



World Awareness for Children in Trauma (WACIT)



Gallagher
Trust

GUFASHA ABANA BATAGIRAKIVURIRA MU MASHURI



Aya makuru azakuyobora no kugufasha gutahura ikibazo umwana afite bizagufasha kumva uko wamufasha kugira ngo yishime kandi yiyongerere icyizere, yumve ko ari uwagaciro no kumenya inshingano ze.

Na Frances Sage



Buri mwana arihariye, bamwe baracecetse abandi ntibacecetse, bamwe ba bana neza nabandi abandi ntibabikora, hari n'abandi bari kure cyane kuko badashobora kwicarhamwe ngo berekane ko hari igikorwa bafiteho intumbero baba bakeneye umuntu uba uri hafi .

Abana nkabo baba bafite ibitekerezo bitari ku murongo, niba umwana ahisemo gukora gutya ni inde uzamubuza ngo ari gukora amafuti kandi yahisemo muburyo butari bwiza.

Ariko ku bandi bana bikaba Atari kimwe kuko badashobora kugufasha cyangwa ngo bagenge imyitwarire yabo. Umwana wavukanye ubumuga bugaragara harimo nabavukana ubumuga butagaragara. ubu bumuga butagaragara bushobora kugera umwana ingaruka mu myifatire ye, mubushuti n'abandi, mu guhugira ku kintu, mu marangamutima ye n'ibindi byinshi

Nubwo uyu mwana ufite ubumuga butagaragara udashobora ku mufasha mu myifatire ye, ariko ushobora kumufasha kuyigenga. Umurongo wubufasha ni ukumenya no kwigana imico ye. ibi bishobora gutwara igihe ariko ugendeye kubikorwa bishobora gukunda kuri bo. kuko bishobora ku mukura k'umwana wahoraga mu bibazo bikamugira umwana wishimye, wisanzura ku bandi ndetse ushobora kubana n'abandi.

IBIRIMO

- *Hari umwana uzi bireba?.....
- *Ibiranga imyubakire –Intangiriro.....
 - buhoro buhoro.....
- *Gusobanukirwa n’umwana.....
- *Gutegura ibyibanze mu gufasha umwana.....
- *Gushyiraho imihigo y’ubufasha
- *Amayeri yo gufasha
- *Imiyoboro y’ubufasha
- *Imyirondoro n’umuhimbyi

Hari umwana uzi bireba?

Nk'umwarimu ushobora kuba warahuye n'ibintu bikomeye mugace urimo byagusabaga ubufasha bwihariye cyangwa inyunganizi ibyo bishobora kuba bifitiye akamaro k'amarangamutima cyangwa rusange kubandi bamukikije.

Umwana muzima ,ufite amaranga mutima akora neza amenya uburyo yitwara igihe ari mubihe byiza cyangwa mu bihe bibi.

Abo bana:-Bariyumva bo ubwabo

-Bamenya uko bihuza n'abandi

-Aba azi ibyo atekereza nibyo yiyumvira muri we.

-ashobora gufata umwanya mubandi akagaragaza itandukaniro mu buryo buri pozitifu.

Ariko hari n'abandi bana badashobora kugenga ibyuyumviro byabo, bituma bagira imipaka mukubaka ubushuti kandi bakagaragaza integer nkeya zo kwiga ikintu.

Abo bana bashobora:- kugarukaho cyangwa kwigunga

-guhungabanya cyangwa gucokoza

-guhubuka

-ubwana mu bumenyi rusange cyangwa imyifatire itunguranye agaragaza.

-gufata biramugora, akeneye ubumenyi bwo guhugira ku kintu,kwitabwaho

Bigoranye kumva no kwibuka ibisabwa bigora.

-ntamenya amarangamutima y'abandi

-kumva yishimye ariweyine ariko bikagorana kwishima arikumwe n'abandi.

