

Kuba se w'umwana

Being a Dad

Kirundi/Ikirundi



Ba se b'abana mu bibano vyose no mu mico kama ni ngirakamaro cane ku miryango. Hariho uburyo bwinshi bwo kuba se w'abana. Ingene ba se b'abana bakora ibintu bimwe muri Australia bishobora kuba ari bishasha kuri wewe.

Se w'abana hamwe n'imiryango

Ba se b'abana bafise uruhara riunini mu muryango, hamwe n'ukugene abana bakura n'ingene biga.

Imiryango irunguka igihe ba se b'abana:

- > bitonda kandi bihangana
- > bubaha umuntu wese wo mu muryango
- > bafise uruhara mu kwitwararika abana
- > bakingira abana ibibagirira nabi
- > baronka imfashanyo igihe bayikeneye.

Ba se b'abana bamwe baza muri Australia basanga uruhara rwabo mu muryango ruhinduka. Bashobora kugira uruhara runini mu kurera abana, cane cane iyo ata muryango wagutse ubafasha nk'uko vyahoze imbere yuko baza.

Se w'umwana yitonda akitwararika atuma umuryango wose ukomera kurusha uko wahora.



Kuba se w'abana bishobora kukuzanira akanyamuneza kenshi. Ufise uruhara rukomeye mu muryango.

Reka abana bagufashe
gukora ibikorwa.
Bishobora gufata umwanya
muremure ariko vy'ukuri
bibafasha kwiga.

Ivyo ba se b'abana bashobora gukora

Ba se b'abana muri Australia bahimirizwa gufasha abana kugira ngo bakure kandi bige biciye:

- > mu kumarana umwanya nabo, kuvugana, gukina hamwe n'ukunezeranwa na bo
- > kubaba hafi mu ubuzima bwabo bwa misi yose:
 - mu kugaburira, kwoza, kwambika abana bakiri bato
 - kubajana kw'ishuli, ku baganga
 - kugirana n'abana inkino zo kwinonora canke ibindi bikorwa
- > gusangira no kuvugana n'abana ibiri mu bitabu - haba mu C'ongereza canke mu rundi rurimi
- > kubatera inkuru zijanye n'ubuzima bwabo bwite canke mu mico kama.

Ba se b'abana barashobora kwigisha abahungu babo kwitonda no kwitaho abandi, hamwe n'abakobwa babo kwitega icubahiro mu migenderanire yabo.

Abavyeyi bashize hamwe

Imiryango irakomera cane igihe abavyeyi bafitaniye imigenderanire myiza, mbere naho batoba baba hamwe. Ni ngira kamaro kuri ba se b'abana guha agaciro abagore bose mu muryango.

Birafasha igihe:

- > ba se barerekana ko bitwararika. Fasha nyina w'abana kuruhuka, kwisanzura, kuja mu karuhuko
- > abavyeyi basangira ibikorwa vyo kurera, kandi bagafatira ingingo hamwe.

Iyo hadutse ingorane, ntimurwanire imbere y'abana canke ngo uvuge amajambo mabi kuri nyina wabo. Hariho amashirahamwe ajejwe gufasha ku bijanye n'imigenderanire mu miryango.



Twovuga iki ku bijanye n'indero nziza?

Indero nziza bisigurakwerekana abana no kubafasha kwiga kugira inyifato wipfuzako bogira.

Birafasha abana kwiga igihe wewe:

- > ugira ukwihangana kandi ugasigura kenshi gashoboka, ico ushaka n'igituma gifise akamaro
- > uguma utekereje, naho woba ushavuye
- > ugerageza gutahura igituma abana bariko 'bigenza nabi'
- > uvugana na bo kandi mutorere umuti hamwe.

Gukubita canke guhana abana ntibibafasha kwiga. Bashobora kwubaha ariko bakabura akaryo ko kwimenyereza gutorera umuti ingorane. Gukubita ugahasha abana ku mubiri biciye kubiri n'amategako. Hariho abajejwe gufasha igihe woba ufise ibibazo.

Ba se b'abana ni
uburorero ku bana babo.
Igihe cose wigenze uko
ugomba ko n'abana bawe
bigenza.



Igihe ba se b'abana bafise ingorane

Iyo hari ingorane mu buzima bwawe, biragora cane kuba se w'abana.

Birashoboka ko habaho:

- > ukwibuka ivyabaye muri kahise
- > uguhagarika umutima ku bakunzi basigaye inyuma
- > ingorane z'magara, ubuzi, amaviza, akaborerwe, akamari, ibiyayura mutwe.

