Reka tugire Bright Start®



AmeriHealth Caritas
New Hampshire

Murakaza neza muri Bright Start

Ukeneye ubuvuzi no guhabwa ubufasha bukwiriye kugira ngo ubeho neza igihe utwite kandi ubyare umwana ufite ubuzima bwiza. Iki ni cyo gahunda yacu igenewe ababyeyi batwite n'ababyaye ya Bright Start ibereyeho. Ikipe yacu irahari ku bwawe!

Rebamo imbere kugira ngo umenye ibyerekeye:

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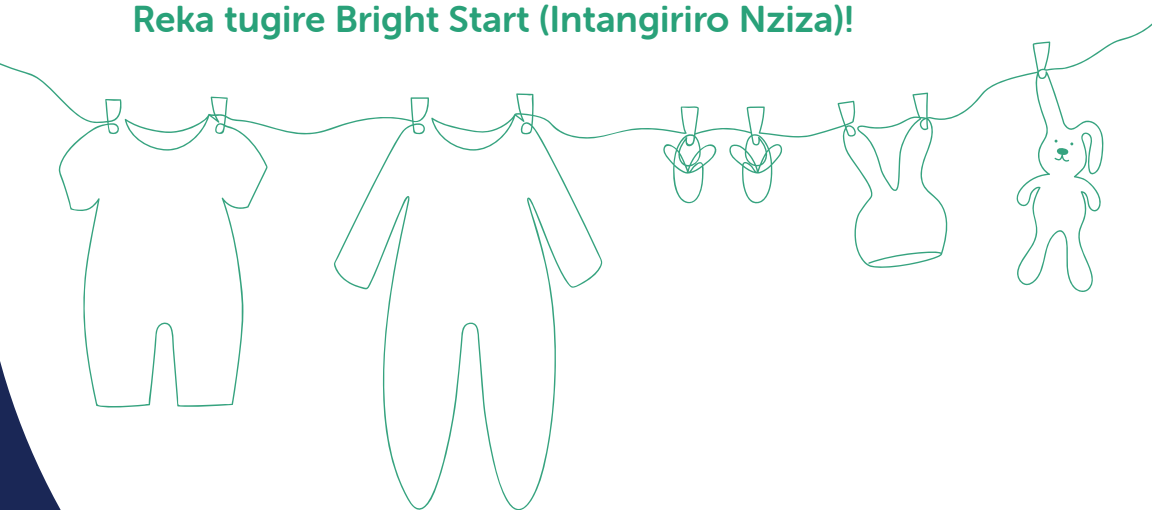
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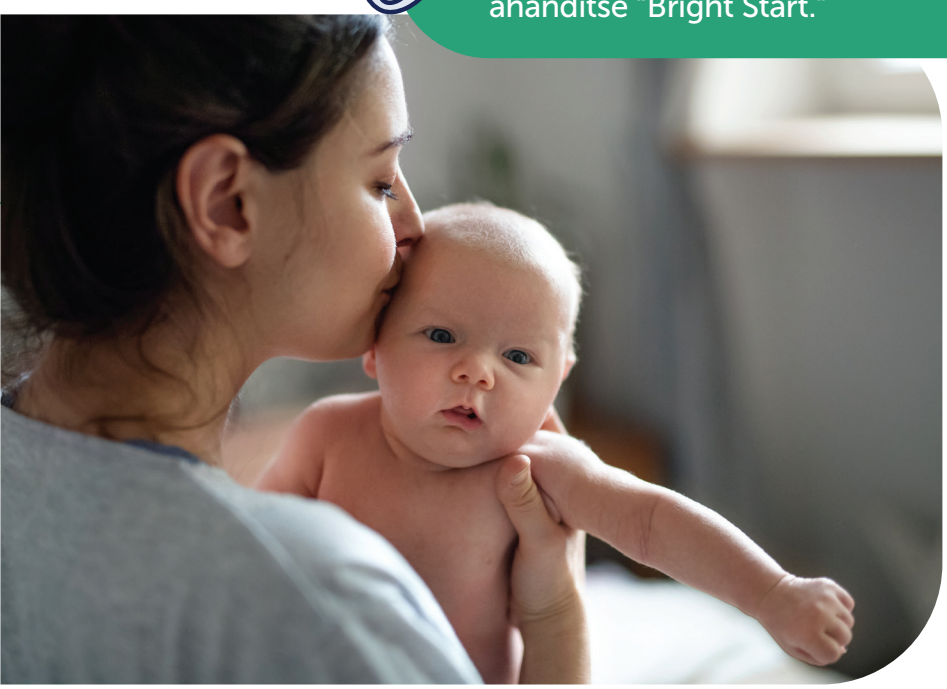
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Reka tugire Bright Start (Intangiriro Nziza)!



Kugira ngo umenye byinshi kuri Bright Start cyangwa kwiyandikisha muri gahunda, hamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**. Turi hano kuva saa 9 za mu gitondo kugeza saa 5 za nimugoroba, kuva ku wa Mbere kugeza ku wa Gatanu. Ushobora kandi kwinjira mu rubuga rw'abanyamuryango maze ugahitamo ahanditse "Bright Start."



Amakuru ari muri iyi nyandiko azagufasha kumenya byinshi kurushaho kuri iyi ngingo. Ntabwo agamije gusimbura umuganga wawe usanzwe agukurikirana. Niba ufite ibyo wifuza kubaza; vugana n'umuganga wawe. Niba utekereza ko ukeneye kubonana n'umuganga wawe kubera ikintu wasomye muri aya makuru, urasabwa kuvugisha umuganga usanzwe agukurikirana. Ntukareke cyangwa ngo utegereze guhabwa ubuvuzi kubera ikintu wasomye muri iyi mfashanyigisho.

Ibyiza n’ibihembo bigenerwa abari muri gahunda

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Gahunda y'ibihembo ya Bright Start

Hano hari bimwe mu bihembo ushobora kubona biciye muri Bright Start:*

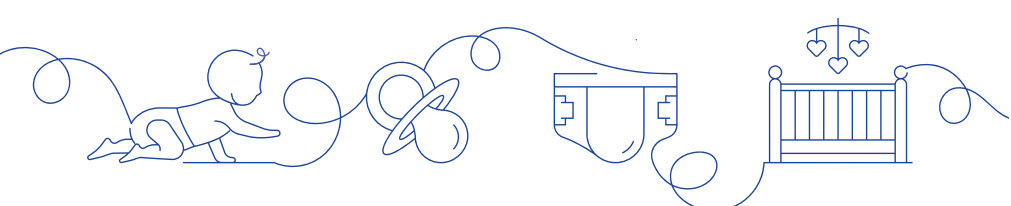
- **Igihembo cy'Ikarita ya CARE cya $40** igihe uzaba wujuje ukubahiriza gahunda yawe yo gukurikiranwa na muganga nyuma yo kubyara. Iyi gahunda yo kujya gukurikiranwa na muganga igomba kuba hagati y'icyumweru kimwe na 12 (ibyumweru birindwi kugeza kuri 84) nyuma y'itariki wabyariyeho.
- **Igihembo cy'Ikarita ya CARE cya $25** igihe umwana wawe azaba yujuje inshuro esheshatu zose zo kujya kwa muganga atarwaye mbere y'uko umwana wawe agira amezi 15 y'amavuko
- **Igihembo cy'Ikarita ya CARE cya $25** igihe umwana wawe azaba yujuje inkingo 10 zose mbere yo kuzuza imyaka ibiri y'amavuko
- **Igihembo cy'Ikarita ya CARE cya $25** igihe umwana wawe azaba yaramaze gusuzumwa lead hagati y'amezi 11 na 23 nyuma yo kuvuka. Umwana wawe ashobora kubona andi $25 y'inyongera ku Ikarita ye ya CARE igihe azaba amaze gukorerwa isuzuma rya lead hagati y'amezi 23 na 35.*
- **Igihembo cy'Ikarita ya CARE cya $30** igihe umwana wawe azaba yujuje inshuro zisabwa zo kujya kwa muganga atarwaye mu mwaka ku bafite amezi 2 – 21

*Ibihembo byubahirizwa kuri buri suzuma ryarangiye. Abanyamuryango b'abana bahabwa ibihembo ku Ikarita yabo bwite ya CARE bigera kuri $250 ku ikarita. Hari imipaka runaka ugomba kubahiriza kugira ngo uhabwe ibihembo. Niba ukeneye kumenya amakuru yisumbuyeho cyangwa kugira ngo umenye ibihembo byose bitangwa ku bwo kuba muri gahunda, wahamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)** ugasaba kuvugisha ikipe yacu ya Bright Start.

Bona n'ibindi bihembo byisumbuye!

Abiyandikisha muri Bright Start bashobora kandi kubona:

- **Igihembo cy'Ikarita ya CARE cya $50** numara kutumenyesha ko utwite mu gihembwe cya kabiri cyangwa icya gatatu cyangwa mu minsi 30 nyuma yo kwiyandikisha
- **Igihembo cy'Ikarita ya CARE cya $70** numara kutumenyesha ko utwite mu gihembwe cya mbere cyangwa mu gihe cy'iminsi 30 nyuma yo kwiyandikisha
- Agakoresho ko gukamiramo ku buntu
- Intebe yo mu modoka





Kuzirikana ubuzima bw'imyitwarire

Ubuzima bwawe bw'imyitwarire ni ingenzi kimwe n'ubuzima bwawe bw'umubiri. Ibi ni ukuri by'umwihariko ku muntu ushobora kuba yaragize agahinda gakabije cyangwa umuhangayiko uza nyuma yo kubyara. Gahunda yacu yishingira ubuvuzi bukenewe bw'ubuzima bw'imyitwarire mu miterere itandukanye, harimo na serivisi z'ubuvuzi bw'iyakure.

Serivisi z'ubuvuzi bw'ubuzima bw'imyitwarire zishobora gukorwa n'umuvuzi ubarizwa mu rugaga nk'umujyanama, umukozi ubyemerewe w'ubuvuzi bw'imibereho rusange, cyangwa umuvuzi w'indwara zo mu mutwe. Dushobora kugufasha kubona umuganga wita ku buzima bw'imyitwarire uri mu rugaga. Ushobora kandi gukoresha ishakiro ryacu ryo kuri murandasi maze ugahamagara umuganga uri mu rugaga uwo mwanya. Ntukeneye urwandiko rukohereza muri serivisi z'ubuvuzi bw'ubuzima bw'imyitwarire.

Kugira ngo ubone umuganga, wahamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**, amasaha 24 ku munsi, iminsi irindwi mu cyumweru.



Ubuvuzi bw'amenyo

Mu gihe utwite, kujya kwa muganga ugamije kwirinda indwara z'amenyo ni ingenzi. Ibigenerwa abantu byerekeye ubuvuzi bw'amenyo byishingirwa n'Ishami rishinzwe Serivisi z'Ubuzima n'Abantu muri New Hampshire (NH DHHS).



Shaka umuganga w'amenyo

Niba ushaka kubona umuganga w'amenyo uvura abantu bakuru kuri Medicaid, Hamagara DentaQuest kuri **1-844-583-6151** kandi ube witeguye gutanga inomero iri ku Ikarita Ndangamuntu wahawe na Northeast Delta Dental (NEDD)/DentaQuest.



Urashaka gutwarwa ujya kwa muganga? Tuzagutwara.

Tuzi ko hashobora kubaho ibihe ukenera gutwarwa ujya gukurikiranwa kwa muganga, gufata imiti yawe, cyangwa ku zindi serivisi z'ubuvuzi zishingirwa. Dushobora kugufasha kugerayo. Hamagara **1-833-301-2264** iminsi ibiri y'akazi mbere ya gahunda yawe yo kujya kwa muganga. Sura **www.amerihealthcaritasnh.com/transportation** kugira ngo umenye amakuru yisumbuyeho.

Niba ugize ikibazo cyihutirwa, hamagara 911.

Niba nta kibazo cyihutirwa ufite, ushobora gukoresha serivisi yacu yo gutwara abantu nta kiguzi hagamijwe:

- Kujya kuri gahunda zo gukurikiranwa z'ubuvuzi zikomeza cyangwa zihoraho
- Ibikenewe by'igihe ujya kwa muganga urwaye n'ibindi ukeneye mu buvuzi
- Serivisi zo kwirinda indwara, nk'izo ku mubiri cyangwa izibasira abagore
- Gufata imiti yawe kuri farumasi

Kugira ngo utegure igihe cya gahunda yo gutwarwa, uzakenera kubwira abakozi b'ishami rishinzwe kwakira abahamagara kuri telefoni:

- Nomero yawe y'ikarita Ikuranga nk'umunyamuryango wa AmeriHealth Caritas New Hampshire
- Itariki n'igihe cyo kujya gukurikiranwa kwa muganga
- Aderesi na nomero ya telefoni y'ibiro by'umuganga ugukurikirana
- Ibyifuzo ibyo ari byo byose byerekeye gutwarwa. Ibi byaba ibintu nk'agakoresho gakoreshwa mu gufasha kugenda, akagare kicarwamo n'abafite ubumuga, cyangwa irembo runaka ryo kwinjiriramo. Niba hakenewe intebe y'abana yo kwicaraho mu modoka, urasabwa kubibwira abakozi b'ishami rishinzwe kwakira abahamagara kuri telefoni. Ugomba gutanga umwanya w'intebe yo kwicaramo mu modoka ku bana no kubasha gushyira ndetse no gukura mu mwanya intebe yo kwicaramo mu modoka.



Nuramuka umaze kwemeza igihe cyo gutwarwa ujya kwa muganga, urasabwa kubika nomero yawe ya gahunda na nomero yo kwemerezwaho.