Nk'umwarimu w'umwana ugaragaza ikibazo cy'amarangamutima cyangwa cy'imyifatire ,ugomba kumva ko ntacyo washoboye kumufasha cyangwa utekereze ko iyomyifatire ishobora kuba itewe nuko wamwitwayeho.ntukwiye kwiyumva muri ubu buryo.hari abana badashobora kwitwara mu buryo nk'ubwabandi mubijyanye n'amarangamutima cyangwa imyifatire kuko batahisemo kwitwara gutyo.ntibashobora kumufasha kandi birashoboka ko ari ikosa ryawe.

Aba bana bakeneye kumvwa no gufashwa muburyo butandukanye n'ubwabandi.

IBIRANGA IMYUBAKIRE

INTANGIRIRO

Ni ingenzi kureba icyihishe inyuma y'imyifatire umwana agaragaza kugira ngo umenye ikibimutera.

BURI GIHE

oAndika buri gihe icyo ubonye k'umwana ,ibyo muganiriye ubona ko ari ngombwa.wongeremo ibyo wigeze kubona, wabwiwe ndetse nibyo utekereza ako kanya. Iyo nyandiko irakenewe mu kumenya neza umwana kuko uzazikenera nyuma.

Icyitonderwa:Izo nyandiko zigomba kubikwa ahantu hafite umutekano, wibuke ko izi nyandiko arizo zizadufasha kumenya uburyo bwiza twafashamo umwana.

IBUKA

Ibuka ko ubwonko bwuzuye ubushakashatsi bushobora kumenya ko inkurikizi z'ingaruka runaka zishobora gutera umwana imyifatire afite

Ibimenyetso nko:

- gutukwa n'ababyeyi kw'abana
- gukoreshwa imirimo y'ingufu
- ibikomere byo k'umubiri.
- ivangura iryari ryo ryose
- ibitutsi by'amarangamutima(guhimbwa amazina, gutotezwa cg gusuzugurwa)
- imico y'ubukene
- kutagira aho abarizwa
- guhezwa inyuma(gukurwa mu matsinda.

KU.....

*Gira uruhare mu kwandika icyo umwana akunda cyangwa ikimushimisha cyangwa ubushobozi bwe.wite mu kureba ikibazo cyihariye afite tuzashingiraho mu kugena uburyo yafashwa.

Nubasha kumenya ubushobozi bw'umwana bizagufasha kumenya uburyo wamufasha ku giti cye.

*gira uruhare mu kumenya amarangamutima y'umwana, imyaka afite ,ubwenge afite ugereranyije n'imyifatire umubonaho niyo abandi bo mukigero cye. Niba ubona bitajyana mushakire itsinda rijyanye n'imyaka y'imyitwarire ye .

BUHORO BUHORO

Itegereze

Tangira witegereze umwana uri ahitaruye, ushobora kwitegereza umwana mu bintu binyuranye ku munsu cyangwa mu cyumweru mu duce dutandukanye(nko mu ishuri, mu kibuga cyangwa ari ku meza)

Bizagufasha kugira ishusho irambuye kuri uwo mwana.

Ibaze ku giti cyawe ibi bibazo:

*uyu mwana afite ikibazo cyo kumva amarangamutima y'abandi?

*uyu mwana afite ikibazo cyo kutamenya kugenzura amarangamutima ye?

*Uyu mwana agaragaza ibyumviro byo kugira ipfunwe mu bandi cyangwa kurakara.

*Yitwara n'umwana ugereranyije abandi bo mukigero cy'imyaka ye?

*nigute agaragaza amarangamutima cyangwa imyifatire bitari mu magambo?

*Ese azi ko iyo myifatire atari myiza?

*Ese afite impamvu imutera iyo myifatire?



Ganiriza

Igihe wumva ko wamenye impamvu nyamukuru ituma umwana agaragaza cyangwa agira amarangamutima umubonaho noneho wegera umwana ukamuganiriza.

Hari abana bigora kuvuga ku byiyumviro cyangwa amarangamutima yabo. Mu gihe bimeze gutyo mubaze igihe murimo gukina cyangwa ikiganiro kitateganyijwe bishobora gutuma umwana abohoka akakubwira ibibazo bye.

