



Kuyamwitsa Mwakathithi



Cholina:

Kudziwitsa ndi kulimbikitsa luso la ma volontiya a m'madera kuti athe kulangiza ndi kuwunikira bwino ma anja za kayamwitsidwe koyenera ka ana osapitilira miyezi isanu ndi umodzi (6).

Kagwiritsidwe ntchito ka filipi tchatiyi

- Cholina cha filipi tchatiyi ndi kulimbikitsa zokambirana pakati pa a langizi ndi ma volontiya a keya gulupu kapenanso volontiya wa keya gulupu ndi munthu yemwe akukambirana naye. Wogwiritsa ntchito filipi tchatiyi asalankhule yekha ngati akuphunzitsa ana ang'onoang'ono a sukulu, koma achite mokambirana ndi munthu yemwe akumuuza mauthenga a mu filipi tchatiyi.
- Gwiritsani ntchito zinthunzi zokhazo zimene zikugwirizana ndi zokambirana za tsikulo.
- Nyamulani filipi tchati moti anthu omwe mukukambirana nawo azitha kuwona zithunzi bwino lomwe.
- Afunseni omwe mukukambirana nawo zomwe akuwona. Mvetserani mayankho awo. Afunseni ngati zomwe zikuchitika pa zithunzizo zimachitika mudera lawo. Ndikofunikira kwambiri kuti ophunzira azitengapo mbali pa zokambirana zonse.
- Kumbuyo kwa chithunzi chili chonse kwalembedwa mfundu zikuluzikulu zoti zikukumbutseni zoyenera kunena panthawi yomwe mukukambirana.
- Musawerenge mfundozzi, koma kambiranani.
- Pomaliza pa zokambirana zanu afunseni ophunzira zomwe iwo aphunzirapo ndi zomwe akathe kupanga.

Magawo a Phunziro

Afotokozereni ophunzira kuti mukhala mukukambirana za kayamwitsidwe ka ana a ang'ono osapitilira miyezi 6.

Magawo a phunzilori

Phunziro la kuyamwitsa mwakathithi lagawidwa mzigawo zisanu, ndipo tikakumana pa sabata ziwiri zili zonse, tiziphunzira uthenga wofunikira womwe tizikagawana ndi anthu a ku nyumba zomwe timaziyang'anira.

Maphunziro ake ndi awa:

Phunziro 1: Luso la kukambirana

Phunziro 2: Ubwino woyamwitsa kwa mwana, mayi, banja komanso dziko lonse.

Phunziro 3: Kayamwitsidwe koyenera.

Phunziro 4: M'mene mai yemwe ali ndi HIV angadyetsere mwana wake.

Phunziro 5: Zikhulupiriro ndi miyambo zokhudzana ndi kuyamwitsa ana mkaka wa m'mawere.

Zolinga za phunziro la kuyamwitsa ana mkaka wa m'mawere ndi izi:

- a. Kudziwitsa mavolontiya a keya gulupu za ubwino wakuyamwitsa ana mkaka wa m'mawere, komanso zizolowezi za kayamwitsidwe koyenera kuti akule bwino.
- b. Kulimbikitsa luso la mavoluntiya a keya gulupu kuti athe kuthandiza moyenera amayi oyamwitsa ndi ena onse okhudzidwa kuti aziyamwitsa ana moyenera.

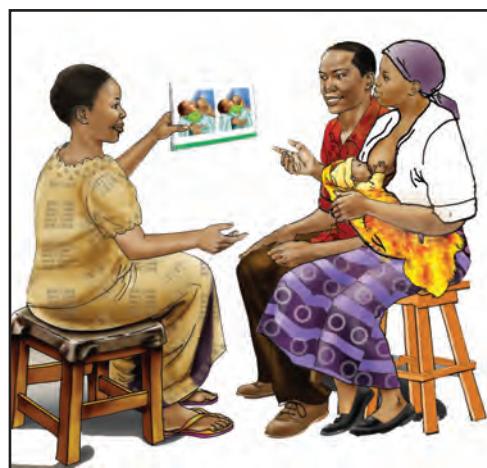
Pomaliza paphunziroli ophunzira a keya gulupu adzatha:

- a. Kulongosola ubwino woyamwitsa ana mkaka wam'mawere kwa mwana, mayi, banja lonse, m'mudzi ndi m'dziko lonse.
- b. Kulongosola mwatsatane-tsatane za kayamwitsidwe kamwana koyenera.
- c. Kulongosola njira zosiyanasiyana zakadyetsedwe ka mwana ngati mayi wapezeka ndi kachilombo ka HIV.
- d. Kutchula njira zopewera ndi kuthetsa mabvuto omwe amapezeka kawirikawiri okhudza kuyamwitsa.
- e. Kusiyanitsa pakati pa zikhulupiriro ndi mfundo zoona zokhudza kuyamwitsa zofunika kuzilimbikitsa kapena zoypa zofunika kuzithetsa.

