

TUGANIRE MWANA WANJYE

TWIMAKAZE UMUCO WO KUGANIRA
MU MURYANGO



IGITABO KIGENEWE ABABYEYI



Repubulika
y'u Rwanda



imbutu
foundation

TUGANIRE MWANA WANJYE

IGITABO KIGENEWE ABABYEYI

Kamena 2026

Iki gitabo cyasohotse bwa mbere mu mwaka wa 2016.

Iki gitabo cyavuguruwe kandi cyongerera gusohoka mu mwaka wa 2026.

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Biremewe gukoresha iki gitabo **“Tuganire Mwana Wanjye”** mu nyungu zo “kwimakaza umuco wo kuganira mu muryango” hatagamijwe ubucuruzi. Ni ngombwa kugaragaza nyiracyo igihe cyose cyifashishijwe. Uwifuza gukoresha cyangwa gutubura icyi gitabo asaba uburenganzira umuryango Imbutu Foundation akamenyesha Ikigo cy'Igihugu gishinzwe Ubuzima **(RBC)**.

IJAMBO RY'IBANZE

Babyeyi,

Barezi,

Bafatanyabikorwa,

Mwese duhuje intego yo kubaka Umunyarwanda ushoboye kandi utekanye,

Ubuzima bw'urubiruko, cyane cyane mu gihe cy'ubugimbi n'ubwangavu, ni igihe kidasanzwe kirangwa n'impinduka zikomeye mu mubiri, mu mitekerereze, mu myitwarire no mu mibereho, kikaba gishobora no gutera urujijo, impungenge, ndetse n'ubwumvikane buke hagati y'ababyeyi n'abana.

Nyuma yo kubona uburyo ingingo y'ibiganiro n'ubusabane hagati y'ababyeyi n'abana ifite uruhare rukomeye mu iterambere ry'imiryango, Umuryango Imbutu Foundation wiyemeje gukora ibishoboka ngo ufashe kugabanya icyuho cyari gihari. Hateguwe igitabo "Tuganire Mwana Wanjye", gifasha ababyeyi kwiyungura ubumenyi n'ubushobozi mu buryo butandukanye, ariko buhuriye ku ntego imwe yo kwimakaza umuco w'ubusabane n'ibiganiro ku buzima bw'imyorokere mu bagize umuryango.

Iki gitabo cyateguwe kugira ngo gifashe ababyeyi n'abarezi kunoza ibiganiro n'ingimbi n'abangavu muri rusange, by'umwihariko ku ngingo zirebana n'ubuzima bw'imyorokere. Kuganira neza kandi mu bwisanzure ni imwe mu nzira zifasha mu gushimangira urukundo, kubaka icyizere no kubaka umuryango utegura umwana guhangana n'ibigeragezo byo mu gihe cy'ubugimbi n'ubwangavu.

Dufatanye kugira ngo ingo zacu zibere abana n'ababyeyi ahantu hatekanye, n'inkingi ikomeye mu kubaka u Rwanda Twifuza.

Murakoze, mbifurije amahoro y'Imana!

Prof. Muvunyi Mambo Claude

Umuyobozi w'Ikigo cy'Igihugu gishinzwe Ubuzima (RBC)

GUSHIMIRA

Babyeyi,

Muryango mugari w'u Rwanda,

U Rwanda twifuza ni u Rwanda rw'Abanyarwanda bashoboye kandi batekanye. Ibyiza byose twifuriza igihugu cyacu bikwiye guhera mu muryango kuko ari wo musingi w'iterambere rirambye.

Ubushakashatsi bwerekanye ko muri Afurika y'iburasirazuba umwe mu bakobwa bane aterwa inda akiri muto mbere y'imyaka cumi n'umunani. Nk'uko ubushakashatsi ku mibereho n'ubuzima bwa 2019-2020 bubigaragaza, mu Rwanda abangavu baterwa inda bagera ku gipimo cya 5.2%, ibi bigaterwa no kuba imiryango itaganira bihagije ku bijyanye n'ubuzima bw'imyororokere, bishobora gutuma abangavu n'ingimbi bishakishiriza amakuru akenshi bagahura n'ababayobya.

Mu gushaka igisubizo cy'uko twafasha abana n'ababyeyi kugira ngo babashe kuganira ku buzima bw'imyororokere n'ibindi bibazo by'ingutu mu buzima bw'abangavu n'ingimbi, hateguwe iki gitabo "Tuganire Mwana Wanjye" kigamije kongerera ababyeyi ubumenyi n'ubushobozi mu kwimakaza umuco w'ibiganiro ku buzima bw'imyororokere mu bagize umuryango.

Ibi ntabwo twari kubigeraho twenyine. Twafatanyije n'abafatanyabikorwa batandukanye muri uru rugendo, ari na byo byaduhaye amakuru twahereyeho tuvugurura iki gitabo cya "Tuganire Mwana Wanjye" ngo kijyane n'igihe kigezweho.

Turashimira abantu bose bazakoresha iki gitabo mu gufasha imiryango kwiyoungura ubumenyi mu kubaka umuryango ushoboye kandi utekanye binyuze mu biganiro.

Murakoze. Twese dukomeze guharanira kubaka u Rwanda twifuza.

Shami Elodie

Umuyobozi w' Imbuto Foundation



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IMPINE ZAKORESHEJWE

- PAC: Parent Adolescent Communication
- HIV: Human Immunodeficiency Virus
- AIDS/SIDA: Acquired Immune Deficiency Syndrome
- VCT: Voluntary Counseling and Testing
- IUD: Intra Uterine Device

Ubusobanuro bw'amagambo yakoreshejwe

- PAC: Ihuriro ry'ababyeyi n'abana
- Umuryango ufite umwihariko: Umuryango ufite umwana watewe inda akiri muto cyangwa wanduye Virusi itera SIDA

Isobanurampamvu

Ibiganiro mu bagize umuryango ni ingenzi kuko bifasha umuryango kunoza umubano n'ubusabane mu bawugize. Umuryango nk'ipfundo ry'impinduka zirambye n'ifatizo ry'ubuzima bwa buri muni, ni ngombwa ko witabwaho mu buryo bukwiriye.

Mu cyerekezo cy'u Rwanda cyo kubaka Umunyarwanda ushoboye kandi utekanye, Guverinoma y'u Rwanda yashyizeho uburyo butandukanye bwo kwita ku buzima, uburezi no kubaka ubushobozi bw'umuryango muri rusange.

Bimwe mu bibazo byagaragaye nk'ibishobora kubangamira iterambere ry'umuryango harimo no kuba umuryango utagira umwanya uhagije wo kuganira bitewe n'impamvu zitandukanye, cyane cyane ku bijyanye n'ubuzima bw'imyororokere.

Imbuto Foundation mu bikorwa byayo bitandukanye bigamije gutanga umusanzu mu kubaka umunyarwanda twifuza, yatangije ubukangurambaga bugamije kwimakaza umuco w'ibiganiro mu muryango, hifashishijwe amahuriro y'ababyeyi n'abana (PAC I & II). Ayo mahuriro ahuza ababyeyi n'abana b'ingimbi n'abangavu bagahugurwa ku kamaro k'ibiganiro mu muryango, uko bitegurwa ndetse bagashishikarizwa no

kwiha intego bo ubwabo n'imihigo izabafasha kureba ko hari intambwe umuryango wabo wateye mu kwimakaza uwo muco w'ibiganiro.

Gahunda ya PAC yatangiye muri Kamena mu mwaka wa 2010 biturutse ku gitekerezo cya Nyakubahwa Madame Jeannette Kagame mu ihuriro **"Recommit to Reconnect"** ryatumiwemo ababyeyi n'abana (ingimbi n'abangavu), barebera hamwe icyakorwa kugira ngo imiryango ibashwe kuganira ku buzima bw'imyororokere, nka kimwe mu bikorwa by'ubukangurambaga **"Igiti kigororwa kikiri gito"**.

Iyi gahunda igitangira, buri huriro ryatumirwagamo ingimbi n'abangavu ndetse n'ababyeyi baturutse mu miryango itandukanye. Nyuma y'isuzuma, Umuryango Imbuto Foundation wasanze ibyatanga umusaruro kurushaho ari uguhuriza hamwe ababyeyi, ingimbi n'abangavu baturutse mu muryango umwe ndetse hagategurwa n'imfashanyigisho bazajya bakomeza kwifashisha nk'umuryango mu gutegura no kuyobora ibiganiro mu muryango, by'umwihariko ku buzima bw'imyororokere, ari ho havuye iki gitabo **'Tuganire Mwana Wanjye'** gihabwa buri mubyeyi witabiriye ihuriro n'aho urubiruko rugahabwa igitabo **"Agaciro kanjye"**.

INTANGIRIRO

Umuryango Imbutu Foundation ufatanyije n'inzege z'ubuyobozi mu turere dutandukanye ukoreramo hamwe n'ibigo by'amashuri wakomeje gahunda y'amahuriro y'abana n'ababyeyi. Buri huriro rihuza imiryango hagati ya cumi n'ine (14) na makumyabiri (20): abakobwa 50% n'abahungu 50% bari mu kigero cy'imyaka hagati ya 15 na 19 bakazana n'ababyeyi babo bombi cyangwa ababarera. Iyo urubyiruko rwatumiwe ari abanyeshuri bari mu ishuri, ihuriro ribera ku ishuri ku bufatanye n'ubuyobozi bw'ishuri. Naho iyo ari urubyiruko rutari mu ishuri, ihuriro ribera ahantu hemeranyijweho ku bufatanye n'Ubuyobozi bw'inzege z'ibanze.

Mu rwego rwo gusuzuma umusaruro ibiganiri bitanga, amezi atatu (3) nyuma y'igihe ihuriro rya mbere ry'ababyeyi n'abana (PAC I) ryabereye, ya miryango irongerera igahurizwa hamwe mu ihuriro rya kabiri (PAC II), hagasuzumwa aho imiryango igejeje ishyira mu bikorwa imyanzuro yafatiwe mu ihuriro rya mbere.

Binyuze muri iyi gahunda yo kwimakaza ibiganiri mu muryango, twumvise ubuhamya bw'imiryango myinshi, yungutse ubumenyi ku buzima bw'imyororokere n'uburyo bwo kubuganiraho mu bagize umuryango, yarushijeho gusabana, kunga ubumwe no kunoza imibanire yabo, mu gihe mbere hari imwe muri iyo itari isobanukiwe ko kuganira ari ngombwa mu muryango.

Nubwo aya mahuriro yatanze umusaruro ushimishije kubo yagezeho, hamwe na hamwe haracyagaragara ibibazo bishingiye ku makuru adahagije ku buzima bw'imyororokere, ikibazo cy'abakobwa baterwa inda bakiri bato, ikibazo cy'ubwandu bushya bwa virusi itera SIDA mu rubyiruko n'ibindi.

Ni muri urwo rwego mu kwezi k'Ugushyamba 2016, Imbutu Foundation yatangiye indi gahunda yita ku bakobwa batewe inda bakiri bato, ihereye ku gukora ubushakashatsi bw'ibanze kugira ngo hatangwe ibisubizo hakurikijwe uburemere n'imiterere y'ibibazo byagaragajwe n'aba bakobwa, ababyeyi babo, abayobozi b'inzege z'ibanze ndetse n'abaganga bakira abo bakobwa n'imiryango yabo.

Muri ubu bushakashatsi ari nabwo bwaje kuvamo amahuriro y'imiryango ifite umwihariko, abangavu babajijwe ibibazo bitandukanye birimo ikibazo kimwe bose basubijwe mu buryo bujya gusa. Ikibazo cyarabazaga kiti: **"Ni iki wifuzaga ku muryango wawe?"** Basubijwe bagira bati: **"Icyampa nkongera kuba umwana nk'abandi mu muryango wanjye."**

Mu mwaka wa 2017 ni bwo hatangiye amahuriro agenewe imiryango ifite umwihariko hifashishijwe igitabo **"Agaciro Kanjye"** gihabwa urubyiruko, n'igitabo **"Tuganire Mwana Wanjye"** gihabwa ababyeyi. Uretse

imiryango ifite abana batewe inda bakiri bato, mu miryango ifite umwihariko hitawe kandi ku miryango irimo abana bafite ubwandu bwa virusi itera SIDA.

Mu rwego rwo kurushaho kwimakaza umuco w'ibiganiro mu muryango, hateguwe iki gitabo **"Tuganire Mwana wanjye"** gifasha babyeyi kuyobora ibiganiro mu muryango.

Ibikubiye muri iki gitabo

Iki gitabo kigizwe n'ibice bitatu (3), buri gice kikaba kigizwe n'ibiganiro

Igice cya mbere kigenewe ababyeyi bombi, gikubiyemo ibiganiro bitanga amakuru ku muryango twifuza, ibiwugize, inshingano za buri wese mu bagize umuryango, uburyo ababyeyi baganiriza abana bijyanye n'icyiciro cy'imyaka bagezemo n'amwe mu makuru y'ingenzi ababyeyi bakwiye kumenya ku buzima bw'imyororokere.

