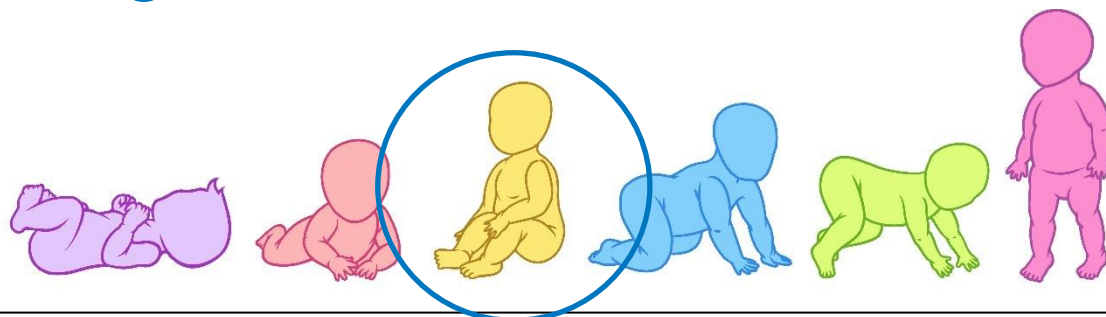




Imfungurwa za mbere z'Umwana



Igihe umwana wawe amaze igihe, **hafi y'amezi 6, ariko atari imbere y'amezi 4**, c'ó gutangura gufungura ivyo kurya bigumye bitandukanye, utangurira ku bigwiriyemwo icunyunyu bita feri, ukabandanya kumwonsa canke kumuha amata yagenewe abana

Ibimenyetso vy'uko umwana wawe akeneye ivyo kurya bigumye



Ashira intoke n'ibikinisho mu kanwa kiwe



Ashobora kwicara agumye izosi



Atimamukirwa ibifungurwa



Hagarika Bibero n'amata y'abana mu gihe umwana wawe akwije amezi 12. Bandanya umwonsa kumara igihe cose wipfuzza, ariko umwana wawe aranakeneye kugaburirwa ivyo kurya bitandukanye amaze amezi 12 y'amavuka.

Tangurira ku mfungurwa kama zigwiriye mwo icunyunyu citwa feri

Imfungurwa
Inka
Intama
Ingurube
Inkokó
Ifí
Ibindi biba mu mazi
Udukate tw'isoya, intêngwá



Ni ibindi bifungurwa ibihe birimwo icunyunyu bita feri?



Ibiharage bitetse



Imboga/inkobóre /ibiharage, bitetse



Imboga z'amababi, zisa n'icatsi kibisi



Ipinari



Ivyema-mise canke Ibiyoba kama bicucumye/ubutsima/ifu







Amagi, atetse neza

Umwana wawe arakeneye feri kuva ku mezi 6 ngo akure, akomere



Ibindi bifungurwa bihambaye wotangura kumuha

<p>Imboga</p>	
<p>Ivyamwa</p>	
<p>Imbuto n'Ibinyantete</p>	
<p>Ikivuguto n'Amasoro</p>	



Ziganya amafaranga mu kwikorera ibicucume kama i muhira



Ibifungurwa vy' i muhira biri n' akamaro kurusha ibigurwa bihinguwe



Ntiwongeremwo ubuki, isukari canke umunyu. Ubuki si bwiza imbere y'amezi 12.

Imfungurwa zimwezimwe ntizibereye, kugeza umwana wawe arengeje amezi 12 y'Amavuka



Amagi mabisi canke inyama mbisi

Amagi canke inyama zitetswe cane zigateba ku ziko



Ntugahatire umwana wawe gufungura



Asangwa umwana wawe atagomba gufungura, reka usubire ugerageze mu masa 2-3



Reka umwana wawe yigerere ivyo agomba gufungura uko bingana

Hafi y'amezi 6, tangura kwigisha umwana wawe kunywa amazi yatetswe hanyuma agahora mu gikombe



Ukwiga kunywa mu gikombe ni ngirakamaro kubwo gukura kw'umwana wawe, ugukomera kw'amenyo yiwe n'ukuvuga

Yegereje amezi 8, tangura ibicucumye n'ibitetse



Ugukinisha indya n'ukuzisesako birafasha umwana wawe mu bwenge.
Reka umwana wawe yiyorere imfungurwa yigaburire.
Ufise amakenga ku vyerekeye ugushobora guhekenya canke ukumira kw'umwana wawe, igore uvugane n'umuganga wawe.

