

Bukuli lalembedwa ndi Unduna wa Zaumoyo ndi chithandizo chochokera ku bungwe la United States Agency for International Development (USAID) kudzera mu pulojekiti ya Support for Service Delivery Integration (SSDI-Communication) yomwe amaiyendetsa ndi a Johns Hopkins University Bloomberg School of Public Health Center for Communication Programs (JHU•CCP) ndi mabungwe ena. Zomwe zili mkatimu si maganizo a USAID kapena boma la America.

## Moyo ndi chinthu cha *mtengo wapatali*. Tingausamalire bwanji moyenera

1. Tingakhale bwanji ndi chinyamata chopambana?
2. Tidye bwanji kuti tikhale ndi thanzi?
3. Tingakhale bwanji ndi banja la thanzi?
4. Titani pa nthawi yoyembekezera?
5. Ndingadye bwanji pamene ndili ndi pathupi komanso nthawi yoyamwitsa?
6. Tingakonzekere bwanji mwana?
7. Tingakhale bwanji ndi pathupi potetezedwa?
8. Tingadyetse bwanji mwana wathu?
9. Tingateteze bwanji mwana wathu kumatenda?
10. Tingachite chani pa nkhani yakulera?
11. Tingadziteteze bwanji ku kachiroambo ka HIV?
12. Tingateteze bwanji mwana kuti asatenge kachiroambo ka HIV kuchokera kwa mayi wake?
13. Tingakhale bwanji aukhondo kuti tipewe matenda?
14. Tingawazindikire bwanji malungo?
15. Tingapewe bwanji ndi kuchiza malungo?
16. Titani pa nkhani yokhudza chibayo?
17. Tingatani mwana wathu atayamba kutsekula m'mimba?
18. Titani ngati mmodzi waife wadwala?



# 1

## Kukhala ndi *unyamata wathanzi* ndi *wokondwa*

*Unyamata ndi nyengo imodzi yofunikira m'moyo. Ndi nthawi imene thupi ndi maganizo zimasintha kwambiri kupita ku ukulu. Kuti mukhale athanzi, chitani izi:*

1. **Konzani tsogolo lanu:** Limbikirani sukulu kapena ntchito zina ngati simuli pa sukulu.
2. **Pewani kutenga pakati mukadali achichepere:** Izi zidzakuthandizani kupitiriza sukulu komanso kupewa zovuta pa nthawi yobereka. Ngati simungathe kudziletsa, gwiritsani ntchito makondomu omwe amateteza ku kachiroombo ka HIV komanso mimba zosayembekezereka.
3. **Yezetsani kachiroombo ka HIV:** Ngati muli ndi wokondedwa pitani limodzi kukayezetsa.
4. **Idyani zakudya zamagulu sikisi (6):** Zakudyazi zidzakukhalitsani athanzi. Ngati ndinu munthu wamkazi, mudzapewa zovuta zina pa nthawi yobereka mtsogolo.
5. **Kwa atsikana:** Pitani ku chipatala kukayezetsa khansa ya khomo la chiberekero ndi kukalandira katamera wa khansayi.
6. **Kwa anyamata:** Ganizirani za mdulidwe wa abambo ngati simunadulidwe. Izi zimathandiza kuchepetsa chiopsezo chotenga kachiroombo ka HIV.

Njira yoyamba yopewera kachiroombo ka HIV ndi kukayezetsa magazi.

Mukayezetsa:

- Pewani mchitidwe wogonana.
- Khulupirikani ngati simungathe kupewa.
- Gwiritsani ntchito makondomu ngati simungathe kukhulupirika.



*Dziwani za njira zakulera. Funsani mlangizi wa zaumoyo kuti akufotokozereni bwino za njirazi.*

# 2

## Zakudya zopatsa thanzi

Idyani zakudya za magulu sikisi (6) izi:

### **Zokhutitsa**

Monga chinangwa, mbatata, chimanga, chilanzi, mpunga, nthochi yaiwisi, magombo, mapira, buledi, mawere ndi mbatatesi.

### **Zanyama**

Monga nyama, nsomba, mazira, nkhuku ndi mkaka wa madzi.

### **Zanyemba**

Monga mtedza, nandolo, khobwe, nzama, nyemba ndi soya. Soya ndi mtedza zilinso mgulu la zakudya za mafuta.

