IMFUNGURWA ZIBEREYE MUKUBUNGABUNGA AMAGARA Y'ABANTU BAKUZE

- Gufungura neza bisigura kwihereza imfungurwa z'ubwoko bwinshi imisi yose utibagiye imfungurwa zigizwe n'intete, ivyamwa, imboga, amata hamwe n'izindi mfungurwa zikomoka ku mata, inyama, amafi n'ibindi binyaruzi, canke ibiharage.

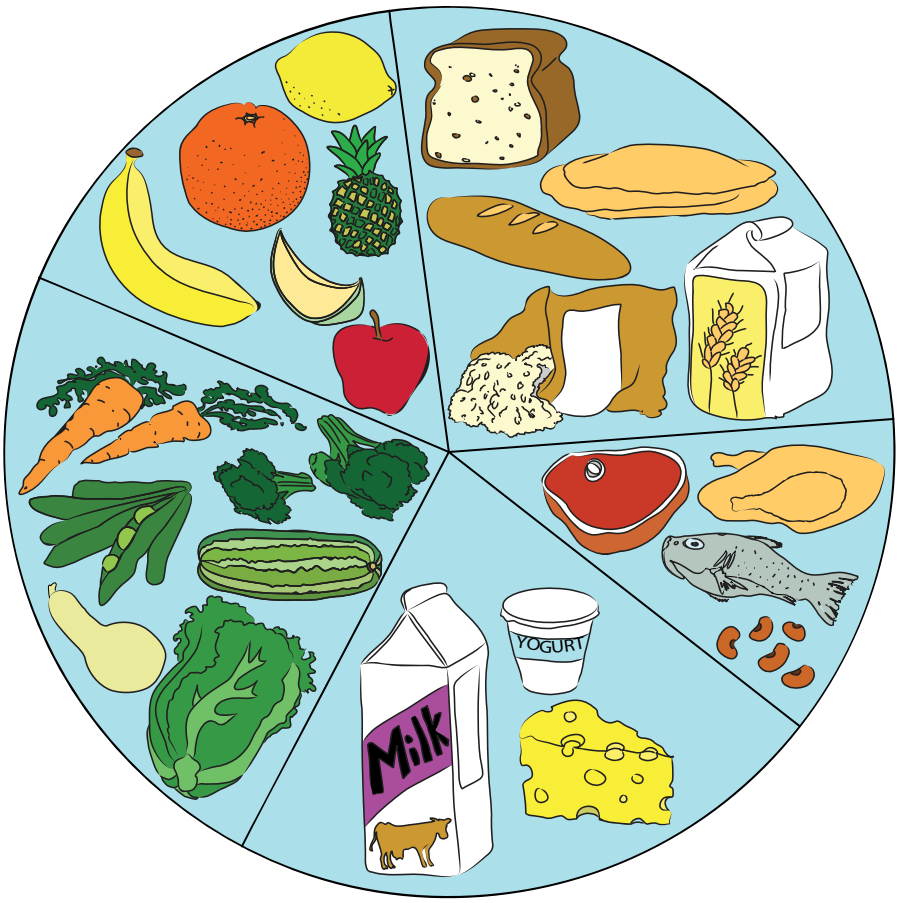
- Gufungura neza kandi bisigura kutarya ibinure vyinshi , isukari n'ibisosa vyinshi be n'umunyu mwinshi.

- Imfungurwa nkomezamubiri zose nk'umuceri usa n'umugina, imikate ikozwe mw'ifu y'ingano hamwe n'izindi mfungurwa zivuye mu ntete zubundi bwoko, ni isoko rihambaye ryo gukomeza imitsi.

- Ni ngombwa kurya ivyamwa vyinshi n'imboga nyinshi, nimiburiburi gatanu ku munsi. Igihe ivyamwa n'imboga bikiri bitoto bitakiboneka, umuntu yofungura ivyamwa n'imboga bibikwa ahakanyishijwe cane canke bibitse mu makopo.

- Gabanya canke mwirinde gufungura indya zidandazwa, zibitswe zitetswe kuko bene izo ndya zirimwo ibinure vyinshi n'umunyu mwinshi.

