

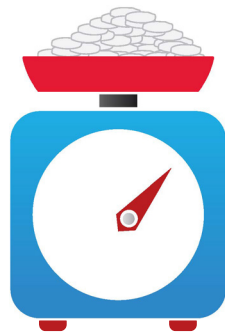
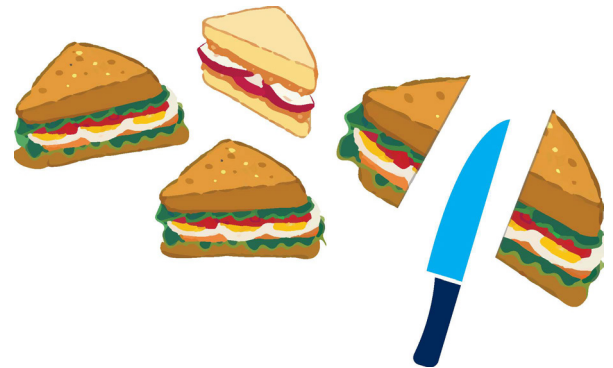
Reka duharurire muhira!



Koresha uburyo bwiza burimwo impanuro no kuryoherwa, mwiga kandi muvugana ibiharuro.

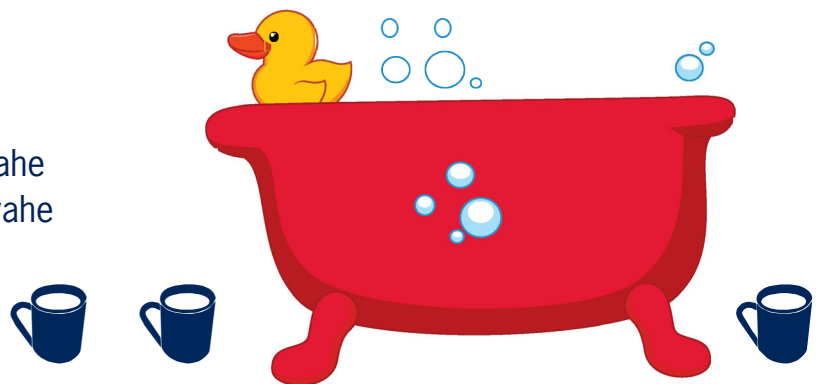
Ng'izi impanuro woherako ku mwana wawe:

- Igihe uriko urateka, vugana ingene ushobora gukata umukate mu bipande, mu duce, mu bwuzure no mu ngana mwanshi. Ufise udupande tungahe ubu?



- Mwoge amazi mwapimye mukoreheje udukombe mwujuje amazi. Ibikoresho ivyahe mwakoresheje mu gupima? Ibikoresho ivyahe vy'amazi mwakoresheje?

- Muteka murikumwe! Tegura ivyo ukoresha mu guteka, kandi rimwe na rimwe, muvugane ubushuhe bw'ivyo muriko muratekako.



Mubona, muharura kandi muvugane ibiharuro mu buzima bwanyu bw'iminsi yose!

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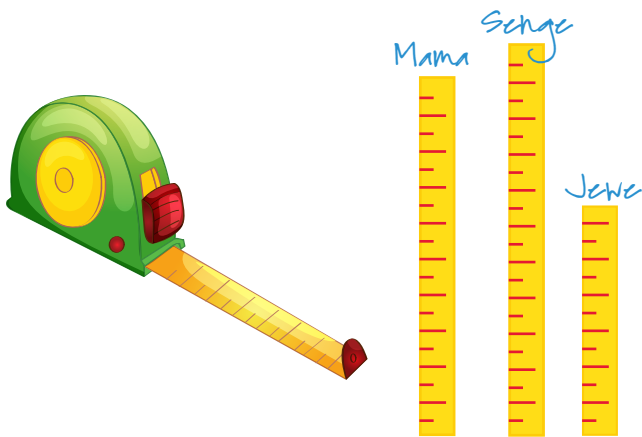
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Reka duharurire muhira!