### **Zamasamba**

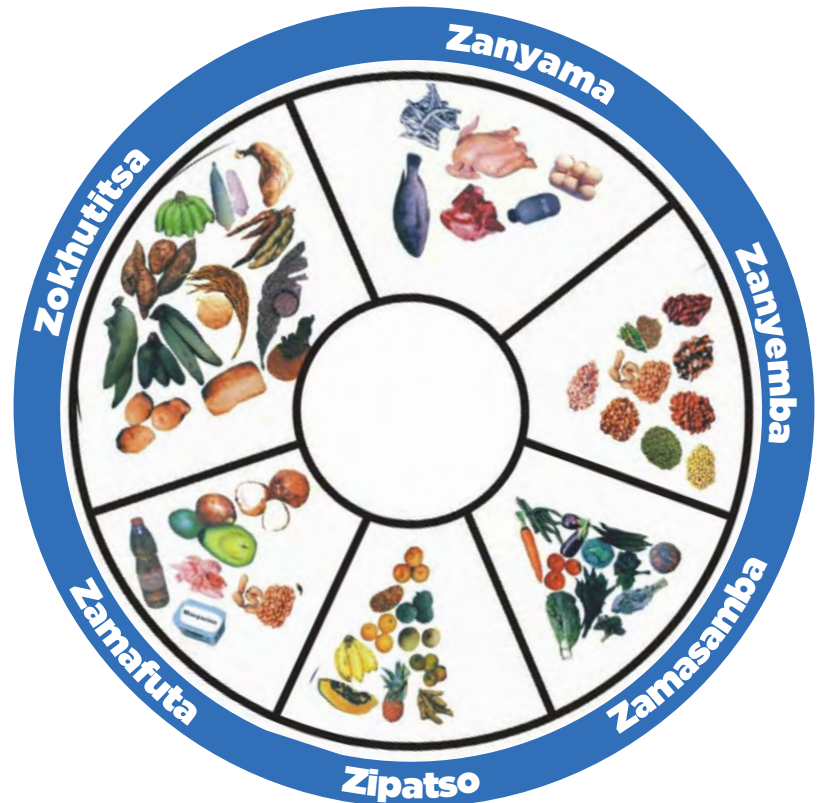
Monga masamba awisi, maungu, karoti, phwetekele/ tomato, mabiringanya ndi zitheba.

### **Zipatso**

Monga mandalena, mango, gwafa, papaya, nthochi, lalanje, masau, apozi, nanazi ndi bwemba.

### **Zamafuta**

Monga mafuta ophikira, mafuta a nyama, majarini, mapeyala, kokonati, soya ndi mtedza.



# 2

## Zakudya zopatsa thanzi

*Ubwino wa zakudya za magulu sikisi (6):*

1. **Zakudya Zokhutitsa:** Zimapatsa mphamvu. Zimathandizanso kukuza thupi.
2. **Zakudya Zanyama:** Zimathandiza kuti munthu akule. Zimaperekanso timichere ta mthupi tothandizira pokula.
3. **Zakudya Zanyemba:** Zimathandiza kuti munthu akule bwino ndi kukhala ndi mphamvu.
4. **Zakudya Zamasamba:** Zimapereka timichere ta mthupi, madzi ndiponso zofunika zina zothandiza kuti chakudya chigayike bwino m'mimba.
5. **Zakudya Zamafuta:** Zimathandiza kuti thupi likule motakasuka.
6. **Zipatso:** Zimapereka mphamvu, timichere ta mthupi ndi madzi. Izi zimathandiza kuti thupi likule bwino komanso lithe kupewa matenda.



*Onetsetsani kuti pakamatha tsiku, mwadya zakudya za magulu sikisi.*



*Imwani madzi pafupipafupi.*

# 3

## Kukhala ndi banja **lokondwa**

Mukakwatira, mumayamba moyo wina watsopano. Kuti mukhale athanzi ndi okondwa moyo wanu wonse, mukuyenera kuthandizana munjira zambiri.

Zina mwa mfundo zimene mukuyenera kuganizirapo bwino ndikupanga chisankho ndi izi:

- Kodi aliyense wa inu akufuna chani m'banjamo?
- Mungathandizane bwanji kuti mukhale athanzi ndi okondwa?
- Mungakhale bwanji otetedwa munyengo ino ya mlili wa matenda a EDZI?
- Chikhumbokhumbo chanu ndichotani pa nkhani yokhala ndi ana?
- Mukufuna ana angati?
- Mungawonetsetse bwanji kuti mukubereka malingana ndi chikonzero chanu (pulani yanu)?

*Kambiranani zomwe mumafuna m'moyo wanu. Gawanani malingaliro anu momasukirana.*



*Khalani limodzi mosangalala musanayambe kuganiza zokhala ndi ana.*



# 4

## Kukhala ndi thanzi **muli ndi pakati**

Kukhala ndi mwana ndi chinthu cha mtengo wapatali pa moyo wa munthu. Mukuyenera kuthandizana powonetsetsa kuti mwana wodzabadwayo ali ndi moyo wamphamvu ndi wathanzi.



