



## IvyerekanYwe n'ubushakashatsi

Mu gihe ukwikangura kenshi ku mwana ari ibisanzwe kandi ari ikimenyetso c'amagara meza, birashobora kuba bigoye cane ku bavweyi.

Kubura itiro birashobora gutuma bigorana gukurikirana umuco wo kuryama mu buryo butekanye. Mu gihe uriko urahura n'izo ngorane, ni nkenerwa kurondera ubufasha.

- Bwira umuganga w'umwana ivyerekeye uburyo bujanye n'ivyo umwana wawe akeneye.
- Saba abagize umuryango wawe, abagenzi, canke umuntu wizeye kuraba umwana wawe mu gihe uryamye canke wongeye gutora itiro.
- PCAVT's Parent Helpline 1-800-CHILDREN (244-5373).

## KU YANDI MAKURU

ku kugene wotunganya aho kuryama hatekanye ku mwana wawe ja ku rubuga, rwa

[UVMHealth.org/SafeSleep](https://UVMHealth.org/SafeSleep)



American Academy of Pediatrics

[HealthyChildren.org](https://HealthyChildren.org)

U.S. Consumer Product Safety Commission

[CPSC.gov](https://CPSC.gov)

Gusinzira gutekanye ku mwana

[SafeInfantSleep.org](https://SafeInfantSleep.org)

Charlie's Kids

[CharliesKids.org](https://CharliesKids.org)

Kids for Cribs

[CribsforKids.org](https://CribsforKids.org)

Igihe co kwitaho Impinja Zirira



\*Mu gihe uriko urakoresha isaho yo kuryamikamwo umwana canke umufuko bamuryamikamwo, izere neza ko utanditseko "Weighted".

Ibikoresho vyo kuryamishamwo umwana vyanditseko "Weighted" basanze ishira hamwe American Academy of Pediatrics ryasanze bidatekanye.

Umut  
ekan  
o wo  
Kurya  
ma



**Gutunganya aho kuryama hatekanye**



Rimwe na rimwe abana barashobora kudahozwa kandi ntaco bitwaye. Ntaco vyonona ku gukura kw'umwana. Mu gihe wataye umutwe canke warengewe, gerageza kwiyitaho ubwawe mbere nambere kandi ureke umwana agume ahatekanye mu gatanda kiwe. Kurira si bibi mu gihe ukeneye ikibanza.

**Sangira nawe icumba cawe, ariko NTUSANGIRE nawe igitanda**

**Muhe agakoresho ko kumuhoza yonka**

**Gumiza umwana wawe ashushye mu kumuryamika mu gikoresho kimwe/kivanze canke isaho baryamikamwo umwana\***

**Abana baryamye bonyene ba garamye ahantu haringaniye**

**Abana baryamye mu gatanda, agatanda k'abana agatanda kagendanwa, canke mu kibuga bakiniramwo \***

**Kuraho ibikoresho bidatekanye nk'imiseho, uburengeti, ibipupe vy'ibikoko bifise ubwoya, udutanda two ku kiyaga, canke umugozi w'agakoresho ko kumuhoza yonka/raba mugereka**

\* igikoresho cemewe kandi gitekanye



## Gusangira icumba

Umwana ategerezwa gusangira icumba nawe, ariko ntategerezwa gusangira nawe igitanda.

Gusangira icumba bisigura kugumiza agatanda ku mwana wawe, aho akinira, canke agakoresho aryamamwo mu cumba uryamamwo, hafi y'igitanda cawe mu gihe n'imiburuburi c'amezi 6 ya mbere. Ibi bituma vyoroza kwitaho neza hamwe no kugaburira umwana wawe, hanyuma umushire mu kibanza ciwe co kuryamamwo mu gihe witeguye ku kuryama.

Mu gihe hari ubundi buryo ubwo aribwo bwose ushobora gutwarwa n'agatiro umwana wawe ari mu gitanda iwawe, izere neza ko ata miseho, ishuka, uburengeti canke ibindi bikoresho ivyo arivyo vyose bishobora kuzibira isura y'umwana wawe, umutwe hamwe n'izosi, canke ngo bimutere gushuha cane. Ukimara kwikangura, izere neza ko wimuriye umwana wawe mu gitanda ciwe.

Irinde kandi gutwarwa n'agatiro ugifise umwana wawe mu, bindi bibanza Ivyago vy'urupfu rw'umwana bitewe n'ugusinzira biri hejuru mu gihe umwana aryamanye n'umuntu ku gitanda, mu nyegamo, canke ku musego.

Ni nkenerwa cane gose kwirinda kuryamana n'umwana mu gitanda kimwe mu gihe wanyoye inzoga canke wanyoye urumogi rwa cannabis, ibiyayuramutwe bitemewe, canke iyindi miti yemewe itera ukwisinzirirako canke yongereza itiro.

**Mu gihe umwana wawe asinziririyeye mu ntebe y'imodoka, mu gakoresho batwaramwo umwana, canke agakoresho k'amapine basunikamwo umwana, mujane ahantu hatekanye hanyuma umuryamishe agaramye vuba hashoboka.**