

# Amabwiriza y'umuryango yerekeye serivisi z'imbenezamurire za NYS – Mbere yo kuvuka kugeza ku myaka 5

Amabwiriza y'ibikoresho y'imiryango kugira ngo ihuze ndetse ishambuke abana kuri serivisi z'imbenezamurire muri leta ya New York

## Gusura ingo (mbere yo kuvuka – 5)

Abasura ingo batanga ubufasha ku bagore batwite n'imiryango ifite abana kuva bakivuka kugeza ku myaka 5 ndetse bagateza imbere imukurire y'umwana izira umuze. Gusura ingo bikorerwa umuryango wawe ku buntu. Kugira ngo ubone porogaramu yo gusura ingo ikwegereye: [www.bit.ly/homevisitingnys](http://www.bit.ly/homevisitingnys)

### Porogaramu zo gusura ingo bihuza imiryango ku bigenerwa abaturage nka:

- Serivisi y'ubuzima ikora ku buvuzi rusange, ubw'amenyo & n'ubwo mu mutwe
- Kwita ku mwana
- Irerero mbonezamurire n'irerero
- Serivisi z'ubufasha bw'ibanze
- Ibiryo, imiturire ndetse n'umurimo



## Kwita ku mwana

(ku gihe cy'ibyumweru 6 kugeza ku myaka 12)

Ibiri bya NYS bishinzwe abana n'umuryango (OCFS) bitanga amakuru ku:

- Buryo wabona ubufasha bwo kwita ku mwana
- Wakwishyurirwa kwita ku mwana

Urubuga ruriho amashusho yagufasha n'inzira n'imyirondoro y'ikigo gishinzwe ndetse cyakugira inama ku bufasha bwo kwita ku mwana.

[www.ocfs.ny.gov](http://www.ocfs.ny.gov)

### QUALITYstarsNY (QSNY)

QSNY ni uburyo bwo kugera umwimerere n'iterambere rya NYS hagamijwe kugira ngo abana bato bari kwitabwaho by'ibanze na porogaramu z'uburezi bibashe kugera ku byiza cyane ndetse imiryango yizere umwimerere wa porogaramu bahisemo.

[www.qualitystarsny.org](http://www.qualitystarsny.org)



### Intambwe zo kubona ubufasha mu kwita ku mwana

- 1 Tangira kare**  
Kubona ubufasha bwo kwita ku mwana wawe bukwiye umuryango wawe bishobora gufata igihe. Ni byiza gutangira ndetse ugutwite. Wareba ku gikoresho cya NYS cy'ababyeyi kugira ngo ubone ubufasha bwo kwita ku mwana unyuzwe kuri: [www.nysparenting.org](http://www.nysparenting.org)
- 2 Hamagara CCR&R yawe y'aho utuye**  
Vugana n'ikigo cy'aho utuye cyawe gishinzwe ndetse cyakugira inama ku bufasha bwo kwita ku mwana baguhe amakuru yerekeye porogaramu ziri mu gace kawe. Urutonde warusanga ku rubuga rwa OCFS unyuzwe kuri: [www.bit.ly/ChildCareReferral](http://www.bit.ly/ChildCareReferral)
- 3. Twagufasha mu kwishyura kwita ku mwana**  
Wari uzi ko ushobora guhabwa ubufasha bw'amafaranga yagufasha kwishyura kwita ku mwana? Baza CCR&R yawe y'aho utuye ku bisobanuro birambuye cyangwa ujye kuri: [www.bit.ly/ChildCareFunds](http://www.bit.ly/ChildCareFunds)
- 4. Dusure ndetse ubaze ibibazo**  
Kudusura nibwo buryo bwiza bwo guhitamo ibikwiriye umwana wawe n'umuryango wawe. Kora urutonde rw'iby'ingenzi kuri wowe.

## Ubufasha bw'ibanze

(ku myaka 0 – 3)

Buri karere kagira porogaramu yako y'ubufasha bw'ibanze (EIP) igamije gufasha ab'imyaka y'impinza n'ibitambambuga kuva bavutse kugeza ku myaka 3 ku bafite ubumuga cyangwa kudindira mu mikurire. Serivisi zitangwa ku buntu ku miryango ibyemerewe. Reba uyitanga wawe mu karere kuri:

[www.bit.ly/earlyinterventionnys](http://www.bit.ly/earlyinterventionnys)

Porogaramu y'ubufasha bw'ibanze ihamagawe n'umwe mu bagize umuryango cyangwa ababafasha.