*Pitani ku chipatala pa nthawi imene mwazindikira kuti mukuyembekezera.*



*Pitani kuchipatala limodzi ngati banja. Mukuyenera kudziwa momwe mungathandizirane ngati banja pa nthawi yomwe mukuyembekezera*

Kuchipatala cha amayi oyembekezera (ku sikelo ya amayi), wa zaumoyo amachita izi:

1. Kuwona ngati muli bwino komanso ngati mwana wanu akukula bwino.
2. Kukupatsani mankhwala ndi mavitameni omwe amawonjezera magazi ndi kuthandiza kuti mwana wanu akule bwino.
3. Kukupatsani neti yokhala ndi mankhwala opha udzudzu. Usiku uliwonse mudzigona munetiyi kuti mupewe malungo.
4. Kukupatsani mankhwala oteteza ku malungo ndi njoka za m'mimba.
5. Kukupatsani katamera.
6. Kukuyankhani mafunso onse omwe muli nawo.

***Amayi oyembekezera amayenera kupita ku sikelo kanayi kuyambira mwezi wachitatu. Mukapita koyamba ku chipatala, akakufotokozerani za ndondomeko ya masiku omwe mukuyenera kubweranso.***

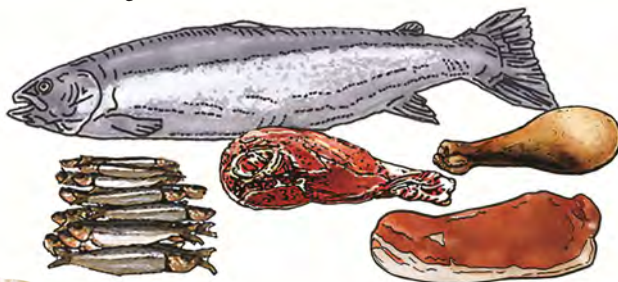


## 5

Zakudya zoyenera **mai wapakati** ndi **woyamwitsa**

Pamene muli ndi pakati kapena mukuyamwitsa:

1. Idyani zakudya za magulu asanu ndi limodzi (6) tsiku ndi tsiku.
2. Idyani zakudya za nyama mokwanira. Nyama imathandiza kupewa vuto lakusowa kwa magazi.

**Mukakhala ndi pakati:**

Idyani zakudya za magulu kanayi (ka folo) patsiku kuti mwana mukuyembekezerayo akule bwino ndi nthanzi komanso kuti inuyo mukhale ndi thanzi ndi mphamvu.

3. Pewani mowa ndi fodya.
4. Nthawi zonse idyani zakudya zomwe zili ndi mchere wa Ayodini (Iodine). Ayodini amathandiza kukuza ubongo wamwana komanso kupewa matenda otupa khosi kwa mayi.



Gwiritsani ntchito mchere wa Ayodini.

**Mukayamba kuyamwitsa:**

Idyani zakudya za magulu kasanu (ka faifi) pa tsiku kuti mukhale ndi thanzi ndi mphamvu zoyamwitsira mwana.





# 6

## Kukonzekera kubadwa kwa mwana

Mayi wathanzi komanso mwana wathanzi, ndi chiyambi cha banja losangalala ndi lotukuka. Mukangozindikira kuti ndinu oyembekezera, kakambiraneni ndi alangizi a zaumoyo kuti mudziwe ndi kupanga pulani ya mmene mungakonzekelere za kubereka. Pokonzekera kubereka:



1. Dziwani zizindikiro zoopsa za mayi wapakati komanso zizindikiro zowonetsa kuti mayi watsala pang'ono kubereka.



2. Sungani ndalama zokonzekera chisamaliro pa nthawi yobereka.



3. Sankhani nzanu kapena wachibale amene adzakuthandizeni nthawi yobereka komanso wina wodzasamalira ana pakhomo.



4. Konzeranitu mayendedwe odzapita ku chipatala nthawi yabwino.



5. Khalani ndi chitenje cha mayi, beseni komanso zofunda ndi zovala za mwana.



6. Konzekerani kuti mukakhale kuchidikiro nthawi yabwino poyembekezera kubereka.

*Funsani azaumoyo kuti akuuzeni za zina zomwe zidzafunike pa nthawi yochira.*

*Mimba ikhoza kukhala pa chiopsezo nthawi iliyonse. Dziwani za zizindikiro zoopsa za mayi woyembekezera.*



## 7

## Zizindikiro zoopsa pa nthawi yomwe muli ndi pakati

Kukhala woyembekezera ndi chinthu cha mtengo wapatali. Kuti mimba ya mayi ikhale yotetezedwa mukuyenera kudziwa zizindikiro zoopsya za mayi wapakati ndipo mukazona kapena kuzimva mthupi, pitani kuchipatala msanga. Zina mwa zizindikirozi ndi izi:



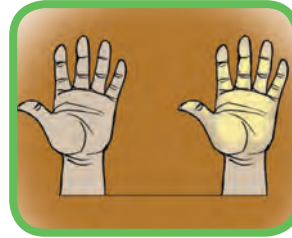
1. Mutu kupweteka kwambiri.



