

## TOPIC 5 — PARENTING

### Gukomeza Imibano Myiza

Abavyeyi bajejwe vyinshi mu vyerekeye abana babo, harimwo kubabungabunga no kubakunda, mu gukurikirana mu gukura kwabo ku mubiri no mu mico, no kubakingira mu kuraba ko batunganiwe mu buzima bwabo. Abana bumva kandi bamererwa neza gusumba iyo bafitaniye imigenderanire myiza n'abavyeyi babo, nico gituma gukomeza ukwo gufatana mu nda ari igikorwa gihambaye, mukabigira mu gusoma ibitabo hamwe, mu gukina nabo canke mu kuyaga nabo ivyerekeye ivy'ishule. Shira mu bana banyu umutima wo gukora batajujudikanya.

### Building Good Relationships

Parents have many responsibilities to their children, including nurturing and loving them, supporting their physical and emotional development, and making sure they are safe. Children feel and do better when they have a strong relationship with their parents, so it is important to develop this bond by reading together, playing games, or talking about school. Encourage your children to feel good and confident.



## TOPIC 5 — PARENTING

### Injira Muvyo Bakora

Ubundi buryo mwokoresha mu kwereka abana banyu inzira y'iterambere ryabo ni nk'ubu:

- Kugenzura amasanamu abana banyu baraba kuri televiziyo canke ivyo bakora kuri internet
- Kubagerera umwanya wo kuraba televiziyo
- Gufasha kw'ishule k'ubuntu mu kabonana n'abigisha babo
- Kumenya ivyo bakora inyuma y'ishule canke mu buruhuko buheza indwi
- Gushinga isaha bakeneye kuba baryamye
- Kubaha ibikorwa vyo muhira bama barangura, nko gukubura mu vyumba vy'uburyamo canke kwoza ibikoresho vyo ku meza
- Gufungura hamwe nabo kenshi mu ndwi



### Be Involved

Some other ways you can guide your child's development include:

- Monitoring what your children watch on television and do on the internet
- Limiting how much time they can watch television
- Volunteering in their schools and meeting with their teachers
- Knowing what they do after school and on the weekends
- Setting a time at which they need to go to sleep
- Assigning regular chores, like cleaning bedrooms or doing dishes
- Eating meals together several times a week

## TOPIC 5 — PARENTING

### Shinga Amategeko Abagenga

Mu bikorwa bihambaye cane abavyeyi bashinzwe hari kwigisha abana gutandukanya iciza n'ikibi (icatsi n'ururo), imigenzo yemewe n'iyitarekuriwe. Bera akarolero abana mu kwingenza neza. Abana banyu bazokwiga kumenya iciza n'ikibi barabiye kuvyo mukora n'ingene mwingenza. Abavyeyi babwirizwa gushinga amategeko atomoye kandi abereye. Ayo mategeko ategerezwa kuba meza kandi akaba ajanye n'imyaka umwana wawe ashikanye. Amategeko atomore abana ivyo bemerewe gukora n'ivyo babujijwe gukora, ariko ntiyobuza abana gutera imbere mu migenzo yabo.



### Set Rules

One of the most important responsibilities you have as a parent is to teach your children right from wrong, which behaviors are acceptable, and which behaviors are not. Be an example of good behavior. Your children will learn what is right and wrong from your own actions and attitude. Parents must also establish clear and consistent rules. Rules must be fair and appropriate for each child's age and development. Rules tell children what they can and cannot do, but they should not prevent children's emotional growth.

## TOPIC 5 — PARENTING

### Ivy'abana Bahisemwo N'Inkurikizi Yavyo

Kurera urwaruka n'igikorwa kitoroshe namba. Urwaruka rukenera kwishira rukizana, ariko abavyeyi bategerezwa kurwerekana aho ubwo bwigenge bugarukira. Gushinga lero urugero rubereye abana banyu mukurikije imyaka bafise, aho bashitse mu bwenge no mu vyo bajejwe. Kwumva ivy'abana bahisemwo n'inkurikizi yavyo birafasha abana n'urwaruka kwirimbura no gufata ingingo nziza zibereye. Bwira abana banyu inkurikizi mbi zijana no kurenga amategeko mwongere mubahe agashimwe iyo bigenjeje neza.



### Choices and Consequences

Parenting teenagers can be challenging. Teenagers need some freedom, but parents should limit the freedoms given to them. Set limits that are appropriate to your children's age and level of maturity and responsibility. Understanding choices and consequences help children and teenagers learn self-control and make good decisions. Tell your children what the consequences are for breaking your rules and provide rewards for good behavior.