Ubufasha bwerekeye ibiribwa

Amafunguro agezwa mu rugo

Imirire myiza ni ingenzi buri gihe kugira ngo umuntu agumane ubuzima bwiza. Iba ingenzi kurushaho kuri wowe — n'umwana wawe — mu gihe utwite no mu gihe wonsa. Ushobora gushyikirizwa amafunguro meza mu rugo nyuma yo kubyara (iminsi 7/amafunguro 14). Ushobora guhitamo mu mahitamo y'amafunguro meza ahari.

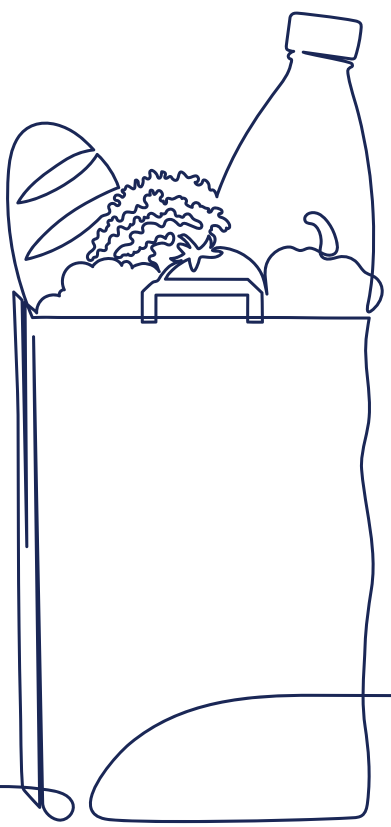
Vugisha Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**, saa 9 za mu gitondo kugeza saa 5 za nimugoroba, ku wa Mbere kugeza ku wa Gatanu, maze usabe kuvugisha ikipe ya Bright Start kugira ngo urebe niba wemerewe iyi gahunda.

Abagore, Impinja, n'Abana (WIC)

Gahunda y'Inyongeramirire Idasanzwe igenewe Abagore, Impinja, n'Abana (WIC) itanga ubufasha bwo konsa, kubona amata y'abana, ndetse n'izindi serivisi z'imirire n'uburezi ku bagore n'abana kugeza bagize imyaka 5. Ushaka kumenya byinshi, wahamagara gahunda ya WIC kuri **1-800-942-4321** cyangwa ugasura **https://www.dhhs.nh.gov/programs-services/population-health/women-infants-children-nutrition-program** kugira ngo usabe.

Gahunda y'Ubufasha bw'Inyunganiramirire (SNAP)

Itanga ikarita ikoreshwa mu buryo bw'ikoranabuhanga ushobora gukoresha nk'ikarita yo kubitsa amafaranga yo kuguriraho ibiribwa ku maguriro menshi y'ibiribwa n'amasoko y'abahinzi. Kugira ngo umenye byinshi kurushaho cyangwa usabe, wasura **https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap** cyangwa ugahamagara **1-603-271-9329.**



Gahunda y'ubutumwa bugufi ya Keys to Your Care®

Keys to Your Care ni gahunda yo kohererezanya ubutumwa bugufi igenewe abagore batwite. Uzabona ubutumwa bugufi bw'ingenzi bwerekeye ubuzima bwiza n'amagara mataraga buri cyumweru mu gihe utwite no mu mezi make ya mbere nyuma y'uko umwana wawe avutse.

Ibamo ibintu birimo nka:

- Uburyo Bright Start ishobora kugufasha mu gihe utwite
- Ubutumwa bukwibutsa kujya gukurikiranwa kwa muganga mbere yo kubyara
- Ibyo wamenya kuri buri cyiciro cy'igihe cyo gutwita
- Inama zo kurya neza no kwirinda ibiribwa runaka
- Akamaro k'ubuvuzi bw'amenyo mu gihe utwite
- Gutwarwa mu modoka nta kiguzi mu gihe ujya gukurikiranwa kwa muganga
- Kujya muri gahunda yo kureka itabi niba urinywa
- Kwitegura kuvuka k'umwana wawe
- Ibimenyetso by'ibise
- Ibyo ukwiye kumenya nyuma y'uko umwana wawe avutse

Kugira ngo ujye muri gahunda, hamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**, saa 9 za mu gitondo kugeza saa 5 za nimugoroba, ku wa Mbere kugeza ku wa Gatanu, maze usabe kuvugana n'ikipe ya Bright Start.



Ibimenyetso byerekana ko ukeneye ubuvuzi ako kanya

Ibi bimenyetso mpuruza mu gihe na nyuma yo gutwita bishobora kuba ibintu bishyira ubuzima mu kaga. Ugomba guhita uhabwa ubuvuzi ako kanya.

Umubiri wawe uca mu mpinduka nyinshi mu gihe na nyuma yo gutwita. Gutwita ntibimera kimwe ku bantu bose. Nubwo waba waragize kimwe muri ibi bimenyetso mu gihe cyashize nyuma ntibize kuba ikibazo, ntukirengagize ibi bimenyetso mpuruza.

Hamagara umuganga ugukurikirana ako kanya niba ufite:



- **Kuva amaraso menshi cyane** — ku buryo wuzuza kotegisi mu isaha cyangwa ugasohora ikibumbe cy'amaraso afite ingano y'igi cyangwa ariruta. Ibi bishobora gusobanura ko ufite ikibazo cyo kuva kw'amaraso bituruka ku kubyara (kuva amaraso menshi cyane).
- **Isesemi ikabije cyane (kuruka) irenze iyo abantu benshi bagira mu gihe cya mbere bagitwita.** Urugero: kutabasha kunywa (mu gihe kirenga amasaha umunani) cyangwa kurya (igihe kirenga amasaha 24).



- **Igisebe cyabazwe kitarimo gukira, kwiyongera kw'ibara ry'umutuku, cyangwa amashyira ayo ari yo yose** ava aho wongewe mu gihe cyo kubyara. Ibi bishobora gusobanura ko ufite ubwandu.
- **Gutukura, kubyimba, gushyuha, cyangwa kuribwa mu gice cy'imfundiko** y'ukuguru kwawe. Ibi bishobora gusobanura ko ufite ukuvura kw'amaraso.
- **Kubyimba mu maso cyangwa ibiganza byawe bishobora gutuma bigorana guhina intoki zawe cyangwa gufungura amaso yawe ako kanya.** Ibi birenze ukubyimbirwa guto abantu benshi bagira mu gihe cy'amezi make ya nyuma yo gutwita.



- **Ubushyuhe bwa 100.4° F cyangwa hejuru yabwo, cyangwa impumuro mbi y'amaraso cyangwa amatembabuzi ava mu gitsina.** Ibi bishobora gusobanura ko ufite ubwandu.
- **Wumva nk'aho umwana wawe yahagaritse gukina** cyangwa se umwana wawe yinyagambura gake kurusha mbere.

- **Umutwe ukurya cyane, impinduka mu kubona, cyangwa uburibwe mu gice cyo hejuru iburyo cy'inda yawe.** Ibi bishobora gusobanura ko ufite umuvuduko ukabije w'amaraso cyangwa preeclampsia ya nyuma yo kubyara.



- **Uburibwe mu gituza cyawe, ibibazo mu guhumeka, cyangwa kubura umwuka** (kugira ikibazo cyo kwinjiza umwuka wawe). Ibi bishobora gusobanura ko ufite ukuvura kw'amaraso mu gihaha cyawe cyangwa ikibazo cy'umutima.
- **Kugagara bitunguranye by'ibice by'umubiri** bishobora gusobanura ko ufite uburwayi bwitwa eclampsia yo mu rwego bw'umuvuduko ukabije w'amaraso itera uko kugagara.



- **Umunaniro ukabije cyangwa ukugira intege nke bituma ugorwa no kugira ikintu wakora ku manywa cyangwa no kwita ku mwana wawe.** Uko wasinzira kose, ugumya kumva unaniwe.



- **Ibitekerezo cyangwa ibyiyumvo byo gushaka kwigirira nabi wowe ubwawe cyangwa umwana wawe.** Ibi bishobora gusobanura ko ufite agahinda gakabije kaza nyuma yo kubyara.

Niba udashobora kugera ku muganga wawe, wahamagara **911** cyangwa ukajya ku cyumba cy'indembe.

Bwira 911 cyangwa umuganga ugukurikirana ko utwite cyangwa igihe wabyariye umwana wawe n'ibimenyetso urimo kugira. Uru rutonde rushobora kutajyaho ibimenyetso mpuruza byose. Niba wumva nk'aho hari ikintu kitagenda neza, bwira umuganga.



Niba wifuza kubona umuganga ugukwiriye, wahamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**.

Isoko: "Urgent Maternal Warning Signs," Alliance for Innovation on Maternal Health, Gicurasi 2020, **https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs**.



Gukurikiranwa mbere yo kubyara hagamijwe kurinda ubuzima bwawe — n'umwana wawe — mu gihe utwite

Hano ushobora kuhabona ibyerekeye:

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- Diyabete
- Hyperemesis (kuruka cyane mu gihe utwite)
- Preeclampsia cyangwa umuvuduko ukabije w'amaraso mu gihe utwite
- Uburibwe n'ububare busanzwe

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Kubona umuganga nyawe ugukurikirana

Kubona ubuvuzi hakiri kare kandi buhoraho byongera amahirwe yo gutwita neza no kubyara umwana ufite ubuzima bwiza. Ubu buvuzi bushobora gutangira na mbere yo gutwita hamwe no kujya kwa muganga mu buvuzi bwa mbere yo gutwita.

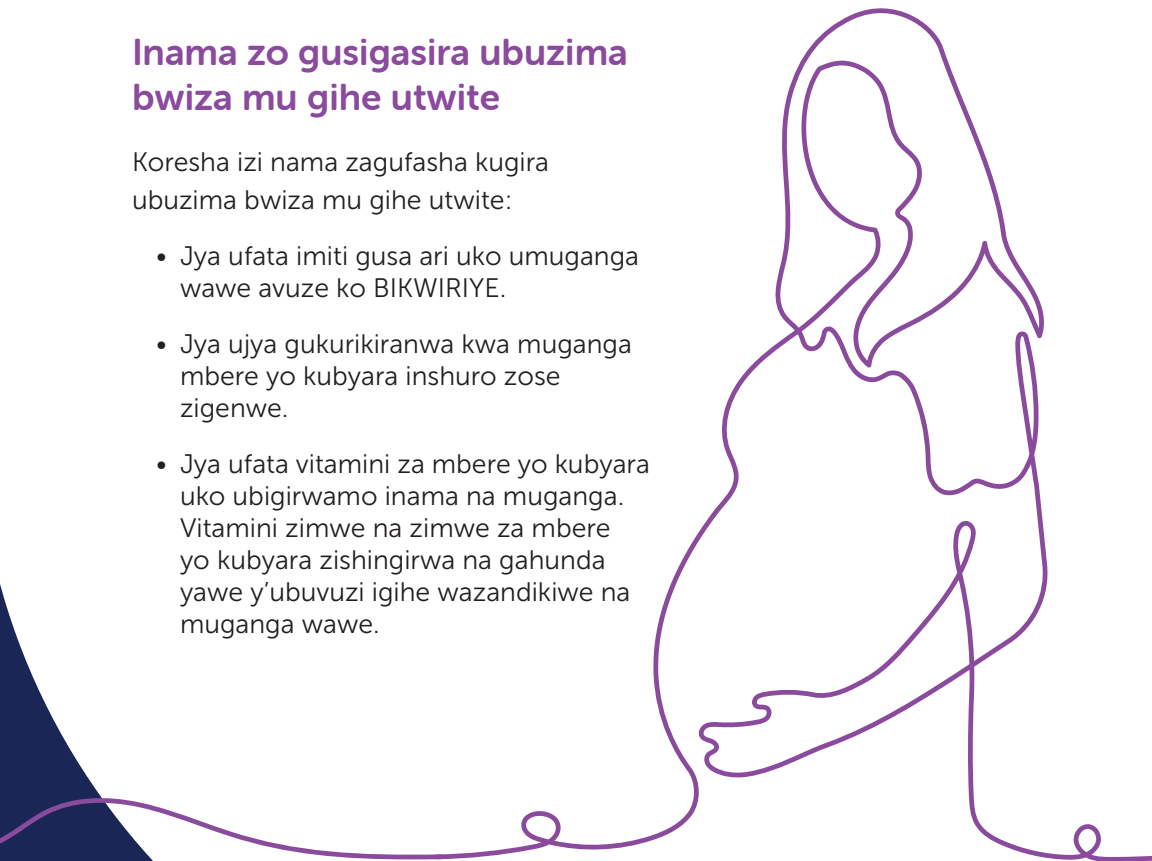
Niba utwite cyangwa uteganya gutwita kandi ukaba ukeneye ubufasha bwo kubona umuganga ugukwiriye wo kugukirikirana, wahamagara Serivisi zigenewe Abanyamuryango, saa 9 za mu gitondo kugeza saa 5 za nimugoroba, ku wa Mbere kugeza ku wa Gatanu kuri **1-833-704-1177 (TTY 1-855-534-6730)** ugasaba kuvugisha ikipe yacu ya Bright Start.

Ushobora kandi gusura urubuga rwacu kugira ngo ubone umuganga ugukurikirana kuri **www.amerihealthcaritasnh.com/find-provider**.

Inama zo gusigasira ubuzima bwiza mu gihe utwite

Koresha izi nama zagufasha kugira ubuzima bwiza mu gihe utwite:

- Jya ufata imiti gusa ari uko umuganga wawe avuze ko BIKWIRIYE.
- Jya ujya gukurikiranwa kwa muganga mbere yo kubyara inshuro zose zigenwe.
- Jya ufata vitamini za mbere yo kubyara uko ubigirwamo inama na muganga. Vitamini zimwe na zimwe za mbere yo kubyara zishingirwa na gahunda yawe y'ubuvuzi igihe wazandikiwe na muganga wawe.