- **Gufungura indya zituma umuntu agira amagara meza, bigufasha wewe n'umuryango wawe kuguma mukomeye kandi mufise n'amagara meza, mugakora neza ku kazi, kw'ishule hamwe no mu nkino.**



KWONSA IBIBONDO AMABEREBERE, BITUMA ABANA BAGIRA AMAGARA MEZA

- Amaberebere niyo ngaburo nziza iruta izindi zose ku nzoya.
- Ni mwonse abana banyu mubahe amaberebere yonyene gushika bashikane amezi ane, mubandanye mubonsa gushika n'imiburiburi bakwize umwaka umwe.
- Hambavu y'amaberebere, tangura kugaburira abana banyu indya zitetse kuva bamaze hagati y'amezi ane n'atandatu.
- Mugaburire uruyoya rwanyu ubwoko bumwe bw'ivyokurya bushasha mwikurikiranya incuro nyinshi imbere yo kumuha ubundi bwoko bw'imfungurwa nshasha.
- Mwirinde kugaburira umwana umuryamitse mu kumuha agacupa k'amata kuko vyomutera ingwara y'amenyo.
- **Abana bonkejwe amaberebere bagira ingorane nkeyi zijanye n'amagara yabo, kurusha abana bonkejwe amata yo mu macupa.**

IMFUNGURWA NZIZA ZEREKEYE AMAGARA MEZA Y'IBIBONDO

- Abana barakenera imfungurwa nziza kurya kw'abakuze ukurikije urugero rujanye n'imyaka y'abo bagezeko.
- Ni mugaburire abana banyu ubwoko bwinshi butandukanye bw'imfungurwa iminsi yose utibagiye imfungurwa z'intete, ivyamwa n'imboga z'amababi, amata hamwe n'izindi mfungurwa ziyakomokako, inyama , amafi n'ibindi binyaruzi, canke ibiharage.
- Gabanya ibinyobwa hamwe n'izindi mfungurwa zisosa abana banyu bihereza.
- Gabanya kugaburira abana indya zirimwo ibinure vyinshi nk'amafiriti, imikate isosa, ibisuguti, n'indya zitekeshejwe amavuta gusa muvyo abana banyu barya.
- Abana barakenera kunywa amata kugirango bagire amagufa n'amenyo bikomeye.
- **Gufungura indya nziza bituma abana bagira amagara meza, bakagira n'ubukomezi, bagaca ubwenge kw'ishure, kandi bigatuma batagira ubuvyibuhe bw'umurengera.**

REKA KURERA AMABOKO KUGIRA UGIRE AMAGARA MEZA

- Rondera ikintu ukora mu kiringo kitari munsi y'iminota mirongo itatu ku munsi ku munsi (umwana akeneye isaha yose).
- Ongereza imyimenyerezo yo kunonora imitsi mukuduga ingazi, muguhagarika umuduga wawe kure y'aho ugiye gusumira kugira ugende n'amaguru.
- Kutembera n'amaguru n'uburyo bworoshe kandi butazimvye bwo kunonora imitsi.
- Tegekaniriza umuryango wawe wose imyimenyerezo yo kunonora imitsi yobaryohera, nk'ukugendagenda, gukinira mu bibanza vyogutembereramwo, kurima impande y'inzu no gutamba imvyino.
- Vyoba vyiza abana bagiye gukinira hanze mu gihe bishoboka, hako baguma mu nzu barorera imboneshakure TV.
- Abaganga bahimiriza ko abana bafise imyaka iri munsi y'ibiri batoraba imboneshakure.Abana barenza imyaka ibiri nabo boyiraba canke bakayikoresha mu dukino amasaha atarenga abiri ku munsi.
- Shigikira inkino zibera mu nzu canke ku mbuga, nk'inkino zisaba inguvu, gusimba umugozi canke gutamba.
- **Kutarera amaboko bifasha, wewe n'umuryango wawe, kugira amagara meza, bikabaha ubukomezi n'ukumererwa neza kandi bigatuma mugira uburemere canke ubuvyibuhe bubereye.**