Amabwiriza agenga ikiganiro cyiza:

- Ikiganiro gikorera ahantu hatuje kandi hiherereye ku buryo nta wundi muntu wakumva ibiganiro byanyu .
- ku mwana umuze gutyo na none iyo mu ganira wirinda gusubiramo ikibazo cyangwa kubaza ibibazo bitari ngombwa kuko ibyo bibazo bishobora ku murakaza akaba yakwanga kugusubiza cyangwa akagusubiza ibitanyo.
- ushobora no kumenya ko umwana ashobora kukubwira ibitutsi cyangwa ihungabana yahuye nabyo.niba ibyo bibabye ntacyo ugomba

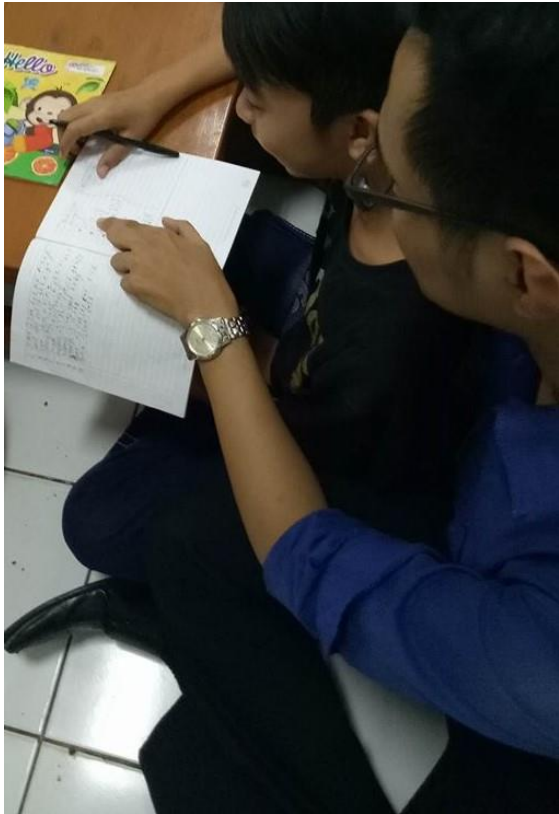
gusezeranya umwana kubijyanye n'amakuru aguhaye kandi ukamasobanurira ko amakuru uzayasangiza abandi bingenzi.

Tahura

Indi ntera ikurukiye ni ukuganiriza ibyo wavumbuye n'abantu b'ingenzi mu buzima bw'uwo mwana.aba bashobora kuba ababyeyi be, umuryango we, abamurera, abarimu be cyangwa abandi bantu bamufasha.

Bature bese mugira inama, ibi bizabafasha buri muntu kuvuga ibyo azi kumwana nko'ibibazo byo guterambere kwe, amarangamutima ye ndetse n'imyafatire ye. Mukubiganiraho n'abo bantu bizagufasha gutahura niba umwana yarerekanye ibyo bamuvugaho agaragaza ari mu rugo cyangwa ahandi hantu.bizanabafasha kumva neza ikibazo afite.imyafire ye ku bandi bana cyangwa kugira amayeri ukoresha kugira ngo ushobore umwana ufite imico imeze gutyo.

Icyitonderwa:birashoboka ko wakora inama ntawe uhamagaye nkiyo usanze ko ikibazo umwana agiterwa n'itotezwa ry'ababyeyi be , rero singombwa ko ubatumira mu nama yambere, wabahamagara warangije gushyira kuri gahunda ibisabwa mu gufasha umwana.



Gushyira mu bikorwa

Iki rero icyo gihe cyo gushyira mu bikorwa ya makuru yose afite.

Biba byiza kwandika ahantu hatandukanye bya bintu byose wabonye ku mwana (amarangamutima, imyifatire netse n'iterambere rye.)kuko bizagufasha ku menya aho umwana akeneye ubufasha no kumenya aho agaragaza ubushobozi afite cyangwa icyo ashoboye. Iyo uhuye n'ikibazo biroroha kwibagirwa icyo ashoboye.

*ibaze, ni ryari aringiririje uyu murimo?

*ni iki umwana yihuzaho ku ba murera?

