Uko ushobora gukora amata y'ifu y'abana b'inzoya yo guha umwana wawe

- Gura amata y'ifu arimwo ifero (fer).
- Suzuma neza kandi uyakoreshe imbere y'uko arenza igihe yagenewe.
- Umaze kuyugurura, uyakoresha igihe kitarenze ukwezi.
- Koresha gusa akayiko kari mu gikopo c'ayo mata.
- Oza biberon, tetine n'ibindi bikoresho vyose mu mazi ashushe arimwo isabuni, unyuguza hama ubize ama biberon yose na tetines mu gihe kingana n'iminota ibiri (2).

ICITONDERWA:: Amata y'ifu y'abana ntiyama ari meza. Baza muganga umenye ko ariyo meza ku mwana wawe. Ntiyemewe ku bana b'inzoya bavutse hatageze hamwe n'abana bavukanye ibiro biri munsi ya 2.5kg kandi bari munsi y'amezi abiri canke abana bafise ivyo bahajije.

Amazi yo kuvanga amata y'ifu:
* Biza amazi meza mu mwanya ungana n'iminota ibiri(2). Tegura biberon ako kanya umaze kubiza amazi. Amazi yabize ku rugero rwa 70ºC canke rurenze niyo meza yo kuvanga amata y' ifu kuberako atuma microbes zidakura. Uhejeje kuvanga amata y'ifu,uyahoze imbere yo kuyaha uruyoya.

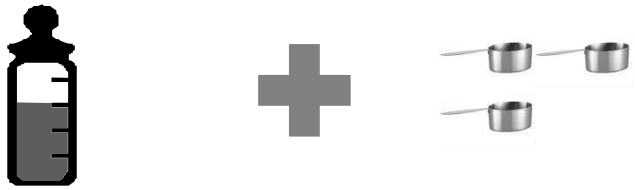
Gukora biberon ya
2 oz (60 ml)

Shiramwo 2 oz (60 ml) y'amazi hama wongeremwo: akayiko kamwe c'ifu y'amata

Gukora biberon ya
4 oz (120 ml)

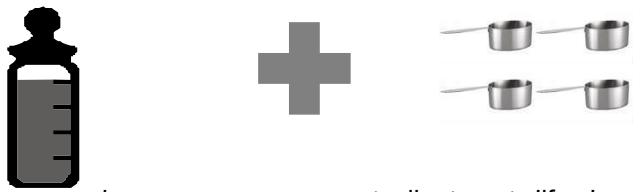
Shiramwo 4 oz (120 ml) z'amazi hama wongeremwo: utuyiko tubiri tw'ifu y'amata

Gukora biberon
6 oz (180 ml)



Shiramwo 6 oz (180 ml) z'amazi hama wongeremwo: utuyiko dutatu tw'ifu y'amata

Gukora biberon ya
8 oz (240 ml)



Shiramwo 8 oz (240 ml) z'amazi hama wongeremwo: utuyiko tune tw'ifu y'amata

- Shiraho tetine n'intoki zisukuye, vanga ya mata y'ifu neza, tereka biberon mu gikombe kirimwo amazi akanye. Raba nimba bidashushe cane ku ruyoya rwawe. Fata ya biberon hama ugaburire uruyoya.
- Koresha ayo mata y'ifu mu mwanya utarenze isaha imwe. Sesa amata y'ifu umwana yasigaje atanyoye.

Courtesy of Healthy Start, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca
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