2. Kutentha thupi ndi kunjjemera.



3. Kupuma movutikira.



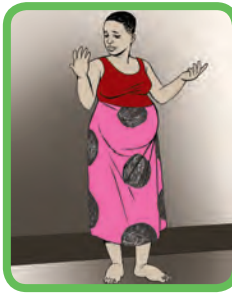
4. Kuyera m'manja kapena m'manso.



5. Kutopa kwambiri.



6. Kutuluka ukazi.



7. Kutupa manja, mapazi kapena nkhope.



8. Kugwa mphumu kapena kuchita dzinjenje.



*Onetsani kuti inu ngati banja mukudziwa za zizindikiro zoopsa za mayi woyembekezera kuti mudzathe kuthandizana zitachitika.*

# 8

## Kuyamwitsa ndi kudyetsa mwana wanu

### Miyezi sikisi (6) yoyamba

Panthawi yomwe mwana wangebada kumene mpaka atakwanitsa miyezi sikisi, chakudya chake chiyenera kukhala mkaka wa m'mawere wokha basi.



**Bele liri ngati chitsime. Pamene mkaka uchoka m'mawere mwana akamayamwa, wina wambiri umabweleramonso.**

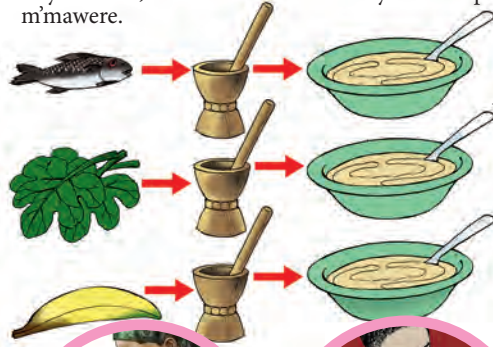
- Yamwitsani mwana usiku ndi usana pamene inu mwafuna kapenanso pamene mwana wafuna. Izi zimapangitsa kuti mkaka uchuluke m'mawere.
- Kuyamwitsa mwakathithi kumathandiza kuteteza mwana wanu ku matenda otsekula m'mimba, a chifuwa komanso a chibayo. Kwa mayi, zimathandiza kuchepetsa chiopsezo cha matenda a Khansa ya m'mawere ndi mchibelekero.

**Mayi apitirize kuyamwitsa mwakathithi ngakhale pamene mwana wadwala. Afunseni alangizi a zaumoyo kuti akufotokozereni za mmene mungayamwitsire mwana pa nthawi imene akudwala komanso wachira.**



### Pakatha miyezi sikisi

Mwana akamakula, khumbo lake la chakudya nalo limakula. Akakwana miyezi sikisi, mwana amafuna zakudya zina kuphatikizirapo mkaka wa m'mawere.



Mpatseni mwana zakudya zowonjezera kuchokera ku magulu sikisi a zakudya mutazikonza moti mwana angathe kudya mosavuta. Mwachitsanzo, phala la mtedza kapena nsomba zosinja.



**Gwiritsani ntchito kapu yotsuka bwino pomupatsa mwana wanu zakudya kapena zakumwa. Simukuyenera kumpatsira mu botolo. Botolo ndilovuta kusamala ndipo limayambitsa matenda otsekula m'mimba.**

**Pitirizani kuyamwitsa mwana wanu mpaka atakwanitsa zaka ziwiri kapena kuposera apo.**

**Afunseni alangizi a zaumoyo kuti akufotokozereni kuti mwana wanu mungamudyetse zakudya zochuluka bwanjani ndiponso kangati malingana ndi msinkhu wake.**

# 9 Katemera

Mwana amene walandira katemera amakhala ndi chiyambi cha moyo wabwino. Mwanayo adzakhala ndi chitetezo chachikulu chopewera matenda.

Mungathe kumuteteza ngati alandira akatemera onse asanakwanitse miyezi naini (9).