Ukubugabunga Amenyo



- Oza akanwa k'umwana kabiri ku musu n'igitambara gisukuye, gikanye
- Koresha akajigiti gato kangana n'ubuto bw'amenyo nk'uko aboneka
- Hagarika kumugaburira mw'icupa amaze amezi 12 y'amavuka
- Koresha umuti w'amenyo inyuma y'amezi 12



Ntureke umwana wawe ngo yigaburire asinziriye. Ibi bishobora kuboza amenyo kandi umwana wawe bishobora kwanka ko afungura ivyomukomeza ku murango.



Ukubora amenyo gushobora kubabaza umwana wawe hamwe n'amenyo yiwe y'abakuze yariko aramera, vyongeye kukagira ingaruka mbi ku gukura n'ugusinzira kwiwe.



Umutobe w'Ivyamwa, Ibitáboréza canke Ikiyuguto

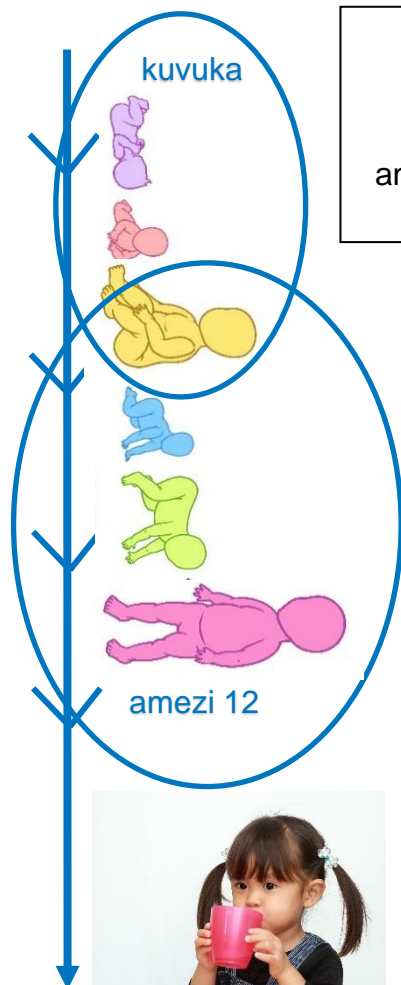


Icayi n'ákawá

Umwana wawe ntakeneye icayi, akawa, umutobe canke ibitaboreza. Icayi n'akawa bizobuza umwana wawe kuronka feri. Ikiyuguto, umutobe n'ibitaboreza birimwo isukari nyinshi kandi bishobora kuboza amenyo.



Ibinyobwa



Amezi 0-6

Umwana wawe akeneye amaberebere canke amata y'abana



Amezi 6-12

Muhe amazi yo mw'ibimbo yatetswe agahóra. Bandanya uhe umwana wawe amata y'abana canke amaberebere.



Kuva ku mezi 12

Umwana wawe arashobora kwivomera amazi avomwe mw'ibimbo.

Umwana wawe akwiye kumenya kwinyweshwa amazi mu gikombe canke Biberu.



