



Uburyo bwo kurera abana: Kubahumuriza, gukina na bo no kubigisha

Guhumuriza, gukina no kwigisha: Ni uburyo bwiza bwo kurera abana nk'uko ubushakashatsi bwa siyansi bwabigaragaje. Bugamije guteza imbere umwana mu byiciro ry'iterambere rye, akagira imikurire myiza. Kuri ubu buryo hari ibishingirwaho:

Amahame y'uburyo bwo guhumuriza, gukina no kwigisha

Guhumuriza, gukina no kwigisha : harimo ibikorwa bitatu byuzuzanya byagufasha guhindura imikoranire isanzwe yo mu buzima bwa buri munsu, ikaba ibihe byihariye kandi by'agaciro hagati yawe n'umwana wawe.

Guhumuriza, gukina no kwigisha byatuma wowe mubyeyi urushaho kwigirira icyizere mu bushobozi bwawe bwo kurera udacitse intege. Byongeye kandi, ubu buryo bugufasha gushimangira umubano wihariye wo kubaka ubumwe ufutanye n'umwana wawe, mu gihe umarana nawe ibi bihe byiza bimufasha kwinjira mu isi yuzuyemo urunyurane rw'amakuru ubuvumbuzi n'ubumenyi bushya. Ni ibihe bigamije kuzamura icyo ashoboye n'uko yiyumva.

Gukina n'umwana

Gukina ni igikorwa nyamukuru cy'umwana. Bimufasha gukura neza no gutera imbere mu buryo bwuzuye. Kwitabira imikino y'umwana wawe rero bigira akamaro kanini. Kuko bikangura ubwonko akagira ubwenge, bikamufasha gusesengura isi, ibimukikije no kumenya umwanya ahagazemo.

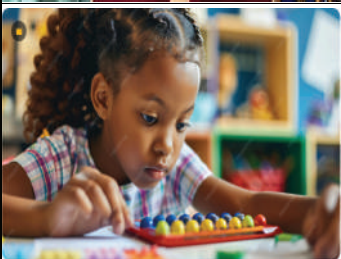
Urugero:

Kugira ngo ushimishe umwana muto, ushobora kwigana amajwi y'ibintu, inyamaswa cyangwa ukamusomera igitabo. Iyo amaze gukura, ushobora no kumufasha kubaka iminara, mugakinira hamwe imikino nko kwigira abasare cyangwa gukina umukino muri ahantu nko mu isoko, kwa muganga cyangwa muri mu rusengero /mu Kiriziya / mu musigiti.

Kwigisha umwana

Kwigisha umwana ibituma yiga yigana kandi yunguka ubumenyi. Uko wowe mubyeyi uganira n'umwana wawe, wari ukwiye kumushyira mu bikorwa byawe bya buri munsu, umwongerera kumenya kandi ukamubera urugero rwiza, umufasha kwimenya, gutekereza, gukemura ibibazo, kugenzura amarangamutima ye no kubana neza n'abandi. Mubyeyi uzirinde ibyaha bikomeye n'iby'urukozasoni byazamutera kugira ipfunwe amaze guca akenge. Bityo azarushaho kwiga imico myiza ayitojwe n'umuryango we. Mu muryango yahavoma ubupfura n'ubunyangamugayo agakurana ukuri n'icyizere muri we.

Imyaka 3 kugeza 6: Ibyiciro by'iterambere ry'umwana (Incamake)

	<i>Mu byiciro bitandukanye</i> Iterambere ry'ubushobozi bwo gukoresha intoki n'amaboko. Umwana aba ashobora gukoresha intoki n'amaboko. Amagufa n'imitsi mito yo ku ntoki n'amaboko bishobora gufata no kugera ku kintu. ndetse akagukoresha neza.
	Iterambere ry'ubushobozi bwo kugenzura umubiri wose Umwana azenzura umubiri wose ndetse ashobora kugenzura umutekano we, agahuza imikoranire y'ibice by'umubiri no gukoresha imitsi minini. Ubu bushobozi bumufasha gukora ibikorwa bimwe na bimwe by'imyitozo ngororamubiri, nko kwicara, gushyira hasi, kugenda, kwiruka, kuzamuka, gusimbuka, n'ibindi. Muri iri terambere habamo guhuza ibice by'umubiri, rigakomeza kandi rikayobora imyakura n'imiyege mito y'amaguru. intoki n'amaboko.
	Iterambere ry'imibanire n'abandi Ni icyiciro kirangwa no kubaka umubano mwiza n'abandi. Ibi bisobanura ko umwana abasha kugaragaza no gucunga amarangamutima ye neza, gutekereza ku marangamutima y'abandi mbere yo gukora igikorwa, gukumura amakimbirane, gufatanya n'abandi no kwitabira ibikorwa by'itsinda. Kuva akiri muto, umwana aba afite uburyo bwe bwo kwinjira mu mibanire n'abandi, bushingiye ku miterere ye by'umwihariko, igenwa n'urusobe rw'uturemangingo (gènes). Iri terambere rikuzwa n'uburyo ahura n'abantu aturanye nabo n'ibyo abona n'ibyo abazwa, cyane cyane ababyeyi n'umuryango muri rusange.
	Iterambere ry'ubwenge n'ururimi Umwana agira ubushobozi bwo: kwibuka, kwibanda, gutekereza no gutegura ibikorwa. Ibi bituma umwana abasha gucunga amarangamutima ye, ibitekerezo n'imyitwarire ye, kandi bikamufasha gukusanya ubumenyi bwo gusubiza ibibazo akabikorana ubushishozi, no gusobanukirwa isi imukikije. Yiga ururimi, akitabira itumanaho mu muryango n'aho ari, kumva ibyo bamubwira no kugaragaza ibitekerezo bye mu magambo, bijyanye n'ikigero agezemo.
	Iterambere ry'amarangamutima Umwana abasha kumva, kugaragaza no gucunga amarangamutima y'uko yiyumva, agendanye no gukura kwe. Umwana amenya kandi asobanukirwa amarangamutima y'abandi, bikamufasha kubaka umubano abubaha kandi ashyikira ibitekerezo byabo.