

Kirundi: Videos and guides to talking to kids about COVID-19

Abahinga mu bijanye n' ingwara zo mu mutwe basohoye amareresi canke videwo ku ntumbero yo gushobora kwigisha imiryango kuganira kubijanye nikiza c' umugera uzwi nka Coronavirus canke COVID_19.

Umurwi w' abahinga mu bijanye n' ibibazo vyo mu mutwe no mu bijanye n' umubano bo muri Dallas ISD bashize hamwe zimwe mu nyigisho zizofasha imiryango kwigisha abana babo bo mu myaka itandukanye kubijanye n' ingwara iterwa n' uyu mugera wa COVID-19. Aya mareresi canke amavidewo n' izindi nyigisho ziri ku mbuga ngurukanabumenyi ni izingirakamaro ku banyeshuri b' abana kuva kubana b' incuke kugeza ku ngimbi kuko zirasigura neza ibijanye n' uyu mugera, uko wandukira, nuko umuntu yo kwitwararika inyifato nziza zo kuwikingira no kuwukwiragiza, nuko tugomba kwirinda ubwoba bwawo.

Gufasha abakiri bato kumenya impamvu amashuri yugaye n' Impamvu bagomba kuguma mungo zabo, bakitwararika gukaraba intoki zabo, kutegera mu genzawe navyo kandi bishobora kuba ibintu bitoroshe. Iyi reresi canke videwo yiswe "The Yucky Bug" yatunganijwe na Julia Cook ni akareresi gatoya gasigura ibijanye n' uyu mugera wa Coronavirus hifashishijwe uko umwana abitekereza.

<https://www.youtube.com/watch?v=ZD9KNhmOCV4&fbclid=IwAR1kwR2SQ8RLpd6n6QQtY9MX5MNjZcpUa-ig1d0Zzk8IsOB7YKRqCRbX9u4>

Iyi ndirimbo ya Dogiteri yo mu bwoko bw' umuziki wa rap yasohowe na Fox 5 muri DC, irasigurira abana neza uko bagomba kwikingira iki kiza ca Coronavirus.

<https://www.youtube.com/watch?v=2DI0NhJrXTI&fbclid=IwAR1TIFGHrvx7zlnIbaS6CH4X2i5eUzxaFL8hSS3ncwJt-bTmW6tQctDavQ8>

Imboneshakure ya KERA-TV yashizeho urubuga kumfashanyigisho abavyeyi bashobora kwifashisha mu kuganira n' abana babo ibijanye n' umugera wa Coronavirus n' ibikiyiye gukorwa kugira ngo dukomeze kwikingira no kwirinda gukwiragiza uwo mugera mu bandi. Bimwe muvyogufasha wobironka ngaha:

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2eljF85_UhXXEtcSDB9RqtobpxFX6yPDDmeHMEddPgklkLize2IzgFOC4

Abavyeyi bashaka ubufasha bwuko bosigurira abanyeshuri babo bo mu mwaka wa kane no gushubira hejuru ku bijanye n' umugera wa COVID-19 uzwi nka Coronavirus bashobora kuronka inkuru kuri uyu muhora wa You Tube video yatunganijwe na Dogiteri wo ku ishuri rikuru ryo muri Chicago aho avuga ibijanye no kwikingira, binyuze mu kwirinda kwegerana na mugenzi wawe no kwirinda gukwiragiza uyu mugera: <https://www.youtube.com/watch?v=vevVLJk72w>

Akandi kareresi ka Brainpop nako kandi karasigura ingaruka z' umugera wa Coronavirus, uko uwo mugera ukwiragizwa, uko wokwirinda kuja ahantu harundaniye abantu ahubwo ukaja kure na kure y'abantu, ukitwararika gukaraba intoki n' ukungene abana bashobora kuronswa amakuru y' akamaro bikabarinda kugira ubwoba bw' uyu mugera.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR0nHcjCN8vZMQBkXaUhsWE1qq2I-8SRYxv100fPWhdPUDumkEtFPkosFc>

Ishirahamwe ryo ku rwego rw' igihugu rijejwe ingwara zo mu mutwe rizwi nka *National Alliance on Mental Illness (NAMI)* – Ni ishahamwe rivuganira abarwaye ingwara zo mu mutwe ku rwego rw' igihugu-naryo nyene ntiryasizwe inyuma mu gutanga ubufasha butandukanye ku abarwaye ingwara zo mu mutwe. Uyu muhora ugutwara k' urubuga ngurukanabumenyi rwa NAMI rufiseho amakuru ajanye no gufasha abantu kwikingira icyo cose cotuma biyaka ubuzima, baratanga amahugurwa afasha co kimwe no kukurangira aho ushobora kuronka ubufasha bw' ubuvuzi kubijanye n' ingwara zo mu mutwe.
<https://namitexas.org/online-support-groups/>