*Kumenya uko yitwara iyo ari mu bandi n'uko yitwara ari mu muryango.

*niba yiga urugero rwe rwogufata

*Ubushuti bwe buhagaze gute?urugero:ashobora kugira inshuti kandi akazigumana?

*ese ni umuntu ushobora kwigana ibyo abandi bakora neza cyangwa biramugora, kumenya uburyo yihuza n'abana bari mu kigero cye.

*hari ibindi bimenyetso agikora cyangwa bimukikije

*utekereza ko ari umwana ukomeye ushoborwa kurwana n'ibihe bikomeye?

*hari icyo umwana yigeze akora neza mubihe bikomeye byahise?

*umwana afite umuntu mwiza areberaho mu buzima.

*Icyotenderwa:*ushobora kubona umwana afashe ibintu bitandukanye

Nuko ababyeyi be cyangwa abarezi be ba bibona.ibyo ntibisobanura ko umwana abeshya cyangwa ko atari ukuri.

Amarangamutima n'ubwisanzure abana babifata mu ishusho itandukanye n'iyabantu bakuru, bityo rero ntukime agaciro ibintu umwana akubwiye kuko bishobora kuzuza ibyo wifuza.

Ayo niyo makuru y'ingenzi ubonye kuko yaturutse kuri nyir'ubwite.

KUMVA UMWANA

Kwiga umwana bizagufasha gusobanukirwa n'ikibazo umwana afite.

Kuko ufite ubumenyi ku mwana, ni ingenzi rero kumenya uburyo icyo kibazo gitera ingaruka k'ubuzima bw'umwana. Ni ingenzi kubumva no gushyiraho iyigashusho ry'uko wafasha buri mwana.

Tekereza ko wafashe igihe cyo kumenya umwana.

Wakoze ibishoboka byose ngo ube mwiza, ukundwe ndetse ugire n'inshuti, urashaka kugera ku ntego zawe, urashaka ko abantu baterwa ishema nawe. Ariko muri izo mbaraga zose wakoresheje ,wumva urushaho gushyirwa hasi, guhabwa akato cyangwa kwanga bitewe nibyo wakoze cyangwa wavuze.

Nubwo wiyumvisha ibi ariko bishobora kuba ari ukuri ko bagusuzugura nabo muri kumwe.

Watekereza ko wakoze ibishoboka byose ngo ushimishe abantu mubyo ukora cyangwa uvuga ariko bikanga bikaba uby'ubusa ibyo ukoze byose bikaba bibi kandi ntuzi ngo biterwa n'iki. Bitera agahinda n'akababaro.



Abana bafite ibibazo by'amarangamutima, imyifatire cyangwa iterambere bashobora kwitwara gutya.kuko batekereza ko ibitagenda neza byose iruhande rwe ariwe ubitera.batangira kumva ko bashobora kuba bafite kamere mbi kuko bagerageje uko bashoboye ariko bikanga kuko iteka birangira bagenzi babao barakaye. Izere ko umwana atangakwifasha we ubwe.niyo abandi baba barabiretse

gerageze ube mwiza kuri bose rekera aho kwita k'ubantu no kubyiyumviro bagufiteho.

Nk'umwarimu wita k umwana ugomba kumenya ko ritararenga kugira ngo umufashe kandi ntirijya narimwe rirenga kugaragaza ko wita ku muntu.



GUTEGURA IBYIBANZE MU GUFASHA UMWANA

Imyifatire n'amarangamutima niho hantu dutegereza ku mwana ariko higisha bike.ku bandi bana benshi birahagije ariko umwana urera cyangwa wabyaye ibyo nibyo agutegerejeho ubufasha no kumuyobora.

Kugaragariza umwana ko hari icyo utegereje ku mategeko y;imyifatire ye. Mugihe urimo utegura ishusho y'ubufasha y'igihe kirekire bizamufasha gutanga imihindukirire no gutegurwa.