Igice cya kabiri kigenewe umuryango muri rusange: abana bari mu kigero cy'ubugimbi n'ubwangavu hamwe n'ababyeyi babo bombi. Iki gice gikubiyemo amakuru ku kamaro ko kuganira mu muryango, uburyo bikorwamo, uko imiryango ifite ibibazo byihariye yaganira yishakamo ibisubizo, bityo abagize umuryango bakongera kongera gusabana no kwigarurira icyizere.

Igice cya gatatu kigizwe ahanini n'uburyo imiryango ishira mu bikorwa ibyo yahuguweho mu bice byabanje n'uburyo bisigasirwa, mu rwego rwo gukomeza kwimakaza umuco w'ibiganiro mu muryango.

Imiterere y'igitabo, abo kigenewe n'imikoreshereze yacyo:

Iki gitabo gikoreshwa n'umubyeyi mu kwiyungura ubumenyi ngo abashe kuyobora ibiganiro n'abana mu muryango. Iki gitabo kandi kigizwe n'ibice bitatu by'ingenzi aribyo:

I) Igice cya mbere (I): gifasha ababyeyi kwiyungura ubumenyi n'ubushobozi bwo kuyobora ibiganiro mu muryango n'abana babo. Iki gice kigizwe n'ibiganiro bitatu (3) bikurikira aribyo:

- Kubaka umuryango twifuza
- Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva agisamwa kugera ku myaka icyenda (9).
- Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva ku myaka 10 kugera kuri 24

INTANGIRIRO

2) Igice cya kabiri (2): kigamije kuyobora uko ibiganiro mu muryango bikorwa hagati y'ababyeyi n'abana, kikaba kigizwe n'ibiganiro bine (4) aribyo:

- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango idafite umwihariko.
- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite abana b'abakobwa batewe inda akiri muto
- Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite abana banduye Virusi itera SIDA
- Gutegura no kuyobora ibiganiro ku buzima bw'imyororokere hagati y'abagize umuryango (imiryango idafite umwihariko n'ifite umwihariko).

3) Igice cya gatatu (3): Kigamije gufasha umuryango kureba umusaruro w'ibiganiro byakozwe mu muryango nyuma y'amezi atatu (3), kikaba kandi kigizwe n'ikiganiro kimwe aricyo.

- Gukurikirana bihoro umusaruro w'ibiganiro mu muryango

Icyitonderwa: Kugirango ibiganiro bitangwe neza mu muryango, abawugize bose banganya uburenzira kandi uyobora ikiganiro afatanye n'abanyamuryango gushyiraho no kwemeranya amabwiriza abagenga igihe baganira.

Urugero: kubaha igitekerezo cya mugenzi wawe.



IGICE CYA MBERE

1

**TUGANIRE MWANA
WANJYE**

IGICE CYA MBERE (I): TUGANIRE MWANA WANJYE



Iki gice cya mbere cyagenewe by'umwihariko ababyeyi bombi, kigizwe n'ibiganiri bitatu (3) byibanda ku ngingo z'ingenzi zirimo:

- Uko twubaka umuryango twifuza,
- Uburyo bwo kuganiriza abana ku buzima bw'imyororokere,
- Amakuru akenewe ku mpinduka ziba mu buzima bw'ingimbi n'abangavu.

Ibi biganiri bigamije kongerera ababyeyi ubumenyi n'ubushobozi bwo kuganira n'abana babo ku buryo bunoze, babisanzuraho kandi babafasha gukura bafite icyerekezo n'indangagaciro ziboneye.

Ikiganiro cya mbere (I) : Kubaka umuryango twifuza



Iki kiganiri kiribanda ku gusobanura umuryango twifuza uwo ari wo, uko wubakwa n'uko wahinduka isoko y'imibereho myiza n'iterambere. Kiragaruka kandi ku nshingano z'abagize umuryango, ibibazo byugarije imiryango muri iki gihe, ndetse n'uruhare rwa buri wese mu kubishakira ibisubizo.

I.I. Igisobanuro cy'umuryango

Umuryango ni itsinda ry'abantu babana mu rugo rumwe, by'umwihariko rigizwe n'ababyeyi (papa, mama), abana, ndetse n'abandi bantu bashobora kuba bakiriwe muri urwo rugo. Hari n'indi miryango igizwe na bamwe muri abo, bitewe

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n'impamvu zitandukanye. Umuryango niwo shingiro ry'impinduka zirambye, ndetse niwo musingi w'ubuzima bwa buri muni. Ni yo mpamvu ugomba kwitabwaho byihariye, kuko umuryango mwiza ari wo soko y'uburere bwiza, imibereho myiza, n'iterambere rirambye, bityo tukubaka igihugu gifite ejo hazaza heza.

Umuryango twifuza: Ni umuryango ushoboye kandi utekanye, urangwa n'ibi bikurikira:

- Kugira aho kuba hatekanye,
- Kuzuzanya hagati y'abagize umuryango,
- Kujya inama mbere y'uko bafata umwanzuro,
- Kwihaza ku mirire
- Gushyira abana mu ishuri,

- Kutarangwa n'amakimbirane n'ihoterwa iryo ari ryo ryose,
- Kurangwa n'imiyoborere myiza mu muryango aho buri wese mu bagize umuryango agira uruhare n'uburenganzira bungana mu bikorwa by'umuryango
- Kurangwa n'isuku ku mubiri n'aho batuye
- Kugira akarima k'igikoni,
- Kwitabira gahunda za Leta: umuganda, inteko z'abaturage...

Umuryango mwiza, imbarutso y'impinduka nziza mu gihugu:

Igihugu cyiza

Intara nziza

Akarere keza

Umurenge mwiza

Akagali keza

Umudugudu mwiza

Isibo nziza

Umuryango mwiza

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I.2. Inshingano z'abagize umuryango

ABABYEYI	ABANA
<ul style="list-style-type: none">• Gukurikirana abana neza umenya imyitwarire n'imigenzereze yabo.• Gutoza abana ikinyabupfura, isuku n'imico myiza.• Gutoza abana kwiga no gukora indi mirimo bashyizeho umwete.• Gutanga urugero rwiza mu mico no mu myifatire• Kugorora abana no kubagira inama nziza.• Gusura abana igihe biga cyangwa bari mu yindi mirimo.• Gutoza abana gukunda igihugu.• Kuvuza abana barwaye no kubaha ibyo bakeneye.• Gutega abana amatwi.• Kwerereka abana urukundo no kubitangira.• Gufasha abana kwiha intego mu buzima no kuzigeraho, n'ibindi	<ul style="list-style-type: none">• Kwiyubaha, kubaha ababyeyi, no kubaha abandi.• Kugira imyitwarire myiza• Kugira isuku• Gukunda igihugu, abayobozi bacyo n'abagituye.• Gukurikiza inama nziza ugirwa.• Kurangwa n'ikinyabupfura.• Kugira umwete n'umurava.• Kugira indangagaciro z'umuco nyarwanda• Kwiha intego mu buzima.• Kuba urugero rwiza mu bandi.

I.3. Ibibazo byugarije umuryango no kubishakira ibisubizo

	Bimwe mu bibazo by'ingutu byugarije umuryango	Bimwe mu bisubizo
1	Amakimbirane	Gushyirahuburyobwogukumirano gukemura amakimbirane
2	Ihohotera iryo ari ryo ryose	Kwigisha abagize umuryango ubwoko bw'ihohotera n'uburenganzira bw'abo n'uburyo bwo kuryirinda
3	Inda ziterwa abangavu	Kwigisha ubuzima bw'imyororokere abagize umuryango by'umwihariko ingimbi n'abangavu no kubatoza indangagaciro ziboneye.
4	Ubushomeri	Kwihangira imirimo, gukorera mu matsinda yo kuzigama no kugurizanya,...
5	Ubukene	Kwitabira umurimo uwo ari wo wose uhesha agaciro nyirawo
6	Ibiyobyabwenge	Kwigisha amoko y'ibiyobyabwenge, ingaruka mbi zabyo n'uburyo bwo kubyirinda
7	Indwara: <ul style="list-style-type: none"> • Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina • Indwara zidakira • Ibibazo bishingiye ku buzima bwo mu mutwe n'ibindi 	<ul style="list-style-type: none"> • Kwifata • Kwirinda gukora imibonano mpuzabitsina idakingiye • Kwimakaza umuco wo kwipimisha kugira ngo umenye ko udafite izindi ndwara no kwivuza hakiri kare • Ubukangurambaga k'ubuzima bwo mu mutwe
8	Imirire mibi	Gutoza abagize umuryango uburyo bwo gutegura indyo yuzuye

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Ikiganiro cya kabiri (2): Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere bw'umwana kuva agisamwa kugera ku myaka icyenda (9).



Iki kiganiro gikubiyemo amakuru yose umubyeyi akwiriye kumenya kugira abashe kuganira n'umwana ku mpinduka zijyanye n'imikurire y'umwana kuva agisamwa kugera ku myaka icyenda (9)

Kuganira ni uburyo bwo guhana ubutumwa hagati y'abantu babiri cyangwa itsinda ry'abantu. Kugira ngo ushobore kuganira n'umwana wawe ibijyanye n'impinduka ziba ku mubiri we, ni ngombwa kubaka mbere na mbere ubucuti hagati yawe n'umwana kugirango akwisanzureho bisesuye. Nanone, ni kugira amakuru ahagije ku mpinduka zikunze kugaragara zigendanye n'imikurire y'umwana kuva agisamwa kugeza ku myaka icyenda (9) kugira ngo mu gihe muganire ubashe kumuha amakuru y'ukuri kandi yuzuye ajoye n'icyo cyiciro cy'imikurire.

2.1. Igisobanuro cy'ubuzima bw'imyororokere

Ubuzima bw'imyororokere ni imiterere, imikurire, imikorere, imihindagurikire y'umubiri, n'uburyo izo mpinduka zigaragara mu myifatire y'umwana. Kuganira n'umwana kuva agisamwa kugeza ageze ku myaka icyenda (9) bisaba umubyeyi cyangwa undi umurera kuba afite ubumenyi bw'ibanze ku mikurire y'abana muri rusange n'ubumenyi ku buzima bw'imyororokere ugendeye ku byiciro bitandukanye by'imikurire y'umwana.

2.2. icyiciro cya mbere: Kuva umwana agisamwa kugeza avutse



Isama ribaho icyo intangangabo yahuye n'intangangore bigakora urusoro, ruzakura ari narwo ruzavamo umwana uzavuka.

Ababyeyi bakimenya ko basanye bakwiriye kwakirana ibyishimo ubwo buzima bushya batangiyeye kandi bagatangira kwirinda ibintu bishobora kubangamira ubuzima bw'umubyeyi utwite n'umwana. icyo gihe, umubyeyi afata indyo yuzuye ifitiye akamaro umubiri, kandi akajya kwipimisha kwa muganga hakiri kare kugira ngo umwana uri mu nda azagire ubuzima bwiza.

Muri iki cyiciro, kwita ku mwana ukiri munda, bikorwa binyuze mu kwita ku buzima bw'umubyeyi umutwite. Ibyo kandi akaba ari inshingano z'ababyeyi bombi by'umwihariko umubyeyi w'umugabo.

Nyuma y'amezi atandatu (inda ifite ibyumweru 26), umwana uri mu nda atangira kumva amajwi, indirimbo n'umuziki, agatera utugeri cyangwa akinyeganyeza mu nda. Iki gihe umubyeyi agomba kwirinda no kurindwa ibimuhangayikisha kuko icyo ahangayitse bishobora kugira ingaruka mbi zitandukanye ku mwana uri mu nda. Ababyeyi bombi bagomba no kugena umwana wihariye wo kuganiriza umwana, bishobora gukorwa mu buryo bwo kumubwira inkuru, kumusomera udutabo, kumuririmbira n'ibindi.

2.3. icyiciro cya kabiri: Kuva umwana avutse kugeza ku myaka itatu (3)



Iki cyiciro cy'imikurire (kuva umwana avutse kugeza ku myaka itatu) kirangwa n'impinduka nyinshi mu myitwarire no mu bushobozi bw'umwana, kuko ari bwo atangira kumenya no kugenzura umubiri we no kwiga byinshi bimufasha gusobanukirwa ibintu bitandukanye bimukikije. Niyo mpamvu ari ingenzi cyane ko umwana yitabwaho by'umwihariko, kuko iyo bidakozwe neza muri ibi bihe bimugiraho ingaruka zikomeye mu gihe kizaza.