Luso Lokambirana



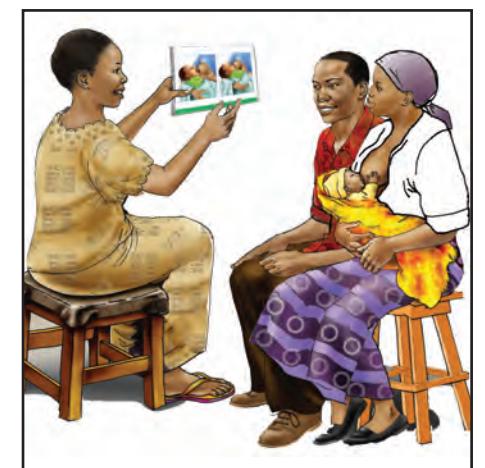
1. Funsani



2. Mvetserani



3. Pezani Vuto



4. Kambiranani za vutolo



5. Perekani Mfundo
Zoyenera



6. Mangani Chimodzi



7. Konzani ndondomeko
yokumananso kuti
mudzaone ngati vutolo latha

Luso Lokambirana

Muphunziroli tiphunzira ndondomeko oyenera kutsatira pamene tikukambirana ndi mayi kapena osamalira mwana kuti tilimbikitse mchitidwe oyenera pa kayamwitsidwe ka ana osapitilira miyezi 6. Tigwiritsa ntchito phunziro la kuyamwitsa mwana ngati chitsanzo.

Ndondomeko zoyenera kutsatira pamene mukukambirana zili motere:

Perekani moni kwa mayi ndi onse amene mukukambirana nawo ndipo dziwanani.

1. Funsani: Njira imeneyi imathandiza kupeza vuto lomwe mayi kapena osamalira mwana amene tikukambirana naye uja ali nalo. Tiyenera kumulimbikitsa mayiyo kuti alankhule momasuka ndi mosabisa.

2. Mvetserani: Njira imeneyi imatiuza kuti, volontiya ayenera kukhala ndi chidwi, ndi kumvetsera zonse zomwe munthu amene akukambirana naye akulankhula, osamudula. Volontiya alimbikitse munthuyo kunena zonse zokhudza vuto lake pogwiritsa ntchito maluso oyenera omvetsera ndi ophunzitsira.

3. Pezani vuto: Njira imeneyi imatiuza kuti, volontiya ayenera kupeza gweru la vuto lomwe munthu yemwe akukambirana naye ali nalo, ndipo amuthandize kusinkha sinkha moyenera njira zikulu zikulu zomwe zikuyambitsa vutolo.

4. Kambiranani za vutolo: Volontiya ayenera kukambirana naye munthu yemwe ali ndi vuto za njira zomwe ziripo zothetsera vutolo.

5. Perekani mfundo zoyenera kuthetsera vutolo: Volontiya amamudziwitsa munthu amene akukambirana naye njira zomwe zilipo, ndikumupatsa mwayi wosankha njira zomwe angathe kutsatira.

6. Gwirizanani mfundo: Pamene volontiya amagwirizana ndi munthu yemwe akukambirana naye uja za njira zomwe angathe kutsatira. Volontiya amamuza munthuyo kuti atchule njira zomwe wasankha mobwereza.

7. Konzani ndondomeko yokumananso kuti muwone ngati vutolo latha: Pamene volontiya amagwirizana ndi munthu yemwe akukambirana naye, za tsiku loti akamuyendere kuti awone m'mene zinthu zikuyendera ndi njira zomwe anasankha.

Kwa alangizi

Ophunzira ayeserere maluso okambirana. Gwiritsani ntchito nthano zosiyanana siyana.