Fasha umwana kumenya ko ari uwagaciro, ko yishimiwe, ko akenewe kandi ko adahari ntacyakorwa.gira inyungu muby'umwana abonamo inyungu, mufashe igihe bikwiye mushishikarize kubikora no kumuha ubwigenge. vugana kandi wumve umwana kandi uhe agaciro ibyo akubwira. Mwumvishe ko iyo yakoze amakosa agomba kwemera ko ari amakosa kandi ntiyumve ko ari ishyano.

Ushobora no guteganya ingaruka zabaho bitewe n'iyi myifatire.mukoreshe mu gushishikariza abandi ikintu cyiza akora (gufasha abandi, cyangwa kugira intumbero ki gikorwa.)bikajyana no kumubuza iteka ikintu kibi akora(amazina y'amahimbano).

Kuzamuka muntera y'ibikorwa byiza ni ibintu by'ingenzi, ibi bishobora guca mu mucyo bishobora kubafasha gutekereza iteka kuri cyo kintu no gutuma bafata uburenganzira ku myifatire yabo.

Ni ibyigicro gufasha umwana kwigirira icyizere ndetseno kumva muri we ameze neza, afite agaciro cyangwa akenewe muri sosiyete .

Niba umwana yumva ashoboye cyangwa yagerageza nibyiza kuko aba afite ibitekerezo bishya yifitemo cyangwa akeneye nk'ishusho yo guafashwa,ushobora gukora ibi ubashishikariza mu kubahemba, no kubereka ko ibitekerezo byabo bifite agaciro kandi wabyubashye.bahe igihe cyo kuvuga kandi wumve unashubize.kandi utange. Ubaha icyo bavuze kuri wowe ubahe uburenganzira mugufata umwanzuro n'amahitamo.

Ni byiza kumenya ko umwana afite uburyo butatu yakwigiramo butandukanye ariko hakaba hari uburyo bumwe akunda cyane, niba imwe idakunze koresha indi ariko umenye niba ubwo buryo umwana abwishimira bwose kandi ari bwiza kuri we.

-Kureba: kwiga binyuze mu kwitegereza, cyangwa gukoresha amashusho bishoborera umwana kumva no kwitwara nk'abantu abona ku isi(kwigana imyifatire y'abandi)

-Kumva: kwiga binyuze mu kumva cyangwa kwigana amajwi(ibiganiro cg irangururajwi)umwana yumva kubamukikije ,inyito z'amagambo bituma umwana ashobora kuvuga icyo ashaka no gusubiza bikwiriye.

-ahantu: abana bakunda kwigira ku bantu bamukikije, ibi bisaba kubikorana ubwitonzi bityo ukajyana umwana ahantu hari umutekano kandi harikumukurure.

GUSHYIRAHU IMIHIGO Y'UBUFASHA

Intego y'imihigo yawe yo gufasha igomba kuba:

-Kwihuza n'umwana mu buryo bw'ubumenyi, ubwenge no kumva ko agomba kwifasha guterimbere kugiti cye ndetse no guterimbere hamwe n'abandi.

-bafashe kubaka icyizere, inshingano zabo ndetse no gukora cyane ibyo bashoboye.

-Bafashe kubaka umubana no kubaha itandukaniro riri hagati y'abantu.

Gufasha abana kugera kuri izo ntego,singomba ko ari wowe ubashyiriraho imihigo ahubwo ni wowe nabo mugomba gushyiraho imihigo.muri ubu buryo ushyiraho umwanya wowe n'umwana muri buze kwicara mu kavugana. Mukaganira uko buri wese yiyumva.tanga ibitekerezo by'uko umunsi wagenze cyangwa icyumweru kandi musubizanye kuri ibyo bitekerezo.

Birashoboka ko ari muri ubwo buryo umwana abona ko bikomeye kuko imico ye yihishe.

Uko kutera intamwe bishobora kuba ari inyungu,kuko abana benshi bafite ibibazo by'amarangamutima cyangwa by'imyifatire ntibumva mu magambo inzira zo kugaragaza neza amarangamutima yabo cyangwa imyifatire yabo.kandi ntushobora kubereka iyo shusho kuko ntijyana nibyo bo babona.