Birashobora gufasha:

- > kuvugana n'ishirahamwe. Ba se b'abana barahawe ikaze kandi amashirahamwe amwe arafise indinganizo sihariye kuri ba se b'abana
- > reka abana babone ko ibintu vyawe biriko biragenda neza kurusha. Bariga ingene botorera imiti ingorane bavyigiyeye kuri wewe.

Ivy' ari vyo vyose vyoba biriko biraba, urashobora kuba se w'abana mwiza. Kora uko ushoboye kugira abana bamenye ko ubakunda.

Guma uremesheje umuryango wawe mu kuwurinda intambara.

Ba se b'abana barafise akamaro na bo nyene. Fata akaruhuko igihe ubishoboye, kora ivyo unezererwa, kandi witwaririke amagara yawe. Bonana na muganga nimba wumva yuko wama urushe, utamerewe neza, ubabaye ku mutima canke ushavuye.

Intambara mu muryango

Rimwe na rimwe ba se b'abana n'abandi barakoresha intambara mu ngo. Ivyo NTIVYEMWE na gatamu mico kama iyo ari yo yose no mu kibano. Birahanwa n'amategeko muri Australia.

Ugukoresha intambara bishobora:

- > kuba ivyo ku mubiri, nk'ugukubita, canke ugusunura
- > kuba ibibabaza umutima, nko gutera ubwoba, kurenza urwamo, kubeshera umuntu, gutuma abantu biyumva nabi
- > kugenzura ivyo abantu bakora.

Intambara ibabaza uw'ari we wese mu muryango. Abana barababazwa n'umwitwarariko uterwa n'intambara n'aho batoba bawubona canke ngo bawumve. Bihindura ingene ubwonko bwabo bukora kandi ntibashobora gukura canke ngo bige. Intambara mu muryango ituma biragora cane ko abakuze kwitwararika abana.

Nimba wumva ushavuye cane canke ushobora kugirira nabi umuryango wawe, rondera iyo uja kugeza utururuye. Kora uko ushoboye kugira ngo abana babe mutekano ubwa mbere. Fata inzira zigushikana ku kwiga uburyo bwiza.

Iyo habayeho
intambara mu rugo iwawe
rondera uwotabara muri
ako kanya nyene. Iyo hari ho
ikikugeramiye, akura polisi
kuri 000.

Amashirahamwe

Ugutabara

000 Inyamiramabi, Umuriro, Rusehabaniha (Police, Fire, Ambulance)
13 14 44 guhamagara inyamiramabi iyo hari ingorane ariko atari akaga kihutirwa

Abasobanuzi

Ikigo gisobanura indimi (Interpreting and Translating Centre)
1800 280 203, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Gusobanura kuri terefone canke amaso mu yandi www.translate.sa.gov.au

Ibikorwa vyo gusobanura indimi (Translating and Interpreting Service (TIS National))
1300 364 100 mu mpanuro zijanye n'amagara y'umwana hamwe no kurera
bo kuri terefone www.tisnational.gov.au

Kurera

Umurongo wo gufasha abavyeyi (Parent Helpline)
1300 789 978 mu mpanuro zijanye n'amagara y'umwana hamwe no kurera

Ibikorwa bijanye n'amagara y'umwana n'umuryango (Child and Family Health Service (CaFHS))
1300 733 606, isaha 3 mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu usabe umubonano. Inzoya n'abana batarakwiza imyaka itanu bavugwa ku buntu. Abaforoma barashobora gufasha mu vy'amagara y'abana, ugufungura, ugusinzira n'ugukura
Raba aha www.cyh.com ku bijanye n'amagara y'abana hamwe n'amakuru ajanye n'ukurera

Ikigo c'Abaluteri citaho imiryango yo mu kibano (Lutheran Community Care Family Zone)
8349 6099, isaha 3 mu gitondo gushika isaha 10 ku muhingamo, kuva kuwambere gushika kuwa kane no guhera, isaha 3 mu gitondo gushika isaha 9 ku wa gatanu 2 Belalie Road, Ingle Farm
Imirwi y'abagabo yo kurera abana, imigwi y'inkino hamwe n'ugushigikira abagabo www.lccare.org.au

Urunani rwo kurera abana (Raising Children Network)
Amakuru yerekeye kurera hamwe n'amareresi mu ndimi nyinshi <http://raisingchildren.net.au>

Parenting SA
Utundi dutabo tw'abavyeyi tworoshe n'utundi rusangi two mu mico myinshi ku rutonde rw'ibigabane vyinshi, hari mwo 'Kuba se w'abana', 'Urera abana gute?' www.parenting.sa.gov.au

Imigenderanire mu miryango

Mensline Australia
1300 789 978 umwanya uwo ari wo wose haba ku murango canke mw'ijoro umwanya n'uwutanga impanuro ku bagabo ku bijanye n' imibereho myiza, imigenderanire canke ibibakiye umuryango www.mensline.org.au