Mkaka wa M'mawere ndi Chakudya Chabwino Chomwe Mayi Ayenera Kupatsa Mwana Wake



Mkaka wa M'mawere ndi Chakudya Chabwino

Chomwe Mayi Ayenera Kupatsa Mwana Wake

Zoyenera kudziwa:

Kafukufuku akuonetsa kuti ku Malawi kuno mwa amayi 10 ali onse 9 amayamwitsa ana awo. Koma pali kusiyana panthawi yomwe amayiwo amayambira kuyamwitsa mwana akangobadwa,

nthawi yomwe amampatsira mwana wawo mkaka wa m'mawere wokhawokha (kuyamwitsa mwa kathithi), kuwirikiza kwa kuyamwitsa, komanso nthawi yomwe mayi amakhala akuyamwitsa (kuyambira pamene mwana wangobadwa kufikira atakwanitsa zaka ziwiri kapena kupitirira apo).

Funsani ophunzira a keya gulupu mafunso awa:

1. Kodi kuyamwitsa ana m'mudzi mwanu kumachitika chitika?
2. Kodi amayi onse amayamwitsa ana awo?

3. Ngati amayamwitsa, kodi mukuganiza kuti ndi chifukwa chiyani nkofunika kuyamwitsa ana.
 - a. Ku mbali yamwana
 - b. Ku mbali ya umoyo wamayi
 - c. Ku mbali ya banja lonse

Kambiranani pogwiritsa ntchito phunziro likubwelali za ubwino wokuyamwitsa mkaka wa m'mawere.

Ubwino Woyamwitsa Mwana Mkaka Wam'mawere



Ubwino Woyamwitsa Mwana Mkaka Wam'mawere

1. Mkaka wa chikasu umene umayamba kutuluka mwana akangobadwa umathandiza kuchapa m'mimba ndipo mwana savutika pochita chimbuzi.
2. Mkaka wam'mawere umateteza mwana kumatenda osiyanasiyana monga kutsegula m'mimba, komanso zifuwa ndi zibayo. Ana oyamwitsidwa mwa kathithi sadwala kawiri-kawiri ndipo akadwala matendawo samabwera ndi mphamvu pofanizira ndi ana omwe amamwa mkaka wogula ku sitolo.
3. Mwana amachira msanga kumatenda osiyanasiyana akadwala.
4. Ndi wa ukhondo ndipo wosafuna kupanga, umakhala okonzakonza.
5. Ndiwoyenera kwa mwana chifukwa umagayika msanga.
6. Ndi chakudya cha chilengedwe chotenthala pa mulingo woyenera.
7. Muli asilikali amene amalimbana ndi zoyabwa-yabwa kapena totuluka pakhungu, ndi kutchinga kuti mapoizoni amene angalowe m'mimba mwa mwana asalowe m'magazi mwake.
8. Uli ndi madzi okwanira kuthetsa ludzu lamwana.
9. Kukoka mkaka komwe mwana amapanga kumalimbitsa ndi kukhwimitsa minyewa kapena misempha ya kumaso kwa mwana.
10. Kuyamwitsa kumathandizira kukhudzana kwa khungu la mayi ndi mwana kuti azolowerane, pakhale chikondi ndi mgwirizano pa iwo.
11. Mkaka wa m'mawere umakhala ndi madzi komanso chakudya chonse choyenera mwana. Chakudya cha mu mkaka wa m'mawere ndi cha milingo yoyenera kuti mwana akule bwino mu miyezi 6 yoyambilira.

Ubwino Woyamwitsa Kwa Mayi, Banja Komanso Dziko Lonse



Mutatha kukambirana za ubwino woyamwitsa ana mkaka wa m'mawere, funsani ophunzira ngati akudziwa za ubwino woyamwitsa mkaka wa m'mawere

Ubwino woyamwitsa kwa mayi

1. Kuyamwitsa mwa kathithi kwa miyezi 6 yoyambirira kumathandiza kuti mayi asataye magazi ambiri akangobereka.
2. Kumuyambitsa mwana kuyamwa msanga akangobadwa kumathandiza kuti nsengwa imene imatsalira m'chiberekero ituluke msanga,
3. Kuyamwitsa kutha kukhala njira yolelera pa miyezi 6 yoyambirira kwa amayi amene akuyamwitsa mwakathithi.
4. Kuyamwitsaku kumathandiza kuti mayi asayambe msambo msanga.
5. Kuyamwitsa kumapepusa mayi kuntchito zokhudzana ndikupanga mkaka woti mwana amwe.
6. Mkaka wa m'mawere ndi wa ulere, siufuna kupanga komanso ziwiya zopangira.
7. Kuyamwitsa kumalimbikitsa chikondi ndi umodzi pakati pa mayi ndi mwana.
8. Kumachepta khansa ndi zotupatupa za m'mabere ndi mchiberekero