Katemera amalandiridwa kasanu (ka faifi) mu nthawi izi:

1. Sabata yomwe mwana wabadwa.
2. Akakwanitsa masabata sikisi.
3. Pakatha mwezi umodzi wotsatira (masabata anayi).
4. Pakathanso mwezi umodzi wina.
5. Akakwanitsa miyezi isanu ndi inayi (Naini).

***Katemerayu amateteza mwana wanu ku matenda osiyanasiyana monga chifuwa chachikulu cha TB, chikuku, kupuwala kwa ziwalo, matenda owumitsa ziwalo ndi owumitsa khosi, chibayo, kutsekula m'mimba, ndi matenda ena.***

## *Maulendo Asanu (5) Kuti mwana atetezedwe ayenera kumaliza kulandira katemera yense*



***Ulendo Woyamba***

Katemera wa BCG ndi Polio.



***Ulendo Wachiwiri***

Katemera wa Polio, Penta, PCV ndi Rota.



***Ulendo Wachitatu***

Katemera wa Polio, Penta, PCV ndi Rota.



***Ulendo Wachinai***  
Katemera wa Polio, Penta ndi PCV.



***Ulendo Wachisanu***  
Katemera wa Chikuku.

*Pitani ku sikelo mwezi uliwonse kuti mwana wanu akalandire chithandizo komanso kuti asadzaphonye katemela*

# 10 Kulera

Kulera ndi njira yomwe ingakuthandizeni kuti mukhale ndi ana omwe mukufuna nthawi yomwe mukufuna. Mukhoza kupanga dongosolo la banja lanu poganizira zinthu izi:

**1. Kuchedwetsa kubereka:**

- Ndi liti lomwe mukufuna kudzakhalana ndi ana?
- Mukufuna kudzakhalana ndi ana angati?

**2. Kutenga nthawi musanabereke mwana wina:**

Mayi asanakhale ndi pakati, pakuyenera kudutsa zaka ziwiri kuchokera pa nthawi imene anabereka. Izi zimathandiza kuti mayi ndi mwana akhale ndi thanzi.

**3. Kusiya kubereka:**

Mayi akuyenera kusiya kubereka pakatha zaka makumi atatu ndi zinayi (34). Izi zimathandiza kuti mayi ndi mwana wobadwa akhale athanzi. Zimachepetsanso imfa ndi mavuto ochitika pa nthawi yobereka.



*Funsani achipatala za ubwino ndi kuipa kwa njira zomwe mwasankha ndiponso kuti mungachite bwanji ngati mutaona zizindikiro zina.*



# 10 Kulera

*Mukhoza kugwiritsa ntchito kondomu mophatikiza ndi njira ina yakulera. Izi zimathandiza kuti ngati njira ina sidayende bwino, mayi asatengebe pakati. Zimathandizanso kuti mupewe matenda opatsirana pogonana.*



**Pali njira zomwe mutha kugwiritsa ntchito musanagonane, pogonana, kapena mukamaliza kugonana. Mwachitsanzo:**

- Mankwala akumwa.
- Makondomu a mayi ndi a bambo.

Mutha kugwiritsa ntchito kondomu kuti mupewe kutenga pakati komanso matenda opatsirana pogonana.

**Njira zina ndi zokhalitsa: Izi zitha kukutetezana kwa miyezi iwiri ngakhalensa zaka khumi (10). Mwachitsanzo:**

- Majakiseni.
- Zoyikidwa mthupi monga mkati mwa mnofu wa pamkono.
- Zoyikidwa mu njira ya maliseche a mayi.

Njirazi zimapatasa mtendere wa mumtima chifukwa simumagwiritsa ntchito njira zakulera kawirikawiri. Zimachepetsanso chiopsezo choti munthu utha kuiwala.

**Njira zina zimaleketsa kubereka ngati simukufunanso ana. Mwachitsanzo:**

- Kutseka kwa bambo.
- Kutseka kwa mayi.

Njirazi zimakuthandizani kuti banja lanu likhale la thanzi ndi lokondwa chifukwa mumatha kukhala ndi nthawi yochita chitukuko.

# 11 HIV ndi EDZI

HIV ndi kachiroambo komwe kamachokera kwa munthu ndi kupitanso kwa munthu wina kudzera mukugonana komanso m'magazi. HIV imachepetsa chitetezo cha mthupi ndipo chitetezochi chikachepa kwambiri munthu amadwala Edzi. HIV ndiyopeweka.

## ***Kuti mupewe HIV:***

- Uzanani za mmene mthupi mwanu muliri.
- Nonse muyezetse limodzi kuti mudziwe ndi kukhulupilira ngati muli ndi kachiroambo ka HIV kapena mulibe.

