

Ibikorwá vyó kurāngūra i muhirá

Ibibwirwa abavyeyi n'abarezi

Mu gutsimbataza ivyo bariko bariga kw'ishure, umwana wawe arahabwa udukorwa yoherahereza i muhira.

Tera umwete umwana wawe aheraheze imyimenyerezo, muvugane ku vyo yakoze. Ukumushigikira gutyo bigutahuza ivyo bariko bariga kw'ishure kandi bimwerekako ko uha agaciro indero n'ukwiga.

Uguherahereza imyimenyerezo ari i muhira guha umwana wawe akaryo ko:

- gusubiramwo ibintu baba bize kw'ishure,
- gukomeza ugutahura kwabo n'ubuhinga bwabo,
- bikomeza ubuhinga bwo kwiga bazokoresha ubuzima bwose.

Ishirwaho ry'inyifato nziza muhira

Gutsimbataza inyifato nziza bizofasha umwana wawe mu buzima bwiwe bw'ishure n'akazi.

- Tegekanya umwana wamaho wo guheraheza ibikorwa-uwu mwanya ukwiye kwamaho ku imisi yose.
- Cagura umwana ufasha cane umwana wawe (abana bamwe break gusamara mu gatondo abandi inyuma y'umutaga).

Umwana wawe azokworoherwa cane mu gihe hariho ikibanza gitekanye.

- Tunganya ikibanza gitekanye, hari umuco, umwana wawe akoreramwo.
- Itagakanye ibintu yokenera hafi nk'ikaramu y'igiti, urupapuro, imashini nyabwonko.
- Rondera ikibanza kidasamaza (Akarorero: kure y'inkino zica mu mboneshakure canke mu nyabwonko).

Nofasha umwana wanje gute?

- Gira amatsiko maze umubaze ivyo ariko arakora.
- Mubaze akwigishe ivyo na we ariko ariga.
- Suzuma ko yoba akeneye gufashwa.
- Mushimire ku twigoro twiwe ariko aragerageza guheraheza igikorwa.
- Saba umwigisha ko wohabwa ibikoresha biriho bifasha abavyeyi n'abazeri b'abana.

Wibuke, uguheraheza imyimenyerezo i muhira gikwiye kuba igikorwa kivamwo inyungu ku mwana wawe.

Menyesha abigisha ko umwana wawe yoba akeneye ugufashwa kw'inyongera mu guheza ibikorwa.

Ubufasha bw'Imvugirakure mu gusobanurirwa

Ni waba ukeneye gufashwa mu gusobanurirwa ururimi ngo uhamagare kw'ishure, igore uhamagare 131 450, uzobwira umuhinga ururimi ukeneye umusabe aguhamagarire kw'ishure. Azoguha umusobanuzi ku murongo agufashe mu kiyago. Ntuzorishishwa kubwo gufashwa muri ubwo buryo.