

TOPIC 6 — FAMILY

Baravugana

Gushika muri Leta Zunze Ubumwe za Amerika ukahaba biraryoha ariko biragora. Kuvugana no gufashanya n'abandi bizofasha umuryango wawe kurengera amananiza yose, no kubana n'abandi mu munezero mutunganiwe. Kugwiza no gukomeza imibano myiza n'ikintu gihambaye, ariko ukongera ukaguma ushimikira ku bintu bikomeye vyo kuri kahise n'imico kama vy'iwanyu.



Communication

Resettling in the United States can be exciting and challenging. Communicating, or sharing thoughts and ideas with one another, and supporting one another will help your family overcome obstacles and live together in a happy and healthy way. It is important to build and maintain strong relationships, while holding onto important parts of your history and culture.

TOPIC 6 — FAMILY

Baravugana

Ikintu gihambaye abantu bakora mu gukomeza imigenderanire myiza n'ukuvugana n'abandi badafobeka, batabeshana, kandi bakabigira kenshi. Guhana inkuru itomoye ku vyerekeye ingene ibintu n'ibindi bigenda nko kumenya uwutora abana kw'ishule canke kumenya ko hageze kuriha ibitegekanijwe. Rondera uburyo bubangukiye umuryango wawe, nko gusiga urwandiko ku cuma co gukanyisha ibintu canke kugirisha inama y'umuryango yihutirwa mu gatondo. Abagize urugo rumwe botegerezwa kumenya ikibanza n'ingene bahana amakuru umwe wese afise.



Communication

One of the most important things people do to build good relationships is to communicate with each other openly, honestly, and often. Clearly communicate important information such as who will pick up children after school or when bills are due. Find a way that works for your family, like leaving notes on the refrigerator or having a quick family meeting in the morning. All family members should know where and how to share important information.

TOPIC 6 — FAMILY

Baravugana

Abasangiye umuryango baravugana kandi bagashika kuco batumvikanako canke ikibabangamiye ku mutima, canke kugira ngo berekane urukundo n'ukwizigiranirana bafitaniye. Imiryango yose yamana ibibazo, nico gituma bikenewe ko mwokwiga ingene mwobivugana neza kandi mushaka ko havamwo ibintu vy'ingirakamaro. Vugana n'abandi atawe mubicishijeko, mutomora, kandi musonera abandi. Iyo uwundi muntu ariko aravuga, umviriza utadehukirwa amajambo asohoka n'ico ashimikiyeko, wongere umwereke icubahiro no kwumva ivyavuga.



Communication

Families also use communication to express their differences and concerns and to show love and appreciation. All families face problems, so it is important to learn how to communicate about them in a healthy and productive way. Speak directly, clearly, and respectfully to others. When someone is speaking, actively listen, pay attention to his or her words and body language, and show that you want to understand.

TOPIC 6 — FAMILY

Kwumva Neza Abandi

Iyo abandi bantu bariko baravuga, ntubacire mw'ijambo. Koresha amaso yawe n'umutumba wawe mu kwerekana ko wipfuzaga kwumva ivyo bashakaga gushikiriza. Itonde wumvirize, wishire mu kibanza cabo iyo bariko barakubwira ivyashitse. Ishura ubabwire ivyo wumvise muvuye bavuze. Bahe umwanya wo gukemura ibitoba bisobanutse neza.

Understanding

When others speak, do not interrupt. Show with your face and body that you want to hear what they have to say. Listen carefully, and think about how you would feel in their place, experiencing what they describe to you. Communicate back to them what you understood from what they said. Give them a chance to correct any misunderstandings.



TOPIC 6 — FAMILY

Ukwubaha

Shinga igihe umuryango wogira akanama ko kuyaga kenshi, ico gihe bose bakazimya television ntibishure n'amatelefoni. Koresha uwo mwanya muvugane ibishikira umw'umwe wese mu buzima canke ikibazo icarico cose gikenewe gutorerwa inyishu mu muryango. Nta n'umwe yotegerezwa kwibona ko ahambaye canke adahambaye gusumba abandi. Umwe wese yotegerezwa kwerekana urufasoni, guha uburyo abandi ngo bashobore gushikiriza ijamba atawubaciriyemwo, gutega neza amatwi abandi, no kuvugana ukuri n'ubwitonzi.



Family Time

Choose a time for the family to talk regularly, when everyone will turn off the TV and will not answer the phone. Use this time to discuss what is going on in everyone's lives and any issues you need to address as a family. Everyone in the family is important. Everyone should be kind, give others a chance to speak without interruption, listen attentively, and speak honestly and kindly.

