



Inkingi icumi za NIDCAP; ubwenge bugenewe ababyeyi barwaje abana bato kwa muganga

Inkingi zisobanura icyizere, imbaraga, n’umutuzo mu guhangana n’ibibazo by’ubuzima. Zigaragaza ubwenge buturuka mu bunararibonye.

Nkuko ibimenyetso bibigaragaza Newborn Individualized Development Care and Assessment (NIDCAP) ni icyitegererezo kirambuye n’uburyo bwo kwita ku bana. Itanga ubujyanamai mu gufasha imikurire ya mbere y’ abana bakivuka n’imiryango yabo mu bitaro abana barwariramo no mu bindi byumba by’indembe.

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Kuvuka kw’abana igihe kitageze n’abavutse ku buryo bugoranye bishobora kubangamira intangiriro y’imibanire hagati y’ ababyeyi n’abana bakivuka, bikaba byagira n’ ingaruka z’ubuzima bwose mu muryango, mu mikurire y’umwana, ubuzima bw’ umwana muri rusange, ndetse n’imibereho myiza y’ababyeyi. Ababyeyi bashobora guhangayika kuko imibanire yabo n’abana babo bakivuka barwaje mubitaro itameze nkiyo bari biringiye. Hari uburyo bw’ubuzima bwinshi bwo kumenyana n’abana babo mu buryo bwakongera imibereho myiza yabo. Abana bato bishingikiriza ku bababyeyi babo nk’ abafasha babo bakomeye kandi babashyigikira.

Ubu bujyanama bwa NIDCAP bugenewe ababyeyi barwaje abana bato munzu z’ indembe z’abana mu bitaro. Bwatejwe imbere kugirango bufashe ababyeyi n’abana babo bato kumenyana no kubaka umubano wa hafi kandi w’icyizere hagati yabo. Abana bato bumva kandi bakamenya ababyeyi babo n’ ibibakikije babinyujije mu byumviro byabo. Imyitwarire y’umwana niyo iyobora umubyeyi. Uko ababyeyi babana n’abana babo bifite akamaro kurusha ibyo bakora. Gukuyakuya n’ubugwaneza, inseko ituje, n’ijwi by’ umubyeyi bitanga ihumure n’umutekano. Urukundo no kuba hafi y’umwana by’umubyeyi bitanga umuti uvura abana w’agaciro kenshi.

1. Teganya igihe kandi ube uhari

Tegura igihe kinini cyo kuba uri kumwe n'umwana wawe kandi inshuro nyinshi zishoboka. Shaka uburyo bwo kugabanganya indi mirimo ushinzwe mu bagize umuryango no mu nshuti. Ni ngombwa kwakira ubufasha n' inkunga iturutse ku bandi mur iki gihe kugirango wite ku muryango n'urugo rwawe.

Umwana wawe azungukira mu kumenyera no mu buzima budahindagurika bw'urukundo no guhumurizwa no kumuba hafi kwawe, cyane cyane muri iki gihe kurusha mu bindi bihe byo mu buzima bw'umwana. Fatanya n'abagufasha kurera umwana mu kugena uwo ushaka ko aba ari kumwe n'umwana mu gihe udahari. Tegura kandi uhe gahunda abagufasha kurera bagizwe n'abo mu muryango cyangwa inshuti za hafi wizera y'uko bazajya basimburana mu kubana n'umwana igihe udahari mu gihe cy'amasaha 24. Mu barezi hashobora kuba harimo nyirakuru, sekuru, abavandimwe be bakuru n'inshuti zawe za hafi, bazajya baboneka byizewe aho umwana ari. Agatsinda gato kizewe k'abantu nk'abo gashobora kuba keza kandi kakaba ababyeyi basunika ubuzima bw'umwana wawe ubudatuza. Bashobora guterura umwana mu buryo butuma imibiri yabo ikoranaho, bakaba kandi abarezi b' abahanga. Bashobora kugaburira umwana wawe kandi bakanamubinda, bakamuririmbira bakanamuganiriza ndetse bakamuha uburezi amenyera amanywa n'ijoro. Menyesha abarezi b'uruhinja ingengabihe yawe n'igihe uzabonekera mu cyumweru kigiye kuza, kandi ugenzure ko wowe nabo mugira uruhare mubyo umwana akorerwa byose igihe yitabwaho.

