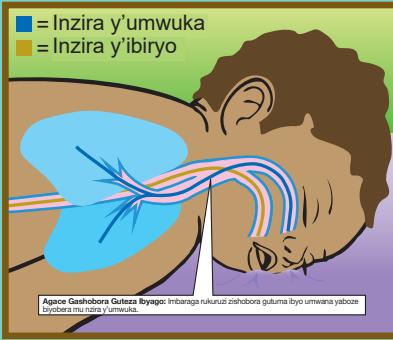
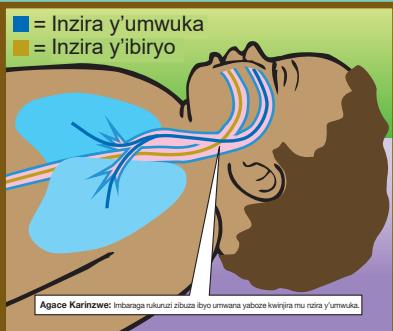


## Ryamisha umwana wawe agaramye.



### Mu by'ukuri abana baba batekanye iyo baryamiye imigongo yabo.

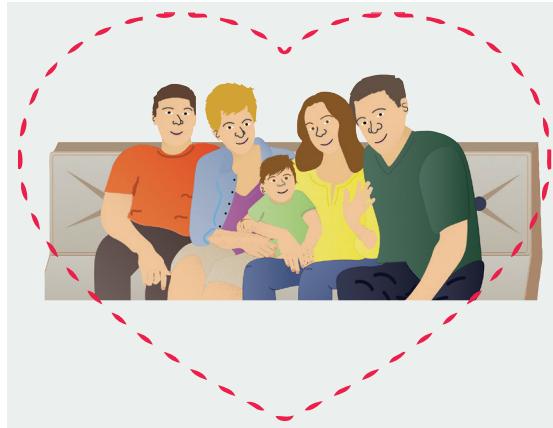
Iyo umwana aryamiye umugongo we, inzira y'umwuka iba iri hejuru y'inzira y'ibiryo. Iyo umwana aboze, amatembabuzi asubira mu nda, ntasubira mu bihaha. Iyo umwana aryamiye inda ye, amatembabuzi areka ku rwiniyiriro rw'inzira y'umwuka kandi byateza ikibazo.

### Kumugburira

Konsa birategetswe. Ababyeyi, uko mwaba mugaburira abana banyu kose, mukurikize izi nama kugirango muryamishe abana banyu mu buryo butekanye:

- Musangire icyumba cyawe, ntimusangire igitanda cyawe.
- Menya neza ko umwana afite ahantu he bwite hatekanye ho kuryama.
- Shyiraho ingengabihe mu gihe cyo kumugburira kugirango niba usinziiriye, ubashe gusubiza umwana ku gitanda cye.

abantu bensi bakunda umwana wawe.  
Shishikariza cyane buri wese ugufasha kwita ku mwana wawe kumuryamisha aryamiye umugongo ndetse no kumumenyereza gusinzira neza.



**Niba ukeneye ubufasha cyangwa wumva uremerewe, vugana n'umujiyanama w'ubuzima wawe kugirango mukore igenamigambi ryiza kuri wowe ndetse no ku mwana wawe.**

### Ubufasha Buri Hano

Hamagara ishami ry'ubuzima rikwegereye:

Ihuze na gahunda yo gusura ingo:

Hamagara 2-1-1

Hamagara Michigan Tobacco Quitline kuri 800-QUIT-NOW (784-8669)

Menya byinshi byerekeye kuryama neza k'umwana kuri [Michigan.gov/SafeSleep](http://Michigan.gov/SafeSleep)

Byakozwe ku bufatanye na the Greater Detroit Area Health Council (GDAHC). Ishami rya Michigan rishinzwe Ubuzima n'Uburenganzira bwa Muntu ntirizabuza kwitabira, ntirizabuza inyungu, cyagwa rivangure umuntu uwo ari we wese cyangwa itsinda kubera ubwoko, igitsina, iyobokamana, imyaka, igihugu nkomo, ibara, uburebure, uburemere, irangamerere, hagendewe ku ishyaka, cyangwa ubumuga cyangwa se amakuru y'inkomoko idafite aho ihuriye n'ibisabwa ngo umuntu yitabire.

MDHHS-Pub-1281-P-Kinyarwanda (Rev. 6-22)

# Mwana, turahari ngo tukureberere



Buri **minsi itatu** umwana arapfa muri Michigan kubera kuryama ahantu hadatekanye cyangwa mu buryo budatekanye.

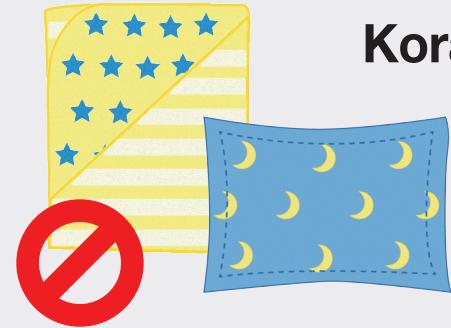
# Mwana, turahari ngo tukureberere

Nkunda kukugumisha iruhande rwanje, ariko ubu ugomba kuba ku gitanda cyawe utekanye aho kuba hamwe nanje mu gitanda cyanje. Ibi mu by 'ukuri bishobora kuba igerageza, Ariko uku niko twembu dukwiye kuryama.

## Gahunda yo kuryama



## Kora umwanya utekanye wo kuryamamo



Kuraho ibiryamirwa byorohereye (imisego, uburingiti, imyenda isaswa ku gitanda cy'umwana) kandi ubikure aho umwana yabasha kugera.



Mu modoka koresha gusa ibycaro by'imodoka.



Koresha agafuka ko kuryamamo aho gukoresha uburingiti kugirango umwana wawe agume ashyushye.



Kuraho ibikiniso by'abana, amatungo yo mu nzu n'imigozi iyo ari yo yose yandagaye.



Hagomba kuba ahantu hatagera umwotsi w'itabi.

Musangire icyumba cyawe, ntimusangire igitanda cyawe.

