Umwitwarariko ku bijanye n’ukwandura imigera y’indwara ku bana bakiri bato
Igicapo cerekana umuremeshakiyago

Igitabu 5 ca 5



Icigwa ca 1: Ibimenyetso n’ingaruka ku mwana afise umwumira

Ibikoresho:
1. Ibitabu bandikamwo abitavye inyigisho
2. Akamwanya*
3. Igikombe n’ibesani vy’amazi *



1. Agakino: Abantu ku bantu



2. Guhamagara amazina no gushikiriza Umuti w’ibibazo

3. Inkuru: Umusi Mvuyekure yahakwa gupfa (Isanamu 1.1)

Ni igihe co kwimbura. Barumwete yasize Mvuyekure ari kumwe n’umubanyi wiwe. “Ndagusavye undabire Mvuyekure gushika ku mugoroba. Aracibwamwo ariko nibaza ko bija gukira ningoga.” Barumwete agarutse, ntiyashoboye kumenya umwana wiwe! Arabaza ati: “Mvuyekure yashikiwe n’ibiki?” . Uwundi ati: “Yiriwe aracibwamwo umusi wose, ntiyigeze agomba gufungura nico gituma naciye ndamureka gushika ndabe ko yomera neza.” Barumwete aratangara ati: “Yooo, Mvuyekure!” uranyankabiranye kandi urumaguje nk’umuntu ashaje! Ntegerezwa kurondera ingene ndagufasha buno nyene!”



4. Gutohoza

☐ Ni ibiki vyashikiye Mvuyekure? Kubera iki?

☐ Yoba ari indwara ikomeye canke mwibaza ko bishobora kwiheza ata ngorane? Kubera iki muvyibaza uko canke mutavyibaza uko?

Reka tugereranye ivyiyumviro vyanyu n’ubutumwa buri kuri izi mpapuro zikwirikira.

Inkuru: Umusi Mvuyekure yahakwa gupfa (Isanamu 1.1)



Harageze kwimbura. Barumwete asigiye Mvuyekure umubanyi wiwe. "Ndagusavye undabire Mvuyekure gushitsa ku mugoroba. Aracibwamwo ariko nibaza ko biza gukira ningoga."



Barumwete agarutse, ntiyashoboye kumenya umwana wiwe! Arabaza ati : "Mvuyekure yashikiwe n'ibiki?" . Uwundi ati: "Yiriwe aracibwamwo umusi wose, ntiyigeze agomba gufungura nico gituma naciye ndamureka gushika ndabe ko yomera neza." Barumwete aratangara ati: "Yooo, Mvuyekure!,", uranyankabiranye kandi urumaguje nk'umuntu ashaje! Ntegerezwa kurondera ingene ndagufasha buno nyene!"

Ugutakaza amazi gutera Umwumira (Isanamu 1.2)



5. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

6. Gusigura

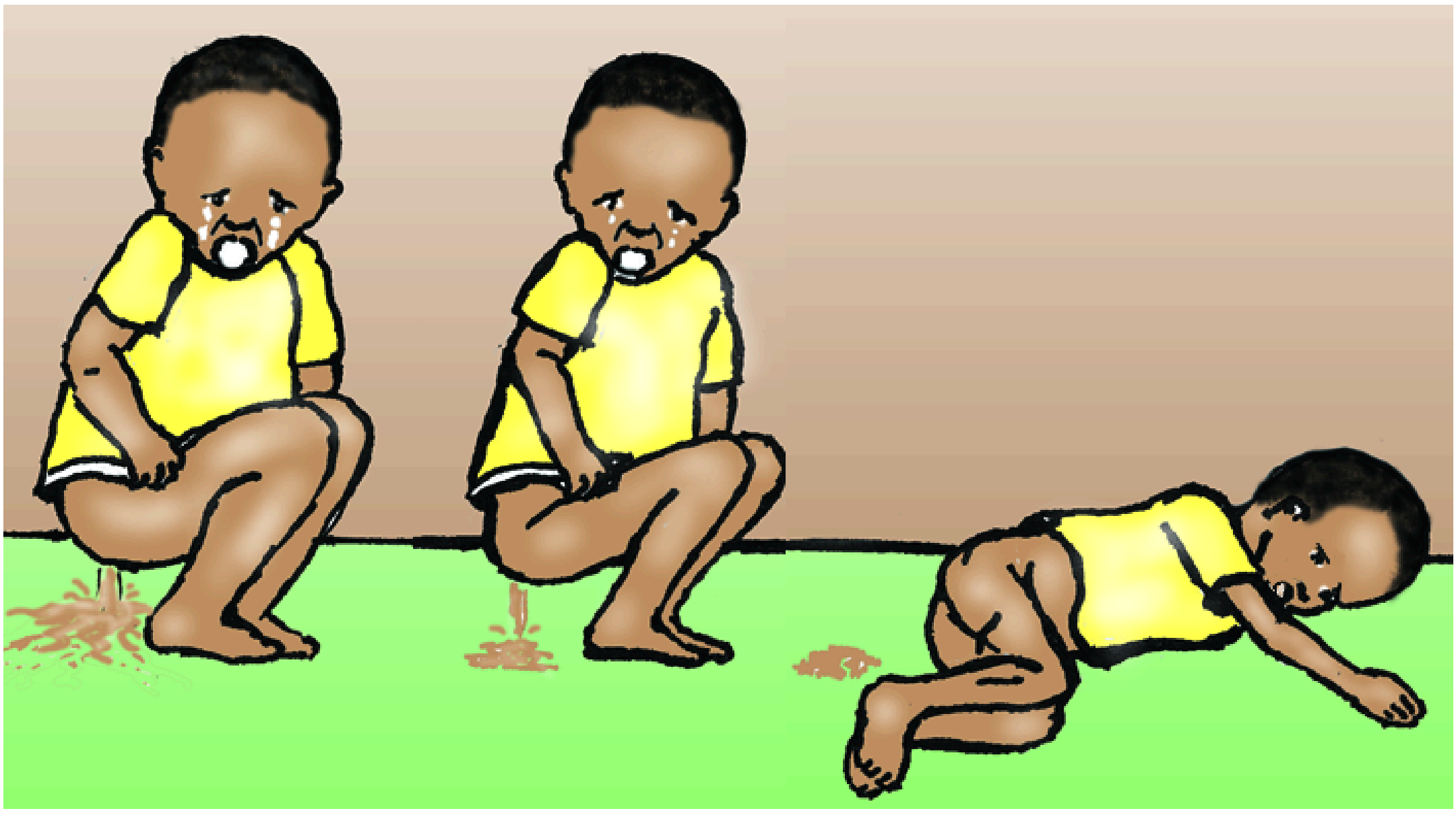
- Umwana acibwamwo aratakaza amazi. Umubiri wiwe utangura kumera nk'uwunyankabiranye kandi ukumaguza.
    - Umwana iyo yatakaje amazi menshi, naho yorira, nta mosozi aba akigira.
    - Umubiri wiwe uranyankabirana kandi ukumaguza.
    - Amaso yiwe araroka.

- Kurya igiharage catewe ntikironke amazi kimera, umubiri nawo niko uta inguvu.Iyo ata gikozwe ngo uyo mwana agarukane amazi, kurya kw'igiterwa arumaguza, mbere akaruhira gupfa.
    - Ico giterwa kitaronse amazi na makeya, Kirata amababi yaco kigaca cuma.
    - Iyo umwana acibwamwo ntibamuhe ivyo anywa, nawe nyene arahera inguvu, aranyankabirana, akumaguza akaruhira gupfa.

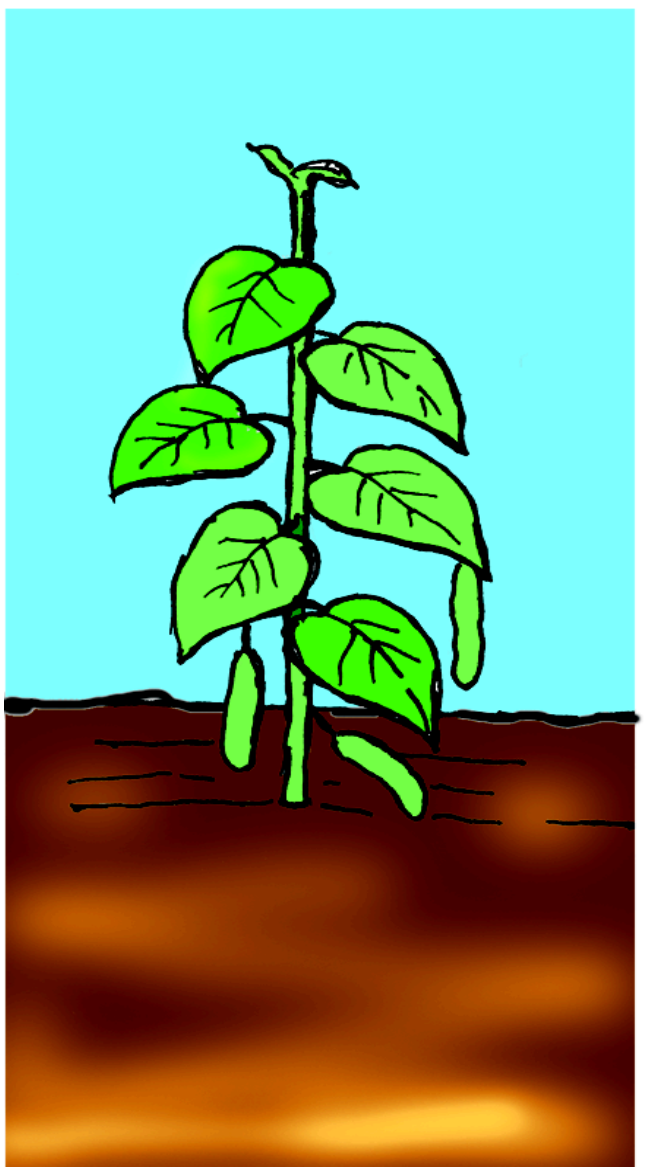
☐ Kiretse ugucibwamwo, ni ibihe bituma bindi vyotera umwana gutakaza amazi?

