

Kurerera abana muri Australia

Parenting in Australia

Kirundi/Ikirundi



Abavyeyi bo mu mico yose no mu bibano vyose barahuriza ku rukundo bakunda abana babo kandi babipfuriza ivyiza. Hari inzira nyinshi zo kurera abana. Zimwe mu nzira zo kureramwo abana muri Australia zishobora kuba nsha kuri wewe.

Kurera abana mu muco mushasha

Igihe uri umuvyeyi mu muco mushasha, ushobora gusanga yuko:

- > ubuzima bw'abana bawe butandukanye cane n'igihe wari ukiri muto
- > Ibintu bimwe bimwe vyitezwe ku bavyeyi si ivyo wari usanzwe umenyereye
- > ntugifise imfashanyo ikomoka mu muryango wagutse nk'uko vyari biri mbere.

Nimba ushaka umuntu muvugana, canke ufise impungenge canke ingorane, hariho abantu benshi n'amashirahamwe menshi ashobora kugufasha. Vyoba vyiza kumenya yuko utari wenyene.

Abavyeyi bafise uruhara runini cane mu gufasha abana kumenyera mu gihugu gisha. Bigisha uburanga bw'umuryango kandi barashobora gufasha abana kwiga, gushika ku bintu kanaka kandi bakagumana imigenderanire n'imico yabo.



Umwe wese mu muryango ariko aramenyera ubuzima mu muco mushasha arimwo. Kwigira ibintu hamwe bishobora gufasha imiryango kuguma ikomeye.



Government of
South Australia

Gufasha abavyeyi kuba beza uko bashoboye

Ico amategeko avuga ku kurera abana

Itegeko ryo muri Australia riremerera abavyeyi kurera abana hakwirikijwe uburangamutima n'ukwemera kwabo si kazima abana baba bari mu mutekano kandi bitwararitswe.

Abavyeyi bakwiriye kuraba neza yuko abana:

- > bakingiwe icobakomeretsa
- > bafise ahantu ho kuba, ivyo kurya n'impuzu
- > baja kw'ishuri
- > bitaweho iyo barwaye
- > bafashwa mu bijanye n'amahera.

Abavyeyi barafise uruhara ku bana gushika bakwije imyaka 18. Ku myaka 18, abana mu bijanye n'amategeko baharurwa ko bakuze. Bensi babandanya babana n'abavyeyi babo.

Imiryango muri Australia

Hariho ubwoko bwinshi bw'imiryango muri Australia.

Hariho imiryango igizwe na:

- > abavyeyi bose hamwe n'abana babo
- > umuvyeyi umwe areze abana
- > abavyeyi bahukanye canke baba kubiri ariko bakaba basangiye kurera abana
- > abakuze bashize hamwe abana bakomoka ku bo bari bubakanye kera bakaba babana nk'umurango umwe
- > abavyeyi basangiye igitsina - abagore 2 canke abagabo 2 n'abana babo
- > sekuru na inakuru wa muntu canke abandi bantu bakuze bareze abana.

Imiryango imwe ni mito. Iyindi nayo ifise abana bensi canke incuti nyinshi zibana nayo.

Ubwoko
bw'umuryango
ubwo ari bwo bwose
ukomokamwo, ni ikintu ca
mbere ngirakamaro mu
buzima bw'abana.





Uburyo bwo kurera abana

Hariho uburyo bwinshi bwo kurera abana.
Abavyeyi bo muri Australia bahamagarirwa:

- > kwitonda no kwihangana
- > kumarana umwanya n'abana, kuganira na bo, gukina na bo, kunezeranwa na bo
- > kuyobora abana no kubafasha kwiga
- > gutahura ingene abana biyumva
- > kugira amategeko atomoye, afise ishingiro, agenga umuryango
- > gusaba imfashanyo iyo hari igiteye amadidane.

Ba se b'abana vyongeye bahamagarirwa:

- > kugira uruhar mu vyo kwitaho abana kuva bakivutse
- > kwubaha nyina w'abana n'abandi bagore bari mu muryango
- > gukingira abana mu muryango.

Kurera biroroha kuruta igihe abakuze mu muryango baja hamwe mu kurera abana.

Abavyeyi na bo nyene ni ngirakamaro. Gerageze gufata akaruhuko igihe cose bishoboka, kora ibantu unezerererwa gukora, kandi ucungere amagara yawe.

Guhuza n'abana

Kugira imigenderanire myiza n'abana bawe bishobora gutuma ukurera vyoroha. Inzira zimwe zo kwubaka imigenderanire myiza n'abana ni nk'izi:

- > kuganira no gutega ugutwi abana bawe
- > kurira hamwe nk'umuryango
- > gukorera hamwe udukorwa two muhira
- > kunezerererwa hamwe ibihe vyiza
- > gutorera hamwe umuti w'ingorane
- > umvikana ku mategeko agenga umuryango, nko kudasotorana no kwitwararikana, kudasinda, kudakankamirana canke kwitana amazina, kuvuga 'mbabarira', gusangira no guhana imbu; umwanya wo kumara muriko muraraba TV canke gukoresha terefone canke ibindi bintu bisamaza.

