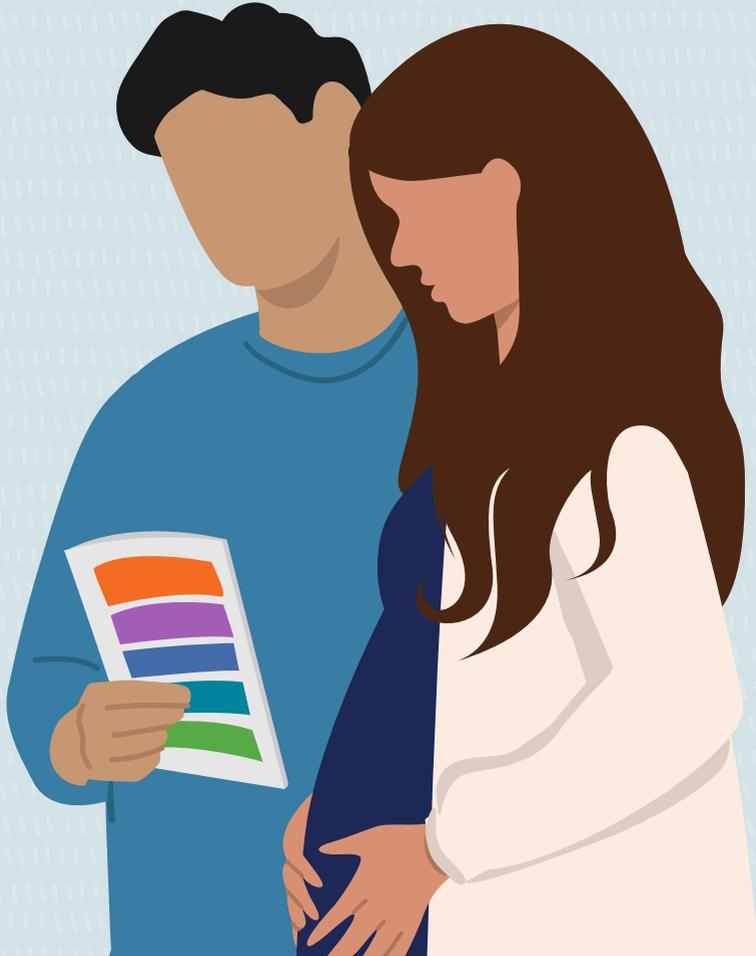


Reka dukorere hamwe kugira ngo Imbanyi yawe Itekane



Kirundi | Ikirundi

Aka gatabo k'amakuru kavuga ivyerekeye kwirinda kuvyara abana bapfuye: **Turayaga n'umuntu wese ku bijanye n'ivyo bintu.** Kuvuga uburyo bwo kugabanya amahirwe yo kuvyara umwana apfuye ni ikintu gisanzwe mu kwitwararika inda - nk'uko nyene kuvuga uburyo bwo gufasha umuvyeyi kuguma afise amagara meza ari ikintu gisanzwe mu kwitwararika inda.

Si ibisanzwe, ariko rimwe na rimwe ubuzima bw'umwana buzobura imbere y'uko bavuka. Iyo ivyo bishitse inyuma y'indwi 20 umuntu atwite vyitwa kuvyara umwana apfuye.

Ntitwama tuzi igituma ubuzima bw'uruyoya butakara imbere y'uko ruvuka. Si ko vyama bishoboka kubuza kuvyara umwana apfuye. Ariko rero hariho ibintu bimwe bimwe ushobora gukora mu gihe utwite kugira ngo ufashe mu kugabanya amahirwe yo kuvyara umwana apfuye. Abahinga mu vy'ubuzima bazokubwira ivyo bintu igihe cose uzoba ufise isango kubera inda.



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Ico gitabu kirimwo amakuru yerekeye ibintu **5** ushobora gukora kugira ngo ufashe mu kugabanya amahirwe yo kuvyara umwana apfuye.