Ibyiciro by'igihe cyo gutwita

Ibyumweru 1 – 20

Tegura gahunda yo kwisuzumisha mbere yo kubyara mu mezi atatu ya mbere yo gutwita kwawe. Niba uri mushya muri gahunda y'ubwishingizi bwacu, urasabwa gukora uko ushoboye ukajya kwisuzumisha mbere yo kubyara mu gihe cy'iminsi 30 ya mbere nyuma yo kuyijyamo.

Gukurikiranwa kwa muganga mbere yo kubyara bigufasha gutwita neza no kubyara umwana ufite ubuzima bwiza. Niba hari ibimenyetso ibyo ari byo byose by'ikibazo, umuganga wawe azaba ahari kugira ngo agufashe.

Reba amakuru y'ingenzi kuri paji ya 11. Ibi ni ibimenyetso mpuruza ko ukeneye ubuvuzi **ako kanya**.

Ni ryari ugomba kubonana n'umuganga wawe?

- Rimwe mu byumweru bine kugeza ku byumweru 28
- Buri byumweru bibiri kuva ku byumweru 28 kugeza kuri 36
- Buri cyumweru kuva ku byumweru 37 kugeza ubyaye
- Inshuro imwe mu mezi abiri nyuma yo kubyara

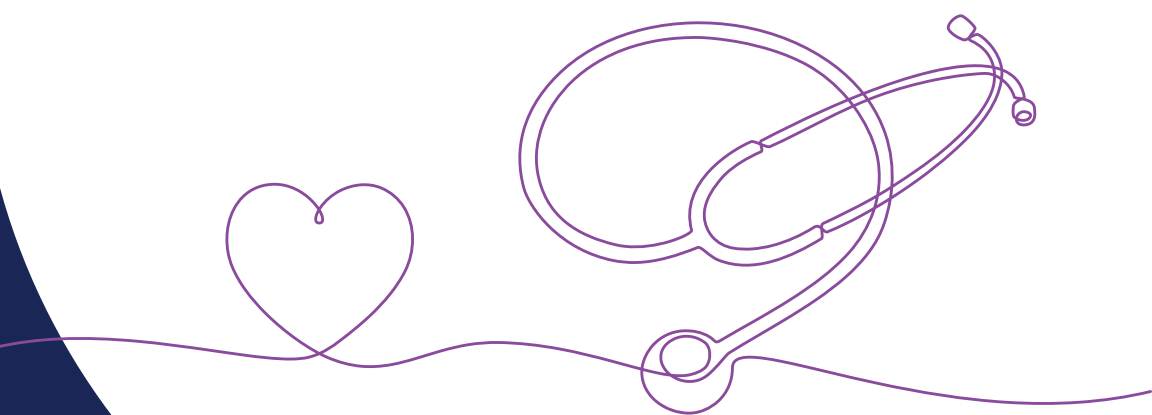
Ushobora gukenera kubonana na muganga wawe inshuro nyinshi kurushaho niba ufite ibibazo.

Inama zagufasha kugira ubuzima bwiza igihe utwite

- Kurikiza inama uhabwa n'umuganga wawe.
- Ubahiriza gahunda zawe zose zo kwisuzumisha mbere yo kubyara.
- Fata vitamini mberabyose ya mbere yo kubyara irimo aside folike buri munsi nk'uko ubigirwamo inama n'umuganga wawe.
- Nywa amazi mu gihe cy'umunsi, bitari gusa igihe ufite inyota. Ihe intego yo kunywa ibirahuri 8 kugeza kuri 12 ku munsi.
- Rya inshuro eshatu ku munsi n'amafunguro yoroheje meza afasha umwana wawe gukura neza.
- Niba unywa itabi, urasabwa gutegura gahunda yo kurireka.
- Ntukanywe inzoga cyangwa ngo ufate imiti umuganga wawe atazi.
- Vugisha umuganga wawe ku byerekeye gukora imyitozo ngororamubiri mu gihe utwite.
- Ruhuka bihagije.

Ibintu ukeneye kumenya

- **Umuvuduko w'amaraso.** Umuvuduko w'amaraso yawe ni ingenzi. Usuzumwa buri gihe cyose ugiye kwisuzumisha kwa muganga mbere yo kubyara. Ukwiyongera kudasanzwe kwawo gushobora kuba ikimenyetso cy'ibibazo bishobora kukugiraho ingaruka wowe n'umwana wawe.
- **Ibiro.** Kwiyongera kw'ibiro bihinduka bitewe na buri muntu ku giti cye. Umuganga ugukurikirana azakubwira umubare mwiza w'ibiro kuri wowe. Bwira umuganga wawe buri uko wongereye ibiro cyangwa ubyimbiwe mu gihe gito cyangwa mu buryo budasanzwe.
- **Ikizamini cy'amabere.** Amabere yawe ashobora gufatirwa ikizamini ku nshuro ya mbere ugiye kwisuzumisha nk'umugore utwite. Niba uteganya konsa, vugisha umuganga wawe ku byerekeye gutegura amabere yawe n'imoko.
- **Ikizamini cyo gusuzuma amenyo.** Kugira ubuzima bwiza bwo mu kanwa ni ingirakamaro kuri wowe n'umwana wawe utaravuka. Gutwita bikongerera ibyago byo kugira ibibazo by'amenyo, nk'indwara y'ishinya. Indwara y'ishinya ikongerera ibyago byo kubyara umwana utarageza igihe cyangwa umwana udafite ubuzima bwiza. Kugira ngo ugabanye ibyago byawe:
  - Oza amenyo kandi wihaganyure buri munsi.
  - Rya amafunguro meza kandi ufate vitamini zawe.
  - Irinde kunywa itabi n'inzoga.
  - Isuzumishe kandi wivuze bihoraho indwara z'amenyo.
- Tegura gahunda y'ikizamini cyo gusuzumisha amenyo n'ishinya yawe mu gihe utwite. Ibyo abivuza amenyo bagenerwa byishingirwa na NH DHHS. Kugira ngo ubone umuganga w'indwara z'amenyo uvura abantu bakuru bishingirwa na Medicaid, hamagara DentaQuest kuri **1-844-583-6151** kandi ube witeguye gutanga nomero iri ku Ikarita Ikuranga wahawe na NEDD/DentaQuest.



Ibyumweru 20 – 30

Kubara inshuro umwana uri mu nda akina

Abantu benshi batangira kumva abana babo bakina cyangwa batera utugeri mu gihe nibura cy'ibyumweru 18 (amezi ane kugeza kuri atanu). Uku gukina bigukomerera kandi bikakorohera kurushaho mu kubimenya uko ukomeza gutwita. Igihe ugejeje ku byumweru 28 (amezi arindwi), jya utangira kubara uko umwana akina mu nda buri munsi. Ni byiza kubara uko umwana wawe akina nibura isaha imwe nyuma y'ifunguro cyangwa ku gihe cy'umunsi umwana akiniraho cyane.

Kugenzura ugukina k'umwana:

- Bara ugukina k'umwana inshuro imwe ku munsi.
- Ugukina gushobora kuba gutera utugeri, kugenda gahoro asa n'unyerera mu nda, cyangwa kwizunguza.
- Tangira kubara igihe icyo ari cyo cyose umwana atangiye kugira icyo akora.
- Bara ugukina k'umwana mu gihe uryamiye uruhande rwawe rw'ibumoso.
- Ugomba nibura kumva ugukina inshuro 10 mu masaha abiri.



Hamagara umuganga wawe niba:

- Nta gukina inshuro 10 wumvise mu gihe cy'amasaha abiri.
- Bifata igihe kirekire umwana wawe kugira ngo akine inshuro 10.
- Utumvise umwana wawe akina umunsi wose.







Diyabete yo mu gihe cyo gutwita

Abantu batigeze barwara diyabete ariko bakaba bafite isukari nyinshi yo mu maraso mu gihe batwite bashobora kugira diyabete yo mu gihe cyo gutwita. Diyabete yo mu gihe cyo gutwita ishobora kuguteza ibibazo wowe n'umwana wawe.

Ibimenyetso bya diyabete yo mu gihe cyo gutwita bibamo:

- Inyota idasanzwe
- Gusoba kwa hato na hato
- Umunaniro udasanzwe
- Kugona

Uramutse ufite kimwe muri ibi bimenyetso, wavugisha umuganga ku byerekeye gusuzumwa.

Niba ufite diyabete yo mu gihe cyo gutwita, uzakenera gutangira guhabwa ubuvuzi vuba. Ubu bushobora kubamo gufatwa ibipimo by'isukari yo mu maraso buri munsi, gutegura amafunguro adasanzwe, no guhabwa imiti ya ensiline. Umuganga wawe azakuvugisha ku byerekeye gahunda yo kukuvura.



Ibyumweru 30 – 40

Kujya ku bise mbere y'igihe

Kujya ku bise mbere y'igihe bisobanura ko ugira ibimenyetso by'ibise mbere y'icyumweru cya 37 utwite. Ibi bishobora gutuma umwana wawe avuka mbere cyane y'igihe giteganijwe. Bishobora kandi gutera ibibazo ku mwana wawe. Ni iby'ingenzi cyane guhamagara umuganga wawe cyangwa ukajya ku bitaro niba utekereza ko wagize ibise bije imburagihe.

Ibimenyetso by'ibise bije mbere y'igihe birimo:

- Kwikomeza no kurekurana bihoraho kw'imikaya ya nyababyeyi, bikazana cyangwa ntibizane uburibwe, inshuro zirenze eshanu kugeza kuri esheshatu mu isaha imwe. Abantu bamwe bavuga ko bumva bimeze nk'aho inda yifunganya cyangwa se umwana yisunika ajya hejuru.
- Kwifunganya no kurekurana bikomeye
- Kuribwa kenshi mu nda nk'aho wagize imihango ikomeye
- Kuribwa mu mugongo wo hasi bikabije bitarangira
- Kuva amaraso make (kuva amaraso cyangwa kugaragaza ibimenyetso bisa n'aho ugiye kuva amaraso)
- Guhitwa
- Kuzana amatembabuzi aza buhoro cyangwa aza yihuse ava mu gitsina (yerurutse, y'umuhondo, y'ikigina cyangwa y'iroza)

Niba uri mu gihe cy'ibise bije imburagihe, ni iby'ingenzi cyane ko ukurikiza amabwiriza uhabwa n'umuganga wawe. Ushobora guhabwa ikuruhuko cyo kuryama no guhabwa imiti yo guhagarika ibise.

Inkingo mu gihe cyo gutwita

Ibicurane n'inkorora igutera kwitsamura bidashira ni indwara zikomeye kandi zishobora gutera ibyago bikaze. Umuti w'ibicurane n'umuti w'inkorora ikaze (byitwa kandi urukingo rwa Tdap) bishobora gutuma ugumana ubuzima bwiza. Iyi miti ishobora kandi kugufasha kurinda umwana wawe. Baza umuganga wawe ibyerekeye iyi miti mu gihe cyose utwite.





Abana bakenera igihe

Ni byiza ko abana bavuka nyuma y'ibyumweru 39.

Ku byumweru 39:

- Ibice by'umubiri nk'ubwonko, ibihaha, n'umwijima bigira igihe bikenera cyo gukura.
- Umwana aba afite ibyago bike byo kugira ibibazo byo kubona no kumva nyuma yo kuvuka.
- Umwana agira igihe cyo kongera ibiro, bimufasha kugumana ubushyuhe nyuma yo kuvuka.
- Umwana ashobora konka, kumira, no kuguma ari maso igihe kirekire bihagije kugira ngo arye nyuma yo kuvuka.

Abana bavutse mbere y'igihe bagira ibyago byinshi byo:

- Kugira ibibazo by'ubuzima bakivuka no mu gihe kizaza.
- Kugira ibibazo byo guhumeka, nko kureka guhumeka (apnea). Kureka guhumeka (apnea) ni igihe umwana ahagarika guhumeka.
- Indwara itera urupfu rutunguranye rwibasira abana (SIDS). SIDS ibaho igihe umwana apfa bitunguranye, kenshi bikaba asinziriye.

Kugira ngo umenye byinshi ku mpamvu ari ingenzi kureka umwana wawe kugeza igihe akuriye byuzuye, wasura www.marchofdimes.org.

Birakwiye gutegereza abana bakagira ubuzima bwiza

March of Dimes irashaka ko umenya ko:

- Abana ntibakura byuzuye kugeza igihe uzaba wujurije nibura ibyumweru 39 utwite.
- Kubyara umwana anyuze mu gitsina ni bwo buryo bwiza buruta ubundi bwo kubyara umwana wawe niba nta mpamvu yemejwe na muganga yo kukwihutishiriza ibise cyangwa kukubaga.
- Amatariki uteganyirizaho kubyara si ko buri gihe aba ari aya nyayo. Niba gutera kubyara biteganyijwe ku mpamvu itari iy'ubuvuzi (kwihutisha kubyara ubyihitiyemo), umwana wawe ashobora kuvuka byihuse cyane.
- Kwihutisha kubyara bishobora kugushyira mu byago byinshi byo kwandura, gutakaza amaraso menshi cyane nyuma yo kubyara (kuva amaraso nyuma yo kubyara), no kubagwa.
- Kubagwa ubyara ni cyo gikorwa gikomeye cyo kubaga. Bishobora kuguteza ibibazo bikomeye wowe n'umwana wawe kurusha uko byaterwa no kubyarira mu gitsina.

Kugira ngo umenye byinshi byisumbuyeho, wasura www.marchofdimes.org.

Ibibazo by'ubuzima mu gihe cyo gutwita

Diyabete

Diyabete ni indwara ibaho igihe ufite isukari nyinshi bikabije mu mubiri. Iyo itiitaweho mu buryo bukwiriye n'umuganga wita ku buzima, ushobora kugira ibibazo by'ubuzima by'igihe kirekire. Isukari nyinshi bikabije yo mu maraso mu ntangiriro z'igihe cyo gutwita kwawe ishobora kongera ibibazo kuri wowe n'umwana wawe. Kugenzura ingano y'isukari iri mu maraso yawe, ubifashijwemo n'umuganga wawe, bikugabaniriza ibyago by'uburwayi.