Umuryango uhura n'uwufasha maze bakareba niba abyemerewe

Serivisi za EIP zatangirwa mu rugo cyangwa ahagenewe abana, aho ariho hose umwana ari.

**Kugirwa inama**

**Umuhuzabikorwa wa serivisi z'ibanze**

Umuryango uhamagarwa n'umuhuzabikorwa kugira ngo abahe amakuru ajyanye na EIP.

**Gusuzumwa**

Niba umuryango ubikwiye, porogaramu yanditse irakorwa bafatanyije n'uwu muryango byiswe porogaramu yihariye ya serivisi y'umuryango (IFSP).

**Inama ya IFSP**

**Serivisi z'ubufasha bw'ibanze**

IFSP isuzumwa buri mezi 6.

**Amasuzuma ya IFSP**

Umwana wawe arongerwa agasuzumwa buri mwaka.

**Kwimuka ujya**

Uburezi mu mbonezamurire cyangwa uburezi bwihariye bw'ikiburamwaka

### Ingero za serivisi z'ubufasha bw'ibanze bukubiyemo:

- Ubuvuzi ku kuvuga
- Ubuvuzi ku gukora
- Ubuvuzi bw'umubiri
- Ubuhanama

## Irerero (ku myaka 0 – 5)

Irerero n'irerero mbonezamurire bitanga serivisi ndetse n'ubufasha ku miryango yujuje ibisabwa mu kuyifasha kugera ku ntego zabo. Porogaramu itangwa umunsi wose, igice cy'umunsi n'amahitamo yo gusurwa mu rugo ku buntu ku miryango Kugira ngo ubone porogaramu ikwegereye iya kuri:

[www.bit.ly/headstartprograms](http://www.bit.ly/headstartprograms)

### Ubufasha mw'irerero

Kwiga by'ibanze • Ubuzima • Ubuzima bwo mu mutwe  
Uburezi bwihariye • Imibereho myiza y'umuryango



## Ikiburamwaka giterwa inkunga na leta

(Imyaka 3 – 4)

Ikiburamwaka gifasha gutegurira umwana ishuri. Porogaramu zitangwa binyuze mw'ishuri ry'akarere kawe cyangwa imiryango ishingiyeye ku baturage ku buntu ku muryango wawe. Vugana n'ishuri ry'akarere kawe ku bisobanuro birambuye.

[www.bit.ly/earlylearningnys](http://www.bit.ly/earlylearningnys)

## Uburezi bwihariye bw'ikiburamwaka

(imyaka 3 – 5)

Uburezi bwihariye bw'ikiburamwaka butanga serivisi zihaza ibikenewe mu banyeshuri b'ikiburamwaka bafite ubumuga. Serivisi zitangwa binyuze mw'ishuri ryawe ry'akarere ku buntu ku muryango wawe.

[www.bit.ly/specialednys](http://www.bit.ly/specialednys)

### Uburezi bwihariye bw'ikiburamwaka bukubiyemo Porogaramu y'uburezi yihariye n'isuzuma ngarukamwaka:

- 1 IEP**  
Porogaramu y'uburezi yihariye (IEP) yashyirweho guhaza ibyifuzo n'ibyo umwana wawe akeneye.
- 2 Isuzuma ngarukamwaka**  
Buri mwaka, inama ikorerwa gusuzuma iterambere ry'umwana wawe ndetse igafata imyanzuro ku ntego z'umwaka utaha.