Ibivá mu matá



Amata y'Inka canke amata ahinguye y'Isuya icupa 1 = mL 250



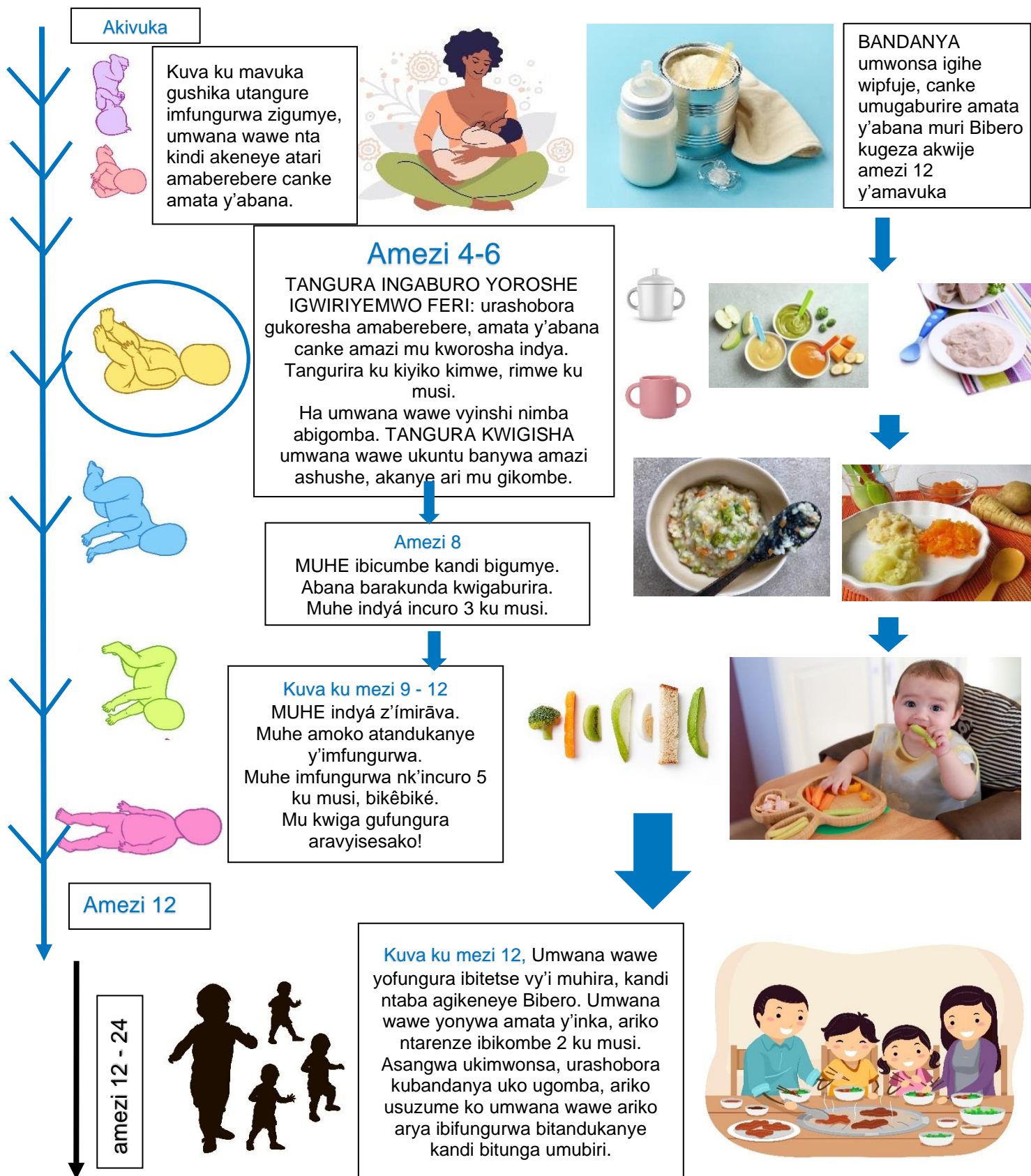
Iforomaje Igihe 1 = utumanyu 2



Iktivuguto Igihe 1 = g 200

Inyuma y'amezi 12, umwana wawe akeneye kurya canke kunywa amata incuro 1-2 buri muni. Ntugatange umwana wawe kurenza 500mL y'amata buri muni. Tanga krimu yuzuye canke amata yuzuye kugeza umwana wawe afise imyaka 2.

