

KURINGANIZA URUBYARO, KUGIRA ISUKU N'IMIRIRE IBONEYE

I. KURINGANIZA URUBYARO

1. Kubera iki umuvuduko w'ubwiyongere bw'abaturage mu Rwanda ukwiye kugabanuka?

- ✓ U Rwanda ni kimwe mu bihugu bifite ubucucike bukabije bw'abaturage, n'umuvuduko ukabije w'ubwiyongere bw'abaturage.
- ✓ Muri uyu mwaka wa 2011, u Rwanda rufite abaturage bagera hafi miliyoni 11. Mu mwaka wa 2020, umubare w'abaturage uzaba ugeze kuri miliyoni 13.4 mu gihe umuvuduko w'ubwiyongere bw'abaturage utagabanutse. Ibi bisobanura ko ibibazo biremereye by'ubukene u Rwanda rufite byakwiyongera.
- ✓ Ikibazo cy'ubukene mu gihugu gikomeza kuba akarande, kubera ibibazo binyuranye harimo n'umuvuduko ukabije w'abaturage wagiye usumba umuvuduko w'ubwiyongere mu bukungu.
- ✓ Umusaruro hamwe n'imibereho rusange by'abatutrage bifitanye isano cyane n'ubunini bw'ubutaka/amasambu bafite; abafite ubutaka buto cyane n'abatabufite namba nibo biganjemo abakene cyane.
- ✓ Imiryango ifite abana benshi ikunze guhura n'ibibazo bijyane n'imibereho mibi ku mpanvu z'uko nta mikoro ifite mu gutunga no guhaza iyo miryango ; guha abo bana uburezi bwiza, ubuvuzi, kubambika n'ibindi.

2. Ese Kugabanya umuvuduko w'ubwiyongere bw'abaturage birashoboka?

Ubwiyongere bw'abaturage bushobora kugabanuka mu gihe uburumbuke bw'umugore nabwo bugabanutse.

Umuvuduko w'uburumbuke ukabije uterwa n'ibi bikurikira:

- ✓ Kwifuza kubyara abandi bana (abana benshi)
- ✓ Imyumvire y'uko kubyara abana benshi byongera umusaruro cyangwa biba bigamije gufasha ababyeyi igihe bazaba bageze mu zabukuru
- ✓ Umuco w'abanyarwanda wo kubyara abana benshi
- ✓ Kubyara igitsina kimwe gusa, ubuharike, n'ibindi.
- ✓ Ubujiji cyangwa kutabona uburyo bwo kwirinda kongera gusama.

Mu gihe hashyizweho ingamba zo guhangana n'ibi bibazo umuvuduko w'ubwiyongere bw'abaturage uzagabanuka.

3. Impamvu z'ingenzi zituma umubare w' abana ku muryango ukwiye kugabanuka:

- ✓ Biragoye kurera abana benshi mu buryo bwiza, ntibabona ibyo barya, uburezi bwiza, n'imibereho myiza muri rusange.
- ✓ Ubuzima bwiza: Igihe cyo gukurikiranya abana iyo kiri muni y'amezi 24, hari ingorane nyinshi ababyeyi bahura nazo mu kubyara abana benshi harimo n'urupfu,

- ✓ Guha umwanya ababyeyi (abagore babona umwanya wo kujya mu mirimo ifasha gutunga urugo)

4. icyakorwa mu gukemura ikibazo cy'ubwiyongere bw'abaturage

- ✓ Buri rugo rugomba kugira imihigo irimo gukemura ikibazo cy'ubwiyongere bw'abaturage.
- ✓ Inzego zose zegereye abaturage zikwiye kugira uruhare mu bikorwa byo kuboneza urubyaro. Ibi bigakorwa nko mu muganda, n'izindi nama zihuza abaturage.
- ✓ Abagabo bagomba kugira uruhare muri gahunda yo kuboneza urubyaro.
- ✓ Abajyanama b'ubuzima mu midugudu hose bagomba gufasha muri iyi gahunda yo kuboneza urubyaro.
- ✓ Abaturage bashobora kugana Ibigo Nderabuzima kugira ngo babone serivisi nziza zo kuboneza urubyaro no gufasha abaturage ngo basobanukirwe ibyiza byo kuboneza urubyaro

II. KUGIRA ISUKU

- ✓ Gira umuco wo gukaraba intoki n'isabune uvuye ku musarane na nyuma yo gusukura umwana witumye
- ✓ Gira umusarani uboneye uwukoreshe kandi uwugirire isuku wirinde indwara z'impiswi n'inzoka zo mu nda
- ✓ Nywa amazi meza asukuye abitswe mu gikoresho gifite isuku kandi gipfundikirwa
- ✓ Tegura neza ibiribwa, ubigirire isuku, ubiteke bishye neza bibikwe mu bikoresho bifite isuku kandi bipfundikirwe.