IGIHE CO GUFUNGURA NIRYO HURIRO RY'UMURYANGO

- Tegurira umuryango wawe imfungurwa ngirakamaro zitanga amagara meza, kandi muzifungurire hamwe.
- Koresha umwanya wogufungura umuryango wose ukoraniye hamwe kugira ngo mumenye ingene abana biriwe kandi mwongere muganire nabo ivyerekeye imico kama n'imigenzo y'ikirundi.
- Ntimureke abana banyu ngo barabe imboneshakure TV canke ngo bayikinishe inkino mu mwanya wo gufungura.
- Gusangira imfungurwa mu miryango bituma imiryango ikomeza ubumwe igaheza ikaguma iri hamwe.
- **Abana bafungurira hamwe n'imiryango yabo iminsi yose, bamana amagara meza kandi biga neza mw'ishure.**
- **Abana bama basangira imfungurwa n'imiryango yabo bararonka umwanya wokugumana n'abavyeyi kandi bagasangira akabisi n'agahiye.**

GUMYA IBIRO VY'UBUREMERE BIJANYE N'AMAGARA MEZA

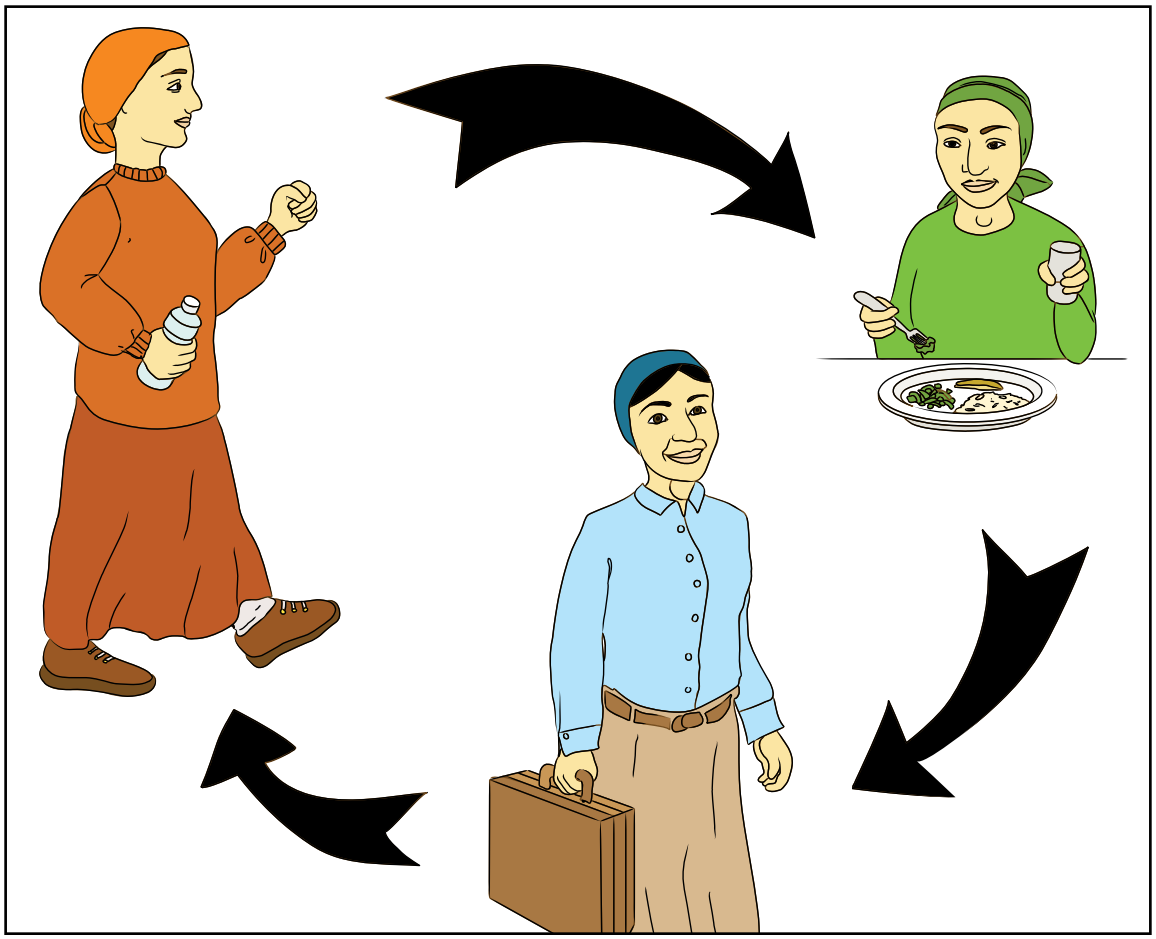
- Umuntu arya ibirengeye urugero mugihe ariye imfungurwa zirengeye iz'umubiri wiwe ukeneye gukoresha.

