



# NDABA **grow**

Ibukurikira ni urutonde rw'ibukurikizwa mu kuraba ko umwana wawe ariko arerekana ibimenyetso vyo gukura neza gushika ku myaka itatu y'ubuzima. Kuvura bigakunda bivana nukuntu badondaguye no gutanga KARE ubufasha n'imfashanyo.

## AMEZI 0-4

- Kuzana ibiganza ku munwa
- Kwisunikira ku maboko mu gihe uryamiye inda
- Mu gihe aryamiye umugongo, abona gushikira ibikinisho hejuru y'igikiriza
- Kwitembagariza uva ku mugongo uja ku nda no ku nda uja ku mugongo
- Kwitembagaza n' ibitwenge
- Guhuza amaso
- Gushobora guhoresha ubunararibonye nko kunyeganyega

## AMEZI 5-8

- Akinisha ibirenge
- Kwicara (ashobora gukoresha amaboko kugira yishigikire ariko aricara)
- Akoresha indome z'indagi mu kwiga kuvuga
- Yerekana ko ashaka ivyokurya
- Anezererwa gukina n'abandi (peek-a-boo)
- Akoresha amaboko yose mu gukinisha ibipupe
- Akurikiza amaso ibintu

## AMEZI 9-12

- Atera utuntu dutoduto akoresheje igikumu n'intoke
- Aribuka izina
- Akoresha ibimenyetso nko kuzunguza umutwe yerekana "oya"
- Gukwega igikoresho
- Avuga "mama" na "dada" mu buryo busobanutse
- Kwigaburira akoresheje urutoki

## AMEZI 13-18

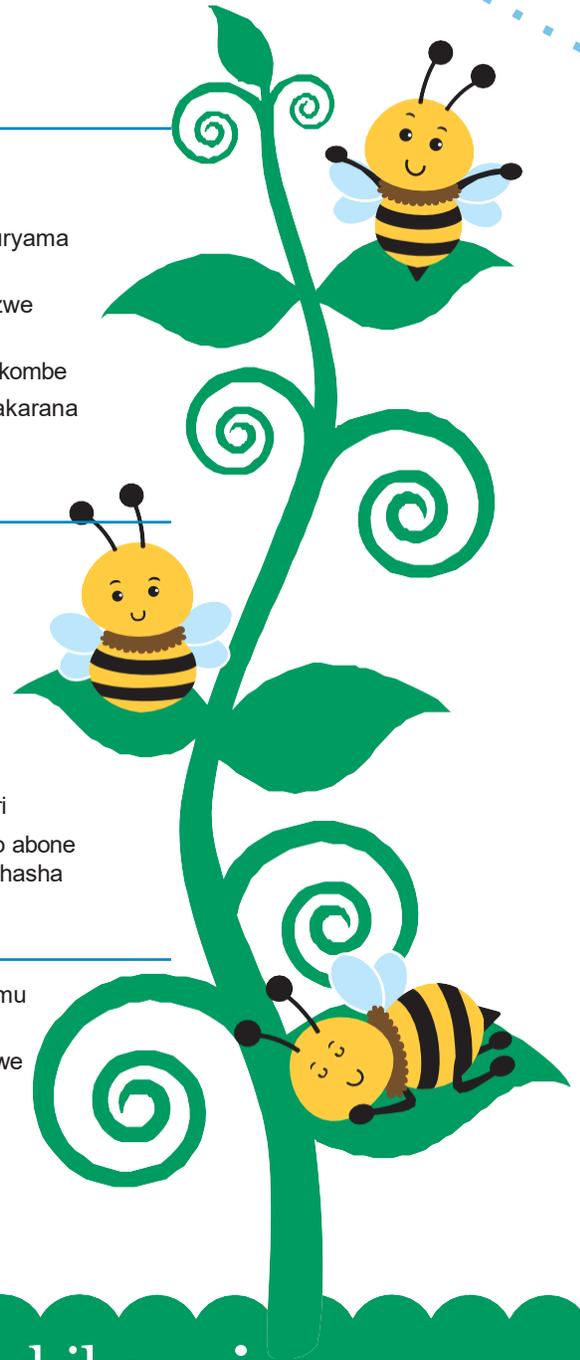
- Kwitambukisha wenyene
- Afasha mu kwambara
- Afise amasaha yiwe yo kuryama ahoraho
- Yigana amajambo asanzwe n' ibimenyetso
- Arafata akananyweshwa igikombe
- Yigirwa kure yawe, ariko akarana neza ko uri hafi yiwe aho

## AMEZI 19-24

- Ariruka
- Yurira ku ntebe n'utubati
- Atera umugere umupira
- Acapa ibintu ku rupapuro n'ikaramu y'igiti
- Akoresha amajambo 50 bitarenze amezi 24
- Amenya ibice 5 vy' umubiri
- Araba mu maso hawe ngo abone uko yokwifata mu gihe gishasha

