



Ibyitezwe ku byerekeye imikulire y'abana

80% y'imikulire y'abana iba mu myaka ye itatu ya mbere y'amavuko!

Ishyirahamwe ry'abaganga n'ikigo gishinzwe kurwanya indwara muli Amerika byerekanye ibimenyetso by'ibintu abana bashobora gukora iyo bagejeje ku mezi 24.

Ibimenyetso by'imikulire ni ibintu abana baba babasha gukora iyo bageze ku mezi/imyaka runaka. aliko n'ibintu byo kwitonderwa kubera ko buli mwana afite uko akura yihaliye. Umwana ashobora kuba akura neza kandi ataramenya ibyo aba agomba kumenya byose ugeranije n'igihe yavukiye. Ababyeyi bashobora kugira icyo babivugaho begera muganga wabo iyo habonetse impungenge irebana n'imikulire.

Mu kigero cye, umwana wawe yagombye kuba abasha gukora ibiki?

Imikulire mu kumenya kuvuga

- Amenya ibintu n'amashusho iyo bivuzwe, akanabyerekana
- Azi amazina y'abantu ba hafi, ay'ibikoresho bisanzwe, n'ay'imyanya y'umubili
- Azi kuvuga amagambo menshi
- Azi kuvuga interuro zoroshye zifite nk'amagambo abili cyangwa atatu
- Ashobora kwumvira amategeko magufi yoroshye
- Asubiramo amagambo yumvise mu biganiriro

Imikulire mu mibanire/mu gukunda/gukundwa

- Yigana imyitwalire y'abandi
- Akunda kuba ali kumwe n'urungano
- Yerekana ubushake bwo kwigenga
- Atangira kwanga gukora ibyo bamusabye
- Iyo habaye gutandukana biramubabaza

Ku mezi 24 Y'amavuko

Ishyirahamwe ry'abaganga b'abana lisaba ko abana bose bapimwa imikulire n'imyitwalire iyo bujuje amezi:

- ❖ 9
- ❖ 18
- ❖ 24 cyangwa 30

Ibipimo bisabwa gukoreshwa :

- Ibibazo byibanda ku kigero no ku rwego rw'imikulire **Questionnaire (ASQ-3)**
- Isuzuma ry'imikulire likozwe n'ababyeyi **(PEDI)**
- Isuzuma ry'intabwe y'imikulire likozwe n'ababyeyi **(PEDI-DM)**
- Isuzuma rya **Brigance**



Recommended Apps:



CDC's Milestone Tracker
Daily Vroom
BabySparks



Ibiro by'amashuri abanza mu buyobozi bw'amashuri ya leta ya Buffalo



Aya makuru yatanze na American Academy of Pediatrics at <https://www.aap.org> ifatanije na Center for Disease Control and Prevention at <https://www.cdc.gov/> alihilirwa na District's My Brother's Keeper Initiative.

Imikulire y'ubumenyi (kwiga, gutekereza, kubonera ibibazo ibisubizo)

- Abasha guhishura ibihishe
- Azi gushyura hamwe ibintu bisa, cyangwa ibifite amabara asa
- Azi gukina umukino wo kwigwisha magwandi
- Batera indilimbo akunda akajyana nabo
- Yubaka iminara akoresheje za block enye cyangwa izirenze
- Umusaba gukora ikintu kimwe ngo agikulikize ikindi akabishobora (nko gutora umupira akawunsyira mu gikapu)
- Ibikoresho bya buli muni azi amazina yabyo mu bishushanyo cyangwa mu bitabo (injangwe, imbwa, izuba)

Imikulire y'umubili (gross motor)

- Aligenza
- Agemnda akurura ibikinisho inyuma ye
- Aterura ibikinishi binini cyangwa birenze kimwe iyo alimo kugenda
- Atangira kwirukanka
- Azi guhagaralira ku mano
- Azi gutera ishoti
- Azi kunaga umupira hejuru cyane
- Azi kwulira ameza no kwimanura nta muntu ubimufashije mo
- Azi kuzamuka muli escaliers no kumanuka afashe kuli ka kuma cyanga urubaho bafata ho.

Indi mikulire myiza

- Afata ikaramu agaharabika
- Akora imirongo igorotse n'igondoye
- Azi kwubika ikintu ngo avanemo ibili mo
- Ashobora kuba akoresha ikiganza kimwe kurusha ikindi

Ibyo nabwira muganga w'umwana wanjye ni nk'ibiki?

Buli mwana agira imikulire ye yihaliye. Nti bishoboka kumenya igihe umwana wawe azamenyera ibintu ibi n'ibi. Wakwegera muganga we ukamubwira yaba umwana afite ibimenyetwo byo gutinda mu mukulire ye.

- Iyo adashobora kugenda afite amezi 18
- Iyo atabasha guhagarara ku mano amaze amezi agenda cyangwa iyo atabasha gutera intambwe zihamye
- Iyo atavugaga nk'amagambo 15 afite amezi 18
- Iyo adashobora kuvuga interuro y'amagambo abili
- Iyo atazi icyo ibikoresho bya buli muni bimara (uburoso bw'amenyo, telephone, ikanya, ikiyiko)
- Iyo atabasha kwigana ibikorwa cyangwa amagambo y'abandi
- Iyo atabasha gukulikiza amabwiliza magufi yoroshye
- Iyo atabasha gusunika igikinisho gifite imipira
- Iyo yibagirwa ibintu yali yaramenye

Intambwe nziza watera ngo wigishe umwana wawe kwiga no gukura



Somera umwana wawe buli muni.

Igisha umwana wawe kumenya ibikoresho bya buli muni, ibige by'umubili, n'amazina y'amatungo.

Fasha umwana wawe gufundura, kumenya ibintu bishushanyije, amabara n'amatungo. Jya ushyira kimwe cyose mu mwanya wacyo ukivuge yumva.

Shyiraho umwete mu kumwigisha gukoresha za block zo kwubaka iminara. Mujye mujya ibihe mu kuyubaka no kuyosenya.

Jya usaba umwana kugufasha gukingura urugi n'akabati no guhindura impapuro z'igitabo mulimo gusoma

Jya umufasha kwiga amagambo mashya no kumenya akunda kumunanira. Urugero: nk'iyi avuga ati "baba", wamubwira uti "nibyoyi ni a bottle."

Jya umutera umwete, umureke wo kwamva yihagije, umureke yiyambike kandi yitamike

Jya umutera umwete wo gushaka kumenya, wabikora umujyana muli zoo cyangwa mu nzu y'umurage.

Jya umujyana no muli park maze umureke yulire ibiti, kandi yirukanke mo.

Jya wemera mukine umupira, muterane amashoti.

Mijye mushushanya hamwe, mukoresheje amakaramu, amarangi n'impapuro.



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