Igihe
abana bumva
ko bumvirizwa,
imigenderanire
ikomera.

Impanuro ku kwiga kw'abana

Hariho uburyo bwinshi abavyeyi bashobora
gufasha abana babo kwiga. Urashobora:

- > kubasomera ibitabo guhera bakivuka - mu Kingereza canke mu rundi rurimi, canke ukabatera inkuru zo gihugu cawe
- > kubakangurira gukina n'ibantu vyinshi binyuranye kandi bakerebuke iyo basohotse
- > kwigisha abana kwikorera ibantu bo nyene ubwabo
- > kwerekana yuko unezerezwe n'uko umwana yize ikintu gisha.

**Abana barunguka iyo bagiye aho barerera
abana hamwe no mu mashuri yo
kwimenyerezamwo kuva bakiri bato.
Abana bagendana ubumuga na bo nyene
barahawe ikaze muri aya mashirahamwe no
mu mashure. Abana bose barafise
uburenganzira bwo kuronka indero.**



Ivyerekeye inyifato vyo bite?

Abavyeyi bahamagarirwa kwitonda no
kwihangana mu gihe abana bariko bariga ingeso
n'inyifato babitezeko.

Birashobora gufasha mu:

- > gusigura ivyo ushaka n'igituma ari ngirakamaro
- > guha abana umwanya wo, kwimenyereza iyo
nyifato
- > kugerageza gutahura ikintu cose coba gituma
'bagira inyifato mbi'
- > kuguma utekereje, nubwo woba ushavuye
- > kuganira n'abana no gutorera umuti hamwe.

**Gukubita canke guhana abana ntibibafasha
kwiga. Barashobora kukwumvira ariko
bakabura akaryo ko kwimenyereza gutorera
umuti ingorane. Ibihano bikomeye vyo ku
mubiri ku bana binyuranye n'amategeko.
Hariho amashirahamwe ashobora kugufasha
nimba hari ingorane uriko urabona.**



Abana bigira ku vyo
abavyeyi bakora. Igenze
imisi yose uko wipfuza
yuko abana bawe
bokwigenza.

Mbega abana barashobora gukurwa ku bavyeyi babo?

Abavyeyi bamwe bamwe barafise ubwoba bw'uko bashobora kwakwa abana babo.

- > Iryo ntibikunze gushika.
- > Iryo bishika gusa iyo abana bageramiwe n'intambara, uguhoterwa canke ukutitabwaho.
- > Amashirahamwe akorana n'imiryango kugira ngo ayifashe gutorera umuti ingorane kandi kugira ngo abana babe mu mutekano. Ni vyiza kuronka imfashanyo bitarayangara.

Intambara mu muryango

Intambara muryango ni ingorane mu bibano vyose no mu mico kavukire yose. Iryo ntivyigera biba vyiza na gato. Bibabaza uwo ari we wese mu muryango.

- > Umwitwarariko urababaza abana n'aho batobona canke ngo bumve intambara. Abana bakiri mu nda na bo nyene barashobora kubabara.
- > Abana ntibashobora kwiga neza canke gushika ku vyiza abavyeyi babipfuriza.
- > Imivurungano mu muryango ituma bigorana cane ko abakuze bitwararika abana.

Nimba ukoresha intambara canke ufise ingorane z'ishavu, hariho amashirahamwe ashobora kubigufashamwo.

Intambara mu muryango iri kubiri n'itegeko ryo muri Australia.

Uburenganzira n'uruhara rwa buri wese

Abana rimwe na rimwe barashobora kwiyumvira ko bafise 'uburenganzira' burengeye ubwo abandi muri Australia. Abavyeyi barashobora kubafasha gutahura yuko "uburenganzira" ubwo ari bwo bwose bugendana n'uruhara kuri buri muntu wese, muri ivyo harimwo:

- > kwubaha abagize umuryango umuryango hamwe n'abandi
- > kwubaha itegeko
- > kuguma no kugumiza abandi mu mutekano.

Iryo abana bavuga ku 'burenganzira' bwabo muri Australia, urashobora kurondera ukuri uhamagaye abazi amategeko canke ukabibaza irindi mashirahamwe. Urashobora no gusaba uwugusobanurira.

Kuronka imfashanyo

Ni vyiza gusaba imfashanyo igihe uyikeneye. Hariho amashirahamwe ashobora gufasha abavyeyi kwiga ingene bashobora kurera neza abana canke gutorera umuti ikibazo ic'ari co cose mu muryango. Abaganga, amashuri n'amashirahamwe ari mu mpera z'aka gatabo ni ahantu heza ho gutangurira.

