



Ibyitezwe mu mikulire y'abana

80% by'imikulire y'abana biba mu myaka itatu ya mbere y'ubuzima bwabo!

Ishyirahamwe ry'abaganga bavura abana n'ikigo gishinzwe kurwanya indwara muli Amerika byashyize ahagaragara ko abana bose baba bakwiye gupimirwa imikulire hagendewe ku kigero bagezeho kugeza bagejeje ku mezi 36. Ibimenyetso by'imikulire ni ibintu umwana aba ashobora gukora iyo agejeje ku mezi y'ubuvuke runaka. Ibi aliko n'ukubwitondera kuko buli mwana aba afite imikulire ye yihaliye. Umwana ashobora kuba akura neza aliko akaba ataramenya ibyo aba agomba kumenya ku mezi agejeje ho. Ababyeyi baba bakwiye kwegera muganga w'abana babo iyo baoba hali ibimenyetso therekana ubukererwe mu mikulire yabo.

Ku mezi agejeje ho, umwana aba ashobora gukora iki?

Urulimi n'itumana ho

- Ashobora kuvuga amazina ye n'igihe amaze avutse
- Umubwira gukora nk'ibintu bibili cyangwa bitatu akabishobora
- Ashobora kuvuga ibintu n'ibikoresho ahora abona
- Azi kumenya ibintu "bisa n'ibitandukanye"
- Yumva neza amagambo nka "mo", "hejuru", na "munsi"
- Ashobora kuvuga interuro ilimo amagambo atanu cyangwa atandatu
- Avuga neza ku buryo abatamuzi bumva byinshi mubyo avuze
- Ashobora kubara inkuru cyangwa kuvuga yungikanya interuro 2 cyangwa 3

Imikulire mu mibanire n'abantu no mu gukunda/gukundwa

- Aba ashaka kumenya ibintu bishya
- Akunda gukina n'abandi bana
- Ajya ibihe n'abandi bana mu mikino
- Yerekana ko afite urukundo cyangwa ko hali ikimibabaje
- Akunda gukina wo kwigana ibitali ho
- Ariyambika akanyambura imyambaro
- Azi kujya inama na bagenzi be iyo havutse ikibazo
- Yerekana ubushake bwo kuba yakwigira
- Akunda gutandukanya ibiliho n'ibitaliho

Amwzi 36

Ishyirahamwe ry'abaganga b'abana muli Amerika lisaba ko imikulire n'imyatwariye y'abana bose bisuzumwa iyo bageze mu kigero cy'amezi :

- ❖ 9
- ❖ 18
- ❖ 24 cyangwa 30

Ibikoresho by'ili suzumwa byaba:

- Ibibazo bifatiye ku gihe amaze avutse n'ikigero cye
- Isuzuma likozwe n'abanyeyi n'ikigero ageze ho (**PEDS**)
- Isuzuma likozwe n'ababyeyi bibanda ku bimenyetso by'imikulire(**PEDS-DM**)
- Isuzuma rya Brigrance



Recommended Apps:



CDC's Milestone Tracker
Daily Vroom
BabySparks



Ibiro bishinzwe amashuri abanza mu mashuri ya leta ya Buffalo

Imikulire mu bumenyi (kwiga, gutekereza, amayeriyo kubonera ibibazo ibisubizo)

- Azi kuvuga neza amabara amwe n'amwe
- Yumva imibare kandi akaba azi kubara akagira aho ageza
- Abasha kuba yakulikiza amabwiliza atatu
- Abasha kugira ibyo yibuka mu nkuru yavuzwe
- Yumva neza iyo bavuze ibintu bisa n'ibitandukanye
- Akunda gukina imikino y'ibintu yatekereje akoresheje ibikinsho bye, amatungo cyangwa abantu.
- Ashobora gukinisha ibikinsho bifite aho bakora bikinyagambura
- Ashobora kurangiza umukino w'amayohera atatu cyangwa ane

Imukulire y'umubili (gross motor)

- Azi kwulira no kwiruka
- Arasimbuka kandi ashobora guhagarara ku kuguru kumwe mu gihe cy'amasegonda 5
- Yulira ingazi akimanura nta bufasha, ikirenge kimwe ku ngazi yo hejuru, ikindi kuyo hasi
- Azi gutera ishoti
- Azi kunaga umupira hejuru
- Akenshi umupira urabyuka akawufata
- Azi kujya imbere no gusubira inyuma
- Pedals a tricycle

Ibindi bimenyetso by'imikulire -Motor Development

- Azi gushushanya uruziga n'impande enye
- Ahindura urupapuro rw'igitabo rumwe rumwe
- Azi gufunga no gufungura umufuniko awukaraga, no gufungura serrure
- Azi gushushanya umuntu akamuha ingingo ebyili cyangwa eshatu
- Azi gukoresha imakasi
- yatangiye no kwandika icyapa

N'ibiki nabwira muganga w'umwana wanjye?

Buli mwana akura ku buryo bwe bwihaliye. Biragoye kumenya igihe umwana azamenyera ikintu iki n'iki. Wakwegera muganga we iyo ubona hali ibimenyetso byerekana gucyererwa mu mikulire.

- NK'iyi atabasha gusimbuka
- Nt'abashe kunyonga igare lifite imipira itatu
- Iyo atabasha gufatisha ikaramu igikumwa na mukubitarukoko
- Iyo atabasha no kwandika ibintu bitagira epfo na ruguru
- Iyo adashobora kugerekeranya block enye cyangwa zirenze ho
- Iyo aafata nyina akanalire amenye ko agiye kugenda
- Iyo atabasha gukina n'abandi imikino ilimo nko guterateranya ibintu
- Iyo yanga gukina na bagenzi be cyangwa gukinisha ibikinsho bye
- Iyo atabasha kwigwisha magwandi
- Iyo yanga ko bamwambika, akanga kuryama no kwijyana kwituma
- Iyo atabasha kwifata yarakaye cyangwa hali ikimubabajye
- Iyo atabasha gukoresha interuro y'amagambo arenze atatu
- Iyo yibagirwa ibintu yali azi

Ibyo wakora ngo ufashe umwana wawe kwiga no gukura



Jya umusomera igitabo buli muni. Umusabe kwerekana ibishushanyo bilimo maze umubwire uko byitwa.

Jya umusaba kugushakira ibintu mu nzu, umubwire uko imyanya y'umubili n'ibikorsho byo murugo byitwa.

Mujye mukina umukino wo kwegeranya ibintu bisa no gushakira ibisubizo amayohera yoroshye.

Jya ukina imikino n'umwana wawe.

Jya uganira n'umwana wawe, umwigishe amagambo, kandi umufashe kumenya amagambo atabasha kuvuga neza

Jya umufasha kugira umwete mu gushaka kwigira kandi umureke yige kwiyambika no kwilisha ibiryo

Iyo umwana afite icyamunaniye, jya umufasha kukibonera umuti

Jya umutera umwete mu kugira amatsiko no kumenya gukina neza, atsinda akanatsindwa ali mu bana bakunda gukina nawe

Jya umusohokana mukinire hanze, mujye muli Park kandi mufatane urugendo rugufi ku maguru. Jya umwemerera gukina no kureba ibili hirya no hino.

Jya umureka afate impapuro, amakaramu n'ibitabo byo gushyira amarangi atandukanye mu bishushanyo bilimo.

Jya wemera gukina n'umwana wawe muca imirongo munashushanya ibishushanyo bitandukanye.



Aya makutu yatanzwe na
American Academy of Pediatrics at <https://www.aap.org>
ifatanije na Centers for Disease Control and Prevention at
<https://www.cdc.gov/>