibigushimisha.

#### **7.21 icyo wakora mu gihe uruhinja rukivuka**

Uruhinja rukivuka rugomba guhita rushyirwa mu gituzo cy'umubyeyi:

- Hagire ugushyira umwana wawe yambaye ubusa, inda ye ayihuze n'igituzo cyawe nta kintu wambayeho kuburyo umubiri wawe uhura n'uwuruhinja.
- Hindura mu maso h'uruhinja mu gihe yubitse inda kuyawe kugirango abashe guhumeka.
- Hanagura umwana wawe hanyuma umufubikisha igitambaro/akaringiti, kugirango mukomeze kugira ubushyuhe mwembi. Murebane amaso ku yandi
- Abana bakunda kureba mu maso h'ababyeyi babo kandi bamara igihe bitegereza mu maso h'ababyeyi babo nyuma yo kuvuka. Nyuma y'igihe cyo kuruhuka no gukanguka:
- Uruhinja rutangira gukoresha utugerirako rusunika inda ya mama kandi rugatangira kushaka gukurura inda rugana ku ibere rya nyina.
- Iyo bageze ku ibere, bashobora gufataho, kuririgata, cyangwa gukanda ahantu bafashe bakonka.
- Abana benshi bashoboye gufata imoko hanyuma bagatangira konka. Niba bikenewe ushobora kumufasha kubona ibere ryambere ukarimutamika ndetse no guhindura ukamuha irya kabiri.
- Nyuma yo guhaga, uruhinja, rurongera rugasinzirira mu gituzo cy'umubyeyi. Ubu buryo bwo gushyira uruhinja mu gituzo bikwiye gukomeza, ntabwo ari igihe umwana akibuka gusa, uruhinja ruba rukwiye gushyirwa mu gituzo cya nyina cyangwa se noneho ibindi bice bitari gukora ku mubiri w'umubyeyi bikoroswa n'ikigoma/akaringiti cyangwa ikindi, ibi muje mubikomeza uko mushoboye

## **Ibikorwa byafasha umugore utwite n'ibitamugwa neza**

### **7.22 Gufasha umugore utwite**

- Umugore utwite akenera kuruhuka bihagije. Mu gihembwe cya mbere cyo gutwita, habaho impinduka mu mikorere y'imisemburo zituma akenshi umugore yumva ananiwe cyane.
- Imirimo ivunanye nko guterura cyangwa kwikorera ibintu biremeye bigomba kwirindwa.
- Ku bagore badakora imirimo isaba ingufu nk'iy'ubuhinzi, ni ngombwa gukora imyitozo ngorora mubiri ituma ugira ubuzima bwiza nkuko wayikoraga mbere yo gusama ariko ikaba itananiza umubiri wawe. Ikiganiro kiyobowe Tekereza imirimo usanzwe ukora. Wabigenza ute kugirango abandi bajye babigufasha ? Ese ujya usaba umugabo wawe kugufasha ?
- Mu gihembwe cya kabiri cyo gutwita, abagore batwite bagomba kwirinda kuryama bubitse inda cyangwa bagaramye. Kuryama wubitse inda utwite ni bibi kuko bishobora gutuma utsikamira umwana. Kuryama ugaramye kandi utwite bihagarika gutem bera kw'amaraso yawe n'umwana.

### **7.23 Imibonano mpuzabitsina mu gihe utwite**

Mutekereza iki ku bijyanye n'imibonano mpuzabitsina mu gihe umugore atwite? Abashakanye bashobora kutiyumva kimwe kuri iyi ngingo ariko ni ngombwa kuganira bakabyumvikanaho.

- Muri rusange gukora imibonano mpuzabitsina nta cyo bitwaye ku mugore utwite; ariko bigomba kwirindwa niba waba waragize ikibazo cyo kuva cyangwa kubabara mu kiziba cy'inda; ni ibimenyetso cy'uko ushobora gukuramo inda cyangwa kubyara umwana utagejeje igihe.

