

Intego zo kwita ku menyo y'abana/ibitambambuga

- Kugira ngo hakumirwe ububabare bwo kubora amenyo bakiri bato.
- Uburyo bwiza budateye inkeke bwo kwita ku menyo.
- Gushyiraho gahunda ihoraho yo koza amenyo no kwihaganyura neza.

Uburwayi bwo kubora amenyo y'abana buterwa na bibelo

Uburwayi bwo kubora amenyo y'abana buterwa no gukomeza kunywa amata, imfashabere, imitobe y'imbutu, ibinyobwa bidasembuye cyangwa ibindi byo kunywa birimo isukari kuri bibelo cyangwa udukomeze.

- Abana bafite uburwayi bwo kubora amenyo buterwa na bibelo ni abakunda kugaburirwa mbere yo kuryama cyangwa kuruhuka, bigatuma udukoko dufata umwana wo gukurira no kwiyongerera ku menyo.
- Uburwayi bwo kubora amenyo y'abana buterwa na bibelo bugira ibara ryera rigenda riba ikigina uko uburwayi bugenda bukura,

Ibintu byo kwirinda

- Irinde gusoma umwana ku munwa. Byanduza udukoko tubi two mu kanwa, dushobora gutera uburwayi bwo gucukuka amenyo, ababyeyi bashobora kwanduza abana babo.
- Irinde guhanagurisha agahendabana umunwa wawe ngo ugasubize umwana. Ibi na byo bishobora kwanduza akanwa k'umwana.
- Irinde guha umwana amata, imitobe cyangwa ikindi cyo kunywa nyuma yo kumwoza amenyo cyangwa agiye kuryama kuko bishobora gutuma agira uburwayi bwo kubora amenyo y'abana buterwa na bibelo.
- Irinde guha umwana ibyo kurya bimatira cyangwa birimo isukari. Ibyo kurya bimatira cyangwa bombo bishobora gutera uburwayi bwo gucukuka amenyo. Uburwayi bwo gucukuka amenyo butangira bujya kuba utubara twera tuza ku menyo maze tukaza kuba ikigina uko uburwayi bugenda bukura.



Uburwayi bwo kubora amenyo bwaje hakiri kare

Uburwayi bwo kubora amenyo buringaniye

Uburwayi bwo kubora amenyo bukabije

Uburyo 5 bwo kwirinda ko amenyo y'abana abora

Byiteho, ntugasangire ntugasangire ibikoreshe byo kuriraho n'umwana wawe cyangwa ngo "usukure" agahendabana ugashyira mu kanwa kawe. Ushobora kwanduza umwana wawe udukoko dutera uburwayi bwo gucukuka amenyo.

Kugana muganga w'amenyo bwa mbere bitarenze igihe yagize umwana 1 w'amavuko

Guhoma amenyo baza umuganga w'amenyo wawe ibijyanye no guhoma amenyo ku gice gihekenyeshwa.

Kurya neza no kunywa amazi arimo fuliworide

Gukoreshe umuti w'amenyo urimo fuliworide amenyo agitunguka mu ishinya. Iyo abana bashobora kwiyogereza amenyo, uyabogeshya igihe cy'iminota 2, inshuro 2 ku munsu.

Kwita ku menyo y'abana

Kwita ku menyo y'umwana wawe ni ingenzi ku buzima n'imikurire yabo muri rusange kandi kwita ku menyo neza bitangira mbere yo kumera iryinyo rye rya mbere. Gufata ingamba z'ubuzima zo gushyira mu bikorwa umuco wo kwita ku menyo y'umwana wawe byagufasha gusigasira ubuzima bw'amenyo y'umwana wawe mu bihe biri imbere.



Aho warebura:

¹ Harris, N., Garcia-Godoy, F. & Nathe, C. (2009). Primary Preventive Dentistry. (7th Edition). New Jersey: Pearson Education.

² American Dental Association. (2019). 10 things to know about your tot's teeth. Retrieved from: <https://www.mouthhealth.org/en/babies-and-kids/kids>

³ American Dental Association. (2019). Babies and kids. Retrieved from <https://www.mouthhealth.org/en/babies-and-kids/healthy-babies>

⁴ Food and Drug Administration (FDA) (2018). FDA takes action against the use of OTC benzocaine teething products due to serious safety risk, lack of benefit. Retrieved from <https://www.fda.gov/news-events/press-announcements/fda-takes-action-against-use-otc-benzocaine-teething-products-due-serious-safety-risk-lack-benefit>

Byateguwe: Ku wa 04 Gashyantare 2020

Kwita ku menyo y'umwana hakiri kare

- Umubyeyi ni we urebwa n'inshingano z'isuku yo mu kanwa k'umwana. Inzobere zivuga ko mu mwaka wa mbere ugomba kureba muganga w'amenyo.
- Ikigo Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti kiburira KUDAKORESHA imiti cyangwa ibyokurya biriho ibirango bya benzocaine, nka: Baby Orajel, Orajel, na Orabase Paste ku bana bari muni y'imyaka 2 y'amavuko.
- Nyuma yo kugaburira umwana, hanagurisha ibihanga agatambaro koroshye aho amenyo azamerera kugira ngo uvaneho ibiryo byasigaye. Ibi biba umuco wo koza ishinya.



