

Albijanye n'ubutinyanka

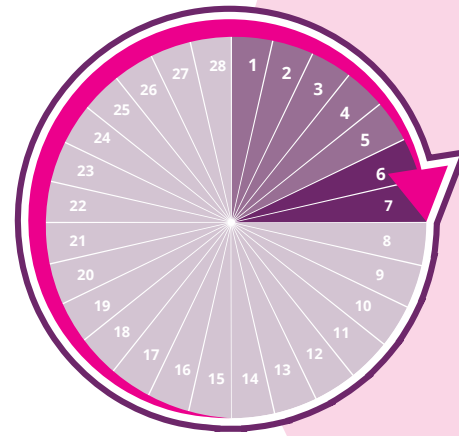


Kuja mu butinyanka n'ibintu bisanzwe kandi umukobwa canke umugore wese ategerezwa kubicamwo.

Ubutinyanka n'amaraso aboneka uko ukwezi guheze, ava mu gihimba c'irondoka c'umukobwa canke umugore igihe ageze mubigero vyo gusama (kubo bishoboka kuronka abana).

Mubisanzwe, abakobwa batangura kuja mu butinyanka igihe begereje imyaka 12 (nico bita ubutinyanka bwa mbere).

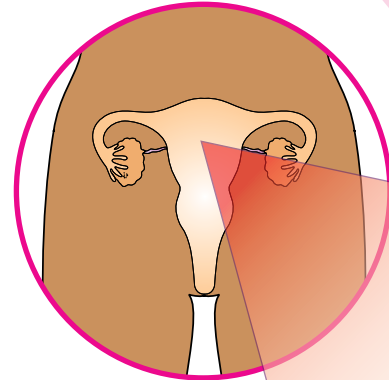
Abakenyezi bakuze ntibasubira kubona ubutinyanka igihe begereje imyaka 50 (bavyita guca imvyaro).



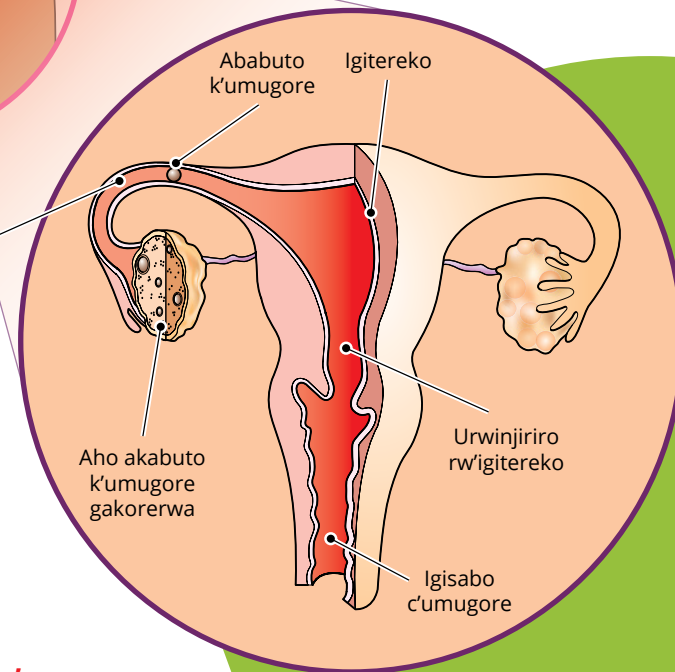
Ubutinyanka bwama buboneka mu minsi 28 (mu kwezi).

Mubisanzwe, ubutinyanka bumara ikiringo c'iminsi iri hagati 5 gushika 7, ariko irashobora kuba minsi y'iyi canke ikarenga.

Muri ico gihe c'ubutinyanka, amaraso ariko araza ategerezwa kuronka ico ashikiramwo (ikiyatega) hama agatabwa ahabigenewe. Uburyo bumwe bwo kubikora, n'ukwambara agatambara aguma ashikiramwo gafatwa n'agahuzu ko munsu.