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire:

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire	Imyitwarire yerekeye ku buzima bw'imyororokere
<ul style="list-style-type: none"> • Kwihindukiza akubika inda, cyangwa akagarama agejeje nk'amezi atandatu(6) • Kwicara, agejeje nk'amezi icyenda (9) • Guhagarara, agejeje nk'umwaka umwe(1) • Kugenda, agejeje nk'amezi cumi n'umunani(18) • Gutangira kuvuga amagambo amwe n'amwe. • Kuzamuka yurira ibintu, cyangwa gusimbuka n'amaguru yombi. • Kuba atakigwa mu buryo bworoshye. • Gutera umupira cyangwa kudunda umupira akongera akawufata. • Kwigaburira akoresheje ikanya cyangwa ikiyiko. • Kwisukura mu bwihereho, n'ubwo rimwe na rimwe atabikora neza. • Aba ashaka gukora imirimo mu rugo. • Kwiyambika cyangwa agafasha umwambi 	<ul style="list-style-type: none"> • Kwikorakora ku gitsina cye haba mu ruhamye cyangwa yiherereye. • Gushimashima ku gitsina. • Kwereka igitsina abandi bantu. • Gushaka gukora ku mabere cyangwa ubwanwa bw'umubyeyi we cyangwa undi. • Kwiyambura no gushaka kwambara ubusa. • Kugerageza kureba abandi bantu bambaye ubusa (urugero: igihe barimo gukaraba). • Kubaza ibibazo ku miterere y'imibiri yabo cyangwa uburyo ikora. • Umwana w'umukobwa akunda cyane se kurusha nyina n'umuhungu agakunda nyina kurusha se. • Muri iyi myaka kandi umwana agira amatsiko yo kumenya icyo se na nyina bakora biherereye. • Umwana w'umukobwa ashaka kunyara ahagaze nk'uko abahungu babikora.

TUGANIRE MWANA WANJYE

Uko umubyeyi yabyitwaramo

Akenshi iyo umwana yikorakoye ku gitsina, arungurutse abakuru, cyangwa yerekanye igitsina cye, mu muco nyarwanda turamukabukira ndetse tukaba twanamukubita. Nyamara, ibi abana bari muri iki kigero barabikora kuko umwana agenda avumbura ibice bimwe na bimwe bigize umubiri we uko akura.

Abakiri bato usanga bahugiye ku gice cy'umubiri bamenye vuba ko bafite. Na none ariko, iyo umwana yikorakoye ku gitsina yumva amereye neza kandi abatari bake barabikora. Ntibikwiye rero gutera ubwoba umubyeyi ngo akabukire cyangwa akubite umwana kuko umwana ashobora kwibwira ko igitsina cye ari igice kibi ku mubiri.

Vugisha neza umwana, umusabe kureka (uterekanye uburakari) kwikorakora ku gitsina cyangwa ikindi wifuza ko adakora.

Kuri iki cyiciro wasobanurira umwana ibi bikurikira:

- Itandukaniro riri hagati y'umukobwa n'umuhungu.
- Amazina y'ibice by'umubiri ku mukobwa no ku muhungu.
- Kirazira zerekeye umubiri we cyangwa uw'abandi (urugero: ko kizira kwambara ubusa, gukora abandi bana ku gitsina, kubarunguruka n'ibindi).
- Uburenganzira bwe bwo kutemerera umuntu wese umukora ku mubiri by'umwihariko ku gitsina.
- Musobanurire ko igihe hari uwamukoze ku gitsina, ari ngombwa kubwira papa, mama cyangwa undi umurera

Icyiciro cya gatatu: kuva ku myaka ine (4) kugeza kuri itandatu (6)



Muri iki cyiciro, umwana agenda akura mu mitekerereze, mu mibanire n'abandi no mu buryo asobanukirwa umubiri we, bikagaragarira mu myitwarire ye no mu bushobozi bwe bwo gukora ibintu byinshi ku giti cye.

Ababyeyi bakwiye kumwigisha kubaha umubiri we n'uw'abandi, kumenya kirazira no kumenya uburenganzira bwe ku mubiri we, kandi bakamutoza kwirinda ihohoterwa no gutinyuka kubivuga igihe habaye ikimurengeje ubushobozi.

TUGANIRE MWANA WANJYE

Ubushobozi/Ibimenyetso umwana agaragaza mu mikurire	Imyitwarire yerekeye ku buzima bw'imyororokere
<ul style="list-style-type: none">• Gukoresha ibikoresho byo ku meza igihe afungura (isahane, ikanya cyangwa ikiyiko).• Kwemera bakamwogoshya atarize.• Aba ashobora kwiyuhagira n'ubwo akenera gufashwa.• Ashobora kunywesha igikombe cyangwa umuheha atamena ibyo anywa.• Ashobora kwikoresha ibintu bimwe na bimwe nko kwiyambika.• Ashobora kugenda neza yiruka mu gihe akina.• Ashobora kumenya icyamuhutaza akagirinda.	<ul style="list-style-type: none">• Gukorakora ku gitsina cyeye ku bushake rimwe na rimwe abandi bantu bamureba.• Kugerageza kureba abandi bantu bambaye ubusa cyangwa se biyambura.• Gushaka kwigana bimwe mu biranga umubano w'abantu bakuru (nko gusomana n'ibindi).• Kuvuga amazina y'ibitsina n'ubwo haba hari abantu rimwe na rimwe atazi icyo asobanuye.• Kwerekana ibitsina hagati y'abandi bana bangana (urugero bavuga bati, nunyereka nange ndakwerekana).• Abana bo muri iki kigero bakunda kubaza aho abana bava.

Uko umubyeyi yabyitwaramo

Kimwe n'abo mu cyiciro cyabanje, si ngombwa gukabukira umwana aramutse akoze kimwe mu byagaragajwe hejuru. Ni ngombwa kuvugisha umwana neza umwerekana ko agomba kubaha umubiri we n'uwabandi; ko adakwiriye kwambara ubusa; gukora ku gitsina cyeye mu ruhame n'ibindi. Ni ngombwa gukomeza kumwigisha ibijyanye n'umubiri we kugira ngo awusobanukirwe, amenye n'impinduka ziba uko agenda akura.

Kuri iki cyiciro umwana wamusobanurira kandi ibi bikurikira:

- Ko umwana akurira mu nda hanyuma akavuka agejeje amezi icyenda (9).
- Ko umubiri w'umuhungu n'umukobwa ugenda uhinduka uko akura.
- Uburenganzira bwe bwo kutemerera umuntu wese kumukora ku mubiri by'umwihariko ku gitsina.
- Kutemerera umuntu wese ko yamukora ku gitsina kuko ari ihohotera kabone n'ubwo yaba azi uwo muntu.
- Ko agomba kwanga kujyana n'umuntu wese atazi.
- Akamenya ko ahubwo hagize umuntu atazi umusaba ko bajyana agomba kwihutira kubibwira ababyeyi be, umwarimu, umuturanyi yizera cyangwa ushinzwe umutekano abonye hafi ye.
- Ko ari ngombwa kubwira papa, mama cyangwa undi umurera igihe hari uwamukoze ku gitsina cyangwa kumushuka mu bundi buryo.

2.4. icyiciro cya kane; kuva ku myaka irindwi(7) kugeza ku myaka icyenda(9).



Iki cyiciro cy'imikurire kirangwa n'uko umwana amaze guca akenge, akaba atangira gusobanukirwa neza ibimukikije no kugirana ubushuti n'abandi. Ni igihe umwana akura mu mitekereze no mu myitwarire, aho atangira kumva inshingano ze, gukorana n'abandi no gutekereza ku buzima bwe mu buryo bwagutse. Ababyeyi dusabwa kumutegura tumuganiriza iminduka zizaba mu kindi cyiciro gikurikiraho cy'ubugimbi n'ubwangavu kugirango atazatungurwa.

TUGANIRE MWANA WANJYE

Ubushobozi/ibimenyetso umwana agaragaza mu mikurire muri rusange	Imyitwarire yerekeye ku buzima bw'imyororokere
<ul style="list-style-type: none"> • Abana baba bamaze guca akenge, bashobora gusobanura neza bimwe mu byo batekereza. • Abana bamwe batangira kugaragaza impinduka ku mibiri zerekana ko berekeza ku bwangavu cyangwa ku bugimbi ariko bigaragara cyane iyo bageze mu kigero cy'imyaka icumi(10). • Bakura mu gihagararo. • Bagira imbaraga kandi bagakina imikino ubona isaba imbaraga. • Bagira inshuti cyane abo bahuje igitsina (ugasanga abahungu bari ukwabo, abakobwa bari ukwabo). 	<ul style="list-style-type: none"> • Akorakora ku gitsina cye ku bushake yiherereye. • Bakina imikino iganisha ku mibanire y'umuryango (urugero, umwe akavuga ko ari mama undi ko ari papa, cyangwa bagakina iby'imihango y'ubukwe). • Kugerageza kureba abandi bantu bambaye ubusa cyangwa se biyambura. • Kugira ibanga no gushaka kwiharira (urugero kutiyambura abantu bamureba) cyangwa kwirinda kuvuga ibyerekeye igitsina. • Ku myaka ya nyuma y'iki cyiciro abana batangira kumva bagirana ubushuti n'abo badahuje igitsina.

Uko umubyeyi yabyitwaramo:

Abana bari muri iki cyiciro baba bamaze guca akenge. Nibyiza kubaganiraza cyane ku mpinduka bashobora kubona ku mibiri yabo, ariko unabategurira izishobora kugaragara mu bihe biri imbere.

Kuri iki cyiciro wasobanurira umwana ibi bikurikira:

- Impinduka bakwiriye kwitegura ziyanye n'ikigero bagiye kugeramo aricyo cy'ubugimbi n'ubwangavu (nk'imihango ku bakobwa no kwirotehaho ku bahungu).
- Gutangira kurasobanurira ibijyanye no gutera inda, gusama, gutwita no kubyara.
- Ingaruka zo gukora imibonano mpuzabitsina idakingiye. (Urugero: gutwita imburagihe, kwandura SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina).
- Uburenganzira bwe bwo kutemerera umuntu wese kumukorakora kubice by'umubiri we by'umwihariko ku myanya ndangagitsina n'impamvu adakwiriye kubyemera.

- Ihohoterwa rishobora kuba mu magambo (urugero umuntu amuvugisha ibyerekeye imibonano mpuzabitsina) cyangwa mu bikorwa (urugero: umuntu amukoraho ku myanya ndangagitsina cyangwa amwereka amashusho y'urukozasoni).
- Uburyo ashobora gukumira no kwiyama abashaka kumushora mu mibonano mpuzabitsina: Umwana atozwa kirazira mu gukoresha imbuga nkoranyambaga mu buryo butaboneye nko kureba amashusho y'urukozasoni n'ibindi.
- Akwiriye kumenya imibanire myiza n'abo badahuje igitsina (urugero, kwirinda gusomana n'ibindi bishobora kubagusha mu bishuko biganisha ku busambanyi).

Akamaro ko kuganiriza abana bato, batarengeje imyaka icyenda (9) ku buzima bw'imyororokere mu muryango:

Kuganira n'umwana ku buzima bw'imyororokere bifite umumaro mu mibereho ye ya buri muni:

i) Kubaka icyizere hagati y'umwana n'ababyeyi: Iyo ababyeyi batangiyeye kuganiriza

abana babo ku buzima bw'imyororokere hakiri kare, bituma umwana yumva yizewe, akisanzura akagira ubutwari bwo kubaza ibimuyobeye no kurushaho gusobanukirwa.

ii) Kurinda umwana amakuru atari yo: Iyo ataganirijwe n'ababyeyi be, ashobora kuyashakira ahandi hantu hatizewe, bikamutera kuyoboka amakuru ayobya cyangwa atamufitiye akamaro.

iii) Kumutoza kumenya umubiri we: Umwana amenya ibice by'umubiri we, uburyo bigenda bihinduka, n'uko akwiriye kwiyubaha, bikamufasha kugira isuku n'imyitwarire myiza.

iv) Kumurinda ihohoterwa: Iyo umwana aganirijwe hakiri kare ibyerekeye ubuzima bw'imyororokere, amenya ko hari ibice by'umubiri we bigomba kubahwa kandi bikagirwa ibanga, bityo akamenya n'uko yakwirinda umuntu wese washaka kumuhohotera cyangwa kumushuka.

v) Gutegura ejo hazaza heza: Ubumenyi umwana ahabwa hakiri kare buba umusingi w'imyumvire n'imyitwarire myiza, bizamufasha gukura afite icyerekezo cyiza, kwiyubaha no kubaha abandi.

