# Ebiyamba okukuuma emirembe mu maka

## Famire

Bya HUZAIMA KAWEESA

Omuzadde ng'ayigiriza abaana okukola emirimu. Wano baali balima.

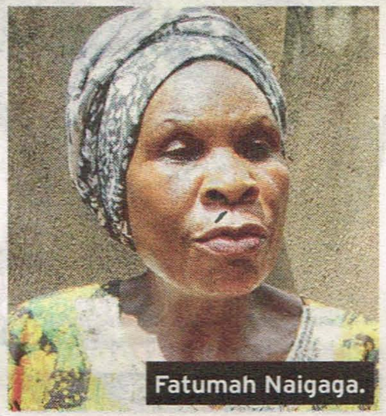
FAMIRE yonna eyeesiimisa erina okubeeramu emirembe, nga gino gikakata ku buli muntu ali mu maka ago. Amaka gonna okuva ku taata, maama n'abaana buli omu alina obuvunaanyizibwa bwe bw'alina okutuukiriza n'ekigenderrwa eky'okukakasa nti, emirembe gibukala awaka.

Fatumah Naigaga, avunaanyizibwa ku nsonga z'abakyala e Luzira agamba nti, agamba nti, emirembe mu maka kintu kikulu, buli omu ky'alina okussaako essira kubanga gibeera gigasa agireeta n'oyo gw'agiwa.

Amaka gonna buli lwe gabeeramu emirembe kitegeeza nti, wabaawo okukkaanya mu nkola y'ebintu nga ne bwe wabaawo ebisoomooza kyanguwa okubigonjoola n'okubisalira amagezi kubanga wabaawo okuteгeeragana.

### OBUVUNAANYIZIBWA BWA TAATA MU KULEETA EMIREMBE AWAKA

- Okulabirira abantu be : Taata y'asookerwako mu kuleeta n'okukuuma emirembe mu maka, nga kino akikola atandikira mu kulabirira abantu be. Kimukakatako okubafunira ekyokulya, obujjanjabi, we basula, okuwa abaana ebyenjigiriza, n'ebirala. Buli lw'atuukiriza ebyo emirembe gibukala awaka.
- Okwefuga eri abayambi b'awaka : Abayambi b'awaka oluusi batabula amaka emirembe ne gibulawo. Oluusi kino kiva ku bakyala ab'awaka okuteebereza nti, wandibaawo enkolagana ey'enjawulo wakati w'omukozi n'abaami baabwe. Ekisingako ye musajja okwesonyiwa abayambi bano n'abakwasa omukyala.
- Okulung'amya b'akulembera : Buvunaanyizibwa bwa taata okulambika obulungi abantu be, nga kino akikozesa bukugu nga tabaako gwalengezza wadde akoze ensobi.
- Okwewala okusosonkereza abalala : Olw'okuba taata gwe mutwe omukulu awaka, si buli nsonga nti, agiyingiramu mu bwangu. Esaana n'esooka ewa maama, olwo bw'emuyinga n'amwebuuzaako n'amuwa amagezi oba n'agiyingiramu butereevu bwe kiba kyetaagisiza. Okwo kwe kukuuma emirembe nga toyingiridde buvunaanyizibwa obutali bubwo.
- Okubeera omwegendereza ku masimu : Omwami abeera n'obuyinza ku ssimu y'omukyala gw'alina awaka kyokka era kirina okukolebwa n'obwegendereza, nga si buli kikolebwa ku ssimu nti, akirumika kubanga n'omukyala abeerako n'eddembe lye okubeerako n'ebyama bye.
- Okugeraageranya mu budde bw'okukola : Kino kirina okukolebwa ku bakulu n'abato okutangira emirembe egiyinza okumala emirembe awaka.
- Okwewala okucakala ekisusse: Kino kitabudde amaka mangi n'okumala emirembe awaka naddala ng'abaami bakozesa ensimbi ezandiyambye awaka olwo ebisinga ne bijulira.
- Okusonyiwa : Buvunaanyizibwa bwa taata mu maka okusonyiwa abo b'akulembera mu maka singa wabaawo ensobi entonotono ekoleddwa. Mu bulamu abantu bawangaalira mu nsobi naye singa omuntu azuula ensobi ye n'agyetonda kibeera kya buvunaanyizibwa okumusonyiwa n'ekigendererwa eky'okukuuma emirembe.



Fatumah Naigaga.

### OBUVUNAANYIZIBWA BWA MAAMA MU MAKA

1. Okulabirira bba : Oluusi abakyala abamu basuulirira obuvunaanyizibwa bwabwe mu kulabirira abaami baabwe omuli okubayonja, okubawa ekyokulya mu budde n'ebirala, ekibatabula emirembe ne gibula awaka.

2. Omuyambi w'awaka maama asaana okumuyisa ng'omuntu omulala yenna awaka aleme okulowooza nti, asosolebwa ekiyinza okuvaako emize egimala awaka emirembe.

3. Okuwuliriza okuwabulwa kw'omwami : Omukyala alina okumanya nti, ali wansi wa mwami era singa amuwabula asaanye okuwuliriza. Bw'alaba nga si ky'ekitufu, asaanye ayogere bulungi ne bba batuuke ku ntegeeragana okusinga okwewaggula ekimalawo emirembe.

4. Okukuumira awamu abaana : Omukyala yenna mu maka kimukakatako okukakasa nti, tewabaawo kusosolagana mu baana. Buli abaana lwe babeeramu okubool-agana kibatabula ekibuza emirembe.

5. Okulambika abaana : Maama y'asinga okubeera n'obudde bw'abaana obungi okusinga taata, wano abeera alina okubalambika obulungi ku by'okukola. Singa maama alemererwa kiyinza okuvaako okutabuka ne taata ekimalawo emirembe.

## Abantu kye bagamba

Kenneth Luyima : Buli omu mu maka alina obuvunaanyizibwa okulaba ng'emirembe gibeerawo. Singa wabaawo embeera yonna eyinza okulitabula tusaana twogerezeganye nga bukyali ensonga zigonjoolwe.

Dorothy Nakazzi : Abazadde tulina okufuba okulaba nga bye tukola byonna bireeta emirembe awaka, kubanga y'engeri yokka gye tutajja kukosa bwongo bw'abaana baffe ate naffe okuneneng'ana.

Willy Turinawe : Buli omu alina okutuukiriza obuvunaanyizibwa bwe mu maka okulaba ng'emirembe gibeerawo. Abaami balina obuvunaanyizibwa bwa maanyi mu kutebenkeza amaka.