

Gufasha Abana Kuvyifatamwo neza

Inyuma y'lkiza

Ivyago bishobora gusiga abana n'imiya baba bumva bafise ubwoba, bazazaniwe hamwe n'ukumva badatekaniwe. Inyishu zabo zishobora kuba zitandukanye. N'ivyingira kamaro kutamenya gusa ivyo bintu, ariko kandi ko ufashe abana kuvyifatamwo neza mu nyiyumvo zabo.



Nuyage numwana wawe (abana bawe) ibijanye nico gihuhusi. Tangura ubaze kubijanye n'ingene batahura ivyabaye.

Nuwumvirize ukudatahura ukwariko kwose kwoshobora kuba hamwe n'ubwoba na/canke imyitwarariko. Kemura ukudatahura ubwambere kanyuma ukemure ubwoba ubwaribwo bwose na/canke imyitwarariko ishobora kuba.



Himiriza abana bawe kubaza ibibazo kandi wishure ivyo bibazo buno nyene. Nkuko biri kubakuzwe, abana barashobora kuvyifatamwo neza mu gihe c'ihungabana mugihe bumva ko baritahura.



Ibuka gusangiza abana bawe uko wiyumva kubijanye n'ihungabana. Aka ni akaryo keza ko kuba akarorero mu bijanye n'ukuntu umuntu yovyifatamwo neza be n'ukuntu yotegura kazoza. Menya neza ko ushobora kwerekana umugambi mwiza canke ivyizigiro.



Gusubiriza umutima mu nda abana kubijanye n'intambwe ziriko zirafatwa kugira ngo bakingirwe. Ivyago n'ayandi mahungabana bitwibutsa ko tudakingiwe ijana kwijana no kutagirigwa nabi. Gusubiriza umutima munda abana ko bategerezwa kwumva batekaniwe mu mashure, imuhira, hamwe no mukibano vyabo.

Impanuro kubijanye no Gufasha Abana Kuvyifatamwo neza

Nusigura - muburyo bworoshe kandi butomoye bishoboka - ivyo biriko biraba canke bishobora kuba. Urugero rw'ivyo abana bokenera kumenya bivana n'imyaka yabo urugero rw'iterambere ryabo be n'ukuntu bihangana mukuvyifatamwo neza. Nk'akarorero, abana bakuze muri rusangi bashaka, kandi bazoronka inyungu zivuye, mu makuru menshi asiguye neza gusumvya abana bakiri bato. Kubera yuko buri mwana aratandukanye, fata ibimenyetso kubana bawe bwite kubijanye n'amakuru ukwiye gutanga.

Kugabanya amakuru yerekeye ivyago be n'ibindi bintu biteye akaga, canecane kubana batoyi. Niwiyumvire ibijanye n'ibimenyeshamakuru vyose, ushizemwo imboneshakure, internet hamwe n'imbuga ngurukanabumenyi. Mugihe abana bakuze bariko barorera imboneshakure, gerageza kurerarana nabo kandi ufate akaryo ko kuganira nabo ivyo muriko murabona hamwe n'ukuntu bigutuma wiyumva hamwe n'uko abana bawe bibatuma biyumva.

Fasha abana bawe kumenya ido nido ivyo bashobora gukora kugira ngo bafashe abatewe n'ivyago biheruka kuba. Aho kwibanda kuvyari gushobora gukorwa, niwibande kuvyashobora gukorwa ubu kugira ufashe abagiriwe nabi n'ivyo vyago.

Nimba ukeneye ubufasha, hamagara canke wandikire Disaster Distress Hotline: 1-800-985-5990, canke uhamagare canke wandikire 988 kugira ushikire Suicide & Crisis Lifeline.



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Helping Children Cope

Following a Disaster

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



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