

Ni gute wotegura kandi ukabika amata y'ifu y'umwana inyuma y'umwuzure

Ku miryango yagize ivyago vy'umwuzure kandi ikoresha amata y'ifu, amata yagenewe kugaburira abana ni bumwe mu buryo bwizewe. Inyuma y'umwuzure, amazi y'ibombo canke y'iriba arashobora kuba atari meza kugira uyavange n'amata y'umwana. Amata yagenewe kugaburira abana ni amata y'amazi ashobora kugaburirwa umwana atabanje kwongerwamwo amazi. Nimba umuryango uhisemwo gukoresha amata y'abana, kurikiza izi tambwe kugira utegure kandi uyabike neza.



Intambwe ya 1

Sukura aho uyategurira. Karaba iminwe n'isabune n'amazi canke ukoreshe alukole yica imicafu irimwo n'imiburiburi 60% vya alukole. Koresha icupa ryogeje mu gutegura amata y'umwana.



Intambwe ya 2

Koresha amazi yo mw'icupa mu gutegura amata y'ifu y'umwana kugeza abatwara akarere bavuze ko amazi yo mw'ibombo ari meza kunyobwa.



Intambwe ya 3

Koresha amazi akwiye neza hamwe n'amata vyanditse ku mabwirizwa ari ku gikopo c'amata. Banza upime amazi hanyuma wongeremwo ifu y'amata y'umwana ukoresheje akayiko katanzwe.



Intambwe ya 4

Ukoresheje agaifundiko kari kw'icupa, zungagiza amata y'umwana kugira avangane mw'icupa.



Intambwe ya 5

Uhejeje kumugaburira, raba ko inkongoro yogeje hamwe n'aho yonka vyogeje neza hakoreshejwe isabune n'amazi.

Bikoreshe ningonga kandi ubibike neza

- Koresha amata y'umwana wateguye mw'isaha 1 kuva utanguye kumugaburira hamwe no mu masaha 2 umaze kuyategura.
- Nimba utagira ukoreshe amata ateguye mu masaha 2, yabike ubwo nyene muri firigo kandi uyakoreshe mu masaha 24.
- Mu gihe co kuvanga amata y'umwana, kora gusa ayo umwana wawe anywa kugira wirinde kuyonona.
- Ta canke usese amata ayariyo yose yasigaye mw'icupa uhejeje kugaburira umwana wawe. Ntuyashire muri firigo ngo akoreshwe hanyuma.

Wame wibuka

- Ntukore canke ugaburire umwana wawe amata akorewe i muhira. Kugaburira umwana wawe amata akorewe i muhira bishobora gutera umwana wawe indwara zikomeye cane.
- Bika imifundikizo n'ibiyiko ukoresha mu gutegura amata y'ifu vyogeje kandi vyumukije kandi wugare ibikopo vy'amata udatevye. Bika akayiko imbere mu gikopo.
- Raba kandi wumvirize amakuru aturuka ku batwara akarere yerekeye umutekano w'amasoko y'amazi.

Wari ubizi?



Igihe amazi meza ataboneka, amacupa n'aho ashira umunwa mu kunywa bishobora kuba bitizewe gukoreshwa kubera bigoye kwozwa. Nimba ukoresha icupa ry'amazi rishobora gutabwa canke ibindi bintu bitonona ibikoresho vy'imfungurwa z'umwana, suka amata mu gakombe gaca gatabwa kugira ugaburire umwana wawe. Uhejeje kumugaburira, ta agakombe kandi ukoreshe agakombe gashasha kuri buri ngaburo.