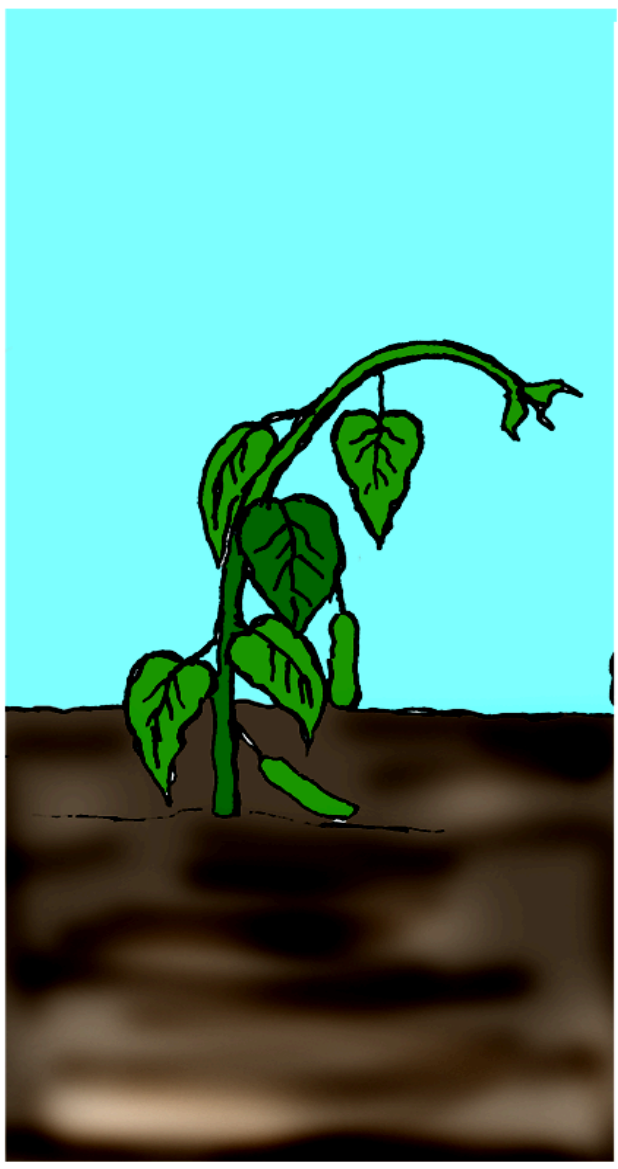
- Kudahwa
- Kubira icuya iyo hari izuba ryinshi
- Kubira indugumba iyo urwaye

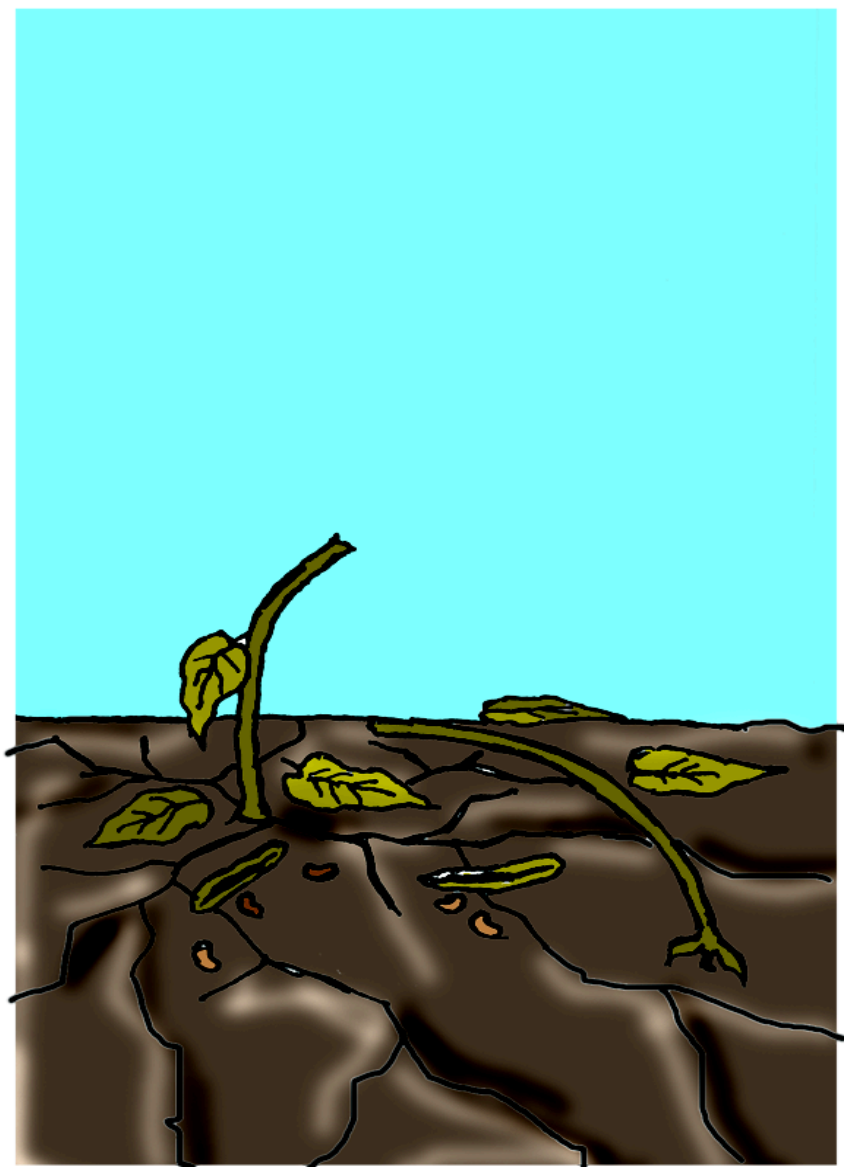
Umwumira no guta amazi (Isanamu 1.2)



Umwana acibwamwo arata amazi. Urukoba rwiwe rutangura kunyankabirana kandi rukumaguza.







Kurya igiterwa catewe ntikironke amazi gica kiba, umubiri nawo nyene niko uta inguvu.Iyo ata gikozwe ngo uyo mwana agarukane amazi, kurya kw’igiterwa arumaguza, mbere akaruhira gupfa.

Ugutakaza amazi mu mubiri birica (Isanamu 1.3)



7. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

8. Gusigura

- Umwana bahaye ivyo kunywa kugira asubirize amazi yatakaye ariko aracibwamwo canke ariko aradahwa akira n'ingoga.
    - Uyu muvyeyi arazi yuko amazi meza ari isoko ry'ubuzima.
    - Aha umwana wiwe amazi yabanje gushusha agasebura canke yasukuje Sûr'Eau bifasha umwana kuguma ari muzima.
    - Igihe cose umwana wiwe acibwamwo canke akadahwa,aca amuha ibintu vyinshi vyo kunywa kurusha uko yahora kugira asubirize amazi aba yatakaje.
    - Ntarindira ko gucibwamwo kwihagarika kwo nyene.

- Umwana ataronse ivyo kunywa kugira asubirize amazi yatakaye araheza akicwa n'umwumira.
    - Abavyeyi benshi barindira ko uko gucibwamwo kwiheza.
    - Barindira umwanya munini kandi umubiri w'umwana ntushobora kuvyihanganira.
    - Umwana arwaye iyo atanguye gutakaza amazi kuva mu gatondo ashobora gushika ku mugoroba yapfuye.

☐ Ni iyihe ndwara yishe uyu mwana?

- Umwana yishwe n'umwumira
- Ntiyaronse ivyo kunywa vyinshi (amazi, SRO, amazi yatetse umuceri, isupu y'ikaroti, ikivuguto kitarimwo isukari…)
- Abavyeyi ntitahuye akamaro k'amazi mu mubiri.

Gutakaza amazi mu mubiri birica (Isanamu 1.3)





Umwana bahaye ivyo kunywa kugira asubirize amazi yatakaye mu gucibwamwo canke mu kudahwa akira n’ingoga.





Umwana ataronse ivyo kunywa ngo asubirize amazi aba yatakaje mu gucibwamwo ata inguvu n’ingoga agaca apfa.

Ibimenyetso vyerekana ko umwana ageramiwe n’ umwumira (isanamu 1.4)



9. Kwerekana

Mwibaza ko izi sanamu zisobanura iki?

10. Gusigura

- Ni ugutwara n’ingoga umwana kwa muganga mu gihe utanguye kubona ibimenyetso vyerekana ko umwana ageramiwe n’ umwumira.
- Uruhorihori rwiwe ruratibira (Ivyo bishikira abana bari munsi yamezi 18.
- Amaso araroka
- Kurira ata mosozi
- Ntamererwa neza aragoyagoya,agasinzira cane canke agasambagirika

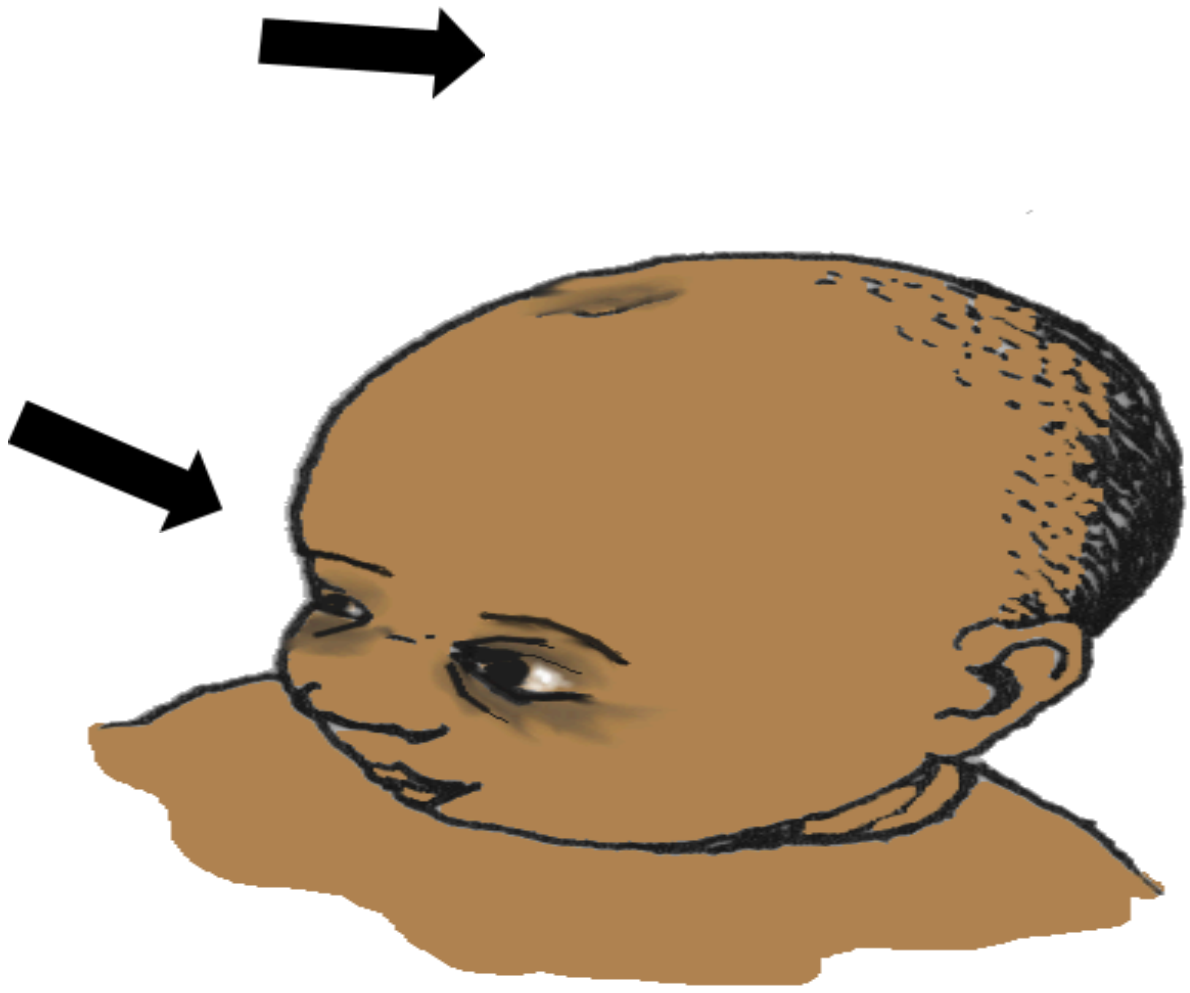
- Umubiri uwukweze (ku mpande z’ inda) ntusubira mu kibanza ubwo nyene
- Menya neza: naho wobona ikimenyetso kimwe, nyarukana umwana kwa Muganga