## ***Ngati nonse mulibe kachiroambo ka HIV:***

- Khulupirikani.
- Ngati simungakhulupirike, gwiritsani ntchito kondomu.

## ***Mungathe kukhala ndi moyo wamphamvu muli ndi kachiroambo ka HIV.***

- Mukuyenera kumamwa mankhwala a ma ARV kuti mukhale athanzi.
- Mukuyenera kumamwa ma ARV masiku onse amoyo wanu.

***Ma ARV samachiritsa matenda a Edzi koma amathandiza kuti mukhale ndi moyo wa mphamvu komanso wa thanzi.***



***Mutha kukhala ndi moyo wautali pomwa ma ARV komanso kukhala omasuka m'maganizo.***



Pitani ku chipatala kuti mukamve za mdulidwe wa abambo. Mdulidwe wa abambo umachepetsa chiopsezo chotenga HIV kwa abambo komanso Khansa ya muchibelekero kwa amayi. Mdulidwe wa kuchipatala umachitidwa bwino, ndi waukhondo komanso udzakutetezana kwa nthawi yaitali.

***Ngati muli ndi kachiroambo ka HIV pali njira zakulera zambiri zomwe mungathe kugwiritsa ntchito.***

***Zindikirani kuti ngati mukuchita chiwerewere mosadziteteza mukhozabe kutenga matenda a HIV ngakhale mutachita mdulidwe wa kuchipatala.***

# 12

## Kupewa kupereka HIV kuchokera kwa mai kupita kwa mwana

**Mai atha kupereka HIV kwa mwana wake:**

1. Panthawi yomwe ali woyembekezera.
2. Panthawi yomwe mwana akubadwa, ndi
3. Panthawi yomwe mwana akuyamwa.

**Kuti mwana atetezedwe, mayi amene ali woyembekezera ayenera kupita ku chipatala cha amai ndi mwamuna wake kuti akatsimikize ngati ali woyembekezera komanso akayezedwe ngati ali ndi kachiroambo ka HIV kapena ayi.**

Ngati amayi apezeka ndi kachiroambo ka HIV:

- Wachipatala adzakupatsani uphungu ndi mankhwala a ma ARV kwa mayi.
- Mayi adzayenera kumamwa ma ARV kwa moyo wake wonse.
- Mwana wanu atha kudzakhalala ndi moyo wautali ngati mayi wayamba kumwa ma ARV ali ndi pakati.
- Onetsetsani kuti mayi waberekera ku chipatala. Ngati sizinatheke kutero, pitani ku chipatala pasanathe tsiku akangobereka kumene.
- Kwa miyezi isanu ndi umodzi (6) yoyamba, mpatseni mwana wanu mkaka wa m'mawere wokhawokha. Mukamamupatsa zakudya zina, mumaonjezera chiopsezo choti mwana akhoza kutenga kachiroambo ka HIV kuchoka kwa mayi.
- Ikatha miyezi isanu ndi umodzi, mungathe kuyamba kumupatsa mwana wanu zakudya zina komanso madzi.
- Mungathe kupitiriza kumuyamwitsa mpakana atafika zaka ziwiri.
- Mukafuna kusiya kuyamwitsa, afunseni achipatala kuti akuthandizeni ndondomeko yake.



**Ngati mumwa ma ARV, mungathe kukhala ndi moyo wautali komanso wathanzi ndi mwana wopanda kachiroambo ka HIV.**

**Pothandiza mayi kuti apewe kupereka kachiroambo kwa mwana, abambo ayenera kuwonetsa chikondi komanso chisamaliro.**





# 13 Ukhondo



Ukhondo ndi maziko a moyo wabwino. Ukhondo wa pathupi, wa zakudya ndi wa pakhomo umathandiza kupewa matenda otsekula m'mimba, kolera, chibayo ndi matenda ena.

**Sambani ndi kusambitsa mwana wanu m'manja ndi sopo komanso madzi aukhondo pa nthawi izi:**

1. Pochokera kuchimbuzi.
2. Mukamusintha mwana thewera.
3. Musanadye.
4. Musanadyetse kapena kuyamwitsa mwana.
5. Musanakonze kapena kuphika chakudya.

**Tetezani madzi akumwa pochita izi:**

- Gwiritsani ntchito Kolorini (Chlorine) kapena Wotagadi (Waterguard). Funsani achipatala kuti akufotokozereni kagwiritsidwe ntchito kake.
- Gwiritsani ntchito makapu awiri. Khalani ndi kapu yotungira madzi ndi ina yomwera madzi. Makapuwa akhale osamalika nthawi zonse.
- Musaviike manja anu mu chidebe kapena mtsuko wa madzi.
- Onetsetsani kuti ziweto zili kutali ndi malo amene pali madzi ogwiritsa ntchito pakhomo kapena akumwa.