## TOPIC 5 — PARENTING

### Umwana Wanyu Niyigenza Nabi

Abana benshi bigenza nabi kubera kuko abavyeyi babitwaririka gusumba iyo bameze nabi gusa. Kwitwaririka abana iyo bakoze ibintu vyiza bituma bagira ishaka ryo kubandanya muri iyo nzira nziza. Amategeko arabuza gukubita, guhenura umwana ukamubabaza gushika aho bisiga inkovu canke bikomeretsa umwana. Hariho ubundi buryo bubereye bwo kugorora ingendo mbi y'abana.



### If Your Child Misbehaves

Many children behave badly because their parents will give them more attention when they are bad. Paying attention to children when they do good things will encourage them to continue. It is illegal to strike, beat, or shake a child hard enough to leave a mark or to injure the child. There are better ways to correct children's behavior.

## TOPIC 5 — PARENTING

### Umwana Wanyu Niyigenza Nabi

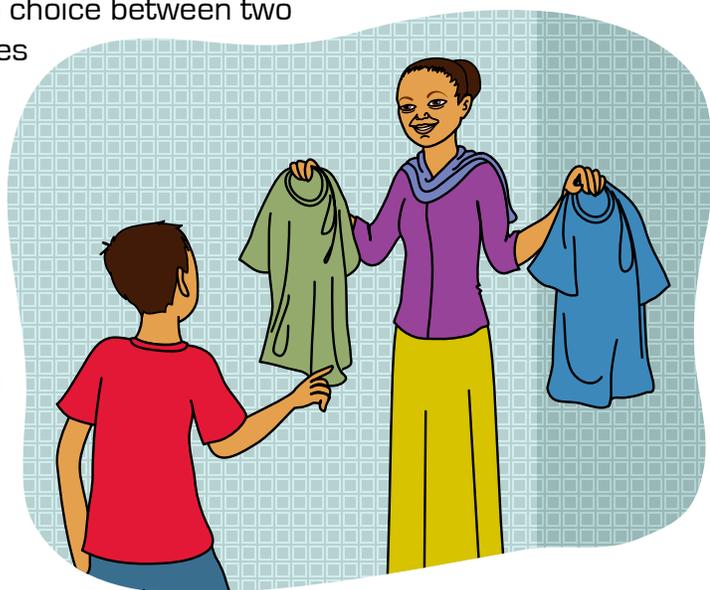
Umwana wanyu niyigenza nabi, mukarire ariko mugume mutekereje. Bizotuma abana bagamburuka gusumba aho mwokoresha amajambo yo kumutuka canke y'ishavu. Hitamwo ingene mwotorera inyishu ivyo bibazo mufatiye kuri ibi bikurikira:

- Gufasha abana kwumva ico botegerezwa gukora, aho kubihaniza mubabwira ivyo babujijwe gukora. Akarorero: babwire gukina umupira bawutembagaza hasi aho kubabwira ngo, “Ntimuterere umupira hejuru”.
- Kuha abana banyu ibintu bibiri bakihitiramwo ico bemera kandi mukemera aho bashize. Ivyo bibafasha gucagura ico babona ko mwokwemera. Akarorero: Aho guharura ico umwana wanyu yo wambara aja kw'ishule, bwira uwo mwana ko ashobora kwambara ishata itukura canke ishata y'ubururu.

### If Your Child Misbehaves

If your child misbehaves, be firm but calm. This will cause your children to cooperate more than if you use harsh or angry words. Try to solve the problem by:

- Helping children understand what they should do, instead of what they should not do. Example: Tell them to roll the ball on the floor instead of saying, “Do not throw the ball.”
- Giving your children a choice between two acceptable alternatives and accepting their decision. This lets them choose an option that you approve of. Example: Instead of arguing about what your child will wear to school, tell your child he or she can wear the red shirt or blue shirt.



## TOPIC 5 — PARENTING

### Gukumira Abana

Umwana abandanije kwigenza nabi, abavyeyi benshi bamubwira bati “ja mu gihano”. Abavyeyi babwira abana yuko igihe cose barenze amategeko bazoca baja mu gihano co “gukumirwa”, n’ukuvuga ko bategerezwa kuja mu kibanza co mu nzu cikumiriye bakicara batekereje gushika barekuriwe kugaruka mu bandi. Fatira ku myaka y’umwana mu kumenya igihe ukwo gukumirwa kwomara. Ni baba bafise imyaka 2 y’amavuko, ni bicare ukwa bonyene iminota 2, canke ni baba bafise imyaka 3 y’amavuko, bakumire mu bandi iminota 3.