TUGANIRE MWANA WANJYE

Ikiganiro cya gatatu (3): Amakuru y'ingenzi umubyeyi akwiye kumenya ku buzima bw'imyororokere kuva ku myaka 10 kugera kuri 24



Babyeyi, n'ubwo bamwe muri twe tutahawe inyigisho zihagije ku buzima bw'imyororokere ntibikuraho ko dufite inshingano zo kugeza ku bana bacu amakuru y'ukuri yizewe tukanabatoza indangagaciro zibereye umuryango, tunabigisha guhitamo icyiza. Uruhare rw'ababyeyi ni ngombwa mu kurinda abana babo ingaruka ziterwa no kubura amakuru ya nyayo ku birebana n'ubuzima bw'imyororoke; nko kwandura virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina. Kuganiriza abana ku buzima bw'imyororokere ushingiyeye ku byiciro by'imikurire bagezemo bibarinda ko bashakira amakuru ahandi hatizewe, bityo bikabafasha gukura bafite ubumenyi buboneye n'indagaciro zibereye urubyiruko ari rwo mbaraga z'ejo hazaza.

Ni yo mpamvu ari ngombwa ko ababyeyi, abarimu n'abandi bareberera abana babaganiriza ku buzima bw'imyororokere, bihuye n'icyiciro cy'imyaka bagezemo, kugira ngo bafate imyanzuro iboneye kandi irinda ubuzima bwabo kujya mu kaga.

3.1. icyiciro cya kane: Kuva ku myaka icumi (10) kugeza kuri cumi n'ine (14)



Abana bageze mu cyiciro cy'imyaka 10 kugeza kuri 14 ahanini hagaragara impinduka mu miterere n'imikurire y'umubiri, mu myitwarire ndetse no mu mitekereze, bitewe n'itangira ry'imisemburo y'imyororokere ituma batangira urugendo rwo kuva mu bwana baja mu bwangavu n'ubugimbi.

TUGANIRE MWANA WANJYE

Impinduka ku mubiri w'umwangavu	Impinduka ku mubiri w'ingimbi	Impinduka mu myitwarire y'ingimbi n'abangavu
<ul style="list-style-type: none"> • Gukura vuba mu gihagararo. • Gutangira kumera amabere agenda akura uko n'umwangavu akura (ubunini bw'amabere buterwa n'imisemburo umuntu afite). • Kumera insya. • Kumera incakwaha, • Kwaguka kw'amatako, mu rukenyerero hakaba hato. • Guhinduka kw'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi kuri bamwe). • Kujya mu mihango bwa mbere. • Gukura kw'imyanya myibarukiro. 	<ul style="list-style-type: none"> • Gukura mu gihagararo. • Kwiyongera kw'ingufu z'umubiri. • Kumera insya, incakwaha, ubwanwa n'impwempwe (kuri bamwe). • Kuniga ijwi. • Kwaguka kw'ibitugu n'igituza. • Guhinduka kw'uruhu rwo mu maso no mu mugongo (rugira ibinure bigatera ibishishi kuri bamwe). • Kwiroteaho. • Gukura kw'imyanya myibarukiro. 	<ul style="list-style-type: none"> • Guhindagurika mu mico no mu myitwarire. • Gushaka kwigenga no gushaka kwibana wenyine. • Guha agaciro gakomeye ibyo bagenzi be bavuze cyangwa bakoze rimwe na rimwe kurusha iby'ababyeyi. • Kwifuza uwo badahuje igitsina. • Kwita cyane ku mubiri we (Kwiyitaho, yisukura, yambara neza...). • Kurarikira ibigezweho. • Kudatekereza cyane ngo asobanukirwe n'ingaruka z'ibyo akora. • Kwishidikanyaho ntiyigirire icyizere. • Gutangira gushaka inshuti mu bo badahuje igitsina. • Bamwe mu ngimbi n'abangavu batangira kwigira ingeso mbi yo kwikinisha. Ibi bishobora no gukomeza mu byiciro bikurikira iyo hatabaye ubujyanama bwihariye

Uko umubyeyi yabyitwaramo

Abana bageze muri iki kigero bagira impinduka nyinshi. Muri izo mpinduka harimo izigaragara ku mubiri n'izigaragarira mu myitwarire nk'uko byavuzwe haruguru. Muri rusange batangira kwiyumvamo ubushobozi bwo kwigenga, nyamara hakaba ubwo bakora ibintu batatekerejeho neza ku buryo bishobora kubagiraho ingaruka mbi. Umubyeyi agomba kumenya uko afasha umwana gukomeza umurongo ukwiriye.

Ni byiza ko:

- Umubyeyi aha umwana uhagije abana bakamubwira icyo batekereza maze akabiganira nabo mu bwisanzure n'ubwubahane, bityo hakanabaho kubaka urugwiro n'icyizere bya buri muni.
- Umubyeyi atega amatwi abana, bakamubwira uko umunsi wabagendeye.
- Umubyeyi atega amatwi abana bakamusangiza uko biyumva mu marangamutima yabo, nyuma akabagira inama.
- Iyo hari ikitagenze neza, umubyeyi yicarana

n'umwana bakaganira ku ngaruka cyatera kandi umubyeyi agasobanura impamvu avuga ko hari ikitagenze neza mu myitwarire y'umwana.

- Umubyeyi ashimira umwana icyo yakoze neza aho gukomeza kwibanda kubyo afitemo intege nkeya, ahubwo agatekereza uko yarushaho kumwongerera ubumenyi n'ubushobozi muri ibyo afitemo intege nkeya.

3.2. icyiciro cya gatanu(5): kuva ku myaka cumi n'itanu (15) kugeza kuri cumi n'icyenda (19)



Mu byukuri, impinduka ku mubiri y'abana bari muri iki cyiciro ntabwo zitandukana cyane n'izavuzwe ku cyiciro cyo ku myaka 10-14. icyakora muri iki cyiciro nibwo impinduka zose zo mu gihe cy'ubugimbi n'ubwangavu zigaragara.

TUGANIRE MWANA WANJYE

Iki cyiciro kandi kirangwa n'ibi bikurikira:

- Umwana atangira kugira ubushobozi bwo gutekereza mu buryo bufite umurongo.
- Kwisuzuma biriyongera, kandi umwana akita kubyo akora.
- Gutangira kugira ibimuranga we ku giti cye, ibyo yemera n'indangagaciro zimuranga.
- Gukunda kumarana igihe n'urungano.
- Kutumvikana n'ababyeyi.
- Gushaka ubushuti n'abo badahuje igitsina.
- Gutangira gutekereza no kwitegura ejo hazaza.

Ibyo umubyeyi akwiye kuzirikana kuri iki cyiciro

Muri iki cyiciro abana bashaka kwigenga bigatuma rimwe na rimwe bitera ibibazo hagati yabo n'ababyeyi mu gihe abana bo baba bamaze kugera mu kigero gituma bumva ko bakuze bihagije. Ibyiza ariko ni uko baba bamaze no kugira ubwenge bubashoboza kumva icyo ubitezeho nk'umubyeyi.

Bimwe mu byo wakora kugira ngo umwana ugeze muri iki cyiciro arushaho kukwiyumvamo ni ibi bikurikira:

- Kumushishikariza gukora ibyo akunda no gukoresha impano ze.
- Kumubwira mu buryo butaziguye icyo umwitezeho.
- Kutamwicisha imirimo ahubwo ukamuha uturimo duhujwe n'imbaraga n'ubushobozi bwe.
- Kumwumva, ukumva n'amarangamutima ye.
- Kumutega amatwi ntumucire urubanza.
- Kumuganiriza ku cyo ashaka kuzakora cyangwa kuzaba mu gihe kiri imbere.

3.3. icyiciro cya gatandatu (6): Kuva ku myaka makumyabiri (20) kugeza kuri makumyabiri n'ine(24).



Impinduka ziba ku bari muri iki kigero: Nta mpinduka zihariye ziyongera ku zavuzwe mu kiciro cyabanje.

Ibyo umubyeyi akwiye kuzirikana kuri iki cyiciro

Abana bageze muri iki kigero baba bamaze gukura, kandi nta mpinduka ku mubiri ziba zigitegerejwe. Abenshi muri bo baba biga muri za kaminuza, amashuri y'imyuga, naho bamwe mu batiga baba barashatse bafite imiryango. Iyo watangiye kubaganiriza nk'uko byasobanuwe mu bice byabanje, baba bamaze kumenya byinshi. Ariko ntibivuze ko uba usoje urugendo, kuko umwana akomeza kuba umwana imbere y'umubyeyi.

Bimwe mu byo umubyeyi ashobora kuganiriza umwana ugeze muri iki kigero harimo ibi bikurikira:

- Kumushishikariza gukomeza kwitwara neza.
- Kumushishikariza kwiga/gukora ashyizeho umwete.
- Kumuganiriza ku mubano hagati y'umugabo n'umugore ku bamaze kubaka ingo zabo.
- Kumuganiriza umutegurira kubaka umuryango ushoboye kandi ushobotse.
- Kumuganiriza ku birebana no kuboneza urubyaro n'ibindi.

IGICE CYA KABIRI

2

**KWIMAKAZA UMUCO WO KUGANIRA
NO GUSABANA HAGATI Y'ABABYEYI
N'ABANA BAGEZE MU CYICIRO
CY'UBUGIMBI N'UBWANGAVU**

KWIMAKAZA UMUCO WO KUGANIRA NO GUSABANA HAGATI Y'ABABYEYI N'ABANA BAGEZE MU CYICIRO CY'UBUGIMBI N'UBWANGAVU



Igice cya kabiri cyibanda ku kumenya no kwimakaza umuco wo kuganira no gusabana hagati y'abagize umuryango muri rusange (haba mu miryango isanzwe, mu miryango ifite abana b'abakobwa batewe inda bakiri bato, cyangwa mu miryango ifite abana banduye Virus itera SIDA). Iki gice kigamije gufasha ababyeyi n'abandi bagize umuryango gutegura no kuyobora ibiganiro ku buzima bw'imyororokere mu buryo burambye, bigamije kubaka ubumwe, gusangizanya amakuru y'ingenzi no gushyigikirana mu muryango wose.

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Ikiganiro cya mbere (I): Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango idafite umwihariko



Iki kiganiro kigamije kwimakaza umuco wo kuganira no gusabana hagati y'ababyeyi n'abana muri rusange, by'umwihariko ku bijyanye n'ubuzima bw'imyororokere, binyuze mu gusuzuma imbogamizi zihari, kumenya uruhare rwa buri wese mu muryango, no gutanga uburyo bwo kurenga izo mbogamizi hagamijwe kubaka umuryango uganira, wubahana kandi utera imbere mu buryo bwubaka.

I.I. Imbogamizi zikunze kuba inzitizi z'ibiganiro mu muryango

Ibiganiro hagati y'ababyeyi n'abana by'umwihariko ibijyanye n'ubuzima bw'imyororokere hagati y'abagize umuryango ni ingenzi, nyamara ntibikorwa uko bikwiriye kubera zimwe mu mpamvu zikurikira:

- Kubura umwanya ku ruhande rw'ababyeyi.
- Kutigirira icyizere ku makuru basabwa gutanga. Abenshi mu babyeyi ntibafite amakuru ahagije ku buryo banga gutanga n'ayo bazi batinya ko yaba atari ukuri.
- Umushyikirano wa ntawo n'ubwisanzure buke hagati y'ababyeyi n'abana
- Gutinya ko ibiganiro bishobora gushishikariza abana imyitwarire mibi. Hari ababyeyi batekereza ko kuganiriza abana ku buzima bw'imyororokere ari nko kubashishikariza gukora imibonano mpuzabitsina hakiri kare.
- Imbogamizi zishingiye ku muco no ku myemerere zituma hari ababyeyi bataganiriza abana babo bisanzuye, ndetse bakagera n'aho kubabeshya, nk'imvugo ababyeyi bakoreshaga

ngo "umwana aturuka mu mukondo", ubundi abana babaza ibirebana n'imyororokere, bakabasubiza babacyaha ngo bavuze "ibishitani", cyangwa "ibishenzi".

Ariko impamvu iyo ariyo yose yaba ibitera, dukwiye kuzirikana ko abana bacu bakeneye ubumenyi ku buzima bw'imyororokere. Ibyo rero bikwiriye kudutera imbaraga zidufasha kurenga imbogamizi zitubuza kuganira n'ababyeyi.

I.2. Uruhare rw'abagize umuryango mu gukumira inzitizi zituma bataganira

Ibiganiro mu muryango ni ingenzi cyane cyane ibijyanye n'ubuzima bw'imyororokere. Ibyo biganiro bigera ku ntego yabyo iyo buri wese mu bagize umuryango abigizemo uruhare.

i) Ababyeyi (Umugabo/umugore)

- Kwerekana ubushake bwo kumva abana babo no kubatega amatwi batabacira urubanza.
- Gutangiza ibiganiro ku ngingo zinyuranye kugira ngo abana nabo babonereho batinyuke kandi nabo bigirire icyizere.
- Gutanga urugero rwiza mu mibanire yabo ubwabo birinda amakimbirane, bakaba

intangarugero imbere y'abana ari nabyo bituma babagirira icyizere cyuzuye

ii) Abana

- Gutinyuka kumenyesha ababyeyi ibyo bahura nabyo nta pfunwe, bagasohoka mu myumvire ibabwira ko kubivuga byaba ari igisebo.
- Kwubaha ababyeyi muri byose no kutabahisha amakuru y'ingenzi arebana n'ubuzima bwabo.
- Gukoresha igihe neza kugirango babashe kubonera umwanya ababyeyi babo ngo bahure baganire.

iii) Umuryango wose muri rusange (Abana n'ababyeyi)

- Kwimakaza umuco wo kuganira buri gihe (urugero: ibiganiro by'umuryango mu gihe runaka).
- Kumenya gukemura amakimbirane mu mahoro aho gukoresha umujinya cyangwa guceceka.
- Gufata umwanya wo gusabana, gusangira (nko kurira hamwe), gutemberana, bityo bikaba imbarutso y'ibiganiro mu bagize umuryango.