Incamake y'Imfungurwa za mbere



Mukingire Ububabáre

Wame ucungera neza mu gihe umwana wawe ariko arafungura:

- Ntureke umwana wawe ngo yikakaze, yavure canke agendagende n'indya mu kanwa.
- Abana bato n'ibibunduguru bashobora kuryá ivyo kurya vyasewe, bigumye, bikebaguwe canke vyoroshe nk'ivyema, ikaroti canke ipome.
- Keba imfungurwa ziburungushuye nk'inkere n'inyanya.
- Teka, maze ucucume canke ukányé ivyamwa n'imboga bigumye nk'ipome, amakaroti n'ibiharage.
- Kuramwo ibinure, utugufa n'úduhá mu nyama, mu kokó nó mu mafí.
- **Ntimubahe ibigumye rwose batarakwiza imyaka 5 y'amavuka.**

Ukuvyimbirwa

Suzuma:

- Ukuvyimba mu maso, amaso canke iminwa, ubushecanke imihiro (uduhere dutukúra ku mubiri).
- Ukudahwa n'ugucibwamwo.
- Uguháruka canke ugutukura kw'umubiri.

Asangwa umwana wawe afise ivyamuvyimbishije, hagarika kumuha izo mfungurwa maze uvugáne n'umuganga wawe.

Hamagara kurí 000 vubá mu gihe umwana wawe afise izi ngorane zikomeye kubwo imfungurwa izo ari zo zose:

- Uguhezera canke uguhema nabi
- Uguhirira canke inkorora idaherá
- Ukuvyimba ururími
- Uguhinduka kw'umubiri n'amahere.

Amakurun ku miti y'ukuvyimbirwa. Soma háno kurí <https://preventallergies.org.au/> (amareresi ariho mu Kiburmeze, mu gi Chin Haka, mugi Hazaragi, no mu gi Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of **Western Australia**
Child and Adolescent Health Service



Igisata citaho Amagara y'Abana n'Imiyabaga

15 Hospital Avenue, Nedlands, WA, 6009.

Terefone: (08) 6456 2222

Vyateguwe na: Refugee Health Service

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Runo rwandiko rurashobora kwandikwa mu bundi buhinga bisabwe, ku neza y'umuntu kanaka agendana ubumuga.

Ibimenyeshejwe: Runo rwandiko rwasohowe mu ntumbero z'inyigisho rusangi n'ukumenyesha amakuru. Tumbera Umuhinga mu vyerekeye ubuvuzi, mu gihe woba ukeneye ubufashá ntungamagara ubwo ari bwo bwose bwokenerwa. © Reta ya Ostraliya y'Uburengerero, Igisata Citaho Amagara y'Abana n'Urwaruka.



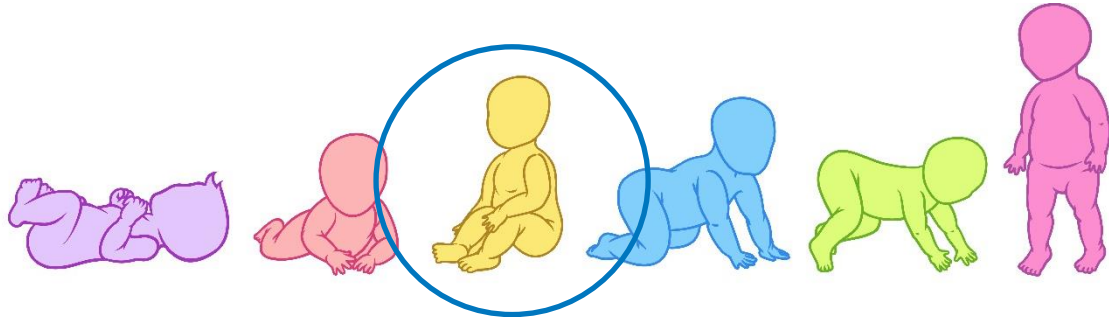
Multicultural Women's
Health Services



Turashimiye Iahirahamwe riyitwa Healthway kubwo imfashanyo y'Amafaranga baduhaye muri uwu mugambi, twatanguwe dufashanije n'Ishirahamwe riyitwa Ishar



