



SWYC: Amezi 6

Amezi 6, iminsi 0 kugeza ku mezi 8, iminsi 31
6 months, 0 days to 8 months, 31 days
V1.08, 9/1/19

Izina ry'Umwana:
Child's Name:

Itariki y'Amavuko:
Birth Date:

Itariki y'Uyu Minsi:
Today's Date:

IBIHE BY'INGENZI MU MIKURIRE(DEVELOPMENTAL MILESTONES)

Abana benshi bari muri iki kigero bashobora gukora bimwe mu bintu bikurikira (ariko si byose) byavuzwe hepfo. Tubwire urugero umwana wawe agaragazamo ibyo bintu. SUBIZA IBIBAZO BYOSE.

	Ntarabig aragaza Not Yet	Gake cyane Somewhat	Kenshi cyane Very Much
Akora amajwi ameze nka "ga", "ma", cyangwa "ba"	0	1	2
<i>Makes sounds like "ga," "ma," or "ba"</i>			
Iyo uvuze izina rye arakureba	0	1	2
<i>Looks when you call his or her name</i>			
Arihindukiza	0	1	2
<i>Rolls over</i>			
Akura igikinisho mu kiganza kimwe akagishyira mu kindi	0	1	2
<i>Passes a toy from one hand to the other</i>			
Aragushaka cyangwa agashaka undi muntu umwitaho iyo ababaye	0	1	2
<i>Looks for you or another caregiver when upset</i>			
Afata ibintu bibiri maze ikabishyira hamwe	0	1	2
<i>Holds two objects and bangs them together</i>			
Azamura amaboko kugira ngo bamufate	0	1	2
<i>Holds up arms to be picked up</i>			
Ariyicaza.....	0	1	2
<i>Gets into a sitting position by him or herself</i>			
Afata ibyo kurya maze akabirya	0	1	2
<i>Picks up food and eats it</i>			
Ahagurukira ku kintu.....	0	1	2
<i>Pulls up to standing</i>			

URUTONDE RW'IBIBAZO BIKORESHA MU GUSUZUMA IBYIYUMVO, IMYITWARIRE KU MWANA W'IGITAMBAMBUGA (BPSC) (BABY PEDIATRIC SYMPTOM CHECKLIST (BPSC))

Ibyo bibazo birebana n'imyitwarire y'umwana wawe. Tekereza icyo wakwitega ku bandi bana bari mu kigero kimwe na we maze utubwire uko buri nteruro ijyane n'umwana wawe.

	Nta na gato. Not at all	Gahoro Somewhat	Kenshi cyane Very Much
Ese umwana wawe agorwa no kuba ari kumwe n'abantu atamenyereye?	0	1	2
<i>Does your child have a hard time being with new people?</i>			
Ese umwana wawe ajya atinya kujya ahantu atazi?	0	1	2
<i>Does your child have a hard time in new places?</i>			
Ese umwana wawe iyo habaye impinduka biramugora?.....	0	1	2
<i>Does your child have a hard time with change?</i>			
Ese guterurwa n'abandi bantu hari icyo bitwara umwana wawe?.....	0	1	2
<i>Does your child mind being held by other people?</i>			

Ese umwana wawe akunda kurira?	0	1	2
Does your child cry a lot?			
Ese umwana wawe agorwa no gutuza?	0	1	2
Does your child have a hard time calming down?			
Ese umwana wawe akunda kurakazwa n'ubusa cyangwa kurakara vuba?	0	1	2
Is your child fussy or irritable?			
Ese guhumuriza umwana wawe birakugora?	0	1	2
Is it hard to comfort your child?			
Ese birakugora kumenyereza umwana wawe gahunda agenderaho buri gihe?	0	1	2
Is it hard to keep your child on a schedule or routine?			
Ese kuryamisha umwana wawe birakugora?	0	1	2
Is it hard to put your child to sleep?			
Ese umwana wawe atuma udasinzira neza?	0	1	2
Is it hard to get enough sleep because of your child?			
Ese umwana wawe agorwa no kuguma asinziriye?	0	1	2
Does your child have trouble staying asleep?			
IMPUNGENG Z'UMUBYEYI (PARENT'S CONCERNS)			
	Nta na gato Not at all	Gahoro Somewhat	Kenshi cyane Very Much
Ese hari impungenge waba ufite ku birebana no kwiga cyangwa imikurire	0	0	0
Do you have any concerns about your child's learning or development?			
Ese hari impungenge waba ufite ku birebana n'imyitwarire y'umwana wawe?	0	0	0
Do you have any concerns about your child's behavior?			