Wari uri aho urimo gusoma ibyo barimo gukora bityo umwana akeneye ubufasha, ni byiza kuko akeneye guterimbere.



Icyitonderwa: burigihe ite ku kibazo urimo gufashamo umwana. birashoboka ko kurangara bituma umuntu ata igihe, cyangwa mukavuga ku kibazo cyoroheje cyangwa kwita ku myifatire mishya aho kurangamira ikibazo mushaka gukemura. numushushanyiriza mu buryo butandukanye bwukuntu umwana yakwishima mugihe yiyumva nkuko yiyumva ntibizagufasha kugira akore icyo umutegerejeho.

AMAYERI YO GUFASHA

Ntabwo abo ukurikira bose bashoboye cyangwa bafasha, ugomba kubanza kubiga bose, maze ugakuramo abo ubona bashobora kugufasha mu myifatire y'abana.

Iteka ibuka itandukaniro ry'imyaka mu buryo butatu butandukanye (amarangamutima, imyifatire, ikigero gisanzwe.) kuko

aribyho bizagufasha kubaka iramyimerere y'umwana. ibyo bizagufasha kuvugana n'umwana kurwego mushobora kumvikana kandi akagubiza mu buryo bukunyuze.

Gumana umutuzo

Umutuzo, ubushishozi no kudahubuka nibyo rufunguzo rw'ubumenyi bw'icyitegererezo. kumva igitekerezo cy'umwana no kumuha uburenganzira bwo gusubiza ni igikorsho cyiza cyo kumenya gihundara umwana. gusaba imbabazi igihe wihutiye gushinja umuntu, ukereka abana ko n'abantu bakuru bakora amakosa. bituma abatanga ibitekerezo barenga umwe, wemera kubyinjiramo kandi ukurinda gutanga umwanzuro mbere yuko bakubwira icyakorwa, ushobora kwihutira kugabanya uburemere bw'ikosa. biba byiza burigihe gusubiramo ibyabaye abana bamaze gutuza kandi ukurinda ko bifata igihe kuko bashobora kwibagirwa icyabiteye.

Kwagura ubumenyi rusange ndetse n'ubwamarangamutima

Shaka inzira zo kubakiramo umubano mwiza, ushobora kubasuhuzza mu intangiriro bari mukibuga cyangwa kubasezera ku iherezo. mushobora kwicarana mugasangira ifunguro rya saa sita, shaka uburyo bwiza wabamenyeshamo imyifatire mibi bafite, niba hari icyo agezeho ukamuha igihembo cyo kumukomeza ngo akomereze aho kandi yumve ko yitaweho. ushobora no kumenya kubashimira igihe bitwaye neza kuri uwo muni, ukabereka amakosa bakoraga ariko batakoze uwo muni, niba ukorana n'abana buri impanuka ibaye ite kungaruka zayo, ushobora kubafasha ukuntu bashyira ibintu mu buryo bwiza, koresha inkuru, imikino kubigisha gusabana kandi ubategurire ibintu byatuma basabana ugomba kubafasha gutegura.

Koresha ibihembo mukubashishikariza imyifatire myiza:

► Ibi bishobora kuba ikibonetse cyose, nko kumuha inshingano, urupapuro rw'ishimwe, cyangwa seritifika

- ▶ ibihembo bishobora kuba amagambo y'ishimwe imbere yabandi cyangwa andimagambo amashimira mu buryo bw'ibanga bitewe nuko ibintu bimeze.
- ▶ Igusubizo cyiza cyangwa amagambo yishimwe atera gushishikara kugira imyifatire myiza.
- ▶ ibihembo ntibigomba kuba ibintu bifatika gusa ,gashobora kuba akantu gato k'urwibutso ariko gasobanuye byinshi k'umwana.
- ▶ kubwiyo mpamvu umwana ashobora kujyana nawe mbere guhitamo igihembo gikwiye.
- ▶ icyo umuntu mukuru akora muri iyi mihigo ni ukudahindura intego cyangwa ibihembo kuko bishobora kujijira abana.
- ▶ igihembo kigomba kuba kijyanye n'imyaka y'umwana n'urwego rwo guterimbere kwe nk'umuntu mukuru w'umwana cyangwa umwana ubana n'ubumuga.urugero ushobora gukenera ibihembo byihuse aho gutegereza icy'umweru ngo ashyireho ibihembo by'umunsi biba byiza ku muntu mukuru.

