



Umugambi wa Carilina y'ubuseruko ujewe kwitaho impinja n'imirukuru uko ubimenya hakiri kare, niko bazorushaho gukura neza

Intambwe z'iterambere

Abana barakura, bakiga kandi bagakura ku ngero zitandukanye. Umwe arashobora gutambuka hakiri kare kurusha uwundi, mu gihe uwundi ashobora gutangura kuvuga ubwa mbere. Koresha iki gishushanyo nk'inzira imwe yo gusuzuma nimba umwana wawe ariko arubahiriza intambwe z'iterambere mu gihe c'imyaka itatu ya mbere. Wibuke ko buri mwana yihariye. Ubaye ufise ibibazo canke impungenge ku vyerekeye uko umwana wawe abona, yunva, yiyungurura, ahanahana amakuru, yiga, akina canke ayaga n'abandi, vugana n'umuganga wawe ajejwe kukwitaho canke wakure ishahamamwe rikwegereya rya (CDSA). Ukugenda neza mu bijanye n'ugukura kw'umwana wawe hamwe n'uturusho tw'iterambere duturuka ku bikorwa vyakozwe KARE mu gihe ufise impungenge.

Ukwezi 1 : Aregura umutwe mu gihe aryamye yubitse inda
Araraba amasura y'abantu
Arunva amajwi

Ku mezi 2 : Arasohora amajwi- y'ivyishimo kandi agatwenga
Arakurikirana ikintu n'amaso
Aragumiza umutwe utumbereye mu gihe c'akanya gato
Aramenya amaboko yiwe



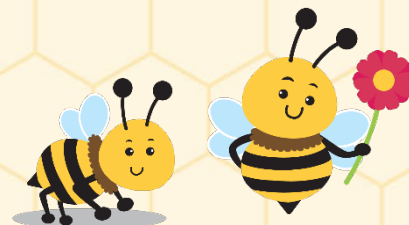
Ku mezi 3 : Aramenya amasura
Aragumiza umutwe hamwe kandi utumbereye
Aratangura gutwengera abantu
Arashobora guhagarara iyo ibirenge biteretse ahantu hakomeye
Arakurikirana ibintu biriko biragenda

Ku mezi 4 : Aramwenyura, aratangura, kandi agasohora amajwi y'ivyishimo
Arihindukiza yari agaramye akaryamira urubavu canke yubitse inda
Arashikira ibintu kandi akabikubita
Aramenya ijwi ry'umuvyeyi akanamumenya iyo amukozeko

Ku mezi 5 : Arashikira, agafata, kandi agashira ibintu mu kanwa
Arasohora amaboko kugira bayafate
Arakina kwinyegezanya
Arakina akoresheje amaboko n'amaguru

Ku mezi 6 : Aricara kandi agahagarara bamufashije
Arihindukiza mu vyerekezo vyose
Arihindukira akurikira amajwi hamwe n'ivyo abantu bavuze
Arigana amajwi

Ku mezi 7 : Arishura ku bishobisho vy'abandi
Arakoresha amaboko mu kumenya ibintu, agakubita, agakorako, agakabakaba
Arasohora ubwoko bw'amajwi



Ku mezi 8 : Arimura ibintu abikura mu kuboko abishira mu kundi
Arahaguruka
Aratangura kugendesha inda canke kugenda yicaye

Ku mezi 9 : Aravuga "Ma-ma" canke "Da-da" ku bavyeyi bose
Arahanahana ivyiyunviro akoreshe (kumwenyura)
Arahoza canke akavanga indome zivuga
Aritaba bamuhamagaye

ku mezi 10 : Aragusezera n'ukuboko
Aragendesha inda neza akoresheje ibiganza n'amavi
Aranywera mu gikombe iyo bakimufatiye

ku mezi 11: Aravuga "Ma-ma" na "Da-da" akita umwe wese uko yitwa aratangura yifatikije intebe n'imeza
Aranywera mu gikombe agatora utuntu dutoduto

Ku mezi 12: Arasohora amajwi hamwe n'ibimenyetso akoresheje n'imiburiburi amajambo atatu
Arakumenyesha ico ashaka/canke adashaka



Birabandanya kuri paje ikurikira



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Division of Child and Family Well-Being

www.ncdhs.gov/itp-beearly



uko ubimenya hakiri kare, niko bazorushaho gukura neza

Intambwe z'iterambere

Ku mezi 13: Guhagarara neza

Arunama agatora ibintu kandi agatera intambwe nkeyi

Ku mezi 14: Arigana ibikorwa vy'abandi

Arakinisha ibikinisho bitandukanye nk'udutafari, utumodoka, ibitabo, ibikoko vy'ibikinisho vyubwoya n'ibipupe
Arasuka hasi ibintu biri mu kintu

