



Umugambi wa Carilina y'ubuseruko ujewe kwitaho impinja n'imicuko uko ubimunya hakiri kare, niko bazorushaho gukura neza

Intambwe z'iterambere

Abana barakura, bakiga kandi bagakura ku ngero zitandukanye. Umwe arashobora gutambuka hakiri kare kurusha uwundi, mu gihe uwundi ashobora gutangura kuvuga ubwa mbere. Koresha iki gishushanyo nk'inzira imwe yo gusuzuma nimba umwana wawe ariko arubahiriza intambwe z'iterambere mu gihe c'emyaka itatu ya mbere. Wibuke ko buri mwana yihariye. Ubaye ufise ibibazo canke impungenge ku vyerekeye uko umwana wawe abona, yunva, yiyunguruza, ahanahana amakuru, yiga, akina canke ayaga n'abandi, vugana n'umuganga wawe ajejwe kukwitaho canke wakure ishirahmamwe rikwegereya rya (CDSA). Ukugenda neza mu bijanye n'ugukura kw'umwana wawe hamwe n'uturusho tw'iterambere duturuka ku bikorwa vyakozwe KARE mu gihe ufise impungenge.

Ukwezi 1 : Aregura umutwe mu gihe aryamye yubitse inda
Araraba amasura y'abantu
Arunva amajwi

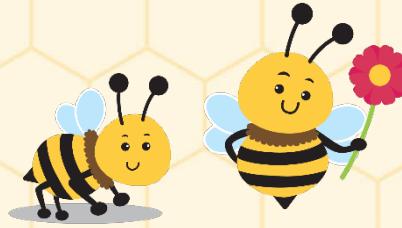


Ku mezi 2 : Arasohora amajwi- y'ivyishimo kandi agatwenga
Arakurikirana ikintu n'amaso
Aragumiza umutwe utumbereye mu gihe c'akanya gato
Aramenya amaboko yiwe

Ku mezi 3 : Aramenya amasura
Aragumiza umutwe hamwe kandi utumbereye
Aratangura gutwengera abantu
Arashobora guhagarara iyo ibirenge biteretse ahantu hakomeye
Arakurikirana ibantu biriko biragenda

Ku mezi 4 : Aramwenyura, aratwenga, kandi agasohora amajwi y'ivyishimo
Arihindukiza yari agaramye akaryamira urubavu canke yubitse inda
Arashikira ibantu kandi akabikubita
Aramenya ijwi ry'umuvyeyiakanamumenya iyo amukozeko

Ku mezi 5 : Arashikira, agafata, kandi agashira ibantu mu kanwa
Arasohora amaboko kugira bayafate
Arakina kwinyegezanya



Ku mezi 6 : Aricara kandi agahagarara bamufashije
Arihindukiza mu vyerekezo vyose
Arahindukira akurikira amajwi hamwe n'ivo abantu bavuze
Arigana amajwi

Ku mezi 7 : Arishura ku bishobisho vy'abandi
Arakoresha amaboko mu kumenya ibantu, agakubita, agakorako, agakabakaba
Arasohora ubwoko bw'amajwi

Ku mezi 8 : Arimura ibantu abikura mu kuboko abishira mu kundi
Arahaguruka

Aratangura kugendesha inda canke kugenda yicaye

Ku mezi 9 : Aravuga "Ma-ma" canke "Da-da" ku bavyeyi bose
Arahanahana iviyunviroakoresha (kumwenyura)
Arahoa canke akavanga indome zivuga
Aritaba bamuhamagaye

Ku mezi 10 : Aragusezera n'ukuboko
Aragendesha inda nezaakoreshheje ibiganza n'amavi



Aranywera mu gikombe iyo bakimufatiye

Ku mezi 11: Aravuga "Ma-ma" na "Da-da" akita umwe wese uko yitwa aratambuka yifatikije intebenimeza
Aranywera mu gikombe agatora utuntu dutoduto

Ku mezi 12: Arasohora amajwi hamwe n'ibimenyetsoakoreshheje n'imiburiburi amajambo atatu
Arakumenyesha ico ashaka/canke adashaka