Bahe amahitamo,ntubafatire umwanzuro

Ha umwana amahitamo biratuma amenya ihuriro riri hagati ye n'abandi bantu, mubikorwa bazumva ko bafite inshingano z'ibikorwa byabo ndetse no kumva bashaka kwiga ku iterambere ry'ubumenyi bw'amarangamutima yabo.kumuha amahitamo bizatuma atumva ko ahejwe kandi bizagabanya kumva ko mufitanye amakimbirane.ibi bishobora kugerwaho mu mvugo igira iti:”nagusabye kudakomeza kurangaza bagenzi bawe kuko barimo kugerageza gutekereza ku kazi kabo, niba ubikomeje ushobora kuva aho ngaho ukerekeza hafi y;idirishya. ni uburenganzira bwawe”

Gufasha umwana mu guhugira ku kintu cyangwa imyifatire igoye

Shyiraho umurongo ngenderwaho woroshye kandi basobanukiwe, bahe inzira yabugufi banyuramo kandi ubahe uburenganzira bwo gutanga amakuru. Bahe ibikorwa bareba kandi ukomeze kubashyirira gahunda ya buri munsu, hereza agaciro igihembo ugiye guha umwana nicyo yakoze ugiye kumuhembera. kandi koresha ibihembo mukumushishikariza imyifatire myiza. gira kwihangana no gutuza mugihe ushyiraho amategeko cyangwa imihindurire , tanga kandi ingaruka z'imyifatire iri hasi. gereageza uteganyirize iyo myifatire uburyo wabyitwaramo iramutse ibaye mibi kurushaho kandi tegura umwana mu itangiriro guhinduka neza. urugero nko 'kwicara hariya no gutekereza ibyahise.' ushobora ku mubwira ko ushaka ko yicara hafi yidirishya agafungura igitabo cye aho agejeje ibyo akora noneho akarangiza akazi ke . 'reba abana ko bubahirije amabwiriza wabahaye maze ubashimire mu magambo ubashimire ko babikoze uko wabibabwiye. ushobora kuvuga "mwakoze cyane kubikora nkuko nabibasabye, ni byiza cyane ,ubwo ndaza gusoma ibyo mwakoze"

Tanga amabwiriza kubana witaye kubibazo bafite

Koresha amazina y'abana kugira ngo bashobore gukurikira, koresha imvugo y'amaso no guhagarara, shyiraho amabwiriza yoroshye kandi asobanutse , basabe gusubiramo amabwiriza wabahaye bityo umenye neza ko bagukurikiye kandi bakumvise. ha umwana amahirwe yo kubikora, bashimire kandi usubiremo amabwiriza niba ari ngombwa.

Urugero: Morogane ushobora kwandika ikindi gika maze ukampa nkareba ibyo wakoze" bigakurikirwa na "Morogane ugiye kunkorera iki? hanyuma, ubikoze neza, ntegereje kureba ibyo urakora,"

Kuvugana n'umwana ufite ikibazo cy'amarangamutima cyangwa cy'imyifatire.

Mugihe urimo uvuga n'umwana kubijyanye n'ikibazo cy'imyifatire nicyaba cyarabiteye biba byiza iyo ukomeje umubano musanzwe mufitanye kuko umwana ufite iki kibazo aba aziko uri bumugireho

ikibazo cyangwa yatawe.iteka reba ko babona ko ubitayeho niyo baba babavugaho imyifatire myiza. Ibuka”ni byiza kureba igihishe inyuma y’imyifatire umwana agaragaza no kumva neza impamvu yayo”ushobora gutangira umuganiriza ugira uti:”sinkunda ibyo ukora kubera... Ukamubwira impamvu, nkwitayeho kandi ndi hano kugira ngo mbigufashemo”

“Njye” Muntangiriro

Gukoresha “njye” muntangiriro ni ibintu by’ingenzi kuko bigaragaza ibyuyumviro byawe ku mwana hatarimo kumunenga, kumutera isono cyangwa kumutera ubwoba.gumana umutuzo kandi ugire intumbero.