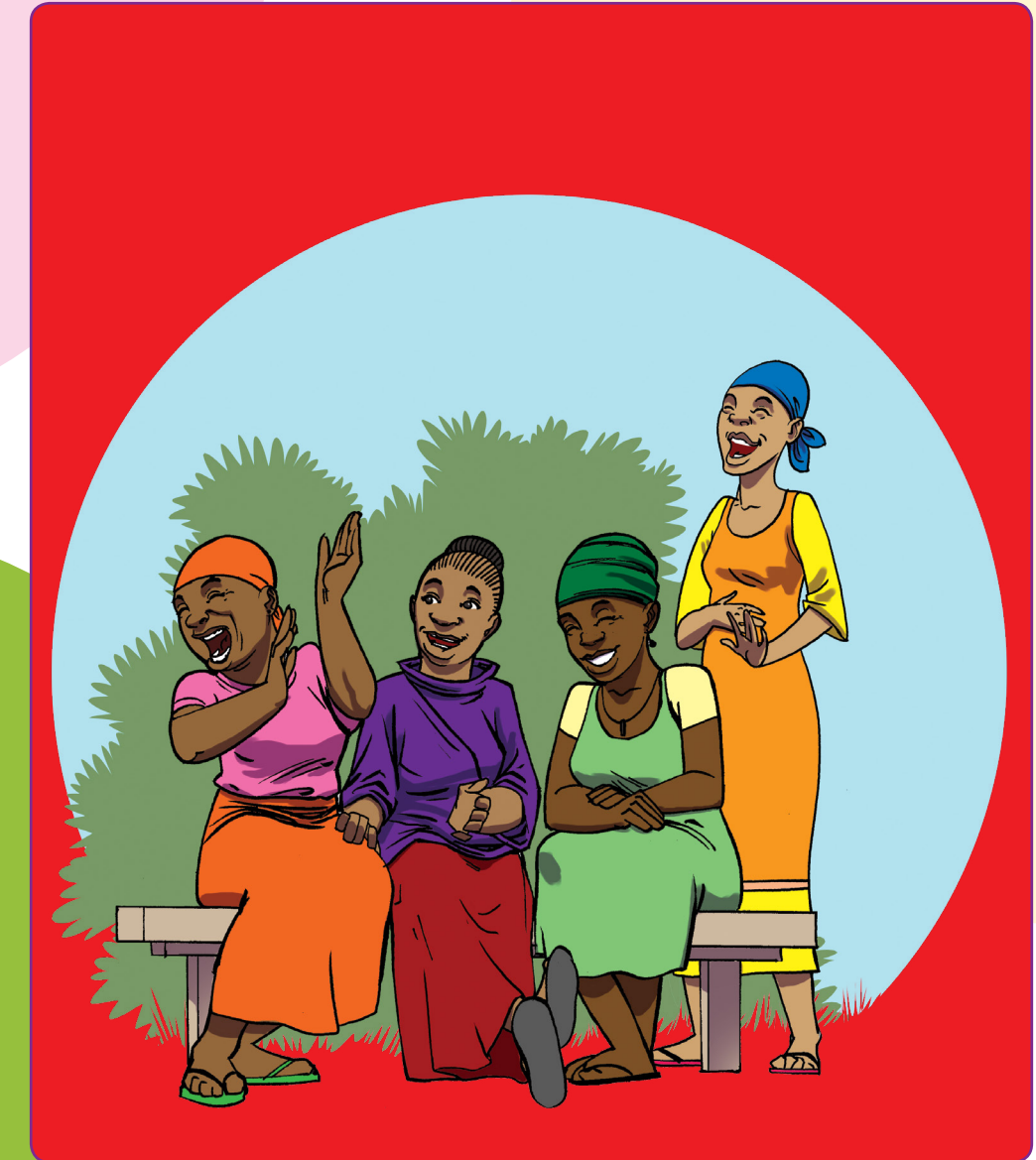
Akaringoti tuzananamwo akabuto k'umugore



Ibihimba
vy'irondoka vy'umugore

Kuba umukenyezi

Impanuro zo mu gihe c'ubutinyanka



Bshitse ntuje mu butinyanka ukwezi kwose, bishobora gusigura ko wasanye imbanyi.

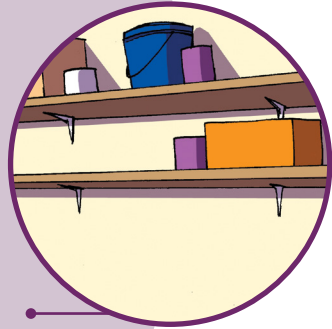
Gendera ibitaro bijejwe amagara y'abantu bibegereye, canke witure umukozi ajejwe amagara y'abantu mu mibano.

Ikoreshwa n'ibungabungwa

ry'udutambara dukoresha kenshi.

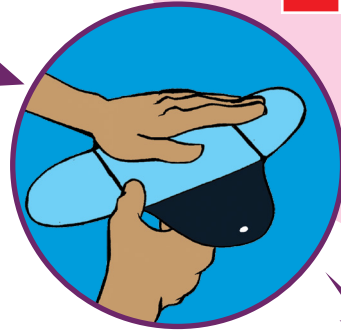


9 Shingura ako gatambara ahantu humutse, ahantu atawundi ahashika, kagumeho gushika aho uzogakoreshereza.

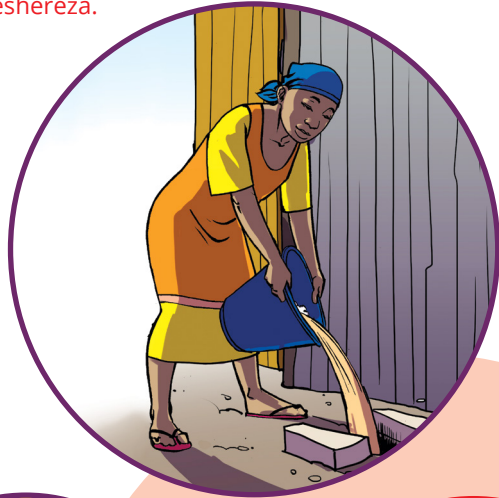


1 Imbere yo kudukoresha irya mbere, tumesure mu mazi n'isabuni. Twaanikire ku zuba, niho kazogumya cane amaraso.

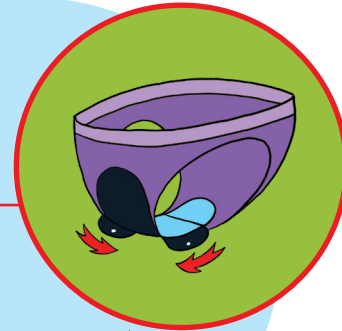
2 Garanzurira ako gatambara muni y'umutumba wako. Uruhande rworoshe ruraba hejuru.



