

Ubuzima bwiza mu gihe utwite

Amakuru y'ingenzi ajyanye n'umwana utwite:

Gahunda wahawe na muganga

- Ihutire kujya kwa muganga wawe w'ibanze ukimara gukeka ko utwite.
- Igihe utwite, ugomba kujya kwa muganga wita ku bagore batwite buri kwezi kugira ngo agusuzume, kabone n'ubwo waba wumva utarwaye.
- Mu gihe cy'ukwezi mbere y'uko umwana avuka, muganga wita ku bagore batwite azagusaba ko mwajya mubonana buri cyumweru.
- Niba ujya kubonana n'abandi baganga cyangwa inzobere, kora ku buryo ubabwira ko utwite.
- Muganga agomba kwitabaza umusemuzi igihe cyose akenewe. Itabaze ushinzwe imibereho myiza cyangwa incuti igihe ukeneye ubufasha.
- Tekereza ibibazo ugomba kubaza muganga mbere ya randevu zawe. Ashobora gusubiza ibibazo bijyanye n'uko ugomba kuba wumva umerewe, indyo yihariye wafata n'icyo wakora ngo ugire ubuzima bwiza mu gihe utwite.

Ibyo ugomba kurya cyangwa kunywa

- Imigati ikoze mu ifarini gusa
- Ibinyamisogwe n'umuceri
- Imbutu nyinshi
- Imboga

- Inyama n'izindi poroteyine
- Amata
- Umwana wawe aba afite inyota! Nywa ibirahure biri hagati ya 6 na 8 by'amazi buri muni.
- Aho kurya byinshi mu masaha y'ifunguro rya saa sita, gerageza gufata amafunguro mato mato ku masaha atandukanye y'umunsi.
- Wowe n'umwana wawe mushobora kwitabira gahunda ya 'WIC', iguha amafaranga y'inyongera yo kugura ibiribwa bikungahaye ku ntungamubiri.

Ibyo UTAGOMBA kurya cyangwa kunywa

- Ntukanywe icyayi, ikawa cyangwa fanta. Niba ugomba kubinywa byanze bikunze, wirenza igikombe kimwe 1 cyangwa 2 ku muni.
- Ntukarye inyama cyangwa amagi bitatetswe ngo bishye neza.
- Ntukarye imigati irimo inyama cyangwa inyama zikatakase zo mu iduka ry'inyama cyangwa resitora.
- Gerageza kwirinda kurya ibiryo bitetse mu mavuta n'ibirimo isukari nyinshi. Bituma igifu kikurya.

Kwiyongera kw'ibiro

- Abagore benshi biyongeraho hagati ya lb 25 na 35 (ibiro biri hagati ya 11 na 16) iyo batwite. Ushobora kwiyongeraho hagati ya lb 2 na 4 (ibiro biri hagati ya 1 na 2) mu mezi 3 ya mbere no hagati ya lb 3/4 na 1 (ibiro biri hagati ya 0,25 na 0,5) buri cyumweru nyuma y'aho.

- Niba wari ufite ibiro byinshi cyangwa bike mbere yo gutwita, baza muganga wawe umubare w'ibiro utagomba kurenza.
- Dore bimwe mu bintu wakora mu gihe usanze ibiro byawe birimo kwiyongera kandi cyane:
 - Hitamo ibiribwa bitarimo ibinure byinshi nk'imbuto cyangwa urye yawurute, ayisikirimu, umushongi wa shokora cyangwa comfitire byakonjeshejwe kandi urye bike.
 - Igihe utetse, koresha ikimuri, amavuta, kereme, mayoneze cyangwa ibijyana n'ibirungo bya salade bike cyane.
 - Reba udupapuro two ku biribwa twanditseho “Karori nke” cyangwa “Ibinure bike.”
 - Tegura inkoko, ifi cyangwa dendo bitetse mu ifuru cyangwa byokeje. Koresha ibirungo byinshi kugira ngo wongere icyanga aho gukoresha ibinure.

Imiti

- Nywa vitamini zihabwa ababyeyi bitegura kubyara huri munsu.
- Hari imiti ishobora kugira ingaruka mbi ku mwana wawe, egera muganga wawe akugire inama zijyanye n'imiti waba warandikiwe mbere y'uko utwita.
- Egera abaganga bawe bose bakugire inama mbere y'uko utangira kunywa imiti mishya.

Kunywa itabi, inzoga n'ibiyobyabwenge

- Irinde kunywa itabi, kandi wirinde no kujya mu cyumba kimwe n'abantu barimo kunywa itabi.

- Irinde kunywa inzoga cyangwa ibiyobyabwenge igihe utwite.

Imirimo no gusinzira

- Gerageza gusinzira amasaha agera ku 8 buri joro. Biba byiza iyo uryamiye urubavu rw'ibumoso kubera ko bituma amaraso abasha gutembera neza kandi n'intungamubiri zikagera ku mwana wawe.
- Kora imyitozo ngororamubiri mu gihe cy'iminota 30 buri munsi. Egera muganga wawe akugire inama mbere y'uko utangira gahunda nshya y'imyitozo ngororamubiri.
- Amabere yawe atangira kubyimba kandi ashobora kubabara. Ambara isutiye kugira ngo iyafate kandi igomba kuba igukwira neza.

Umutekano

- Gisha inama muganga wawe mbere y'uko unyura mu cyuma cyangwa ubagwa igihe utwite. Kunyura mu cyuma kwa muganga w'amenyo NTA CYO BITWAYE iyo babanje gushyira ingabo hejuru y'inda yawe.
- Jya kwa muganga w'amenyo hagati y'ukwezi kwa 4 n'ukwa 6 nyuma yo gutwita cyangwa mu gihembwe cya kabiri. Ibi bigamije kubungabunga ubuzima bwawe n'ubw'umwana utwite.
- Irinde amarangi, imiti yica udukoko, odojaveri n'indi miti ikaze.
- **Irinde** gusukura agasanduku kagenewe umwanda w'injangwe cyangwa akazu k'inyoni cyangwa ibikururuka. Umwanda w'amatungo uba urimo udukoko dushobora kukwanduza indwara cyangwa zikayanduza umwana wawe.

- Ambara umukandara (mu modoka cyangwa mu ndege) buri gihe!! Wambarire muni ku mayunguyungu yawe, muni y'inda yawe.

Guteganyiriza iminsi iri imbere

- Mbere y'uko ubyara, ugomba kuba ufite:
 - Agatebe ko mu modoka (uragakenera kugira ngo ubone uko utwara umwana wawe iyo uvuye mu bitaro utashye)
 - Teganyiriza iminsi iri imbere maze ugure pamperisi, imyenda, bibero, udutambaro two guhanagura umwana n'ibiryo byoroshye guteka byose bizamara ibyumweru 6.
 - Igikapu cy'imyenda, isabune n'ibindi bikoresho uzajyana kwa muganga. Twara imyenda wowe n'umwana wawe muzambara kugeza mutashye. (Uzamara iminsi iri hagati ya 1 na 2 kwa muganga)
- Niba ufite abandi bana bakuru, shaka umuntu uzabitaho mu gihe uzaba wagarutse mu rugo kugira ngo ubone umwana wo kumenyerana n'uruhinja rwawe.
- Kora urutonde rwa numero za telefone z'abantu wahamagara igihe ibise bize. Teganya uko uzagera kwa muganga.