U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
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BWAKI KU BANA

IVYO ABABYEYI BAKWIYE KUMENYA

NI GUTE INGABURO MBI / BWAKI YOGIRIRA UMWANA WAWE NABI?

Ingwara z'ingaburo mbi (bwaki) zigira ingaruka mbi ku mikurire y'umubiri n'ubwonko by'umwana. Abana bahawe ingaburo mbi bagira ingorane gukurikira mu ishuri. Bakunze kandi kugira ingwara kuko ingaburo mbi igabanya ubushobozi bw'umubiri mu kugwanya ubwandure bw'ingwara.

Bwaki iza iyo umubiri utaronka indyo ihagije ikenewe mu gukura no kugumana ubuzima bwiza. Iboneka iyo umuntu atagaburiwe indyo ihagije canke se atariye ibiribwa biri ngombwa ku buzima no gukura. Hari abandi bantu bamwe bashobora kugira ingwara za bwaki kuko bafise icyorezo gituma batabasha gukoresha intungamuburi zituruka mu ndyo.

NI IZIHE NGARUKA MBI?

Abana nibo bashobora kugira ingaruka mbi kurusha abandi kuko bakeneye ibiryo bitandukanye kugirango bakure kandi bagire ubuzima bwiza.

NI IBIHE BIMENYETSO?

Rimwe na rimwe umwana ashobora kugaragara nk'aho ari muzima kandi asa naho afise ubuzima bwiza yewe n'ubwo yoba afise ingwara ya bwaki. Niyo mpamvu ari ngombwa ko bajyanwa kwa muganga kugirango bakomeze kubapima ku ivuriro.

Mu bindi bihe, ibimenyetso bishobora kugira ibi bikurikira:

- Kunanigwa
- Kugira ingorane mu gukurikira
- Gutumba inda
- Kuma uruhu
- Kugira umubiri muto muto no kuba bagufi ukurikije imyaka yabo

NI IKI WAKORA?

- Niba utekereza ko umwana wawe afise ingwara ya bwaki, jya kwa muganga canke ku ivuriro rya WIC. Bazasuzuma umwana wawe kandi bakubwire ni iki wakora kugirango utume umwana wawe agira imbaraga kandi akagira ubuzima bwiza. Ugomba gusubirayo kugirango bakore andi masuzuma kugirango barebe niba umwana arimo agenda akura kandi agira ubuzima bwiza.

- Gaburira umwana wawe indyo itandukanye kandi nziza buri munsi birimo ingano, imbuto, imboga, amata n'ibindi biribwa bituruka ku matungo, amafi n'ibishyimbo.

- Niba uri konsa, ugomba kurya neza bihagije kugirango umubiri wawe ubone amata ahagije y'umwana kand biguhe imbaraga zihagije n'ibindi bitunga umubiri. Ugomba kurya imbuto nyinshi, imboga, ingano, proteyini n'ibiryo bifise kalisiyumu, urugero nk'amata.

(Kirundi)

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