### Time-Outs

If a child continues to misbehave, many parents use “time out”. Parents tell children that each time they break certain rules they will take a “time out,” meaning they must go to a quiet place in the house and sit quietly until they are allowed to return. Use the child’s age as a guide for how long the “time out” should be. If they are two years old, have them sit alone for two minutes, or if they are three years old, for three minutes.

# TOPIC 5 — PARENTING

## Guhagarikira Umwana

Irindi banga ryega abavyeyi n'ukugenzura ko abana babo bari mu mutekano. Kirazira gusiga abana batarashikana imyaka 12 y'amavuko muhira bonyene. Ata muntu wo mu muryango canke ababanyi bashobora kubasigaranira abana igihe atariho muri, rondera uwurera abana (adafise imyaka y'amavuko iri muni ya 15) kugira ngo ababarabire. Mu vyo mutegerezwa kuraba imbere yuko mufata ingingo yo gusiga abana bonyene muhira hari ibi:

- Imyaka yabo y'amavuko n'uko bigenza nk'abakuze
- Kuraba ko bamaze kwerekana ubushingantahe mu vy'iyumviro vyabo no mu gukurikiza neza amategeko
- Kuraba ko bazi ingene bagushikira, bitura ku bandi bantu bakuze canke ababanyi no kubategets, igihe hoba impanuka
- Ivyerekeye umutekano mu rugo canke mu babanyi
- Igihe muja kumara hanze



## Child Supervision

It is also the parent's responsibility to make sure their children are safe. Children under 12 years old should not be at home alone. If no family members or neighbors can watch your children when you are away, find a babysitter (usually at least 15 years old) to watch them. Some things to consider when deciding if your children are ready to be left home alone include:

- How old and how mature they are
- If they have shown good judgment and followed rules well
- If they know how to reach you, other adults or neighbors, and the authorities in case of an emergency
- Safety concerns in the house and the neighborhood
- How long you will be away

## TOPIC 5 — PARENTING

### Gukorera Ikibi Abana Canke Kutabitwaririka

Rimwe na rimwe abavyeyi ntibitwaririka bikwiye abana babo. Gukorera ikibi abana canke kutabitwaririka n'amakosa akomeye mu vyerekeye uburyo abana bakwiye kubungabungwa. Kutitwaririka umwana ni ukutamuha ivyankenerwa vya minsi yose. Ubuholero bw'ukutitwaririka umwana ni nko kutamukurikirana, kutamugaburira indya vy'ingirakamaro canke kutamuvuza, no kureka umwana akanywa inzoga.



### Child Abuse and Child Neglect

Sometimes parents do not take appropriate care of their children. Child abuse and child neglect are serious failures to properly care for a child. Neglect is not providing for a child's basic needs. Examples of neglect are not supervising a child, not providing needed nutrition or medical care, or allowing a child to drink alcohol.

## TOPIC 5 — PARENTING

### Gukorera Ikibi Umwana

Gukorera ikibi umwana ni ukumukorera ibishobora kumubabaza canke kutamurinda impanuka. Gukorera ikibi umwana bishobora kugirwa mu kumusin-sikariza amagara, mu kumukubagura, canke mu kumutuntuza umutima. Uturolero two gukorera ikibi umwana ku mubiri ni nko kumukubita, kumutera umugere, canke kumubabariza amagara mu bundi buryo. Gukubagura umwana ni ukumusambanya agahuza ibitsina n’umuntu akuze, hakabamwo nko kumukorakora canke kwereka umwana abariko barahuza ibitsina canke amasamu avyerekana. Gutuntuza umwana ku mutima n’umugenzo ubuza umwana gutera imbere mu vyiyumviro ukamubuza kwiyumvamwo ubuntu bikashika cane cane mu kumukankamira, mu kumutera ubwoba canke mu kumutuka ibitutsi bibi.

### Child Abuse

Child abuse is doing something that harms a child or puts the child at risk of harm. Child abuse can be physical, sexual, or emotional. Examples of physical abuse are striking, kicking, shaking, or otherwise harming a child. Child sexual abuse is any sexual activity between a child and an adult, and includes inappropriate touching and showing a child sexual activity or images. Emotional abuse is a pattern of behavior that hurts a child’s development or sense of self-worth and can occur through constant screaming, threats, or name calling.



## TOPIC 5 — PARENTING

### Ibiro Bijejwe Gukingira Abana

Ibiro Bijejwe Gukingira Abana (CPS) n'ibiro vya Leta bijejwe guseruka gutabara aho hose hadutse gukorera ikibi abana canke kutabitwaririka. Intara yose irasigura ingene yumva ayo majambo. Igihe habaye icegeranyo kivuga ko mu muryango kanaka hoba hariho umwana akorerwa ikibi canke atagira uwumwitwaririka, umukozi w'ivyo biro ashobora kuza, akishikira kuraba ko ubuzima bw'umwana ata kintu kibubangamiye. Imiryango myinshi ntigenderwa n'uyo mukozi wa CPS, ariko baje iwawe, igihambaye n'uko ubabwiza ukuri ukongera ukaborohereza witonze. Raba ko ufise uwusigura ivyo uvuga niwaba utavuga icongereza. Ntusabe abana bawe ngo babe aribo basigura ivy'uvuga.