Ubwino woyamwitsa kwa banja lonse

1. Mkaka wa m'mawere siogula, ndipo siufuna kuphikidwa, choncho ndalamu zomwe banja likanaononga kugula mkaka ndi nkhuni, zitha kugwiritsidwa ntchito ku zosowa zina za pa banjapo.
2. Ndalamu yomwe ikanathera kuchipatala imasungika chifukwa mwana sadwaladwala ndiponso mabanja amapuma ku maganizo ndi nkhawa zomwe zimabwera mwana akadwala.
3. Kwa mayi woyamwitsa mwa kathithi, kuyamwitsa ndi njira yakulera makamaka pamene mwana asanakwane miyezi 6.
4. Mkaka wa m'mawere ndi wopezekeratu, motero banja limapepukidwa kuntchito yopanga mkaka.

Ubwino woyamwitsa kwa mudzi komanso dziko lonse

1. Zimasunga ndalamu zoyitanitsira mkaka ndi ziwiya zake kunja.
2. Ana athanzi amamanga mudzi ndinso dziko la thanzi.
3. Chifukwa choti ana sadwaladwala, dziko nalonso limaononga ndalamu zochepa kugula mankhwala.
4. Nambala ya ana opulumuka kumatenda ndi imfa imachuluka.
5. Kumathandiza kusunga za chilengedwe monga nkhuni.

Nkwafupi kuti mayi atsatire njira yakuyamwitsa mwakathithi ngati akulimbikitsidwa ndi abambo

Kuyamwitsa Mwana Mu Ola Loyambilira Akangobadwa



KUYIKA MWANA KU BERE MWACHANGU MAKAMAKA MU OLA LOYAMBILIRA AKANGOBADWA, KUMATHANDIZA KUTI MWANAYO AYAMWE MKAKA WACHIKASU OYAMBIRIRA KUTULUKA, KOMANSO IZI ZIMALIMBIKITA CHIKONDI PAKATI PA MAYI NDI MWANA

Alangizi funsani ophunzira mafunso awa;

