

Kwigira i muhira mu gihe amashuri yugaye

Gushigikira umwana wawe kugira ngo yigire i muhira

Uruhara rw'abavyeyi mugihe c'inyigisho zitabera mw'ishuri

Ukwiye gushigikira umwana wawe mu:

- Kumushiriraho ivyo aba akwiye gukora umusi ku musi hamwe n'ivyo akwiriye kuba yiteze
- gutegekaniriza umwana wawe ikibanza akwiriye kwigiramwo
- gukurikirana uguhanahana amakuru hagati y'umwana wawe n'abigisha biwe
- Uko umusi utanguye canke uheze wose ku kubaza ibibazo vyerekeranye n'ukwiga kw'umwana wawe
- kugira uruhara rugaragara n'ibikorwa bigaragara mu gufasha abana banyu mu kwiga kwabo
- guhimiriza no gutera intege abana banyu kugira imyimenyerezo y'umubiri
- mwibuke yuko umwana wanyu ashobora kuba yorengerwa canke ahagaritse umutima canke afise ubwoba bw'iki gihe
- gucungera n'ugusuzuma umwanya umwana wanyu amara ku murongo ngurukanabumenyi
- Kugumiza ijisho ku mwana wanyu kugira ngo ntiyigunge ngo yikure mu bandi hakoreshejwe ubuhinga mbagambuga ariko ugashiraho amategeko ku bijanye n'ukuganira kuri ubwo buhinga mbagambuga.

Uruhara rw'abanyeshuri igihe bariko baragirakure y'ishuri

Ibi bikorwa n'uru ruhara bitegerezwa gufatirwa ku myaka y'umwana wawe:

- gushinga hamwe /canke gukurikirana ivyo umwana ategerezwa kuba ariko arakora umusi ku musi mu kwiga
- gukorera mu mutekano, ahantu yumva amerewe neza, ahantu hatekanye hatagira urwamo, mu gacerere i muhira, hategekanirijwe igikorwa c'ukwiga
- kugumiza ijisho ku buhinga bwashizweho no kuguhanahana inkuru/amakuru kugira ngo usuzume ibimenyeshajwe, amatangazo, hamwe n'ivyo abigisha bavuga, ukugene babibona
- gukora ibikorwa m'ukuri ata buryarya kandi gukora ibikorwa vyabo neza
- gukora neza ku mwanya, n'ubwira, kandi kugihe kitegekanijwe
- kuvugana n'abigisha babo iyo badashoboye guhereza ku gihe, canke bakeneye ubundi bufasha
- gukorera hamwe no gufashanyan'abanyeshuri bigana mu kwiga kwabo
- Gukurikiza amategeko y'igisata ca [Student use of digital devices and online services policy](#) (amategeko agenga ukugene abanyeshuri bakoresha ubuhinga bwa none hamwe n'amategeko agenga ubuhinga ngurukanabumenyi)
- Kuvugana no guhanahana inkuru n'abakozi b'ishuri uko uko ivyipfuzo bitandukanye bije.

Gupanga umusi w'umwana wawe

Ishuri ryawe ritegerezwa guha umwana wawe urutonde rw'ibikorwa rutegekanijwe canke ingene ivyigwa bitegerezwa gukurikirana mu kwiga kwabo. Urwo rutonde rutegerezwa kuba rugizwe n'uturuhuko duto duto hagati y'ivyigwa, kurya no kunywa. Mu karuhuko kari hagati y'ibikorwa, ni ngirakamaro ko abanyeshuri bahaguruka bakagorora intege mu gukubita hirya no hino.

Nimba uba mu nzu y'abikororutwabo, vyoba vyiza ko umwana wawe akubitira hanze mu kibuga canke mu karima canke hejuru aho ashobora gusama akayaga.