Isesemi itera kuruka cyane (hyperemesis)

Ushobora kuba ufite hyperemesis nuramuka ufite isesemi kandi ukaba uruka cyane ku buryo utakaza ibiro byinshi mu gihe utwite.

Ibimenyetso bya hyperemesis birimo:

- Gutakaza ibiro bitewe no kuruka
- Kutabasha kugumana ibyo kurya n'ibyo kunywa mu mubiri mu gihe kirenga amasaha 24
- Kubona inkari zawe zigenda zihinduka umuhondo wijimye cyane, cyangwa kudasoba kenshi cyane
- Kugira uburibwe mu gifu cyangwa umuriro cyangwa kumva ushaka kugwa igihumure cyangwa intege nke

Niba utekereza ko waba ufite kimwe muri ibi bibazo, wabibwira umuganga wawe. Ushobora kuba ukeneye ubuvuzi.





Preeclampsia cyangwa umuvuduko ukabije w'amaraso mu gihe utwite

Umuvuduko ukabije w'amaraso ushobora kuba ikibazo gikomeye mu gihe cyo gutwita. Umuganga wawe ashobora gukenera gufata ibizamini.

Ibi bizamini bigaragaza niba ufite ikibazo cy'umuvuduko ukabije w'amaraso cyitwa preeclampsia. Ibi bishobora kuba ikibazo kuri wowe n'umwana wawe.

Ibimenyetso by'umuvuduko ukabije w'amaraso bishobora kubamo:

- Umutwe ubabaza cyane cyangwa ukomeza udashira kabone nubwo waruhuka cyangwa ugafata imiti
- Impinduka mu kubona nk'uburyo wiyumva ku rumuri, kureba ibikezikezi, kureba ikintu ukakibonamo bibiri, cyangwa kubona urumuri rutukura rusa n'urw'amatara
- Isesemi, kuruka, cyangwa kuribwa mu nda yo hejuru
- Gutakaza ibiro bitunguranye no kubyimba cyane, cyane cyane mu biganza, isura, no hafi y'amaso
- Gusoba gake cyane cyangwa ntusobe na gato

Uburibwe n'ububabare busanzwe

Kuribwa no kubabara ni kimwe mu bigize urugendo rwo gutwita. Uko umwana wawe akura, kuribwa no kubabara kwawe bishobora kwiyongera.

Bumwe mu buribwe n'ububabare bukunda kubaho mu gihe cyo gutwita harimo:

- **Kuribwa mu nda.** Ushobora kumva uburibwe bukurya busa n'ubukujomba icyuma gityaye mu gifu. Ibi kenshi biterwa n'uko gukura k'umwana wawe bitera gukweduka k'umubiri.
- **Uburibwe mu mugongo wo hasi.** Utwaye ibiro byinshi kurushaho, bityo ushobora kumva uburibwe bwo mu mugongo wo hasi. Kugira ngo wumve umerewe neza, urasabwa kugendesha umugongo wemye, ukagumya umutwe uwurebesha hejuru igihe ugenda, kandi ukambara inkweto zigukwiriye neza zituma wumva umerewe neza kandi zisa n'izigushyigikiye.
- **Kubura umwuka.** Ushobora kumva ubura umwuka mu gihe ukora *ibikorwa* runaka. Uko umwana wawe akura, umwanya wo guhumeka ugenda uba muto kurushaho. Fata umwanya wawe mu gihe ukora ibikorwa runaka maze uhumeke buhoro buhoro.
- **Kuribwa mu gituza.** Kuribwa mu gituza cyangwa kugubwa nabi mu gifu ni ibintu bikunda kubaho mu mpera z'igihe cyo gutwita. Umwana ukura agenda akura akanda igifu cyawe. Ibi bituma bigorana ko ibiryo bigogorwa neza. Ushobora kumva umerewe neza kurushaho igihe urya ibiryo bike, inshuro nyinshi kandi ukumva udashaka amafunguro arimo ibirungo byinshi.
- **Kugira impatwe.** Kugira impatwe mu gihe cya nyuma cyo gutwita ni ibintu bikunda kubaho. Jya unywa amazi menshi kandi urye imbuto, imboga, n'ibinyampeke byuzuye. Fibure ifasha mu kurinda impatwe. Umuganga wawe ashobora kukwandikira imiti biramutse bikomeye.
- **Kubyimba kw'imitsi yo ku kibuno.** Impatwe ishobora gutera kubyimba kw'imitsi yo ku kibuno (kubyimba kw'ibice by'uruhu n'imitsi yo mu gice cy'aho umuntu yitumira). Kubyimba kw'imitsi yo ku kibuno bishobora guterwa n'uko umwana urimo gukura atera igitutu aho hantu asa n'uhasunika. Ushobora kwirinda kubyimba kw'imitsi yo ku kibuno ujya ku musarani mu buryo buhoraho kandi ukabikora mu buryo bworoshye. Kurya amafunguro yifitemo ubutare birafasha.
- **Amaribori.** Amaribori agaragara mu bantu benshi batwite, kenshi mu mezi ya nyuma. Aterwa n'ibiro byiyongera maze bigakwedura uruhu. Amaribori kenshi aza ku gice cyo hepfo y'inda. Ushobora kandi kuyagira ku mabere, ku matako no ku maboko yawe.
- **Agahinda gakabije.** Imisemburo irahindagurika kenshi mu gihe na nyuma yo gutwita. Ibi bishobora kugira ingaruka ku buryo wiyumva bikaba byaganisha ku gahinda gakabije. Agahinda gakabije gashobora gutuma umwana wawe avuka imburagihe cyangwa akagira ibiro bike bikabije. Umujagararo w'ubwonko no kubura ibitotsi bishobora gutuma agahinda gakabije kaba kabi kurushaho. Nuramuka ufite kimwe muri ibi bimenyetso mu gihe kirenga ibyumweru bibiri mu gihe na nyuma yo gutwita, wavugisha umuganga wawe.

Kuzirikana ubuzima bw'imyitwarire



Abantu bashobora kugira ibyiyumvo byinshi bitandukanye mu gihe cyo gutwita. Ni ibisanzwe kumva uhangayitse, ubabaye, cyangwa ufite ubwoba igihe nyuma y'igihe. Hari impinduka nyinshi zirimo kuba mu mubiri wawe — no mu buzima bwawe! Ariko nuramuka ubonye ko uri kugira ibyiyumvo bibi bidashira, ukwiye gushaka ubufasha.

Igihe cyo kubona ubufasha

Kumva ujagaraye mu bwonko no kumva uhindagura uburyo wiyumva mu gihe utwite ni ikintu kimwe. Ariko hano hari ibintu runaka bishobora kuba ibimenyetso by'ibintu bikomeye cyane bishobora guteza ibibazo mu gutwita kwawe:

- **Agahinda gakabije —** Agahinda cyangwa kumva uri hasi cyangwa ubabaye mu gihe cy'ibyumweru cyangwa amezi mu gihe runaka.
- **Umuhangayiko —** Kumva uhangayikiye cyangwa ufitiye ubwoba ibintu **bishobora** kubaho.
- **Guhindagurika mu byiyumvo —** Ibihe byo kumva ufite intege nkeya cyane n'agahinda gakabije bikurikirwa n'ibihe byo kumva ufite imbaraga nyinshi cyangwa wishimye bikabije.
- **Ubwoba butunguranye budafite impamvu —** Kumva ushaka ko umubiri wakwirwanaho mu buryo butunguranye, kandi cyane wumva ufite ubwoba budafitiwe igisobanuro kandi bubuza ibice runaka by'umubiri gukora.
- **Indwara y'Ibitekerezo Bibi n'Ibikorwa bya Hato na Hato byo Kugabanya Ubwoba (OCD) —** Kuguma mu gisa n'uruziga rw'ibitekerezo byo kujagarara k'ubwonko bigutera akababaro, umuhangayiko n'imihango runaka.
- **Ibibazo mu kurya —** Ibi bishobora kuba ibintu nko kurya duke cyane (cyangwa ntugire na duke urya) ugamije kutongera ibiro cyangwa kurya byinshi cyane birengeje urugero ku rwego rw'aho ugomba kwirutsa kugira ngo utongera ibiro.

Niba ufite bene ibi byiyumvo, wabibwira umuganga wita ku buzima bwawe. Ubufasha burahari. Bushobora kuba imiti, kuganira n'umujyanama, cyangwa ibikorwa nka yoga no kugira igihe runaka cyo gutekereza uri ahantu hatuje nta kirogoya bigufasha kuruhuka no kumva utuje. Nta cyo BITWAYE gusaba ubufasha. Bikore ubyikoreye wowe ubwawe n'umwana wawe.

Ushobora kandi guhamagara Umurongo w'Igihugu ugenewe Kwita ku Buzima bw'Abagore kuri **1-833-TLC-MAMA**.

Isoko: "Taking Care of Your Mental Health During Pregnancy," Nemours KidsHealth, https://kidshealth.org/en/parents/pregnant-mental-health.html.

Ubuvuzi bw'amenyo mu gihe cyo gutwita

Kugira ubuzima bwiza bw'amenyo bishobora kugufasha kugira ubuzima bwiza mu gihe utwite. Impinduka ziba ku mubiri n'imisemburo yawe mu gihe cyo gutwita zishobora kugira ingaruka ku buzima bwo mu kanwa kawe. Kurwara ishinya birasanzwe mu gihe cyo gutwita. Ibi bishobora gutera ibindi bibazo by'ubuzima.

Inama zo kurinda ubuzima bw'amenyo

Hano hari ibintu runaka ushobora gukora kugira ngo wite ku menyo n'ishinya yawe:

- Jya kwa muganga wawe w'amenyo wisuzumishe mu buryo buhoraho ukimenya ko utwite. Kwisuzumisha amenyo bigutera kugira ubuzima bwiza. Ni kimwe mu by'ingenzi bigize ubuvuzi ukeneye mbere yo kubyara.
- Ukwiriye kwisuzumisha amenyo no kozwa amenyo nibura inshuro ebyiri mu mwaka.
- Jya woza amenyo yawe kabiri ku munsi ukoresheje uburoso bworoshye. Oza amenyo gahoro ariko ukoze uburoso hose.
- Nyuza uburoso hagati y'amenyo yawe buri munsi.
- Rya indyo yuzuye y'ibiribwa bitera ubuzima bwiza. Nywa nibura ibirahuri umunani by'amazi buri munsi.
- Irinde ibiribwa n'ibinyobwa by'amasukari nka za soda, bombo n'ibisuguti.
- Irinde itabi n'ubundi buryo bwo kunywa itabi.

Hamagara umuganga wawe w'amenyo ako kanya niba:

- Uribwa mu ishinya yawe
- Ufite impumuro mbi itarangira
- Ukutse iryinyo
- Ufite ikibyimba cyangwa ikintu kidasanzwe mu kanwa kawe
- Uribwa amenyo



Shaka umuganga w'amenyo

Amafaranga atangwa ku buvuzi bw'amenyo yishingirwa na NH DHHS. Niba ushaka kubona umuganga w'amenyo uvurira abantu bakuru kuri Medicaid, hamagara DentaQuest kuri **1-844-583-6151** kandi ube witeguye gutanga nomero iri ku ikarita Ndagamuntu wahawe na NEDD/DentaQuest.

Ukeneye uburyo bwo kugutwara bukugeza kuri gahunda yo kuvurwa amenyo?

Baza DentaQuest ibyerekeye uburyo bwo kukugeza aho wivuriza.

Gukoresha imiti mu buryo butekanye

Urasabwa kubwira umuganga wita ku buzima bwawe imiti wandikirwa, amavitamini, cyangwa imiti uhabwa utabanje kuyandikirwa na muganga (OTC) — imiti ushobora kugura utabanje kuyandikirwa — uri gufata. Muganga wawe ashobora gukenera ko ufata uruhurirane rwa vitamini nyinshi ufata buri munsi hamwe na aside folike.

Baza ibibazo ushobora kuba ufite byerekeye imiti. Iteka jya ugisha inama umuganga wawe cyangwa umucuruzi w'imiti mbere yo gufata imiti cyangwa amavitamini ushobora kugura utabanje kuyandikirwa na muganga. Twishingira imiti imwe n'imwe ya OTC, irimo vitamini zihabwa abagore mbere yo kubyara, iyo umuganga wawe ayikwandikiye.

Ntukareke gufata imiti yawe keretse gusa igihe umuganga wawe yaramuka abigusabye. Kureka gufata imiti yawe utabyemerewe na muganga wawe bishobora kutaba byiza ku buzima bwawe.

Inama zagufasha kuguma utekanye igihe ufata imiti

- Genzura icupa ryawe ry'imiti mbere yo kuva muri farumasi. Niba usanze ufite imiti itari iya nyayo, bibwire ukora muri farumasi.
- Hamagara farumasi yawe niba imiti ufite ubu idasa n'iyo wari ufite mbere.
- Shyira imiti yawe kure y'abana.
- Koresha imifuniko y'umutekano ku macupa yawe y'imiti niba ufite abana.
- Kurikiza amabwiriza ari ku icupa ryawe ry'imiti. Hamagara umuganga wawe cyangwa ukugurisha imiti nuramuka hari doze y'umuti utafashe.
- Jugunya kure imiti ishaje cyangwa yarengeje igihe. Niba utazi neza niba umuti wararengeje igihe, hagamagara ukugurisha imiti.
- Gumana urutonde rw'imiti n'amavitamini ufata.
- Ntuzigere na rimwe unywa imiti y'undi muntu.



