Ibiro byawe bishinzwe Ubuzima ku Ishuri Biguhaye Ikaze!

Muri Maine, Abaforomo b'Ishuri bavura abanyeshuri bose, bateza imbere ubuzima buzira umuze n'imibereho myiza, bafasha abanyeshuri kuguma mu ishuri, ndetse bahuza imiryango n'abafatanyabikorwa bo mu baturage. Zimwe muri serivisi umuforomo w'ishuri ashobora gutanga:

- gukurikirana uburwayi budakira
- gutanga imiti
- gushyiraho gahunda y'ubuvuzi ku muntu
- gukurikirana ibisabwa bijyanye n'inkingo
- gutanga ubutabazi bw'ibanze
- kwitegura ubutabazi bwihuse
- gukora amasuzuma y'ingenzi y'ubuvuzi hakubiyemo gusuzuma amaso, amatwi, mu kanwa, n'ibijyanye n'amarangamutima

Abaforomo b'ishuri bifuza ko abanyeshuri bamenya ko ntacyo bitwaye kujya kureba umuforomo akagusuzuma, akaguha imiti, akareba ko ufite ubuzima buzira umuze, n'imibereho myiza.

Iby'ingenzi ukwiye kubwira umuforomo:

Ni ingenzi kuvugana n'umuforomo w'ishuri. Uzuza Ifishi y'Ubuvuzi y'Umwaka iri ku mugereka utange amakuru menshi ashoboka, bityo rero umuforomo azabe yiteguye kwita ku mwana wawe. Amakuru utanga ni ibanga, ndetse umuforomo w'ishuri azayaha gusa abantu bayakenereye ubuzima buzira umuze bw'umwana wawe. Tanga uburyo wifuza ko twaguhamagaraho. Turagusabye shyiramo umwirondoro twahamagara mu gihe cy'amage turamutse tutakubonye. Mu gihe cy'amage hakeneye gutangwa ubufasha ndetse n'uwo twahamagara mu mage atabonetse, ikigo nderabuzima kizahamagarwa ndetse bibaye ngombwa na 911 (serivisi z'ubutabazi bwihuse) izahamagarwa.

Niba hari ibiribwa atemerewe, cyangwa imigenzo y'umuco isaba ko umuforomo wawe w'ishuri ahindura uko avura umwana wawe, tanga ayo makuru, ndetse n'ibindi byanogera umwana wawe.

Ibibazo bikunze kubazwa:

Ni ryari nkwiye gushaka umuganga, mu cyimbo cy'umuforomo w'ishuri? Mu gihe umwana wawe yarwara cyangwa agakomereka mu gihe cy'amasomo, umuforomo w'ishuri ashobora kumusuzuma kugira ngo bimenyekane niba akeneye ubuvuzi bwisumbuyeho; ariko nanone, ntuzohereze umwana wawe urwaye cyangwa wakomeretse ku ishuri kugira ngo ahasuzumirwe. Niba ushidikanya, hamagara umuforomo wawe w'ishuri: __(207-________________

Ni ryari umwana wanjye aba akwiye kuguma mu rugo? Muri rusange, abana baguma mu rugo iyo bafite, cyangwa bari bagize umuriro, barutse, cyangwa bahiswe mu masaha 24 ashize.

Ni ryari umwana wanjye yagaruka ku ishuri nyuma yo kurwara? Hariho amabwiriza atandukanye bitewe n'uburwayi, rero turagusabye hamagara umuforomo w'ishuri akubwire ibyihariye. Ku burwayi bwinshi rusange, umwana wawe akwiye kuguma mu rugo kugeza ibimyenyetso bigabanutse cyane, umwana wawe amerewe neza ndetse amaze masaha 24 nta muriro agifite atari gukoresha umuti ugabanya umuriro. Umuriro ni igihe igipimo kigaragaza 100.4°F (38°C) cyangwa kuzamura.

Umwana wanjye yagiye kwa muganga maze arakingirwa. Kuki dukwiye gusubirayo? Bishobora gukenera inshuro irenze imwe kugira ngo bimufashe bitewe n'inkingo umwana wawe akeneye, kandi ibyo ntacyo bitwaye.

Help Me Grow ni inkomatane y'imfashanyigisho igenewe imiryango.
https://www.maine.gov/dhhs/ocfs/support-for-families/child-development

Ibiro byawe bishinzwe Ubuzima ku Ishuri Biguhaye Ikaze!

Kwiyandikisha muri MaineCare bikorwa bite? Hamagara 211 uhabwe ubufasha. Kugira ngo umenye byinshi kuri MaineCare sura: https://www.maine.gov/dhhs/ofi/programs-services/health-care-assistance.
Ni gute nabona umuganga rusange, umuganga w'amenyo, cyangwa ikigo nderabuzima cy'ubuzima bwo mu mutwe? Hamagara 211 uhabwe ubufasha. Niba ufite ubwishingizi bwo kwivuza, ikigo cy'ubwishingizi bwawe cyakubwira abaganga bakorana. Umuforomo wawe w'ishuri ashobora kumenya ibigo nderabuzima by'aho, muri ako gace, biri kwakira abarwayi bashya! Dore imbuga nke zagufasha: https://mainehealth.findhelp.com/ cyangwa https://northernlighthealth.org/Find-Help

Niba serivisi z'ubusemuzi zikenewe, vugana n'ubuyobozi bw'ishuri mutegure uko wabona ururimi ushaka mu karere.