



Ibyitezwe ku mikulire y'abana

80% y'imikulire y'ubwonko biba mu myaka itatu ya mbere y'umwana kuva avutse!

Ishyirahamwe ry'abaganga bavura abana n'Ubuyobozi bushinzwe gukumira indwara muli Amerika bashyize ahagaragara ibimenyetso byerekana imikulire umwana agomba kuba afite ku mezi ye 12 ya mbere.

Ibyo bimenyetso ni ibintu abana benshi baba bashobora gukora iyo bazege mu kugero runaka. Aliko bigomba gusumanwa ubwitonzi; kuko buli mwana akura ku buryo bwihaliye. Umwana ashobora kuba akura neza kandi adafite ubumenyi kuli buli kintu cyose. Ababyeyi bashobora kubyinjiramo igihe baganira na mganga w'abana bakamubwira impungenge bafite, kuberekeye imikulire y'umwana wabo bagaragaza nk'aho bafite ubukererwe.

Mu kigero cy'e, ubu umwana wawe yakagombye kuba abasha gukora iki?

Mu kuvuga no kuganira

- Bamusaba gukora ikintu cyoroshye akacyumva kandi akagikora
- Asubiza abyerekana, nk'igihe azunguza umutwe ashaka kuvuga ngo "oya"
- Avuga amagambo atumvikana aliko hali aho amanura cyangwa azamura ijwi
- Azi kuvuga ngo "dada" cyangwa "mama" na "oh-oh!"
- Agerageza gusubira mu magambo cyangwa interuro akunda kwumva bavuga.

Imikulire mu mibereho no mu gukunda/gukundwa

- Aralira iyo nyina cyangwa umurera agiye
- Kwigengesera iyo hali abantu batali abo mu rugo
- Kugira ibintu atinya
- Afite ibikinsho akunda kurusha ibindi
- Akunda nyina cyangwa umurera kurusha abanda bantu
- Afite ibintu bimutera ubwoba
- Akunda kwigana amajwi cyanga ibintu abona abantu bakora
- Azi kwilisha akoresheje intoki ze
- Akunda kwigana gusoma cyangwa agashoza udukino abinyujije nko guhereza nyina igitabo cyangwa igikinsho
- Yibwiliza gutanga ukuboko cyangwa ukuguru iyo bamwambika

Ku mezi 12 Y'amavuko

Ishyirahamwe ry'abaganga bavura abana lisaba ko abana bose basuzumwa imyifatire iyo bagejeje ku mezi:

- ❖ 9
- ❖ 18
- ❖ 24 cyangwa 30

Iryo suzuma likoresha :

- Ibibazo bigendanye n'igihe umwana yavukiye(PEDS)
- Ibyo ababyeyi bagenderaho iyo basuzuma aho umwana ageze mu mikulire(PEDS-DM)
- Iyipimo bya Brigrance



Recommended Apps:



CDC's Milestone Tracker
Daily Vroom
BabySparks



Ibiri
bishinzwe amashuri
abanza mu buyobozi
bw'amashuri ya
Buffalo

Imikulire mu bumenyi (kwiga, gutekereza, ubumenyi bwo kubonera ibibazo ibisubizo)

- Akunda kwitegereza ibintu mu mhande zose (abicugusa, abikubita ku bindi, abiterera hasi)
- Abona ibintu byahiswe bitamugoye
- Yerekana ibintu ashaka akoresheje urutoki rwa "mukuru wa mee"
- Iyo igishushanyo kivuzwe, aragikebuka cyangwa akacyerekana
- Yigana ibintu abanda bantu bakora
- Atangira kujya akoresha ibikoresho bya buli muni uko bikwiye (kunywera mu gikombe, kwisokozza, kwiyoza amenyo, gukinisha telefone)
- Gukora ikintu kitamusaba kwungikanya ibintu bitarenze kimwe (zana uliya mupira, terura kaliya ka block)

Imikulire y'umubili (gross motor)

- Gukuruza inda akoresheje ibiganza n'amaguru bye, alibyo umubili we uhagaze ho
- Ashobora kwicara adafashijwe
- Agerageza guhagarara
- Agenda afashe ku ntebe
- Ahagarara ntawumufashije
- ashobora gutera intambwe ebyili cyangwa eshatu ubwe

Imikulire y'umubili n'ubwenge

- Ashobora gufata agakomeza akoresheje urutoki rwa "mee, na mukuru wa mee", cyane cyane iyo alimo kwilisha
- Azi gufata ibintu bibili akabigonganisha
- Azi gushira ibintu mu kintu hanyuma akabivanamo.
- Afata ibintu yashaka akabirekura
- Azi kwerekana ibintu akoresheje urutoki rukulikira igikumwe
- Agerageza kwigana kwandika

Ni ibiki ngomba kuganiraho na muganga w'umwana wanjye?

Buli mwana akura mu buryo bwe bwihaliye. Nti bishoboka ko wavuga ntakwibeshya igihe umwana wawe azigira ikintu iki n'iki. Waganira na muganga we igihe ubona ko umwana afite ibimenyetso byo gukererwa mu mikulire.

- Iyo adakambakamda
- Iyo akambakambisha uruhande rumwe
- Iyo adashobora guhagarara n'iyi ashigikiye
- Iyo adashaka kumenya aho ibintu byahiswe areba bili
- Iyo adashobora kuvuga ijamba limwe (nka "mama" cyangwa "dada" cyangwa "baba")
- Iyo atashoboye kwiga nko kuzunguza umutwe ahakana
- Iyo atabasha kwerekana ibishushanyo cyangwa ibindi bintu
- Iyo yibagirwa ibintu yali yamenye neza

Uko umubyeyi mwiza afasha umwana gukura no kwiga



Jya uganiliza umwana wawe igihe kinini buli muni. Jya ukoresha amagambo avuga uko ibintu bimeze kugirango amenye ibintu bikorwa buli muni. Urugero, "mama aliko gukoresha urusokozo rwawe agusokozza."

Somera umwana wawe buli muni. Jya ureka abe aliwe uhindura urupapuro hanyuma mujye ibihe mu kuvuga igishushanyo kili kuli buli rupapuro. Jya ureka akubwire ibishushanyo abona mu gitabo.

Ijwi wumvise ry'umwana wawe jya ulisubiramo umwigana. Bizamufasha kumenya amagambo y'ibiganiro.

Jya umulirimbira kandi mubyinane.

Jya umara igihe umukikiye.

Jya umushima kandi umwereke urukundo.

Jya umuha amakaramu n'urupapuro ngo yandikeho kandi ashushanyeho uko ashatse.

Jya ukina n'umwana wawe mukoresheje ibikinisho bitandukanye.

Jya umuhisha ibikinisho kugirango abishake abibone

Mujye mukina "peek-a-boo" na "pat-a-cake."





Byatanzwe na
American Academy of Pediatrics at <https://www.aap.org> na
Center for Disease Control and Prevention at <https://www.cdc.gov/>
kandi bilihilirwa na District's My Brother's Keeper Initiative.