2. Ba uwambere mu bita ku mwana

Menyesha itsinda ry'abaganga ko ushaka kuba mubita ku mwana wawe. Baza uko umwana wawe ameze kuva aho wamuhurukiraga. Vuga unabaze ibibazo,impungenge, n'ibyo witeze kubona kuko ari wowe mufasha n'umuvugizi ukomeye w'umwana wawe. Ganira n'iryo tsinda ku buryo wagira uruhare mu bikorwa byihariye bya buri muni byo kwita k'umwana. Buri mushyikirano ugirana n'umwana wawe ni amahirwe uba ubonye yo kumwubakamo icyizere no kumurera. Itegereze imyitwarire y'umwana kugira ngo ubone uburyo bwiza bwo gusubiza ibimenyetso umwana wawe akwerekana. Fata neza umwana wawe ubifashijwemo n'itsinda rimwitaho, fatanya kandi ukorane n'itsinda ryita ku buzima mu kumenya mu kumenya biruseho uburyo bwo gufasha umwana wawe. Buhoro buhoro uzagenda urushaho gutekana no kwigenga mu mibanire yawe n'umwana kimwe no kumwitaho bihagije. Ibi bizatuma urema umushyikirano mwiza kandi ukomeye hagati yawe n' umwana wawe; binagufashe kumenyera kumwitaho kandi biguhe n'icyizera.

3. Shakisha amakuru ubyitayeho

Baza itsinda ryita ku buzima bw'umwana wawe uburyo ameze mu birebana n'imibereho myiza ye, imimerere y'ubuzima bwe, iterambere rye ndetse' imbogamizi ahura nazo. Saba amakuru mashya y'umwana mu misinzirire, ihumure, ibyifuzo, kamere, imiterere, uko ubuzima bwe bumeze, imiti, ibiro, uburyo yakira amata ahawe, ndetse n'icyiyongereye kumukurire ye, n'ibyo yagezeho. Fata izi ngingo nk'ikiganiro cya buri muni ugirana n'itsinda ryita ku buzima bw'umwana wawe. Kora uko ushoboye uhure inshuro nyinshi n'amatsinda atandukanye afatanyaga mu kwita ku buzima bw'umwana wawe; nk'umuganga umwitaho, abaforomo bamurwaje, abandi baforomo, inzobere mu mikurire y'umwana, umuganga w'impagarike,

umuganga wita ku buzima ashishikariza abantu gukora indi mirimo, umuganga wita ku mivugire ye, ushinze imibereho myiza, inzobere mu by'imitakerereze y'abantu, n'abandi.

Basabe ubufasha n'ibisobanuro. Sangiza itsinda ryita ku buzima bw'umwana wawe ibitekerezo umufiteho, unabasangize icyo ubona umwana wawe agenda yiyongeraho, uburyo yahindutse n'impinduka agaragaza. Basangize impungenge zawe n'uburyo wamenye gusoma imyitwarire y'umwana wawe

4. Tegura imiterere y'aho umwana ari

Gumisha umwana aho akijwe n'ituzwe n'ubwuzi mu buryo bwose bushoboka. Ibi bizafasha umwana wawe kumva no kwikirizanya ijwi ryawe umunezero, kwakira neza kumukoraho kwawe, ndetse yishimire no kubona isura yawe. Igihe umwana ari kuruhukira ku gituzwa cyawe, mu gikoresho kibungabunga ubuzima bw'umwana iyo bibaye ngombwa, cyangwa mu buriri bwe; isura ye igomba kuba irinzwe ibihe byose ku buryo nta rumuri rwaka cyane, nta n'urusaku rw'ama jwi bimugeraho. Baza agatsinda kita ku buzima bw'umwana wawe niba bishoboka ko wazana ibintu byawe bwite nk'uturingiti tworoshye, imyenda yoroshye imwegereye, amashuka yoroshye yo kuryamaho, cyangwa ibindi bikoresho bituma wumva umeze neza kandi biguha ihumure ku buriri bw'umwana wawe. Gerageza kwambara imyenda yoroshye kandi ikwegereye, unayishyire hafi y'umwana wawe kugira ngo yumve impumuro yawe isanzwe igihe mutari kumwe.

