

Ahantu ho gusinzirira neza haba hameze gute?

Iyi shusho ikurikira irerekana aho umwana yasinzirira neza.

Ahantu umwana asinzirira ni mu cyumba kimwe, cyegeranye n'icyo ababyeyi bararamo.

Koresha ahantu hakomeye kandi harambuye, nka matora iri mu gatanda gatekanye*, hariho ishuka ikwiriyeho neza.

Umwana ntagomba kurara ku gitanda cy'abakuru cyangwa mu ntebe wenyine, muri kumwe cyangwa ari kumwe n'undi muntu.

Ntukanywere itabi cyangwa ngo wemerere undi muntu kunywera itabi hafi y'umwana wawe.



Ntugashire imisego, ibiringiti, cyangwa ibisaswa mu gatanda aho umwana wawe aryama.

Kura ibintu byorohereye, ibikinisho n'ibindi bisaswa aho umwana wawe aryama. Kora ku buryo nta kintu gipfuka umutwe w'umwana.

Ambika umwana wawe imyenda yo kurarana, nk'isarubeti. Ntukoreshe isarubeti imuruta, kandi ntumupfunyike cyane.

Ugomba kuryamisha umwana wawe agaramye igihe cyose, haba mu gihe aruhuka no mu ijoro.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



* Agatanda, agatanda kagandanwa cyangwa aho gukinira hakurikije ibigenderwaho mu mutekano biteganywa na Komisiyo ishinze umutekano w'ibicuruzwa bigezwa ku bakiliya (CPSC). Ukeneye ibindi bisobanuro ku mutekano w'agatanda, wavugisha CPSC kuri **1-800-638-2772** cyangwa <http://www.cpsc.gov>.

Uko umwana wawe yasinzira neza

Kugabanya ibyago by'indwara ziterea impfu z'abana bakiri bato (SIDS) n'izindi mpamvu zitera impfu z'abana zifite aho zihuriye no kuryama.



Igihe cyose ugomba kuryamisha umwana wawe agaramye, yaba ari kuruhuka na nijoro, kugira ngo ugabanye ibyago bya SIDS.



Koresha ahantu hakomeye kandi harambuye, nka matora iri mu gatanda gatekanye*, hariho ishuka ikwiriye neza kandi nta bindi bisaswa cyangwa ibintu byorohereye biri aho umwana aryama.



Ryama mu cyumba kimwe n'umwana. Gumisha umwana mu cyumba cyegeranye n'icyo uryamamo, ariko ku kindi gitanda cyagenewe impinja, cyane cyane mu mwaka wa mbere w'umwana, ariko byibura mu gihe cy'amezi 6.



Ntugashyire ibintu byorohereye, ibikinisho, ibisaswa by'agatanda hejuru y'umwana cyangwa ahandi hose umwana aryama.

Kugira ngo bagabanye ibyago bya SIDS, abagore bagomba:



Guhora bisuzumisha mu gihe batwite.



Kwirinda kunywa itabi, ibisindisha no gukoresha urumogi cyangwa ibiyobyabwenge bitemewe n'amategeko mu gihe batwite cyangwa nyuma y'uko umwana avutse.



Kutanywa itabi mu gihe batwite, no kutanywa itabi cyangwa kutemerera abantu kunywa itabi hafi y'umwana cyangwa aho umwana aba ari.



Kwibuka guha umwana wawe agehendabana mu gihe agiye kuruhuka no kuryama nijoro kugira ngo bigabanye ibyago bya SIDS.



Kutareka umwana wawe agira ubushyuhe bwinshi mu gihe asinziriye.

Ukeneye ibindi bisobanuro byerekeranye n'ubukangurambaga bwo gusinzira*, watuvugisha:

Telephone: 1-800-505-CRIB (2742) | **Fagisi:** 1-866-760-5947

Imeyiri: SafetoSleep@mail.nih.gov

Urubuga: <http://safetosleep.nichd.nih.gov>

Aho kohereza ubutumwa: 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

Servisi zihuriweho na za Leta: Hamagara kuri 7-1-1



Onsa umwana wawe kugira ngo ugabanye ibyago bya SIDS. Konsa umwana wawe bigira akamaro kenshi mu buzima ku mubyeyi n'umwana. Iyo usinziriye uri konsa umwana cyangwa uri kumuhoreza mu gitanga cy'abakuru, muryamisha agaramye ahantu hatandukanye ugikanguka.



Kurikiza amabwiriza y'uguha serivisi z'ubuvuzi ku nkingo z'umwana wawe ndetse no kumujiyana kwa muganga buri gihe.



Irinde ibikoresho bibuza ibitotsi, cyane cyane ibivuga ko birinda cyangwa bigabanya ibyago bya SIDS.



Ntugakoreshe ibipima umutima cyangwa guhumeka mu rugo mu kugabanya ibyago bya SIDS.



Ujye ukunda kuryamisha umwana wawe yubitse inda igihe gihagije mu gihe akanuye kandi hari umuntu umureba.

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