III. IMIRIRE IBONEYE

Imirire iboneye ni ingirakamaro kugira ngo igihugu kigere ku majyambere arambye. Ifite uruhare mu kugeza igihugu ku ntego z'ikinyagihumbi zigamije kurwanya ubukene.

Guverinoma y'u Rwanda ikora ibishoboka byose kugira ngo iteze imbere imirire myiza y'abanyarwanda haba ku rwego rw'abaturage no ku rwego rw'igihugu. Ibikorwa binyuranye bigamije guteza imbere imirire byagiye bikorwa, twavuga nka porogaramu y'imirire ishingiye ku baturage, kongerera vitamini A ku bana bafite hagati y'amezi 6 n'amezi 59 hamwe n'ababyeyi batararenza ibyumweru bitandatu babyaye ; no gukoresha umunyu urimo iyode bikorwa mu ngo nyinshi z'abanyarwanda.

Ariko rero, ikibazo gikomeje gutera inkeke ku rwego rw'igihugu, kubera imirire mibi ikigaragara n'ibura ry'intungamubiri zubaka umubiri n'izitera imbaraga ndetse n'ibura rikabije ry'intungamubiri zirinda indwara, bityo bikongera impfu z'abana n'ababyeyi.

1. Ni izihe mpamvu zitera imirire mibi?

Impamvu zitera imirire mibi zashyirwa mu nzego ebyiri zitandukanye:

a) Impamvu zitaziguye.

- ✓ Kubura ibiribwa bihagije, ubwinshi bw'indwara umuntu ashobora kwandura nindwara ziterwa n'indirizi.
- ✓ Indyo ituzuye

b) Impamvu ziziguye.

- ✓ Ukutihaza mu biribwa kw'ingo
- ✓ Kutita ku bana n'abagore ku buryo buhagije
- ✓ Isuku idahagije n'ibura ry'amazi meza

2. Ni ibihe bikorwa bigamije imirire myiza ?

- ✓ Gukurikirana imikurire y'abana n'ubwiyongere bw'ibiro by'abagore batwite.
- ✓ Kongera intungamubiri mu biribwa (Food fortification)
- ✓ Kwirinda indwara ziterwa n'intungamubiri zirengeje urugero.
- ✓ Guteza imbere imirire myiza mu mashuri
- ✓ Kuringaniza no kuboneza imbyaro
- ✓ Guteza imbere konsa abana kugeza ku mezi 6 nta rindi gaburo bahabwa

3. Ni ibihe biribwa bigize indyo yuzuye?

Ni byiza ko amafunguro tubona mu miryango yacu, cyane cyane agenerwa abana akwiriye kuba agizwe n' intungamubiri zikurira nibura kabiri ku munsu:

- ✓ Ibyubaka umubiri: inyama zose, amagi, amafi yose, ibinyamisogwe (ibishyimbo, amashaza, soya,ubunyobwa,..)
- ✓ Ibitera imbaraga: ibitoki, umuceri, ibijumba, amateke, imyumbati, ibirayi....
- ✓ Ibirinda indwara: imboga zose, imbuto zose
- ✓ Ibyo kunywa: amazi, igikoma, imitobe y'imbutu, umufa w'imboga, uw'inyama, uw'amafi....

Umwihariko k'umwana wonka

- ✓ Umwana wonse akurana ubuzima bwiza kuko konsa umwana akivuka ako kanya bimukingira indwara zitandukanye, ntarwaragurike, akagira imirire myiza kandi kuko amashereka aba afite isuku ihagije, bimurinda indwara ziterwa n'isuku nke nk'impiswi n'izindi. Akaba ari yo mpamvu umubyeyi wonsa wese agomba kugira isuku y'umubiri we, iy'amabere ndetse akoga intoki kenshi n'igihe cyose agiye konsa.
- ✓ Umwana ukivuka rero, igihe cyose umubyeyi we akiriho kandi nta mpamvu ibimubuza akwiriye guhita ashirwa ku ibere mu isaha ya mbere akivuka, akonka amezi atandatu ya mbere nta kindi ahawe: nta muti uvura ibyo mu nda, nta tuzi turimo isukari, nta mata cyangwa ikindi cyose cyakwitirirwa umuti cyangwa ibituma ahaga kereka ari umuti muganga amuhaye cyangwa urukingo.
- ✓ Umubyeyi wonsa rero akwiriye kurya indyo yuzuye kugira ngo abone amashereka ahagije yo konsa umwana we, akanywa cyane kuko igice kinini cy'amashereka ari amazi.