Ivyo bitutiko ubonye bimaze iminsi irenga itatu canke ubona bigenda bisa nibiba ibikomere, twara umwana kwa muganga. Minsi yose banza ukarabe intoke zawe ukoresheje isabune mugihe uhejeje guhindurira umwana imyambaro kugira ntihagire iyo mikorobi ahandi ifata.

KWOZA UMWANA WAWE

NTANARIMWE wemerewe gusiga umwana wenyene. Niba ukeneye kuva mucumba cukwogeramwo, fata umwana umupfuke neza nigitambara co kumuhanagura hama mujane. Ahejeje kwoga, mupfuke neza mugitambaro ubwonyene, ntiwibagire kumupfuka neza no mumutwe.

GUKINISHA UMWANA WAWE

Gukina n'umwana birateye akanyamuneza kandi birafise akamaro kanini muvyerekeye ukuntu aca ubwenge. Nubwo umwana aba akiri mutonya gose kugirango yumve ivyo uriko uramubarira, ningenzi ku mwana kumenya ivyo uvuze. Reka ndaguhe bimwe na bimwe ushobora gukoresha kugira ngo bigufashe kumwungura ubwenge.

- Hagatira umwana uko uronse akaryo kandi umwereke urukundo.
- Fata ibitabo uze uramusomera amasaha nk'atandatu mundwi imwe.
- Hora uramuririmbira.
- Hora umuvugisha muganire.

Niba mukeneye mukeneye kumenya ayandi makuru kuri interineti kuvyerekeye amagara y'umwana genda murabe kuri:

www.cdc.gov/women/kids/index

www.momandbaby.org

www.kidshealth.org

• • •

Aka gatabu kateguwe nimfashanyo z'amakuru aturutse:

Centers for Disease Control

National Center for Education in Maternal and Child Health

Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.

AHO KURONDERERA AMAKURU:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Telefoni: 202 • 347 • 3507
Fagisi: 202 • 347 • 7177
www.refugees.org

Kugira umwana afise amagara meza

Keeping Your Baby Healthy (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

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Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

UKWITAHO IKIBONDO CAWE

Kwihweza ingene ikibondo cawe gikura kandi ciga birashobora kuba ibihe vyuko umuvyeyi ahimbarwa,akanezerwa mubuzima. Hariho imirimo ushobora gukora kugira ngo ufashe ikibondo cawe kugira ngo gikurane inguvu n'ibinezero. Iki gitabo kigufasha kugira ngo uhore ufise ikibondo kinezerewe kandi gifise ubuzima bwiza muri runo rugo rushasha rwo muri amerika.

MUGANGA W'UMWANA WAWE

Abavyeyi na muganga bameze nkabashize hamwe umutungo, bakorera hamwe kugira ngo ico kibondo cawe kigire ubuzima bwiza. Abavyeyi nibo baba bazi abana babo neza kurusha abandi Bantu kubera ko baba bari kumwe igihe kirekire. Umuganga wu mwana wawe niwe azi ivyerekeye ubuzima bwiwe, imikurire nimifungurire yiwe.

KUGABURIRA IKIBONDO CAWE

Amaberebere niyo yingirakamaro arimwo ingaburo nyayo y'umwana wawe niyo afise amavitamini kurusha amata y'inka canke amata yifu. Onsa umwana wawe amaberebere igihe kire kire ubishoboye. Urashobora kugaburira umwana ivyokurya bisanzwe ariko ategerezwa kuba ashikanye amezi atandatu (6). Umugaburire ushimitse ivyamwa hamwe n'imboga vyinshi. Ntuze umuhe ubuki, imitobe, amata y'inka atarageza kumwaka w'amavuko.

KUGENDA KURABA MUGANGA W'UMWANA WAWE

Umwaka wambere w'amavuko, abana barakura kandi bakiyuburura ningoga. Abaganga n'abaforomo muri amerika bazogomba yuko ujana umwana ngo bamusuzume kenshi. Mubisanzwe iyo umwana amaze iminsi ibiri, ukwezi, amezi abiri, amezi ane, amezi atandatu, amezi icenda hama amaze umwaka.

Iyo minsi uzomutwara kwa muganga irahambaye gose kuko biha muganga ubushobozi bwokwitegereza umwana ngo bashishoze yuko afise ubuzima bwiza, yuko ariko arakura neza. Muganga w'umwana wawe azonasuzuma amaso yiwe, amatwi, amuhe n'incandago zo kumukingira ingwara z'ivyaduka.

Muri leta z'unze ubumwe z'amerika, muganga azo gusaba yuko umwana ahabwa incandago zikurikira:

- hepatitis B,
- DTaP,
- PCV,
- hib,
- polio,
- MMR
- hep A,
- ibihara

Muganga w'umwana wawe azoguha urutonde rw'incandago umwana wawe azokeneera nigihe yozihabwa.

KURINDA UMWANA GUTURIRW N'IMYAMBARO

Abana bambikwa ama lanji kenshi baratukika umubiri. Kugirango ubikingire, kurikiza ibi bikurikira:

- Geregeza umuhindurire kenshi iyo yasohotse.
- Koresha amavuta yo kumukingira gututika. Raba imwe yoba irimwo zinc oxide, canke A & D.
- Gerageza umureke atambaye ayo ma lanji nk'igice c'umunsi.
- Ubonye yatutitse hagati y'amaguru canke munsi yumukondo, uraca uhindura ubwoko wahora ukoresha.
- Rimwe na rimwe, umwana arashobora gututika kubera ubwoko bw'ivyokurya yoba yariye. Ca uhagarika indya nshasha woba watanguye kumuha.