### Child Protective Services

Child Protective Services (CPS) is the governmental agency that responds to reports of child abuse or neglect. Each state sets its own definition of these terms. If a family is reported for possible child abuse or neglect, a caseworker may visit to make sure the child is safe. Most families are not visited by a CPS worker, but if they visit you, it is important that you are honest and cooperate calmly. Make sure there is an interpreter if you do not speak English. Do not use your children as interpreters.



## TOPIC 5 — PARENTING

### Ibiro Bijewe Gukingira Abana

CPS irashobora gufasha no gushigikira imiryango mu kubigisha uburyo bundi bwo gutorera inyishu ibishitse, ikongera ikabereka aho bokwitura canke bosa-ba imfashanyo zashobora kubafasha. CPS ishobora gucungisha abana incuti zabo, abavyeyi bemeye kubakira, canke mu bigo igihe babonye ko aho abo bana baba badatunganiwe, bakongera bakagerageza gufasha abo bana kugira ngo bamererwe neza gusumba. Igihe ivyo bishitse, ingingo yerekeye kazoza k'umwana ishobora gufatwa n'ubucamanza.



### Child Protective Services

CPS can provide help and support to families by teaching them alternative methods to handle situations and connecting families with services or resources that may help them. CPS will place children with relatives, foster parents, or in shelters if it is determined that the home is not safe for the child and then work with the family to improve conditions. If this happens, the decision about the child's future may be up to a judge.

## TOPIC 5 — PARENTING

### Imfashanyo yo mu Kibano

Abavyeyi, abana, n'imiryango barakenera rimwe na rimwe ababashigikira bo hanze. Hari uburyo bwinshi aho muba mushobora kwikorako. Ariko, guhamagara inomero ya telefoni 911 vyashobora kugirwa gusa igihe hari isanganya canke igihe mwoba mukeneyeko inyamiramabi zibatabara. Sigurira umuryango wawe wose yuko guhamagara 911 atari ivyo gufynisha kuko inkurikizi zavyo zishobora kuba mbi igihe basanze imvo yo guhamagara atari iy'ukuri canke atacihutirwa cariho. Kuba umuvyeyi n'iteka rihambaye ariko n'ibanga rikomeye cane cane igihe mwe n'abana banyu muriko muragerageza kumenyera kuba mu gihugu gishasha, kwiga ururimi rushasha n'imico mishasha. Saba umuryango n'abagenzi babifashemwo igihe mwibaza ko mwarengewe. Ni baba abana banyu bakeneye ababashigikira canke bakeneye abo bokwitura ngo bashikirize ikibazo bafise mu muryango, botegeterezwa gushikira umuhanuzi w'ishule bakamubwira canke bakitura uwundi muntu akuzze bizigiye.



### Community Support

Parents, children, and families sometimes need outside support. There are many resources in your community that can help. However, 911 should only be called if there is an emergency or if a police officer is needed. Explain to your entire family that there will be a lot of trouble if a 911 report is not true or not an emergency. Being a parent is very rewarding, but it can be especially challenging when you and your children are adjusting to living in a new country and learning a new language and culture. Ask for support from family and friends when you feel overwhelmed. If your children need support or want to talk about a family problem, they should speak with their school counselor or another adult they trust.

## TOPIC 5 — PARENTING

### Kurera Neza Abana

Wewe muvyezi, ushobora kwigisha abana bawe imigenzo yo mu gihugu iwanyu ukabafasha kubana neza n'ababanyi baho baba. Abavyeyi bategerezwa gutanga akarorero keza, bagakurikirana rwose abana babo, bagashinga amategeko atomoye kandi bakerekana inkurikizi zayo. Gorora ingendo mbi mu guhezagira ibikorwa vyiza abana banyu bakora, kubahitishamwo mukongera mukabahana mukubakumira mu bandi iyo bikenewe. Igihambaye kindi nuko mwokwerekana abana banyu urukundo n'umwitwaririko mubafitiye.



### Good Parenting

As a parent, you can teach your children about their culture and help them become good community members. Parents should act as role models, be firm with children, and set clear rules and consequences. Correct bad behavior by praising good things that your children do, offer choices, and use time-outs when needed. Most importantly, give your children the love and attention they need.