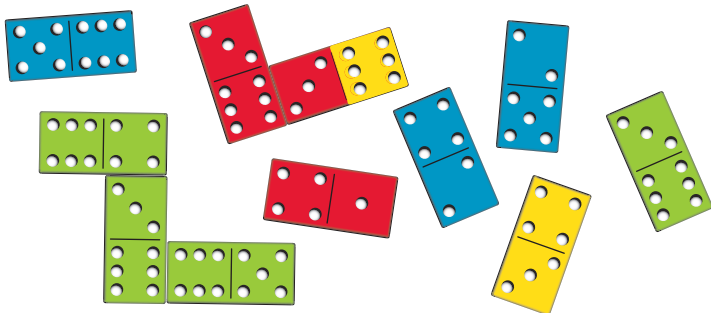
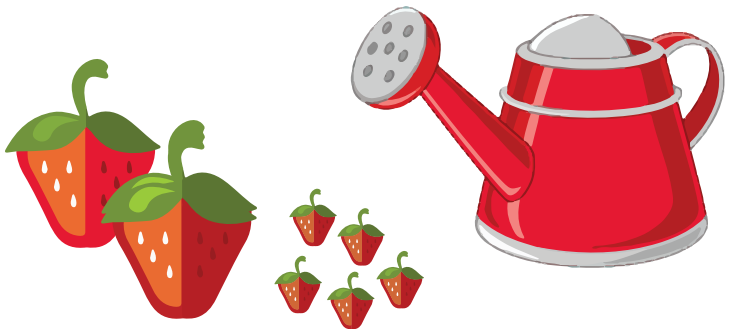
Uburyo buryoshe bwo kwigamwo ibiharuro uri muhira.

- Saba umwana wawe kugufasha kumesa. Shira hamwe amashesheti uko ajanye, ushire hamwe izingana.



- Koresha imetero mu gupima uburebure bw'umwana. Ninde ari muremure mu muryango wanyu? Ni nde ari mugufi?

- Mu murima, uhabona iki? Raba kandi ukine n'inganamwanshi, n'uburebure, hamwe n'uburemere.



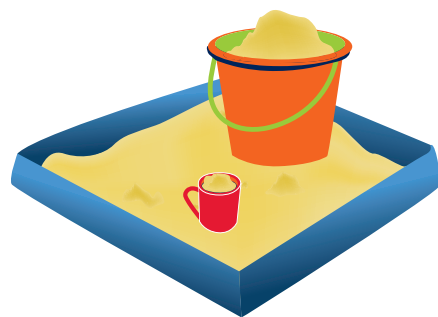
- Koresha amatafari canke domino kandi muvugane uburebure, ubwuzure mukoresheje uburorero.

Reka twige guharura!

Koresha uburyo bwiza burimwo impanuro no kuryoherwa, mwiga kandi muvugana ibiharuro.

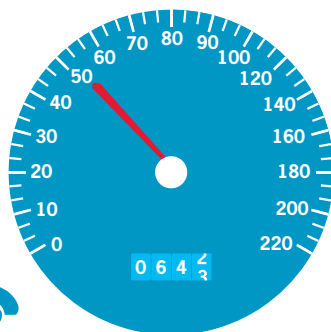
Ng'izi impanuro woherako ku mwana wawe:

- Gukinira hanze akoresheje amazi n'umusenyi. Koresha umunzane n'ibikoresho vyo guharura bijamwo amazi bifise ubunini butandukanye.



- Muri ahantu hari ibiti, kinisha uburebure, ubwaguke, uburebure bw'ikirere, ubwuzure. Woronka uburinganire kwadrato? Umuzingi?

- Mu mu modoka, mubona kandi muvugane ubunyarutsi be n'ikirere imodoka igenze. Hangana gute? Yanyarutse gute? Urugendo rungana gute?



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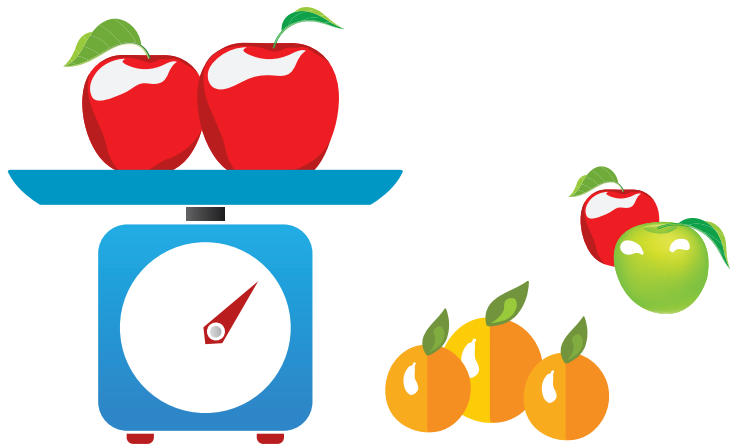
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Reka twige guharura!

Ukuryo bundi buryoshe bwo kwigamwo ibiharuro hanze yo muhira.

- Iga ibiharuro uri mw'isoko. Koresha umunzane mu gupima ibiro, muvugane ingero, amabara. Woronka amapome 2 y'agahama? Ikiremereye n'icahe: ipome canke umucungwe N'iki kiri aho mu muduga? Tandukanya ivyo bikoresho mu mirwi uravye ubunini, amabara, n'uburinganire.



- Harura intwambwe zawe. Tomboza intambwe kuva aha gushika harya...?



Mubona, muharura kandi muvugane ibiharuro mu buzima bwanyu bw'iminsi yose!

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