Imibonano igomba nanone guhaga rara ugize ibintu by'ururenda bidasanzwe/isuha, niba warigeze kujya ukuramo inda mbere cyangwa niba warasabwe na muganga ku mpamvu z'ubuzima ibyo nabyo bishobora gutuma inda ivamo cyangwa ukabyara igihe kitageze.

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

### **Kwita ku mubyeyi mbere yo kubyara**

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

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

### **7.24 kujya kwipimisha inda kwa muganga**

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

Igihe cyo gutwita kigabanyijemo ibihembwe bitatu. Hari ibyumweru 0-12, 13-26, 28-40. Umugore utwite agomba kujya kwipimisha inshuro 8:

- Inshuro 1 Mu gihembwe cya mbere (Kugeza mu byumweru 12)
- Inshuro 2 mu gihembwe cya 2 (akenshi ni hagati y'icyumweru cya 20 na 26)

- Inshuro 5 mu gihembwe cya 3 (mu byumweru bya 30,34,36,38 na 40).

Ibi bipimo ni ngombwa kugira ngo hizerwe ko:

- Umwana wawe arimo gukura neza
- Urimo guhabwa inyunganiramire n'ubufasha ukeneye kugirango ugire ubuzima buzira umuze ndetse n'um wana utwite agire imikurire iboneye.
- Uba ubonye uburyo bwo kuvuga ibibazo waba ufite ukabiganira n'abaguhanga ubufasha bwizewe.
- Ntabibazo bigenda bivuka kugira ngo uhabwe ubu fasha hakiri kare ?
- Umwana ameze neza munda ndetse n'igihe cyo kuvuka kikaba kizwi. Imfashanyigisho Imfashanyigisho 26
- Abagore batwita bakiri bato munsu y'imyaka 19 bakunze guhura n'ibibazo bikomeye igihe batwite.

Ibi bibazo byose bikemurwa no gukurikirana kenshi ubuzima bw'umwana batwite ari nayo mpamvu ari ngombwa kwipimisha ziriya nshuro zose uko ari 8.

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

## **7.25 Ikurikiranwa n'isuzuma bihoroaho by'ubuzima bw'umwana uri mu nda**

Gupima amaraso: bashobora gupima niba ufite amaraso make, urwaye Marariya cyangwa niba ufite agakoko gatera SIDA ndetse n'ibindi. Baza muganga ibisubizo by'ibipimo byafashwe ndetse niba nta n'ikibazo babonyemo kugirango umenye ingamba zigomba gufatwa niba hari ikibazo. Guca mu cyuma kireba umwana munda (Ekogara f i): Iyo witabira serivise zihabwa umugore utwite ku ivuriro, ushobora guca mu cyuma mbere y'ibyumweru 24 kugira ngo bemeze igihe nyakuri inda ifite, uko umwana angana, kugirango barebe niba hari ikibazo cyangwa ubumuga umwana uri munda yaba afite; niba utwite impanga cyangwa abana barenze 2, ibyuma bifite ubu bushobozi ntibiboneka hose ariko muganga igihe abona ko ari ngombwa akohereza ku bitaro/ivuriro ribifitiye ubushobozi.

## **7.26 Kwikingiza no kwivuza ku mugore utwite.**

Urukingo rwa tetanus:

- Uru rukingiro ruhabwa umubyeyi utwite rukana habwa umwana nyuma yo kuvuka
- Umugore yandura tetanus mu gihe agakoko kay itera kinjiye muri nyababyeyi cyangwa mu gitsina. Ku mwana yinjirira mu mukondo nyuma yo kuvuka iyo hakoreshejwe inzembe zanduye cyangwa igihe haba hari umwanda cyangwa umwanda witumwe n'amatungo ugera ku rururi rw'umwana
- Urukingo rwa tetanus ntacyo rutwara umugore utwite. Ibinini bivura inzoka: Mu byumweru 20 uzakubaza ibinini by'inzoka unywere icyarimwe (ushobora no kubihabwa mu gihembwe cya 3) kuko inzoka zituma umugore abura amaraso, zigatuma atarya uko bikwiye bityo bikagira ingaruka kuri wowe no ku mwana utwite.

