

# DENGE NINI KO BATELA MABOTA PE BANA NA BISO NA ELEKO OYO YA COVID-19

Ministère ya bokolongono bwa nzote mpe misala yako sunga bato na Maine (DHHS); Bureau oyo etali makambo ya bana mpe mabota (OCFS) ekambami na batu ya mayele, ba denko ya bosembo pe mabota, to pe batu basusu pona ko sosola pe koyebisa soki bana bazui likama ya moniokoli to pe bosundoli. OCFS eyebi ke bokono boye bozali kobakisa mutungisi ,bobangi, koboya kokutana na batu pe bozangi misolo, makanbo maye nde makoki ko bakisa moniokoli ya bana to pe mobulu kati ya libota. Batu ya mayele, ba denko ya bosembo pe bayike ba sengeli ko sala elongo na mabota pona ko sungana,pe kopesa toli na mateya oyo esengeli, na lolenge ya kosunga koyebisa na bakambi moniokoli to pe bosundolami nionso oyo ekutami kati na mabota.

## Bokutani tango nionso na bana pe nabaye bazali kokengela bango

- Bozala na manaka ya lolenge kani bakoki ko benga bino na nzela ya singa pe gonga nini ebongi ko benga.
- Bo solola na bana esika nabango moko sima nde bosolola pe na mabota na bango.
- Bo sunga mabota bazua biloko oyo esengeli pona ko benga bino na nzela ya singa to pe lolenge mususu.
- Bo limbolela bango denge ya kosalela chats vidéo, denge yako komela bino pe denge yako benga na nzela ya singa.

## Tungu muana akutani na moniokoli / bosundolami

- Soki bana bakoki ko yanola na mituna nabino na bosomi nionso, bozua epayi na bango biyono nionso, lokola tango nini / epayi wapi likama esalemi, denge nini muana azui likambo wana, to pe pota yango eza denge nini (munene na yango, lolenge nayango, esika nini ezali). Bosalela mayele na bino ponako
- Tuna mituna esengeli pona kozua pole pe bo sembo na makambo maye mazali koleka.

## Botuna mituna pe bo landela nionso

- Bo solola na bana mbala ebele pe na baye bazali kobatela bango. bo tuna mituna ya oyo ezoleka malam, lokola denge nini bazali, nini ezo tungisa bango, oyo balingaka mingi na ndaku, pe nini ezo zanga po ba kende kelasi, etc.
- Bo yoka maye bana bazali ko loba pe bozala na bokebi na biyano na bango nionso.
- Bo tuna bango soki bazali na bosenga ya lisungi pe bosala na bango elongo pona kozua biyano.

## Benga pona ko yebisa moniokoli pe bosundolami ya bana

- Mutu nionso okoki ko benga pona koyebisa moniokoli to pe bo sundolami. **Batu oyo baza na mosala ya kosunga bana bango pe basengeli** koyebisa soki bayoki bana bazali koniokuama to pe ba sundolami. ESENGELI TE mopanzi sango ayeba moniokoli to pe bosundolami esalemi liboso. Tanga awa makanbu etali mibeko [Mibeko ya bapanzi sango oyo ba tindami na Maine](#).
- Pona kobenga na oyo etali moniokoli pe bosundolami ya bana, bo benga na 1-800-452-1999, Tozali ya ko fungwama tango nionso 24 h sur 24, 7 na poso mobimba.

## Bokengeli ya nziga nziga

- Bokengela nziga nziga na bokebi nionso tango bozali kosolola na vidéo pona kotala bongwana ya bizaleli, pe koyoka mongogo ya oyo bosololaki, ndakisa koganga.
- Tala na bokebi pe koma bilembo nionso okomona na nzoto ya mwana tango ozali kosolola na ye.
- Tuna ye nani azali na ndaku, pe zala na bokebi na nziga nziga po moto akoki koyoka lisolo na bino

## Mayebi oyo ekoki kosunga

- Ministère ya bokolongono bwa nzoto pe misala yakosalisa bato (Department of Health and Human Services, É-U) Bureau ya misala ya bana pe mabota 1-877-452-1999 <https://www.maine.gov/dhhs/ocfs/>
- Benga awa na tango ya mobulu na libota 1-866-834-HELP (4357) [www.mcedv.org](http://www.mcedv.org)

Pona koyebisa na oyo etali moniokoli to pe bosundolami ya bana, benga 1-800-452-1999

Pona baye bayokaka te/ oyo bazali na matoyi ya kokufa, benga 711, ya Maine

# Moniokoli pe bosundolami ya bana: Lolenge pe denge ya kobenga

## NZOTO

- Muana azali na bilembo, mapipi, kozika, bilembo ya koswa minu, mikuwa kobuna to ba poto ya denge mususu oyo ewuti na kobeta, to eza suspectes.
- Mwana akoki koloba ete aza koniokwama na bizaleli ya baboti kasi azali ata na elembo ya pota na nzoto te.
- Mwana akutami na esika makanbu ya somo to pe bitumba ya libota esalemi.
- Na oyo etali bizaleli, mwana akoki kozala na bobangi ya baye bazali ko batela ye to pe na eseongo tango amoni ye.

## ÉMOTIONNEL

- Mwana a koki lokola ko mipenda, to kozala mawa oyo ewuti na batu bazali kobatela ye te.
- Mutu oyo abatelaka mwana ayebani lokola, agangelaka ye, to ekitisaka ye, to a niokolaka ye ba bamla ebele.
- Batiki mwana amona to pe ayeba makambu ya mikolo, to pe koswana nakati ya libota ya batu oyo bazali ko batela ye.