## AMEZI 24-36

- Akoresha amajambo 2-3 mu mungane
- Atahura ivyerekezo bisanzwe
- Ashobora kuja mu migwi mitomito n'abandi bana
- Ashobora guterera umupira akongera akagerageza kuwusama
- Akoresha ikanya



uko ubimenya **kare**, ninanako biba vyiza mu  
gukura kwabo

# abo TURI BO

Umugambi wo muri Karorina y'Ubuseruko witaho Abana b'impinja-n'abana bato bafise ubucererwe mu gukura (Infant-Toddler Program, ITP) urungika ubufasha ku mpinja n'abana bato bafise ubucererwe mu gukura mu vyankenerwa, bidasanze n'imiryango yabo. Ibigo bifasha mu Mikurire y'Abana (Children's Developmental Services Agencies, CDSAs) cumi na bitandatu barungika ubu ubufasha ngo bufashe umwana wawe gukura no guterimbere.

Umwana n'umuryango bashobora karonka ubufasha n'ugufashwa iyo umwana:

- afise gushika ku myaka 3, kandi
- afise ubucererwe mu gukura canke hari impamvu bifatiyeko.



Ubucererwe bushobora kuba mu bice bimwe bikurikira:

- kwiyumvira no kwiga
- kugenda, kubona, kwumva n' amagara
- gutahura no gukoresha amajwi, ibimenyetso n' amajambo
- kwishura no gutezimbere imigenderanire
- kwiyitaho mu gihe co gukora ibintu nko kurya no kwambara

Umwana afise uko ameze vyapimwe bishobora kumushikana mu bucererwe bw'ubukure. Ibi bishobora kubamwo ubumuga bwo mu miryango, ibibazo vyo kubona, ibibazo vyo mu matwi.

Abana bava muri ITP igihe bashikanye imyaka 3 canke batagikeneye ubufasha. Baje mw'ishure, uburezi budasanze canke iyindi migambi rusangi. Uko umwanya hakiri kare ko umwana wawe akeneye ubufasha, birushaho kuba vyiza mu gukura neza kwabo kwuzuye.

# ico DUKORA KO

ITP ikora ivyo gutanga inyigisho zigenewe gufasha imiryango ngo ishike ku vyo ikeneye ku mpinja n'abana bato. Ubufasha n'ibikorwa vya ITP bitangwa mu bigo rusangi bikoreshwa n'abana bose mu buryo bwa misi yose ku bana n'imiryango.

## INTUMBERO N' INSHINGANO VYACU

Intumbero y'imiryango yacu n'abatihye abana banditswe muri Umugambi wo muri Karorina y'Ubuseruko witaho Abana b'impinja-n'abana bato bafise ubucererwe mu gukura (NC Infant-Toddler Program) ni uko bazoshobora gufasha abana babo kugira bashikira ubukure bwabo bwose bwuzuye.

Inshingano yacu ni ukurungika ubufasha n'ibikorwa ku miryango n'abana mu kubafasha ngo baterimbere mu miryango yabo no mukibano, mu gukoreha amahirwe yo kwiga vya buri musu. Tuzokwubahiririza ubudasa bw'imiryango no gukoresha ibimenyetso nshimikizo bimurikire igikorwa cacu.

# ico TURUNGIKA TWEBWE

Ngibi ibikorwa bimwe bihari ngo bifashe umwana wawe n'umuryango, bikenewe:

- Gusuzuma
- Gutunganya ibikorwa
- Amabwirizwa adasanze/Ibikorwa muri rusangi bishimikiye mu gusubiza uko vyari (CBRS)
- Ibifadika, kugumiza no kuvura ingwara zo kutavuga
- Ubuhinga bufasha
- Imfashanyo y' umuryango
- Ubuvuzi n' ingaburo

Amagenzura ya ITP, amasuzuma, n'ugutunganya ibikorwa bitangwa ata kiguzi kuri wewe. Ibiciro kubindi bikorwa vya ITP bitangwa kuri buri rwego. Ubwishingizi Medicaid n'ubwishingizi bw'abigenga burishyirwa ku ruhusha rwanyu. Uwujewe gutunganya ibikorwa azoraba neza ko muzi igiciro cose imbere hongerwamwo ibikorwa.



# ingene WOSHOBORA GUTANGURA

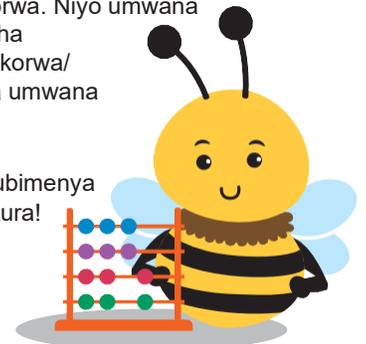
Ufise ikibazo kuvyerekeye ubukure bw'umwana wawe, nturindire ngo urabe.