### **7.27 Ubufasha bwihariye ku mugore utwite kandi afite agakoko gatera SIDA.**

- Hamwe n’uwo mwashakanye, mupimwa agakoko gatera SIDA mu gihembwe cya mbere. Ku bagore bafite ubwandu bw’agakoko gatera SIDA, ari aba busanganywe cyangwa se abakibwandura, bahabwa
- ubufasha buhagije mu guhumurizwa no guhabwa imiti igabanya ubukana. Mu gihe cyo kubyara umugore ufite ubwandu bwa SIDA ahabwa ubufasha bwihariye kugira ngo hirindwe ko yakwanduza umwana we
- igihe ari kumubyara cyangwa se ngo abe yakwanduza umubyaza. Abana babyawe n’umubyeyi ufite ubwandu bwa SIDA bitabwaho bahabwa imiti ibakingira. Iyo umwana yanduye, ahita atangira guhabwa imiti igabanya ubukana. Ikiganiro kiyobowe – HIV Waba uzi niba ufite agakoko gatera SIDA? Mbese uti nya kwipimisha SIDA kugirango udasanga wanduye? Kubera iki?
- Umufashamyumvire asobanurira abahugurwa ko u Rwanda rwakoresheje imbaraga nyinshi cyane kugira ngo hagabanuke ubwandu bwa SIDA ndetse no kugi rango haboneke imiti igabanya ubukana kandi
- ifashe abafite agakoko kugira ubuzima bwiza hagabanywa ubukana bw’agakoko ndetse hagabanywa ikwirakwira ry’agakoko nko kuba umubyeyi yakwanduza amubyaza cyangwa na nyuma yaho.

### **7.28 Ibimenyetso mpuruza ku mugore utwite**

Ni ibihe bimenyetso mpuruza ku mugore utwite ?

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

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

### **7.29 Kwirinda ubwandu / indwara zandura**

- Horana isuku, karaba intoki n’isabune n’amazi meza buri gihe.

- Ryama mu nzitiramibu mu kwirinda kurumwa n'agakoko gatera malaria.
- Umugore utwite agomba kwirinda gukorako ra intama, injangwe n'umwanda wazo kuko aya matungo akunze gukwirakwiza indwara zibangamira ubuzima bw'umwana uri mu nda. Karaba neza intoki nyuma yo gukora imirimo ig usaba gukora mu bitaka cyangwa wakoze hasi.

Kwiyakira no kumenya uko witwara utwite

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

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

Guhindagurika byihuse kw'ibiyumvo nk'ibishimishije, ubwoba, ibisekeje, ibituma arira, kugira uburakari cyangwa umujinya n'ibintu bibaho cya ne ku mubyeyi utwite. Ibyo byiyumvo nk'ibyo bibaho kandi ni ingenzi kubiganiraho n'umuntu wiyumvamo. • Ku bagore bamwe na bamwe bakiri bato gut wita bibatera umunezero, n'ibyo kwishimira, ku bandi bo bishobora kuba byarabatunguye kandi bikabatera ubwoba.

### 7.31 Ibimenyetso by'agahinda gakabije

Ibimenyetso by'agahinda gakabije. Ni ibihe bimenyetso biranga umuntu ufite agahinda gakabije, umuntu wumva ko ibye byarangiyeye?