# Amabwiriza y'umuryango yerekeye serivisi z'imbenezamikirire za NYS – Mbere yo kuvuka kugeza ku myaka 5

Amabwiriza y'ibikoresho y'imiryango kugira ngo ihuze ndetse ishamike abana kuri serivisi z'imbenezamikirire muri leta ya New York



Muganga w'abana:

Ikigo cya WIC:

Ububiko bw'ibiryo:

Porogaramu yo Gusurwa mu Rugo:

Ikigo gishinzwe ndetse cyakugira inama ku bufasha bwo kwita ku mwana

Ubufasha bw'ibanze bw'akarere:

Umuhuzabikorwa w'irerero mbenezamikirire / Irerero:

Ishuri ry'akarere:

Kwiyandikisha mu bwishingizi bw'ubuzima:

[www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)  
1.800.541.2831

Kugenzura uburozi:  
1.800.222.1222

Umurongo wo wandikira mu kibazo:  
AndikiraText "Got5" to 741-741



## Gufasha umuryango

### Ikiruhuko cy'umuryango cyishyurwa

NYS itanga uburuzi mu kazi, ikiruhuko cyishyurwa kugira ngo mushamike cyane n'umwana wavutse, kwita kubo ukunda bafite ibibazo by'ubuzima bikomeye, cyangwa gufasha gukuraho igitutu ku muryango igihe hari uhamagarawe kujya mu murimo wa gisirikare mu mahanga. Hamagara umurongo utishyurwa kuri **1.844.337.6303** cyangwa usure [www.bit.ly/paidleave](http://www.bit.ly/paidleave)

### Ikigo cya leta cya NYS, ibiro by'abanyamerika bashya

Gitanga serivisi y'ubuntu ku bimukira bose ndetse hakubiyemo abaturage bimuka, kubaka abakozi, uburyo bwo kwiga icyongereza bwimukanwa na serivisi z'amategeko. Hamagara **1.800.566.7636** cyangwa usure [www.bit.ly/onanys](http://www.bit.ly/onanys)

### Ibikoresho bya NYS bitanga ubufasha bw'igihe gito ndetse ku bafite ubumuga, porogaramu ya serivisi isembuwe ihabwa impunzi

Ifasha imiryango mishya y'impunzi mu kubona serivisi nk'amahugurwa y'ururimi, serivisi z'ubuzima n'umurimo. Hamagara **518.402.3096** cyangwa usure [www.bit.ly/rsnys](http://www.bit.ly/rsnys)

### Kinship Care

Itanga amakuru, inama n'ubufasha binyuze ku rubuga rwabo [www.nysnavigator.org](http://www.nysnavigator.org) na umurongo utishyurwa **1.877.454.6463**

### Prevent Child Abuse NY

Itanga ubufasha mu kurera n'ibikoreshwa hakubiyemo umurongo w'ubufasha bw'ababyeyi. Hamagara **1.800.244.5373** cyangwa usure [www.preventchildabuse.org](http://www.preventchildabuse.org)

## Ubumuga mu mikurire

### Ababyeyi ku babyeyi ba NYS

Kongerera ubushobozi imiryango yita ku bana bafite ubumuga mu mikurire. Hamagara **1.800.305.8817** cyangwa usure [www.parentparentnys.org](http://www.parentparentnys.org)

### Families Together of NYS

Ishyigikira imiryango n'abana bafite ibibazo mu mibanire, mu marangamutima ndetse mu myitwarire. Hamagara **518.432.0333** cyangwa usure [www.ftnys.org](http://www.ftnys.org)



## Ubuzima bwo mu mutwe

### Ibikoresho bya NYS by'ubuzima bwo mu mutwe

Iguhuza n'ibikoresho na serivisi by'aho utuye ikemura agahinda gakabije mbere yo kubyara, ubuzima bw'umwana bwo mu mutwe n'ibindi bikomeye mu mibanire-amarangamutima by'umuryango wawe. Niba uri mu bibazo, ushobora kwandika ubutumwa bugufi mw'ibanga **GOT5** kuri **741741**. Nanone ushobora guhamagara **1.800.273.TALK (8255)** cyangwa usure [www.bit.ly/mentalhealthnys](http://www.bit.ly/mentalhealthnys)

### Postpartum Resource Center of New York

Ifasha imiryango kubona ubufasha bukenewe mu buzima bwo mu mutwe nyuma yo kubyara. Hamagara umurongo w'ubufasha kuri **1.855.631.0001** cyangwa usure [www.postpartumny.org](http://www.postpartumny.org)

