

# By'olina okukomya okukola ebikosa bw'abaana bo

## Famire

Bya JOANITA NANGONZI

**M**Ukukoma omwana, waliwo ebikolwa abazadde bye balina okwewala okukolera mu maaso gaabwe, nga bino bivaako abaana okufuna ekifaananyi ekibi ku bazadde baabwe n'okubakosa obwongo ekivaako nabo okubikoppa mu kukula kwabwe oluusi n'okwetusaako obulabe oba okubukola ku balala.

Sammy Mukasa Mulindwa, abudaabuda abafumbo, abazadde n'abaana, musomesa era y'akulira olukiiko lw'abazadde ku Mengo SS. Agamba nti, abaana Katonda abatuwa ng'ebirabo era buvunaanyizibwa bw'abazadde okubatekenda n'okubagunjula okwewala embeera yonna eyinza okubakosa mu ngeri yonna okubatuukako.

Ng'abazadde, tulina okumanya nti, abaana bakozeza nnyo amaaso okulaba n'amatu okuwulira.

Noolwekyo, buli kye tukola bakiyiga ate kisobola okubayamba okukula obulungi oba okubakosa naddala mu bwongo. Agamba nti:

- Okunyooma Katonda kibi. Okusaba kikulu mu maka nga maama ne taata mulina okulaga abaana nti, Katonda mukulu era ne mumutendereza nga muli wamu nga ffamire. Bw'otendeka omutwe n'ototendeka mwoyoyo na



Maama n'abaana be mu ssanyu. Kino kikuuma obwongo bw'abaana nga butebenkevu. Mu katono ye, Sammy Mulindwa Mukasa.

mutima, oba otendese sitaani. Wano obwongo bw'omwana we butandikira okwebuza obukulu bwa Katonda era ekivaamu tekiba kirungi.

- Okuyombayomba mu maaso g'abaana. Abazadde bwe mufunamu obutakkaanya, mugende mu kisenge mukkaanye ng'abaana tebalaba. Ekisenge kirina kuba Palamenti era

kkoote y'amaka gammwe anti buli omwana lw'abalaba nga mukola ekitali kituufu, akitwala nti kyabulijjo era nti kye kituufu. Ekivaamu, kwe kukikoppa n'akikola ku banne. Kino kiva mu kubeera ng'akosebwa obwongo olw'okubalaba nga musikang'ana ebitogi buli kiseera.

- Temwenyooma mu maaso g'abaana. Taata ne maama nga buli

omu anyooma munne kireetera abaana okubayisaamu amaaso, n'okufuna ebirowoozo ebingi ebibataataaganya mu bwongo nga bakula.

- Temunyooma bantu balala mu maaso g'abaana era temubageya nga babawulira okugeza abasomesa baabwe, abakulembeze ab'engeri zonna okuli bannaddiini ne

bannabyabufuzi. Nabo baja kukikola nga bamanyi kye kituufu.

- Okunywa n'ova mu mbeera kireetera abaana okulowooza nti, okunywa si kubi. Ate bw'onywa n'ovaako oyinza okweyonoonera mu ngoye n'okuwemula, ebikuggyako ekitiibwa kyo n'okukosa obwongo bw'abaana bo abakulaba mu mbeera eyo.

- Obujama mu maaso g'abaana kikyamu. Omuzadde olina okubeera omuyonjo, engoye z'oyambala, obuliri mw'osula, ennyumba mw'obeera, ebintu kw'oliira na buli ky'okwatako. Olwo omwana ayiga obuyonjo ate n'obwongo bwe buba bukkakkamu.

- Okunaaba kikulu nnyo. Okweyonja kungulu naye nga tonaaba, kiwa ekifaananyi ekikyamu mu baana. Abaana balina okumanya nti, maama ne taata banaaba nabo bayige, mu kifo ky'okubatabula obwongo ng'obalagira okukola kye batalaba ne basigala nga tebategedde na makulu ga kunaaba.

- Abazadde balina okwewala ebikolwa eby'okwewala obusolosolo ng'abaana balaba. Kino kitabula nnyo obwongo bw'abaana n'abamu ne beesasuliza ku bannaabwe awaka oba mu bantu abalaba.