- Kubura ubushake bwo kurya no kunanirwa kurya ibyo usanzwe umenyereye
- Kubura ibitotsi no kugira umunaniro ukabije
- Kumva udashishikajwe n'umwana utwite
- Kumva wihebye
- Ibitekerezo byo kwigirira nabi
- Ibitekerezo byo kugirira nabi umwana utwite
- Kwiyumvamo ubwoba bukabije bwo kuba ububyeyi gito
- Agahinda gakabije ni ikibazo gikomeye aba gore benshi bahura na cyo mugihe batwite na nyuma yo kubyara. Iki kibazo kandi gishobora kugira ingaru ka mbi ku mikurire y'umwana. Gana muganga igihe wumva ufite agahinda gakabije cyangwa igihe wumva wihebye.
- Ababyeyi bakiri bato nimwe mukunze kugi ra agahinda gakabije iyo mutwite. Mu gihe wumva utishimye cyangwa wumva watakaje ikizere, shaka ubufasha cyangwa ubiganirize inshuti yawe cyangwa uwo mufitanye isano wizera.

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

Gutegura abandi bana kwakira undi mwana muzabyara Waba waraganirije undi mwana/abandi bana mufite mwen da kubyara undi mwana? Gutegura abandi bana kwakira undi umwana muzabyara Mu gihe utwite, ni ngombwa gushaka umwana wo kuganiriza abana banyu ku mwana wenda kuvuka kugira ngo batangire bagaragaze uko bazamwakira niba hari n'abataby ishimye utangire ubibakundishe. Guteganya umuntu uzabafasha kwita ku bandi bana ku munsu wo kubyara. Teganya byibuze umuntu umwe uzasigara mu rugo yita ku bandi bana igihe muzaba mwagihe kwa muganga ugiye kubyara. Reka abana batangire bamenyerane n'uwo muntu

## **Ku bangavu**

### **7.33 Ibibazo biterwa no gutwita imburagihe**

Ibibabazo biterwa no gutwita imburagihe? (Urugero: Kubura ubufasha, Amikoro make murugo, imibereho mibi mu muryango, kubura amikoro yo kujya ku ishuri, kure ka ishuri, kubura akazi n'ibindi, kandi ibi bishobora guhangayikisha.) Bafashe gukemura ibi bibazo ndetse unabagire inama yo kujya babiganiraho n'umuntu bizera, bishobotse bakabiganiraho n'umuganga/umujyanama w'ubuzima kugirango babashe guhabwa ubufasha bakeneye. Kubijyanye no kuva mu ishuri, bamenyeshe amabw iriza/gahunda y'igihugu ku burezi igamije gushishikarizaabana gusubira mu ishuri

### **7.34 Umumaro wo kubyarira kwa muganga**

Ibyiza byo kubyarira kwa muganga harimo :

- Kubyarira kwa muganga ukabyazwa n'umuganga wabyigiyeye ufite ubumenyi mu buryo bwemewe n'amategako
- 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

### **7.35 Ibyo wamenya ku ndwara yo Kujojoba**

Kujojoba ni indwara ikomeye iterwa n'umwenge ucika hagati y'inda ibyara n'impera y'urura runini cyangwa uruhago, kubera ko inzira umwana acamo iba ari nto cyane, imeze nk'ifunganye umubyeyi agategereza umwana munini atarabyara.

Uku gufungana bitera umubyeyi uburibwe bukabije, uruhago rukitugatugira ku igufa ryo mu mayasha bigatuma hagati y'inda ibyara n'impera y'urura runini cyangwa uruhago haturikamo umwenge. Ingaruka zo kujojoba ni uko ari ubumuga umuntu ashobora kugira ubuzima bwose, aho inkari cyangwa umwanda wagombye guca mu kibuno bica muri wa mwenge kandi bikaza utabishatse. Ni indwara itera ipfunwe no kwiheza k'uyirwaye, ndetse no guhezwa n'abandi.

### **7.35 Ubufasha bw'uwaherekeje umubyeyi kubyara.**

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

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

### 7.36 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.

Bwira ababyeyi ko uhantu hambere hatekanye um wana akwiye kuryamishwa mu mezi atandatu ye ya mbere ni mu akamoyize cyangwa mu gatanda kage newe abana ariko kakaba kari mucyumba ababyeyi bararamo.