1 Kugabanya ukuntu wewe n'umwana wawe muba ahantu banywa itabi



2 Gukorana n'abahinga mu vy'ubuzima kugira ngo musuzume ukuntu umwana wawe akura



3 Kwiga ingenane umwana anyiganyiga no kumenyesha abahinga mu vy'ubuzima nimba kunyiganyiga kw'umwana wawe kwahagaraye canke kwagabanutse



4 Kuryama ku ruhande umaze gushika ku ndwi 28 z'inda



5 Kuganira n'umuvyazi wawe canke umuganga wawe ku bijanye n'igihe ciza co kuvuka kw'umwana wawe



Kimwe mu vyiza ushobora gukora kugira ngo umwana wawe agume akomeye kandi afise amagara meza mu gihe utwite ni ukuja ku masango yawe yinda. Amasango yinda ni akaryo kuri wewe n'abahinga mu vy'ubuzima kugira ngo mumenye yuko wewe n'umwana wawe mumeze neza. Ibikorwa vy'abasemuzi vyama biboneka ku buntu ku bagore n'imiryango.

Hamagara umuvyazi wawe canke umuganga wawe nimba wumva ko hari ikintu kitagenda neza, canke nimba uhangayikishijwe n'umwana. Ntukiyumvire ko uriko uratakaza umwana w'umuntu n'umwe. Abagufasha mu vy'ubuvuzi bama bariho kugira ngo bagufashe.

Ibidukikije bifise amagara meza birafasha umwana wawe gukura akomeye kandi afise amagara meza

Umwana wawe arashobora gukura akomeye kandi afise amagara meza mu gihe utwite kubera urugingo rudasanze rwitwa placenta. Placenta itangura gukura mu gihe umuntu atwite kandi igakomeza gufasha umwana wawe gukura no gutera imbere gushika avutse. Umwana wawe aronka ingaburo/ibifungurwa n'umwuka/umuyaga mwiza biciye kuri placenta. Placenta na yo nyene ikuraho umwanda/umuyaga wa kera w'umwana.

Bishobora kugufasha gutahura ingene umwana wawe akura mu gihe utwite nk'uko ari nk'uko itongo rikura rikomeye kandi rifise amagara meza. Kugira ngo itongo rikure rikomeye kandi ribe rifise amagara meza, rikeneye ibirikikije bife amagara meza. Amazi meza, akarere keza, be n'ibifungurwa biva ku zuba no mw'ivu, vyose birakorana kugira bifashe igiti gitoyi gukura kandi gikomeye.

Nka kurya kw'igiti gitoyi kiri mw'itongo, umwana wawe arakeneye umuyaga usukuye be n'ibifungurwa bikwiye biciye kuri placenta kugira ngo akure akomeye kandi afise amagara meza.

Placenta ni ikintu gihambaye cane ku buzima bw'umwana n'ukumererwa neza. Ariko rero hariho ibintu bimwe bimwe bishobora gutuma placenta idagora neza mu gihe utwite, ivyo na vyo bikaba bishobora gutuma bigorana kugira umwana wawe akure akomeye kandi afise amagara meza.



Ibintu vyinshi bivugwa muri aka gatabo ni ivyo gufasha placenta yawe gukora neza mu gihe utwite, bigatuma umwana wawe akura akomeye kandi afise amagara meza.





Kugabanya wewe n'umwana wawe kuba aho banywera itabi

Umuyaga usukuye ufasha umwana gukura akomeye kandi afise amagara meza.

Ubwoko bwose bw'itabi burashobora kukugirira nabi wewe n'umwana wawe mu gihe utwite, harimwo umwotsi uva ku itabi, shisha, e-cigarette (itabi ry'ubuhinga bwa none)/vaping, ibibabi vyitabi bizinze mu gapapuro.

Nimba unywa itabi, kureka ni co kintu ciza kuruta ibindi vyose kuri wewe n'umwana wawe wokora. Guhagarika igihe cose c'imbanyi birashobora kugufasha wewe n'umwana wawe.

Iyo ubana canke umarana umwana n'abandi bantu banywa itabi ivyo birashobora kukugirira nabi wewe n'umwana wawe, cane cane iyo uri mu bibanza bitobito nk'imodoka canke mu nzu iyo abantu bariko baranywa itabi.

Naho woba utanywa itabi, kuba uri kumwe n'umwotsi w'abandi (uwuva ku itabi, shisha, itabi e-cigarettes (ry'ubuhinga bwa none), n'itabi ryibibabi rizinze mugapapuro) birashobora kukugirira nabi wewe n'umwana wawe. Ushobora gufasha wewe n'uruyoya rwawe mu kutamarana umwana n'abantu igihe bariko baranywa itabi.

Umwotsi uva ku bwoko bwose bw'itabi ugabanya amaraso n'umwuka bishobora gushika ku mwana wawe.

