Icyifashishwa mu guhitamo intebe y'umwana yo mu modoka

THE SAFE MOBILITY PROJECT

Akron Children's | GOODYEAR FOUNDATION

Pawundi 4 - 40 kandi akuzuza

MUNSI YA PAWUNDI 4 SABA UBUFASHA

IREBA INYUMA IFITE UMUKANDARA W'UMWANA



INTEBE Y'UMWANA YO MU MODOKA IREBA INYUMA GUSA

Munsi ya inci 29



INTEBE IREBA INYUMA IHINDURWA

Hagati ya inci 1-43

Pawundi 40 - 65 kandi akuzuza

IREBA IMBERE IFITE UMUKANDARA W'UMWANA



INTEBE IREBA IMBERE IHINDURWA

Hagati ya inci 35-49 gomba kuba afite nibura imyaka

Pawundi 65 - 120 kandi akuzuza

INTEBE IZAMURA UMWANA KUGIRA NGO UMUKANDA UMUFATE UKO BIKWIYE



INTEBE YO MU MODOKA IZAMURA UMWANA Y'URWEGAMIRO RURERURE

Hagati ya inci 44-60 Agomba kuba afite nibura imyaka 5

Pawundi 120 +

GUKORA NEZA IGENZURA RY'INTAMBWE 5

OYA GUSABA UBUFASHA

YEGO

INTEBE Y'UMWANA SI NGOMBWA

KORESHA UMUKANDARA W'UMUTEKANO W'ABANTU BAKURUBE



INTEBE YO MU MODOKA IZAMURA UMWANA IDAFITE URWEGAMIRO

Hagati ya inci 44-60 Agomba kuba afite nibura imyaka 5

Intebe z'abana zo mu modoka ziratandukanye. Reba agatabo k'amabwiriza k'intebe y'umwana kugira ngo umenye ibisobanuro byihariye bijyanye na yo.

IGERAGEZA RY'INTAMBWE 5 N'IBINDI BISOBANURO >

Intebe Ishyirwa mu modoka y'umwana

Ireba inyuma ifite imikandara

Iyimyanya ubusanzwe ikwiranye n'abana bafite pawundi 4 na pawundi 30 ariko buri ntebe y'umwana iba yihariye. Intebe zo mu moodka zitangira ku bana bafite pawundi 4 kandi zimwe zihera ku bapima pawundi 5, zikagarukira ku bapima pawundi 22 cyangwa 30. Izi ntebe buri gihe zihora zireba inyuma h'imodoka. Umwana nagira indeshyo CYANGWA ibiro ntarengwa kuri iyi ntebe, agomba kwimurirwa ku ntebe ireba inyuma ihindurwa Ushobora gushyiramo iyi ntebe ukoresheje umukandara w'umutekano cyangwa imigozi yo hasi iyifata Reba agatabo k'imodoka k'amabwiriza yo gukoresha iyi ntebe y'umwana ubone andi makuru.

Intebe yo mu modoka ihindurwa

Ireba inyuma ifite umukandara cyangwa ireba inyuma ifite imikandara

Iyi myanya ubusanzwe ikwira abana bafite pawundi ziri hagati ya 5-65. Abana bose bagomba kwicara mu ntebe ireba inyuma h'imodoka kugeza bagejeje ku burebure CYANGWA ibiro ntarengwa byemewe by'intebe yabo ihindurwa ireba inyuma. Iyo umwana agejeje ku burebure cyangwa ibiro ntarengwa byemewe ku ntebe ireba inyuma, intebe ihindurwa ishobora guhindurwa ikarebeshwa imbere. Ushobora gushyiramo iyi ntebe ukoresheje umukandara w'umutekano cyangwa Uburyo bwa LATCH bwo kuyifatisha. Iyo intebe yashyizwemo ireba imbere ukoresha akuma ko hejuru ko kuyishyigikira. Umwana nagira indeshyo cyangwa ibiro ntarengwa kuri iyi ntebe, agomba kwimurirwa ku ntebe imuzamura Reba agatabo k'imodoka k'amabwiriza yo gukoresha iyi ntebe y'umwana ubone andi makuru.

Intebe imuzamura ifite urwegamiro rurerure cyangwa itarufite

Intebe imuzamura kugira ngo umukandara w'umutekano umufate uko bikwiye

Koresha iyi ntebe ku bana bamaze bakarenza uburebure n'ibiro ntarengwa bisabwa ku ntebe ireba imbere ifite umukandara w'umwana. Intebe zizamura umwana zikora mu rwego kuzamura umwana zikamugeza ku burebure kugira ngo umukandara w'umutekano udakora ku ijosi rye nyuma yo kuwufunga. Iyi ntebe sihobora kuba ifite urwegamiro ruvanwaho rufite umwanya unyuzwamo umukandara w'umutekano. Gutunganya aho umukandara unyura bituma umukandara w'umutekano udakora ku ijosi ry'umwana. Niba umwana ari muremure bihagije, akuma gashyira umukandara mu mwanya wawo ntikazaba kagikenewe kugira ngo umukandara w'umutekano udakora ku ijosi ry'umwana. Icyo gihe, vanamo urwegamiro maze ukoreshe iyi ntebe nk'intebe izamura umwana itagira urwegamiro. Niba imodoka idafite urwegamiro rw'umutwe rufashe ku ntebe hakenewe intebe imuzamura ifite urwegamiro rurerure. Abana ntibagomba kwimukira ku ntebe zisanzwe z'abantu bakuru no gukoresha umukandara w'umutekano kugeza byibura bafite imyaka 8 cyangwa bafite fiti 4 na inci 9 by'uburebure, kandi bagatsinda Ikizami cy'Intambwe 5.

Uburenganzira bw'umuhanzi © Akron Children's Hospital. Uburenganzira bwose burakomye.











Ese umwana wawe akeneye intebe imuzamura?

Ikizami cy'intambwe 5

(ku bana bafite imyaka 8 kuzamura)

Buri modoka irihariye kandi ikenera 5-Ikizami cy'Igenzura

1. Ese umwana wawe yicara yegamye neza umugongo wose ufashe ku ntebe y'imodoka?
2. Ese amavi y'umwana wawe arihina neza akagera ku mpera y'umwanya yicayemo mu modoka?
3. Ese umukanda w'umutekano wambukiranya urutugu rw'umwana wawe ukanyura hagati y'ijosi n'ukuboko?
4. Ese umukandara wo ku matako uramanuye bishoboka, ukaba ukora ku bibero?
5. Ese umwana wawe ashobora gukomeza kwicara gutya mu gihe cyose urugendo rumara?

OYA

Nusubiza "OYA" ku kibazo icyo ari cyo cyose mu biri haruguru, umwana wawe agomba kugendera mu modoka yicaye mu ntebe imuzamura.

YEGO

Niba ibisubizo byose ari "YEGO", umwana wawe aba atsinze ikizami cy'intambwe eshanu kandi ntaba agikeneye intebe imuzamura.

KUGIRA NGO USABE UBUFASHA:

Hamagara 330-543-8942 | SafeMobilityProject.com

Urwego rw'Abaganga b'Abana muri Amerika (American Academy of Pediatrics, AAP) na Akron Children's Hospital bitanga inama ko abana bose bafite munsi y'imyaka 13 bakomeza kwicazwa mu ntebe z'imodoka z'inyuma.

BYAVUGURUWE 20260305