Umwanzuro: Muri rusange, umubyeyi w'umugabo, umubyeyi w'umugore, n'abana bagomba gufatanywa mu kubaka umuryango ugashyiraho, wubahana no gukemura ibibazo mu buryo bwubaka.

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Ikiganiro cya kabiri (2): Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite umwihariko w'abana b'abakobwa batewe inda bakiri bato



Iki kiganiro kigamije kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite umwihariko w'abana b'abakobwa batewe inda bakiri bato, hagamijwe gusuzuma intege nke zishobora gutuma iki kibazo kiba, gusobanura ingaruka zacyo ku mukobwa, ku mwana wavutse, ku babyeyi, ku bavandimwe no ku muryango muri rusange, ndetse no kugaragaza uruhare rwa buri wese mu guhangana n'ingaruka zituruka kuri iki kibazo, byose bigamije kubaka umuryango utekanye, uganira kandi uharanira inyungu n'uburenganzira bw'umwana.

2.1. Intege nke zikunze kugaragara mu bagize umuryango, zikaba intandaro y'ikibazo cyo guterwa inda umukobwa akiri muto

Baca umugani mu kinyarwanda ngo "Ntakabura imvano" kuko akenshi ibintu bitubaho biba bifite imvano yabyo. Gutwita umwana akiri muto nabyo akenshi biterwa n'intege nke zabaye mu bagize umuryango. Intege nke zikunze kugaragara, zikaba intandaro ituma abakobwa baterwa inda bakiri bato, zirimo izi zikurikira:

i) Gutinya kuganira n'abana ku buzima bw'imyororokere: Ababyeyi benshi batinya cyangwa bakumva ko ibyo byatuma abana batinyuka kwishora mu mibonano mpuzabitsina, bityo bakagira

ubwoba bwo kuganiriza abana babo ku bijyanye n'ubuzima bw'imyorokere. Ibi bituma abana bashakisha amakuru ahandi, ndetse bakaba babona amakuru atari yo ashobora no kubashyira mu kaga.

ii) Kudahabwa urukundo n'ubwisanzure mu muryango: Iyo abana batabona urukundo n'ubwisanzure ku babyeyi babo, bashobora kubishakira ahandi, bikaba byabaganisha mu mibanire n'abantu babashukisha ibintu byoroheje cyangwa ibinezeza by'igihe gito bibakururira mu kaga.

iii) Uburangare no kudakurikirana bya hafi ubuzima bw'abana: Hari ababyeyi batamenya inshuti z'abana babo, aho baja, ibyo bakora mu mwanya wabo w'ikiruhuko, ibyo bakurikirana ku mbuga nkoranyambaga n'ibindi. Ubu burangare bushobora gutuma abana bashukwa mu ibanga ntihagire ubimenya cyangwa bikamenyekana amazi yaramaze kurenga inkombe.

iv) Kudaha abana umwanya mu byemezo bifatwa birebana n'ubuzima bwabo: Iyo ababyeyi bafata ibyemezo byose nta kuganira n'abana, bitera abana kumva badahawe agaciro, batitaweho, batumvwa, bikabashora mu bikorwa byo gushaka kwihagararaho cyangwe se kwigomeka mu buryo butaboneye.

v) Amakimbirane no kutubahiriza indangagaciro z'umuryango nyarwanda: Mu miryango ibamo amakimbirane cyangwa idafite

urugero rwiza rw'ababyeyi, abana bakurana ikibazo cyo kutagira icyerekezo, bikorohera ababashuka babajyana mu ngeso mbi.

vi) Kutita ku byangombwa nkenerwa by'abana: Hari imiryango idaha agaciro ibyo abana bakeneye ngo babihabwe ku gihe, abana bamwe bagashukishwa utuntu duto (nk'imyambaro, amafaranga cyangwa ibikoresho by'ishuri), bikabakururira mu bishuko byangiza ubuzima bwabo kandi byari no kuboneka mu muryango.

Mu ncamake, intege nke z'ababyeyi mu kwimakaza umuco uhoraho wo kuganira n'abagize umuryango, by'umwihariko ibiganiro birebana n'ubuzima bw'imyorokere, ni isoko nyamukuru ituma abakobwa benshi baterwa inda bakiri bato.

2.2. Ingaruka ziterwa n'ikibazo cy'umukobwa watewe inda akiri muto mu muryango.

a) Ingaruka ku mukobwa watewe inda

- Umukobwa utewe inda akiri muto, bishobora kumuzanira ibibazo by'ubuzima bitandukanye kuko umubiri we uba utarakura.
- Kudindira mu myigire kuko bishobora gutuma acikiriza amashuri
- Agahinda n'ihungabana ryo mu mutima kuko ibimubayeho biba birenze ubushobozi bwe

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bwo kubyakira no guhangana nabyo.

- Gutakaza icyizere mu muryango no mu baturanyi bamufata nk'uwadohotse ku ndangagaciro z'umukobwa.
- Umuzigo w'inshingano zikomeye akiri muto kuko atangira kwita ku mwana nawe yari agikeneye kwitabwaho.

b) Ingaruka ku buzima bw'umwana wavutse

- Gukurira mu muryango wugarijwe n'agahinda n'isoni, ibyo bikaba byatuma atabona urukundo n'uburere buhagije.
- Kudahabwa ibyangombwa nkenerwa by'abana kuko abarwa nk'umutwari w'inyongera ku muryango.

c) Ingaruka ku babyeyi:

- Bibatera umubabaro, agahinda n'isoni zo kuba batarujije inshingano zo guha uburere buboneye umwana wabo.
- Babura icyizere imbere y'abaturanyi n'abavandimwe, bakumva isura yabo mu muryango no mu baturanyi yangiritse.
- Bagerwaho n'umutwari utunguranye wo kurera umwana wawe inda n'uwo azabyara

d) Ingaruka ku bavandimwe:

- Bashobora gutakarizwa icyizere hagati mu bandi bana bo mu muryango cyangwa mu nshuti zabo.
- Bagira ipfunwe n'agahinda k'ikibazo umuvandimwe wabo yahuye nacyo.
- Hari n'igihe bigira ingaruka ku myitwarire yabo, bamwe bakishora mu ngeso mbi bitewe n'ihungabana.

e) Ingaruka ku muryango muri rusange:

- Umuryango usigara ufite isura yandujwe mu baturanyi, bigatuma ubangamirwa mu bandi, ugataka icyubahiro n'icyizere wari usanganywe mu bandi.
- Ubutunzi bw'umuryango buba bushobora kugabanuka bitewe n'uko haba hakenewe ibikoresho byinshi byo kwita ku mwana n'uwo mwuzukuru.
- Hashoborakuvuka amakimbiranemumuryango hagati y'ababyeyi ubwabo cyangwa hagati y'ababyeyi n'umukobwa, bigahungabanya umutekano n'ubusabane bwabo.

2.3. Uruhare rwa buri wese mu guhangana n'ingaruka zaturutse ku kibazo cy'umukobwa watewe inda akiri muto mu muryango

Mu gukumira no gukemura amakimbirane aterwa n'umwana watewe inda akiri muto, umugabo, umugore, n'umwana bafite uruhare runini mu kubaka no gusigasira ituze mu muryango.

Inshingano z'ababyeyi (Umugabo n'umugore):

- Kudaterehana umwangavu watewe inda.
- Kumufasha kugera kwa muganga agahabwa serivisi zimugenewe
- Gukomeza kumurinda ihungabana no kumufasha kugana serivise zirebana n'amategeko.
- Kwakirana urugwiro umwana uvutse mu muryango
- Gufasha umwangavu gusubira mu buzima busanzwe.

Urugero: Kumusubiza mu ishuri

Inshingano z'abangavu batewe inda

- Kwiyakira no kongera kwigirira icyizere.
- Kwita ku mwana wavutse
- Gufasha umwana yabyaye guhabwa serivisi

z'ubuzima n'izindi yemererwa n'amategeko.

- Kwirinda kongera gusama akiri muto.
- Gukomeza kubaha ababyeyi cyangwa abamurera no gufatanya nabo mu buzima bwa buri muni.

Umwanzuro: Buri wese rero mu bagize umuryango, asabwa kongera kugira uruhare mu nshingano zimureba kugirango twongere kubaka umuryango mwiza ushoboye kandi utekanye.

2.4. Iby'ingenzi ku burenganzira bw'umwana

- Umwana ni umuntu wese uri muni y'imyaka 18 y'amavuko
- Umwana afite uburenganzira bwo kwandikwa mu gitabo cy'irangamimerere akandikishwa n'ababyeyi be cyangwa undi wese ubyemererwa n'itegeko.
- Umwana wese afite uburenganzira bwo kugira umuryango avukamo, abamo ndetse anakuriramo.
- Umwana afite uburenganzira bwo kurindwa ku buryo bwose no kugaragarizwa urukundo kugirango yisanzure.
- Umwana afite uburenganzira bwo kumenya

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ababyeyi be, kubana nabo no kurengeza nabo igihe bariho.

- Mu gihe umwana adashobora kubana na se cyangwa na nyina afite uburenganzira bwo gufatwa neza na bo aho bari hose no kubasura igihe cyose abishakiye.
- Umwana utarageza ku myaka itandatu(6) y'amavuko agomba kubana na Nyina keretse iyo bishobora kubangamira inyungu z'umwana.
- Umwana afite uburenganzira bwo guhabwa uburezi, ubuzima, imirire, isuku n'umutekano

Ikiganiro cya 3: Kwimakaza umuco wo kuganira no gusabana hagati y'abagize imiryango ifite umwihariko w'abana banduye Virusi itera SIDA



Iki kiganiro cya gatatu kigamije gufasha abana banduye Virusi itera SIDA n'ababyeyi babo kwimakaza urukundo, ubumwe n'ubusabane mu muryango, bikabafasha guhangana n'ingaruka z'ubu bwandu. Cyongerera ubumenyi abana n'ababyeyi ku buryo bwo kwiyakira, kwita ku buzima bw'abanyamuryango, gufata imiti neza, gukurikiza inama z'abaganga no kwirinda imyitwarire ishobora guteza akaga ubuzima bw'abo n'ubw'abandi, byose bigamije kubaka icyizere, ubuzima bwiza n'ejo hazaza heza mu muryango.

3.1. Kwimakaza urukundo, ubumwe n'ubusabane mu bagize umuryango

Urukundo, ubumwe n'ubusabane bw'abagize umuryango ni imbaraga zifasha guhangana n'ibibazo by'ubuzima by'umwihariko; n'ingaruka zituruka ku kwandura virusi itera SIDA k'umwe mu bawugize. Iyo umwana wanduye virusi itera yumva akunzwe n'ababyeyi ndetse n'abandi bagize umuryango, bimufasha kutiheba, kwigarurira icyizere no kugira icyizere cy'ejo hazaza.

3.2. Uruhare rwa buri wese mu bagize umuryango mu guhangana n'ingaruka zituruka ku kwandura virusi itera SIDA

i) Umwana uwanduye virusi itera SIDA

- Kwiyakira, gukurikiza inama z'abaganga no kwigirira icyizere.
- Gufata imiti neza nkuko bigenwe .
- Kwirinda kwishora mu mibonano mpuzabitsina idakingiye no kwirinda kwanduza abandi.
- Kwitabira serivisi zose z'ubuzima agenerwa.
- Kwirinda indi myitwarire yose ishobora guteza ibibazo ubuzima bwe n'ubw'abandi.

ii) Ababyeyi b'umwana (Umugore n'umugabo)

- Kugaragariza urukundo umwana wanduye virusi itera SIDA no kumwitaho uko bikwiye.
- Kumuba hafi muri byose.
- Kumurinda ihezwa n'akato.

- Gushishikariza abandi bagize umuryango kwipimisha no kwirinda.
- Gushyigikira umwana mu rukundo, kumuba hafi no kumwereka ko atari wenyine.
- Gukurikirana ubuzima bwe, kumuherekeza kwa muganga no kumufasha gufata imiti neza.
- Gutoza abandi bagize umuryango uko wakwita k'uwanduye virusi itera SIDA.

iii) Abavandimwe n'abandi bo mu muryango mugari

- Kumwereka urukundo n'ubufatanye mu buzima bwa buri muni.
- Kudatererana umuvandimwe wabo wanduye virusi itera SIDA cyangwa ngo bamuhe akato.
- Kumufasha mu bikorwa byo kumwitaho (nko kumuherekeza kwa muganga).
- Kwirinda gusangiza amakuru ye y'umwihariko abandi batabifitiye uburenganzira.
- Kumutera akanyabugabo no kumufasha kwiyakira.