### 7.39 Gukomeza kwita kubana bato

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 gituzo, cyane uwavutse atagejeje igihe n'uwavukanye ibiro bidashyitse

Kuvuza umwana vuba na bwangu igihe agaragaza ibimenyetso by'uburwayi

- Abana bakunda kurwara iyo bakiri muni y'umwaka 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 ukihutira kumuvuza igihe agaragaza ibimenyetso by'uburwayi.



### **8.1 Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana muto urwaye**

- Igihe umwana afite umuriro mwinshi:
- Genzura ubushyuhe bwe ukoresheje igipimo.
- Umwambure imyenda myinshi.
- Umushyire ku gahanga agatambaro gatose.
- Shaka inama za muganga cyangwa umujyanama w'ubuzima.

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### **8.2 umwana urwaye impiswi**

- Igihe umwana afite impiswi no kuruka cyane:
  - Muhe umuti w'amazi uvura impiswi (SRO) utangwa na muganga cyangwa umujyanama w'ubuzima.
  - Komeza kumwonsa no kumugaburira uko bikwiye.
  - Niba bidakize, umujyane kwa muganga kandi wirinde kumuha imiti wishakiye.

### **Uko wakwirinda impiswi**

- Ukaraba intoki neza buri gihe.
- Tegura amafunguro mu isuku kandi uyabike mu bikoresho bisukuye.

### **8.3 Umwana unizwe n'ikintu**

Niba ari uruhinja runizwe n'ikintu, urukomanga mu mugongo cyangwa mu gatuza, niba ari umwana umukomanga cyangwa ukamukanda mu mugongo kugirango umufashe kivemo. Mwihutane kwa muganga niba kitavuyemo, ntugereze kugikururisha intoki cyangwa kumuha amazi cyangwa ikindi kintu cyo kurya

### **8.4 Umwana urumwe n'inyamaswa**

Niba umwana arumwe n'inyamaswa, oza cyane aharumwe n'amazi meza menshi n'isabune, hambira ahakomeretse ukoresheje igitambaro cyangwa umwenda bisukuye, kugirango uhagarike cyangwa ugabanye kuva, ugahita umujyane kwa muganga.

Mu gihe cyose umwana wawe yegereye amatungo cyangwa inyamaswa, mwigishe ko zitamenyerwa umwereke n'uburyo bwo kuzitwaraho kugirango hirindwe kurumwa cyangwa gukomeretswa nazo.

### **8.5 uruhinja cyangwa umwana ukomeretse**

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

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

#### **8.6 Umwana uri kuva imyuna**

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

#### **8.7 Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana uhiye**

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

#### **8.8 Umwana wakomeretse mu mutwe**

Niba uruhinja cyangwa umwana agaragaza ububabare bukabije cyangwa ibindi bimenyetso bidasanze nyuma yo kwikubita hasi cyangwa kugonga ikintu, ashobora kuba yavunitse igufa cyangwa ubwonko bwahungabanye. Hagarika kuva kw'amaraso, tegesha umutwe umusego cyangwa umwenda, ushyire ikintu gikonje (barafu) ahakomeretse.

#### **8.9 Umwana uvunitse igufwa**

umwihutane kwa muganga. Niba ari ukoboko cyangwa ukuguru kwavunitse, hategeshe akabaho cyangwa ikarito uhambire ahavunitse n'igitambaro kugirango bigabanye kunyeganyega kw'igice cy'umubiri cyaho igufwa ryavunitse

#### **8.10 Ubutabazi bw'ibanze buhabwa uruhinja cyangwa umwana utaye ubwenge cg urwaye igicuri**

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

#### **8.11 Umwana ushyize ikintu mu kanwa, muzuru cyangwa mu matwi:**

- Ntugikuremo ubwawe.
- Ubiharire muganga kuko gukuramo nabi byakurura ibindi bibazo.
- Irinde koza igikomere kirimo kuva cyane.

#### **8.12 Kurinda umwana kugira icyo yinjira mu kanwa cyangwa mu mazuru**

- Sukura aho umwana ari.
- Menyereza umwana kwitwararika.
- Mugenzura buri gihe kugira ngo hatagira icyo ashyira mu kanwa.