5. Shyikirana n'umwana kandi umwiteho mu buryo butuje kandi butuma musabana

Ubwoko bw'umwana wawe ntiburakura kandi bugenda busobanukirwa isi buhoro buhoro, si nk'ubw'abakuzwe. Kugendesha buhoro ibikorwa byawe byose bizafasha ubwoko bw'umwana wawe gukura neza. Kuba hafi y'umwana wawe bimworohera kumenya ibintu, ibyo ukora, uburyo umhindukiza, kumukoraho, amajwi n'ibyo umwana abona byose. Ufasha umwana wawe kumenya ibintu byose yitonze kandi atuje. Itegereze imyitwarire y'umwana wawe kugira ngo umenye uburyo wamufasha, ugire n'ibyo uhindura mu kwikiriza umwana wawe ukurikije igihe agezemo. Ibi bizatuma umwana akoresha imbaraga ze zose mu gutera indi ntambwe yo gukura, binatume yumva ashoboye kandi akomeye. Nk'urugero, jya uhora ubanza kureba umwana wawe kugira ngo umenye icyo yiteguye gukora muri ako kanya; iyo ari guhumeka atuje, isura isa n'iroza,

kandi asa n’umeze neza, tangira kumuvugisha buhoro buhoro umwerekana ko muri kumwe, mukoreho buhoro buhoro nko kumuterura ibiganza byawe biri ku mugongo no ku mutwe we umufasha kukumenyera no kumva atekanye. Hanyuma fungura ikiringiti cye buhoro buhoro, ukoreshe ijwi ryoroshye ubwira umwana wawe icyo ugiye gukora, kandi ujye uhora umukoraho unamuvugisha igihe cyose uri kumwitaho, cyangwa muri kumwe. Mu kumukoraho witonze, n’ijwi ryawe rituje, ufasha umwana wawe kubuka buhoro buhoro, hanyuma akitegura gutera indi ntambwe. Kumuba hafi, ijwi ryawe rituje, kumufata no kumukoraho witonze byafasha umwana wawe kongera gusinzira igihe hashize umwanya ari maso. Kugumana ituze no kwitonda ni ingirakamaro cyane mu byo ukorera umwana wawe byose.

Kwitegereza imyitwarire y’umwana kugira ngo ubone ibyo ari kukubwira kandi unamenye ibindi byiza byo kumuha, ni uburyo bwa mbere bwiza bwo gusabana n’umwana wawe. Ibi bizongera icyizere cyawe mu kurera, bigufashe kuba umufasha wa mbere n’umuvugizi w’umwana wawe.

6. Bungabunga ibitotsi by’umwana

Gusinzira ni ingenzi mu mikurire y’ubwonko bw’umwana muto. Iyo umwana asinziriye hari ibintu byinshi by’ingenzi bibera mu mubiri we. Nk’urugero, imikurire n’imikorere y’ingingo z’ibyumviro, imihurize y’ubumenyi no kwibuka, n’imikurire myiza. Zirikana gukikiza umwana umutuzo kugira ngo asinzire bihamye kandi atabangamiwe n’amajwi amurogoya, ibikorwa byinshi, cyangwa urumuri rwinshi. Ibuka ko ibitotsi akenshi biruhura iyo uteruye umwana imibiri yanyu ikoranaho. Ganira n’itsinda ryita ku buzima bw’umwana wawe ku buryo buhoraho bwo kubungabunga ibitotsi bye.

7. Sabana kandi uganyire n’umwana binyuze mu kumukoraho

Gukora ku mwana ni bwo buryo bwambere kandi bwa ngombwa mu gusabana no kuganira n’umwana. Gukora ku mwana wawe bizagufasha kumenya imyitwarire ye n’ibyo akunda. Umwana wawe ahumurizwa, agatekana kandi akumva urukundo binyuze mu kumukoraho kwawe. Genzura uko umwana agusubiza bikuyobore mu mibanire yawe nawe. Kora ku mwana wawe witonze, mureke yumve umutuzo n’ubwuzu buhamye mu biganza byawe, cyangwa umucigatire ikiganza kimwe gifashe mu bworo bw’ibirenge bye, ikindi giteruye hejuru y’umutwe we cyangwa kizengurutse umubiri w’umwana mugihe amaboko n’amaguru by’umwana wabyoroshe. Ibi bizaha umwana kumva ashikamye, atekanye kandi akwizere mu buryo bumuha umutuzo n’ihumure. Igihe ugize ikibazo cyangwa impungenge, ihutire kuvugana n’itsinda ryita ku buzima bw’umwana ku buryo wakora ku mwana wawe witonze kandi mu buryo buhumuriza bubereye umwana wawe wihariye kubera imiterere y’ubuzima bwe idasanzwe.

