# Welcome to preschool

A parents guide to starting preschool

# Kaze kw'ishure ry'intangamarara

Agatabu kayobora abavyeyi mu gutanguza umwana mw'ishure ry'intangamarara.

Education
Public Schools

KIRUNDI

## Ivyo uzosanga mu gatabo bise" Kaze kw'ishure ry'intangamarara"

*Kaze kw"ishure ry'intangamarara* n'agatabo kateguwe kugira ngo gafashe umwana wawe gutangura inyigisho zitangurira amashure y'intango neza kandi anezerewe. Uzosanga mwo insiguro zirashe zitangwa n'abarimu n'abavyeyi bo mur' ayo mashure kugira ngo wewe n'umuryango wawe mworoherwe mu gutegura umwana wanyu kuja muri iryo shure. Bizotuma wiyumva ko wafashe ingingo nyayo yo kurungika umwana wawe mw'ishure ry'intangamarara kandi ubonemwo n'akamaro kari mwo mu gukura kw'umwana wawe

Ufise ic'ubaza ic'ari co cose canke wipfuza kugira ico uterereye, turasavye utwandikire kuri **parents@det.nsw.edu.au**


| | |
|---|---|
| **Kuja kw'ishure ry'intangamarara** | **3** |
| **Ukwitegura** | **3** |
| **Ibifungurwa kw'ishure ry'intangamarara** | **4** |
| **Umwana wanje yokwambara iki?** | **5** |
| **Uko abana bato biga** | **5** |
| **Ugufasha umwana wawe mu kwiga** | **6** |
| **Ukwitegurira ishure rikuze** | **6** |
| **Iyo umwana wawe arwaye** | **7** |
| **Inda zo mu mutwe** | **7** |
| **Aho ukura inkuru kuri internet** | **8** |


## Kuja kw'ishure ry'intangamarara

Iciyumviro c'ishure ry'intangamarara gishobora gutera ubwoba gatoyi ku bavyeyi batari bake.Ushobora kwiyumva nk'uko umwana wawe ariko akura ningoga. Ntutinye!Ishure ry'intangamarara ni umwanya aho umwana wawe azonezerwa hamwe n'abandi bana bangana. Ishure ry'intangamarara rifasha gutez'imbere n'ukwagura ukugene umwana wawe aronka inyigisho, zikamutuma yiyumva ko yikwije, ashashaye kwiga kandi arindiranye igishika kuja mw'ishure rikuze.

## Ukwitegura

### Uramaze kubonana n'umwarimu w'ishure ry'intangamarara?

Umwigisha w'ishure ry'intangamarara n'umuntu ngirakamaro ukeneye kumenya.Umwigisha azoshobora kukubwira ibiba kw'ishure kandi agufashe mu kwishura ibibazo ivy'ari vyo vyose bizofasha umwana wawe gutsimbatara.

Ishure ry'intangamarara rifise amategeko n'inzira nyinshi zo gutez'imbere amagara, umutekano n'imibereho myiza y'abana, nk'akarorero ugushika n'ugutaha, ivyokurya n'ingaburo, ugukura n'indero hamwe n'ukwikingira izuba.

**Raba neza:** Ishure ry'intangamarara rizogusaba gushira igikumu mu gitabu mu ntango no mu mpera z'umusi canke z'ikiringo.Usabwe rero kwitwararika gutera igikumo muri ico gitabu gisanzwe kiri mu bw'injiriro bw'ishure ry'intangamarara.

**Urutonde rw'ivya nkenerwa**

Muri make, ng'uru urutonde rw'ibintu umwana wawe azokenera;

- Isakoshi
- Ico gutekera mwo imfungurwa
- Impuzu z'uguhindura, amashesheti, ikaleso…
- Inkofero
- Ivyo gufungura mu gatondo, ku muhingamo, hamwe n'ikinyobwa.

Niba ishure ry'intangamarara ari iry'umusi wose, umwana wawe azokenera ibi:

- Ivyokurya vyo ku mutaga
- Ishuka n'uburengeti vyo mu karuhuko.

### Uguhurira, ugufatira imiti kw'ishure n'ibindi vya nkenerwa.

Imbere y'uko umwana wawe atangura ishure ry'intangamarara, birakenewe ko womenya iryo shure ko umwana wawe hari ivyo umubiri wanka canke ko hari ivyo yategetswe na muganga, n'ibindi vya nkenerwa.

## Ivyo kurya vyo kw'ishure ntangamarara

Gufungura kw'ishure ntangamarara n'igihimba gikomeye muri porogarama ya buri musi kandi turahimiriza gufungura ivyokurya ntungamagara. Mu gihe c' ugufungura abakozi bacu , bazohora bibutsa abana gukaraba kandi babahimirize kumara ibifungurwa bareke kubigabangana n'abagenzi babo.