Baby's first foods



When your infant is ready, **at around 6 months, but not before 4 months**, start to introduce a variety of solid foods, starting with iron rich foods, while continuing breastfeeding or using infant formula

Signs that your baby is ready for solids



Puts hands and toys in their mouth



Can sit and hold their head up



Shows interest in food

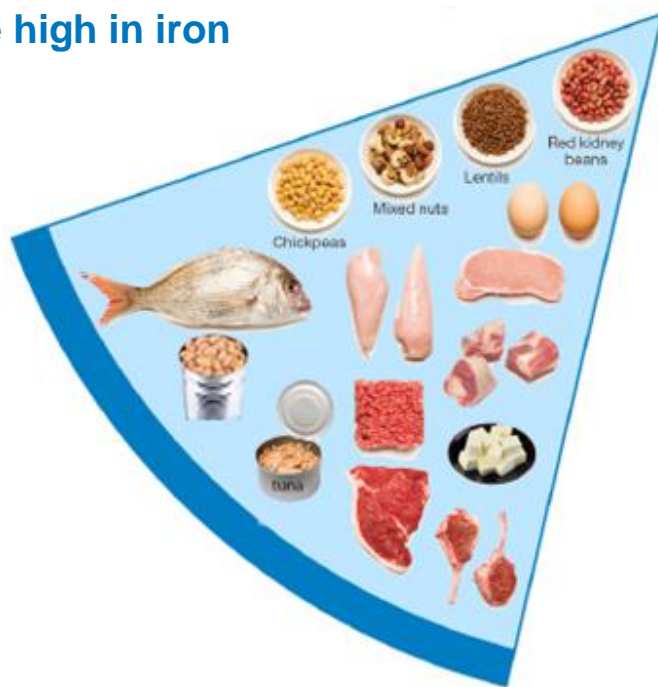


Stop bottles and formula when your baby is 12 months.
Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



Start with puree foods that are high in iron

Food
Beef
Lamb
Pork
Chicken
Fish
Seafood
Tofu, edamame



What other foods have iron?



Baked Beans



Legumes/pulses/
beans, cooked



Leafy, green
vegetables



Spinach



Almond or peanut
puree/paste/powder







Eggs, well cooked

Your baby needs iron from 6 months to help their growth and development



Other important food to introduce

Vegetables	
Fruit	
Grains and cereals	
Yoghurt and Cheese	



Save money by making home-made puree food

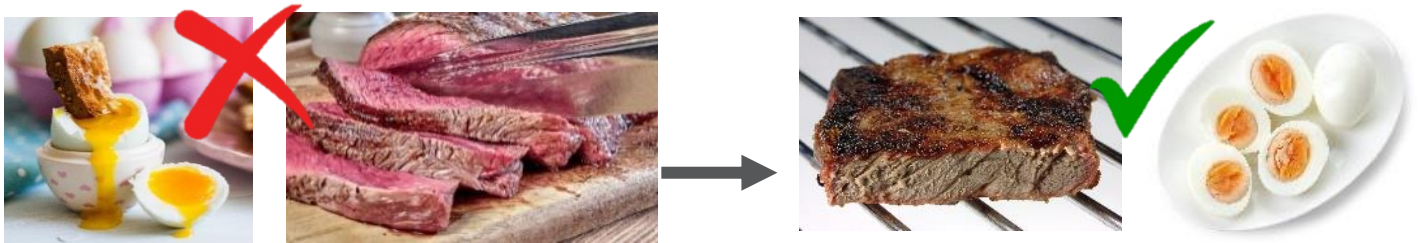


Home-made food is healthier than pouches



Do not add honey, sugar or salt. Honey is not safe before 12 months.

Some foods are not safe until your baby is older than 12 months



Raw egg or raw meat

Egg or meat cooked all the way through



Do not force your baby to eat



If your baby does not want to eat, stop and try again in 2-3 hours



Let your baby decide how much they want to eat

At around 6 months, start teaching your baby to drink boiled and cooled water from a cup



Learning to drink from a cup is important for your baby's development, healthy teeth and speech

At around 8 months, start chopped and finger foods



Food play and messy eating is important for your baby's development.