TOPIC 6 — FAMILY

Shigikirana

Abakuze bashobora kuba bafise ibintu vyinshi bakeneye gushigikiranamwo, harimwo guca amafaranga, kugaburira no kuronderera uburaro imiryango yabo, kuriha ivyo baheranye canke kwuzuzura ibikaratasi bitegekanije n'ubutegetsu. N'abana barakeneye gushigikirwa mu kumenyera amashuri canke ingorane zigeramira abakiriko barakura. Shigikirana mu gufashanya kurangura ibikorwa, mushike ku migambi mwishinze, no mu kurinda ibitera kwamana umutima uhagaze.

Support

Adults have many things they may need support with, including earning money, providing food and a home for their families, and managing bills and official paperwork. Children also need support as they adjust to school and deal with the pressures of getting older. Support one another by helping each other accomplish tasks, reach goals, and cope with stress.



TOPIC 6 — FAMILY

Shigikirana

Imiryango irashigikirana n'igihe hoba hari ingorane. Ibuka ivyiza biranga abandi imbere yuko ubegera ngo ubature ingorane ziguhanze. Iyumvire ico ushima kuribo, igituma ubakunda, n'ibihe mwagiraniye ivyiza. Kandi, menya ko kenshi abantu bavuga ibintu igihe hari ikitagenze neza. Ni ngombwa lero ngo umwe wese ashime uwundi igihe ibintu bigenda neza kandi abantu bakora ivyiza.



Support

Families care about one another, even when there are problems. Remember good things about other people before you approach them about a problem. Think about what you admire about them, why you love them, and times when you have been good to each other. Also, people often talk about things more when something is wrong. It is important to appreciate one another when things are going well and people do good things.

TOPIC 6 — FAMILY

Igihe Uriko Urashikiriza Ijambo

Igihe uriko urashikiriza ijamba, iyumvire ico ushaka ko abantu bumva imbere yuko uvuga. Erekana ko uzi ico uriko uravuga, ko uvuga ico wewe nyene wiyumvira utariko urashima canke uragaya ivyo abandi biyumvira canke bemera. Shikiriza ijamba ritomoye utadidinganya, usigura ingene ubona ibintu wongera utanga n'uturolero. Sigura ico wifuzaga ko coshika canke cohinduka, udasuzugurana canke ngo utukane. Umviriza ivyo abandi bavuga ugerageze kubona ibintu wisunze ivyashikiriye n'ivyashitsweko n'abandi.

Expressing Yourself

When expressing yourself, think about what you want others to understand before you speak. Show that you know that you are speaking from your perspective and not making judgments about what others think or believe. Communicate clearly and directly, explaining how something makes you feel and using examples. Explain what you would like to happen or change, without being disrespectful or unkind. Listen to what others have to say, and try to see things from their point of view.



TOPIC 6 — FAMILY

Kuvuga Ivyerekeye Amahera

Kuvuga ivy'amahera bishobora kuba ikiganiro kigoye. Ng'ibi ivyo ushobora gukora kugira ngo ibiganiro vyanyu vyorohe kuri ico kibazo:

- Genzura ivyerekeye umutungo w'amahera. Menya ico umuryango wawe winjiza nico usohora mu bintu 'vyangombwa' no muvyo umuntu 'yipfuzza'. Ivyo bizogufasha igihe hoba hari ikibazo kiri mu nzira.
- Ni muvugane ivyerekeye amahera imbere yuko haduka ingorane. Shinga ivyo mutegerezwa gushikako n'ingene muzobikurik rana, hagize uwutirigana, mubivugane ningoga imbere yuko ingorane ziba umurengera.
- Uguruka uvuge ico wiyumvamwo kandi wemere kubivugana n'abandi kugira ngo mushike ku ngingo muhwaniye.
- Mudashoboye gutorera inyishu ibibazo vyanyu, iture abashobora kubafasha nk'abahanuzi mu vyerekeye amahera, ivy'ingo, canke ab kozi bashinzwe ivy'imibano.

Talking About Money

Money can be a very difficult topic to discuss. Here are a few things you can do to make the discussion easier:

- Pay attention to your finances. Know what your family earns and what it spends on both 'needs' and 'wants'. This will help you know when there is a potential problem.
- Talk about finances before there is a problem. Set goals and guidelines, and if anyone is struggling, talk about it before it becomes a big problem.
- Be open about how you feel and be willing to negotiate.
- If you cannot resolve your issues, seek help from a financial counsellor, family therapist, or social worker.



TOPIC 6 — FAMILY

Kuvugisha Abana

Vugisha abana ukoresha uburyo bwobafasha kwumva no kwiga ingene bayaga neza n’abandi. Oroshe ibintu, tomora wongere utumbere ijamba. Umwana wawe yotegerezwa gushobora kugusubiriramwo ivyo uhejeje kumubwira. Bahe uburyo bwo guhitamwo ibiboroheye kandi wongere usonere ico bahisemwo mu vyari bitegekaniywe. Bikenewe, sigura bimwe bitomoye igituma bimwe mu vyo bahisemwo hari ibidashoboka. Abana ni bavuga bagaruka, fata umwanya uvuge witonze kugira ngo basubize hasi. Birabagora kwumviriza igihe bagifise agashavu kenshi mu mutima.