Uzosabwa gutekerera umwana ivyokurya ntungamagara ku cayi co mu gitondo, ku vyo ku mutaga no ku cayi c'inyuma y' umutaga. Ganira n'abigisha kugira ngo ugire iciyumviro c'ivyo wotekerera umwana wawe buri musi. Gendera kandi uwu murongo wa internet kugira ngo ugire ico umenya ku vyerekeye icayi n'imfungurwa zo k'umutaga **www.healthykids.nsw.gov.au**

**Raba neza:** Tekerera umwana wawe ibifungurwa uzi k'umwana wawe akunda kandi azofungura. N'ivyiza kandi kwigisha umwana wawe gufundurura ivyokurya vyatekewe vyiwe n'ukuvyirisha.

### Irinde guhurira k'umubiri

"Anaphylaxis" n' ihinduka ry'umubiri rikaze kandi rishika bukwi na bukwi rituruka ku mfungurwa zimwe zimwe nk'ibiyoba canke ifi zitwa "shellfish" canke rikava ku kuribwa n'udukoko. Utegerezwa kumenyesha umwigisha niba ivyokurya bituma ahurira canke niba ageramiwe na "anaphylaxis". Amashure amw'amwe afise amategeko abuza ibiyoba. Baza umwigisha ku bijanye nivyo.

## Umwana wanje yokwambara iki kw'ishure ry'intangamarara

Ambika umwana wawe imyambaro imukwiye, itwarika, imukingira kandi imworohera iyo ariko arakora harimwo n'ibirato ashobora gukinana n'ukwurirana.

Abana bazosabwa kwambara inkofero z'ugukinana hanze. Menyereza umwana wawe kwambara inkofero ari hanze. Amashure menshi afise amategeko y'uko utambaye inkofero ukinira mu gitutu.

**Raba neza:** bika impuzu z'ugusohokana canke kuja mu bukwe. Mu gihe abigisha bagerageza kurinda abana ngo ntibanduze impuzu zabo, irangi n'umwanda n'ibintu bibanezera kandi bibigisha.

### Shira ikimenyetso kuri buri kintu.

Hazobaho ikigunguru c'ugushiramwo ibintu vyatakaye kw'ishure, ariko, kugirango umwanya ntutakare kandi umubabaro ube muke, usabwe kwandika n'indome zisomeka izina ry'umwana ku bintu vyiwe vyose harimwo impuzu, umufuko n'ico atekeramwo.

## Ukwiga kw'abana bato

Ukwiga kw'umwana wawe kw'ishure ry'intangamarara kuzoshingira ku vyo wamwigishije imuhira. Mu gihe c'ugukina, umwana wawe azokoresha ukwiyumvira, yige kumenyerana n'abandi, amenye gutegura n'uguteg'amatwi.

Abigisha bo kw'ishure ntangamarara bafise impapuro z'umutsindo mu vyigwa vy'abana. Ivyigwa umwana wawe azokwirikirana biciye mu dukino bizoteguranwa ubwitonzi n'ubukerebutsi kandi bizoba bijanye n'ivyo umwana wawe akunda.

**Ibikorwa bakora kw'ishure ry'intangamarara mu kwiga.**

- Ukwungunganya amashusho n'ugukinisha udutafari
- Ugusiga irangi, ugushushanya, ugukata n'uguhoma
- Ugusoma ibitabu n'ukwumviriza inkuru
- Ukuganira n'ugutega amatwi
- Ukwambara n'ugukinira ahateguwe nk'imuhira canke mu kazu kubatswe
- Kwumviriza n'ugutamba umuziki
- Ugutamba n'ugukina utwese
- Ukwurira , kwirengera, kwiruka n'ugusimba.
- Ugukoresha komputa
- Gukinisha ibumba, umusenyi n'amazi

Biciye mur'ibi bintu vyose, umwana wawe azomenyeraho ibitari bike kandi yungure ubumenyi bw'ugutora inyishu y'ubufindo,uguhana amakuru n'ukugira imibano. Bazokwungura kandi ukwiyubaha, ukwiyumva ko bikwiye, kandi bubake intango y'ivyigwa vyabo bwite.

## Ugufasha umwana wawe kwiga

Umwana yiga neza iyo umuvyeyi n'umwugisha bakorera hamwe.Urazi umwana wawe gusumvya uw'ari we wese. Ku bera 'ivyo urashobora gufasha umwigisha gutahura umwana wawe mu kuganira ivyo umwana akunda.

