

4 COVID-19 Okukuza abaana Emichwe emiibi

Abaana boona nibashobya. N'ekya buliisho abaana nibaruha, nibarumwa enjara, nibatiina nginga nibeega okwetongora, nibabasa kutugwisa enshazi baaba bari omuka

Okweshwijuma

- Kwata emicwe emibi bukiri kare kandi ojishwijume aha baana baawe, okuruga ahamicwe emibi okugaruka ahamicwe mirungi.
- Ky'emereze kitakatandikire ! Batandika kuburwa obusingye, nobaasa kubabuzza buzan'ekintu ekikushemeza nginga ekyokuzana, nka "Mwishe tuzaane hamwe!"

Banza oyemeremu ohumuremu

Nohuranka akwenda kwamuza oyehemu obutikitiki 10 (ekumi) okihisa empoola emirundi eitaano, aho obase kugarukamu n'obucuruzi

Abazaire bingi nibagira ngu ekyo nikiyamaba munonga

Kozeesa ebiralugemu

Ebikukalataho nibyegesa abaana okugira obuvunanyizibwa omuri ebyo bibabkukora nikibaretera emicwe yokwegyendesereza. Eki nikikira okutera nokubayombera.

Guumba nokozeesa tip 1-3

- Akaire ka Omwe ahari omwe, okusiima okuba omurungi n'ebiyokukora ebya butosha, nibibaasa kukyendeza aha emicwe emibi
- Ohereze abaana baawe neminyeeto emirimo eyorobi n'obuvunanyizibwa oyegyendesereze okumanya ngu kibakuza kukora nibaija kukyibaasa, kandi obasiime bakikora.

- Ohereze omwana waawe omugisha okwesharamu okukuratira ebiragiro byaawe otakamunerize ekilakulatireho
- Gyezaho okwikikaana waaba nobagambira ebikuza kurugamu.
- Rebeeka ngu nobaasa kukuratira n'ebyo ebikurugamu n'ekyokureberaho, okwihaho omunyeeto esiimu okuheeza week yona nikibaasa kuguma kuta omunkora. Okujimwihahookuheza eshaha 1 (emwe) ekyo nikibasika.
- Ebukukurataho byahwa, omwana waawe muheyo omugisha kukola ekintu kilungi omusiime ahabwekyo

Miiga aha kutunga obukodyo obundi:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



The mark "CDC" is owned by the US Dept of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.