Ukumererwa neza

Kwugaranirwa muhira igihe kirekire birashobora gutera ukurengerwa, uguhagarika umutima mbere n'ugutumahabaho ibibazo vy'ukutumvikana. Hariho ivyo twohanura vyo gukingira no kurera abana banyu muri ico gihe baba bugaranywe, na vyo bikaba ari nk'ibi:

- kuvugana n'umuryango wawe wose ku vyerekeranye n'ukwandura uwo mugera- gutahura ibihe barimwo ingene bimeze bituma ubwoba baba barimwo bugabanuka
- gufasha abana bawe kwiyumvira ku vyerekeranye n'ukugene bashoboye kwitwara n'ukwifata mu bihe vyari bigoye vyo muri kahise kandi ukabahamiriza ko n'ubu bashobora kwifata no kwitwara muri ibi bihe barimwo bigoye
- mubibutse yuko ukwo kwugaranwa kutazomara igihe kirekire
- Kugira imyimenyerezo kenshi- ugukora imyimenyerezo ni umuti ukomeye wo kuvura uguhagarika umutima hamwe n'ukurengewa
- Himiriza kandi utere intege abana bawe bagumane imigenderanire n'ubucuti n'abandi bantu bo mu miryango biciye mu kwakurana kuri telephone, mu gutumatumana ko amakuru biciye mu makete, canke ku mbaragambuga (aho biba bibaye ngombwa).

Ukuganira

Ukuganira n'umwana wawe

Tuguhamagarira gutangurana umusi no kuwuharaha ubaza ibibazo vyoroshe vyerekeranye n'ukwiga kw'umwana wawe kugira ngo ubafashe gutegekanya no gutunganya umusi wabo. Si abanyeshuri benshi bazi neza kwigira muhira, bamwe birabagora kubera baba bafise umwidgegemvyo mwinshi canke baba babona ko ivyo biga bitagira urutonde rero ibibazo ubabaza bizobafasha kuguma ku ntego no ku murongo.

Ukuvugana n'ishuri

Urabe neza yuko uzi ingene ishuri n'abigisha b'umwana wawe bazovugana nawe, kandi ugumize ijisho ku nzira bazovuganamo nawe.

Urabe neza ko uzi ingene ushobora gushikira n'ukuvugana n'abigisha kugira ngo bashigikire ukwiga kw'umwana wawe, hamwe n'uwo ushobora gushikira n'ukuvugana na we mu gushigikira umwana wawe mu bintu kanaka iyo shuri yawe ihisemwo gukoresha ubuhinga bugezweho nk'integuro y'uburyo bwo kwigira kure y'ishuri.

Ivyo bihe bishobora kuba ari bishasha ku mashuri atari make no ku miryango itari mike. Amashuri azogerageza kuraba yuko yoteza imbere kandi akaba mu ya mbere hafatiye ku vyo abigisha babona ko bikenewe bakabarira abavyeyi ku kugene ubwo buhinga bukora.

Amashuri atari make asanzwe aja akoresha urubuga kanaka rwo kuvuganiramo n'abavyeyi n'abanyeshuri. Izo mbuga ziza ziriho zitegerezwa kubandanya zikoresheya igihe cose bishoboka.

Ukuvugana n'abigisha

Abigisha bashobora kuba barashize ku ruhande aho abanyeshuri bashobora kuganira na bo ku murongo ngurukanabumenyi, bakabigishiriza ku ma video canke igihe ubundi buhinga ngurukanabumenyi budashoboka bashobora kuba barashize ku ruhande imyanya yo guhamagara umwana wawe kuri telephone.

Ni ngirakamaro kuri wewe n'umwana wawe kwibuka yuko abigisha bazovugana n'iyindi miryango myinshi, ni co gituma ukuganira kwanyu gutegerezwa kuba ari ngirakamaro kandi kw'akanya gato. Urashobora kandi kwibutsa umwana wawe ko akwiye kwihangana igihe aba arindiriye gushigikirwa canke kuronka inyishu y'ivyo yakoze.

Gukoresha ubuhinga bugezweho

Turahanura abavyeyi ko badakwiye kugura amatelephone canke ibindi bintu bija vyarakoze kugira ngo batorere umuti iki kibazo kiretse ishuri ribibahanuye.

Ishuri yawe n'igisata bija bifise ubuhinga butari buke bwashizweho kandi ubwo buhinga bwahiswemwo, bwaburikira umwana wawe kugira ngo bumushigikire mu vyo akeneye mu kwiga.

- Google Apps for Education – Online Google apps. Kugira ngo umunyeshuri abishikeko akwiye guca ngaha: Students portal > Learning > G Suite.
- Office 365 – online Office apps.