11. Igikorwa:Kwerekana umwumira

				
12. Gucaca	**13.Gutomora**	**14.Kwimenyereza**	**15.Kwiyemeza**	**16.Gusuzuma**

Ibimenyetso vyerekana ko umwana agaramiwe n’umwumira (Isanamu 1.4)

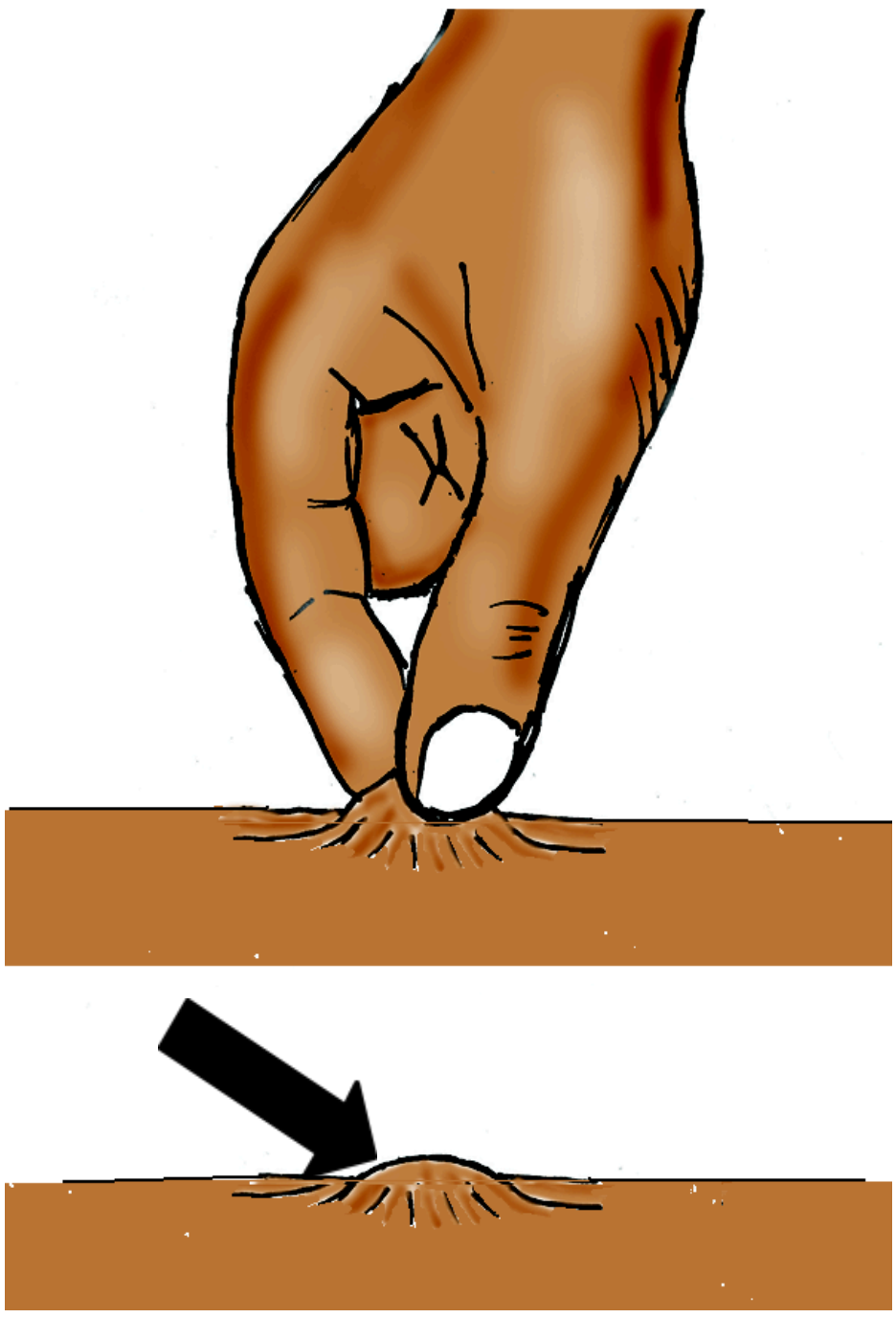


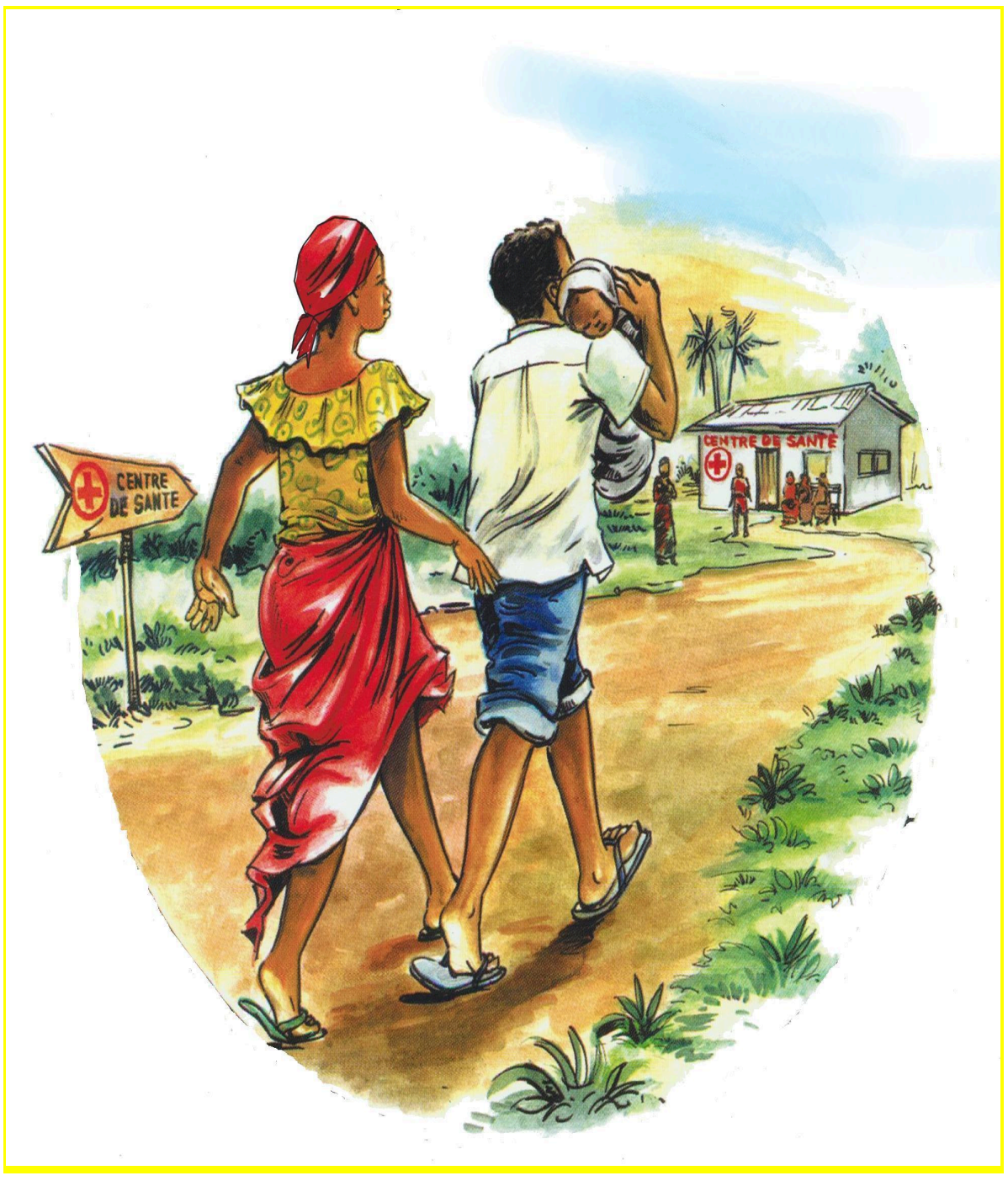
Uruhorihori rwiwe ruratibira.

Kurira ata mosozi

Amaso araroka

ukutamererwa neza: Kugoyagoya, kuyamira canke gusambagirika





Ukweze umubiri ntusubira mukibanza ubwo nyene

Nyarukana umwana kwa muganga iyo ubonye kimwe canke birenga muri ivyo bimenyetso vyerekana ko ageramiwe n’umwumira.

Icigwa ca 2: Gukingira umwumira dukoresheje ivyunyunyu

Ibikoresho:

1. Ibitabu vyo kwandikamwo abaje.
2. Agapaki k'ivyunyunyu n'iritiro rimwe ry'amazi atestse canke asukuye na Sûr'Eau
3. Igikombe c'Agasabasaba n'ikiyiko
4. Kubwira umuvyeyi wese kuzana igikombe c'umwana wiwe.



1. Agakino: Gukora umusururu



2. Guhamagara amazina no gushikiriza Umuti w'ibibazo

3. Inkuru: Barumwete akinga ugutakaza amazi .(Isanamu 2.1)

Barumwete ariteguye kuja mu murima. Asigaranye umwana umubanyi. "Narize ubuhinga buhanitse bwo gukinga umwumira." Amusigurira ingene ategura ivyunyunyu agaca abiha Mvuyekure. Barumwete avuga ati: "N'aho adahwa canke ntashake kubinywa, umuhendahende abinywe uze uramuha n'ikiyiko." Uyo mubanyi akishura ati: "Ego ndabikora,". Ku mugoroba atahutse, Mvuyekure aca yiruka kumusanganira. "Ariko aratera imbere!" umubanyi akamubwira. "Vya vyunyunyu vyamufashije gukira ningoga!"



4. Gutohoza

- ☐ Barumwete ariko akora iki gituma Mvuyekure adatakaza amazi menshi?
- ☐ Mvuyekure ashikirwa n'iki iyo nyina Atari hafi?
- ☐ Umwana wawe uhora umuha iki kugira umufashe akire gucibwamwo?

Reka tugereranye ivyiyumviro vyawe n'ubutumwa buri ku mpapuro zikwirikira.

Inkuru: Barumwete akinga ugutakaza amazi (Isanamu 2.1)



Barumwete ariteguye kuja mu murima. Asigaranye umwana umubanyi. "Narize ubuhinga buhanitse bwo gukinga umwumira." Amusigurira ingene ategura ivyunyunyu agaca abiha Mvuyekure. Barumwete avuga ati: "N'aho adahwa canke ntashake kubinywa, umuhendahende abinywe uze uramuha n'ikiyiko." Uyo mubanyi akishura ati: "Ego ndabikora,"..



Ku mugoroba Barumwete atahutse, Mvuyekure aca yiruka kumusanganira. “Ariko aratera imbere!” umubanyi akamubwira. “Vya vyunyunyu vyamufashije gukira n’ingoga!”

