

Kurera mu gihe cy'a COVID-19

Gumana Intumbero nziza

Nti byoroshye kwiyumva neza cyane iyo abana bacu cyangwa ingimbi bari gukora ibidusaza. Akenshi birangira tuvuga "Reka gukora ibyo!" Ariko akenshi abana bashobora gukora ibyo tubasaba gukora turamutse tubahaye amabwiriza meza no kubashimira cyane kubyo bakoze neza.

Vuga imyitwarire ushaka kubona

Koresha amagambo meza mu gihe ubwira abana bawe icyo gukora; nka 'Ndabinginze ni mushyire imyenda kuruhande!' (aho gukoresha 'nti muteze umwanda!')

Byose biri mu buryo dutanga ubutumwa

Gukangamira abana bawe bizateza wowe na bo umunaniro no kurakara. Koresha amazina ya bana bawe niba ushaka ko bakumva. Vuga mu ijwi rituje.

Shimira abana bawe mu gihe bari kwitwara neza

Gerageza ushimire abana bawe cyangwa ingimbi ku kintu bakoze neza. Bashobora kutabyerekana, ariko uzababona bongera gukora ibyiza. Bibaha icyizere kumenya ko ubitegereza kandi ubitaho.



Akira uko ibintu biri

Ese abana bawe bashobora gukora ibyo ubasabye gukora? Biragoye ko abana baceceka umunsi wose bari mu nzu, ariko birashoboka ko baceceka iminota 15 uri kwitaba telefone.

Fasha umwana w'ingimbi kuguma kuri konejisiyo

Abana b'ingimbi bifuza kubasha kuganira n'inshuti zabo. Fasha abana bawe b'ingimbi kuganira n'abandi binyuze ku imbuga nkoranyambaga n'ubundi buryo bw'iyakure bwizewe. Iki nacyo n'ikintu mwakorera hamwe!



kanda hano niba wifuza uburyo butandukanye bwo kurera!

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The COVID-19 Playful Parenting Emergency Response is supported by the LEGO Foundation, the philanthropic donors to the University of Oxford's COVID-19 Research Response Fund, and the UKRI GCRF Accelerating Achievement for Africa's Adolescents (Accelerate) Hub. Research on Parenting for Lifelong Health is supported by the UKRI GCRF Accelerate Hub, the Oak Foundation, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, the Global Alliance for Chronic Diseases under the European Union's Horizon 2020 Research and Innovation Programme, UNICEF, WHO, Oxford University Innovation GCRF Sustainable Impact Fund, the Leverhulme Trust, the Economic and Social Research Council, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPPAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.