### **9.1 Umumaro w’isuku ku mubiri**

Isuku ni isoko y’ubuzima ku bana n’ababyeyi ndetse n’umuryango wose. Kugira isuku ni ukwita ku mubiri wacu uhereye ku mutwe ukageza ku birenge, gukaraba intoki, kwiyo goshesha, guca inzara, kwambara inkweto, kwiuhagira, koza mu kanwa, gusukura mu nzu no mu mbuga, gukoresha neza umusarane/ubwiherero no kuwubungabunga.

Toza umwana hakiri kare uko agenda akura, gukaraba intoki, gukoresha neza umusarane, kwiyo gereza amenyo, kwiuhagira, kwiambika, kwisasira, kwandurura amasahane yaririyeho, ndetse no kwikorera isuku n’ahamukikije.

### **9.2 Umumaro wo gukaraba intoki**

Gukaraba intoki biturinda indwara dushobora kwandura twe n’abana bacu. Ni ngombwa gukaraba intoki iteka ukoresheje isabune n’amazi meza kandi atemba mu bihe by’ingenzi bikurikira: mbere yo gute gura amafunguro na mbere yo kurya, mbere yo konsa no kugaburira abana, nyuma yo kuva ku musarane, gusukura umwana witumye no kumuhindurira, nyuma yo gusukura/gufasha umuntu urwaye, nyuma yo gukora ku itungo/inyamaswa, nyuma yo gukora ahagenewe umwanda/ingarane, kandi mugire kandagira ukarabe mu rugo rwanyu.

### **9.3 igihe tugomba gukaraba intoki**

**Ningombwa gukaraba intoki :**

mbere yo gute gura amafunguro na mbere yo kurya, mbere yo konsa no kugaburira abana, nyuma yo kuva ku musarane, gusukura umwana witumye no kumuhindurira, nyuma yo gusukura/gufasha umuntu urwaye, nyuma yo gukora ku itungo/inyamaswa, nyuma yo gukora ahagenewe umwanda/ingarane.

### **9.4 kunywa amazi meza**

Tugomba kunywa amazi yavomwe ku isoko isukuye, ndetse yatunganyijwe neza nko kuyateka cyangwa kuyashyiramo umuti wica udukoko, tuyabika neza, tukanayanywera mu kintu gisukuye.

### **9.5 isuku y’ibyo kurya**

Bika ibiryo ahantu hasukuye no mu bikoresho bisukuye kandi bipfundikirwa neza. Toza umwana kunywa amazi meza no kuyagirira isuku.

### **9.6 isuku y umusarane**

Kutituma mu musarane bishobora gutuma imyanda yanduza abantu indwara z’impiswi ziterwa n’inzoka zo mu nda, macinya, tifoyide na korera. Impiswi kandi ituma umwana abura amazi mu mubiri, akagira umwuma n’imirire mibi, akadindira mu mikurire.

Umwanda wose witumwe, harimo n’uw’abana, ugomba kujugunywa mu musarane. Urugo rwanyu rugomba kuba rufite umusarane kandi ugahora usukuye.

### **9.7 Gusukura imbuga y’urugo n’aharukikije**

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

### **9.8 Akamaro ko kugira isuku murugo**

Biturinda gukurura udukoko dutera indwara bikanatuma twororoka nk'isazi, imibu, ibinyenzi n'imbeba, amatungo ntagomba kurara mu nzu imwe n'abantu

## **10.1 Akamaro k'ikoranabuhanga rikoresha murandasi**

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

### **10.2 uko ikoranabuhanga rishobora gukoreshwa nabi**

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

### **10.3 uko umubyeyi yafasha abana gukoresha ikoranabuhanga**

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

### **10.4 uko umubyeyi yafasha umwana we kudatwarwa n'ikoranabuhanga**

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

### 11.1 Ubumuga ni iki

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

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

### 11.2 Impamvu zitera ubumuga

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

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

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

### 11.3 Uko ababyeyi barinda abana ubumuga

Babyeyi, dore uko twarinda umwana ubumuga, umubyeyi utwite yisuzumisha kwa muganga byibura inshuro 8, afata inyunganiramirire zikomatanyije 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

