



Ni ibihe bikoresho bidatekanye vyo kuryamako?

Guhitamwo ibikoresho vyo kuryamako ku mwana wawe birashobora guteza ingorane. Birashobora kugorana kuvuga ibikoresho bitekanye.

Itegeko rigenga kuryama neza ku bana ryo muri 2021 ryashizeho amabwirizwa ngenderwako y'umutekano ku bikoresho vyo kuryama ku bana. Bikaba vyatumye, ibikoresho bimwe na bimwe bimenyerewe bicibwa kubera bidatekanye. Mu gihe ibi bikoresho bitagihingurwa mu mahinguriro, birashoboara kuboneka mu bubiko bw'ibikoresho vyakoze canke bikava kubana bakuze bihabwa abana bato.

Aka gatabo karasuzuma ibikoresho vyo kuryama ku bana bidatekanye.

KU YANDI MAKURU

ku kugene wotunganya ahantu hatekanye ho kuryama ku mwana wawe ja ku rubuga

UVMHealth.org/SafeSleep



American Academy of Pediatrics

HealthyChildren.org

U.S. Consumer Product Safety Commission

CPSC.gov

Gusinzira gutekanye ku mwana

SafeInfantSleep.org

Charlie's Kids

CharliesKids.org

Abana n'udutanda twabo

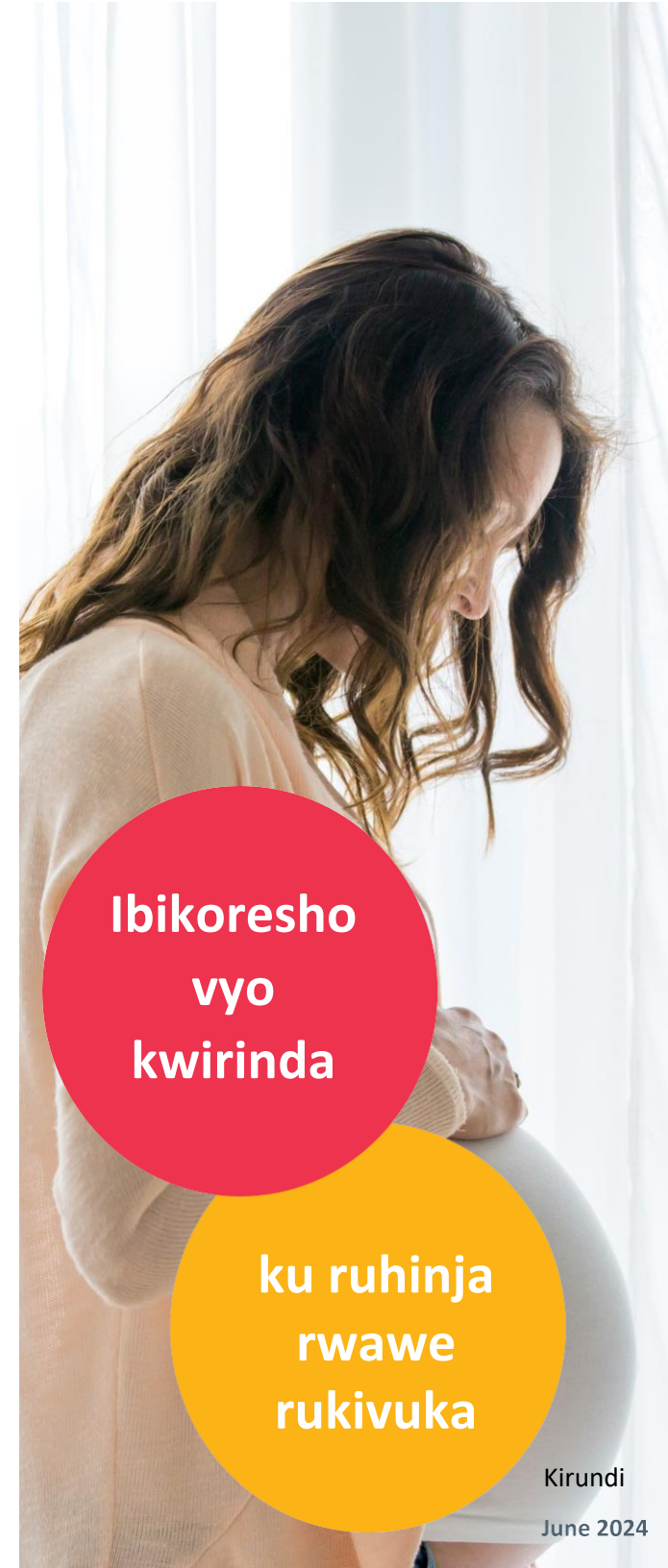
CribsforKids.org

Igihe co Kwitaho Impinja Zirira

PurpleCrying.info



Iyo umufuko wo kuryamamwo canke igikapo kiriko ikimenyetso c'uko "iremerereye" muri ico gihe ntikiba gitekanye hisunzwe ibigenwa n'ishirahamwe American Academy of Pediatrics kandi ntigitegerezwa gukoreshwa ku mwana canke hafi y'umwana aryamye.



