



Gushigikira ukumererwa neza kw'umwana wawe igihe ari mu gihano c'uguhagarikwa

Urukaratasi rw' ukuri rw'umuvyeyi/umurezi

Ingene woshigikira umwana wawe

Ahantu heza ho gutangurira igihe uriko urashigikira ufasha amagara y'umwana wawe n'ukumererwa neza kwiwe mu gihe aba yahanywe ntaje kw'ishuri ni ukwegeranya inkuru z'abahinga n'impanuro zabo. Ku mpanuro zifadika n'inkuru zo gushigikira ukumererwa neza kw'umwana wawe usabwe gukwirikirana aho bakweretse aha hepfo:

- kumererwa neza ([Wellbeing](#))
- Gutanga impanuro hamwe n'ibikorwa vyo gufasha abafise ibibazo vyo mu mutwe ([Counselling and psychology services](#))

Ukuganira neza kandi kwugurutse hagati y'i muhira n'ishuri bifasha gutanga ku banyeshuri uburyo bwiza bwo gutera imbere nk'umuzinga.

- Shira mu mutekano umwana wawe umwemeze ko afise agateka n'agaciro mu kibano c'ishuri.
- Vugana ikibazo cose cerekeranye n'ishuri.
- Korera hamwe n'umurwi w'ishuri kugira ngo mushireho uburyo n'inzira zo gushigikiramwo umwana no gushira mu bikorwa intonde zishigikira uwana wawe yisutse ku vyigwa.
- Jana n'umwana wawe mu nama itegura ugusubira kw'ishuri. Iyo nama ishobora kuba amaso mu yandi, ishobora kubera ku murongo wa telephone, canke ku buhinga ngurukanabumenyi.
- Vugana n'umwana wawe ku nyifato nziza zituma habaho ukwiga kwiza, mu mutekano kandi kugatuma n'abandi bose bigira ahantu heza kandi hiyubashe.
- Tera intege umwana wawe kenshi muvugane ivyiyumviro vyiwe n'uko babona ibintu mu buryo bwo kumuha agateka n'ukumwubaha.

Kwigira muhira igihe uba wahagaritswe kuja kw'ishuri uri mu gihano

- Umukozi w'ishuri azokurondera n'umwana wawe kenshi muri icyo kiringo c'igihano c'uguhagarikwa kuja kw'ishuri kw'umwana wawe.

- Fasha umwana wawe mu kumushiriraho imyanya y'ibirango vy'ibikorwa ku musi, murondere ahantu hatagira urwamo, kandi umubaze ukugene ivyigwa vyawe biriko biragenda.
- Raba neza ko afise imyanya wo kuruhuka, anywe amazi kandi umushigikire, umufashe igihe arengewe canke afise ubwoba, ahagaritse umutima.
- Shiraho umwana wo kw'ishuri imitsi
- Cungera umwana wawe igihe ariko arakoresha ubuhinga bwa none mu mutekano. Ikoresha ry'umuhora w'ubuhinga bugezweho ([Using technology](#)) rirafise inkuru n'ibindi bintu ushobora gusanga vyokugirira akamaro.

Aho wokura ibigufasha

- Ibikubiye muri ukwo kwiga ([Learning packages](#))
- Kwigisha abagendana ubumuga n'impanuro z'ukubashigikira ([Disability learning and support advice](#))
- Ibintu vyo gushigikira uguhindura inyifato n'ingeso ([Behaviour support toolkit](#)): Ico wokora iyo umwana wawe ahagaritswe
- Gufasha umwana wawe kwigira muhira ([Helping your child learn from home](#))
- [Umurongo wihuta wo gufasha abana](#) ni wo murongo wonyene wa Telephone w'ibikorwa vyo guhanura no kugira inama abamaze imyaka 5 gushika ku myaka 25 utarihishwa amahera. Hamagara kuri 1800 55 1800.

Ibikorwa vyo gusobanura mu rundi rurimi

Nimba wipfuzwa gushikira ishuri kandi ukaba ukeneye imfashanyo y'uwigusobanurira mu rundi rurimi rw'ikigereza, usabwe guhamagara ibikorwa vyo gusobanura kuri Telephone kuri 131 450, ubabarire ururimi ushaka kandi uce usaba umuntu ari kuri iyo mashini ahamagare ishuri. Uwo ari kuri iyo telephone azoca akuronderera umusobanuzi ku murongo agufasha muri icyo kiganiro. Nta mahera uzorihishwa kuri uwo yagufashije gusobanura mu rundi rurimi.