

Gahunda y'Imirire ya WIC

Ubuzima n'iterambere ry'Umuryango na WIC

WIC ni iki?

WIC ni gahunda yuzuye yo kwita ku mirire y'imiryango itanga:

- Inyigisho ku mirire
- Konsa na kugaburira hakoreshejwe igituza no gukwirakwiza
- Kwipimisha ubuzima no koherezwa
- Ibiryo byiza hamwe n'inyungu zuzuye ku ikarita ya eWIC

Uburyo Bwo Gusaba:

Shakisha ibiro bya WIC by'aho kuri Maine.gov/WIC kugira ngo usabe gahunda maze wige byinshi kuri serivisi za WIC

Niba ufite ikibazo... WIC ifite igisubizo!

WIC ifite imirire hamwe n'abajyanama b'urungano bahari kugirango bakoroherewe. Aba bajyanama barashobora kandi guteganya kohereza izindi serivise.

Ni nde ushobora gusaba kuri gahunda ya WIC?

- Ababyeyi batwite, abafomoro, n'ababyeyi babyaye
- Impinja hamwe n'abana kugeza ku myaka itanu
- Abana barerwa na se, sekuru, umubyeyi umurera, umubyara cyangwa umurera bashobora gusaba
- Umuntu wese uba muri Maine, harimo n'abimukura bakorera muri Maine

Abasaba ibyangombwa bagomba kandi kubahiriza amabwiriza y'ibinjira ya WIC kandi bakiyemeza kugira ibyago by'imirire.

Umuntu wese wakiriye SNAP, TANF, cyangwa Maine Care ihita yuzuzwa ibisabwa kuri WIC, hatiawe ku byinjira.

Wige byinshi ku byerekeye ibyinjira hamwe n'ingaruka ku mabwiriza y'imirire kuri maine.gov/WIC.

Nakura he byinshi kuri Gahunda y'Imirire ya Maine CDC WIC?

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

Sura urubuga rwacu kuri maine.gov/WIC



Iki kigo ni igitanga amahirwe angana.



Kumenyekanisha ibiryo bikomeye

IGIHE

Hafi ya 6
Amezi ashize.
Vugana
n'umuganga
wawe w'abana
niba utabizi neza!

HEHE

Ufite umutekano
muri
intebe ndende
cyangwa ku bibero
by'ababyeyi. Reba
umwana wae mu
gihe arimo kurya

GUTE

Tangiza igishya
ibiryo icyarimwe. Iki
gishobora gufasha
kubona areriji
y'ibyo kurya

Umwana wawe ashobora kuba yiteguye ibiryo bikomeye niba:

- bashobora kwicara bonyine
- Erekanako ushimishijwe n'ibyo urya

Ibimenyetso bigaragaza areriji

- Uduheri/ubuheri
- izuru
- ibicurane
- impiswi/kuruka
- Imiterere ihinduka
- Amaso yuzuye amazi

Hamagara 911 niba ubonye...

- ururimi rwabyimbye/umuhogo
- ibibazo mu mihumekere

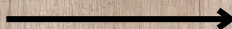
Gutangirira ku gikombe



- Menyereza umwana wawe igikombe guhera ku mezi 9
- Tangira ukoreshe amata y'umuntu make, amata, cyangwa amazi mu gikombe kitameneka.
- Fasha umwana wawe gufata igikombe.
- Ihangane! Umwitoto ukora neza.
- Abana bagomba kwanswa kuva ku macupa kugera ku bikombe ku mezi 12-14

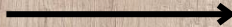
Ni ryari nshobora guha umwana wanjye...

Amata y'Inka



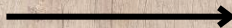
Amezi 12
y'ubukure

Kurwanya ibyago
(imbuto, imbuto,
imizabibu yose, n'ibindi)



Imyaka 2-3
y'ubukure

Ibiryo byongewemo
isukari (keke, bombo,
n'ibindi)



Gutinda igihe
kirekire gishoboka