Umwotsi w'itabi urashobora kwongera amahirwe yo:

- Gukorora inda canke kuvyara umwana yapfuye
- Umwana avutse kare (imbere y'indwi 37 z'imbanyi)
- Uruyoya kuvuka ari ruto.
- Uruyoya kugira ingorane zo guhema igihe ruvutse
- Umwana gupfa giturumbuka ata yindi mvo mu gihe rukiri uruyoya.

Ni hehe noshobora kuronka ibindi bisobanuro?

Ushobora kuganira n'umuganga wawe canke umuyyazi wawe ku bijanye no kunywa itabi mu gihe utwite, harimwo n'aho woronka imfashanyo nimba unywa itabi kandi wipfuzza kureka. Hariho uburyo bwo gufasha abantu bipfuzza kureka itabi ku buntu bwitwa Quitline.

Umuntu wese yipfuzza kureka itabi, harimwo wewe n'abantu bagufasha, urashobora kubahamagara ngo bagufashe.

**Quitline - 13 78 48
quit.org.au**

Abantu bakeneye umusemuzi barashobora gushikira Quitline mu buryo butari buke. Bashobora:

- Hamagara Quitline ubasabe ngo basubire guhamagara bari kumwe n'umusemuzi mu rurimi bakunda
- Nusabe umugenzi canke uwo mu muryango yumva yizigiye kuvuga Icongereza ngo ahamagare Quitline maze batunganye ko bazosubira kumhamagara n'umusemuzi
- Basabe umuhinga mu vy'ubuzima wabo gutanga urupapuro rwo kurungika kuri Quitline ku rubuga kugira ngo abakozi ba Quitline bashobore guhamagara n'umusemuzi akwiriye ari ku murongo.





Ugukura kw'umwana wawe

Amasago y'inda ni akaryo kuri wewe n'abahinga mu vy'ubuzima kugira ngo mumenye uko wewe n'umwana wawe mumeze neza. Ivyo birimwo n'ukukura kw'umwana wawe. Kuva mu ndwi 24 z'inda, abahinga mu vy'ubuzima bazosuzuma ukuntu umwana wawe akura mu gupima inda yawe bakoresheje igipimo kikoze n'agatambara gafise amasentimeterere ko gupima.

Kuja ku mu masango y'inda ubudasiba bitanga uturyo twinshi two gusuzuma amagara y'umwana wawe n'ukukura kwiwe.



Abana bamwebamwe barashobora kugira ingorane zo gukura kuruta abandi. Nimba abahinga mu vy'ubuzima babonye ibimenyetso vyerekana ko umwana wawe yoba ariko arakura buhoro buhoro, canke bakiyumvira ko umwana wawe afise amahirwe menshi kuruta abandi yo kuvuka ari muto, boshobora kugusaba ko uhora ugira ultrasound mu gihe utwite kugira ngo bapime umwana wawe uko igihe kigenda kirarenga.

Kuronka abana bariko baragira ingorane zo gukura biradufasha kugabanya ivyago vyo kuvuka bapfuye.

Nimba ufise ikibazo canke amaganya ku bijanye n'ukukura kw'umwana wawe ushobora kuvugana n'umuvyazi wawe canke umuganga wawe.





Kwinyiganyiza kw'umwana wawe

Nka twebwe, ukuntu umwana wawe yinyiganza birashobora kuba ikimenyetso c'ingene yiyumva. Iyo turiko twiyumva neza, turagira umwete kandi twuzure inguvu. Ariko iyo turwaye canke tutameze neza, ntitwiganza cane nk'igihe twiyumvamwo neza. Nimba umwana wawe atameze neza canke afise ingorane zo gukura, na we nyene yashobora kwinyiganza bike kuruta uko yobigira.

Ni co gituma bihambaye cane ko umenya ingene umwana wawe yinyiganza.

Uruyoya rwose ruratandukanye.

Abana bamwebamwe barinyiganyiza cane umusi wose, mu gihe abandi bashobora kwinyiganyiza cane mu bihe bimwebimwe vyo ku musi, nk'igihe gikurikira ifunguro canke mw'ijoro.

Abana bamwebamwe barinyiganyiza cane kuruta abandi, kandi nta rugero rutegekanijwe rw'ingene umwana ashobora kwinyiganza. Ni co gituma bihambaye cane ko umara umwanya mutoyi umenya umwana **wawe** n'ingene yinyiganza.