Talking to Children

Communicate with children in a way that will help them understand and learn how to communicate well with others. Be simple, clear, and direct. Your child should be able to repeat what you said back to you. Give them choices that you are comfortable with and accept their decisions from those options. If needed, explain clearly why some choices are unacceptable. If children become upset, speak patiently and quietly to calm them down. It is difficult for them to listen when they experience intense emotion.



TOPIC 6 — FAMILY

Imigambi y'Umuryango

Vuga imigambi yawe ikwerekeye wewe wenyene canke yerekeye umuryango. Imigambi y'abakuzi ishobora kuba irimwo kwiga icongereza, kurondera akazi, gutezwa imbere mu kazi, kuziganya amahera yo kwiga muri kaminuza canke yo gukukuruka, canke yo kugura inzu canke imodokari. Imigambi y'abana ishobora kubamwo kwiga icongereza, kuronka amanota meza mw'ishule, canke kuronka abagenzi. Imigambi y'umuryango ishobora kuba irimwo gusangira mu gufungura, kumarana umwanya munini hamwe mwese, gumenyana no gukorana n'ababanyi, canke gufata urugendo rwo kuramutsa incuti ku kiranga minsi gitegekanijwe.



Family Goals

Talk about your goals as individuals and as a family. Goals for adults might include learning English, finding a job, being promoted, saving money for college or retirement, or buying a home or car. Goals for children might include learning English, getting good grades at school, or making friends. Goals for the family might include eating dinner together, spending more time together, engaging with the community, or visiting family or friends regularly.

TOPIC 6 — FAMILY

Ibikorwa vy'Umuryango

Imiryango itegerezwa gufata umwanya wo gukorera ibintu hamwe, turetse uwo kuyaga. Ibikorwa bimwe bimwe imiryango ishobora gukorera hamwe ni nko gukina inkino zo muhira, gukora k'ubuntu, kurangura umugambi (nko kwubaka inzu canke guteka ikintu), kugira imyimenyerezo yo kwononora canke kwigira hamwe ibintu (nk'icongereza canke ivyerekeye ubumenyi). Bishobotse, murashobora gutegura urubanza rw'umuryango, nko gufata urugendo rwo kuja kuraba ibintu bishasha canke kuramutsa incuti.

Family Activities

Families should spend time doing things together, in addition to communicating with one another. Some activities families can do together include playing board games, volunteering, working on a project (like building or cooking something), exercising, or learning something (like English or science). If possible, you can also plan a family event, like a trip to see something new or visit family.



TOPIC 6 — FAMILY

Gukomeza Ubuhinga Kama

Leta Zunze Ubumwe za Amerika n'igihugu kigizwe n'amoko menshi, ubuhinga bwinshi, n'imigenzo myinshi ya kera itandukanye. Kahise canke ubuhinga kama bwanyu bisigaye ari igisata c'igihugu, mwotegerezwa lero kuryoherwa no kumenyesha imigenzo y'iwanyu abana banyu hamwe n'ababanyi banyu. Ca imigani canke mwigishe kahise ko mu gihugu c'amavuko, himbaza imisi mikuru y'uburuhuko hamwe n'imigenzo yaco, mwongere mumarane umwanya n'umuryango wanyu hamwe n'abagenzi muyaga ivyerekeye iyo muturuka.

Keeping Culture Alive

The United States is a country made up of many different races, cultures, and traditions. Your history and culture are now a part of it, and you should feel comfortable sharing your traditions with your children and your community. Share stories and history from your native land, celebrate holidays and traditions, and spend time with your family and friends during which you can talk about where you are from.



TOPIC 6 — FAMILY

Mu Ncamake

Kumenyera kuba muri Leta Zunze Ubumwe za Amerika birimwo umwitwaririko, ariko kumenya kuvugana n'abandi neza, kwicarana n'umuryango wawe, mugasoneranira mukongera mugafashanya bizobafasha gukomeza umuryango wanyu. Tegekanya lero umwanya wo kuyaga, uvuga utomoye ikiri ku mutima, wongere wumvirize kandi wumve ivyo abandi bavuga. Tegekanya imigambi ikwerekaye wewe wenyene hamwe niyerekeye umuryango, icarana n'umuryango muyage mutwenge, komeza iragi rya basogokuru mu migenzo no mu buhinga kama mu rugo rwanyu rushasha.



Summary

Resettling to the United States can be stressful, but communicating well, spending time with your family, and giving each other respect and support will help strengthen your family. Make time to talk, express yourself clearly, and show understanding to others. Set goals as individuals and as a family, spend time together doing fun things, and keep your traditions and culture alive in your new home.