- Igihe uriye imfungurwa nyinshi ntuce ugira imyimenyerezo yo kunonora imitsi bikwiye, uca wunguka ibiro aribwo buremere burengeye urugero rw'umubiri wawe.

- Kugumya ibiro bikwiye ni nkenerwa kugira ngo ugumane amagara meza.

- Hari ingingo ushobora kugenderako kugira ngo ugumane uburemere bwiza. Nazo n'izi zikurikira:
  - Kwirinda imfungurwa zirimwo ibinure vyinshi canke zisosa cane.
  - Kugabanya urugero rw'ibifungurwa wihereza.
  - Guhagarika gufungura igihe wumvise ko uhaze.
  - Kwongereza ibikorwa bisaba inguvu.

- **Kwirinda kugira uburemere bw'umurengera bifasha kugabanya ingwara z'ikurikira:**
  - **Ingorane ziba mw'ihuriro ry'amagufa (amakonyera)**
  - **Umurindi canke itera ry'amaraso**
  - **Indwara y'igisukari**
  - **Indwara y'umutima**
  - **Ubwoko bumwe bumwe bwa kanseri**



ISUKU RYIZA RY'IMFUNGURWA RIKINGIRA INDWARA

- Wame ubanza gukaraba n'isabuni imbere y'uguteka canke y'ugufungura.
- Banza woze neza kandi urongorore ivyamwa n'imboga bifungurwa ari bibisi imbere yo kuvyihereza.
- Shingura mu cuma co gukanyisha (ifirigo) inyama mbisi, ifi n'ibindi binyaruzi bidatetse ntubivange y'izindi ndya.
- Bika amata n'ibindi bifungurwa biyakomokako, inyama n'amafi, mu cuma co gukanyisha bita firigo.
- Uhejeje guteka, oza n'isabuni kandi uhanagure neza ibikoresho vyose wakoresheje hamwe naho wabikoreye.
- Ntugumize imfungurwa zitetse aho wazitekeye umwanya munini urenze amasaha abiri imbere yo kuzishingura mu cuma co gukanyisha (ifirigo) canke ugume ubishuhije.
- Shingura ibifungurwa vyasigaye mu kintu gifundikiye uheze ugitereke mucuma gikanyisha frigo canke mukibanza gikanyisha nk'urubura (firizere).
- **Gutegurana imfungurwa isuku bituma umuryango utandura indwara ziterwa n'ugufungura indya zononekaye kubera kugasha.**
- **Kushingura indya buno nyene uhejeje kuziteka bigufasha wewe hamwe n'umuryango wawe kutandura indwara ziterwa n'imfungirwa zononekaye kubera ukugasha.**

GUSUMA NEZA IMFUNGURWA

- Tegekanya ivyo muzofungura hanyuma uce ugira urutonde rwavyo imbere yo kuja gusuma.
- Genda gusuma wahejeje gufungura, ntugende ushonje.
- Soma ivyanditse kubidandazwa uheze utore ibirimwo ibinure bikeyi, isukari nke, n'umunyu muke.
- Mugusuma, koresha ibipande vy'udukaratasi batabura mu binyamakuru kugira uziganye amadolari kuvyo ukeneye kugura.
- Gura ibisumwa bagabanije ibiciro kandi ugure ivyo ukeneye gukoresha gusa.
- Gereranya ibiciro vy'amasoko kugira usumire ahazimbutse hanyuma ushobore kuziganya amadolari.
- Usanze ivyamwa n'imboga biribwa ari bibisi bizimvye, gura birya bisanzwe biri mu bubushinguro bw'ivyuma bikanyisha, canke ibibikwa mu makopo.
- Usume ibiri kurutonde wateguye gusa, ibikenewe kugira uze gutegura imfungurwa wategekanije kusuma imbere yo kuva i muhira.
- **Gutegekanya urutonde rw'imfungurwa imbere yo kuja gusuma bigufasha mu kudata umwanya no kuziganya amadolari.**
- **Kumenya neza imangazini baguriramwo imfungurwa, bituma uziganya amadolari kandi ugasuma ibifungurwa bikugirira akamaro wewe n'umuryango wawe.**