8. Ita ku mwana binyuze mu kumuterura imibiri yanyu ikoranaho

Ha umwana wawe uburyo bwo kukwegera. Umwana wawe abinze gusa, muterure umushyire ku gituzo cyawe cyambaye ubusa (wibuke gukuramo isutiye). Ibi bakunze kubwira uruhu ku ruhu

cyangwa “kangaroo care” mu rurimi rw’icyongereza. Tangira guterura umwana imibiri yanyu ikoranaho inshuro nyinshi zishoboka nyuma y’ivuka rye mu buryo imiterere y’ubuzima ibimwemerera, no mu gihe gishoboka kugeza igihe ushakiye buri muni. Hari ibihamya byinshi ku bijyanye n’inyungu z’umwana n’izawe bwite mu gukoranaho kw’imibiri yanyu buri muni, cyane cyane ku bana bato cyane cyangwa barwaye. Muri izo nyungu zose harimo iyo kongera imikurire y’igihe gito n’ikinini ndetse n’ imikurire y’ ubwenge.

9. Muhe amashereka kandi umwonse

Amashereka ni yo mirire y’umwana ya mbere myiza kandi yujuje ibisabwa ku mwana wawe. Mbere y’uko umwana wawe avuka, cyangwa akimara kuvuka, ganira n’itsinda ryita k’ubuzima bw’abana ku byerekeye igihe n’uburyo wabona amashereka. Amashereka yambere agaragara ari yo bita umuhondo ni ingirakamaro cyane ku mwana wawe kubw’impamvu nyinshi zitandukanye. Niyo mpamvu buri gitonyanga cy’amashereka usohora aba ari ingirakamaro. Saba ubufasha ku mujyanama w’amashereka igihe ahari, cyangwa ubaze umuforomo ubizi. Kanda amabere yawe igihe uri kureba umwana wawe mu maso, umukoraho, ufashe akenda ke cyangwa akaringiti ke bifite impumuro yihariye y’umwana wawe. Ibyo bizatuma amashereka yawe asohoka ku buryo bworoshye. Igihe uramutse uhuye n’imbogamizi yo kubura amashereka ahagije, ihutire kubaza niba hari abantu batanga amashereka bahari. Zirikana uburyo bwo kuryamisha umwana wawe ku gituzo cyawe cyitambaye kugira ngo yihumurize, arigate, anakoze amazuru ye ku moko zawe hakiri kare. Ibi bizagufasha kuyobora amashereka ndetse bifashe n’umwana wawe kubona imoko zawe buhoro buhoro maze yonke. Umwana wawe ashobora kwakira amashereka binyujijwe mu gaheha gatoya banyujije mu izuru rye kakagera mu gifu mu bihe byambere, igihe ari kwihumuriza anakora ku mabere yawe. Buhoro buhoro azatangira konka neza ku buryo bworoshye. Kora uko ushoboye utume konka k’umwana wawe birangwa n’ibyishimo, yumve ari igikorwa cyiza ndetse nawe bikubere bityo. Kuba hafi y’umwana wawe no kumukoraho witonze bizamuhumuriza igihe ari konka. Fata agaheha umwana ari guherwamo amashereka kugira ngo ugenzure urugero amashereka ari kugenderaho ugendeye ku myitwarire y’umwana igihe uri kumugaburira. Mu gukurikirana imirire y’umwana kuva akivuka, uba ugena urufatiro rw’ibyishimo n’ihumure mu kugaburira umwana mugihe kizaza. Onsa umwana wawe igihe cyose umubiri wawe ubikwemerera. Hari byinshi wowe n’umwana wawe mwungukira mu kumwonsa.

10. Tanga ihumure n’umutekano ku mwana wawe binyuze mu kumwonsa

Guhera mu byumweru makumyabiri bya mbere, mu gihe bagikurira mu nda, abana baba bonka intoki n’ibiganza byabo. Bakomeza gushaka intoki zabo ngo bazonke bamaze kuvuka. Bisa nk’aho bibahumuriza bigatuma banatuzza. Rimwe na rimwe bikomerera umwana gushyira intoki cyangwa igikumwe mu kanwa igihe gihagije ngo yonke anezerewe. Ibyo bishobora kumuhungabanya bigatuma atangira gushaka ibindi yakonka. Gerageza umuhe witonze agakoresho gato kabugenewe ko konka igihe abishaka. Ibi bizafasha umwana wawe gutuzza no

gusinzira anezerewe. Mu gufasha umwana wawe konka yishimye, uba umuha ubushobozi bwo kumenya gutuza no gususuruka.

Ikiruta byose, izere umwana wawe nawe wiyizere.

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