Let your baby pick up food and feed themselves.

If you are worried about your baby's ability to chew or swallow, please speak to your doctor.



Teeth care



- Clean baby's mouth twice a day with a clean, damp cloth
- Use a small soft toothbrush as teeth appear
- Stop bottle feeding at 12 months of age
- Start low fluoride toothpaste after 12 months



Do not let your baby feed while they are sleeping. This can cause dental carries and your baby might stop eating healthy food during the day.



Dental carries might hurt your baby and their developing adult teeth, plus impact your child's growth and sleep



Fruit juice, soft drink or Yakult

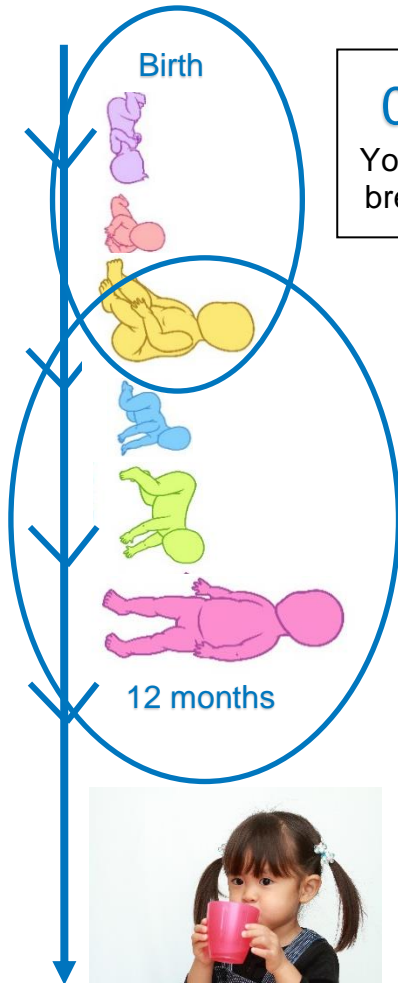


Tea and coffee

Your baby does not need tea, coffee, fruit juice or soft drink. Tea and coffee will stop your baby from getting iron. Yakult, juice and soft drink are high in sugar and may cause dental carries.



Fluids



0-6 months

Your baby only needs breastmilk or formula



6-12 months

Offer boiled and cooled tap water. Continue offering your baby formula or breastmilk.



From 12 months

Your baby can have water straight from the tap.

Your baby should know how to drink from a cup or a sippy cup.

You should stop using bottles.



