

IMINSI IBURA YO GUTANGIRA AMASHURI Y'INCUIKE

Kumenya kwijyana ku musarane



Kumenya kwijyana ku musarane bishobora kuba ingingo itoroshye ku miryango ifite abana bato. Buri mwana agira umuvuduko we mu kumenya kwijyana ku musarane. Umuryango wawe ushobora gukoresha uburyo buwunogeye kugira ngo ugere ku ntego y'umwana yo kwifasha igihe agiye ku musarane. Iyo abana binjiye mu mashuri y'incuike, abarimu baba biteguye guhurira nabo aho bari. Aha harimo no ku musarane!

Igihe abana bari ku ishuri, bazagerageza kwijyana ku musarane no kwifasha. Uwawe yaba yarabimenye neza cyangwa atabizi, hari ibyo ashobora gutangira kwikorera. Suzuma ibintu bikurikira n'umwana wawe. Komeza umutoze gukora ibyo ataramenya.



Yego	Kwijyana ku musarane
	Nshobora kubwira umuntu mukuru ko nshaka kujya ku musarane.
	Nshobora kwimanurira ipantaro no kuyizamura iyo ndi ku musarane.
	Iyo nkoresha aho banyara, nshobora kumanura ipantaro uko bikwiye nterekanye igice cyo hasi cy'umubiri.
	Nshobora gukoresha urupapuro rw'isuku nkihanagura.
	Nshobora kumanurira amazi mu musarane.
	Nshobora kwikarabya intoki.

Ku babyeyi

Ibintu byo kwitaho igihe umwana yinjiye mu mashuri y'incuike

- Ambika umwana wawe imyenda imworoheye kumanura no kuzamura
- Bwira mwarimu w'umwana wawe ibyo akeneye bijyanye no kujya ku musarane. Abarimu bazamufasha kumenyera no kugera ku ntego ze igihe agiye ku musarane ari ku ishuri.
- Shyira imyenda yambariraho n'indi yo kwambara mu gikapu cye mu rwego rwo guteganya bigenze nabi.
- Niba hari uburwayi umwana wawe afite bujyanye no kujya ku musarane, bibwire umuha ubuvuzi cyangwa inzobere imuvura. Bashobora kumwuzurira amafishi afasha ishuri gukora gahunda yo kumwitaho.

Inama zo kwigisha umwana kwijyana ku musarane

- Shimira umwana wawe igihe agerageze kwijyana ku musarane, nubwo yaba yagize ibyago bikagenda nabi. Ibi bituma adahangayikira uko bikorwa.
- Kora gahunda. Saba umwana wawe kugerageza kujya ku musarane igihe abyutse mu gitondo no ku manywa akangutse, mbere yo kuva mu rugo, mbere yo kuryama ku manywa na nijoro ndetse na mbere yo gufungura.
- Koresha iki [gitabo Early Childhood cya JCPS](#) (Abana bato cya JCPS) urusheho kumenya uburyo bwo gutoza umwana kwijyana ku musarane. Kirimo imbonerahamwe igufasha kumenya inshuro umwana wawe hari ibyo yakoze neza.