

IKIZA CYO GUFASHA UMWANA KWIHITIRAMO UMWUGA.

Iyo umwana yafashijwe kumenya neza amakuru ahagije ku myuga yose ishoboka; urugero iboneka ku rubuga (www.reb.rw), agafashwa kugaragaza ibyo akunda bitewe na kamere ye, ubushobozi yiyumvamo ndetse no kwivumburamo impano ze karemano ni ingenzi mu bituma :

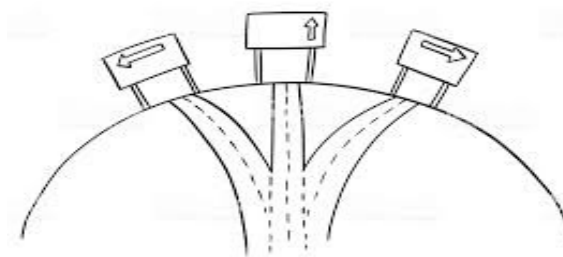
- ◆ Yiga akunze ibyo yiga ndetse akabitsinda ku kigero cyo hejuru,
- ◆ Ahorana umunezero w'ibyo yiga kuko abyiga abikunze,
- ◆ Akunda ishuri kuko nta kintu yiga kiba kimugoye,
- ◆ Ahora ari indashyikirwa mu byo yiga,
- ◆ Mu gihe cyo guhitamo ibyo azakurikirana mu byiciro bikurikira by'amashuri bituma adahuzagurika, aba yifitiye ikizere gikomeye kuko aba yarabiganiriye n'umubyeyi bakabijyaho inama mbere,
- ◆ Hagabanuke guta ishuri kuko abana biga ibyo bakunze kandi bashoboye,
- ◆ Iyo ageze mu kazi atanga umusaruro ushimishije kuko aba akora ibyo yumva, ashoboye kandi akunze,
- ◆ Mu kazi ahora anezerewe nta na rimwe yakora yinubira akazi cyane ko aba akora ibimurimo bituma Leta n'abikorera babona abakozi batanga umusaruro,

Mubyeyi , mbere ya byose ni wowe uzi umwana wawe kurusha abandi bantu bose , ni wowe uzi amarangamutima ye , ni wowe uzi kamere ye, ni wowe uzi imbaraga nyinshi ze, ni nawe kandi uzi neza imbaraga ze nkeya ndetse hakiyongeramo impano karemano. Gira rero uruhare mu gufasha umwana wawe kwimenya no gukora amahitamo akwiye.

- ⇒ Mubyeyi, fasha umwana guhitamo umwuga ariko muhe amahirwe yo kwihitiramo.
- ⇒ Mubyeyi, jya inama n'umwana ku byerekeye umwuga azahitamo, mufashe kumenya ibyo akunze, ibyo ashoboye ndetse n'impano yifitemo ariryo shingiro ryo guhitamo neza umwuga.
- ⇒ Mubyeyi, uri ingenzi cyane mu buzima bwiza bw'umwana ariyo mpamvu ukwiye kuba inshuti ye, umujyanama we, umwizerwa kuri we.
- ⇒ Gira uruhare mu buzima bw'umwana igihe ari ku ishuri, ari mu kazi no mu buzima bwe busanzwe bwa buri muni.

UBUJYANAMA KU GUHITAMO UMWUGA K'UMWANA

UBUTUMWA BUGENEWE ABABYEYI



Ikigo gishinzwe guteza imbere uburezi Mu Rwanda (REB) gifite mu nshingano guha ubujyanama ndetse n'ubufasha abanyeshuri ku guhitamo amasomo cyangwa umwuga uzabafasha kugira ejo heza bakora umwuga bishimiye kandi bihitiyemo.

Ubuujyanama ku guhitamo amasomo/umwuga ni uburyo bwo gufasha abanyeshuri ku guhitamo no gushyira mu bikorwa umwuga runaka w'amahitamo yabo bigendeye ku byo bakunze kandi bashoboye.

Ubuujyanama ku guhitamo umwuga ni gahunda ifasha umuntu wese kwivumburamo ubumenyi yifitemo mu bijyanye n'amasomo, akamenya amakuru yose ajyanye nuwo murimo aribyo bimufasha gutegura ejo heza.

MUBYEYI URI INGENZI MU GUFASHA UMWANA GUHITAMO UMWUGA.

Kimwe mu bigize ubuzima bwa muntu harimo umwuga.

