

Gahunda yanjye y'ubuzima bwiza nyuma yo kubyara

Iyi gahunda ya nyuma yo kubyara igenewe kugufasha gutekereza ku buzima bwo mu mutwe n'ubuzima bwiza, ubufasha n'aho wakura amakuru wakenera muri iki gihe cy'ingenzi mu buzima bwawe n'ubw'umwana wawe. Ni icyemezo wakwifatira niba ushaka gusangiza iyi gahunda abandi.

Sinzira

Ibitotsi ni ingenzi cyane ku buzima bwawe ariko kugira umwana bishobora gutuma gusinzira bihagije bigorana. Ni ibisanzwe kuba abana basinzira mu twiciro tugufi, tugenda twiyongera uko bagenda bakura. Ibitotsi byawe na byo bishobora guhinduka nyuma y'uko umwana wawe avutse, ariko ushobora kugerageza ibi bintu kugira ngo bigufashe kuruhuka neza.

- Ushobora gusinzira hagati y'amasaha 2 - 3 mu bihe bitandukanye, kugira ngo ubashe gusinzira amasaha 7 - 9 ukeneye.
- Niba hari undi muntu ufite mu rugo wagufasha gusimburana mu kugaburira umwana, musigire umwana niba ari mukuru maze uryame.
- Niba udashobora kongera kubona ibitotsi nyuma y'uko umwana wawe akangutse, irinde ibikoresho bya elegitoronike: soma ikinyamakuru cyangwa wumve ibiturisha intekerezo.
- Niba bikomeje kukugora kongera kubona ibitotsi nyuma y'uko umwana yongeye gusinzira, bibwire umuganga wawe.
- Emerera abagusaba kugufasha cyangwa usabe inshuti cyangwa imiryango kuza kugufasha umwana kugira ngo uruhuke, ukarabe cyangwa uganire n'abantu bakuru.

Rya neza kandi unywe amazi menshi

- Gira hafi yawe: Poroteyini, imboga, imbuto n'ibyo kurya by'ibinyampeke.
- Gira ibyo kurya bihora biteguye ku buryo ushobora kurya uri kuruhuka cyangwa uri kwita ku mwana.
- Gira igikombe cyangwa icupa ry'amazi hafi yawe igihe cyose kandi ukunde kunywa amazi.

Gendagenda unashoke hanze

- Baza umuganga wawe niba ushobora gutangira gukora imyitozo cyangwa kugenda cyane.
- Haranira ko wajya umara iminota 30 ku munsu ugenda. Tangira ibyoroheje! Tembera, ukore imirimo yo mu rugo yoroheje (gukora isuku, kumesa, guteka) cyangwa gukora ubusitani, unyarukire ku iguriro cyangwa usohokane n'abandi bantu.
- Gerageza uge hanze buri munsu, n'ubwo kwaba ari ukwitembereza buke.

Hura n'abandi

- Komeza uhuzwe n'imiryango n'inshuri bagufasha.
- Shishikariza abantu kugusurira kandi ubabwire neza "amasaha bagusuriraho".



Aho wakura amakuru

[Ni gute kuba umubyeyi mushya bigira ingaruka ku bitotsi byanjye? \(www.sleepfoundation.org/sleep-deprivation/parents\)](http://www.sleepfoundation.org/sleep-deprivation/parents)

[Mfasha guhura n'abandi \(helpmeconnect.web.health.state.mn.us\)](http://helpmeconnect.web.health.state.mn.us)

[Amafunguro agendanye n'ibyciro by'ubuzima \(www.nutrition.gov/topics/nutrition-life-stage\)](http://www.nutrition.gov/topics/nutrition-life-stage)

[Aho kwiyandikishiriza muri Minnesota Doula \(www.health.state.mn.us/facilities/providers/doula/index.html\)](http://www.health.state.mn.us/facilities/providers/doula/index.html)



DEPARTMENT OF HEALTH

Minisiteri y'ubuzima muri Minnesota
Ishami ryita ku buzima bw'ababyeyi
n'abana Agasanduku K'iposita 64975
St. Paul, MN 55164-0975 651-
201-3650

health.mch@state.mn.us
www.health.state.mn.us

08/2022

Kugira ngo ubone aya makuru mu bundi buryo,
hamagara: 651-201-3650.



Tegura hakiri kare

Aho nduhukira neza mu rugo ni: _____

Ibyo kurya byiza, byoroheje nkunda ni: _____

Abantu nshobora gusaba ubufasha mu gihe mbukeneye:

1. _____

2. _____

Uburyo bwo kugenda no guhura n'abandi bantu mfite uruhinja ni:

1. _____ 2. _____

Ibikorwa nafashwamo (guhaha, gukora isuku, n'ibindi).

1. _____

2. _____

3. _____

4. _____

Iyo bibaye ngombwa

Kubyara undi mwana bizana impinduka nini,

Hari aho wakura ubufasha bwawe n'ubw'umwana wawe. Iyo habayeho ikibazo, ni byiza ko ubimenya kandi ugasaba ubufasha.

Ibimenyetso ngira hakiri kare byo kumva ntameze neza, mbabaye cyangwa mpangayitse.

• _____

• _____

Bishobora kugorana kugira uwo ubwira ko utameze neza. Iyo umeze utya, wavugisha nde?

Wamubwira iki?

Saba ubufasha

Iyo bitihutirwa, ariko nkeneye inama:

• **Ibiro by'utanga serivisi - ku manywa:**

• **Utanga serivisi/ivuriro rikora nyuma y'amasaha:**

Imirongo itishyuzwa itanga ubufasha

bwihutirwa

• Ukeneye ubutabazi bw'ako kanya: **Hamagara 911**

• **Umurongo witabazwa mu gihe cyo kwiyahura n'ibibazo by'ubuzima: 988** Hamagara 988 (wahoze ari Umurongo wo gukumira kwiyahura) cyangwa 1-800-TALK (8255)

• **Umurongo utishyuzwa w'Ubuzima bwo mu mutwe bw'ababyeyi** Hamagara cyangwa wohereze ubutumwa kuri 1-833-9-HELP4MOMS (1-833-943- 5746)

Imirongo itishyuzwa idatanga ubufasha

bwihutirwa

• **Umurongo ufasha Umwana na Nyina ku ivuriro rya Hennepin Healthcare:** (612) 873-HOPE cyangwa (612) 873- 4673 - Uyu murongo si umurongo wakira ibibazo by'ubuzima. Uwabigize umwuga utanga serivisi z'ubuzima bwo mu mutwe azaguhamagara mu gihe cy'iminsi 2 y'akazi.

• **Ubufasha buhabwa abatwite n'abamaze kubyara muri Minnesota:** Hamagara cyangwa wohereze ubutumwa kuri -800-944-4773, ubutumwa mu Cyesipanyolo: 971-203-7773. Ubufasha n'amakuru bitangwa n'abakorera bushake b'urungano iminsi 7 mu cyumweru.