Ingene bategura ivyunyunyu (isanamu 2.2)



5. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

6. Gusigura

- Koroga ipaki y'ivyunyunyu mw'iritiro rimwery'amazi atetse canke asukuye na Sûr'Eau.
    - o Kuvanga kugeza n'aho ifu izimangana.[1]
    - o Amazi mabi atuma ugucibwamwo kwiyongera.
    - o Ibikombe 4 vy'agasabasaba vyuzuye gushika ku mbiga bingana n'iritiro rimwe ry'amazi.
    - o Uducupa twa kingu dutoya tubiri natwo nyene twuzuye amazi tungana n'iritiro

- Guha umwana ivyunyunyu kenshi kenshi igihe acibwamwo.
    - o Kumuha mu gihe umwana anyoterwa.
    - o Igihe cose umwana agwaye gucibwamwo canke kudahwa arakeneye ivyunyunyu
    - o Ubonye umwana afise kimwe canke vyinshi mu bimenyetso vyo kugeramirwa n'umwumira, munyarukane kwa muganga

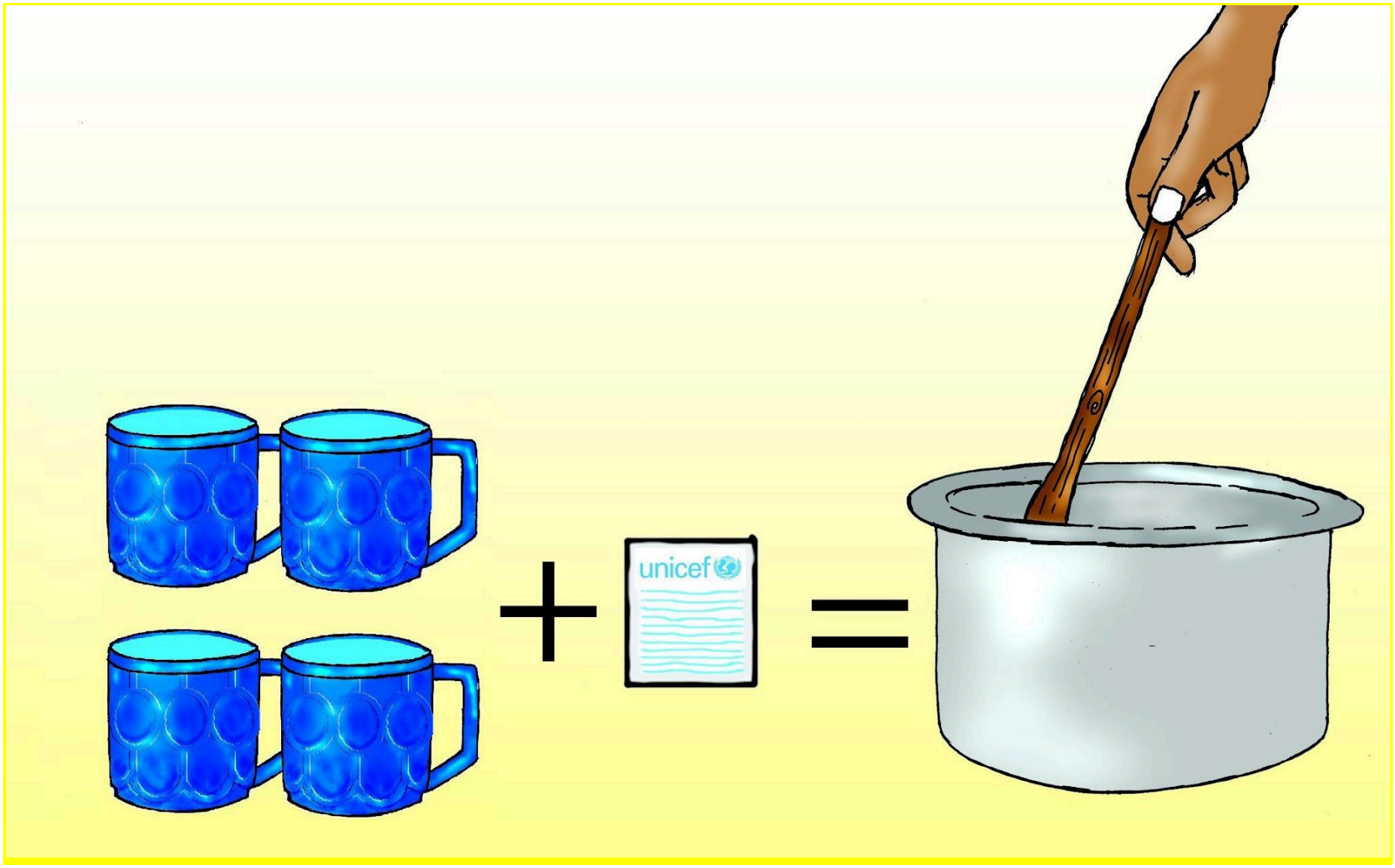
☐ Mbega umwana afise munsi y'amezi 6 twomuha ivyunyunyu bingana gute?
- o Bandanya umwonsa kandi umunyarukane kwa muganga
- o Ukwirikize impanuro zose muganga azoguka

☐ Umwana arenza imyaka ibiri twomuha ivyunyunyu bingana gute?
- o Wokwuzuza igikombe gushitsa ku kazingi ka kabiri mu turi ku gikombe.
- o Woha ivyunyunyu nk'ivyo no ku mwana akuze igihe cose acibwamwo.
- o Womwongera igihe cose umwana yumva ko anyotewe.

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[1] Source: King, F.S.; burgess, A.: Nutrition for Developing countries 2nd ed. Oxford Univ. Press, 1996. Page 161.

Ingene bategura ivyunyunyu (Isanamu 2.2)



Koroga ipaki y’ivyunyunyu mw’iritiro rimwe ry’amazi atetse canke asukuye na Sûr’Eau. Kuvanga kugeza n’aho ifu izimangana

Guha umwana ivyunyunyu kenshi kenshi igihecibwamwo

Kumuha mu gihe umwana anyoterwa.



Igihe cose umwana agwaye gucibwamwo canke kudahwa arakeneye ivyunyunyu

Ubonye umwana afise kimwe canke vyinshi mu bimenyetso vyo kugeramirwa n’umwumira, munyarukane kwa muganga

Ivyunyunyu n’ukwonsa (isanamu 2.3)



7. Kwerekana

☐ Mwibaza ko izi sanamu zisobanura iki?

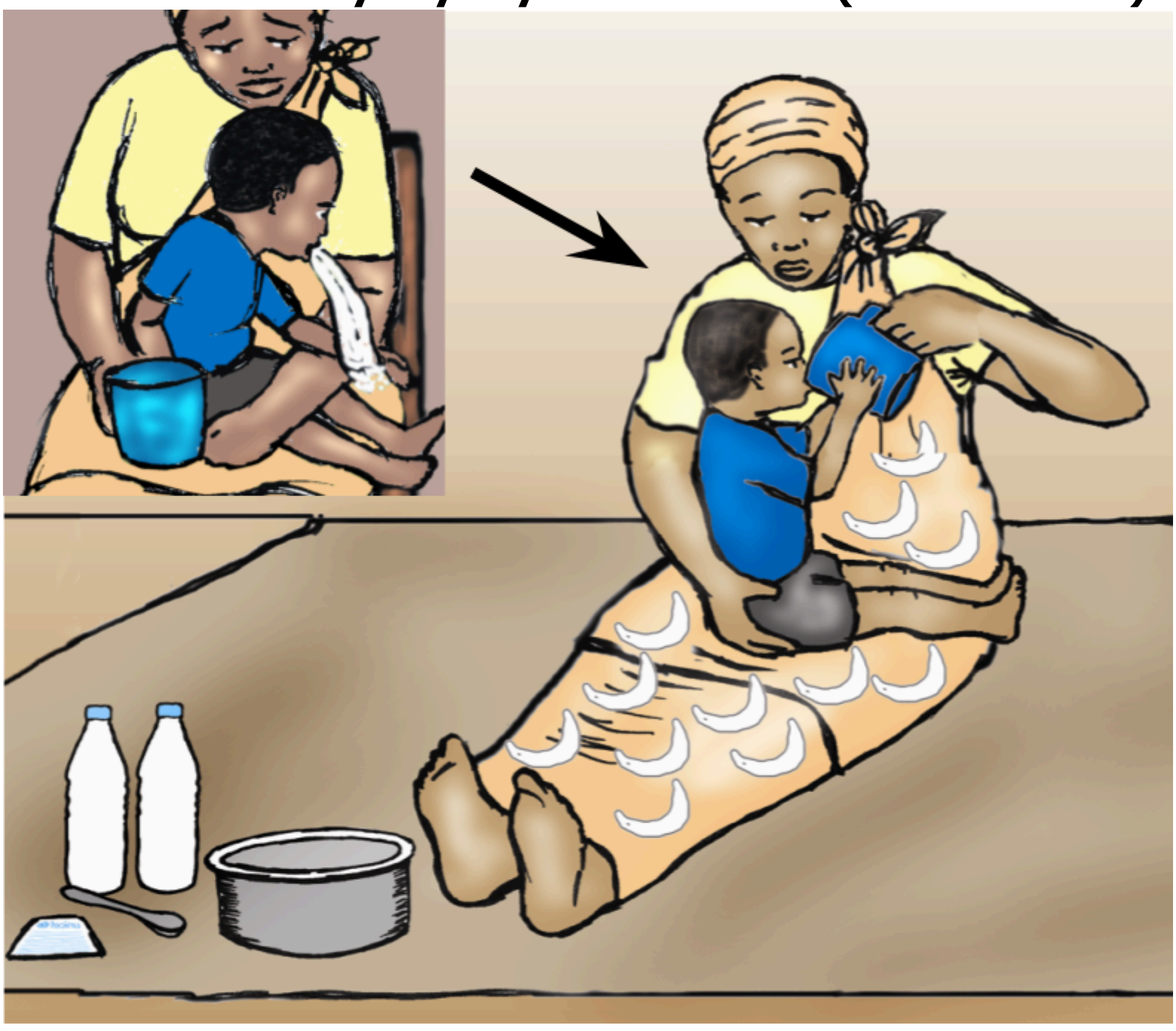
8. Gusigura

- Mu gihe umwana aciye dahwa ahejeje gufata ivyunyunyu, banza urindire akanya gato aruhuke.
    - Usubira kumuha dukeduke ugereranije uko wamye ubimuha kare.
    - Kwongereza ibindi vyunyunyu bukebuke.
    - Asubiye kuyogwa, bandanya umuha ivyunyunyu kandi umunyarukane kwa mu ganga

- Kwonsa cane kurusha uko vyahora.
    - Amaberebere arafasha kugira umwana akire vuba
    - Kwonsa kenshi bikingira umwana umwumira.

☐ Agapaki k’ivyunyunyu wokavanga n’amazi angana gute?
    - Imisi yose kuvanga uducupa dutoya twa kinju tw’amazi asukuye tubiri canke ibikombe 4 vy’agasabasaba vy’amazi.
    - Iyo uvanze n’amazi makeyi birashobora kugirira nabi umwana. Iyo wavanze n’amazi menshi ntibiba bikigira ubushobozi.

Ivyunyunyu n’ukwonsa (isanamu 2.3)



Mu gihe umwana aciye adahwa ahejeje gufata ivyunyunyu, banza urindire akanya gato

Usubira kumuha dukeduke ugereranije uko wamye ubimuha kare.



Kwonsa kenshi cane kurusha uko vyahora.

Imfungurwa zituma umwana akira vuba (isanamu 2.4)



9. Kwerekana

☐ Mwibaza ko aya masanamu yerekana ~~yerkana~~ iki?

10. Gusigura

- Gutanga amazi atetse canke asukuye na Sûr'Eau, amazi y'umuceri, umusururu w'ibigori canke amasaka, isupu y'ikaroti.

- Gushira umunyu n'amavuta mu bifungurwa bishushe bifasha umwana gutora akabiri.
    - Ibi binyobwa bituma umwana asonza ningoga.
    - Umwana acibwamwo arata umunyu.
    - Gutekana ibifungurwa umunyu bituma umubiri umera neza.
    - Amavuta atanga inguvu ku mwana.

