

# Porogarama yo gufungura neza igenewe abakenyezi, inzoya n'abana (WIC)

Imiryango yo muri Maine ifise amagara meza kubera

WIC

## WIC ni iki?

WIC ni porogarama yikwije yo gufungura neza igenewe imiryango ikaba ifasha ibi:

- Inyigisho zo gufungura neza
- Inyigisho zo gufungura neza, ubufasha n'ibikoresho vyo kwonsa no kugaburirira umwana mu gikiriza
- Iyipimo vyo kwa muganga n'ukurangira umurwayi aho yokwivuriza
- Imfungurwa zizana amagara meza hakoreshejwe ikarata ya WIC yo mu buhinga bwa none

## Ninde ashobora gusaba gukoresha WIC?

- Abavyeyi bibungenze, abonsa n'abaheruka kwibaruka
- Inzoya n'abana batarenza imyaka itanu
- Abana barezwe na ba se, ba sekuru, abarezi canke abagabo ba ba nyina
- Umuntu wese aba muri Maine harimwo n'abimukira akora muri Maine

## Basaba gute:

Raba ibiro vya WIC bikwegereye kuri [maine.gov/WIC](http://maine.gov/WIC) kugira usabe umubonano

## Ufise ikibazo... WIC ifise inyishu!

WIC ifise abahanuzi mu vy'ingaburo bogufasha umwanya wose ubakeneye Abo bahanuzi barashobora no kukurangira aho wosanga ibindi ukeneye gukorerwa.

Abatorwa gukoresha WIC bategerezwa kuba bafise uburyo buke kandi bakiyemeza ivyoshika bagiye ku ngaburo nshasha Umuntu wese ari kuri porogarama y'ubufasha bw'inyongera mu vyo gufungura neza (SNAP) canke ari ku bufasha bw'igihe gito bugenewe imiryango ikenye (TANF) canke Umuntu afise Ubwishingizi bwa MaineCare barafise uburenganzira bwo kuronswa ibitangwa na porogarama ya WIC hatarinze kurabwa amahera umuntu yinjiza. Menya vyinshi ku bijanye n'ingingo zitegekanye ivy'uburyo buke n'ukubangamirwa no gufungura nabi kuri [maine.gov/WIC](http://maine.gov/WIC).

Nomenya gute vyinshi ku bijanye na porogarama yo gufungura neza ya WIC iri mu kigo co gusuzuma indwara ca Maine?

Hamagara kuri 1-800-437-9300 or 207-287-3991

Raba ku rubuga rwacu kuri [maine.gov/WIC](http://maine.gov/WIC)



Iki kigo gitanga amahirwe angana



## Gutanguza imfungurwa zigumye

### RYARI

Yegereje amezi 6  
Avutse Ufise  
amakenga vugana  
n'umuganga  
w'abana

### HEHE

Yicaye neza  
Mu nyegamo  
ndende canke aho  
umuvyeyi amubona  
Rabana n'umwana  
mu gihe ariko  
arafungura

### GUTE

Mwongere  
Ibifungurwa  
bishasha kimwe  
kimwe  
ubitandukanya Ibi  
bigufasha kumenya  
ibifungurwa  
vyaguye nabi  
umwana

### Umwana wawe aba yiteguriye ibifungurwa bigumye mu gihe:

- Ashobora kwicara agorototse wenyene
- Yerekana ko akaneye gufungura ivyo uriko urafungura

### Ibimenyetso vy'uko ibifungurwa vyaguye nabi umwana

- Uduherehere
- Ibiseru
- Kwasamura
- Gucibwamwo/kudahwa
- Uguhindura inyifato
- Ibirarira mu maso

### Hamagara kuri 911 igihe ubonye...

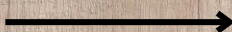
- Ukuvyimba ku rurimi canke mu muhogo
- Ingorane zo guhema

## Gutangura kunywesha igikombe

- Menyereza umwana wawe igikombe guhera ku mezi 9.
- Tanguza amaberebere makeya, amata y'ifu, canke amazi mu gikombe kitameneka.
- Fasha umwana wawe gufata igikombe
- Ihangane Kwimenyereza bifasha gukora neza
- Abana bomenyerezwa kuva kw'icupa bakaja ku gikombe bafise amezi ari hagati ya 12 na 14

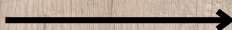
## Ni ryari noha umwana wanje...

Amata y'inka



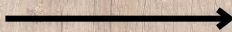
Amaze amezi 12

Ibintu umwana amira  
bikamubuza guhema  
(ivyondo, imbuto,  
urutete rw'insukoni).



Imyaka 2-3

Imfungurwa  
zongewemwo isukari  
(keke, imbombo,...)



Zitevyeye mu buryo  
bwose bushoboka