**Uburyo bwo gufasha umwana kw'ishure ntangamarara**

- Kumenya vyinshi bishoboka ku vyerekeye ishure ntangamarara, nk'akarorero ibikorwa vya misi yose n'ivyo umwana wawe akwiye kujana kw'ishure
- Kwinjira mw'ishure ry'umwana wawe nk'akarorero gukora ibikorwa vy'ukwitanga
- Kuganira n'abakozi bo kw'ishure ku vyerekeye ibikorwa woshobora gukorana n'umwana i muhira, nk'ugusoma
- Kuganira n'abigisha kubiraba ingene umwana wawe yiga
- Kuganira buri musi n'umwana wawe ivyerekeye ivyo yize

**Intango nziza**

Imfungurwa ntunganyamubiri zo mu gatondozituma umwana wawe agira umusi mwiza ubaho kw'ishure.Zimufasha kandi kwiyumvira neza kandi zikamuha n'inguvu z'ugukina. Ivyo bimutuma kandi yishiramwo gufungura imfungurwa zitandukanye mu buzima bwiwe.

**Gusinzira neza mw'ijoro**

Abana bakeneye gusinzira neza bihagije mw'ijoro kugira ngo bashobore kurangura ibikorwa n'inkino zo kw'ishure.

**Itiro ryiza rifasha umwana:**

- Kumera magabo n'ugutasamara
- Gutora inyishu y'ubufindo n'ukwiyumvira inzira nshasha.
- Gukina azi ico ariko arakora be n'ukwigina umusi

## Kwitegurira ishure rikwirikira

Ishure ntangamarara ry'umwana wawe rizomufasha kwitegurira ishure rikwirikira. Amashure ntangamarara be nay'ibinyoni akenshi akwirikiza porogarama mfatakibanza izoguha inkuru zerekeye umusi wabo wambere mu Kindergarten kandi ikagutuma umenyera ibikorwa vya misi yose vyo kw'ishure hamwe n'ibintu ntangere ubuzima bw'ishure buha imiryango. Kwinjira mu vy'ishure umwana wawe yiga mwo bimufasha kugira intango nziza mu rugendo rwiwe rusigaye rw'ukwiga.

## Iy'umwana wawe arwaye

Umwana wawe rimwe na rimwe azorwara. Usabwe guhamagara kw'ishure mu gitondo hakiri kare mu gihe umwana wawe aba yarwaye.

Indwara zimwe zimwe zirashobora kuba zandukira. Gukingira abandi bana, bonana na muganga hanyuma ugumize umwana i muhira ku mwanya azoba yamwandikiye.

**Indwara zimwe zimwe zandukira ni:**

Ibihara- birangwa n'umuriro ubayabaye, ibicurane vyisuka mu mazuru, uruhere rubanza kurunguriza imere y'uko ruvamwo udusebe

Agasama-karangwa n'umuriro, uburuhe, inkorora n'amaso atukura mu misi mikeyi, hagakwirikiraho uruherehere rutangurira mu maso hanyuma rugakwira umubiri wose kandi rumara imisi indwi

Indwara y'amaso-amaso arababwa, agatukura kandi arashobora kuguma avamwo amosozi. Ibigohe birashobora gufatana mu gihe c'itiro

Mbandakara-uruhere ruvyimba rukuzura amashira rugahava rububika-kenshi ruza mu maso, ku ntoke canke ku mutwe

Ibifaranga –n' ibimomoto bitobito biza ku mubiri bikazungurukwa n' umuzingi ushaka gutukura.

**Wogira iki umwana arwaye?**

**Ubonye umwana wawe afise ibimenyetso bikwirikira, ni vyiza kubonana na muganga hanyuma umugumize i muhira**

- Ubushuhe bwa 38 canke burenga
- Ukuyorwa canke gucibwamwo
- Ibicurane bikaze canke ibimenyetso vya giripe
- Uruhere utazi ico ruturutseko

Ukeneye izindi nkuru ku ndwara zandukira, hamagara NSW Health ku nomero 93919000

Gendera: **www.health.nsw.gov.au**

## Inda zo mu mutwe

Ishure ry'intangamarara rishobora kuba ariho hambere wandukira  inda zo mu mutwe. Ntubabare biramutse bishitse. Inda zo mu mutwe zirateye ishavu ariko imana yose ntaco zizokwonona ku buzima bw'umwana, kandi nta kimenyetso zizosiga ku mubiri w'umwana.

**Ikintu ciza ushobora gukora ni ugufashsa kurwanya inda zo mu mutwe mu kugira ibikwirikira:**

- Kwama wasuzumye umushsatsi w'umwana wawe
- Gupfungira inyuma imishatsi miremire canke kuyisuka
- Kwamiza agasokozo k'amenyo magufi mu bwogero kandi ugahimiriza umuryango kugakoresha mu gihe co kwoza imishatsi
- Imisi yose, gusokoza ukoresheje imashine n'agasokozo k'amenyo yoroshe kugira ngo wikure inda n' amagi yazo