**Pakhomo pakhale pa ukhondo**

- Mangani chimbudzi kumusi komanso kutali ndi malo otungira madzi.
- Chimbudzi chanu chikhale ndi chovindikira pa bowo lochitira chimbudzi.
- Pewani kuipitsira paliponse. Gwiritsani ntchito chimbuzi nthawi zonse.
- Khalani ndi dzenje lazinyalala. Kwilirani kapena kuwotcha zinyalala zikachuluka.

**Idyani chakudya pa nthawi imene chikadali chamoto. Chivindikireni ngati sichikudyedwa. Musanadye, tsukani zakudya zomwe mumadya zili zaziwisi monga zipatso ndi salad.**

# 14 Zizindikiro za malungo

Zizindikiro za msanga za malungo ndi litsipa, kutentha thupi kapena kuphwanya mthupi.



Litsipa, kuphwanya mthupi kapena kutentha thupi.



Malungo akachuluka munthu amatha kuchita manjenje kwambiri kapena kukomoka.



***Ngati inu kapena mwana wanu watentha thupi, pitani ku chipatala msanga kuti akakuyezeni ngati muli ndi malungo. Musamwe mankhwala asanakupezeni ndi malungo.***



# 15 Kupewa Malungo

Pogwira ntchito yogonjetsa malungo mogwirizana, mukhoza kugonjetsa matendawa m'banja mwanu ndi mdera lanu.

## Kuti mupewe malungo:

Gonani mu neti yonyikidwa m'mankhwala opha udzudzu usiku uliwonse kwa chaka chonse. Aliyense akuyenera kugona mu netiyi kuti ubwino wake uwoneke pa banja komanso pa mudzi.

Mukapeza neti yatsopano yonyikidwa m'mankhwala opha udzudzu, tsatirani ndondomeko izi:



**Iyanikeni pa mthunzi kwa tsiku limodzi kuti ipitidwe mphepo.**



**Ipachikeni pa malo ogona.**



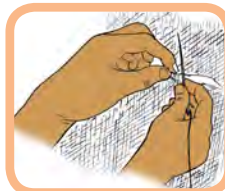
**Gonani mu neti yanu usiku uliwonse.**



**Musachape neti yanu kopitilira katatu pa chaka.**



**Mukachapa, Iyanikeni moyala panso.**



**Ikabooka, isokeni msanga.**



**MUNGATHE KUTHETSA MALUNGO**

*Ngati nyumba yanu idapoperedwa mankhwala opha udzudzu, pitirizanibe kugona mu neti usiku uliwonse kwa chaka chonse. Izi zimaonjezera chitetezo chanu chopewa malungo.*



Tchetchani udzu wonse wozungulira nyumba ndi kuchotsa zithaphwi ndi madzi onse osayenda.



Amayi oyembekezera amalandira mankhwala oteteza ku malungo kosachepera katatu. Kuti mulandire mankhwalawa mwandondomeko, pitani mwachangu ku sikero pamene mwazindikira kuti muli ndi pakati.

# 16 Kuchiza malungo

Malungo ndi owopsa kwambiri. Amachepetsa magazi, amasokoneza bongo, komanso amapha. Koma nkhani yabwino ndiyakuti ali ndi mankhwala.

LA ndi mankhwala ochizira malungo omwe boma limapereka mwaulere. Nkoyenera kumaliza mankhwala a LA amene inu kapena mwana wanu walandira. Simungachire kopanda kumaliza mankhwalawa. Kumbukirani kuti:



1. LA amamwedwa kawiri patsiku:  
M'mawa ndi madzulo.



2. LA amamwedwa kwa masiku atatu.

**Kawiri  
Patsiku.  
Masiku  
Atatu.**



*Kumbukirani  
kuti sikoyenera  
kumwa mankhwala  
a malungo  
musanayezetse  
malungo.*

*Kumva bwino mthupi sikuchira. Kuti malungo athe,  
malizani mankhwala omwe mwalandira ku chipatala.*

# 17 Chibayo

Chibayo ndi matenda a m'mapapo omwe amabwera chifukwa cha majelemusi. Matendawa amapha mwana mwamsanga ngati tawaleklera. Zizindikiro za chibayo ndi izi:



**Kutsokomola.**



**Kukanika kuyamwa kapena kudya chifukwa chobanika.**



**Kupuma mwachangu kapena mwa phokoso.**

*Ngati simunapite mwamsanga ku chipatala, mwana akamapumira mkati, chidale chake chimalowanso mkati. Nthawi zina amatha kuchita manjenje kwambiri kapena kukomoka. Thamangirani ku chipatala msanga mukaona zizindikirozi.*



