

Ubuyoya

Mu buzima bw'umwana, ubuyoya n'igihe gishimishije mu gukura no gukunda. Uruyoya rwawe ruziyongera ibiro incuro zitatu, rwiyoungere mu burebure, kandi rwige guhaguruka no kwicara. Rushobora no gutangura gutambuka. Mu vyerekeye gukunda, uruyoya ruzotangura gukunda no kwizera abantu barukikije.



Abavyeyi n'abakozi bo mu buvuzi: Barakorana kugirango uruyoya rugire ubuzima bwiza

Abakozi bo mu buvuzi nk'abaganga n'abaforomakazi b'umwana wawe nibo mukorana mu gutuma umwana agira ubuzima bwiza Umwe wese afise ico amaze. Abakozi bo mu buvuzi bazi ivy'ubuzima bw'umwana, n'ugukura kwiwe. Kubera kubana n'umwana iminsi muramenyerana. Ni wewe ushobora kumenya ivyo akeneye

Ugukurikiranwa n' abakozi bo mu buvuzi mu gihe umwana ari uruyoya

Kubera ko umwana w'uruyoya ahinduka n'ingoga na n'ingoga, abakozi bo mu buvuzi bazokenera kumugendera ku bihe bikurikira kugirango bamusuzume.

- Akivuka
- Mu ndwi ya mbere
- Amaze kugira ukwezi
- Amaze kugira amezi abiri
- Inyuma y'amezi ane
- Inyuma y'amezi atandatu
- Inyuma y'amezi icenda

Uko kumugendera bifise akamaro cane. Bituma abavuzi b'umwana bakora uko bashoboye kugirango umwana agire ubuzima bwiza kandi akure neza. Muri ico gihe, nawe ushobora kubabaza ibibazo. Mu gihe bakurikirana uruyoya

rwawe, ruzosuzumwa. Abavuzi bashobora kurusuzuma kugira bumve ko rwumva neza canke rubona neza, eka n'ibindi bipimo vyose. Uruyoya rwawe rushobora no gukingirwa indwara nyinshi

- Igitigu B
- Diphteria, tetanos, pertussis
- Inyonko b(Hib)
- Ubukangwe
- Umusonga

Gukurira mu muryango

Mu buyoya, wewe n'umwana wawe muramenyana kandi mukaba pfa mpfe kurushaho. Uko umugwa mu nda nuko umukinisha niyo ntango yuko azokura neza. Bimufasha kwiga ivyo yiyumvirwako nuko ashobora kwitwararika n'abandi bantu.

Ivyo ushobora kuvugana n'abavuzi b'umwana wawe

- Uburyo ushobora gufasha bashiki be n'abasaza be mu gukina ata ngorane
- Uko umwana wawe yitwararika abandi

Imfungurwa

Umwana wawe azokwiga ibintu vyinshi vyerekeye i vyo kurya n'ivyo kunywa mu mwaka wa mbere w'amavuka. Ubuzima bushasha bw'uburyohe, uko akora ku bintu niko azotangura no kubimenya, muri ico gihe ushobora gukora vyinshi kugirango umufashe.



Ibintu ushobora kuvugana n'abavuzi b'umwana.

- Ivyerekeye ibiro vy'umwana
- Ivyo ushobora gukora iyo umwana wawe aribwa munda, iyo afise ibintu bimutera gufurutigwa canke afise ingorane izo arizo zose zijanye no gufungura ibigumye
- Ivyo ushobora gukora uramutse ufise ingorane zo kwonsa canke kumuhesha icupa

Amagara yo mu kanwa

Si kare ho gutangura gufata neza ibinyigishi n'amenyo y'uruyoya. Iyo umusukura imisi yose, umwana agira inshinyo isukuye kuva mu ntango

Gufata neza ibinyigishi n'amenyo

- Imbere yuko uruyoya rumera amenyo ya mbere, ushobora kurwoza ibinyigishi. Vyoze buhoro buhoro ukimara kumugaburira ukoresheje agatambara k'isuku.
- Amaze kumera amenyo, vyoze neza buhoro buhoro ukoresheje umujigiti woroshe w'abana. Koresha amazi gusa. Ntukoreshe umuti wo kwoza amenyo

Ibintu ugomba kuganira n'umuganga w'amenyo canke abavuzi

- Uko ushobora kugabanya ibimenyetso vy'amenyo aboze mu gihe co kumera amenyo
- Niba umwana wawe akeneye inyongera za fluoride
- Ni ryari kandi ni gute ushobora gufasha uruyoya kutonka urutoki canke gukoresha udukinisho twagenewe kwonkwa

Umutekano

Mu gihe ufise uruyoya, itegereze neza aho uba. Iyumvire ivyo ukeneye gukora kugirango aho uba nti habe impanuka mu kurera umwana wawe. Iyumvire ibintu wokora iminsi yose, nko guhindura ivyahi, guteka no gutwara imodoka urabe ukuntu bidatera impanuka.

Ibintu ugomba kuvugana n'umuvuzi w'umwana

- Uko ugomba kwifata mu bintu bigutunguye, umwana akomeretse canke ariye uburozi
- Iryo utegerezwa gukurukiza mugihe ugomba kuja mu cumba c'indembe
- Ibitaro n'amavuriro bikorana n'umuganga w'umwana
- Ingene ushobora kubonana n'umuganga inyuma y'amasaha y'akazi

Uko umwana yiga gutambuka no kwavura

Mu buyoya, umwana yiga ibintu vyinshi. Uko agerageza gukubagana, atera akomera akarushizaho no gukina cane. Umwana wawe akeneye umwana ukwiye wo gukina nawe,

gukinisha ivyokurya, ibikinisho kugirango bimufashe guca ubwenge kurusha.

- Iryo ukwiye kuvugana n'umuganga
- Ibibazo vyerekeye ugukura kw'umwana
- Ibibazo vyose bituma umwana adakina



Wewe n'umuganga w'umwana mufashanya kugirango mufashe umwana agire intango nziza y'ubuzima.

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