Relationships Australia (Multicultural Services)
1300 364 277 canke 1800 182 325 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu

- > Ugushigikira imigenderanire mu miryango, abana n'imiyabaga, gukina akamari, intambara, umugera wa SIDA, indwara y'igitigu www.rasa.org.au
- > Gufasha imiryango inyuma yo gutandukana www.rasa.org.au/services/post-separation/family-dispute-resolution

AC Care – Communities for Children (Cfc)
1800 880 913
Imfashanyo ku bana bari hagati ya imyaka 0-12 hamwe n'imiryango yabo iri muri Limestone Coast, Murraylands na Riverland, harimwo n'integuro y'uburezi ku bagabo www.accare.org.au/family-children

Amagara yo ku mutima n'ukumererwa neza

Ishirahamwe rifasha abacye mw'ihohoterwa n'abari mw'ihahamuka hamwe no kubasubiza mu buzima busanzwe (Survivors of Torture and Trauma Assistance and Rehabilitation Service (STTARS))
8206 8900, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
81 Angas St, Adelaide; 11 Wehl Street, Mt Gambier
Ku wo ari we wese yakozweko n'ivyabaye nk'intambara, ugukoresha igikenye, kubura abo yakunda imbere yuko baza muri Australia www.sttars.org.au

Beyond Blue
1300 224 636 umwanya uwo ari wo wose haba ku murango canke mw'ijoro canke uvugane n'umuntu ku buhinga ngurukanabumenyi
Amakuru n'ugushigikirwa iyo umuntu yumva ababaye canke afise umutima uhagaze Amakuru ari mu ndimi zitandukanye www.beyondblue.org.au

Lifeline
13 11 14 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu yumva yuko ababaye, ahagaritse umutima, canke yibaza ko ashobora kwigirira nabi www.lifeline.org.au

Intambara mu muryango

Kuronka imfashanyo ku bijanye n'ishavu canke intambara

Umurongo wo kwitabaza iyo hari intambara mu nzu (Domestic Violence Crisis Line)
1800 800 098 umwanya uwo ari wo wose haba ku murango canke mw'ijoro <http://womenssafetyservices.com.au>

Raba kandi Australian Refugee Association, Australian Migrant Resource Centre na Relationships Australia kuri runo rupapuro.

Amashirahamwe mpuzamico

AMES Australia
7224 8550, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Aho ushikira, 212 Pirie Street, Adelaide
7224 8500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
2/59 Commercial Road, Salisbury
Ibikorwa vyo guha uburaro impunzi n'abimukira baheruka gushika mu gihugu www.ames.net.au/locations/find-sites

Ishirahamwe ryitaho amagara y'impunzi (Refugee Health Service)
8237 3900 canke 1800 635 566 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
21 Market Street, Adelaide
Ibikorwa bijanye n'amagara y'impunzi zishitse vuba hamwe n'abarondera ubuhungiro

Ikigo ca Australia kijewe ivyankenerwa vy'abimukira (Australian Migrant Resource Centre)
8217 9500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
23 Coglin Street, Adelaide
Ibikorwa vyo gutanga uburaro imigenderanire, mu miryango n'ibikorwa birwanya intambara mu miryango ku bimukira, impunzi n'abarondera ubuhungiro
Raba kuri www.amrc.org.au ku bibanza vyo mu gisagara n'inyuma y'igisagara

Ishirahamwe rijewe impunzi muri Australia (Australian Refugee Association)
8354 2951, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
8281 2052, isaha 3:30 mu gitondo gushika isaha 10:30 ku muhingamo, kuva kuwambere gushika kuwa gatanu
1 Brown Terrace, Salisbury
Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

Aka gatabo koroshe kayobora abavyeyi ni kamwe mw' 9 twateguwe na Parenting SA ku miryango mishasha yo mu bibano bitandukanye icinjira muri Australia y'efyo. Twashaka gushimira amashirahamwe menshi n'imiryango yaterereye ubuhinga n'ubumenyi bwabo mu gutegura utu dutabo, cane cane imiryango hamwe n'abakozi amafoto yabo aboneka muri two.

Parenting SA ifashanya n'Ubuyobozi bw'Indero hamwe n'urunani rwitaho amagara y'abakenyeyi n'abana.

Iterefone (08) 8303 1660
www.parenting.sa.gov.au

Udutabo tworoshe tuyobora abavyeyi tuboneka kuri gusa muri Australia yefyo

Icitoronderwa: Inkuru zirimwo ntizitwara ikibanza c'impanuro woshobora kuronka kuva kubantu babinonosoye.

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Government
of South Australia