Umwanzuro: Iyo umwana wanduye virusi itera SIDA afashwa n'umuryango we mu rukundo, no kumwitaho, bimurinda guheranwa n'ingaruka z'icyo kibazo kandi bikamufasha kubaho neza, agakomera mu mubiri no mu mutima. Ubufatanye bw'abagize umuryango ni inkingi ya mwamba mu guhangana n'iki kibazo.

3.3. Amwe mu makuru y'ingenzi ukwiye kumenya kuri Virusi itera SIDA.

- Kuba umuntu yaranduye virusi itera SIDA ntibivuga ko ubuzima bwe burangiye.
- Uwanduye virusi itera SIDA iyo abimenye hakiri kare agahabwa serivisi z'ubuzima zabugenewe harimo gufata imiti neza, akarya indyo yuzuye, agakora imyitozo ngororamubiri, akigirira isuku; bimufasha kubaho ubuzima bwiza akaramba.
- Ni byiza kandi kugira abantu wisanzuraho, wizeye ukaba wababwira ikikuri ku mutima cyaba igishimishije cyangwa ikibabaje.
- Ikindi gifasha ni ukugira umwanya wo gukora ibigushimisha bitagira uwo bibangamiye.
- Ubu hari imiti ihabwa umuntu wanduye Virusi itera SIDA bitewe n'icyiciro agezemo bikamufasha guhagarika kwiyongera kwayo mu mubiri, bigatuma umubiri ugarura imbaraga zo kurwanya indwara z'ibiyuririzi no gutuma umuntu atarwaragurika.
- Iyo umuntu atangiye imiti igabanya ubukana si byiza ko ayihagarika, niyo abasirikare bazamuka bakaba benshi. Ni byiza gukomeza

gufata imiti igabanya ubukana uko bikwiye, kuko bituma Virusi itera SIDA idakomeza kwiyongera mu mubiri cyangwa ngo inanire imiti wanywaga kubera kuyifata nabi.

- Imibonano mpuzabitsina idakingiye ni uburyo bumwe kandi bw'ibanze virusi itera SIDA yanduriramo ku bwinshi.
- Kuba umuntu yaranduye virusi itera SIDA ntabwo bisobanuye guhagarika ubwirinzi bwose bwo kuhangana no kwandura virusi itera SIDA kuko iyo utirizye ushobora kwakira ubwandu bushya mu mubiri wawe kandi bikakugiraho ingaruka mbi kuko umubiri uba wongeye kuhangana bushya n'ubwo bwandu buje.
- Ikindi kandi ni ugukomeza kugira uruhare rwiza mu kugabanya ubwandu bushya wirinda unarinda n'abandi, hagendewe kuri izi ntego:

- **NTABE ARI JYE WANDUZA CYANGWA WANDURA UBWANDU BUSHYA.**
- **RINDE UBWAVE URABA URINZE N'ABANDI**

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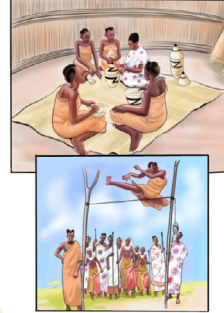
Ikiganiro cya kane (4): Imitegurire n'imiyoborere y'ibiganiro ku buzima bw'imyororokere hagati y'abagize umuryango muri rusange



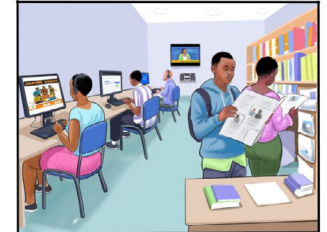
Ibiganiro hagati y'ababyeyi n'abana mu muryango ni ingenzi kuko byongera ubwuzuzanye, ubwisanzure n'ubumwe mu muryango. Ariko, mu muryango nyarwanda ntibikorwa uko bikwiye, bityo icyo cyaho kigatera ibibazo bitandukanye. Iki kiganiro kigamije kongerera ubumenyi ababyeyi ku mitegurire n'imiyoborere y'ibiganiro hagati yabo n'abana babo, cyane cyane ku buzima bw'imyororokere bijyanye n'icyiciro abo bana bagezemo.

4.1. Kugereranya imitangire y'ibiganiro byihariye ku ngimbi n'abangavu mu Rwanda rwo hambere no mu Rwanda rw'ubu

Isoko y' Amakuru ku buzima bw'imyororokere mu Rwanda rwo hambere .



Isoko y' Amakuru ku buzima bw'imyororokere muri iki gihere



Ishusho: U Rwanda rw'ubu

- Mu Rwanda rwo hambere ababyeyi bagiraga umwanya uhagije wo kuganira n'abana babo bakabatoza umuco nyarwanda bakiri bato.
- Iyo bageraga mu gihe cy'ubugimbi n'ubwangavu, ibiganiro bibagenewe byakorwaga ahanini n'abandi bantu bakuru bo mu muryango wagutse bigamije kubafasha kuba inkumi n'abasore bafite indangagaciro, ndetse bakanabategura kuzaba abagabo n'abagore bizihye igihugu cyabo cy'u Rwanda.
- Ingimbi zaganirizwaga na ba sewabo cyangwa

ba nyirarume, bakabigisha gukunda no kurwanira igihugu, ubuzima bw'imyorokere ndetse no gukorera umuryango mu gihe bazaba babaye abagabo. Naho abangavu baganirizwaga na ba nyirasenge cyangwa ba nyinawabo, babigisha ku buzima bw'imyorokere ndetse bakanabatoza kwita ku muryango.

- icyo kiganiro cyagiye gikendera ndetse hamwe na hamwe kigacika burundu biturutse ku mpinduka z'ibihe tugenda tunyuramo bityo isoko y'amakuru ingimbi n'abangavu bakeneye ihinduka itangazamakuru rinyuze mu mbuga nkoranyambaga, ibinyamakuru, mu rungano, rimwe na rimwe bidatanga amakuru nyayo.
- Uko abagize umuryango bagenda bafata umwanya munini bakoresheje ibyavuzwe haruguru bahugiye mu kazi ka buri munsu, kuganira mu miryango byabaye ingume. Ni yo mpamvu ibibazo bitandukanye bigenda byiyongera nk'ubumenyi buke ku buzima bw'imyorokere, kwishora mu busambanyi, inda ziterwa abangavu, ikoresha ry'ibiyobyabwenge, n'ibindi.
- Uyu muco mwiza rero ugarutse wadufasha gukumira biriya bibazo byugarije umuryango.

4.2. Inkingi z'ibanze mu gutegura no kuyobora ibiganiro mu muryango

Kugira umuryango mwiza ugizwe n'ababyeyi basabana n'abana babo bisaba gushyiraho umwanya mwiza uhoraho wo kwicarana bakaganira batishishanya, nk'abagize umuryango. Mu kiganiro buri wese mu bagize umuryango aba afite uburenganzira bungana n'ubw'undi.

Zimwe mu nkingi z'ibanze mu gutegura no kuyobora ibiganiro mu muryango:

- Guhitamo no gutegura aho muganirira hatuje kandi hatekanye.
- Gutegura insanganyamatsiko y'ikiganiro, buri wese mu bagize umuryango agira uruhare rungana n'urwa mugenzi we mu gutoranya icyo bazaganiraho.
- Kumenya gutega amatwi neza
- Kubaha igitekerezo cya buri wese mu bagize umuryango
- Gufatira umwanzuro hamwe nk'abagize umuryango
- Gushyiraho umwanya mwiza ngarukacyumweru uri hagati y'iminota 45 na 60 mu muryango wo kujya bicara bakaganira kandi bikubahirizwa.

Icyitonderwa: Kugirango ikiganiro kigende neza, hirindwa ko ikiganiro cyaba nk'urubanza rwo kugaragaza amakosa cyangwa se ibitagenda neza mu muryango gusa ahubwo kikaba umwanya w'ubusabane ubwisanzure mu mwuka mwiza wuje urukundo n'ubwubahane, ahabaye amakosa mugasabana imbabazi.

4.3. Bimwe mu by'ibanze bikwiye kuganirwaho mu muryango:

- Impinduka ku mubiri w'ingimbi n'uw'abangavu
- Impinduka mu mitekerereze n'imyitwarire y'ingimbi n'abangavu
- Uburenganzira bw'umwana
- Uburyo bwo guhitamo inshuti nziza
- Amahitamo meza no kwifatira icyemezo
- Ihohotera n'amoko yaryo
- Kubungabunga ubuzima bwo mu mutwe
- Kwirinda ibiyobyabwenge
- Iterambere ry'abagize umuryango
- Uburere mboneragihugu n'ibindi

4.4. Akamaro ko kugira ibiganiro bihoraho ku buzima bw'imyororokere hagati y'abagize umuryango

- Bifasha abana n'abakuru kumenya neza ibyerekeye imikorere y'umubiri, imihindagurikire yawo, n'imyitwarire ikwiye.
- Bituma abana badakurikirana amakuru y'ibinyoma cyangwa ahabanye n'ukuri babona mu nshuti cyangwa ku mbuga nkoranyambaga.
- Abana biyubakamo ubutwari bwo kubaza ababyeyi ibyo baba bibaza badasobanukiwe ku buzima bw'imyororokere, ntibatinye cyangwa ngo bumve ko ari ibanga ridakwiye kuganirwaho.
- Birinda abangavu inda zitateganijwe no kwandura Virusi itera SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina kubera ko umwana aba afite ubumenyi bwatuma afata imyanzuro iboneye.
- Ababyeyi baboneraho umwanya wo gusobanurira abana ibyiza byo kwihangana, kubaha umubiri wabo n'uw'abandi, no kubana mu rukundo rufite intego nziza.

KWIMAKAZA UMUCO WO KUGANIRA NO GUSABANA HAGATI Y'ABABYEYI N'ABANA BAGEZE MU CYICIRO CY'UBUGIMBI N'UBWANGAVU

- Bituma abana bamenya gutandukanya ibyabagirira akamaro n'ibibashyira mu kaga.
- Bituma ababyeyi n'abana bagirana umubano wuzuye ukwizerana, bigatuma umuryango wubaka ubumwe n'ubwuzuzanye kandi ubaho utekanye.
- Bifasha abana kumenya guhitamo neza birinda ibyabagusha mu bishuko.
- Bituma umwana akurana ikinyabupfura bityo nawe akazagitoza abazamukomokaho.

Umwanzuro: Ganira n'umuryango wawe hakiri kare amazi atararenga inkombe ubigire umuco bizawurinda ibibazo byinshi biwugarije muri iki gihe.

IGICE CYA GATATU

3

**UMUSARURO W'IBIGANIRO HAGATI
Y'ABANA N'ABABYEYI MU MURYANGO
NO KUWUSIGASIRA**

UMUSARURO W'IBIGANIRO HAGATI Y'ABANA N'ABABYEYI MU MURYANGO NO KUWUSIGASIRA



Igice cya gatatu kigizwe n'ikiganiro kimwe kigaruka ku musaruro w'ibiganiro hagati y'abana n'ababyeyi mu muryango n'uburyo bwo kuwusigasira. Kugira umuco wo kuganira no gusangira ibitekerezo bifasha abagize umuryango kumvikana no gushyira hamwe intego zabo. Buri gihembwe (amezi atatu), ni byiza ko bicara hamwe bagasesengura ibyo bagezeho mu biganiro byabo, bakaniga uburyo bwo kubisigasira no kubishyira mu bikorwa. Ubu buryo butuma umuryango ukomeza kuba ahantu h'ubwumvikane, ubumwe n'iterambere.

Ikiganiro cya mbere (I): Gukurikirana bihoraho umusaruro w'ibiganiro mu muryango



Nk'abagize umuryango bimakaza umuco wo kuganira no gusangira ibitekerezo, ni ngombwa kwisuzuma ku buryo buhoraho hagamijwe kureba umusaruro uva mu biganirwa bagirana, bakanareba uburyo bwo kuwusigasira. Iki kiganiro gikubiyemo uburyo bwo gusuzuma ibyiza byagezweho, imbogamizi imiryango ihura nazo mu kunoza ibiganirwa hagati y'abagize cyane cyane ababyeyi n'abana, ndetse no kurebera hamwe uburyo burambye bwo gusigasira umusaruro uva muri ibyo biganirwa

I.I. Amakuru y'ingenzi mu gusigasira umusaruro w'ibiganirwa mu muryango

- Kwimakaza umuco wo kuganira no gusabana iwacu, ni uburyo bwizewe buzana impinduka vuba mu muryango, bigatuma ubana mu mahoro ni imbarutso kandi y'ibyishimo byuzuye mu muryango.
- Kuganira ku buzima bw'imyororokere n'abana bacu by'umwihariko abageze mu gihe cy'ubugimbin'ubwangavubyongera ubusabane hagati y'abana n'ababyeyi, bigatuma abana bisanzura ku babyeyi babo, bitanga icyizere ku bana bacu kandi bikanabarinda kugwa mu bibazo by'ingutu byugarije umuryango muri iki gihe harimo n'inda ziterwa abangavu...
- Kwimakaza umuco w'ibiganirwa n'ubusabane hagati y'abagize umuryango biba imbarutso y'imibereho myiza n'iterambere kuko abahuje bagera kuri byinshi.
- Bashishikarize kugera ku muryango y'abaturanyi by'umwihariko imiryango ifite umwihariko.