- Kugaburira umwana ifi, inyama, amagi n'imikerera kugira bifashe umubiri ntuterwe n'indwara zo gucibwamwo.

    - Ifi, inyama n'amagi birema umubiri.
    - Irengarenga n'imikerera bituma umubiri ugumana amazi.
    - Indya zicucumye zirorohera umwana kumira.

Icigwa ca 3: Imfungurwa zibereye kugaburirwa abana barwaye

Ibikoresho:
1. Ibitabu vyo kwandikamwo abatonze



1. Agakino: ukunyonga amatagisi



2. Guhamagara amazina no gushikiriza Umuti w'ibibazo

3. Agakino: kwigisha abandi gufasha (Isanamu 3.1)

Karorero na Biguvu bompi barwaye. Mu gihe Karorero aruhutse, inabukwe aca aba aragabuririira Biguvu. Inabukwe ariko arasigurira abuzukuru biwe: "narabonye aho abana bata ibiro kandi bivuye ku ndwara ntoyi cane baruhira gupfa. Kugira ufashe uwo muvukana ngo akire kandi ngo agire amagara meza, dutegerezwa kumuhimiriza ngo afungure. "Umukobwa mukuru wa Biguvu avuga ati:Nzoguma ndamureze. Inakuru wa Biguvu ariko aramugaburira, aramuririmbira kugira ashobore gufungura ibiri kw'isahani vyose.



4. Gutohoza

☐ Inabukwe wa Karorero ariko akora iki kugira afashe Biguvu kugire afungure?
☐ Iyo mpanuro mubona ari yo? Kubera iki?
☐ Ubigenza gute iyo umwana wawe ahaze?

Reka tugereranye ivyiyumviro vyawe n'inyigisho ziri ku mpapuro zikwirikira.

Inkuru: Kwigisha abandi kugira bafashe (Isanamu 3.1)



Karore na Biguvu barwariye rimwe bose. Mu gihe Karorero aruhutse, inabukwe aca aba aragaburira umwuzukuru wiwe Biguvu. Ariko aramugaburirs abwira mukuru wa Biguvu ati:”ndamaze kubona aho abana bata ibiro vyinshi kubera indwara ntoyi kandi bagapfa.Kugira dufashe musaza wawe ngo akire kandi agire amagara meza, dutegerezwa kumuhendahenda ngo gufungura. Nawe ati:” Ndamugumana ku bibero vyanje” ”Mugihe Inakuru wa Biguvu ariko aramugaburira umuririmbira uturirimbo turyohera ugutwi. Bafashanije, barashobora guhendahenda Biguvu agafungura ibiri kw’isahani vyose.

Inzara be no gufungura nabi (Isanamu 3.2)



5. Kwerekana

☐ Mwibaza ko izi sanamu zerekana iki?

10. Gusigura

- Mu gihe barwaye, abana barabura akayabagu.
    - o Abana bashobora kwerekana ko bashonje.
    - o Abana bashobora kuba badafise inguvu zihagije zo kwigaburira bo nyene.

- Guhimiriza abana gufungura no mu gihe boba basa n'abadashonje.
    - o Gukoresha indirimbo n'udukino kugira ubahimirize gufungura.
    - o Kubaha imfungurwa bakunda kugira ubahimirize gufungura.
    - o Kubaha isupu n'umusururu vyorohera abana gufungura.

- Abana badahimirijwe gufungura baca barwara indwara zo gufungura nabi.
    - o Abana badahimirijwe gufungura bafungura nabinabi.
    - o Uko bafungura dukeyi niko ivyo kurwara biza.
    - o Abana bakankamiwe canke bakubitwa kubera ukudafungura bakura nabi.
    - o Abana badafashwa mu gufungura barata ibiro.

☐ Ni kubera iki abavyeyi bakankamira abana iyo banse gufungura?

☐ Ugukankamira no gukubita abana bifise izihe ngaruka ku gikuriro cabo?

- o Umwana aratunguka umutima agaca aheba kurya.
- o Umwana uragira ubwoba agaca agomba kumera nk'uwurwaye.
- o Umwana afungura nabi nabi agaca ~~ata~~ atakaza ibiro.

Inzara no gufungura nabi ku bana (Isanamu 3.2)



Mu gihe c’indwara, abana barabura akayabagu.



Abana baturubitswe mugufungura baca bata akayabagu bagafungura nabi nabi bigatuma bafatwa n’indwara zitututse ku gufungura nabi



Guhendahenda abana kugira ngo bafungure naho boba batabishaka birabafasha kuronka akayabagu bagafungura neza gurtyo nti bakagira amagara meza





Uburyo bwo guhimiriza umwana gufungura (isanamu 3.3)



7. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

8. Gusigura

- Kugaburira umwana imfungurwa akunda.
    - Imfungurwa umwana akunda ziramufasha gufungura neza.
    - Wovanga imfungurwa umwana akunda ~~zikundwa~~ n'izindi kugira akunde imfungurwa z'ubwoko bwose.

- Kumuha isupu novu, umusururu n'indya zicucumye.
    - Indya zicucumye n'isupu ntibisaba guhekenya cane.
    - Isupu n'umusururu birorohera abana gufungura.
    - Umusururu n'isupu binovu birimwo ubwoko bw'imfungurwa butandukanye
    - Umusururu n'isupu birimwo amazi menshi.

- Kugaburira umwana mu gihe abandi bariko barafungura.
    - Kubona abandi bariko barafungura biratuma abana bagira akayabagu bagakunda gufungura.
    - Umwana yicaranye n'abandi aranezerwa.

☐ Umuvyeyi arwaye azomenya gute ko hari abazokwitaho abana biwe nk'uko abikora?

- Gusabikanya n'abandi bantu bitaho ibibondo.
- Kwigisha incuti, ababanyi n'abagenzi na cane cane bamaze gukura ingene bitaho abana.

Uburyo bwo guhimiriza abana gufungura (isanamu 3.3)

Kumuha ibifungurwa akunda.

Kumugaburira isupu n’umusururu binovu n’ibifungurwa bicucumye.

Kugaburira umwana mu gihe abandi bariko barafungura

Utwuzango hamwe n’ukwonsa (Isanamu 3.4)



9. Kwerekana

☐ Mwibaza ko aya masanamu asobanura iki?

10. Gusigura

- Mu gihe umwana arwaye gushika n’imiburiburi inyuma y’indwi zibiri akize, kumwonsa kenshi kurusha uko vyahora.
    - o Abana barwaye barafungura bakongera bakanywa nabinabi iyo bagifise indwara.
    - o Guhimiriza kwonsa kenshi.
    - o Amaberebere afasha umwana kugarukana inguvu.
- Kugaburira umwana arwaye utwuzango ku musi ku musi gushika n’imiburiburi inyuma y’indwi zibiri akize.
    - o Kwongereza imfungurwa n’ivyo kunywa birakinga indwara zituruka ku gufungura nabi.
    - o Kwongereza imfungurwa n’ivyo kunywa bituma umwana akurana amagara meza kandi akunguka ibiro.
    - o Guhendahenda umwana kugira afungure ata gahato,

☐ Ni ubuhe bwoko bw’imfungurwa bukwiye gutangwa kugira umwana akire vuba ?

- o Kugaburira umwana imfungurwa zirimwo ya mirwi itatu igize imfungurwa.
- o Kugaburira umwana inyama z’imisoso, amateke n’imfungurwa zikinga indwara.



11. Igikorwa: Ibikorwa vyiza na bibi

				
12.	**13.**	**14.**	**15.**	**16.**

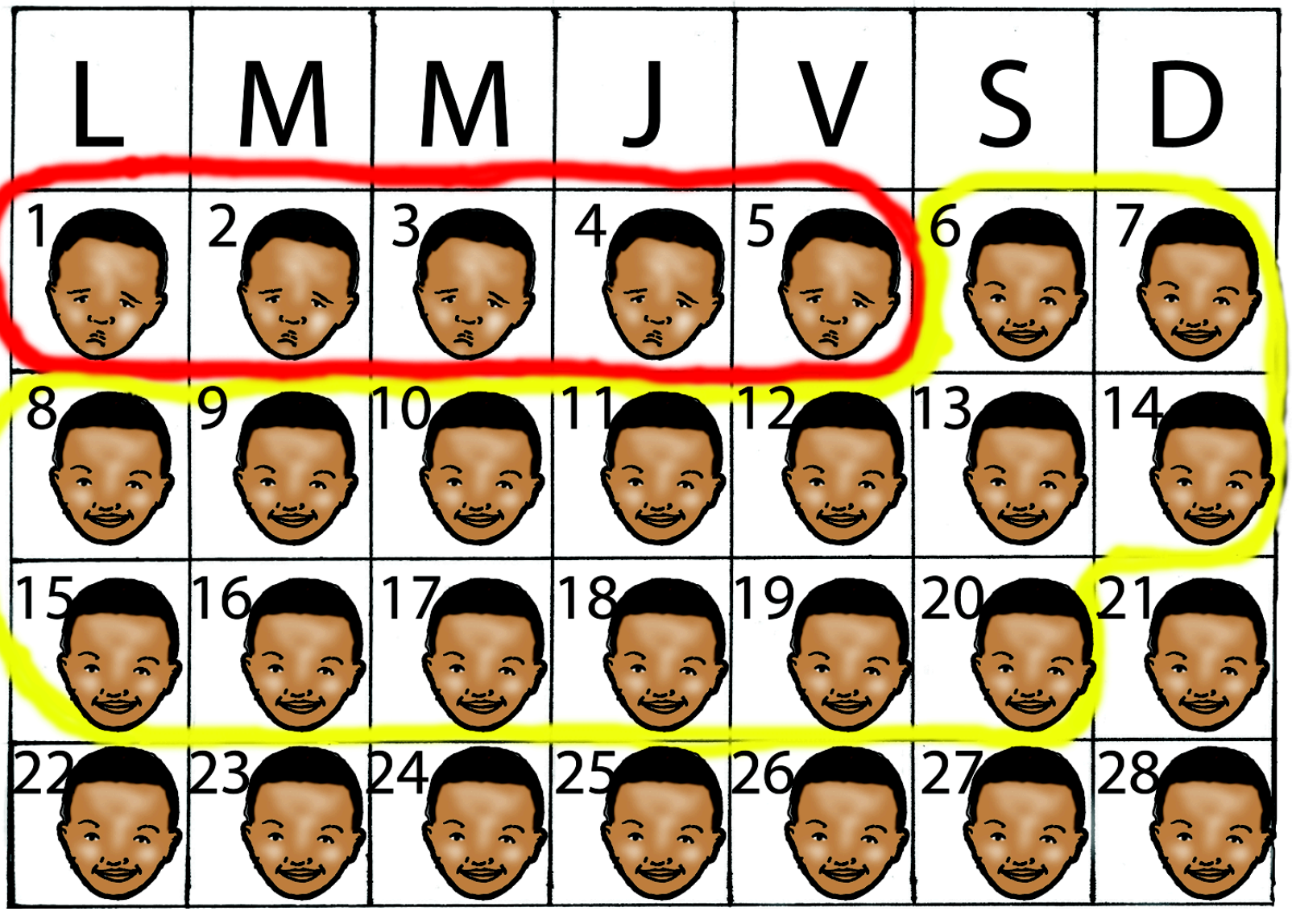
Gucaca	Gutomora	Kwimenyereza	Kwiyemeza	Gusuzuma

Utwuzango hamwe n’ukwonsa (Isanamu 3.4)





Mu gihe umwana arwaye yonswa kenshi kandi ahabwa utwunzango gushika n’imiburiburi n’inyuma y’indwi zibiri akize ,uyo mwana aba yatoye akabiri



Kwonsa kenshi no kugaburira umwana utwuzango ku musi ku musi mu gihe arwaye gushika n’imiburiburi inyuma y’indwi zibiri akize bituma agira amagara meza.