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IBIBAZO BY'UMURYANGO (FAMILY QUESTIONS)

Kubera ko abagize umuryango wawe bashobora kugira uruhare rukomeye mu mikurire y'umwana wawe, subiza ibibazo bike bikurikira birebana n'umuryango wawe:

	Yego Yes	Oya No		
1 Ese hari umuntu uwo ari we wese ubana n'umwana wawe unywa itabi? <i>Does anyone who lives with your child smoke tobacco?</i>	☐	☐		
2 Mu mwaka ushize, waba warigeze unywa inzoga cyangwa ibiyobyabwenge kurusha uko wabitekerezaga? <i>In the last year, have you ever drunk alcohol or used drugs more than you meant to?</i>	☐	☐		
3 Wigeze wumva ushaka cyangwa ukeneye kugabanya inzoga cyangwa ibiyobyabwenge ukoresha mu mwaka ushize? <i>Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?</i>	☐	☐		
4 Ese kunywa inzoga cyangwa gukoresha ibiyobyabwenge ku muntu ugize umuryango byigeze bigira ingaruka mbi ku mwana wawe? <i>Has a family member's drinking or drug use ever had a bad effect on your child?</i>	☐	☐		
	Ntibyigeze bibaho <i>Never true</i>	Rimwe na rimwe bibaho Akenshi bibaho <i>Sometimes true</i>	Akenshi bibaho <i>Often true</i>	
5 Mu mezi 12 ashize, twari duhangayikishijwe n'uko ibyo kurya twari dufite byari gushira mbere y'uko tubona amafaranga yo <i>Within the past 12 months, we worried whether our food would run out before we got money to buy more.</i>	☐	☐	☐	
6 Muri rusange, wasobanura ute umubano wawe n'uwo mwashakanye? <i>In general, how would you describe your relationship with your spouse/partner?</i>	Nta kibazo ☐	Ibibazo bimwe na bimwe ☐	Ibibazo bikomeye ☐	Si ngombwa ☐
	No tension	Some tension	A lot of tension	Not applicable
7 Ese wowe n'uwo mwashakanye mukemura amakimbirane ari: <i>Do you and your partner work out arguments with:</i>	Nta kibazo ☐	Ibibazo bimwe na bimwe ☐	Ibibazo bikomeye ☐	Si ngombwa ☐
	No difficulty	Some difficulty	Great difficulty	Not applicable
8 Mu cyumweru gishize, ni iminsi ingahe wowe cyangwa abandi bagize umuryango wawe musomera umwana wawe? <i>During the past week, how many days did you or other family members read to your child?</i>	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7			

IMPINDUKA Z'IBYIYUMVO UMUNTU AGIRA IYO AMAZE KUBYARA UMWANA MUSHYA** (EMOTIONAL CHANGES WITH A NEW BABY**)

Kubera ko mu muryango wanyu havutse umwana mushya, twifuzaga kumenya uko mwiyumva ubu. Reba igisubizo cyerekana neza uko wiyumvaga MU MINSI 7 ISHIZE aho kureba gusa uko wiyumva uyu minsi.

Mu minsi irindwi ishize...

In the past seven days...