Ibikoresho
vyo
kwirinda

ku ruhinja
rwawe
rukivuka

Ibikoresho Bibujijwe

UDUKOresho TW'AMAGURU ABIRI TUGARAMYE

udukoresho tw'amaguru abiri tugaramye twongereza ivyago vyo kubura impwemu ku mwana. Muri utu dukoresho, umutwe w'umwana urashobora kurwa uja imbere ugafunga inzira ahemeramwo.

Uturorero: udukoresho twa Fisher Price Rock 'n Play Sleeper – udukoresho twa Kids II Ingenuity Moonlight Rocking Sleeper - hamwe n'udukoresho twa Kids II Bright Starts Playtime to Bedtime Sleeper.



UDUTANDA TUZITIYE N'IGITAMBARA

Igitambara kizitiye agatanda n'igikoresho kigenewe kuzibira impande z'agatanda k'umwana. Ibitambara vyo kuzibira impande z'udutanda tw'abana vyongereza ivyago vyo kubura impwemu ku mwana, kugusha umwana mu mutego, hamwe no kunirwa.

Uturorero- ibikoresho vya Padded crib bumper - Supported & unsupported vinyl bumper guard - n'ibikoresho vya Vertical crib slat covers.

Mu bibujijwe ntiharimwo udutamba two ku bitanda vy'abana dukoze nk'umusegetera abaganga b'abana basanzwe babuza kubera ivyago duteza vyo guta mu mutego abana tukabaniga.



Ibikoresho bidatekanye vyo kuryama ku mwana

Ibikoresho bimwe nabimwe kw'isoko ntivyujije ibisabwa n'ishirahamwe American Academy of Pediatrics ku kuryama kw'abana mu mutekano bari muni y'umwaka umwe w'amavuko. Ibikoresho bikurikira bitegerezwa gukurwa ku rutonde rw'ivyo ukoresha kandi bikigizwa kure y'umwana wawe aryamye.

AGAKOresho KO KURYAMIKAMWO UMWANA & N'UDUKOresho TWO KUKABAMBA

Udukoresho two kuryamawo, udutanda, inyegamo, ibikoresho bikoze mu bishira abana mu kaga ko kubura impwemu.

Uturorero- Udukoresho twa Dock-A-Tot - Udukoresho twa BabyNest Beds - udukoresho twa Etsy Handmade Snugglers canke Nests.



IMISEGO YO KU MUTWE & N'IYO KU MPANDE

Ibi bikoresho biteza akaga ko kubura impwemu ku mwana mu gihe umwana yizungurije canke y'ihindukije, kandi birashobora guta mu mutego abana mu gihe vyegerejwe ku mpande z'udutanda baryamye.

Uturorero- Ibikoresho vya Boppy Noggin Nest Head Support - hamwe n'ibikoresho vya SwaddleMe GoodVibes Vibrating Crib Wedge.



INYEGAMO IHENGEKWA Y'ABANA & IBIKOresho BIRIMWO UMWUKA NK'INTEBE N'IMATERA

Ibikoresho birimwo umwuka nk'intebe n'imatera "inyegamo" ziroshye kandi zirazingwa, zikaba zishobora guteza ivyago vyo kubura impwemu. Zita mu mutego umwana mu gihe zikoreshejwe mu gatanda kiwe.

Uturorero- Ibikoresho vya Baby Matters Nap Nanny Recliners - hamwe n'ibikoresho vya BabyDelight Nestle Nook Comfort-hamwe n'ivyo mu bwoko bwa Plush Infant Napper 2.



UDUKOresho BABAMBA KU GATANDA HAMWE N'IBISASWA BIREMEREYE, ISAHU ZO KURYAMAMWO HAMWE N'UBURENGETI

Umutekano w'ibi bikoresho nturagerazwa. Ishirahamwe AAP riraburira abavyeyi hamwe n'abarezi kwirinda ibikoresho bitagerajwe.

Uturorero- Igikoresho ca Crescent Womb Infant Safety Bed - Igikoresho ca Little Lullaby Lullaby Hammock - Nested Bean Zen Swaddle - Igikoresho ca SensaCalm Weighted Blankets

Mu gihe umwana wawe asinziriyeye mu ntebe y'imodoka, mu gakoresho batwaramwo umwana, canke agakoresho k'amapine basunikamwo umwana, mujane ahantu hatekanye hanyuma umuryamishe agaramye vuba hashoboka.