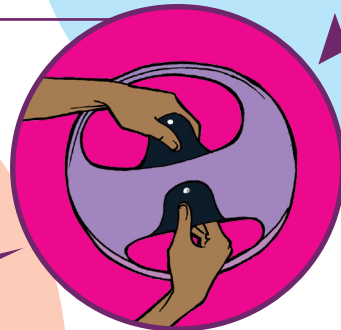
8 Koresha amazi meza n'isabuni kugira umesure ako gatambara. Uce urongorora mu mazi meza. Anikira ako gatambara ku zuba.



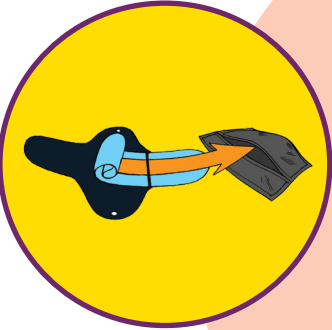
3 Shira ako gatuma gafata mu gahuzu ko muni, ukarabishe hejuru.



4 Fatisha neza ku gahuzu ko muni hama ufungire igifungo muni.



5 Hageze aho gakoreshwa. Guma usuzuma kugira urabe ko hataragera guhindura ako gatambara.



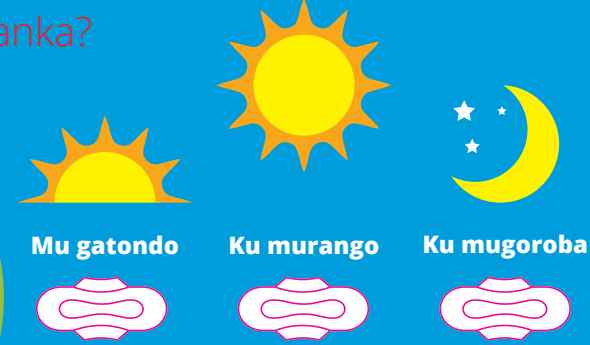
6 Ambura ako gatambara kamaze gucafura wambare gashasha. Udashoboye kukamesa ubwo nyene, kazinge ugashire mu gasaho.

7 Mu gihe bishoboka, shira ako gatambara mu mazi akanye arimwo isabuni mu kiringo c'iminota 15. Ivyo bifasha amaraso kuvamwo.

Wogumana gute isuku

mu gihe uri mu butinyanka?

Koresha imisi yose agatambara gasukuye kandi ugume uguhindura. Mu gihe ukoresheje agatambara gacafuye canke ukagakoresha umwanya muremure mutagahindura, bishobora gutuma wandura indwara canke ukaguma wiyagaza ku gihimba c'irondoka.



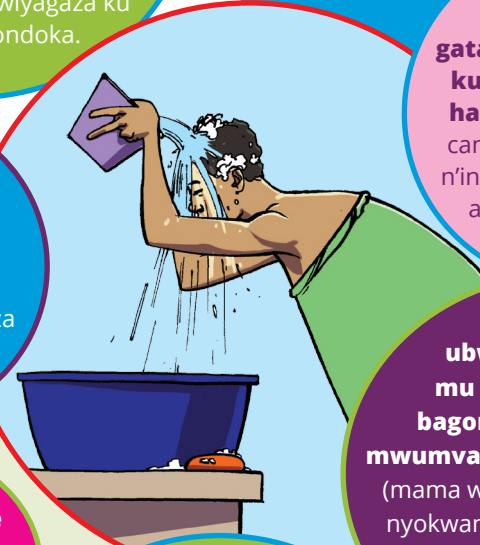
Mu gatondo

Ku murango

Ku mugoroba

Tegekanya guhindura ka gatambara wambarira ku gahuzu ko muni haciye amasaha ane canke munani, bivanye n'ingene amaraso yawe aza ari make canke menshi.

Karaba neza igihe cose uhejeje guhindura k'agatambara kugira ngo urwanye imigera ishobora kukwandukiza izindi ndwara.



Gumana isuku mu gihe cose uri mu butinyanka mu kuguma wiyozza n'amazi meza hamwe n'isabuni.

Kuribwa munda imbere canke uri mu butinyanka ni ibisanzwe. Kugira ugabanye ubwo bubabare, kora imyimenyerezo, wigorore canke ushire mu kiyunguyungu igitambara wacishije mu mazi ashushu.

Ntimugire ubwoba canke isoni mu kubibwira abandi bagore canke abakobwa mwumva mwoshobora kubiyaga (mama wawe, nyogosenge canke nyokwanyu, uwo mu muvukana, abakenyezi bakuze musanzwe mubana canke uwucungera ishule).