- Microsoft Office 365 Desktop Apps – irashobora gushirwa mu mashini nyabwonko zishika kuri zitanu hamwe mu telephone ngendanwa zishika kuri cumi. Shira ku murongo wa ‘Install Office’.
- Abanyeshuri barashobora vyongeye gushikira ubundi buhinga bwiyongerako kuri Adobe ku bikoresho baja bafise bivuye ku banyeshuri Bring your own device (BYOD) ku rubuga ngurukanabumenyi rw’ubuhinga.

Gushikira ubuhinga bugezweho hamwe na intaneti

Amategeko agenga igisata ku bijanye n’ubuhinga bwa none, ibikoresho hamwe n’ubuhinga ngurukanabumenyi arahari, uyasanga kuri aha hakurikira.

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Nimba umwana wawe azoba ariko arakoresha ibikoreshovy’ubwo buhinga nka kimwe kigize ukwiga kwiwe, kandi bakaba batazi neza ingene ivyo bigenda bategerezwa kubaza umwigisha wabo abigishiriza kw’ishuri kugira ngo abibafashemwo.

Gutunganya umwana umwana agumiza amaso ku vyo ariko ararabirako

Hariho imbibe vyerekeranye n’ikiringo c’umwana umuntu ashobora kumara ku murongo w’ubuhinga ngurukanabumenyi, ariko iyo myanya n’amategeko umwana ashobora kuguma aravye kuri ubwo buhinga uratandukanye bivanye n’imyaka aba afise.

Kwigishiriza kuri video hamwe no ku buhinga mbaragambuga hakoreshejwe video ntibiharurwa ku mwana umwana aba ariko arahanga amaso ku kiyo aba ariko arakoresha.

Iyi myanya duhanura ko abantu boba bahanze amaso ku bikoresho baba bariko barakoresha mu kwiga (havuyemwo ukwigishiriza kuri video) ifatiye ku mpanuro zatanzwe n’ishuri kaminuza y’Abanyamerika ku bijanye n’abana:

- Guhera ku myaka 2-5: isaha 1, iciwemwo uduce kamwe kamwe katarenza iminuta 30
- Guhera ku myaka 6 no kuduga: nta mwana utangwa abana baba bahanze amaso ku gikoresho baba bariko barakoresha, ariko ukwo guhanga amaso ku gikoresho ntigutegerezwa kugira ingaruka ku bikorwa vy’umubiri hamwe no kutaganira n’abantu amaso mu yandi, barabana i muhira hamwe no kw’ishuri (aho bishoboka). Ni ngirakamaro cane ko umuntu ataba inyagano y’ico gikoresho aba ariko arakoresha, ntakimareko umwana urenze urugero.

Raba neza ko ibikorwa bitajanye n’ivyigwa bidafata umwana muremure urengeye uwo kwiga.

Guhangana n’ingeso, n’inyifato

Nubwo umwana wawe aba ari i muhira, arakamenye gukwirikiza no kugengwa n’ amategeko n’inyifato isabwa n’ishuri yigako.

Gukorana, gufashanya, gukorera hamwe mu murwi hamwe n’ukwumva ukugene abangana babibona, babifata igihe bariko barigira i muhira bisaba ko abanyeshuri bavuganira ku murongo ngurukanabumenyi kandi bagakorera hamwe ku mbuga zatanzwe n’uburyo bakoresha. Iryo umwana wawe yiteze gushikako n’inyifato isabwa ni bimwe n’inyifato hamwe n’ivyitezwe gushikwako nk’aho umwana yoba ariko arigisha imbonankubone n’umwigisha wiwe, ni nk’aho ico cigwa coba kiriko kirigishirizwa mw’ishuri imbonankubone, amaso mu yandi.

Ibikorwa bisaba umusiguzi akura mu rurimi rumwe agashira mu rundi

Nimba ukeneye izindi nkuru zirenze izo tukubariye, usabwe guhamagara umuyobozi mukuru w’iryo shuri umwana wawe yigako. Igihe uzoba ukeneye umusobanuzi, kugira ngo agufashe ku vyo uzoba uriko urashaka kumenya usabwe guhamagara ku murongo wa 131 450 usaba ko baguha umusobanuzi avuga ururimi rwawe. Ico gikorwa ni ku buntu nta mahera kirihishwa kuri wewe.