Dairy



Cow's milk or fortified soy milk
1 serve = 250mL



Cheese
1 serve = 2 slices

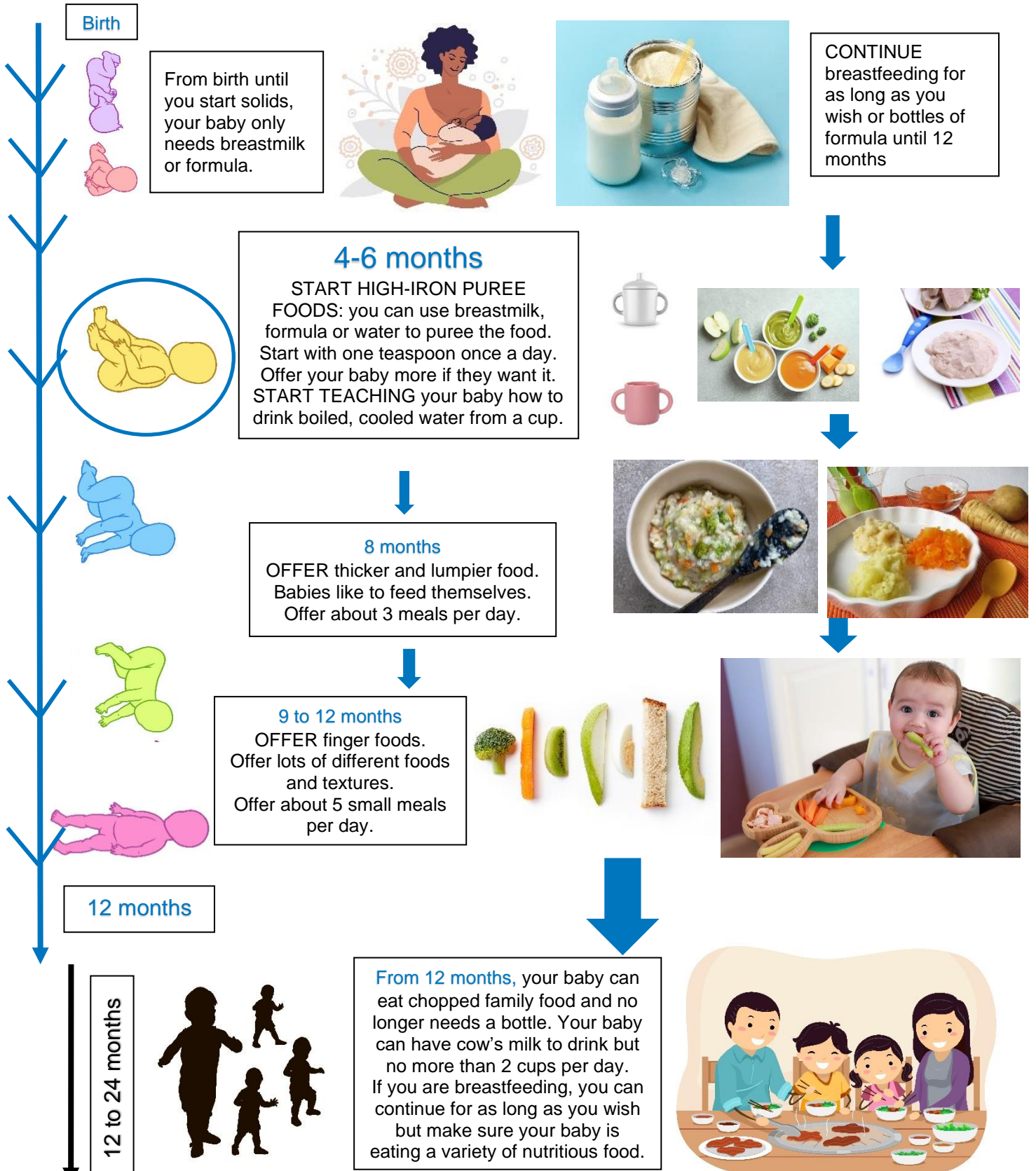


Yoghurt
1 serve = 200g

After 12 months, your baby needs to eat or drink dairy 1-2 times every day. Do not offer your baby any more than 500mL of milk each day. Offer full-cream or full-fat dairy until your baby is 2 years old.



Summary of first foods



Prevent choking

Always watch carefully when your baby is eating:

- Do not let your baby move, crawl or walk with food in their mouth.
- Babies and young children can choke on food that is small, hard, round or sticky such as nuts, carrots and apple.
- Cut up round foods like grapes and cherry tomatoes.
- Cook, then grate or mash all hard fruit and vegetables like apple, carrots and beans.
- Remove skin, small bones and gristle from meat, chicken and fish.
- **Do not give whole nuts before 5 years of age.**

Allergies

Watch for:

- Swelling of face, eyes or lips, hives or welts (red lumps on skin).
- Vomiting and diarrhoea.
- Rashes or redness of the skin.

If your baby has an allergic reaction, stop giving that food and speak to your doctor.

Call 000 immediately if your baby has these severe reactions to any food:

- difficult or noisy breathing
- wheeze or ongoing cough
- swelling of the tongue
- pale skin and floppy.

Information for allergens here

<https://preventallergies.org.au/>

(videos available in Burmese, Chin Haka, Hazaragi, Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



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Multicultural Women's
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This document can be made available in alternative formats on request for a person with a disability.

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