Bishobora kuba vyiza kwiyumvira kwinyiganza kw'umwana nk'aho gufise akarorero. Nk'akarorero, umugore yashobora kuvuga yuko umwana wiwe yinyiganza cane inyuma y'ifunguro no ku mugoroba igihe agiye kuryama. Iryo twovyita urugero rw'umwana wiwe - ibihe vyo ku musi umwana akunda kwinyiganza cane n'ibihe vyo ku musi umwana adakunda kwinyiganza cane.

Nomenya gute ingene umwana wanje yinyiganza?

- Hitamwo umwanya wo ku musi umwana wawe akenshi yinyiganza cane.
- Rondera ahantu h'agacerere aho washobora kwiruhukira no kwibanda ku mwana wawe.
- Mara umwanya umenye ingene umwana wawe yinyiganza. None wewe ubona iki? None gukomeye gute? None wumva kumeze gute?

Urwo rugero rwabaye akamenyero rukwiye kubandanya gushika umwana wawe avutse.

Nomenya gute ko uburyo umwana wanje yinyiganza bwahindutse?

- Urabona ko umwana wawe atariko arinyiganza kenshi kuruta uko yobigira
- Bimeze nk'aho kwinyiganza kudakomeye cane nk'uko kwari imbere
- Ubona ko hari ikintu kitabereye

Nta n'umwe azi umwana wawe kuruta wewe.



None nkore iki iyo mbonye ko kwinyiganza kw'umwana wanje kwahagaze canke kwabaye guto canke numva mfise amakenga?

Ni ibisanzwe ko abagore bumva bahagaritse umutima ku bijanye n'umwana wabo mu gihe kanaka mu gihe bafise inda. Kumva ufise amakenga si ko vyama bisobanura ko hari ikintu kitagenda neza. Ariko rero, rimwe na rimwe kwinyiganza kw'umwana kurahinduka kubera ko atameze neza canke afise ingorane zo gukura. Abana batameze neza canke bafise ingorane zo gukura barafise ivyago vyinshi vyo kuvuka bapfuye kuruta abandi bana.

Kugira ngo tumenye igihe abana batameze neza canke bafise ingorane zo gukura, turasaba umuntu wese atwite kumenya ingene umwana wiwe yinyiganza. Turasaba kandi umuntu wese guhamagara abahinga mu vy'ubuzima iyo abonye ko kwinyiganza kw'umwana wabo guhagaze canke yinyiganza buhoro.



Niwabona ko kwinyiganza kw'umwana wawe guhagaze canke yinyiganza buhoro, **ndagusavye ntucereze kuvugana n'abahinga mu vy'ubuzima.** Bazonezerwa cane no kwumva ivyo uvuga no kwumva ibiguhagaritse umutima. Bari hano kugira ngo bagufashe igihe cose co ku murango canke mw'ijoro.

Ibikurikira ni ibiki?

Umuganga wawe yoshobora kugutumira mu bitaro kugira ngo abafashe kumenya uko umwana ameze neza. Bashobora gusuzuma umwana mu buryo butandukanye, harimwo:

Cardiotocograph (CTG) - (Igikoresho co gupima umutima w'uruyoya rutaravuka). CTG ni ugushira imikanda ibiri ya elastiki kunda yawe kugira ngo bapime umutima w'umwana ingene ukora n'ibise (nimba ubifise) uko igihe kigenda kirarenga. Abahinga mu vy'ubuzima bazopima kandi inda yawe kugira ngo babone ingene umwana akura n'aho umwana wawe aryamye.

Ultrasound - Ultrasound scan (ecographie) ishobora gufasha abahinga mu vy'ubuzima gupima neza ukuntu umwana akura, no kugenzura umutima w'umwana n'ingene amaraso agenda.

Gusuzuma amagara ya Mama - Abahinga mu vy'ubuzima barashobora kandi gusuzuma kubahoneza kwawe mu kugenzura umuvuduko w'amaraso yawe, ubushuhe bwawe, umutima wawe ingene udiha, rimwe na rimwe bakapima amaraso yawe.





Kuryamira uruhande rwawe

Umwana wawe arashobora gukura akomeye kandi afise amagara meza kubera ko aronka umwuka n'ingaburo biva mu maraso yawe biciye muri placenta. Umwana wawe rero ashobora kuronka umwuka w'ikirere n'ingaburo bivana n'uko amaraso agenda agenda biciye muri placenta.