1 Nashoboye guseka no kubona ibintu mu buryo bushimishije

I have been able to laugh and see the funny side of things

① Nk'uko nari mbishoboye <i>As much as I always could</i>	① Ntabwo ari cyane ubu <i>Not quite so much now</i>	② Nta gushidikanya ko ubu Atari <i>Definitely not so much now</i>	③ Nta na gato <i>Not at all</i>
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2 Nari ntegerezanyije amatsiko ibintu

I have looked forward with enjoyment to things

① Nk'uko byari byarigeze kubaho <i>As much as I ever did</i>	① Gahoro ugereranyije n'ibyo nari menyereye <i>Rather less than I used to</i>	② Nta gushidikanya ko ari gahoro ugereranyije n'ibyo nari menyereye <i>Definitely less than I used to</i>	③ Ni nkaho ntabyari bihari <i>Hardly at all</i>
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3* Ubwo ibintu byagendaga nabi nishinje icyaha

<i>I have blamed myself unnecessarily when things went wrong</i>			
③ Yego, incuro nyinshi	② Yego, rimwe na rimwe	① Si kenshi cyane	④ Oya, nta na rimwe
Yes, most of the time	Yes, some of the time	Not very often	No, never

4 Nahoraga mpangayitse cyangwa mfite ubwoba kandi nta mpamvu ifatika yabinteye

<i>I have been anxious or worried for no good reason</i>			
④ Oya, nta na gato	① Ni gake cyane	② Yego, rimwe na rimwe	③ Yego, kenshi cyane
No, not at all	Hardly ever	Yes, sometimes	Yes, very often

5* Numvise mfite ubwoba cyangwa mpangayitse nta mpamvu ifatika ibiteye

<i>I have felt scared or panicky for no good reason</i>			
③ Yego, kenshi cyane	② Yego, rimwe na rimwe	① Oya, si kenshi	④ Oya, nta na gato
Yes, quite a lot	Yes, sometimes	No, not much	No, not at all

6* Ibintu byatangiye kundenga

<i>Things have been getting on top of me</i>			
③ Yego, igihe kinini sinashoboraga kubyihanganira na gato	② Yego, rimwe na rimwe sinashoboraga kubyihanganira nk'uko byari bisanzwe	① Oya, incuro nyinshi nabaga meze neza	④ Oya, nabyitwayemo neza kurusha mbere hose
Yes, most of the time I haven't been able to cope at all	Yes, sometimes I haven't been coping as well as usual	No, most of the time I have coped quite well	No, I have been coping as well as ever

7* Nahoraga mbabaye cyane ku buryo ntashoboraga gusinzira

<i>I have been so unhappy that I have had difficulty sleeping</i>			
③ Yego, incuro nyinshi	② Yego, rimwe na rimwe	① Si kenshi cyane	④ Oya, nta na gake
Yes, most of the time	Yes, sometimes	Not very often	No, not at all

8* Numvise mbabaye cyangwa nacistse intege

<i>I have felt sad or miserable</i>			
③ Yego, incuro nyinshi	② Yego, kenshi cyane	① Si kenshi cyane	④ Oya, nta na gake
Yes, most of the time	Yes, quite often	Not very often	No, not at all

9* Nagize agahinda kenshi ku buryo nariraga

<i>I have been so unhappy that I have been crying</i>			
③ Yego, incuro nyinshi	② Yego, kenshi cyane	① Rimwe na rimwe gusa	④ Oya, nta na rimwe
Yes, most of the time	Yes, quite often	Only occasionally	No, never

10* Numvaga nshaka kwigirira nabi

<i>The thought of harming myself has occurred to me</i>			
③ Yego, kenshi cyane	② Rimwe na rimwe	① Ni gake cyane	④ Nta na rimwe
Yes, quite often	Sometimes	Hardly ever	Never

**© 1987 The Royal College of Psychiatrists. Cox, J.L., Holden, J.M., & Sagovsky, R. (1987). Kumenya niba umuntu arwaye indwara y'agahinda gakabije nyuma yo kubyara. Gushyiraho Igipimo cy'Ibibazo 10 by'Indwara y'Agahinda Gakabije Nyuma yo Kubyara British Journal of Psychiatry, 150, 782-786. Ugomba kuba ufite uruhushya rwanditse rwa Royal College of Psychiatrists kugira ngo ukore kopi, uyisangize abandi cyangwa wongere utangaze iyi nyandiko (mu mpapuro, kuri murandasi cyangwa mu bundi buryo ubwo ari bwo bwose).