



## GUTUNGANYA AKAZI GAKOMEYE

Nk'uko uba ushaka gukora ibintu byose neza, kurera bisaba kwiga no kwitoza uburyo bwo gutunganya ako kazi mu buryo buboneye. Gerageza ibi bitekerezo bifasha guhangana n'umuhangayiko kugira ngo wongere ubushobozi bwawe nk'umubyeyi.

### ♦ **Guhumeka**

Injiza umwuka cyane uwusohora (bikore ubare kugeza kuri kane, winjiza umwuka, ukawufunga, maze ukawusohora) maze ubisubiremo inshuro eshanu.

### ♦ **Gutembera n'amaguru**

Temberana n'umwana wawe n'amaguru.

### ♦ **Kubara**

Funga amaso yawe maze ubare kugeza ku icumi.

### ♦ **Kumva**

Umva umuziki unaririmbe.

### ♦ **Vugisha abantu**

Vugisha inshuti cyangwa umuryango; Abantu batuma wumva umeze neza kandi ufite icyizere, baganira ku bibazo kandi bakaguha akaruhuko.

### ♦ **Kureba**

Reba televiziyo igihe gito -- ikure mu bikugoye.

### ♦ **Kugira ubuzima buzira umuze**

Haranira gukomeza kugira ubuzima buzira umuze, ukore imyitozo mu buryo buhoraho, nyamira ku isaha idahinduka.

### ♦ **Gukora urutonde**

Kora urutonde rw'ibintu bigushimisha - BIKORE!

### ♦ **Gusaba**

Nta babyeyi b'abaziranenge. Saba ubufasha – **Ababyeyi bakenera ubufasha!**

### ♦ **Guteganya**

Teganya ko hashobora kubaho ibibazo mbere y'uko biba.

### ♦ **Kuganira**

Ganira n'umujyanama, umujyanama wizeye cyangwa inshuti mbere yo kumva wagize inkeke.

## IZINDI MFASHANYIGISHO

Amakuru yo gukumira no kurera



**SURA URUBUGA RWACU**  
PCAIN.ORG



**KWIYAHURA N'IBIBAZO**  
9 8 8 UMURONGO UTISHYUZWA  
(HAMAGARA, ANDIKA  
UBUTUMWA)



**IMFASHANYIGISHO  
ZAGUFASHA**  
2 1 1 UMURONGO  
UTISHYUZWA



**AHO WAKURA UBUFASHA**  
1 . 8 0 0 . ABANA  
(UMURONGO  
UTISHYUZWA UKORA  
24/7)

## MENYA IBINDI

Reba inyandiko yose usikanyye cyangwa usure urubuga rwacu.

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