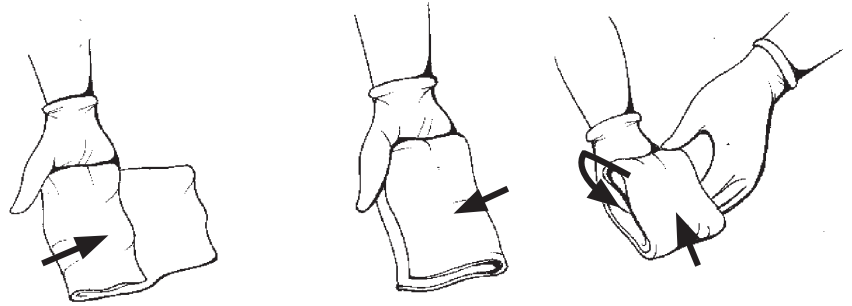


OKUBONEZA OMURWAIRE W'OMUKAZI

Orupapura Oruriho Eby'okwega

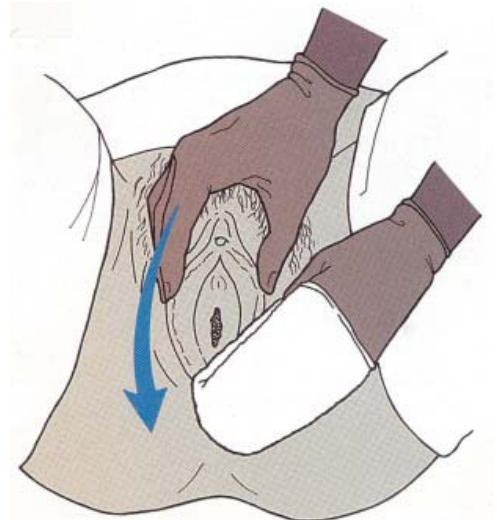
1

Kora ekyenda ekirikushweka engaro zoonza kuruga omu mwenda ogukozirwe omuri pamba.



2

- Taanuura amatama g'obukazi orikwejunisa umukono gumwe.
- Yejunise ekyenda kijubire ekikozirwe omuri pamba osiimuure orikutandikira omumaisho orikugaruza enyima.
- Banza osiimuure omunda na bwanyima osiimuure amatama g'obukazi ag'aheeru.
- Guma noozingurura omwenda ogujubire buri murundi ugu "waasiimuura."
- Siimuura obukazi bwome n'omwenda murungi.



3

- Boneza omwoyo obwo orikusiimuura orikuruga omumaisho orikugaruza enyima (tandikira aha bukazi ogarukye aha mwoyo).
- Yaaba abyamiire orubaju, nikyanguha kuyonja omwoyo kurungi.
- Siimuura omwoyo n'omwenda murungi.