Iyo uryamye ku mugongo inyuma y'indwi 28 z'inda (igihe umwana wawe atanguye kuba munini) amaraso make yoshobora gushika kuri placenta.

Ushobora gufasha umwana wawe gukura akomeye kandi afise amagara meza mu kuryama ku ruhande rwawe kuva mu ndwi 28 z'imbayi. Nkako, ubushakashatsi bushasha bwerekanye ko kuja kuryama ku ruhande kuva mu ndwi 28 bigabanya kabiri amahirwe yo kuvyara umwana apfuye ugereranije n'amahirwe ufise iyo uryama udasiba ku mugongo.

Ushobora kuryama ibubamfu canke iburyo - ico ari co cose kigufasha. Ni ibisanzwe ko abagore baja kuryama ku ruhande hanyuma bakavyuka ku mugongo.

Ivyo nivyashika, ntuhagarike umutima!

Igihambaye ni ugutangura gusinzira kwose ku ruhande rwawe. Niwavyuka uri ku mugongo, ntaco bitwaye, urashobora gusa guhinduka ku ruhande rwawe.



Reka Tuganire Ibijanye N'igihe co Kuvuka

Iki gice kirimwo amakuru azogufasha kuganira n'umuvyazi wawe canke umuganga wawe ku bijanye n'igihe ciza co kuvuka kw'umwana wawe.

Uruyoya rwanje ruzovuka ryari?

Itariki y'ivuka canke itariki umwana agomba kuvukirako ni amayinga 40 inyuma y'umusi wa mbere w'imihango yawe ya nyuma. Ariko rero, rimwe na rimwe biraharurwa bishingiye kuri ultrasound wakoze mu ntango.

- Abagore benshi (hafi 90%) bavyara umwana ari hagati **y'indwi 37 na 42** kandi ivyo vyitwa **igihe cuzuye**.
- **Imbere y'indwi 37** vyitwa **preterm (mbere y'igihe)**.
- **Kuva ku wa 37 gushika ku wa 38 (+iminsi 6)** vyitwa **early term (igihe ca kare)**.
- **Kuva ku ndwi 42** nivyoye vyitwa **post term (nyuma y'igihe)**.

Mu nda nyinshi igihe co kuvuka gifatwa igihe ibise vyawe bitanguye vyionyine. Kuvyara hafi y'itariki yawe ugomba kuvyariraho ni vyiza cane ku bijanye n'iterambere ry'umwana wawe. Ariko rero, rimwe na rimwe abana barakeneye kuvuka imbere y'igihe kandi ivyo vyitwa **kuvyara kwategekanyijwe**.

Ivuka riteguwe ni iki?

Ivuka ritegekanyijwe ni igihe umugore avyara umwana wiwe ku gihe kinaka aho kurindira ko atangura ibise kugira ngo umwana wiwe

avuke. Ibi akenshi bikorwa n'ugutanguza ibise canke, nimba ari ngombwa, gukora sezariyene. Mugabo, nimba icemezo co kuvyara biteguwe gifashwe, ningombwa guhitamwo igihe gikwiye.

Indwi yose iraharurwa kandi irahambaye

Uruyoya ruracari mu mwanya wo gukura, ibihimba biracakura kandi abandanya akomera kugeza neza neza ku ndwi 39-40. Indwi yose umwana avutse imbere ishobora kugira ingaruka ku magara yiwe. Ushobora kwibaza uvyiyumviriye uti ni 'Ni kuberiki ntegerezwa kurindira gushika ikiringo kirangire?' na cane cane mu gihe habaye hari ibindi bibazo. Impamvu ni kubera mu gihe umwana avuze hatageze (n'aho hoba hegereje indwi 37), no mu misi itangura y'ikiringo (indwi 37-38 [+iminsi 6]) bishobora kugwiza amahigwe yo kugira ingaruka ku mwana, nk'akarorero ni ukugira ingorane mu kwiga mw'ishure hamwe/ingorane zifatiye ku nyifato. Gushobora gushira ku munzane neza hagati y'inyungu n'ingaruka ni ikintu gihambaye cane mu gufata ingingo mu gushinga umwana w'ivuka.

Ni ryari umuntu yoshobora kwiyumvira ivy'uvuka riteguwe?

Imvo nyamukuru ituma abagore bavyara bateguye ni ukugira ngo bagabanye amahirwe yo gushikirwa n'ingorane bo canke umwana wabo, harimwo n'umwana apfuye. Amahirwe yo kuvyara umwana apfuye ararushiriza gatoyi mw'iherezo ry'inda kandi birarushiriza mu nyuma y'igihe (inyuma y'indwi 42).