**TUGUME TUYAGE.** Tera akamo, andika canke uje kuri CDSA y'aho uba kugira werekane umwana kuri ITP.

**GENZURWA.** CDSA izogenzura ubukure bw'umwana kugira irabe ko akwiriye kwitabwaho na ITP.

**BIGIREMWO URUHARA.** Umuryango wawe uzohabwa umutunganyabikorwa. Niyo umwana yemererwa muri ITP, uzofasha gutezimbere umugambi w'ibikorwa/imfashanyoukeneye gufasha umwana wawe ngo aterimbere.

**BIKORE MBERE!** Uko ubimenya mbere, biba vyiza uko bazokura!



# gira BEELINE KUGIRA IRUNGIKE UMWANA WAWU



- 1 Umutunganyabikorwa ararongora umuryango wawe murizo ntambwe zo kwerekana umwana wawe.
- 2 Utubwira ibijanye n'amagara y'umwana, ivy'akunda, ivyo yanka, n'intege nke n'inkomezi ziwe.
- 3 Dukoresha isuzuma ry'ubukure bw'awe kugira turabe ko umwana akwiye kwakirwa mu bikorwa vya ITP.
- 4 Ni mworanywa, umutunganyabikora akorana namwe mu gushiraho umugambi w'umuryango wihariye (IFSP).
- 5 Ibikorwa bidondaguwe muri IFSP yawe bizotangura mu misi 30.
- 6 IFSP ihinduka nk'uko ivya nkenerwa ku mwana n'umuryango bihinduka. IFSP isubirwamwo vyibuzwe buri mezi atandatu.
- 7 Umutunganyabikorwa wanyu azobafasha gutunganya intambwe zikurikira uko umwana wanyu ava muri ITP.

## fobora CDSA Y'IWAVE

Aba barongozi cumi na batandatu ba CDSA b'ibikorwa vy'umugambi w'Impinza n'abana bato w'abana n'imiryango mu turere 100 twose two muri Karorina y'Ubuseruko (NC).

1. **CDSA of Western NC • 828-250-3400**  
*Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Swain and Transylvania*
2. **CDSA of the Blue Ridge • 828-278-6470**  
*Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes and Yancey*
3. **CDSA of the Cape Fear • Wilmington Office: 910-945-6021 • Fayetteville Office: 910-912-2200**  
*Bladen, Brunswick, Columbus, Cumberland, Duplin, New Hanover, Pender, Robeson and Sampson*
4. **CDSA of the Sandhills • 910-621-6200**  
*Anson, Harnett, Hoke, Lee, Montgomery, Moore, Richmond and Scotland*
5. **Concord CDSA • 704-998-5730**  
*Cabarrus, Iredell, Rowan, Stanly and Union*
6. **Durham CDSA • 984-250-1580**  
*Chatham, Durham, Franklin, Granville, Orange, Person, Vance and Warren*
7. **Greensboro CDSA • 743-902-5400**  
*Alamance, Caswell, Guilford, Randolph and Rockingham*
8. **Greenville CDSA • 252-737-1177**  
*Beaufort, Bertie, Greene, Hyde, Martin, Pitt and Wayne*
9. **Mecklenburg County CDSA • 704-336-7100**
10. **Morganton-Hickory CDSA • 828-433-5171**  
*Alexander, Burke, Caldwell, Catawba and McDowell*
11. **New Bern CDSA • 252-497-4175**  
*Carteret, Craven, Jones, Lenoir, Onslow and Pamlico*
12. **Elizabeth City CDSA • 252-338-4044** *Camden, Chowan, Currituck, Dare, Gates, Hertford, Pasquotank, Perquimans, Tyrrell and Washington*
13. **Raleigh CDSA • 919-664-1800 • Wake**
14. **Rocky Mount CDSA • 252-316-4800**  
*Edgecombe, Halifax, Johnston, Nash, Northampton and Wilson*
15. **Shelby CDSA • 980-552-4600**  
*Cleveland, Gaston, Lincoln, Polk and Rutherford*
16. **Winston-Salem CDSA • 336-713-7412**  
*Davidson, Davie, Forsyth, Stokes, Surry and Yadkin*

**Amakuru Aramvuye:**

[ncdhhs.gov/itp-bearly](http://ncdhhs.gov/itp-bearly)



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

Division of Child and Family Well-Being  
NC Infant-Toddler Program (NC ITP)

[www.ncdhhs.gov/itp-bearly](http://www.ncdhhs.gov/itp-bearly)

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