## KIMOBALI & BOMWASI

- Mwana akoki koloba ke mutu moko kati na libota, mokengeli naye to mutu mususu asimlaki ye na kimobali to kibomwasi naye.
- Mwana akoki kolakisa to koyeba makanbu ya mibali to ya basi oyo eleki ba mvula naye.

## BOSUNDOLAMI

- Mwana azali kotala baye bazali ko kengela ye komela biloko oyo elongobani te/ pe azali kosalela biloko ya mabe na ndaku.
- Mwana akengelami malamumu te to bazali ko tika ye asalela biloko ekokani na mvula na te.
- Bosenga na mwana na oyo etali bileyi, kelasi to pe bokolongono bwa nzoto na makanisi eyanolami te.

## Tala ba ndakisa ya makambu oyo bokoki kolandale pona kozwa mateya to pe kobenga ba Bureau ya misala etali kobatela bana pe mabota:

- Mituna Nionso ewuti na mwana to mutu oyo aza kobatela ye.
- Mwana to pe mutu oyo azali kobatele azali na ba pota, to bilembo na nzoto oyo eyebani bisika ewuti te.
- Soki batu oyo bazali kobatela bana bazali na bosenga oyo ezali kotungisa bango na lolenge ete ekomi pasi ponabango kobatela bana
- Soki bomoni bilembo na ndaku biloko ya mabe ezali komelama (ndakisa. Bangi, drogue) to biloko mususu ya mabe oyo ekoki kozokisa to komema maladi epayi na bana (ndakisa., midunki, bosoto oyo ekoki komema bokono)
- Mwana azali na ezaleli to eloko ekesani na denge ye akoki kozala
- Bamla ebele bozokoka kosola na libota te na nzela ya singa (eza teke Internet, to pe téléphone ebebi) pe bozo mitungisa mingi pona bobatelami na bango (ndakisa., makambu ewuti na bitumba ya libota to pe komela drogues)

Benga bureau ya misala ya bana pe mabota ya Maine 1-800-452-1999 pona koyebisa makanbu nionso etalii moniokoli pe bosundoli bana.

## MIBEKO MISUSU PONA KOYEBA PE KOYEBISA MAKANBU NIONSO ETALI MONIOKOLI PE BOSUNDOLAMI YA BANA

Mosala ya ba yekolisi pona kopekisa ba bamba pe bosundolami ekoma te :

<https://www.childwelfare.gov/pubPDFs/educator.pdf>

Pona koyeba mateya ya denge nini ko batela bana- koyeba mobulu pe bosundolami:

<https://www.childwelfare.gov/pubPDFs/signs.pdf>

Mateya yako sunga: <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>

Mibeko & lolenga ya ko benga lisalisi pona bana: <https://www.childhelp.org/childhelp-hotline/>

Mayangani oyo etali bokono ya Covid-19 pe mobulu kati na mabota:

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

## MIBEKO PONA KOSALISA BAYEKOLISI PE BATEYI KOTIKALA TANGO NIONSO NA BOMOKO NA MABOTA

KOBENGA PONA KOLOBA PASI YA BANA NA NZELA YA BILILI <http://preventchildabuse.org/coronavirus-resources/>

SAMHSA (Ministère oyo etali makanbo ya bokolongona ya makaniside) : <http://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>

NAEYC: <https://www.naeyc.org/our-work/families/tips-video-chatting-young-children>

APA (mayangani ya basalisi makanisi ya batu) : <https://www.apa.org/topics/covid-19/telehealth-children>

NASW (Mayangani ya basungi batu) : <https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus>

## MIBEKO MOSUSU NAKATI EGUMBA YA MAINE

Ministère ya bokolongono bwa nzoto pe misala ya kosalisa batu, Bureau ya misala ya bana pe mabota 1-877-452-1999

<https://www.maine.gov/dhhs/ocfs/>

2-1-1 Maine, Inc. ( tuna mituna nionso ozali nayango) : Benga 211 to pe 1-877-463-6207 (libanda ya mboka)

<https://211maine.org/>

Bureau ya misala pe lisungi na oyo etali misolo (OFI) : Benga na nzela ya singa OFI 1(800)-442-6003

Benga awa soki oza na musla te pona lisungi na Maine : 1-(800)-593-8660 <https://www.maine.gov/unemployment/>

Mobulu to pe koniokola mikolo benga : 1-800-624-8404 (voix) to 711 (relais Maine)

Centre oyo etali makanbu ya poison : 1-800-222-1222 (voix) 1-877-299-4447 (ATS) [Centre oyo etali makambu ya poison na New England](#)

Benga na lobangu awa natango ya pasi na Maine 1-888-568-1112 (Voix / ATS) (lisungi na tango ya pasi)

Ko pekisa komiboma : 1-800-273-TALK (8255) [Etali makanbo nionso ya bopekisi komiboma epayi ya bilenge ya Maines](#)

Na oyo nionso etali bitumba na libota benga awa 1-866-834-HELP (4357) [www.mcedv.org](http://www.mcedv.org)

Lisungi na oyo etali gression sexuelle : 1-800-871-7741 (Voix) 711 (TTY) <https://www.mecasa.org>

NA KOMBO YA TOMA YA BOKOLONGONO BWA NZOTO PE YA BASALI BAYE BAKO SUNGA BATU NA MAINE, BUREAU YA MISALA YA BANA PE MABOTA, TO SEPELI NA MISALA YABA YEKOLISI, PE BAYE BATALI MAKAMBO YA BOKONO BWA NZOTO PE BOKONO BWA MAKANISI, NA BASALI MUSUSU PE MANGOBA OYO BASANGANI NA BISO PONA KOBATELA BOKOLONGONO YA BANA NABISO PE MABOTA YA MAINE.



All Maine Children & Families

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HAPPY, HEALTHY