## Ubufasha mu kubatwa

### Ibikoresho bya NYS bitanga serivisi n'ubufasha mu kubatwa

Niba wowe n'abo ukunda bafite ibibazo, wabona ubufasha n'ibiringiro uhamagaye, amasaha-24, iminsi-7-ku cyumweru **1.877-8-HOPENY (1.877.846.7369)** cyangwa utwandikire ubutumwa bugufi **HOPENY** (Kodi Ngufi **467369**). Ku buvuzi bwo kubatwa, ibibazo/detox, gushyirwa mu bitaro, kuvurirwa mu rugo, cyangwa mu bitaro jya kuri **FindAddictionTreatment.ny.gov** cyangwa [www.bit.ly/oasasny](http://www.bit.ly/oasasny)

## Ubuzima n'umutekano

### Ihohoterwa ryo mu ngo

### Ibikoresho bya NYS rishinzwe kurwanya ihohoterwa ryo mu ngo

Niba wowe cyangwa umuntu uzi akorerwaihohoterwa ryo mu ngo ndetse hakenewe ubufasha, icumbi ry'ubufasha cyangwa amakuru, hamagara porogaramu ishinzwe kurwanya ihohoterwa ryo mu ngo aho utuye.

**www.bit.ly/dvhelpnys** cyangwa uhamagaye umurongo utishyurwa wa NYS wo gutabariza ihohoterwa ryo mu ngo ndetse rishingiye ku gitsina: **1.800.942.6906**, icyongereza & Igisipanishi/ Kubona indimi nyinshi. Abafite ubumuga bwo kumva cyangwa bumva bigoranye: **711**.



### Umurongo utishyurwa wa Growing Up Healthy

Itanga amakuru ajyanye no kwita ku buzima, imirire myiza, n'ibindi umuryango ukeneye. Iboneka amasaha 24/umunsi, iminsi 7 mu cyumweru mu cyongereza, Igisipanishi n'izindi ndimi. Guhamagarwa kose bifatwa nk'ibanga. **1.800.522.5006**

### Medicaid + Child Health Plus

Umuryango wawe watsindira Medicaid cyangwa CHP niba wujuje ibisabwa bimwe mu bukungu. Saba binyuze mw'isoko ry'Ubuzima rya leta ya NY, cyangwa uhamagare umurongo urishyurwa wa Medicaid cyangwa CHP kuri **1.800.698.4KIDS**

### Isoko ry'Ubuzima rya leta ya NY

Ibikoresho biri kuri murandasi byagufasha guhaha, kugereranya no kwiyandikisha muri porogaramu y'ubwishingizi bw'ubuzima ihendutse y'umwimerere. **www.nystateofhealth.ny.gov**

### Serivisi n'ibikoresho by'ubuvuzi bw'amenyo

Kubona ibikoresho by'ubuzima bwa mbere yo kuvuka ndetse n'ubuzima bwo mu kanwa bw'umwana. Hamagara **1.855.355.5777** TTY **1.800.662.1220** cyangwa usure [www.bit.ly/dentalnys](http://www.bit.ly/dentalnys)

### Kwirinda gukomereka

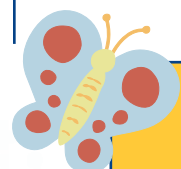
SAFE KIDS NY ni umuryango ugamije kurinda abana gukomereka ndetse no kugira ubufatanye rusange. Hamagara **516.881.7000** cyangwa usure [www.bit.ly/safekidsnys](http://www.bit.ly/safekidsnys)

## Ibikenewe by'ibanze

### (Ibiryo, imyenda, icumbi)

### WIC (Porogaramu y'imirire yihariye yinyongera y'abagore, impinja n'abana)

WIC itez'imbere ndetse igashyigikira ubuzima bwiza ku babyemerewe b'impinja, abana, n'abagore batwite, bonsa cyangwa nyuma yo kubyara. **www.bit.ly/wicnys**



**IGIKORESHO CYA NYS CY'ABABYEYI**

[WWW.NYSPARENTING.ORG](http://WWW.NYSPARENTING.ORG)



Ihuza ababyeyi n'imbuga zivuga ku muryango hakubiyemo:

- Amabwiriza ya NYS y'Ababyeyi
- Kwita ku Mwana na porogaramu ya nyuma y'amasomo kwa NYS
- Abakoresha sisitemi benshi
- Buri Munyeshuri Uhari

\*Ibisabwa no kwiyandikisha muri porogaramu y'ubufasha, ubwishingizi bw'ubuzima n'amakuru ku misoro wabisanga kuri <https://mybenefits.ny.gov/mybenefits/begin>