Mugukoresha “njye” muntangiriro ushobora kurambura imyifatire ye, ibyuyumviro uyigiraho, ni impamvu igutera ibyo byiyumviro, umubwire nicyo wumva cyakorwa.

Urugero aho kumubwira”uri umwana mubi ntigeze mbonaho mu buzima”ushobora kumubwira”iyo urangaye aho gutega amatwi, birambabaza kuko udashobora kumva neza icyo nshaka ko ukora, ndashaka ko utega amatwi,ukumva neza ugasobanukirwa bityo ugakora ibintu neza.”

Ubwumvikane bwa kanya gato

Ibi bituma umwana agira uko abyumva harimo nko gusubirama ibyo ushaka ko bakora.

Urugero:”ndabyumva ushaka kwicara iruhande rw’inshuti yawe ,ariko numvaga wakorana n’undi muntu utari iriya nshuti yawe”aho kumubwira “hoya ntushobora kwicara n’inshuti yawe”

Guhagarika amasezerano

Aya mayeri ni ayo guhagarika amasezerano aho kuyakora nabi.mwemeranye n’ukuri mu intangiriro.

Urugero:”yego, ibyo ni ukuri,ejo narinshonje,cyangwa wemere ibyiyumviro by’abandi, cyangwa ibitekerezo byabo uvuga ngo:”ndabibona ko ushonje ,ariko ntibikugararaho”

Kurwanamu buryo bwiza n’imyifatire igoye

Rimwe na rimwe ntibyera ko ikintu tukirekera uko cyangwa kucyima amatwi tugomba kugihagararaho kugeza kirangiye.ibi birafasha kuko abandi bantu babona ko ushobora kubigenga,biguha igihe cyo kumva amaranga mutima ya buri muntu kandi biba byiza kuko murangiza mufitanye umubano mwiza.niba bikenewe ushobora gukoresha aya magambo:”biragaragara ko tutahita tubikemura aka kanya, reka dushake igihe tuzabivuganeho,cyangwa”hari ibyo narindimo gukora,ushobora kuba urekeye aho nabirangiza nkaza tukavugana.”

Uburyo bwiza ikibazo cy’umwana cyakemutsemo

Mukorana mwembi mugashakira igisubizo hamwe,bizagusaba kumuha amahitamo,”nashakaga ko.....uko bimeze kose ndabona bias nikibazo kuri wowe, wowe urabyumva gute.....?cyangwa ukamusaba ibitekerezo”urumva twakora iki?mwembi mwakorana.

Ubufasha bwo mu itsinda



Mu gihe wamaze kwanzura ku uburyo /amayeri muri bukoreshe, ushobora gutumira inama kubantu uziko bagufasha kubaka irangamyimerere y'umwana mukavugana kubufasha ushaka gutanga nuburyo uzabutanga, iyi ntera ni ingenzi kuko umwana akeneye ubufasha mu bice byose bimukikije.

Ushobora kubasobanurira neza no kubamenyesha ko kugira ngo umwana agaragaze imihindukirire bizafata igihe.hari igihe umwana azasubira inyuma agakora imyifatire yahoranye ariko ntugomba kurekera aho, cyangwa ngo uhagarike umaze kubona imihindukirire ye y'igihe gito.umwana akeneye kwisanisha n'ibindi bintu biri hanze bijyanye n'iterambere.

Ku muntu wese (umwana n'umuntu mukuru ugaragara nk'umwana)impinduka ziragora kuzikoresha, ariko hamwe no kwihangana birashoboka.



World Awareness for Children in Trauma (WACIT)

Ukeneye andi makuru avuga ku bumenyi bw'ihungabana ry'abana ku isi wasura urubuga www.wacit.org cyangwa ukandikira Impuguke, Panos Vostanis kuri pv11@le.ac.uk.