Ku mezi 15: Arakinisha umupira

Aratambuka neza kandi arashobora guhagarara
Aratega amatwi inkuru
Arashobora kwerekana ibihimba vy'umubiri wiwe

Ku mezi 16: Arashobora kuzingurura igitabo

Aragira igikinisho canke igipupe akunda kurusha ibindi
Arashobora gushavura iyo bamushavuje

Ku mezi 17: Ariga uburyo bubereye bwo gukoresha ibikoresho

bimenyerewe nka terefone
Arakunda inkino zateguwe ku buhinga bwa none
Arakunda kugendera ku bikinisho

Ku mezi 18: Arashobora kuvuga amajambo 10-20

Arashobora gusaba ubufasha
Arashobora gukoresha amajambo amwe mu gusaba ivyo akeneye/ashaka kumenya
Arashobora kwandikisha i kereyo
Arerekana urukundo, agasomana
Arashobora kugenda mu vyerekezo vyoroshe arashobora kugenda asubira inyuma



Ku mezi 19: Arashobora gukoresha ikiyiko canke ifurusheti

Arashobora kwiruka
Arashobora gutera umupira n'intoko
Arakunda gufasha i muhira

Ku mezi 20: Arashobora kwiambura impuzu

Arashobora gutahura amajambo ashika kuri 200

Ku mezi 21: Arashobora kuvanga amajambo nka "ndashaka icupa" hamwe na "genda bayi"

Arashobora kugendera ku nganzi zo munzu intambwe imwe imwe
Arashobora kugena amahangiro yoroshe nk'aho ashira ibipupe vyiwe

Ku mezi 22: Arashobora gutera umupira imbere

Arashobora gukurikiza intambwe zibiri zasabwe nka "tora ico gipupe ukinzanire"

Ku mezi 23: Arashobora kumenya amafoto asanzwe mu gitabo

Arashobora kuvuga yivuga- akoresheje "jewe/canje"
Arashobora kwugurura utubati hamwe n'udusandugu
Arashobora gukoresha "yambu," "bayi", canke "ndagusavye" mu gihe avyibukijwe

Ku mezi 24: Arashobora kwishura ibibazo vyoroshe nka "iki ni igiki?"

Arashobora kuvuga n'imiburiburi ibihimba bitandatu vy'umubiri
Arashobora gukoresha amungane agizwe n'amajambo abiri canke atatu
Arashobora gutera umupira
Arashobora kuduga no kumanuka inganzi ica rimwe
Arashobora gukata iyo ariko arakina n'abandi bana



Ku myaka ibiri y'amavuko, impinja ziba zitanguye kuvuga cane, zikoresheje amungane agizwe n'amajambo abiri canke atatu hamwe no gusaba nko kuvuga ngo "umutobe wanjye." Baba bafise amajambo ari hagati ya 50-100 kandi batahura amajambo 250-300. Barashobora kwigaburira hamwe no kwugurura utubati hamwe n'udusandugu. Barakunda kandi gusambura ibintu, kumenya ibibakikije, hamwe no kwigana abavyeyi babo hamwe n'abandi bana. Inyifato z'ibishobisho zo mu kibano zikunda kuboneka ni kwerekana urukundo, gukina atawubimufashijemwo, hamwe no kugira isoni ari kumwe n'abantu atazi. Umwana w'imyaka ibiri arashobora kwiyezeza ko ibintu bigenda uko abishaka, ivyo bigashobora kumutera ishavu mu gihe bidakozwe.

Ku myaka itatu y'amavuko, abana barashobora kwikorera ibikorwa vyinshi. Ku vyerekeye inkomezi, barashobora kuduga no kumanuka hamwe no kwambara ibirato vyabo. Barafise kandi ubushobozi bwo kuvuga amungane agizwe n'amajambo atatu gushika kuri atanu, kandi barashobora gusubiramwo umudiho umenyerewe, gutahura amungane menshi, hamwe no kuvuga amazina yabo hamwe n'imyaka bafise. Umwana w'imyaka itatu y'amavuko arashobora gukina n'ibipupe, ibikoko, hamwe n'abantu. Barashobora gukina inkino zisanze n'abandi bana, kuvuga n'imiburiburi ibara rimwe batibeshe, hamwe no kutwara ikinga ry'amapine atatu. Umwana w'imyaka itatu arerekana urugero runini rw'ibishobisho.

Mu bihe bibereye mu gushika kuri izi ntambwe z'iterambere ariko birashobora guhinduka bivanye n'abana, izi ntambwe z'iterambere zirashobora gufasha mu buryo kwo kukuyobora mu gihe uriko urakurikirana ugukura kw'umwana wawe hamwe n'iterambere ryiwe.