Icigwa ca 4: Amacinya no gucibwamwo kudahera

Ibikoresho:

1. Ibitabo vyo kwandikamwo abatonze
2. (si itegeko) Ikarata y'amafoto



1. Agakino: Miriyamu aravuga



2. Guhamagara amazina no gushikiriza Umuti w'ibibazo

3. Inkuru:Gucibwamwo amaraso (Isanamu 4.1)

Mu gatondo ka kare, umubanyi yagendeye Barumwete. "Barumwete, Twarabonye yuko usigaye uciye ubwenge. Ntabara umbwire nanje ico nokora.umwana wanje amaze indwi yose acibwamwo ibirimwo amaraso. Abagore b'ababanyi bambwiye ko ari inzoka. Mawenawe yambwiye ko boba baramuroze. Yambwiye yuko imiti yo kwa muganga ataco izoshikako. Ku musi ku musi tuguma twiteze ko akira ariko indwara iguma yiyongera."



4. Gutohoza

- ☐ Uyo mwana afise izihe ngorane ~~nki~~?
- ☐ Mwibaza ko iyo ndwara yatewe n'iki?
- ☐ Ukora iki iyo umwana wawe acibwamwo amaraso?

Reka tugereranye ivyiyumviro vyawe n'ubutumwa buri ku mpapuro zikwirikira.



Ibimenyetso vy'ugucibwamwo gukaze (Isanamu 4.2)



5. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

6. Gusigura

- Ugucibwamwo ibirimwo amaraso n'ugucibwamwo ibimeze nk'amazi y'umuceri ni ibimenyetso vyerekana imigera ikomeye y'indwara.
    - Ugucibwamwo ibimeze nk'amazi y'umuceri ni ibimenyetso vya korera.
    - Umwana arwaye korera atakaza amazi menshi mu gihe batamuvuye n'ingoga.
    - Gucibwamwo amaraso ni ikimenyetso cerekana yuko ariko aravirirana mu mubiri.
    - Umwana aca akenera kuvugwa kugira ukwo gucibwamwo ibirimwo amaraso canke nk'amazi y'umuceri bihagarare.
- Ugucibwamwo bivanze n'ukururumba ni ikmenyetso c'uko umugera w'indwara ukomeye.
- Ugucibwamwo kurenza imisi itatu vyerekana ko indwara ikaze.
    - Umubiri w'umwana ntuba uriko uraronka imfungurwa n'umuti bikenewe.
    - Umwana atakaza amazi menshi ku musi.
    - Umwana aca aterwa n'indwara zo gufungura nabi.
    - Umwana aca ata inguvu n'ingoga.
- Woca ugenda n'ingoga kw'ivuriro rikwegereye.
    - Nturindire ko umwana atora mitende ataco ukoze.
    - Banza umuhe ivyunyunyu n'ibindi binyobwaimbere yuko umutwara kwa muganga.
    - Mwonse cane kurusha uko wahora.
    - Woza uraha umwana utwuzango two kurya.



Ukuvura gucibwamwo hakoreshejwe ivyunyunyu SRO na zinc (Isanamu 4.3)



7. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

8. Gusigura

- Gutanga ku rugero imiti yose wategetswe n'umukozi wo kwa muganga.
    - Guha umwana imiti mu kiringo categetse na muganga.
    - N'aho umwana yoba asa n'uwatoye mitende.
    - Bandanya umuhera imiti muhira ukurikije amategeko ya muganga.

- Muhe ibinini birimwo icunyunyu « zinc » mu misi 10 kugira ugucibwamwo guhagarare.
    - Shira ikinini kirimwo ivyunyunyu zinc ku kiyiko c'amazi.
    - Rindira gushika kiyonge.
    - Bandanya wonsa umwana
    - Bandanya kumuha icunyunyu zinc, kumwonsa hamwe n'iyindi miti wahawe na muganga
    - Icunyunyu Zinc kiragabanya gucibwamwo.
    - Icunyunyu Zinc kiragabanya imisi yo gucibwamwo.
    - Icunyunyu Zinc kiragabanya ko ugucibwamwo kugaruka nko mu kiringo c'amezi abiri.

- Ku bana bafise munsi y'amezi 6, wobaha igice c'ikinini rimwe ku munsi mu kiringo c'iminsi 10.
- Ku bana bafise amezi 6 kurenga, wobaha ikinini gikwiye rimwe ku munsi mu kiringo c'iminsi 10.
    - Wovura neza mu gutanga icunyunyu zinc ku rugero rukwiye.
    - N'aho ugucibwamwo kwohagarara, bandanya umuha icunyunyu zinc
    - Ntugabanye iminsi canke ngo utange igice c'umuti.

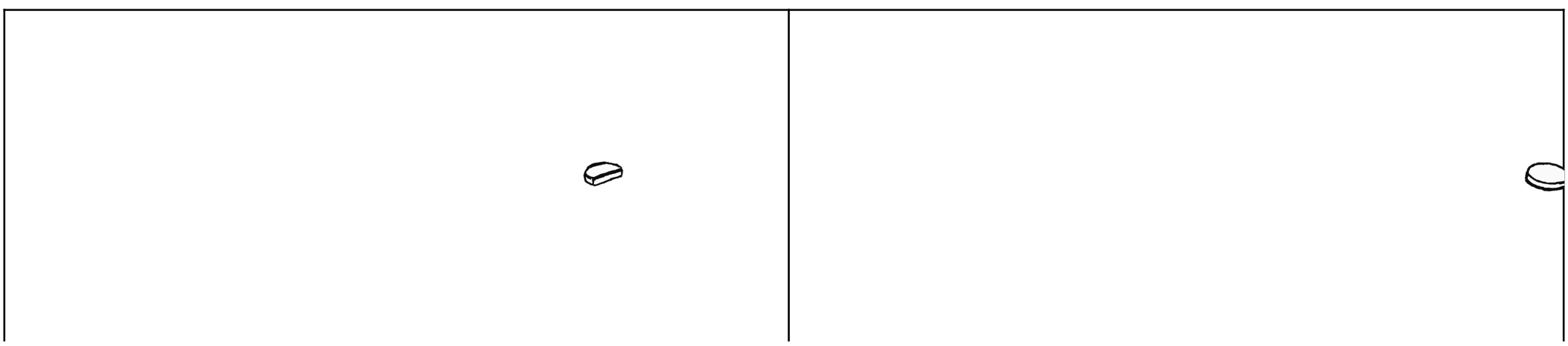
☐ Ibinini vy'icunyunyu zinc twobigurira he?
Ku mavuriro ya leta no mu ma faramasi "pharmacie"

Ukuvura gucibwamwo hakoreshejwe ivyunyunyu SRO na zinc (isanamu 4.3)

Gutanga ku rugero imiti yose yategetswe n’umukozi wo kwa muganga.



Gutanga ibinini vy’icunyunyu zinc mu misi 10 kugira ugucibwamwo guhagarare.



Guha abana bafise munsi y’amezi 6 igice c’ikinini buri musi mu kiringo c’i minsi 10.	**Guha abana b’amezi 6 canke arenga ikinini kimwe buri munsi mu kiringo c’iminsi 10.**

Kwitaho umwana mu kiringo co gufata imiti (isanamu 4.4)



9. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

10. Gusigura

- Gutanga ivyunyunyu igihe cose umwana adahwa canke cibwamwo.
    - o N'aho umwana yoba ariko afata iyindi miti bandanya kumuha ivyunyunyu.
    - o Gutanga ivyunyunyu gushika gucibwamwo guhagarare.
    - o Igihe umwana adahwa, rindira akanya gato ahejeje kudahwa uheze umuhe ibindi vyunyunyu ku kiyiko
- Kugaburira umwana utwuzango ukongera ukonsa mu gihe c'indwara gushika n'imiburiburi mu kiringo c'indwi zibiri umwana yarakize.
    - o Amaberebere arafasha gukira.
    - o Utwuzango dufasha umwana kuzana inguvu.
    - o Utwuzango dufasha gukingira umwana indwara zituruka ku gufungura nabi.
- Gusubira kwa muganga mu gihe bibonetse ko umwana atatoye mitende inyuma y'imisi itatu afata umuti.
    - o Mu gihe ugucibwamwo kubandanije, umwana aba ageramiwe.
    - o Umwana ashobora gukenera imiti inyuranye.

? Ni ubuhe bwoko bw'imfungurwa n'ibinyobwa vyohabwa umwana arwaye?

- o Imfungurwa zirimwo ya mirwi itatu y'imfungurwa
- o Ibinyobwa : SRO, amazi y'ikaroti, amazi yatetse umuceri, ikivuguto kitagira isukari, umuceri, umufa w'ibiharage.



11. Igikorwa: gukingira ugucibwamwo



12. Gucaca	13.Gutomora	14.Kwimenyereza	15.Kwiyemeza	16.Gusuzuma





Icigwa ca 5: gukinga umusonga

Ibikoresho:
1. Ibitabu vyo kwandikamwo abatonze
2. (si mpaka biboneke) ibitandara cumi canke ibiharage*
3. (si mpaka biboneke) isaha canke terefone ngendanwa*



1. Agakino: inkorora, kwasamura,ibicurane



2. Guhamagara amazina no gushikiriza Umuti w'ibibazo

3. Inkuru: Ikintu kibi (isanamu 5.1)

Biguvu ~~aca~~ atangura gukorora. Amazuru yiwe yuzura ibiseru. Inyuma y'imisi mike, Barumwete yumva mu gikiriza ca Biguvu ukamengo harasamye igihe cose ahemye. Aca ahamagara vyihuta umukobwa wiwe agereranya ukuntu bahema afashe mu bikiriza vyabo. "Ikintu twokwitwararika, dutegerezwa gutwara Biguvu kwa muganga!"



4. Gutohoza

☐ Ni ikihe kimenyetso giteye ubwoba Barumwete yabonye?
☐ Ni iki giteye iyo ndwara?
☐ Umwana yoba yari amaze kugira iyo ngorane? Ducire ku mayange.

Reka tugereranye ivyiyumviro vyawe n'ubutumwa buri ku mpapuro zikwirikira.

Inkuru: Ikintu kibi (isanamu 5.1)



Biguvu atangura gukorora. Amazuru yiwe yuzura ibiseru. Inyuma y'imisi mike, Barumwete yumva mu gikiriza ca Biguvu ukamengo harasamye igihe cose ahemye. Aca ahamagara vyihuta umukobwa wiwe agereranya ukuntu bahema afashe mu bikiriza. "Ikintu twokwitwararika dutegerezwa gutwara Biguvu kwa muganga

Ibimenyetso biteye ubwoba vy'umusonga (isanamu 5.2)



5. Kwerekana

☐ Mwibaza ko izi sanamu zisobanura iki?