Guhitamo neza umwuga bituma ugira ubuzima bwiza kandi wishimiye.

Guhitamo nabi umwuga bituma usharirirwa n'ubuzima bw'ejo hazaza ugahorana inkomanga mu mutima ngo iyo mpitamo neza simba mbayeho gutya.

Guhitamo umwuga ni kimwe mu byemezo bikomeye umuntu afata mu buzima bikazagira uruhare runini mu buzima bw'igihe kirekire. Niyo mpamvu umubeyi /ureberera umwana wese ari ingenzi gufasha umwana guhitamo neza amasomo/umwuga.

NI GUTE UMUBYEYI AKWIRIYE GUFASHA UMWANA MUGIHE AHITAMO UMWUGA?

Mubyeyi, ni iby'ingenzi kumenya ibi mu gihe ufashe umwana wawe guhitamo no kwiga umwuga azakora mu buzima bwe:

- ◆ Si itegeko/ngombwa cyane ko umwana wawe akora cyangwa akurikira umwuga ukora,
- ◆ Abana nabo bafite uburenganzira cyangwa ijamba mu guhitamo ibyo bashaka kwiga bizabafasha mu kugira ejo hazaza heza,
- ◆ Abana ntibakora amakosa gusa, bagira byinshi byiza mu bitekerezo no mubyo bagerageza gukora,
- ◆ Isi irahinduka, bivuze ko uburyo bwo kubaho n'imirimo bigendana nabyo n'ibihe,
- ◆ Umwana mudasabana biragoye ko yakwizera ngo akugishe inama ku mahitamo ye,
- ◆ Kwereka umwana amahitamo menshi biruta cyane kumuhitiramo ayo umwifuriza,
- ◆ Kwiga neza k'umwana bifasha muri byinshi cyane cyane mu mwuga yifuza; kumufasha muri icyo nzira bizamugeza aheza hashoboka.

MUBYEYI BIROROSHYE. DORE ICYO USABWA :

- ◆ Ha umwana umwanya akagaragaza impano yifitemo bituma yigaragaza wese,
- ◆ Ubaka ubucuti/imibanire myiza n'umwana wawe bitume akugirira icyizere abe yanakugisha inama,
- ◆ Mugirire icyizere ku mahitamo ye ariko umuhe/umugire inama aho biri ngombwa,
- ◆ Umwuga wifuza ko ajyamo wumuhe nk'igitekerezo cyangwa icyifuzo aho kubimuha nk'itegeko,
- ◆ Mufashe/mushyigikire mu myigire ye iganisha ku cyo yifuza guhitamo cyangwa yahisemo,
- ◆ Girana ibiganiro n'abarimu ndetse n'abahuguriwe gufasha abana ku mashuri,

- ◆ Mutere imbaraga mu byo agerageza gukora byose byiza,
- ◆ Niba hari aho yatsinzwe mufashe, mukomeze kandi umwibutse ko ejo bizagenda neza bityo agire imbaraga zo gukomeza,
- ◆ Jya uhora umubaza aho ageze mubyo akora bituma abona ko gutera imbere kwe hari abo binejeje; biramukomeza,
- ◆ Umva umwana, mutege amatwi mu gihe ari kuvuga ibintu akunda muri we. Aha ni aho kwigengesera cyane kuko ibyo akunda hari igihe bidahuza n'ibyo ababyeyi bakunda cyangwa se abavandimwe be. Si igitangaza rero ko agira ibyo akunda byihariye,
- ◆ Mufashe kwivumburamo impano karemano yifitemo, unirinde kumuca intege,
- ◆ Itegereze neza kandi kenshi ibyo umwana akunda mu gihe akiri muto, uko agenda akura, kugira ngo urusheho kumenya koko niba ibyo akunda bikomeza kuba bimwe cyangwa bihinduka,
- ◆ Mu gihe agiye ku ishuri, menya amasomo akunze gutsinda cyane kurusha ayandi. Aha twakwibutsa ababyeyi ko buri mwana yewe n'ufite ubumuga aba afite icyo ashoboye,
- ◆ Ganira n'umwana kenshi ku byerekeye inzozo z'ejo hazaza he, umuyobore, wibuka kureba niba koko bijyanye n'uko umubona, urebe koko niba ariwe wifatiye umwanzuro w'icyo azaba, atari ibyo yahatiwe, atari ugukurikira inshuti ze cyangwa atari ugushaka kwigana runaka ibyo yakozwe.