Ku bagore bafise indwara (nk'indwara y'igisukari canke umuvuduko munini w'amaraso), canke nimba hari ingorane zo gutwara inda (nk'uguhagarika umutima ku bijanye n'ukukura kw'umwana), vyoshobora gusabwa kuvyara umwana mu buryo butegekanijwe. Ibindi bishobora kwongera ingorane z'umugore zo kuvyara umwana apfuye ni ukuba akuze, kuba afise ibiro birenze urugero (kugira umubiri munini canke BMI), kuvyara umwana wawe wa mbere, gusama ukoreshije IVF, no



kubandanya unywa itabi, ukoresha ibiyayuramutwe canke inzoga mu gihe cose umuntu atwite.

Abagore bo mu mico kama imwe imwe canke mu bwoko bumwe bumwe, harimwo abagore b'Abasangwabutaka n'Abanyabirwa ba Torres Strait, be n'abagore bavukiye muri Afirika yo munsu ya Sahara canke muri Aziya y'Epfo, barafise amahirwe menshi gatoyi yo kuvyara abana bapfuye.

Nimba kimwe muri ivyo kigukurako, NTIBISOBANURA ko uzovyara umwana apfuye. Umuvyazi wawe canke umuganga wawe azogusigurira amahirwe yo kuvyara umwana apfuye kandi azoganira nawe ku bijanye n'igihe umwana wawe azovuka, be n'uko wewe canke umwana wawe mukeneye gukurikiranirwa hafi. Nimba amahirwe yo kuvyara umwana apfuye ari make cane, umuvyazi wawe canke umuganga wawe akenshi azogusaba ko urindira gusa ko umwana wawe aza igihe ibise bitanguye.

Kubivuga no gufata ingingo y'ico ari co ciza kuri wewe n'umwana

Gufata ingingo y'uko ukwiye kuvyara umwana uteguye canke kurindira ko umwana wawe avuka, ntivyama vyoroshe. Ni vyiza kumenya ivyiza n'ingaruka z'izo nzira zompi kuri wewe no ku mwana wawe. Ni vyiza kandi kwiyumvira ivyo wemera, ivyiyumviro vyawe n'ivyo ukunda. Umuvyazi wawe canke umuganga wawe azoganira nawe kuri ivyo bintu, yishure ibibazo vyawe yongere agufashe mu gushika ku ngingo nziza. Ivyo vyitwa gufata ingingo hamwe.

Inda yose ni iyo

kwihariza. Ingingo yerekeye igihe umwana wawe azovuka ikwiye kwitwararika ivyo wemera n'ivyo ukunda, no guhuza inyungu z'amagara yawe n'umwana wawe n'ingorane zose zijanye n'inda yawe.



Niwibuke

Ibuka ko inda yose ari iyo kwihariza, kandi ko amahirwe yo kuvyara umwana apfuye ari make cane. Ariko rero, birahambaye ko umenyeshwa kandi ugafata ingingo zo kugabanya ingorane ufise. Vugana n'umuganga wawe canke umuvyazi wawe ku bijanye n'ingene wogira inda itekanye kandi ifise amagara meza.

Ibintu ushobora gukora kugira ngo ugabanye ingorane zo kuvyara umwana apfuye ni:



Ku bagore banywa itabi, nurondere imfashanyo yo guhagarika vuba bishoboka.



Genda mu biganiryo vyose kugira ngo ukurikirane amagara yawe n'ukuntu umwana wawe akura.



Menya ingene umwana wawe yinyiganza kandi umenyeshwe abahinga mu vy'ubuzima nimba kwinyiganyiza kw'umwana wawe kwahagaraye canke kwagabanutse.



Genda uryamye ku ruhande rwawe kuva mu ndwi 28 no kubandanya.



Kuronka uburinganire hagati y'ivyiza n'ivyago ni ikintu gihambaye vy'ukuri igihe umuntu afata ingingo y'igihe co kuvyara.

Kugira ngo ubone amakuru n'amavidewo yahinduwe, ja kuri saferbaby.org.au

Safer Baby

WORKING TOGETHER TO REDUCE STILLBIRTH



Ivyerekeye aka gatabo

Ivyo bikoresho vyateguwe hamwe n'imiryango.

Kirundi-V1.0-Sep2024

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