Imiti yinjizwa mu mubiri no gutwita

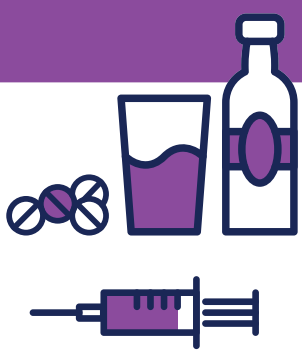
Ibintu winjiza mu mubiri wawe bishobora kugira ingaruka ku mubiri wawe.

Iyi ni yo mpamvu ari ingenzi kubwira umuganga wita ku buzima bwawe imiti ufata, harimo n'imiti yinjizwa mu mubiri. Bishobora kuba ngombwa ko umuganga wawe akora impinduka ku miti yawe mu gihe utwite.



Imiti imwe n'imwe — nk'imiti yinjizwa mu mubiri — ishobora guteza ibibazo umwana wawe. Ariko ntugahagarike gufata imiti yawe keretse gusa umuganga wawe abikubwiye. Kureka gufata imiti yawe utabyemerewe na muganga wawe na byo bishobora kutaba byiza ku buzima bwawe.

Kunywa inzoga, gukoresha ibiyobyabwenge byo ku muhanda, cyangwa kunywa itabi utwite bishobora kwangiza umwana wawe.



Imiti yinjizwa mu mubiri ni iki?

Imiti yinjizwa mu mubiri, initwa kandi ibiyobyabwenge byinjizwa mu mubiri, ni imiti ikomeye, irimo nka:

- Methadone na Subutex/Suboxone ikoreshwa mu gufasha abantu bafite ibimenyetso byo kuva ku biyobyabwenge
- Imiti wandikirwa igabanya uburibwe nka oxycodone
- Ibiyobyabwenge byo ku muhanda nka heroyine na fentanyl

Imiti yinjizwa mu mubiri irabata. Iyo ufashe imiti yinjizwa mu mubiri mu gihe utwite, umwana wawe ashobora kubatwa no kwishingikiriza ku miti. **Ibi bishobora guteza ikibazo gikomeye cy'ubuzima ku mwana wawe nyuma yo kuvuka. Umwana ashobora kugaragaza ibimenyetso byo kwikura ku biyobyabwenge byitwa indwara yo kwifata mbere yo kuvuka (NAS) cyangwa indwara yo kwikura ku miti yinjizwa mu mubiri mbere yo kuvuka (NOWS).**

Kabone n'ubwo zaba doze nkeya z'imiti zishobora gutera kubaho kw'ibimenyetso byo kwikura ku miti ku bana bamwe na bamwe. Ibindi biyobyabwenge, nka nikotine, imiti ivura agahinda gakabije, benzodiyazepine, n'ibiyobyabwenge nka kokayine na methamphetamine, ishobora na yo gutera abana kugira ibimenyetso byo kwikura ku miti.

Ibimenyetso bya NAS na NOWS

Ibimenyetso kenshi bitangira umunsi umwe kugeza kuri itatu nyuma y'uko umwana avutse. Ariko bishobora gufata icyumweru kugira ngo bitangire kugaragara. Bimwe mu bimenyetso bya NAS na NOWS birimo:

- Kurira cyane, kenshi mu ijwi riranguruye kandi riremereye
- Kugira amabara adasa (utuntu tw'utumenyetso tw'amabara adasa ku ruhu)
- Kuruka cyangwa guhitwa
- Umuriro
- Kurakara
- Ibibazo mu kurya
- Guhumeka insigane kandi mu buryo bukomeye
- Kugagara
- Ibibazo mu gusinzira
- Kwiyongera ibiro gahoro gahoro
- Kwifunga kw'izuru cyangwa kwitsamura
- Kubira ibyuya
- Guhinda umushyitsi

Shaka ubufasha niba ufite uburwayi buterwa n'ikoresha ry'ibiyobyabwenge. Sura urubuga **findtreatment.gov** cyangwa uhamagare **1-800-662-HELP (4357)**.

Abana bafite NAS cyangwa NOWS bashobora gukenera guhabwa ubuvuzi bwihariye bavurirwa mu bitaro nyuma yo kuvuka. Itsinda ryita ku buvuzi rimenya amoko y'ubuvuzi umwana wawe akeneye kugira ngo yumve amerewe neza kurushaho.

Niba umwana wawe yerekana ibimenyetso byo kwikura ku miti, urukundo ni umwe mu miti myiza yaruta indi. Gupfumbata no guterura umwana umwiyegereje bishobora gufasha umwana wawe. Icyakora kumwitaho ubigiranye urukundo biramutse bidahagije ngo byoroshye ibimenyetso byo kwikura ku miti, itsinda rishinzwe ubuvuzi rishobora guha umwana wawe imiti.

Hari ibibazo ufite?

Hamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**, saa 9 za mu gitondo kugeza saa 5 za nimugoroba, ku wa Mbere kugeza ku wa Gatanu, maze usabe kuvugisha ikipe yacu ya Bright Start.

Amasoko:
"Pregnancy and Opioids," MedlinePlus, ku wa 27 Ukuboza, 2018, **https://medlineplus.gov/pregnancyandopioids.html**.

"Neonatal Abstinence Syndrome," MedlinePlus, ku wa 1 Mata, 2019, **https://medlineplus.gov/ency/article/007313.htm**.

Kurya, kuryama, guhoza, (ESC)

Ibaze ibi bibazo bitatu bigufasha kukuyobora mu kwita ku mwana wawe:

- **Kurya:** Ese umwana wanjye arya neza (byaba konka cyangwa kugaburirwa hifashishijwe icupa)?
- **Kuryama:** Ese umwana wanjye asinzira nibura isaha imwe? Ntukageragereze gucamo ibitotsi by'umwana wawe.
- **Guhoza:** Birafasha igihe ngerageza guhoza cyangwa guturisha umwana wanjye igihe arira?

Niba igisubizo kuri kimwe muri ibi bibazo ari "oya," wasaba umuganga wawe ubufasha.



Kunywa itabi no gutwita

Igihe unywa itabi mu gihe utwite, uba ushyira ubuzima bw'umwana wawe mu byago. Ibi birimo uburyo bwose bwo kunywa itabi, nko gukoresha amasigara, inkono z'itabi, itabi rinyobwa hifashishijwe ibikoresho by'ikoranabuhanga, igikoresho banyweramo itabi rinyobwa rinyuze mu mazi, n'urumogi.

Uburyo kunywa itabi bishobora kwangiza umwana wawe:

- Umwana aba afite ibyago byisumbuyeho byo kuvuka imburagihe.
- Uba ufite ibyago bingana na 3½ byo kubyara umwana ufite ibiro bike umwana avukana.
- Umwuka muke mwiza n'intungamubiri bigera ku mwana wawe utaravuka ari bike kurushaho.
- Umwana wawe ashobora kugira ibibazo byo guhumeka nka asima cyangwa ubwivumbure bw'umubiri.
- Ubushakashatsi bwerekana ko umwana wawe ashobora kugira ibyago byinshi kurushaho byo kurwara indwara itera gupfa bitunguranye ku mpinja (SIDS). SIDS ibaho igihe apfuye bitunguranye, kenshi igihe asinziriye.
- Niba unywa itabi kandi wonsa, ibinyabutabire bishobora kugezwa ku mwana binyuze mu mashereka yawe. Bishobora kandi kugabanya ingano y'amashereka umwonsa.

Uko ureka kunywa itabi, ni ko wongera amahirwe yo kubyara umwana ufite ubuzima bwiza.

Urashaka ubufasha mu kureka itabi? Hamagara QuitNowNH kuri **1-800-QUIT-NOW (1-800-784-8669)** cyangwa **https://quitnownh.org/contact-us/**.

Kwipimisha imitezi na hepatite C

Imitezi

Imitezi ni indwara yandurira mu mibonano mpuzabitsina (STI). Ushobora kuyandurira mu mibonano mpuzabitsina idakingiwe ikorewe mu gitsina, mu kibuno, mu kanwa ukoranye n'umuntu ufite ubwandu bw'imitezi. Ushobora kandi kuyandurira mu gukora cyangwa gusoma mu bikomere by'undi muntu urwaye imitezi. Ibi bikomere bishobora kuba ku myanya ndagabitsina, mu kibuno, ku minwa, cyangwa mu kanwa.

Umuntu utwite akaba arwaye imitezi itaravuwe ashobora kwanduza umwana we. Imitezi ishobora gutera:

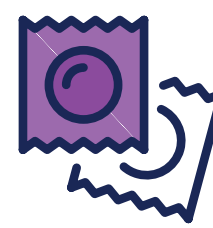
- Gukuramo inda
- Umwana gupfira mu nda
- Kubyara umwana utagejeje igihe
- Kuvukana ibiro bike
- Ibibazo ku ngobyi y'umwana yo muri nyababyeyi n'umukondo byadindiza imikurire y'umwana
- Gupfa mbere yo kuvuka (umwana apfa mu minsi 28 ya mbere yo kubaho)
- Ibibazo by'ubuzima bidashira ku mwana

Ku nshuro yawe ya mbere ujya kwisuzumisha mbere yo kubyara, umuganga wawe azakubaza amateka yawe mu by'ihuzabitsina no gukora ikizamini cy'amaraso kugira ngo hasuzumwe ibyago byawe byo kwandura imitezi cyangwa izindi STI. Imitezi buri gihe ivurwa n'umuti wica ubwandu witwa penicillin. **Niba urwaye imitezi, kuvurwa mbere y'ibyumweru 26 by'igihe cyo gutwita bishobora kurinda umwana wawe kwandura.**

Irinde imitezi

Uburyo bwiza bwo kwirinda imitezi ni ukudakora imibonano mpuzabitsina. Nuramuka ukoze imibonano mpuzabitsina, urasabwa kwirinda.

- Jya ukorana imibonano mpuzabitsina gusa n'umuntu ukorana gusa imibonano mpuzabitsina na we.
- Koresha udukingirizo.
- Ipimishe imitezi kandi uvurwe niba ufite ubwandu.
- Saba uwo mubana kwipimisha imitezi no kwivuza niba yaranduye.



Isoko: "Syphilis in Pregnancy," March of Dimes, https://www.marchofdimes.org/find-support/topics/pregnancy/syphilis-pregnancy.

Hepatite C

Hepatite C ni indwara ishobora kuva ku guhuza amaraso. Hepatite C ishobora kwangiza umwijima. Bumwe mu buryo bw'ingenzi bandura iyi ndwara ni mu gukoresha umuti unyura mu mitsi (IV). Ushobora kandi kuyikura ku:

- Gukoresha ibikoresho by'umuntu ku giti cye bihura n'amaraso, nk'inzembe n'uburoso bw'amenyo
- Ibice by'umubiri byabazwe
- Guhuza ibitsina
- Gukorerwa tatuwaje cyangwa gutobozwa ibikoresho bidasukuye

Hepatite C ishobora gutuma bigorana gusama no gukomeza gutwita. Umuntu utwite kandi arwaye iyi ndwara aba afite ibyago byisumbuyeho byo:

- Kongera ibiro bikabije mu gihe cyo gutwita
- Diyabete yo mu gihe cyo gutwita
- Preeclampsia (umuvuduko ukabije cyane w'amaraso)

Na none, umuntu ufite uburwayi mu gihe cyo gutwita ashobora kwanduza umwana we hepatite C. Umwana ashobora gukenera kuvurirwa mu ishami rivurira indembe mu bitaro. Byongeye kandi, haba hari ibyago byisumbuyeho by'uko umwana yagira:

- Kuvukana ibiro bike
- Kuvuka igihe kitageze
- Kugira uruhu n'amaso asa umuhondo

Si buri gihe abantu bapimwa hepatite C mu gihe cyo gutwita. Niba utekereza ko urwaye cyangwa ufite ibyago byo kurwara hepatite C, urasabwa kuvugisha umuganga wita ku buzima bwawe. Umuganga ashobora gufata ibipimo by'amaraso no gutangira kuvura niba bikenewe. Nusanga waranduye, bizaba ngombwa ko umwana asuzumwa nyuma yo kuvuka. Kandi, niba uteganya konsa umwana wawe, umuganga wawe ashobora gufasha mu kuguha inama z'uko wabikora neza.

Niba hari umuntu urwaye hepatite C, ikintu cyiza kiruta ibindi ni uko yavurwa iyo ndwara mbere yo gutwita. Ariko ku muntu urwaye hepatite C maze agasama, ni ingenzi cyane kwivuza neza atwite kandi agakurikiza gahunda ya muganga yo kumuvura kugira ngo bimufashe kurinda ubuzima bwe n'ubuzima bw'umwana we.

Isoko: "Pregnancy and Breastfeeding with Hepatitis C: What You Need to Know," Healthline, **https://www.healthline.com/health/pregnancy/hepatitis-c-and-pregnancy#risk-factors-and-symptoms**.

Kwitegura kujya ku bise no kubyara

Hano ushobora kuhabona ibyerekeye:

Gahunda yo kubyara ni iki? 32

Gupakira ibikenewe ku bitaro 34

Konsa cyangwa kugaburira umwana mu icupa — ni wowe wenyine wabifataho umwanzuro 35

Ibyo gukora mbere yo kuva ku bitaro 37

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Gahunda yo kubyara ni iki?

Gahunda yo kubyara ifasha mu kumenya neza ko amahitamo yawe akurikizwa mu gihe cyo kujya ku bise no kubyara. Ibwira umuganga n'abaforomo bafasha mu kubyara umwana icyo ushaka. Gahunda yo kubyara ni uburyo bwiza bufasha kumva witeguye neza kurushaho kujya ku bise no kubyara. Ishobora kubamo ibintu nka:

- Amoko y'imiti ushaka gufata n'iyo udashaka gufata
- Uwo ushaka kuba uri kumwe na we mu cyumba igihe uzabyarira
- Imihango y'idini cyangwa iy'imico ukurikiza



Hano hari ibibazo bimwe na bimwe bigufasha gutangira gahunda yawe yo kubyara:

Ni hehe ushaka kubyarira umwana wawe?

