Nigute ushobora gutegura amata y’ifu y’uruhinja

- Gura amata y’abana y'ifu arimo fer.
- Reba neza kandi uyakoreshe mbere yitariki yo gusaza ntarengwa.
- Y’igikombe kimaze gufungurwa, amata akoreshwa mugihe kitarenze ukwezi kumwe gusa.
- Koreshe gusa akayiko kari imbere muli icyo gikombe cy’amata y’ifu.
- Oza biberon, amatetine, nibikoresho byose mumazi yakazuyazi, n’isabune, unyuguza kandi uteke mu mazi yatuye biberon zose hamwe n’amatetine **iminota 2**.

ICYITONDERWA: Amata y’ifu ntabwo yizerwa ijana kw’ijana. Menyesha muganga wawe kugirango urebe niba aribwo buryo bwiza bwo guhitiramo umwana wawe. Ntabwo ari byiza kubana bavutse batujuje igihe na/cyangwa impinja zitagejeje ku ibiro 2,5 mugihe cy’amavuko kandi bakaba bari no munsi y’amezi 2 cyangwa abana bafite batujuje ibyangombwa by'umubiri.

Amazi yo kuvanga amata y’ifu:
*Togosa amazi ya robine muminota 2, tegura biberon ako kanya cyangwa vuba nyuma yo gutogosa. Amazi ashyushye kuri 70ºC cyangwa ashyushye kurushaho niyo meza kuvanga amata y’ifu kugirango urinde bagiteri gukura. Nyuma yo kuvanga amata y’ifu, yakonjeshe gato mbere yo kuyaha umwana.

Gutegura biberon ya
2 oz (60 ml)

Banzamo 2 oz (60 ml) z’amazi, hanyuma wongeremo: akayiko kamwe cy’ifu

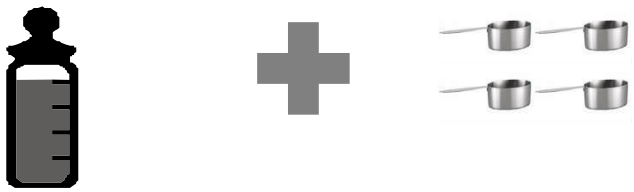
Gutegura biberon ya
4 oz (120 ml)

Banzamo 4 oz (120 ml) z’amazi, hanyuma wongeremo: utuyiko tubiri tw’ifu

Gutegura biberon ya
6 oz (180 ml)

Banzamo 6 oz (180 ml) z’amazi, hanyuma wongeremo: utuyiko dutatu tw’ifu

Gutegura biberon rya
8 oz (240 ml)



Banzamo 8 oz (240 ml) z’amazi, hanyuma wongeremo: utuyiko tune tw’ifu

- Umaze gukaraba intoki fungaho tetine, chugusa amata neza, konjesha biberon mu gikombe cy'amazi akonje. Reba ko ubushyuhe butari bwinshi cyane k’umwana. Mufate hanyuma umunyweshe.
- Koresha aya mata y’ifu mugihe cy’isaha imwe. Fata amata umwana yasigaje uyamene.

INAMA: Ushobora gutegura biberon nkuko byasobanuwe, ukayikonjesha, maze ukayishyira muri frigo ukaza kuyikoresha mumasaha 24.

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