Gutegura gahunda ituma umwana wawe akomeza kugira ubuzima buzira umuze

Shishikariza abandi

Fasha abandi kureka itabi/itabi rya elegitoronike, niba biteguye. Nubwo kureka itabi ari amahitamo y'umuntu ku giti cye, ushobora kugira uwo ufasha kurireka umuhaye ubufasha ukanabimushishikariza.

Ni gute abana bahura n'itabi/itabi rya elegitoronike ryanywerewe hafi yabohafi cyangwa ryasigaye aho ryanywerewe?

Abana bashobora guhurira n'itabi cyangwa itabi rya elegitoronike ryanywerewe hafi yabo:

- Mu rugo cyangwa mu modoka
- Ahahurira antu benshi
- Aho arererwa cyangwa mu nzu y'umuntu wo mu muryango
- Mu dushyamba cyangwa aho bakinira
- Hafi y'imiryango y'amaguriro na resitora

Impinja n'abana bashobora guhura n'itabi/itabi rya elegitoronike ryasigaye aho ryanywerewe iyo:e

- Bakambakamba banakinira ahantu hahuy n'ibinyabutabure hasi no mu ntebe n'ameza
- Bakoze, bafashe banahekenya ibintu byagiyeho ibisigazwa by'itabi
- Guterurwa n'abakuze bambaye imyenda, bafite imisatsi n'uruhu byahuye n'ibinyabutabire by'itabi/itabi rya elegitoronike

Gukumira guhura n'itabi

- Ntukanywere itabi/itabi rya elegitoronike mu rugo cyangwa mu modoka.
- Rinda umwana wawe aho abantu bari kunywera itabi/itabi rya
- Saba abaturanyi kutanywera itabi aho niba muba muri aparitoma.
- Korera isuku ahantu abana bagera, hashobora kuba hahuye n'itabi/ itabi rya elegitoronike.

Byateguwe na McMillen Health