Urashaka kwegerana n'umwana wawe mukoranijeho uruhu mu isaha nyuma yo kubyara (bitangwamo inama)?

Ni nde ushaka ko mwaba muri kumwe mu cyumba mu gihe cyo kujya ku bise no kubyara?

Haba hari imihango ushaka ko yakorwa mu kuvuka k'umwana wawe?

Ni nde ushaka ko yazakata ururerI?

Manura kuri murandasi urugero rwa gahunda yo kubyara ruturuka kuri American College of Obstetricians and Gynecologists:

https://www.acog.org/-/media/project/acog/acogorg/womens-health/files/health-tools/sample-birth-plan.pdf

Cyangwa se umanure urugero rwa gahunda yo kubyara ruturuka kuri March of Dimes:

https://www.marchofdimes.org/sites/default/files/2022-12/Birth-Plan-Sheet-English.pdf

Gupakira ibikenewe ku bitaro

Ni igitekerezo cyiza kuba waramaze gupakira igikapu uzajyana ku bitaro ku byumweru 38 kugira ngo kibe giteguye igihe umwana wawe azafatira umwanzuro wo kuza. Kugira ngo uzigame amafaranga, baza ibitaro ibyo batanga kugira ngo ntugombe gupakira ibyo bintu byose. Koresha uru rutonde rw'ibijya mu gikapu cyo kujyana ku bitaro kugira ngo rugufashe.

Kuri wowe

- ☐ Ifoto Ndangamuntu, amakuru y'ubwishingizi, amafishi y'ibitaro, na gahunda yawe yo kubyara
- ☐ Ikanzu cyangwa umupira w'imbeho
- ☐ Ibikoresho ibyo ari byo byose byihariye by'isuku, ibyo basiga ku munwa, utwo bazingisha imisatsi
- ☐ Amavuta y'imoko
- ☐ Indorerwamo z'amaso
- ☐ Imyenda igukwiriye, isutiye ifashe amabere neza n'udutambaro dufata amashereka
- ☐ Imiguru ibiri cyangwa itatu y'amasogisi ashyuha, atanyerera yo kugendesha mu bitaro mbere na nyuma yo kujya ku bise
- ☐ Ibyo kunywa ibyo ari byo byose byihariye byo kwirinda kugira umwuma mu gihe cyo kujya ku bise
- ☐ Ibyo kurya byoroheje bidasaba gukonjesherezwa muri firigo
- ☐ Telefoni igendanwa na sharijeri (umugozi muremure w'inyongera)
- ☐ Bafure igendanwa ya Bluetooth n'urutonde rw'indirimbo
- ☐ Ibitabo, ibinyamakuru, cyangwa tabuleti byo kwifashishwa mu gihe cyo kuba utameze neza
- ☐ Ibikoresho bifasha kwiyumva neza nk'icyuma kizana impumuro nziza, amavuta ya masaje yo kwisiga, agakoresho kagendanwa gahungiza umwuka
- ☐ Umusego wo konkerezaho

Ku mwana

- ☐ Imyenda imukwiriye n'ibiringiti bishyushye bizakoreshwa musubiye mu rugo
- ☐ Intebe yo kwicaramo mu modoka yagenewe impinja
- ☐ Amakuru yo kuvugishirizaho umuganga ukurikirana ubuzima bw'umwana

Baza inshuti n'abagize umuryango ikintu basanze cyarabafashije kuba bari bagifite ku bitaro mu gihe cy'ibise no kubyara. Niba bishoboka, kora urugendo rwo gutembera mu bitaro byawe kugira ngo umenye amahitamo ahari ku bwawe.

Ku muntu ugufasha mu gihe cyo kujya ku bise

- ☐ Ibyo kurya byoroheje byo kwifashishwa mu gihe cyo kujya ku bise no gusangira nyuma yo kubyara
- ☐ Icupa ryongera gukoreshwa ryo kunyweramo ibinyobwa cyangwa amazi
- ☐ Igitabo cyangwa ikiganiro cyo kumva mu gihe utameze neza

Konsa cyangwa kugaburira umwana mu icupa — wowe wenyine ni wowe wabifataho umwanzuro

Inyungu zo konsa

Konsa bishobora gutuma wowe n'umwana wawe mugira ubuzima bwiza. Kandi, igihe wonsa:

- Abana babona ingano zikwiriye za vitamini n'intungamubiri bakeneye.
- Bishobora kurinda abana ibibazo runaka by'ubuzima.
- Byorohera abana kugogora amashereka kurusha amata y'abana.
- Bishobora kugufasha kuzigama amafaranga ku biryo by'abana.

Ni igihe kingana iki abana bagomba konswa?

American Academy of Pediatrics itanga inama ko abana bagaburirwa amashereka yonyine mu gihe cy'amezi atandatu yabo ya mbere. Nyuma y'aho, abana bashobora gukomeza konka nibura umwaka umwe ari ko bagaburirwa ibyo kurya byoroshye, binombye.



Uburyo wamenya ibyisumbuyeho

Niba hari ibibazo ufite byerekeye konsa, gutwita kwawe, cyangwa gutumiza agakoresho ko gukamiramo, ishami ryacu rya Bright Start rishobora kugufasha. Waduhamagara kuri **1-833-704-1177 (TTY 1-855-534-6730)**, Ku wa Mbere kugeza ku wa Gatanu, saa 9 za mu gitondo kugeza saa 5 za nimugoroba.

Ese buri muntu wese akwiye konsa?

Ku bantu benshi, konsa ni yo mahitamo akwiye asigasira ubuzima bwiza. Ariko abantu bamwe na bamwe ntibagomba konsa abana babo. Hitamo kugaburira amata y'abana aho kumwonsa amashereka niba:



- Ufite ubwandu bwa Virusi Itera SIDA
- Urwaye igituntu
- Ukoresha imiti itemewe n'amategeko
- Hari imiti runaka ufata cyangwa wivuza kanseri

Vugisha umuganga murebere hamwe niba konsa ari byiza kuri wowe.

Ubufasha mu kugaburira umwana wawe

Niba utwite cyangwa se umaze igihe gito ubyaye, ushobora kwiyandikisha muri gahunda y'Abagore, Impinja, n'Abana (WIC). WIC ni gahunda yihariye y'inyunganiramirire igenewe abagore, impinja, n'abana kugeza ku myaka 5 y'amavuko.



WIC ishobora kugufasha kubona amata y'abana iyo bagaburirwa mu icupa, cyangwa inyunganiramirire niba wonsa. Abantu bari muri iyi gahunda bashobora kubona amadolari runaka yo gukoresha ku bicuruzwa by'ibiribwa bitangwa na WIC buri kwezi. Hamagara **1-800-942-4321** kugira ngo uvugishe gahunda ya WIC cyangwa ujye kuri **www.signupwic.com**.

Tumiza agakoresho ko gukamiramo nta kiguzi

Niba ushaka gutumiza agakoresho ko gukamiramo nta kiguzi, hamagara **1-877-932-6327** cyangwa usure **https://acelleron.com/breast-pumps/order/**.

Amasoko: American Academy of Pediatrics n'Ibiro bishinzwe Ubuzima bw'Abagore

Icyo wakora mbere y'uko uva mu bitaro

- Vugisha umukozi ushinzwe dosiye yawe *ya* Medicaid kugira ngo wandikishe umwana wawe.
- Andikisha umwana wawe muri gahunda y'ubuvuzi ya AmeriHealth Caritas New Hampshire.
- Tegurana gahunda yo kujyana bwa mbere umwana wawe kwa muganga n'umuganga wita ku buzima.
- Tegurana n'umuganga wawe gahunda yawe yo kwivuza nyuma yo kubyara. Igomba kuba amasaha 84 nyuma yo kubyara.
- Hamagara WIC kuri **1-800-942-4321** kugira ngo ubamenyeshe ko wabyaye maze wiyandikishe muri gahunda. Abantu bari muri gahunda bashobora kubona amadolari yo gukoresha ku bicuruzwa by'ibiribwa bitangwa na WIC buri kwezi. WIC ishobora kandi kukubwira ku bufasha bwerekeye konsa mu gace utuyemo.

Ikipe yacu ya Bright Start izagenda igukurikirana mu gihe cy'ibyumweru bibiri nyuma y'uko ubyaye. Bazagenzura kugira ngo bizere ko ufite buri kintu ukeneye.

Itegeko rigenga intebe zo kwicaramo n'abana mu modoka muri New Hampshire



Leta ya New Hampshire isaba ko:[1]

- Abana bari munsi y'imyaka 2 y'amavuko bagomba kugenda mu modoka bicaye mu ntebe yo mu modoka yerekeye inyuma.
- Abana bari munsi y'imyaka 7 y'amavuko bagomba kugenda mu modoka bambaye imikandara ifunze neza kandi muri sisitemu y'umutekano ibuza umwana kugwa, nk'intebe yo mu modoka cyangwa intebe ituma umwana agenda ameze neza.

Ni ingenzi kuri wowe gusoma no gukoresha amabwiriza yazanye n'intebe yo mu modoka yawe. Akubwira uburyo bwo gushyira neza iyo ntebe mu mwanya. Akubwira kandi ingano nyayo y'intebe ikwiriye gukoreshwa n'umwana wawe.

Niba ukeneye ubufasha mu gushyira neza intebe mu modoka yawe, ushobora gukoresha imwe muri Sitasiyo zo Gushyira Intebe mu Modoka muri New Hampshire.

Izi zishobora kukwereka uburyo bwo, cyangwa kugushyiriramo intebe. Sura Be Seat Smart NH kuri **https://www.beseatsmartnh.org/car-seat-fitting-stations.php** kugira ngo ubone Sitasiyo yo Gushyira Intebe mu Mwanya wayo ikwegereye.

Icyitonderwa: Ushobora guhanishwa ihazabu ya $50 kugeza kuri $100 niba umwana wawe aticajwe neza mu buryo bukwiye mu modoka yawe.

[1]"New Hampshire Child Restraint Law," Be Seat Smart, Dartmouth Health Children's, 2025, **https://www.beseatsmartnh.org/nh-seat-law.php.**

Ubuvuzi bwa nyuma yo kubyara n'ibyo kwitega nyuma yo kubyara

Hano ushobora kuhasanga ibyerekeye:

Gukurikiranwa Nyuma yo Kubyara 38

Agahinda Gakabije Kaza Nyuma yo Kubyara..... 40

Gufata umwanzuro cyangwa kwitegura umwana wawe ukurikira? 42

Ubuvuzi bwa nyuma yo kubyara:

Igihe kiza nyuma yo kubyara umwana wawe cyitwa icya nyuma yo kubyara. Gerageza koroshya ibintu mu byumweru bike bya mbere bya nyuma yo kuvuka k'umwana wawe. Niba ufite umuryango n'inshuti zishobora kugufasha, bareke bagufashe. Ugomba guhabwa amabwiriza yo kuvanwa mu bitaro no kujya kwa muganga ngo bagukurikirane wowe n'umwana wawe mbere yo kuva mu bitaro.

Hamagara 911 cyangwa ujye ku cyumba cy'indembe zikeneye kuvurwa byihutirwa niba ufite:

- Uburibwe mu gituza cyawe
- Ibibazo byo guhumeka cyangwa umwuka muke
- Kugagara
- Ibitekerezo byo kuba wakwigirira nabi cyangwa ukagirira nabi umwana wawe

Bwira **911** cyangwa umuganga wita ku buzima ko umaze igihe gito ubyaye, igihe wabyariye umwana wawe, n'ibimenyetso uri kugira. Niba wumva nk'aho hari ikitagenda neza, urasabwa guhabwa ubuvuzi.

Izere amakenga yawe.

Jya ushaka ubuvuzi buri gihe niba wumva utameze neza cyangwa niba hari ibibazo cyangwa impungenge ufite.

Urasabwa kubonana n'umuganga wawe

Nyuma yo kubyara umwana wawe, urasabwa gukora uko ushoboye ukabonana n'umuganga wita ku buzima. Umuganga wawe azagufasha kugumana ubuzima bwiza uko umubiri wawe ugenda ukira igihe wari umaze utwite. Ashobora kandi kugufasha gutegura ugutwita kwawe kw'ahazaza no kuguha ubuvuzi igihe urwaye. Hamagara umuvuzi wawe uyu munsi kugira ngo mutegure gahunda yo kwa muganga.

Niba ukeneye ubufasha bwo kubona umuganga ugukwiriye, hamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**.

Reba amakuru y'ingenzi kuri paji ya 11. Ibi ni ibimenyetso mpuruza ko ukeneye ubuvuzi ako kanya.

Isoko: "Urgent Maternal Warning Signs," Alliance for Innovation on Maternal Health, Gicurasi 2020, https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs.



Agahinda gakabije kaza nyuma yo kubyara

Hafi ya kimwe cya kabiri cy'abantu babyara abana bumva bafite agahinda gake mu minsi mike nyuma yo kubyara. Ibyitwa "baby blues" kenshi biterwa no kugabanuka kw'ikigero cy'imisemburo. Ushobora kwisanga urira nta mpamvu, kumva uhangayitse, urakara, no kumva utameze neza, cyangwa udafite intege na nkeya. Ibi bintu kenshi bishira mu gihe cy'ibyumweru bibiri. Icyakora agahinda ka nyuma yo kubyara gashobora gukomera kurusha uko bimera kuri "baby blues." Bishobora kubaho mu gihe cyangwa nyuma yo gutwita.

Ibimenyetso by'agahinda gakabije biratandukana ku muntu uwo ari we wese.

Vugisha umuganga wita ku buzima bwawe niba hari icyiyumvo icyo ari cyo cyose kiri ku rutonde rw'ibiri hepfo mu gihe kirenga iminsi mike.