UMUSARURO W'IBIGANIRO HAGATI Y'ABANA N'ABABYEYI MU MURYANGO NO KUWUSIGASIRA

- Basobanurire imbata bazajya batangiramo raporo, unabamenyeshe aho bazajya bayitanga (ku Kagari no ku Murenge) n'igihe ntarengwa cyo kuyitanga (rimwe mu kwezi)
- Wibuke guha umwanya, umuganga waturutse ku kigo nderabuzima abarangire uko baja babona serivisi zabagenewe, uhe n'Uhagarariye inzego z'ibanze umwanya agire icyo abivugaho anasoza ihuriro, umumenyeshe kandi ko ari bo bagiye gukomeza gusigasira ibyagezweho no kubigeza **aho bitaragera** bifashishije Komite yatowe muri ya miryango yabaye indashyikirwa.

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2. "Agatabo Agaciro kanjye," Agatabo kagenewe Urubiruko rufite imyaka hagati ya 14-24, Imbuto Foundation 2016.
3. "Tuganire mwana wanjye," Agatabo kagenewe gufasha ababyeyi kuganiriza abana ku buzima bw'imyorokere, Imbuto Foundation 2016
4. Official Gazette n°31 of 01/08/2016, Itegeko N°27/2016 ryo ku wa 08/07/2016 rigenga imicungire y'umutungo w'abashyingiranywe, impano n'izungura, ingingo ya 9. P17
5. Indangagaciro z'umuco nyarwanda, Igatabo nyobozi, Minisiteri ya Siporo n'Umuco, 2018
6. National Youth Policy Towards a HAPPI Generation Kigali, September 2015
7. Imfashanyigisho yo guhugura urubiruko rufite hagati y'imyaka 15 na 24 mu kwirinda icyorezo cya SIDA," Imbuto Foundation 2011.
8. Kwita ku buzima bwo mu mutwe muri gahunda ya baho neza, imfashanyigisho igenewe uhugura, imbuto foundation 2025
9. Itegeko Nshinga rya Repubulika y'u Rwanda ryo mu 2003 ryavuguruwe mu 2015, Ingingo ya 17 n'Itegeko N°32/2016 ryo ku wa 28/08/2016 rigenga abantu n'umuryango, Ingingo ya 166.
10. Inyoborabiganiro mu mugoroba w'imiryango, minisiteri y'uburinganire n'iterambere ry'umuryango, Nzeri 2020.
- II. National Institute of Statistics of Rwanda (NISR) [Rwanda], Ministry of Health (MOH) [Rwanda], and ICF. 2020. *Rwanda Demographic and Health Survey 2019-20 Key Indicators Report. Kigali, Rwanda, and Rockville, Maryland, USA: NISR and ICF.*

IMIGEREKA

Umugereka wa mbere (I): Ibindi ukwiye kumenya byagufasha kuganira n’umwana ku bijyanye n’Ubuzima bw’imyororokere

S/N	Uzi ko	Kuko.....
1	Ubuzima bw’imyororokere butandukanye n’imibonano mpuzabitsina!	<ul style="list-style-type: none"> • Ubuzima bw’imyororokere ni imiterere, imikurire, imikorere, imihindagurikire y’umubiri, n’uburyo izo mpinduka zigaragara mu myifatire y’umwana wawe. Bityo, kubiganiraho n’umwana wawe bibafitiye akamaro mwembi.
2	Bidasaba kugira ubumenyi buhambaye ku buzima bw’imyororokere kugira ngo uganirize abana!	<ul style="list-style-type: none"> • Kuganira n’abana bisaba gutangirira kuri bike uzi ibindi ukabibaza abafite ubumenyi bwisumbuye ukabyihuguraho. • Kuganira bishobora guhera ku kiganiro mugiranye imuhira cyangwa mwumvise kuri radiyo, televiziyo, ikinyamakuru, n’ibindi.....
3	Kuganiriza abana ibijyanye n’ubuzima bw’imyororokere idatuma bishora mu mibonano mpuzabitsina nk’uko abenshi babyibwira!	<ul style="list-style-type: none"> • Ubushakashatsi bugaragaza ko abana baganirijwe ku buzima bw’imyororokere, bakabona amakuru y’ukuri n’indangagaciro nziza badakunze kwishora mu mibonano mpuzabitsina. • Kuganiriza abana ku buzima bw’imyororokere ntaho bihuriye no ku baganiriza imibonano mpuzabitsina kuko muganira ku mihindagurikire y’imibiri, indangagaciro zabafasha kwirinda icyahungabanya ubuzima bwabo icyo aricyo cyose, amahitamo ku bintu bitandukanye harimo n’ibyerekeye imibonano mpuzabitsina, ubucuti n’ibindi. • Iyo duhaye abana bacu amakuru nk’aya bituma birinda kugendera mu gitutu cy’urungano kandi bikabafasha gufata ibyemezo bikwiriye.

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4	Iyo ingimbi cyangwa umwangavu akubajije ibijyanye n'ubuzima bw'imyororokerebidasanuye ko aba akora imibonano mpuzabitsina!	<ul style="list-style-type: none"> • Abana benshi babaza kubera amakenga no kureba ko ibyo yibaza aribyo, kuko abona umubyeyi we nk'ufite amakuru nyayo. • Amakuru ku buzima bw'imyororokere ashobora kuyakura ahantu hatandukanye: televiziyo, radiyo, filimi, murandasi, telefoni, ibinyamakuru, indirimbo, ibyapa, n'ibindi kandi hari igihe ayo makuru aba adasananutse neza, cyangwa ateye urujijo, bityo abana bakaba baba bakeneye kuyasanukirwa neza.
5	Ushobora kuganiriza umwana ibijyanye n'ubuzima bw'imyororokere hagendewe ku cyiciro cy'imikurire cyose yaba agezeho!	<ul style="list-style-type: none"> • Ubuzima bw'imyororokere butangira umwana akivuka. • Amenya uburyo yifata nk'umugabo, umugore no kumenya guhitamo incuti mu gihe atangiye gukura. • Atangira kugaragaza amarangamutima ajoyanye n'ikigero agezemo, harimo n'uburyo agaragaza urukundo, kwita ku nshuti n'abandi.
6	Wasubiza neza umwana ku kibazo akubajije ku buzima bw'imyororokere Aho kumwihorora cyangwa kumucyaha.	<ul style="list-style-type: none"> • Bigaragariza umwana ko witeguye kumusobanurira ibyo atazi, bigatuma akwisanzuraho ndetse bigatuma ari wowe ahora ashakishaho amakuru n'ibisubizo ku bintu atazi aho kubishakira ahandi. • Iyo usubije umwana umukabukira biramuhungabanya ntazongere kukugirira icyizere cyo kukubaza ikindi kibazo cyangwa kugisha inama. • Niyo waba ntagisubizo ufite, bwira umwana ko utakizi ariko ko ugiye kugishaka ukazamusobanurira.

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7	Uko wavugisha umwanawawe w'umwangavu arina ko wavugisha ingimbi ku byerekeye ubuzima bw'imyororokere	<ul style="list-style-type: none"> • Bombi bakeneye amakuru abafasha kubungabunga ubuzima bwabo, bityo bagakura bakavamo abagabo n' abagore babereye umuryango. • Birakwiye ko bombi basobanukirwa n'imiterere y'imibiri yabo ndetse n'uko ihinduka uko bagenda bakura. • Ni ngombwa ko bombi bamenya uburyo bwo kwita ku mibiri yabo, kwirinda indwara, n'izindi ngaruka bahura nazo mu mikurire yabo. • Bombi bibaha amahirwe yo kumenya gufata ibyemezo bibungabunga ubuzima bwabo.
8	Ufite uruhare rwo gutuma umwana wawe yisanzura akakuganiriza ku bijyanye n'ubuzima bw'imyororokere!	<ul style="list-style-type: none"> • Ushobora guhera ku cyo umwana akunda (indirimbo, guhamiriza, ikinamico, kureba televiziyo) ukamuganiriza ku buzima bw'imyororokere. <p>Urugero: Ku mwana ukunda indirimbo: Kuri radiyo hashobora kujyaho indirimbo ivuga ku rukundo rw'umuhungu n'umukobwa maze ukaba wabiheraho, ukamubaza icyo ayitekerezaho, mukaganira.</p> <ul style="list-style-type: none"> • Uko ugenda umuganiriza utyo bituma arushaho kukwizera akakwegera mukaganira ibyo yibaza cyangwa atazi.
9	Wafasha umwana kubana neza n'impinduka ziba mu gihe cy'ubugimbi n'ubwangavu!	<ul style="list-style-type: none"> • Gutegura umwana mbere bituma yinjira mu gihe cy'ubugimbi n'ubwangavu adatunguwe, ndetse nawe nk'umubyeyi ukabyitegura. • Kumenyeshya umwana ko impinduka ziba igihe cy'ubugimbi cyangwa ubwangavu zisanzwe kandi ko buri muntu zimubaho mu buryo bwe bwihariye bituma arushaho kubana neza n'impinduka zimubaho. • Kwirinda kumuganiriza amagambo atuma yumva ko urimo kumuseka kubera impinduka yagize ku mubiri cyangwa mu myitwarire bigatuma ntacyo yongera kukubwira.

IO	Wafasha abana kutishora mu mibonano mpuzabitsina birinda igitutu cy'urungano.	<ul style="list-style-type: none"> • Ushobora kuba inshuti y'inkoramutima y'umwana wawe • Wareka incuti z'abana bawe zikakwisanzuraho • Watega amatwi abana mu gihe batanga ibitekerezo • Wareka abana bakagira uruhare mu biganiriro mugirana wirinda gutanga amategeko • Wakurikirana amakuru ku mwana wawe ugerageza kumenya aho aherereye, abo bari kumwe, uburyo akoresha itumanaho • Wagira umwana wawe inama yo kutagirana ubucuti n'umuntu umuruta mu myaka cyane cyane iyo uwo muntu ashobora kumushuka bagakorana imibonano mpuzabitsina. • Wafasha umwana wawe kwigiramo icyizere no kugira intego mu buzima. Ubushakashatsi bugaragaza ko abana bifitiye icyizere cyangwa se bafite intego y'ubuzima bwabo ari bo bifata neza. • Wabera umwana wawe umubyeyi w'icyitegererezo.
II	Wagira inama umwana kudakora imibonano mpuzabitsina ushingiyeye ku ndangagaciro zakurinze kuyikora utarashaka!	<ul style="list-style-type: none"> • Uganira n'umwana wawe uko wabanye neza n'impinduka zakubayeho mu bugimbi n'ubwangavu • Uganira n'umwana ingorane cyangwa ibibazo wahuye nabyo n'uko wabyitwayemo.

Umugereka wa kabiri(2): Agakuru k'uburyo ababyeyi baganiriza umwana ku kuboneza urubyaro

Adela: Ariko Ansila, kuboneza urubyaro bajya bavuga kuri Radio ujya ubikurikirana?

Tomasi: Ariko Adela nawe, Ansila se ibyo yaba abishakamo iki koko!

Ansila: Nanjye ntyo papa! Ko ibyo kuboneza urubyaro ari iby'abashakanye,...njye naba mbishakaho iki?

Adela: Ndumva wowe na So mufite imyumvire imwe. Ariko mushatse mwajya mubikurikira. Uzi ko mbere yo gushaka nari nzi ko nzabyara abana nibura 8 kubera kuganira na nyogokuru wajyaga ambwira ko nkwiye kuzabyara nkungura umuryango!

Tomasi: Ariko rero wa mugani wawe, ibintu byarakomeye muri iki gihe...ngaho ibitunga abana, Mitiweli, amashuri, imyambaro..., birakomeye. Ndakugarukiye Ade! Abana bakwiriye kubiganirizwa bakiri bato, bakabyumva. Maze bakura, bakabishyira mu bikorwa.

Adela: Ntiwumva se! Rata nyibwirira mwana wa, wumva ushaka kuzabyara abana bangahe?

Ansila: Mama, jye sinzarenza batatu rwose.