**Kufooka**

Mungapewe chibayo pochita izi kwa mwana wanu:

1. Muvekeni kapena kumufundika nthawi zonse.
2. Musintheni thewera kapena zovala ngati wanyowa.
3. Pewani kutengera mwana ku malo omwe kuli utsi monga kukhitchini kapena malo amene pali utsi wa fodya.
4. Onetsetsani kuti pakhomo panu ndiposamalika. Sesani ndi kuonetsetsa kuti pakhomo ndi powuma.
5. Sambani m'manja komanso sambitsani mwana m'manja kawirikawiri.
6. Pitani ku chipatala kuti mwana wanu akalandire katemera wa PCV kuyambira pamene wakwanitsa masabata sikisi (6).

# 18

## Kutsekula m'mimba

Mungadziwe bwanji kuti mwana wanu watsekula m'mimba?

*Pamene wachita  
chimbudzi cha madzi  
katatu pa tsiku.*

### Zizindikiro Zoopsa za Kutsekula M'mimba

*Pitani ku chipatala msanga mukaona zizindikirozi pamene mwana akutsekula m'mimba.*



*Thamangirani ndi mwana wanu  
ku chipatala ngati watsekula  
m'mimba katatu patsiku.  
Musadikire zizindikiro zoopsa.*



**Kufooka.**



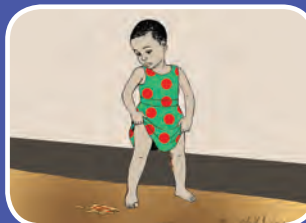
**Kusakhazikika ndi kukhumudwa.**



**Misozi kutuluka  
pan'gono kapena  
osatuluka  
akamalira.**



**Maso kulowa mkati kapena  
kunyala kwa khungu.**



**Magazi mu chimbudzi cha mwana.**



**Kuyamwa kwambiri kapena  
pang'ono chabe.**

# 19 Kuchiza matenda otsekula m'mimba

## Zoyenera kuchita:

*Kwa mwana wochepera miyezi isanu ndi umodzi (6):*



Mankhwala a Zinki amathandiza:

1. Kuchepetsa chimbudzi chimene mwana amachita.
2. Kuchepetsa nthawi imene (masiku amene) mwana angatsekule m'mimba.
3. Kuteteza mwana wanu kwa miyezi iwiri kapena itatu yotsatira.

*Kwa mwana wa miyezi isanu ndi umodzi (6) kapena kuposera apo. Mpatseni:*



ORS ndi Zinki.



Madzi aukhondo.



Madzi a mpunga.



Mpatseni zakumwa zambiri ndi chakudya chambiri. Zakumwazi zikhale zopanda shuga kapena mchere wambiri monga thobwa kapena madzi a zipatso.

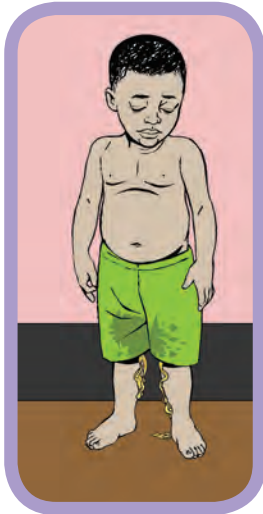
*Mwana akamamwa ORS pamodzi ndi Zinki, amasiya kutsekula m'mimba pakatha masiku atatu. Ngati apitilire kutsekula, pitani naye ku chipatala.*

# 20

## Zizindikiro zoopsa za banja lonse



CHENJEZO: Ngati wina m'banja mwanu ali ndi zizindikiro izi, pitani naye ku chipatala msanga:



**Chimbudzi cha madzimadzi katatu patsiku.**



**Kusanza kangapo patsiku.**



**Kutentha thupi kapena kunjenjemera.**



**Kubanika popuma.**



**Kutuluka magazi pokhosomola.**



**Kutha masiku atatu ali wofooka.**



**Kutha masabata awiri akukhosomola.**



***Moyo ndi Mpamba!*** Bukuli ndi la banja la ife omwe dzina lathu liri m'musiri:

Dzina	
Mudzi	
Mfumu yaikulu	
Boma	
Chipatala	

Saini



Bukuli lalembedwa kuti inu ndi banja lanu mukhale ndi moyo wathanzi ndi wokondwa. Chonde awonetseni abale ndi anzanu ndi kukambirana zinthu zomwe zalembedwa m'bukuli.

***Moyo ndi Mpamba! Usamalireni***