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 tefone canke amaso mu yandi www.translate.sa.gov.au

Ibikorwa vyo gusobanura indimi (Translating and Interpreting Service (TIS National))
13 14 50 umwanya uwo ari wo wose haba ku murango canke mw'ijoro ku basobanuzi bo kuri tefone www.tisnational.gov.au

Kurera

Umurongo wo gufasha abavyeyi (Parent Helpline)
1300 364 100 ku mpanuro zijanye n'amagara y'umwana n' ukurera

Islamicare – Parenting Helpline
1800 960 009, imisi ndwi mw'iyinga
Imfashanyo mw'ibanga ku bayeyei b'abana b'imiyabaga <http://islamicare.org.au>

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

Parenting SA

Utundi dutabu tw'abavyeyi tworoshe n'utundi rusangi two mu mico myinshi ku bigabane vyinshi bitandukanye, hari mwo 'Kuba umuvyei', 'Urera abana gute?'
[www.parenting.sa.gov.au](http://parenting.sa.gov.au)

Amagara n'ukumererwa neza

Ishirahamwe ryitaho amagara y'impuzi (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'impuzi zishitse vuba hamwe n'abarondera ubuhungiro

Healthdirect
1800 022 222 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu arwaye canke yakomeretse www.healthdirect.gov.au

Abaganga bo ku rwego rw'igihugu bafashiriza i muhira (National Home Doctor Service)
13 74 25 gusaba umubonano wo kugenderewa i muhira inyuma y'amasa ya'yakazi
<https://homedoctor.com.au>

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, ugfungura, ugusinzira n'ugukura
Raba aha www.cyh.com ku bijanye n'amagara y'abana hamwe n'amakuru ajanye n'ukurera

Ishirahamwe ryitaho amagara y'ubwenge bw'abana n'imiyabaga (Child and Adolescent Mental Health Service (CAMHS))
8161 7198 canke 1800 819 089 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Impanuro ku buntu ku bana bakivuka gushika ku myaka 15
www.wch.sa.gov.au/camhs

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

Indero

Ubuyobozi bw'indero (Department for Education)
Ronderera aho uba irerero ry'abana rya reta, ikigo c'abana, ishuri ryo kwimenerereza canke ishuri kuri www.education.sa.gov.au

Playgroup SA
Rondera aho gukinira mu mirwi micungararo urimwo www.playgroupsa.com.au

Reta ya Australia (Australian Government)

Amakuru ku bijanye n'aho barerera abana n'amashuri yo kwimenererezamwo Ronderera ku kigo kiri mu karere ubamwo www.mychild.gov.au

Ibijanye n'amategeko

Umurwi ufasha mu vy'amategeko SA (Legal Services Commission of SA)
Ronderera impanuro kuri 1300 366 424, isaha 3 zo mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu
Impanuro zihuta kandi ku buntu mu bijanye n'amategeko www.lsc.sa.gov.au

Amashirahamwe mpuzamico

Ishirahamwe ry'abakenyezi b'Abanyaafrika SA (African Women's Federation of SA)
8161 3331 canke 8354 2951, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
Integuro n'ibikorwa ku bagore b'Abanyaafrika www.awfosa.com

AMES Australia

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

Ikigo ca Australia kijejiwe ivyankenerwa vy'abimukira (Australian Migrant Resource Centre)

8217 9500, isaha 3 zo mu gitondo gushika isaha 11 zo 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 aha www.amrc.org.au ku bibanza vyo mu gisagara n'inyuma y'igisagara

Ishirahamwe rijejwe impunzi muri Australia (Australian Refugee Association)

8354 2951, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
8281 2052, isaha 3.30 zo mu gitondo gushika isaha 10.30 zo ku muhingamo, kuva ku wa mbere gushika ku wa gatanu
1 Brown Terrace, Salisbury
Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

Multicultural Youth SA (MYSA)

8212 0085, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Shop 9 Miller's Arcade, 28 Hindley Street, Adelaide
Integuro ku bakiri bato n'imiryango www.mysa.com.au

Ishirahamwe ry'abakenyezi b'Abaislamu SA (Muslim Women's Association of SA)

8212 0800, isaha 3.30 zo mu gitondo gushika isaha 9 zo ku mutaga, kuva kuwambere gushika kuwa gatanu
Igorofa ya 4, 182 Victoria Square, Adelaide
Integuro n'ugushigikira abakenyezi b'Abaislamu n'imiryango yabo www.mwasa.org.au

Intambara mu muryango

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
Bifasha iyo habaye intambara, guhabwa indaro yihutirwa hamwe n'ukurungikwa ahandi <http://womenssafetyservices.com.au>

Indinganizo yo gufasha abakenyezi b'abimukira (Migrant Women's Support Program)

8152 9260, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Imfashanyo yo mw'ibanga no ku buntu ku bagore b'abimukira n'abana bari mu miryango irimwo intambara <http://womenssafetyservices.com.au>

1800 RESPECT

1800 737 732 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Vugana n'umuntu kuri tefone canke ku rubuga ngurukanabumenyi ku bijanye n'intambara mu muryango canke ugufatwa ku nguvu www.1800respect.org.au

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 dutabu, cane cane imiryango hamwe n'abakozi amafoto yabo aboneka muri two.

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

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

Udutabo tworoshe tuyobora abavyeyi tuboneka kuri gusa muri Australia yefyo

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

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