Ongera igaburo uko umwana agenda akura

Tangira kugaburira umwana yujuje amezi atandatu

Ubwoko bw'ibiryo:
Igikoma gifashe, ibiryo binombye neza

Inshuro zingahe?
Inshuro 2 cyangwa 3 ku munsi

Uko bigomba kungana:
Mugaburire ibiyiko 2 cyangwa 3 kuri buri funguro.

Umwana ufite amezi 6 kugeza ku 9

Ubwoko bw'ibiryo:
Ibiryo binombye

Inshuro zingahe:
Inshuro 2 cyangwa 3 ku munsi n'amagaburo mato 1 cyangwa 2

Uko bigomba kungana:
Mugaburire ibiyiko 2 cyangwa 3 kuri buri funguro.

Umwana ufite amezi 9 kugeza kuri 12

Ubwoko bw'ibiryo:
Ibiryo byacagaguwe mo uduce duto cyangwa binombye n'ibiryo umwana ashobora gufatisha intoki.

Inshuro zingahe?
Inshuro 3 cyangwa 4 buri munsi n'amagaburo mato 1 cyangwa 2

Uko bigomba kungana:
Mugaburire byibura igice cy'igikombe kuri buri gaburo.

Umwana ufite amezi 12 kugeza kuri 24

Ubwoko bw'ibiryo:
Arya ku byateguriwe n'abandi mu rugo, bicagaguyemo uduce cyangwa binombye

Inshuro zingahe?
Inshuro 3 cyangwa 4 buri munsi n'amagaburo mato 1 cyangwa 2

Uko bigomba kungana:
Igaburo rito ni ibiryo by'inyongera bifatwa hagati y'amafunguro manini.

*** Igikombe gifite militiro 250 (agakombe gato ka mironko)**

Ibindi ukwiriye kumenya

* Hagati y'amezi 6 n'imyaka 2, umwana akeneye gukomeza konka.
* Niba utonsa, ni ngombwa guha umwana ibikombe 2 by'amata (mililitiro 500 ni ukuvuga igikombe kinini cya mironko) ku munsi.
* Irinde guha umwana icyayi, ikawa, fanta, n'ibindi binyobwa byongewemo amasukari cyangwa byahinduwe ibara. Wimuha imitobe y'imbuto myinshi. Muhe amazi asukuye.
* Gaburira umwana buri gihe ukoresheje igikombe gisukuye. Wikoresha amacupa, za bibero, cyangwa agakombe gafite umunwa.

* Itabire gupimisha imikurire y'umwana buri kwezi no kumukingiza.
* Igihe umwana arwaye, mugaburire ibiryo bike bike kenshi n' ibinyobwa byinshi, harimo amashereka cyangwa ibindi binyobwa. Shishikariza umwana kurya ibiryo binyuranye byoroshye byo mu bwoko akunda kurusha ibindi. Namara gukira, mwongerere igaburo kandi umugaburire kenshi kurusha ubusanzwe mu gihe nibura cy'ibyumweru 2.

Iyi depuliya yateguwe hashingiwe ku yakozwe mbere na UNICEF na URC/CHS. Yarahinduwe ngo ihuzwe n'ibikenewe mu Rwanda. Ukwakira 2011.

USAID FROM THE AMERICAN PEOPLE INKUNGA Y'ABANYAMERIKA | RWANDA
Elizabeth Glaser Pediatric AIDS Foundation
PATH

REPUBULIKA Y'U RWANDA

MINISITERI Y'UBUZIMA

Uko wagaburira umwana guhera ku mezi atandatu

Nyuma y’amezi atandatu

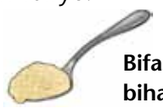
Ibyo ugomba kumenya

* Mu mezi atandatu ya mbere, onsa umwana wawe gusa nta kindi umuhaye (yaba amata, ibiryo cyangwa ibinyobwa, kabone n’amazi).
* Umwana wawe niyuzuza amezi 6, tangira kumugaburira kandi ukomeze umwonse uko abishatse ku manywa na ninjoro.
* Amashereka agumya kuba kimwe mu bintu by’ingenzi bigize indyo y’umwana kugeza byibura agize imyaka ibiri.
* Mu kugaburira umwana ufite hagati y’amezi 6 na 12, buri gihe jya ubanza kumwonsa mbere yo kumugaburira.
* Kuva ku mezi atandatu, abana bagomba guhabwa ikinini cya vitamini A kabiri mu mwaka. Bahabwa kandi ibinini by’inzoka kabiri mu mwaka uhereye ku mezi 12. Sobanuza muganga.

Ibindi ugomba kumenya

* Gaburira umwana wawe ikiyiko 1 cyangwa 2 by’ibiryo byoroshye gatatu ku munsi. Buhoro buhoro ongera inshuro, ingano, ubukomere, n’ubwoko bw’ibiryo.

Byoroshye cyane



Bifashe bihagije

* Gukungahaza igikoma cy’umwana (icy’amasaka, icy’ibigori, uburo, ingano...) wongeramo amashereka, amata, ifu y’ubunyobwa cyangwa iya soya.
* Ni agahebuzo kuvanga ubwoko 2 cyangwa 3 bw’amafu. Ubunyobwa na soya bigomba kubanza gukarangwa.
* Tangira guha umwana wawe ibiryo bikomoka ku matungo yujuje amezi 6 kandi ubimuhe inshuro nyinshi zishoboka.

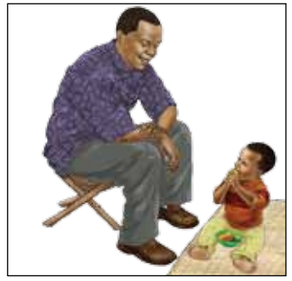
* Ushobora kongera amavuta make akomoka ku bimera mu biryo by’umwana binombye cyangwa mu gikoma bimaze gushya igihe bikiri ku ziko. Abana bato bakenera amavuta make cyane (atarengeje akayiko gato kuri buri funguro)

Isuku mu gutegura no kubika ibiribwa

* Karaba intoki ukoresheje amazi meza n’isabune mbere yo gutegura ibiribwa, na mbere yo kugaburira umwana. Karabya n’umwana intoki. Karaba intoki nyuma yo guhindura ibyahi by’umwana cyangwa uvuye kwituma.

* Oza amasahani yose, ibikombe, n’ibikoresho byo mu gikoni ukoresheje amazi meza n’isabune. Byumukirize ku gatanda kabigenewe kandi ubibike bitwikiriye mbere yo kubikoresha.

* Tegurira ibiryo ahantu hasukuye kandi ubipfundikire. Umwana akwiye kugira igikombe n’isahani yihariye.
* Gabura ibiryo ako kanya ukimara kubitegura.
* Ongera ushyushye neza ibiryo byose byabitswe mu gihe kirenze isaha.



* Abana bagenda buhoro buhoro biga kwigaburira. Umuntu mukuru cyangwa umwana mukuru akwiye gushishikariza umwana muto kurya ibiryo bihagije no gukora ibishoboka byose ngo ibiryo bigumane isuku.
* Ababyeyi bagomba gukora ibishoboka byose kugira ngo umwana abone ibiryo akeneye buri munsi.