Adela: None ukaba uvuga ko utajya ukurikirana inyigisho ku kuboneza urubyaro kuri radiyo na televiziyo. Nyamara zibamo amakuru menshi.

Ahubwo n'ejo ngiye kureba muganga yaratwigishije cyane. Mwana wa, ahubwo icara hasi nkunyurire mu byo twize muri make. Muganga yatwigishije ku ngingo zikurikira:

1. Kuboneza urubyaro ni icyo ari cyo.
2. Uburyo bwo kuboneza urubyaro butandukanye.
3. Akamaro ko kuboneza urubyaro.

Umugereka wa gatatu (3): Imwe mu Imikino/ Induhura yakwifashishwa

Umukino wa mbere (I): Mu mazi, ku nkombe

Uko umukino ukorwa:

- Uyoboye umukino asaba abandi kujya ku ruziga.
- Agasobanura ko imbere yabo ari inyanja mu gihe inyuma yabo ari inkombe.
- Ababwira ko agiye kujya asaba ko navuga ijambo "Mu mazi" abandi basimbuka bajya imbere yabo ariho bita "Inyanja".
- Mu gihe abasabye gusubira inyuma akoresha ijambo "Ku nkombe".
- Iyo hagize ujya ahatari aho yavuze ahita ajya muruziga hagati agafasha umuyobozi w'umukino kureba ko hari abandi batajya aho bavuze.
- Uhugura akomeza kubikora gutyo kugeza ashatse guhagarika umukino

Umukino kabiri (2): Umukino wo guhisha no gushaka

Uko umukino ukinwa:

- Abakinnyi baja kuruziga , Umwe atoranywa agasohoka akajya aho atabona ibyo abandi bari gukora
- Iyo ari hanze, abandi bakinnyi bahisha ikintu runaka (urugero: ikaramu, umupira, igikinisho...).
- Uwasohotse ahamagarwa akagaruka
- Atangira gushaka aho icyo kintu cyahishwe kiri.
- Abakinnyi bandi bamufasha bamwerekana uko yegera aho ikintu kiri bakoresheje amagambo nk'aya:
- "Uri kure cyane" (ni ukuvuga ko ikintu kiri kure aho ari).
- "Urimo kwegera" cyangwa "Uri hafi" (ni ukuvuga ko ari hafi y'aho ikintu kiri).
- "Wakigeraho" (ni uko ari hafi cyane).
- Iyo agifashe, bese barishima bagakoma mu mashyi, bakamubwira ko yatsinze, bigakomeza (bakohereza undi).

Umukino wa gatatu (3): Imibu'

Uko umukino ukinwa;

- Uyoboye umukino asaba abandi kujya kuruziga
- Uyoboye umukina avuga mwijwi riranguruye

ijambo; "Imibu, imibu" agasaba abari kuriziga gusubiramo rimwe bati "imibu" akabivuga inshuro ashaka nabo bakamwikiriza ngo "imibu"

- Uyoboye umukino akavuga ngo "yifate", abari gukina bakayifata mukiganza (gufunga ikiganza) amaboko yabo ari hejuru kugira ngo bigaragare hatagira uriganya abandi
- Uyoboye umukino yavugaga ati yice, abari gukina bagakoma mumashyi (ikimenyetso cyo kwica imibu)
- Uyoboye yavugaga ati yikandagire, abari gukina bagakoresha ukuguru kumwe bagakandagira umubu
- Uyoboye umukino akomeza kugenda ababwira icyo gukora niba ari "yifate", "yice" cyangwa "yikandagire" gutyo gutyo akagenda abajijisha ahinduranya amagambo (yifate, yice, yikandagire) kugera ngo arebe ko bakurikiye.
- Unyuranyije n'amabwiriza aba atsinzwe akurwa mu mukino, agafasha uyoboye umukino kureba abandi barabyica...gutyo gutyo hanyuma akaza gushimira abakinnyi bitwaye neza bagatsinda uwo mukino.

Umukino wa kane (4): Kwigana (Mimics Game)

Uko umukino ukorwa:

- Abakinnyi bahagarara mu itsinda.

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- Umukinnyi umwe aratoranywa (bamuhitamo) bakamwerekera inyamaswa, ikintu kizwi cyangwa igikorwa (urugero: gusenga, Inzovu, Inka, kwiruka, indogobe, inyoni, ihene, kunywa, kurya umusirikare...n'ibindi).
- Uwo mukinnyi agomba kwigana icyo kintu atavuze ahubwo akoreshe imyitwarire, ibikorwa n'ibimenyetso.
- Abandi bakinnyi barareba ibyo ari gukora cyangwa kubereka bagakeka icyo ari cyo. Uwuweka neza aba atsinze umukino akaba aba ari we ukurikiraho kwerekwa icyo abandi bari bucyeye.

Umukino wa gatanu (5): Agatambaro k'umwana w'Imana kari he?

Uko umukino ukorwa:

- Uyoboze umukino asaba abawukina gukora uruziga murebimbere,
- Umwe agafata agatambaro akagenda azenguruka akazenguruka aririmba ngo (Agatambaro kumwana karihe? Bakamusubiza ngo "ngako karahise) (x2) akaza kugashyira inyuma yumwe mu bakina umukino.
- Yamugeraho atarakabona akamukorako akicara aho yariyicaye undi akazenguruka aririmba nawe aririmba ngo (Agatambaro kumwana karihe? Bakamusubiza ngo "ngako karahise) x2)

Umukino wa gatandatu(6) : Nkwihoreze

Uko ukorwa:

Intambwe ya mbere:

Kora mingo y'abantu babiri, buri wese avuge inkuru mbi y'ubuzima bwe, hanyuma iyo nkuru ayite izina. Urugero: agahinda, ubupfubyi, kwigunga, etc. Hanyuma ubasabe kugaruka ku ruziga.

Intambwe ya kabiri:

- Umuyobozi akaririmba akaririmbo kavuga ngo "amazi yo ku iteke ko ari make (x2), ko atazamara inyota bikambabaza.
- Bose bagasubiza ngo: "Nkwihoreze".
- Baba bakoma amashyi bese mu nyana imwe

Intambwe ya gatatu:

- Umuntu umwe arunama,
- Abantu babiri bamukikije, uw'iburyo n'uw'ibumoso bagakubitana amashyi hejuru ye bavuga bati: "Nkwihoreze". "amazi yo ku iteke ko ari make (x2), ko atazamara inyota bikambabaza.

Gasaro nkwihoreze, Gatesi nkwihoreze, Ukoru uruziga kukajya mukoma mu mashyi muririmba,

Umukino wa karindwi (7): Ziraguruka

- Saba abahugurwa kujya ku uruziga rugari
- Saba abahugurwa kunama bakomanga ku mavi yabo bavuga ijambo ngo "ziraguruka." uyoboze

umukino avuga izina ry'ikintu (Urugero: Inyoni, Inka, Inkoko, Inzu).

- Saba abahugurwa kuzamura maboko mu gihe ikintu kivuzwe kiguruka no gukomeza gukomana ibiganza ku ivi ku kintu kivuzwe kitagaruka.
- Saba uwabinyuranyije kujyamo hagati afashe umuyobozi kureba abandi bari bubyice.

Umugereka wa kane (4): Ifishi y'isuzuma ngarukakwezi ngenderwaho mu gusigasira umuco w'ibiganiro ku mu muryango

Iyi fishi yuzuzwa n'abagize umuryango incuro imwe mu mu Kwezi, bityo bakamenya umusaruro wavuye mu biganiro bakoze ndetse n'uburyo bwo kwusigasira.

Amakuru kuri gahunda yo kwimakaza umuco w'ibiganiro mu muryango		
1	Muri uku kwezi, umuryango wacu wakoze ibiganiro bihuje abagize umuryango bingahe?
2	Ni izihe nsanganyamatsiko twaganiriyeho?
3	Ni ibihe byiza byo kwishimira twagezeho mu muryango nk'umusaruro w' ibiganiro twakoze mu muryango?
4	Haba hari imbogamizi twahuye nazo?
	a) Niba ari Yego, Ni izihe?
	b) Twazikemuye gute?

IMIGEREKA

5	Ni utuhe dushya (ikintu kidasanzwe) cyabaye mu muryango wacu, imbarutso ibaye ibiganiro twagiranye?
6	Haba hari indi miryango twabashije gushishikariza kwimakaza umuco w'ibiganiro mu muryango? Niba ari yego, ni ingahe?
7	Ni ibihe byifuzo, ibitekerezo dufite byadufasha kunoza uko dukora ibiganiro mu muryango?

Murakoze!!!

Umugereka wa gatanu (5): Abagize uruhare mu itegurwa ry'iki gitabo

No.	Amazina	Ikigo
1	Ahishakiye Anaclet	Community Health Boosters (CHB)
2	Bajyanama Sangwa Oda	UMURI Foundation
3	Batamuriza Mireille	Ministry of Gender and Family Promotion (MIGEPROF)
4	Bayingana Jean Bosco	Imbutu Foundation (IF)
5	Bhai Shelly	United Nations Children's Fund (UNICEF)
6	Birungi Annet	United Nations Children's Fund (UNICEF)
7	Cyiza Francois Regis	Rwanda Biomedical Center (RBC)
8	Dusabe Rochee	Empower Rwanda
9	Dusenge Marie Ange	Health Promotion Organization (HPO)
10	Furaha Siraji	UNFPA
11	Giramata Raissa	Imbutu Foundation (IF)
12	Habimana Augustin	Independent Illustrator
13	Habiyambere Theogene	Hope Iwacu Initiative
14	Hategekimana Ezechiel	Imbutu Foundation (IF)
15	Igihozo Diane	Health Development Initiative (HDI)
16	Igihozo Yassina	Rwanda NGO Forum
17	Ihirwe Elyse	Health Development Initiative (HDI)
18	Irabagira Patience	Afro Ark
19	Isaro Bella Michelle	AKIF
20	Ishimwe Pacifique	Empower Rwanda
21	Kabera Telesphore	Hope Iwacu Initiative
22	Kabiligi Clement	Ministry of Public Service and Labour (MIFOTRA)

IMIGEREKA

23	Kalisa Boris	NABU
24	Kalisa Isabelle	Imbutu Foundation (IF)
25	Karamage Eliphaz	Rwanda Biomedical Center (RBC)
26	Karugwiza Therese	UNFPA
27	Karuhanga James	Happy Family Rwanda Organization (HFRO)
28	Kayiranga Eric	Imbutu Foundation (IF)
29	Keza Diana	Health Development Initiative (HDI)
30	Kuradusenge Pelagie	Their Voice Initiative
31	Muhire Alexis	Imbutu Foundation (IF)
32	Mukamurara Rutamu Helene	Imbutu Foundation (IF)
33	Mukandayisenga Virginia	Imbutu Foundation (IF)
34	Mukangoga Marie Louise	National Union of Disability Organizations in Rwanda (NUDOR)
35	Mukayirege Julienne	Independent Consultant
36	Munezero Evelyne	African Youth Health and Development Network (AfriYAN)
37	Murekatete Daniella	Imbutu Foundation (IF)
38	Murekatete Yolanda	Action for Women Foundation
39	Mutabazi Phenias	Ministry of Youth and Arts (MOYA)
40	Ndagijimana Olivier	UPHLS
41	Ngabonziza Inga	Imbutu Foundation (IF)
42	Niyibigira Come	SGO
43	Niyirema Anne Ketia	Happy Family Rwanda Organization (HFRO)
44	Niyitegeka Jimmy	Jeunes Scolarisés
45	Nsengiyumva Jacques	Rwanda Women Adolescent and Child Health Initiative (RWACHI)

46	Ntihemuka Eraste	Rwanda Interfaith Council on Health (RICH)
47	Ntirenganya Gervais	United Nations Population Fund (UNFPA)
48	Ntivunwa Elyse	Save Generation Organization (SGO)
49	Nyirafaranga Angelique	United Nations Children's Fund (UNICEF)
50	Nyirandagijimana Anathalie	Imbutu Foundation (IF)
51	Rutagarama Alexis	Imbutu Foundation (IF)
52	Rwigamba Natacha	Imbutu Foundation (IF)
53	Shami Elodie	Imbutu Foundation (IF)
54	Tetero Solange	Ministry of Youth and Arts (MOYA)
55	Ukunze Eddyne	Imbutu Foundation (IF)
56	Umuhoza Anny Christa	Imbutu Foundation (IF)
57	Umukunzi Martine	Imbutu Foundation (IF)
58	Umutesi Géraldine	Imbutu Foundation (IF)
59	Umutesi Providence	Society for Family Health (SFH), Rwanda
60	Usengimana Valens	ASRH Trainer
61	Uwambayingabire Delphine	Brac
62	Uwineza Patrick	Jeunes Sclarisés
63	Uwurukundo Jean Nepomuscene	Health Promotion Organization (HPO)
64	Uyisabye Alexis	UPHLS
65	Uzamukunda Martine	Afro Ark



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