- Kutabasha gusinzira mu gihe cy'iminsi runaka
- Kumva ushaka kuryama igihe cyose
- Kwiyumva nk'aho udashobora kwita ku mwana wawe
- Kugira ibibazo byo kwibanda ku cyo ushikamijeho ubwenge
- Kumva ubabaye cyangwa urakaye
- Kumva utagikunze ibintu wari usanzwe ukunda
- Kurira cyane kurusha ibisanzwe
- Kumva ushaka kujya kure y'abo ukunda
- Kumva usa n'uri kure y'umwana wawe
- Kumva wishinja icyaha cyangwa nta kamaro ufite
- Gutekereza ko utari umubyeyi mwiza
- Gutekereza ko ushobora kugirira nabi umwana wawe, ku bw'impanuka cyangwa ku bushake



Niba uri kugira ibitekerezo byo kwigirira nabi cyangwa umwana wawe, jya uhita ushaka ubufasha ako kanya!

- Hamagara **911** cyangwa ugane icyumba cy'indembe kikwegereye.
- Hamagara Umurongo ugenewe Kurwanya Kwiyahura n'Ibibazo byo mu Mutwe kuri **988**.

Agahinda kaza nyuma yo kubyara gashobora kuvurwa. Hariho kandi ibintu ushobora gukora kugira ngo wifashe kumva worohewe:

- Bwira umuganga uguha ubuvuzi uburyo wiyumva.
- Vugisha umujyanama cyangwa ujye mu itsinda ritanga ubufasha.
- Fata imiti yawe nk'uko ubigirwamo inama n'umuganga wita ku buzima bwawe.
- Rya amafunguro meza asigasira ubuzima kandi usinzire bihagije buri joro.
- Guma ukoresha umubiri wawe.
- Ishakire igihe cyo gukora ikintu gishimishije.
- Bwira abantu bo mu muryango n'inshuti wizeye uko wiyumva.

Ubuzima bw'imyitwarire ni ingenzi kimwe n'ubuzima bw'umubiri. Abantu bashobora kugira agahinda cyangwa umuhangayiko wa nyuma yo kubyara bashobora kubona ubufasha bwo kumva borohewe. Kugira ngo ubone ubufasha bwo kubona umuganga, wavugisha Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**, amasaha 24 ku munsi, iminsi irindwi mu cyumweru.



Gufata umwanzuro cyangwa kwitegura umwana wawe ukurikira?

Hari ibitekerezo bimwe na bimwe bitandukanye biriho byerekeye amahirwe yo kongera gutwita nyuma gato yo kubyara. Bishingira ku bintu byinshi nk'iyo wonsa, uko umubiri ugenda ukira, cyangwa uruziga rw'ukwezi kwawe kw'imihango. Ariko **bishobora** kubaho. Rero, niba udashaka kongera gutwita nyuma gato yo kubyara, ugomba gukoresha uburyo bwo kuboneza urubyaro.

Ni igitekerezo cyiza kubwira umuganga wawe ku byerekeye igihe cyiza cyawe cyo gutangira gukora imibonano mpuzabitsina nyuma yo kubyara n'uburyo bwo kuboneza urubyaro buzaba bukubereye. Hano hari ibintu bimwe na bimwe byo kuzirikana.

Igihe cyo gutangira

Ushobora gutangira gukoresha uburyo bumwe na bumwe bwo kuboneza urubyaro — burimo nka IUD (agapira gashyirwa mu mura) — ako kanya. Ku bundi buryo, ukeneye gutegereza ibyumweru bike kugira ngo ubutangire.

Mu gihe wonsa

Uburyo bwose bwo kuboneza urubyaro ni bwiza kubukoresha, ariko bumwe bushobora kugabanya ingano y'amashereka. Abanyamwuga mu buvuzi batanga inama yo gukoresha uburyo bwo kuboneza urubyaro bushingiye kuri progestin mu gihe wonsa. Ubu bushobora kuba ibintu nka:

- Umuti wa Depo-Provera
- Gushyira mu mubiri agakombe ka Nexplanon
- Ikinini gito (kitari nk'ikinini cy'uruvange cya kera cyifitemo umusemburo wa estrogen na progestin, ikinini gito gito cyifitemo gusa progestin)



Ubwo wakoresheje mu gihe cyahise

Ubu bushobora kuba cyangwa kutaba amahitamo meza kuri wowe. Umubiri wawe uca mu mpinduka mu gihe cyo gutwita. Rimwe na rimwe, uburyo wakoresheje mbere yo gutwita bushobora kutaba amahitamo meza kurusha andi bwo gukoresha nyuma yo gutwita. Ni urugero, akenda cyangwa agapira gashyirwa mu gitsina bitanga umusaruro muke mu bantu babyaye cyangwa ntibiba bigikwiramo neza. Kandi, nk'uko byavuzwe mbere, ni byiza gukoresha uburyo bwo kuboneza urubyaro bushingiye kuri progestin mu gihe wonsa.

Twishingira amahitamo yawe yo kuboneza urubyaro. Niba hari ikibazo icyo ari cyo cyose waba ufite ku bwishingizi bwa gahunda y'ubuvuzi bwawe, wahamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730),** amasaha 24 ku munsi, iminsi irindwi mu cyumweru.

Kugira ngo umenye byinshi byisumbuyeho ku buryo bwo kuboneza urubyaro, wavugisha umuganga wawe cyangwa ugahamagara Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)** maze usabe kuvugana n'ikipe yacu ya Bright Start.

Isoko: "What Birth Control Should You Use After Pregnancy?" What to Expect, Medically reviewed March 17, 2022, https://www.whattoexpect.com/first-year/birth-control-after-pregnancy.aspx.



Ushobora guhitamo bumwe mu buryo bwinshi buhari bwo kuboneza urubyaro. Uburyo bwo kuboneza urubyaro bw'igihe kirekire bushobora gusubirwaho (LARC) bushobora kugufasha kudasama mu gihe cy'imyaka itatu kugeza kuri 12. LARC ni agakoresho umuganga ashyira mu kuboko cyangwa mu mura wawe. Ibi bishobora gukorwa nyuma y'uko ubyaye cyangwa mbere y'uko uva mu bitaro. Kaguma mu mwanya wako kugeza igihe ushakiye kugakuramo.

Ukeneye kumenya amakuru yisumbuye ku buryo bwo kuboneza urubyaro, wasura **https://www.acog.org/womens-health/faqs/postpartum-birth-control**.

Kwita ku mwana wawe

Hano ushobora kuhasanga ibyerekeye:

Kujyana umwana kwa muganga atarwaye 45

Inkingo 46

Gusuzumisha uburozi bwa lead 48

Umwana yarwaye? 49

Inama n'ubutumwa bwibutsa 51



Kujyana kwa muganga umwana atarwaye

American Academy of Pediatrics itanga inama ko abana bajyanwa kwa muganga wita ku buzima bwabo mu minsi itatu kugeza kuri itanu nyuma yo kuvuka. Urasabwa guhamagara no gutegura gahunda yo kujyana umwana wawe kwa muganga bwa mbere uyu munsi!

Gahunda yo kujyana umwana kwa muganga atarwaye

American Academy of Pediatrics itanga inama ko abana bakorerwa amasuzuma bangana batya mu kigero cy'iyi myaka:

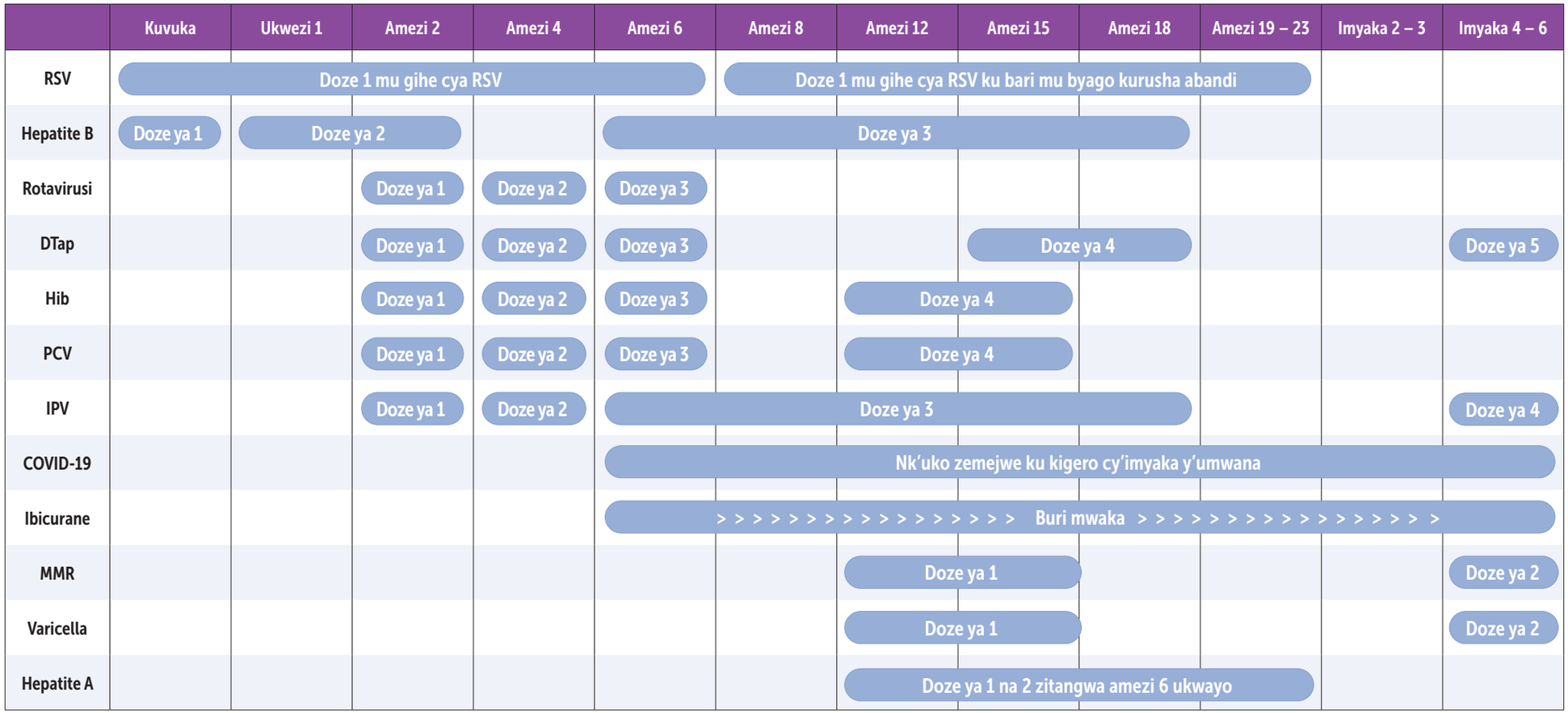
- Iminsi 3 – 5
- Ukwezi 1
- Amezi 2
- Amezi 4
- Amezi 6
- Amezi 9
- Amezi 12
- Amezi 15
- Amezi 18
- Amezi 24
- Amezi 30
- Abana bari mu kigero cy'imyaka 3 – 21 bagomba kujya kwa muganga kwisuzumisha umwana atarwaye buri mwaka.



Inkingo

American Academy of Pediatrics itanga inama zo gufata inkingo zikurikira ku bana bakivuka kugeza ku bafite imyaka 6 y'amavuko. Izi nkingo ziri mu bigize gahunda yo kujyana umwana wawe kwa muganga atarwaye.

Gahunda y'ikingira



Isoko: "Childhood Immunization Discussion Guides," American Academy of Pediatrics, Nyakanga 2024, **https://downloads.aap.org/AAP/PDF/1ChildhoodGuide_Schedule_Family.pdf**.

Urasabwa guhamagara umuganga wita ku buzima bw'umwana wawe kugira ngo umenye neza niba inkingo umwana wawe yafashe zigendanye n'igihe. Niba bikenewe, urasabwa gutegura gahunda yo kujyana umwana wawe guhabwa izo nkingo. Ubu bwoko bwo kujya kwa muganga kenshi ntibufata igihe kirekire. Kugira ngo umenye ibyisumbuyeho, sura **healthychildren.org/immunizationschedules**.

Gusuzumisha uburozi bwa lead

Nubwo umwana wawe asa n'ufite ubuzima bwiza, ashobora kuba afite ikigero cyo hejuru cya lead mu maraso ye. Ibi bishobora gutera ibibazo bikomeye ku buzima bw'umwana. Baza umuganga wita ku buzima bw'umwana wawe ibyerekeye ikizamini cyo gupima lead mu maraso. Abana bagomba gukorerwa ikizamini cyo gusuzuma lead mbere yo kuzuza imyaka 2.

Ni gute wandura uburozi bwa lead?

Uburozi bwa lead buterwa no kumira cyangwa guhumeka uduce twa lead cyangwa umukungugu urimo lead. Ntushobora kububona, kumva uburyohe bwabwo, cyangwa kubuhumurirwa, ariko lead ishobora kuba iri aho hose hafi yawe n'umuryango wawe. Lead ishobora kuba mu marangi, amazi, ibikinisho, n'umukungugu wo mu rugo rwawe no mu buteka bwo mu rugo rwawe. Niba ushaka kumenya amakuru yisumbuyeho, wasura urubuga rw'Ikigo gishinzwe Gusigasira Ibidukikije (Environmental Protection Agency) kuri **https://www.epa.gov/lead**.

Niba ukeneye kubona ubufasha bwo kubona umuganga wita ku buzima bw'umwana wawe, jya kuri **www.amerihealthcaritasnh.com/find-provider** cyangwa uhamagare Serivisi zigenewe Abanyamuryango kuri **1-833-704-1177 (TTY 1-855-534-6730)**.



Umwana ararwaye?

Ntibyoroha buri gihe kumenya niba umwana wawe akeneye ubuvuzi igihe yerekana ibimenyetso byo kurwara. Hano hari inama zagufasha kumenya uko wabyitwaramo.