Kogesha amenyo intoki

- Iyo amenyo atangiye kumera, ni ngombwa kuvanaho imyanda buri muni kandi wanakoresha intoki.
- Kugira ngo wirinde, si byiza gukoresha umuti woza amenyo ku bana bataruzwa imyaka 3.
- Nuha umwana wawe bibelo mbere yo kuryama, kora ku buryo umuhamo amazi gusa. Amata kimwe n'ibindi byo kunywa birimo isukari bishobora gutera uburwayi bwo kubora amenyo mu gihe byasigaye ku menyo.

Abana bamera amenyo rvari?

Iyo amenyo y'abana ari kumera mu ishinya, abana bashobora kubabara cyangwa bakabyimba ishinya. Gukubisha ishinya agatambaro gato, gasukuye kandi koroshye byaborohereza.

Ishuri rya Amerika ryigisha ubuvuzi bw'amenyo y'abana rivuga ko abana bagomba kujyanwa kwa muganga w'amenyo mu mwaka wabo wa mbere cyangwa ku mezi 6 nyuma yo kumera amenyo ya mbere.

Ni ayahe menyo amera kandi ryari?

Tekiniki zo koza amenyo y'abana

- Iyo umwana ameze ibijigo bya mbere, utangira kumwogeshya n'uburoso bworohereye bujyanye n'imyaka ye.
- Mwoze amenyo byibura inshuro 2 ku muni, mu gihe cy'iminota 2.
- Abana bagira amenyo 20 yose hamwe.

Ingana nk'ishaza ku bana bafite ku myaka 3 kugeza kuri 6



Amenyo y'abana abafasha gutapfuna, kuvuga no kugaragaza uko amenyo yabo azaba atandukanye nibakura.

- Mu gihe umwoza amenyo, ganisha uburoso bw'amenyo ku mfuruka ya dogere 45 uganisha ku ishinya kandi woze gake gake uzengurutse cyangwa unyuza ku ishinya.
- Oza impande zose z'amenyo. Igikorwa cyo koza amenyo ni ingenzi kugira ngo amenyo aveho umwanda wayafasheho.
- Iyo amenyo atangiye kwegerana, utangira kumuhaganyura buri muni.

Gushyira umwana wawe ku bibero byawe ni ingenzi cyane, birashimisha kandi bitanga invigisho.

- Mubwire icyo uri gukora kandi umwereke ibyo wabonye.
- Ibi bizatuma atora umuco wo koza amenyo.
- Guha umwana wawe mubazi mu gihe uri kumwoza amenyo, bituma arushaho gukunda icyo gikorwa.
- Reka akore ku kirindi cy'uburoso mu gihe uri kumwoza amenyo. Bityo, ashobora kumva uko ubikora.
- Mubwire abyitoreze ku gipupe.



Tekiniki zo guhaganyura amenyo y'abana

- Iyo amenyo yegeranye, bishobora kugorana gukuramo ibyo kurya byahaganye hagati yayo, icyo gihe guhaganyura bigira akamaro nk'ako koza amenyo.
- Tangira guhaganyura umwana mu gihe amenyo yatangiye kwegerana. Umwana agomba kuba afite amenyo yose hagati y'imyaka 2 na 3 y'amavuko. Iyi mbonerahamwe ikurikira irerekana uko amenyo amera n'uko akuka.

Gukoresha akihaganyuzo gakoze nk'urukero gake gake bihaganyura amenyo mu buryo bworoshye. Iyo ugeze aho iryinyo ritereye, usa nk'ukora inyuguti ya C ukikira iryinyo maze ukazamura umanura kugeza ubwo urwo ruhande rucya neza.



- Akambi k'icyatsi karagaragaza umwanya muto uri hagati y'amenyo y'abana. Aha ni ho ugomba guhaganyura buri muni kubera ko koza amenyo byonyine bitakuramo ibiryo byahaganye hagati y'amenyo.
- Utwihaganyuzo twanafasha abana.



Amenyo yo hejuru	Kumera amenyo	Gukuka amenyo
Iryinyo ry'imbere hagati	Amezi 8 kugera kuri 12	Imyaka 6 kugera kuri 7
Iryinyo ry'imbere ku ruhande	Amezi 9 kugera kuri 13	Imyaka 7 kugera ku 8
Ibwene	Amezi 16 kugera kuri 22	Imyaka 10 kugera kuri 12
Ikijigo cya mbere	Amezi 13 kugera kuri 19	Imyaka 9 kugera kuri 11
Ikijigo cya kabiri	Amezi 25 kugera kuri 33	Imyaka 10 kugera kuri 12
Amenyo yo hasi	Kumera ibijigo	Gukuka ibijigo
Ikijigo cya kabiri	Amezi 23 kugera kuri 31	Imyaka 10 kugera kuri 12
Ikijigo cya mbere	Amezi 14 kugera kuri 18	Imyaka 9 kugera kuri 11
Ibwene	Amezi 17 kugera kuri 23	Imyaka 9 kugera kuri 12
Iryinyo ry'imbere ku ruhande	Amezi 10 kugera kuri 16	Imyaka 8 kugera ku 8
Iryinyo ry'imbere hagati	Amezi 6 kugera ku 10	Imyaka 6 kugera kuri 7