### 11.4 mugihe ufite umwana ufite ubumuga

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

## 12.1 Umumaro wo gukina

Mbere y’imyaka 6 y’amavuko, ubwonko bw’umwana buba bukura vuba cyane, bwubaka urufatiro rw’imyigire n’imikurire mu gihe cyose umwana amara ku isi. Ubwonko bukuzwa cyangwa bukadindizwa n’ibyo umuntu anyuramo byiza cyangwa bibi.

Imihangayiko irangiza, ariko gukina bigakangura ubwonko. Umwana avuka abona, akagenda akururwa cyane n’amasura y’abantu ndetse n’amabara y’ibintu akina nabyo.

Abana bakunda gukina bafatiye ku byiyumviro byabo kuko bibafasha kwiga kumenya ibishyushye, ibikonje, ibyoroshye n’ibikomeye bakoresheje mu kanwa n’intoki zabo.

Ku mwana ukiri munda, ababyeyi bamukinisha mu turirimbo, ibisingizo n’ibihozo kugirango bakangure ubwonko bwe.

Abana biga bakina cyangwa bigana ibyo abandi bakora kurusha ibyo babwirwa gukora. Gukina biha abana uburyo bwinshi bwo gutekereza no kwishakira ibisubizo cyangwa gukemura ibibazo.

Iyo umwana muto afata ikintu akakijugunya hasi inshuro nyinshi, bimufasha kumenya ibirimo kuba, igihe byatwaye kugirango ijwi cyangwa urusaku rubashe kumvikana, uko abantu babyakira n’ibindi; mu mikino abana bato biga kuvumbura no kugerageza ibintu bishya.

## **12.2 inshingano z’ababyeyi mugihe umwana ari gukina**

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

## **12.3 icyo wamenya ku bwonko bw’umwana mbere y’imyaka 6**

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

## **12.4 Kwigisha umwana gusoma hakiri kare no kumenya ururimi tumutegura kwiga**

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

## **12.5 Icyo umubyeyi yakora kugira ngo umwana amenye gusoma hakiri kare**

- Mubyeyi, gira uruhare mu gushakira abana ibikinasho no gukinana n’ umwana mu mikino itandukanye ibafasha kuvumbura inyuguti n’imibare.

- Bashakire ibitabo byo gusoma n'ibikinisho ndetse mufatanye no kubyikorera wifashishije ibikoresho biboneka murugo aho mutuye.
- Ushobora gukora ibikinisho mu bikoresho bitagikoreshwa byo mu rugo nk'uducupa, udukarito, impapuro, ibirere, ibikenyeri ndeste n'ibindi.
- Ushobora kandi gufatanya n'umwana gukina, urimo no gukora uturimo two mu rugo, nk'igihe utetse, uri mu masuku n'ibindi.
- Mwigishe kuririmba, umucire imigani, umubarire inkuru ndetse n'ibindi.
- Ni ngombwa ko umwana wese ayanwa mu rugo mbonezamukurire kugirango ategurwe neza gutangira amashuri abanza yuzuye mu bwenge, mu gihagararo, mu mibanire n'abandi, mu rurimi n'indangagiro.

## **12.6 uko wakwikorera ibikinisho**

Ushobora gukora ibikinisho mu bikoresho bitagikoreshwa byo mu rugo nk'uducupa, udukarito, impapuro, ibirere, ibikenyeri ndeste n'ibindi.

## **12.7 umumaro wo gusomera abana inkuru cg kubacira imigani**

bimufasha kumenya vuba ururimi yunguka amagambo mashya akavuga vuba bitamugoye, bibafasha no kwaguka mu mitekerereze, gufata ibyemezo no kwishakamo ibisubizo, akazatsinda mugihe atangiye amashuri abanza.