Nuramuka ubonye kimwe mu bimenyetso bikurikira, wahamagara 911 cyangwa ukajyana umwana wawe ku cyumba cy'indembe kikwegereye:

- Ibara ry'ubururu iruhande rw'iminwa cyangwa inzara — umwana wawe ntabwo ari kubona umwuka uhagije wa ogisijeni.
- Kugagara
- Ibara ritukura cyangwa iry'umukara mu mwanda cyangwa ibirutsi, cyangwa uduce duto dusa n'uduheke twa kawa — ibi bishobora kuba ari amaraso.

Kurya, kuryama, guhoza (ESC)

Ibaze ibi bibazo bitatu bigufasha kukuyobora mu kwita ku mwana wawe:

- **Kurya:** Ese umwana wanjye arya neza (byaba konka cyangwa kugaburirwa hifashishijwe icupa)?
- **Kuryama:** Ese umwana wanjye asinzira nibura isaha imwe? Ntukagerageze gucamo ibitotsi by'umwana wawe.
- **Guhoza:** Birafasha igihe ngerageza guhoza cyangwa guturisha umwana wanjye igihe arira?

Niba igisubizo kuri kimwe muri ibi bibazo ari "oya," wasaba umuganga wawe ubufasha.

Nuramuka ubonye kimwe mu bimenyetso bikurikira, urasabwa guhamagara umuganga wita ku buzima bw'umwana wawe:

- Ubushyuhe bw'umuriro wapimwe mu kibuno bungana na 100.4° F cyangwa buri hejuru yabwo ku mwana ufite munsi y'amezi 2 y'amavuko
- Umuriro uwo ari wo wose ku mwana utarakingiwe
- Kuruka no guhitwa — cyane cyane iyo kandi hari umuriro— umara igihe kirenga amasaha 24

- Ibimenyetso byo kugira umwuma, nka:
  - Kurira ariko nta marira
  - Inkari nkeya kurusha uko bisanzwe (ibibindo biri munsi ya bitandatu ku munsi ku mpinja)
  - Inkari zisa n'ibara ry'umwijima
  - Iminwa n'umunwa wumagatanye, wasataguritse
  - Amaso yahenengeyemo imbere
  - Kurakara cyangwa kurira bidasanzwe ku buryo bigorana kumuhoza
  - Guhenengera byoroheje ku gice cyo hejuru y'umutwe w'umwana uri munsi y'amezi 18 y'amavuko
- Ikibyimba kidasubirayo vuba mu minsi mike, cyane cyane iyo hari n'umuriro. Kora uko ushoboye ubwire umuganga niba ikibyimba:
  - Gisohora cyangwa kivamo amazi
  - Kigaragara nk'aho gifite ishusho y'uruziga cyangwa gifite utuntu tw'udushaza cyangwa turimo amazi
- Amaraso mu nkari

Izi nama ntizishobora kubamo buri kimenyetso ko umwana arwaye kandi akeneye ubuvuzi. Niba hari igisa n'aho kitagenda cyangwa utazi neza niba hari ikintu gisanzwe cyangwa kidasanzwe, ni byiza buri gihe kugenzura ubuzima bw'umwana wawe hamwe n'umuganga wita ku buzima bw'umwana wawe.

Isoko: "When To Call a Pediatrician," Grow by WebMD, Byasuzumwe mu rwego rw'ubuvuzi ku wa 1 Ukuboza, 2021, https://www.webmd.com/parenting/baby/features/when-call-pediatrician.



Inama n'ubutumwa bwibutsa

Itoze kuryamisha umwana wawe yubitse inda

Kuryamisha umwana yubitse inda ni uburyo bukomeye ku mwana wawe bwo kubaka imbaraga no kwiga kwicara, kwihindukiza, no gukambakamba. Bishobora kandi kurinda ko habaho kubyimba cyangwa kuba hari ibice birambuye ku mutwe w'umwana wawe. Kuryamisha umwana yubitse inda bishobora gutangizwa mbere nko ku munsi wa mbere mukigera mu rugo muvuye ku bitaro. Bishobora gukorwa nyuma yo guhindura ikibindo, cyangwa akaruhuko gato ko gusinzira kandi bigomba kuba kimwe mu bigize igihe cyo gukina.

Tangirana n'ibice bibiri cyangwa bitatu ku munsi mu minota itatu kugeza kuri itanu buri gihe. Tangira kongera igihe n'umubare w'ibikorwa uko umwana wawe agenda akomera kandi amererwa neza. Kugeza igihe umwana azagirira amezi 2 y'amavuko, ihe intego yo kubikora iminota 15 kugeza kuri 30 yo kumuryamisha yubitse inda ku munsi. Ibi bishobora gukorwa mu bice byinshi bigufi. Cunga umwana wawe mu gihe cyo kumuryamisha ku nda kandi umurembere niba atangiye kurakara cyangwa kwivumbura.

Nta cyo BITWAYE kureka umwana wawe akarira?

Abana bose bararira. Bamwe bararira cyane. Hari impamvu nyinshi abana barira. Bishobora guterwa no gusonza, kuribwa, kumva batameze neza cyangwa se urusaku rwinshi bikabije. Bishobora kubabaza igihe umwana yanze guhora.

Ariko ibuka ko:

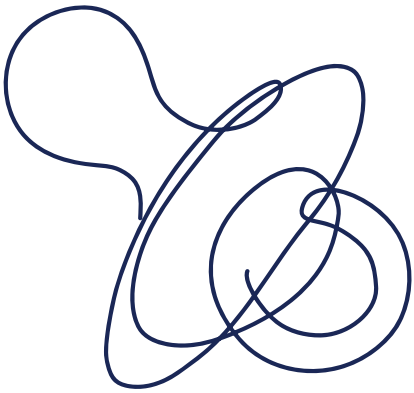
- Abana baba bitezweho kurira. Ni uburyo kamere bwo gusubiza ku bintu byinshi bibaye.
- Niba uhangayikishijwe no kurira k'umwana wawe, wavugisha umuganga utanga ubuvuzi ku mwana wawe.
- Nta cyo BITWAYE gushyira umwana wawe mu gatanda ke maze ukagendagenda mu gihe cy'iminota runaka kugira ngo utuze.
- Nta cyo BITWAYE gusaba ubufasha.
- Ntugaterure umwana wawe igihe ufite umujinya.
- Ntukazunguze umwana wawe.
- Bwira umuganga wita ku buzima bw'umwana wawe mbere yo kugira impinduka ukora ku mata y'umwana wawe.

Amasoko:

"Tummy Time for a Healthy Baby," Eunice Kennedy Shriver National Institute of Child Health and Human Development, **https://safetosleep.nichd.nih.gov/reduce-risk/tummy-time**.

"Back to Sleep, Tummy to Play," *Healthychildren.org*, American Academy of Pediatrics, ku wa 21 Kamena, 2022, **https://www.healthychildren.org/english/ages-stages/baby/sleep/pages/back-to-sleep-tummy-to-play.aspx**.

Koresha agahendabana mu mwaka wa mbere



Agahendabana gashobora gufasha mu guturisha umwana wawe ariko ntikagomba na rimwe gusimbura ukumererwa neza gutangwa n'umubyeyi cyangwa uwita ku mwana. Gukoresha agahendabana igihe ushyira umwana wawe hasi ngo asinzire bishobora kugabanya ibyago byo kugira SIDS.

Inama z'igihe ukoresha agahendabana:

- Ntugatangire gukoresha agahendabana uretse gusa igihe konsa bigenda neza. Uramutse utekereza ko umwana wawe akeneye agahendabana mbere y'iki gihe, wavugisha umuganga wita ku buzima bw'umwana wawe.
- Ntugashyire agahendabana ku mwenda w'umwana wawe cyangwa ngo ukamanike iruhande rw'ijosi ry'umwana wawe. Ibi bishobora gutuma habaho kuniga biheza umwuka.
- Uduhendabana ntitugomba gushyirwa mu kintu icyo ari cyo cyose kiryohereye.
- Ntugahatire umwana wawe gufata agahendabana niba atabishaka.
- Gabanya igihe umwana wawe akoresha agahendabana. Ni byiza gusa kugakoresha mu gihe cyo kuryama n'igihe amerewe neza.
- Ku mezi 12 y'amavuko, umwana wawe agomba kureka gukoresha agahendabana.

Uduhendabana: A User's Guide for Parents," *Pediatrics & Child Health*, Ukwakira 2003, **www.ncbi.nlm.nih.gov/pmc/articles/PMC2791560**.





Gushyiraho imyitwarire myiza ubu bizafasha umwana kumenyera kuryama ahantu heza hatekanye yihariye.

Kuryama neza Buri gahe gato ko gusinzira, buri joro

Igihe ubizi ko umwana wawe aryamye neza, bigufasha nawe gusinzira neza kurushaho! Hano hari inama zo gushyiraho akamenyero ko kuryama neza. Ibi bifasha umwana wawe kumenya igihe ari igihe cyo kuryama. Ibi bigufasha kugira amahoro yo mu mutima.

Wifashishije umwitozo muto, akamenyero ko kuryama neza gashobora koroha nka A-B-C:

A — (Always) Buri gihe jya uryamisha umwana wawe agaramye. Ubu ni bwo buryo butekanye kurusha ubundi bwo kuryama igihe akiri muto cyane ku buryo atakwihindukiza.

B — (Be) Genzura neza ko umwana wawe afite umwanya we wihariye wo kuryamamo. Hagomba kuba ari ahantu hafashe, kandi haringaniye. Igihe aryamye mu buriri bwawe, hari ibyago by'uko umwana wawe yabyigwa cyangwa akaryamirwa n'umuntu mukuru.

C — (Clutter-free) Ahantu hatari akavuyo ni ingenzi. Kuraho imisego, ibiringiti, inkingi zibuza umwana kugwa, cyangwa ibikinisho byoroshye kugira ngo ugabanye ibyago byo kubaho kwa SIDS.

Nomero n’ubufasha wakwifashisha

Umurongo wo Guhamagariraho Abaforomo 24/7

1-855-216-6065

Amasaha 24 ku munsi, iminsi irindwi mu cyumweru

Serivisi zigenewe Abanyamuryango

1-833-704-1177 (TTY 1-855-534-6730)

Amasaha 24 ku munsi, iminsi irindwi mu cyumweru

Umurongo wa Telefoni w’Ikigo cy'Igihugu Gishinzwe Ubuzima bwo mu Mutwe bw’Ababyeyi:

1-833-TLC-MAMA (**1-833-852-6262**)

Ikipe Isubiza kandi Igatabara Vuba

1-833-212-2264

Saa 8 za mu gitondo kugeza saa 5 za nimugoroba, Ku wa Mbere kugeza ku wa Gatanu

Gutwarwa ugiye kuri gahunda ufitanye na muganga

1-833-301-2264

Ku wa Mbere – Ku wa Gatanu, saa 8 za mu gitondo – saa 8 za nimugoroba; Ku wa Kane – Ku wa Gatanu, saa 8 za mu gitondo – saa 6 za nimugoroba.

Gahunda yo Kureka Itabi

1-800-QUIT-NOW (1-800-784-8669)

Amasaha 24 ku munsi, iminsi irindwi mu cyumweru

Umurongo wo Kurwanya Ihohoterwa ryo mu Rugo

1-800-799-SAFE (7233) (TTY 1-800-787-3224)

Amasaha 24 ku munsi, iminsi irindwi mu cyumweru

Ukeneye ubufasha bwo kubona telefoni igendanwa?

Dushobora kuguhuza na Pulsewrx.

mybenefitphone.com



Apurikasiyo yo kuri telefoni ya AmeriHealth Caritas New Hampshire

Apurikasiyo yacu yo kuri telefoni igufasha kugera ku makuru y'ubuzima bwawe igihe icyo ari cyo cyose, aho ari ho hose. Jya kuri Google Play, cyangwa Apple Store ya Apple.* Shakisha "AHC Mobile" maze umanure. Hanyuma, uhitemo New Hampshire. Ushobora kumanura iyi apurikasiyo nta kiguzi usabwe.

Konti yawe yo kuri murandasi

Ushobora kujya kuri murandasi kugira ngo wite ku buzima bwawe. Sura **www.amerihealthcaritasnh.com/memberportal** maze winjire muri konti yawe ya AmeriHealth Caritas New Hampshire yo kuri murandasi. Iyi kandi yitwa irembo ry'umunyamuryango. Ushobora kureba amateka yawe mu by'ubuvuzi n'urutonde rw'imiti ufata muri iki gihe.

* Google Play ni izina ryanditswe mu mategeko ry'ubucuruzi rya Google, LLC. App Store ni ikimenyetso cya serlvisi cya Apple, Inc., yanditswe muri Leta Zunze Ubumwe za Amerika n'ibindi bihugu.

Pulsewrx, Inc. ni umucuruzi wemewe binyuze muri SafetyNet Wireless. Gahunda ya Lifeline ni inyungu igenwa na guverinoma idashobora kohererezwa undi igarukira ku igabanyirizwa rimwe kuri buri gahunda ku rugo rumwe rubyemerewe. Amategeko n'amabwiriza yuzuye mwayasanga https://safetynetwireless.com/safetynet-other-states-terms-conditions-service.

Ibyo kuzirikana

Amakuru ari muri iyi nyandiko azagufasha kumenya byinshi kurushaho kuri iyi ngingo. Ntabwo agamije gusimbura umuganga wawe usanzwe ugukurikirana. Niba ufite ibyo wifuza kubaza; vugana n'umuganga wawe. Niba wifuza kubonana n'umuganga wawe kubera ikintu wasomye muri aya makuru, urasabwa kuvugisha umuganga usanzwe agukurikirana. Ntukareke cyangwa ngo utegereze guhabwa ubuvuzi kubera ikintu wasomye muri iyi mfashanyigisho.



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