6. Gusigura

- Guhemagirika cane ni ikimenyetso c'indwara y'umusonga.
    - Umwana ahema anyarutsa nk'uvuye kwiruka.
    - Umwana ntariko ahema nk'uko yahora ahema.
    - Umusonga ni indwara ifatira mu gikiriza c'umwana.

- Ingorane zo guhema n'urwamo rw'uguhema ni ibimenyetso bihambaye vy'umugera w'indwara.
    - Umwana ararwana kugira aronke akayaga.
    - Mu muhogo harasarara.

- Ico gicapo c'igikiriza cerekana ibimenyetso vy'umusonga.
    - Raba neza munsi y'imbavu z'uwo mwana.
    - Igikiriza kirarengerwa igihe umwana yinjiza impwemu.
    - Igikiriza c'umwana ntikinyiganyiga neza nk'uko vyari bikwiye kumera.

- Mu gihe ubonye kimwe muri ivyo bimenyetso,ni uguca umunyarukana kwa muganga.
    - Abana benshi barapfa iyo indwara y'umusonga batayivuye n'ingoga.
    - Kugenda kwa muganga uwo musi nyene.
    - Nturindire umwana ko abanza gusinzikara.
    - Umwana akeneye umuti kugira ngo akire umusonga.

Igihe c’Ibimenyetso biteye ubwoba vy’umusonga (isanamu 5.2)

Guhema n’ingoga ni ikimenyetso c’umusonga.

Ingorane zo guhema n’urwamo rw’uguhema ni ibimenyetso bihambaye vy’umugera w’indwara.



Iyo ubonye uguhema nabi canke ugupfunga mu gikaraza, ni ukuja n’ingoga kwa muganga.

Guhema udashikana ni ikimenyetso c’umusonga.

Gukinga umusonga (isanamu 5.3)



7. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

8. Gusigura

- Gukaraba amaboko yawe n'ay'umwana wawe n'isabuni kugira mwikingire umusonga.
    - o Isabuni irica imigera iba iri mu ntoke.
    - o Iyo udafise isabuni, wokoresha umunyota mu gukaraba.
    - o Imiryango ikoresha isabuni mu gukaraba igira indwara nke.

- Woha amaberebere gusa umwana mu mezi atandatu ya mbere kugira umukingire umusonga.

    - o Umwana anywa amazi akongera agafungura imbere y'amezi 6 arashobora kwicwa vyoroshe n'umusonga.
    - o Abana batonse bihagije barakarirwa n'indwara y'umusonga.
    - o Vyiza wobandanya wonsa ukarenza imyaka ibiri.
    - o Mu gihe umwana yonse bikwiye afashwe n'umusonga, biramworohera gukira.

☐ Twokaraba ryari intoke zacu?

- o Imbere yo gufungura
- o Imbere yo gutegura imfungurwa
- o Tuvuye mu kazu ka surwumwe
- o Uhejeje gutegura umwana

Kunywera itabi mu nzu (isanamu 5.4)



9. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

10. Gusigura

- Gutekera hanze mu gikoni, ukahatandukanya n'inzu uryamamwo.
    - o Kwicara mu gikoni gusa iyo muriko murateka.
    - o Kunywera itabi mu gikoni kandi ukagumayo.
    - o Umwotsi w'itabi utuma umwana akorora akandura n'imigera y'indwara.

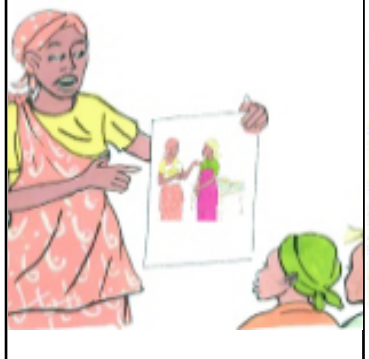
- Kwigiza abana kure y'igikoni.
    - o Abana barakarirwa n'indwara zo mu gikiriza gusumvya abakuze.

- Kirazira kunywa itabi na cane cane uri iruhande y'abana.
    - o Itabi riratera imigera mu mazuru, mu muhogo no mu gikaraza.
    - o kunywa itabi uriko uronsa ni bibi ku mwana.
    - o Kwigiza abana kure y'umuntu wese ariko anywa itabi.
    - o Nimba ushaka gusogota, nywera itabi kure y'inzu uraramwo.

☐ Izi nyigisho muzibazako iki? Wozikoresha gute mu nzu iwawe?



11. Igikorwa: Guhemagirika unyarutsa

				
12. Gucaca	**13.Gutomora**	**14.Kwimenyereza**	**15.Kwiyemeza**	**16.Gusuzuma**

Kunywera itabi mu nzu (isanamu 5.4)

Gutekera hanze canke mu gikoni hatandukanye n’aho uryama.

Kwigiza abana kure y’igikoni.



Kirazira kunywa itabi na canecane igihe uri kumwe n’abana.

Icigwa ca 6: Akarima ko mu kigo

Ibikoresho:
1. Ibitabu bandikamwo abaje



1. Agakino: Gutera mu murima



2. Guhamagara amazina no gushikiriza Umuti w'ibibazo

3. Inkuru: Inyigisho zishika ku kintu (isanamu 6.1)

Barumwete ariko aratera inzuzi mu murima hafi y'inzu yiwe. Mu gihe imiribo itanguye kurandarara, aca abwira umwana wiwe Mvuyekure agakuru. "Nkigufise mu mbanyi sinorohewe cane. Nama mfise integer nke, ndushe kandi nama ngwaye. Ubu ndazi ko nshobora gufungura umusoma, inzuzi n'imyungu kugira nikingire ingorane zitari nke. Inyigisho twaronse twozigereranya izi mbuto. Ni imbuto ntoyi, ariko turashobora kuzitera zikazovamwo ibiterwa bikuze usanga bikwiye ahantu bikavamwo n'ivyamwa vyinshi ku miryango yacu.



4. Gutohoza

- ☐ Imyungu ifasha gute mu buzima bw'abavyeyi n'abana?
- ☐ Inyigisho mwaronse zihuriyehe n'imbuto?
- ☐ Ibiterwa mutera mu mirima yanyu biteza imbere gute amagara yanyu n'ayo abana banyu gute?

Reka tugereranye ivyiyumviro vyanyu n'inyigisho ziri ku mpapuro zikwirikira.

Inkuru: Inyigisho zifise akamaro (Isanamu 6.1)



Barumwete ariko aratera inzuzi mu murima uri hafi y'inzu yiwe. Nk'uko imiribo itanguye kurandarara, yaciye abwira umwana wiwe Mvuyekuru inkuru. "Naragize ingorane igihe nari ndagufise mu mbanyi:"Naragira intege nke, nkaruha nkongera ngakunda no kurwaragurika. Ubu ndazi ko nshobora kurya umusoma, inzizu hamwe n'imyungu kugira nikingire izo

ngorane”. inyigisho twaronse twozigereranya n’izi mbuto. Ni utubuto dutoyi, uduteye dushobora kuvamwo ibiterwa binini bishobora gutwara isi ninibikavamwo ivyamwa vyinshi vyiza ku muryango wacu.

Kurima (isanamu 6.2)



5. Kwerekana

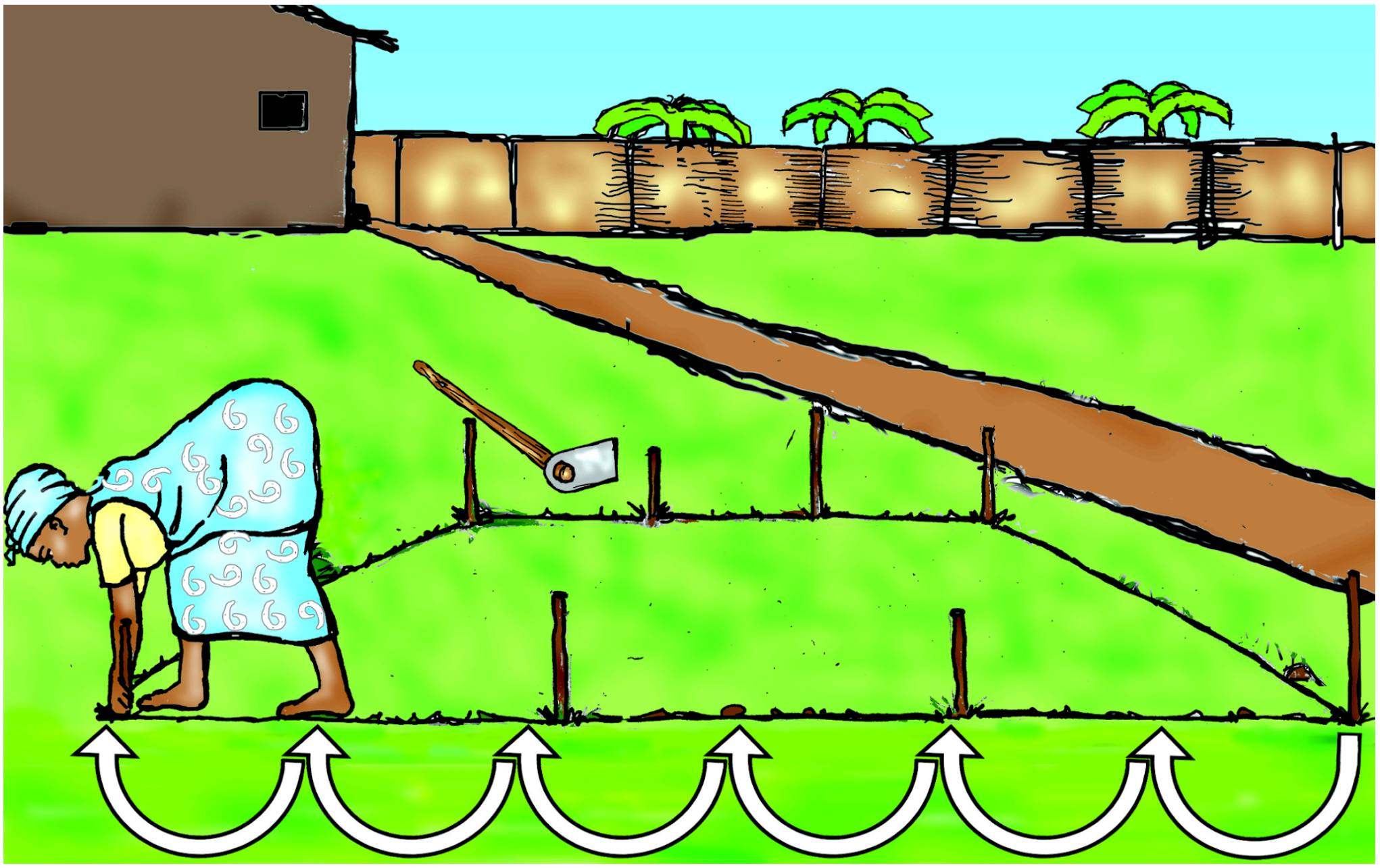
☐ Mwibaza ko izi sanamu zerekana iki?