## **12.8 icyo ababyeyi bagomba kuzirikana kugira ngo umwana akure afite ubwenge**

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

## **12.9 Kwita ku byo umwana akeneye**

Ababyeyi bombi bagomba komatana n'umwana kuva akiri mu nda ya nyina, kandi bigakomeza bigenda byiyongera barushaho kubaka ubucuti magara hagati yabo n'umwana. Gukina no kuganira n'umwana bituma arushaho kugukunda no komatana n'umubyeyi, bituma umwana yumva atekanye, agakura neza kandi yizeye ababyeyi, ntagire icyo abahisha. Kwigana ijwi ry'umwana ndetse n'ibyo akora bituma ubasha gukomeza kumwitaho no kumenyera imvugo ye mu gihe hari icyo ashaka kuvuga. Bityo ukabasha kumuha/kumusubiza ibyo ashaka n'ibyo akeneye. Umubyeyi ashobora kuvugisha umwana, kumuririmbira cyangwa kumukinisha mu gihe urimo kumukarabya, kumugaburira no kumwambika cyangwa ukabikora mu gihe urimo gusukura inzu, amasahani cyangwa urimo guteka. Uko urushaho gukorana imirimo yawe ya buri muni n'umwana wawe ni nako arushaho kwiga no kunguka ibintu byinshi. Gusabana k'umubyeyi n'umwana bya hato na hato bituma umwana arushaho kumenya ururimi ndetse bikanamwubakamo ikizere.

## **13.1 Umumaro wo kuba umubyeyi w'umugabo ugira uru hare mu kurera**

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

- Umubyeyi w’umugabo, agomba kuba intangarugero mu bana be.
- akaberekera uko afatanyaga n’uwo bashakanye mu nshingano zabo zo kwita ku bana babo abafasha mu kwiga no gukora imikoro bahawe ku ishuri.
- agakunda guterura abana bato.
- Abaganiriza.
- agakina nabo no kubafasha kuvumbura ibibazengurutse, hakubiyemo no kubakorera ibikinisho.
- Umubyeyi w’umugabo afite uruhare runini mu mikurire, umunezero n’umutekano w’umwana we ndetse n’uw’umuryango wose.

### **13.2 uruhare rw’umugabo mu gufatanya inshingano z’urugo**

Kugira ngo abagabo babashe kwita ku bana babo bagomba kwirengagiza igitutu bashobora gushyirwaho n’umuryango mugari babita inganzwa, ngo bararozwe n’ibindi.

Abagore bakwiye guha abagabo umwana ndetse no kubashyigikira igihe biga kwita ku bana babo. Igihe ababyeyi bombi bafatanyije imirimo yo mu rugo, bituma bombi bagira umwana uhagije wo kwita ku yindi mirimo ishobora guteza umuryango imbere.

Guterura umwana, kumuhindurira imyenda/ibyo yitumyemo, kumugaburira, kumuvugisha, kumuririmbira, ndetse no gukina nawe, ni inshingano z’ababyeyi bombi; no mugihe cyo konsa, umugabo yunganira umugore we amufasha gukora indi mirimo yari kuba akora mu rugo.

### **13.3 uruhare rw’umugabo mu gukumira ihohoterwa mu muryango**

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

### **13.4 Ababyeyi bagomba gushyikirana neza murugo**

Abana biga bigana, iyo ababyeyi bakora ihohotera, babigiraho ingaruka, bakabona ko ari uburyo bwemewe kandi bukorwa 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.

### **13.5 Uruhare rw’umugabo mu gufasha umuryango kugira ubuzima bwiza**

Umubyeyi w’umugabo agomba guharanira ko umuryango we urya indyo yuzuye, ugira isuku ihagije, ndetse akita ku mikurire y’umwana n’abagize umuryango. Azirikana ko umugore utwite, umubyeyi wonsa, ndeste n’umwana muto bakenera ifunguro ry’umwihariko rigizwe n’indyo yuzuye, ndeste no kugira ubuzima 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.