- Obukumpanya, maama n'akumpanya taata ng'ateesezza n'abaana oba ng'abaana bamulaba ne taata n'akola kye kimu. Kino kivaako abaana okwebuza ekituufu ekirina okukolebwa, era bwe kibalema batabuka butabusi era abamu oluusi bennyamira, ekibakosa obwongo.

# Emize gy'okola egikosa obwongo bw'omwana nga tomanyi

**S**ARAH Kwagala Kasozi owa Heart to Heart Initiative Kagoma era ng'abudaabuda abazadde n'abaana agamba nti, abazadde balina okutegeera bye balina okukola ne bye batalina kukola ebinyinza okukosa obwongo bw'abaana baabwe omuli:

- Bwe muba mulwanagana n'abaana, bagenda kukula nga balwanagana ne bannaabwe.
- Bw'obeera oyagala nnyo okubeera ku ssimu oba ku tiivi okusinga okukola emirimu, nabo kye bayiga.
- Bw'obeera oboola abaana bo abamu ate abalala n'obasusuuta kibayigiriza n'okuboola mikwano gyabwe bwe basoma, nabo bennyini okubolagana awaka kuba gye kitandikira.
- Yawula ekisenge kyo n'eky'abaana, tobalaga bwereere

bwo, waliwo abakola ensobi ne banaaba n'abaana baabwe ababeera batandise okutegeera. Kino kikyamu era kibakosa obwongo ggwe nga tomanyi.

- Kibi nnyo okubeera mu nsonga z'omukwano ng'abaana balaba, obwongo bwabwe obeera obukuluusanya.
- Waliwo abatambula n'abaana baabwe mu bbaala, mu bwenzi ne mu bifo ebyesittaza. Bino by'okola, oba oyigiriza mwana wo mize na kumutaataaganya mu bwongo.
- Tolaga mwana nti, olemereddwa okufuna ssente nga waliwo obwetaavu, olina okufuna engeri gy'okikolamu ate era tolina kumukakasa nti, ggwe tolemererwa, alina okumanya nti, ebintu by'ensi bikyuka.
- Tokaabira mu maaso g'abaana bo, kino kiba kibamalumu amaanyi



Sarah Kwagala Kasozi

kubanga nabo essuubi lyabwe liri mu ggwe.

- Togeya mwagalwa wo mu

maaso g'abaana. Kino kija kubatawanya obwongo mu kwagala okusalawo ani gwe baba bakolagana naye ku maama oba taata.

- Togeya baana bo mu bantu abalala kuba kibamalako emirembe n'okubatabula mu birowoozo n'obwongo olw'obulumi obubeera bubatuusiddwaako ebigambo byo. Ekivaamu, be baana okwenyooma n'okuwulira ng'abatayagalwa ssaako nabo okuyiga okwogera obubi ku balala.
- Tolaga baana bo nti tebalina kye basobola kubeera mu nsi. Ne bw'aba munafu mu by'okusoma, olina okumuzzaamu amaanyi aleme kwekubagiza kuba kikosa obwongo.

- Omwana alina okunenyezebwa ng'akoze ensobi, tolina kumubikkirira kubanga

bw'akizuula asobola n'okukukyawa kubanga kimunyigiriza mu birowoozo ekivaako oluusi n'okulwala obwongo.

- Towemula mwana wo era weewale okumuvuma ebigambo ebiswaza, munenye mu bulungi. Ssinga tokikola obeera omukkakkanya mu maaso g'abalala ekimuswaza n'atandika okweraba ng'atagya mu bantu, kino kikosa obwongo bwe ne bw'agenda ku ssomero takwata bimusomesebwa.
- Kikyamu okulungira omwana n'okumwerekereza ebigambo ebiraga nti, ajja kulemwa ensi, okugeza, "Mwana ggwe ojja kubonaabona n'ensi eno," ebigambo ebyo bimumambulirako era buli lw'abijjuka bimumutaataaganya obwongo. Jjukira olulimi lw'omuzadde lutonzi, biyinza okutuukako.