6. Gusigura

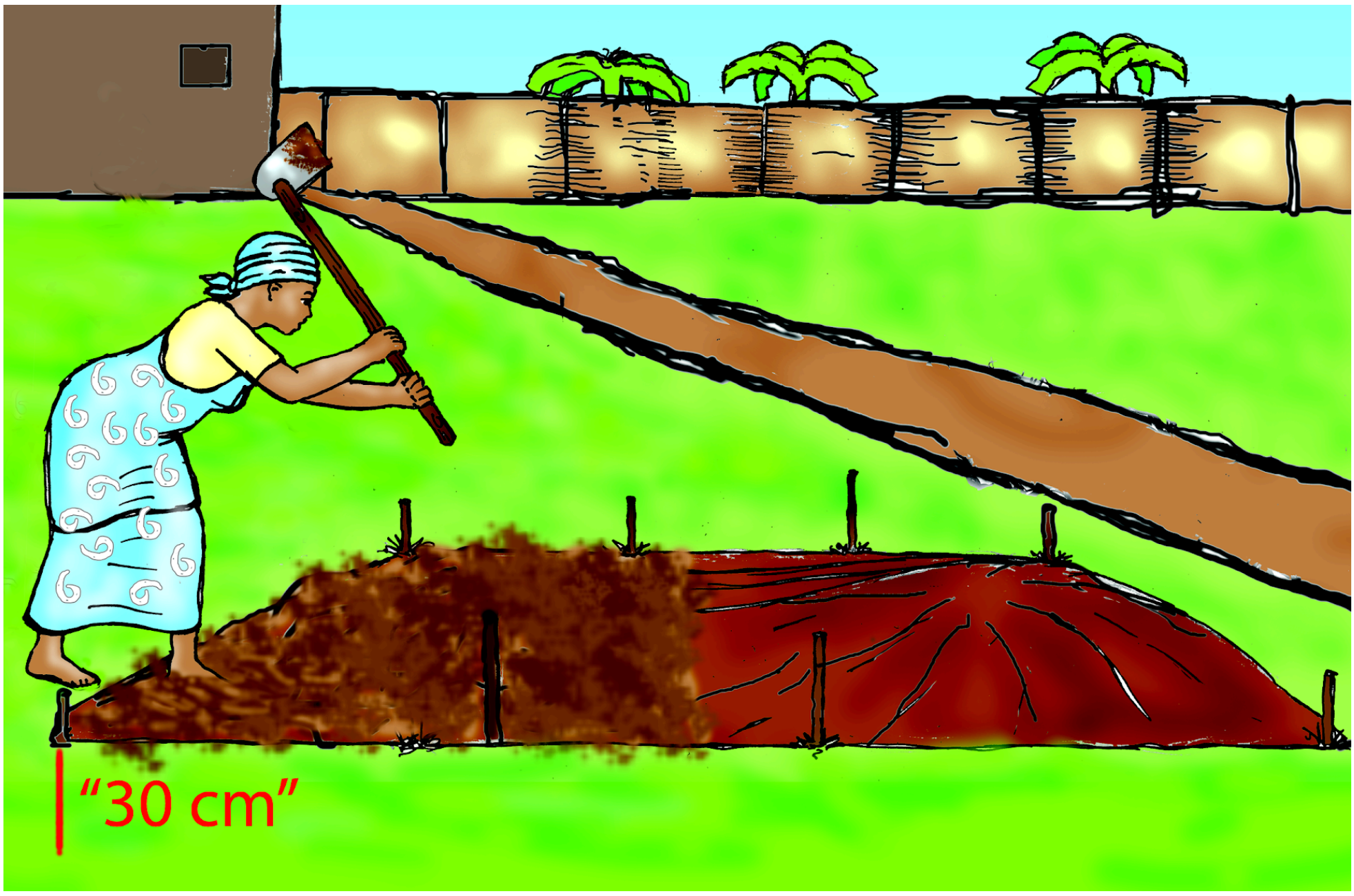
- Mu gihe c'umukubezi, woraba ahantu humutse iruhande y'inzu be n'aho gushira nyabarega. Ku myungu ni vyiza gupima intambuko 6 z'uburebure kuri 2 z'ubwaguke.
  - Ivu ntiribwirizwa kubamwo amazi menshi cane canke ngo habe ari mu mwonga.
  - Ivu rikwiye kuronka akazuba gakwiye n'imiburiburi igice c'umusi.
  - Umurima uri iruhande y'inzu bituma voroha kwegeranya ibifungurwa hageze guteka.
  - Imyungu irakubita imiribo kandi ikenera ahantu hanini irandararira ngo ikure.
  - Wogendagenda mu murima wambaye ibirato bikugumya.
  - Ni ugutera imyungu mu mpera z'ukw'umunani canke mu ntango z'ukw'icenda.

- Kurima isi bituma horoha hagaca hamera.Woca uvanga amase ya nyabarega n'ivu.
  - Amase ya nyabarega ni umwavu mwiza mu murima.
  - Mu gihe utaragira nyabarega, wofata ivu ukarivanga n'ivyatsi vyumye hamwe n'imitoto.
  - Isi yoroshe ituma imizi ishorera munsi.
  - Isi yoroshe ituma imvura inyengetera mw'ivu.
  - Wotegura amabango nk'abiri kugira uteremwo imbuto.

Kurima (isanamu 6.2)



Mu gihe c’umukubezi woraba ahantu hashika akazuba hegereye inzu yawe na nyabarega. Wotora ahantu hapima intambuko 6 z’uburebure na 2 z’ubwaguke.



Kurima isi kugira yorohe. Kuvanga amase n’ivu.

Gutera inzuzi (isanamu 6.3)



7. Kwerekana

☐ Mwibaza ko aya masanamu yerekana iki?

8. Gusigura

- Guca ibundi rimwe mw'itongo. Kwimba ibinogo bibiri bitandukanywa n'imetero 4. Gushiramwo imbuto zibiri mw'ivu ugaca ufurira.

    - o Wotera imbuto mu kinogo c'uburebure bureha n'urutoke.
    - o Vyiza ntiworenza aho urutoke rwawe urwinjije mw'ivu.
    - o Kuvomera aho hantu wateye imbuto.
    - o Mu gihe imbuto zimeze, wokuramwo izitameze neza.
    - o Amacukiro abiri y'inzuzi ashobora kuvamwo imyungu myinshi.

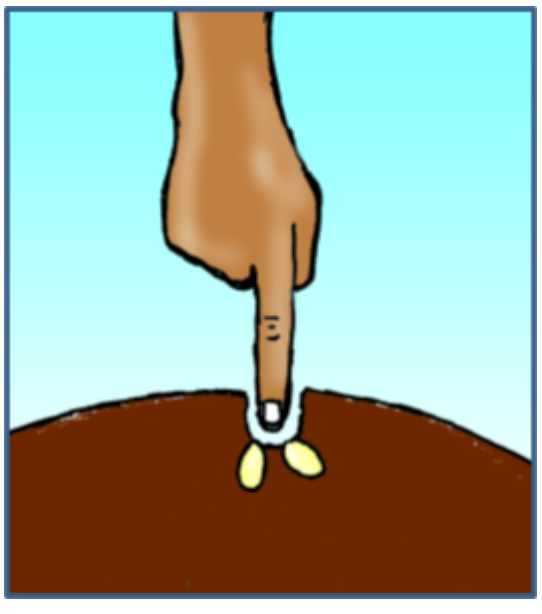
- Aho wateye inzuzi, ni vyiza kuhafuka n'ubwatsi canke ibihunda okongera ukabagara ivyatsi vyomera aho hantu.

    - o Gumiza ivyatsi wabagaye hejuru.
    - o Ivyatsi n'ibihunda birakinga inkukura.
    - o Ivyatsi n'ibihunda bituma isi iguma ibomvye.
    - o Vyongereza uburyohe bw'isi ku biterwa.

☐ Ni vyiza kuvomerera imbuto canke worindira imvura ikagwa?

- o Wovomerera mu gihe isi yumye rwose.
- o Worindira ukaraba ko isi yasubiye kwuma imbere yuko uvomera.
- o Amazi y'umurengera, atuma imbuto zibora.

Gutera inzuzi (isanamu 6.3)



Gira ibundi rimwe mw’itongo. Ca ibinogo bibiri. Hagati y’ikinogo n’ikindi habe ibirenge bine. Shingamwo inzuzi zibiri mu kinogo cose hanyuma uce ufuka n’ivu.



Gufuka isi n’ivyatsi canke n’ibihunda. Kurandura ivyatsi bibi vyose canke ibindi biterwa vyameze muri iryo cukiro.

Kwimbura imyungu (isanamu 6.4)



9. Kwerekana

☐ Mwibaza ko izi sanamu zerekana iki?

10. Gusigura

- Guca imiribo yarengeye umurima.
  - o Imiribo y'inzuzi irandarara n'ingoga.
  - o Gututurira bituma igiterwa gikuru gikura neza.
  - o Umusoma urimwo vitamine A n'ivyunyunyu.
- Wosoroma umwungu igihe weze, umaze gukomera kandi umaze guhindura ibara hose ugasa n'umuhondo.
  - o Guca umutumba mutoya kugira umwungu ntubore.
  - o Iyo ku mwungu inyuma horoshe cane, ntuba urera.
  - o Umwungu wawusoromye ushobora kuwubika amayinga abiri.
- Kwongera ibipande vy'umwungu mu musururu.Inzuzi zikaranze ni utwuzangwa twiza ku bagore imbanyi no ku bagore bonsa.
  - o Gukurako ibishishwa ku mbuto.
  - o Gukaranga mpaka gushika zume.
  - o Kumemeramwo akunyu.
  - o Nta guha imbuto abana bato, vyahava bibaniga. Zirababababaza.



11. Igikorwa: Gukaranga inzuzi

				
12. Gucaca	**13. Gutomora**	**14. Kwimenyereza**	**15. Kwiyemeza**	**16. Gusuzuma**

Kwimbura imyungu (isanamu 6.4)

Guhindukiza imiribo yasanzaye kure mu murima.

Gusoroma umwungu mu gihe weze kandi usa n’umuhondo impande zose.

Kwongereza umusoma be n’imwungu m’umusururu.

Inzuzi zikaranze ni utwuzango twiza ku bagore bibungenze n’anbagore bonsa.

Umwitwarariko ku bijanye n’ukwandura imigera y’indwara ku bana bakiri bato

Ibirimwo

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Ivyigwa, inkuru n’ibikorwa mu bijanye n’urutonde rw’inyigisho zunganira ku bijanye n’umwitwarariko ku vyerekeye ukwandura imigera y’indwara ku bana bakiri bato n’amakuru atangwa mu kwitwararikwa kw’abana bakiri bato ku bijanye n’ukwandura imigera y’indwara biri ku gicapo c’umuremeshakiyago.

Gukenguruka

Hanold, Mitzi J. (2011) *Management of Childhood Infections Mother Leader Flipchart.* Washington DC. Food for the Hungry (FH), yashoboye gutunganywa ku bw’ubufasha bwatanzwe n’Ibiro vya Food for Peace, Ibiro vya Demokrasi, Intambara, n’Imfashanyo yo Gufasha Imbabare, hamwe kandi n’Ishirahamwe rya Leta Zumwe Ubumwe za Amerika ry’Iterambere kw’isi yose mu masezerano AID-FFP-09-00004-00. Ivyiyumviro vyashikirijwe ngaha ni ivy’umwanditsi kandi si ukuvuga ko bitegerezwa guserura iciyumviro c’iryo Shirahamwe rya Leta Zunze Ubumwe za Amerika ry’Iterambere kw’Isi Yose.

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- The Treatment of Diarrhoea: A Manual for Physicians and Other Senior Health Workers. WHO; 2005. Available: http://www.who.int/child_adolescent_health/documents/.
- The clinic pictures on pages 11, 31, 35 and 39 are used by permission from the MOH of the Democratic Republic of Congo developed with support from UNICEF.