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

Division of Child and Family Well-Being



uko ubimanya hakiri kare, niko bazorushaho gukura neza

Intambwe z'iterambere

- Ku mezi 13:** Guhagarara neza
Arunama agatora ibantu kandi agatera intambwe nkeyi
- Ku mezi 14:** Arigana ibikorwa vy'abandi
Arakinisha ibikinisho bitandukanye nk'udutafari, utumodoka, ibitabo, ibikoko vy'ibikinisho vyubwoya n'ibipupe
Arasuka hasi ibantu biri mu kintu
- Ku mezi 15:** Arakinisha umupira
Aratambuka neza kandi arashobora guhagarara
Aratega amatwi inkuru
Arashobora kwerekana ibihimba vy'umubiri wiwe
- Ku mezi 16:** Arashobora kuzingurura igitabo
Aragira igikinisho canke igipupe akunda kurusha ibindi
Arashobora gushavura iyo bamushavuje
- Ku mezi 17:** Ariga uburyo bubereye bwo gukoresha ibikoresho
bimenyerewe nka terefone
Arakunda inkino zateguwe ku buhinga bwa none
Arakunda kugendera ku bikinisho
- Ku mezi 18:** Arashobora kuvuga amajambo 10-20
Arashobora gusaba ubufasha
Arashobora gukoresha amajambo amwe mu
gusaba ivyo akeneye/ashaka kumenya
Arashobora kwandikisha i kereyo
Arerekana urukundo, agasomana
Arashobora kugenda mu vyerekezo vyoroshe
arashobora kugenda asubira inyuma
- Ku mezi 19:** Arashobora gukoresha ikiyiko canke ifurusheti
Arashobora kwiruka
Arashobora gutera umupira n'intoke
Arakunda gufasha i muhira
- Ku mezi 20:** Arashobora kwiyambura impuzu
- Ku mezi 21:** Arashobora kuvanga amajambo nka "ndashaka icupa" hamwe na "genda bayi"
Arashobora kugendera ku nganzi zo munzu intambwe imwe imwe
Arashobora kugena amahangiro yoroshe nk'aho ashira ibipupe vyiwe
- Ku mezi 22:** Arashobora gutera umupira imbere
- Ku mezi 23:** Arashobora kumenya amafoto asanzwe mu gitabo
Arashobora kuvuga yivuga- akoresheje
"jewe/canje"
- Ku mezi 24:** Arashobora kwishura ibibazo vyoroshe nka "iki ni igiki?"
Arashobora kuvuga n'imiburiburi ibihimba bitandatu vy'umubiri
Arashobora gukoresha amungane agizwe
n'amajambo abiri canke atatu
Arashobora gutera umupira
Arashobora kuduga no kumanuka inganzi ica rimwe
Arashobora gukata iyo ariko arakina n'abandi bana



Ku myaka ibiri y'amavuko, impinja ziba zitanguye kuvuga cane, zikoreshje amungane agizwe n'amajambo abiri canke atatu hamwe no gusaba nko kuvuga ngo "umutobe wanje." Baba bafise amajambo ari hagati ya 50-100 kandi batahura amajambo 250-300. Barashobora kwigaburira hamwe no kwugurura utubati hamwe n'udusandugu. Barakunda kandi gusambura ibantu, kumenya ibibakikije, hamwe no kwigana abavyeyi babo hamwe n'abandi bana. Inyifato z'ibishobisho zo mu kibano zikunda kuboneka ni kwerekana urukundo, gukina atawubimufashijemwo, hamwe no kugira isoni ari kumwe n'abantu atazi. Umwana w'imyaka ibiri arashobora kwiyemeza ko ibantu bigenda uko abishaka, ivyo bigashobora kumutera ishavu mu gihe bidakozwe.

Ku myaka itatu y'amavuko, abana barashobora kwikorera ibikorwa vyinshi. Ku vyerekeye inkomezi, barashobora kuduga no kumanuka hamwe no kwambara ibirato vyabo. Barafise kandi ubushobozi bwo kuvuga amungane agizwe n'amajambo atatu gushika kuri atanu, kandi barashobora gusubiramwo umudihi umenyerewe, gutahura amungane menshi, hamwe no kuvuga amazina yabo hamwe n'imyaka bafise. Umwana w'imyaka itatu y'amavuko arashobora gukina n'ibipupe, ibikoko, hamwe n'abantu. Barashobora gukina inkino zisanzwe n'abandi bana, kuvuga n'imiburiburi ibara rimwe batibeshe, hamwe no kutwara ikinga ry'amapine atatu. Umwana w'imyaka itatu arerekana urugero runini rw'ibishobisho.

Mu bihe bibereye mu gushika kuri izi ntambwe z'iterambere ariko birashobora guhinduka bivanye n'abana, izi ntambwe z'iterambere zirashobora gufasha mu buryo kwo kukuyobora mu gihe uriko urakurikirana ugukura kw'umwana wawe hamwe n'iterambere ryiwe.