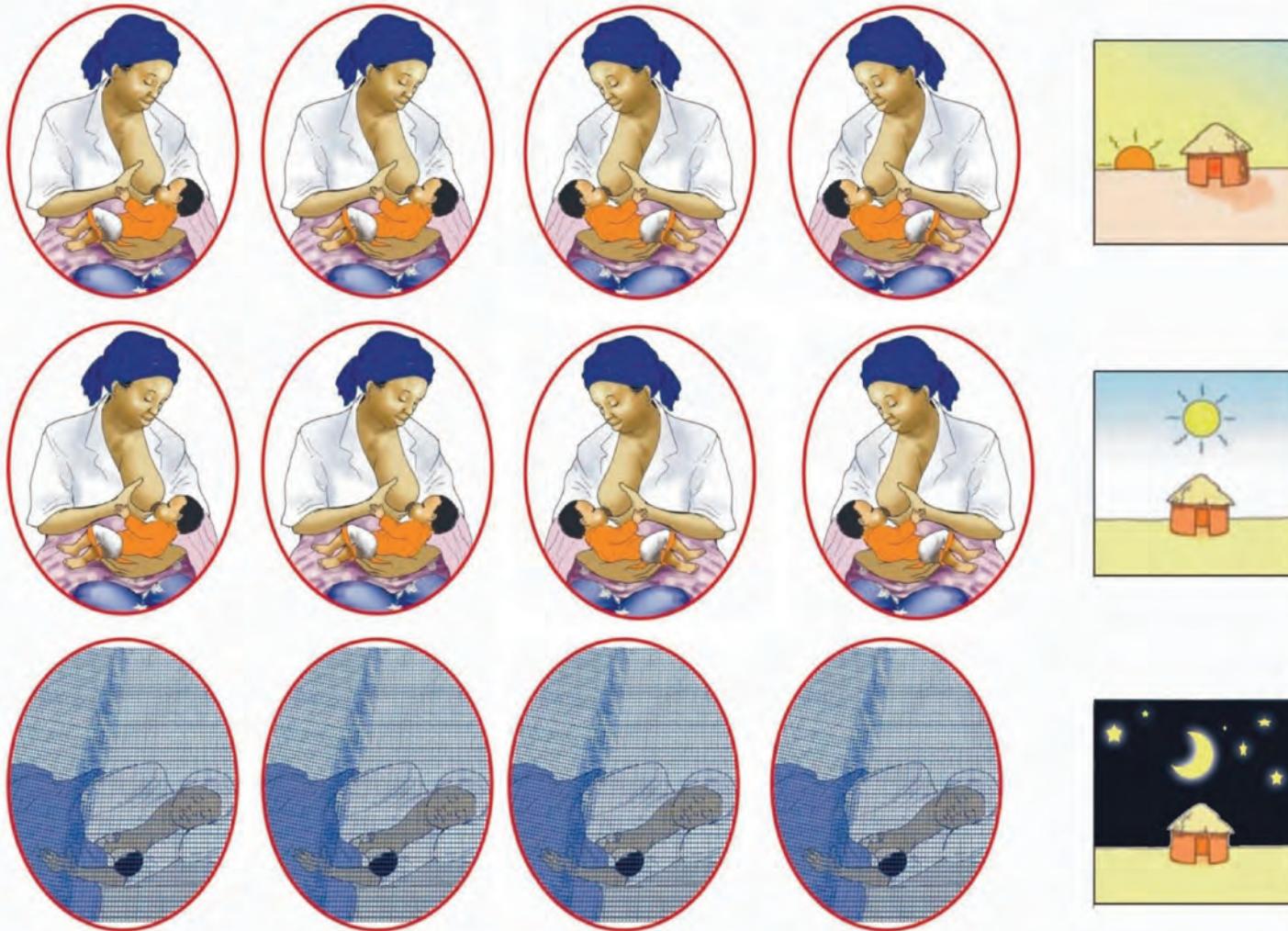
1. Kodi amayi ambiri m'midzi yathu, amayamba kuyamwitsa mwana pakatha nthawi yayitali bwanji, mwana akabadwa?
2. Kodi amayamba kumuyamwitsa nsengwa ikatuluka, kapena isanatuluke?
3. Kodi amayamba kumuyamwitsa pamene mayi wakasamba kapena asanakasambe?
4. Pali ubwino wanji, ngati amayi ayamba kuyamwitsa nthawi yomweyo mwana akangobadwa?
5. Ndi zovuta zanji zimene zimadza ngati amayi atha tsiku kapena masiku asanayambe kuyamwitsa mwana akangobadwa?

Ubwino oyamba kuyamwitsa mwana akangobadwa ndi uwu:

- Mwana amayamwa mkaka woyambirira uja wa chikasu (kolositiram) womwe umathandiza kuteteza thupi la mwana kumatenda osiyanasiyana.
- Nsengwa yotsalira m'chiberekero mwana akabadwa, imachoka msanga ndipo mayi sataya magazi ambiri.
- Kumathandiza kuti mwana achite msanga chimbudzi choyambirira chimene chimamanga m'mimba.
- Mkaka woyambirira wa chikasu umatsuka m'mimba mwa mwana, ndipo mwana samadzimbidwa.
- Mawere amayamba kutuluka mkaka msanga.
- Mkaka umatuluka wambiri.
- Mwana amamva kutenthera chifukwa cha kufungatiridwa.
- Zimadzetsa chikondi pakati pa mwana ndi mayi.

Koma choyenera kudziwa ndi chakuti, mayi aziyamwitsa mwana nthawi ina ili yonse yomwe mwana wafuna (kosachepera kasanu ndi katatu (8) kapena kakhumi ndi kawiri pa tsiku) usana ndi usiku, ndipo mwana ayamwe mpaka alisiye yekha berelo.

Kuyamwitsa Mwana Pafupi Pafupi



Kuyamwitsa Mwana Pafupi Pafupi

KUYAMWITSA MWANA PAFUPI-PAFUPI KUMATHANDIZA KUTI MKAKA UDZIBWERA WOCHULUKA M'MAWERE

Alangizi funsani ophunzira mafunso awa:

1. Kodi mayi ayenera kuyamwitsa mwana wake kangati patsiku?
2. Kodi mayi angapange chiyani ngati; akuchokapo kopitilira ola limodzi; akudwala; ngati mwana akudwala kapena akukana kuyamwa; pamene mabere ndi otupa kapena ali ndi zilonda?

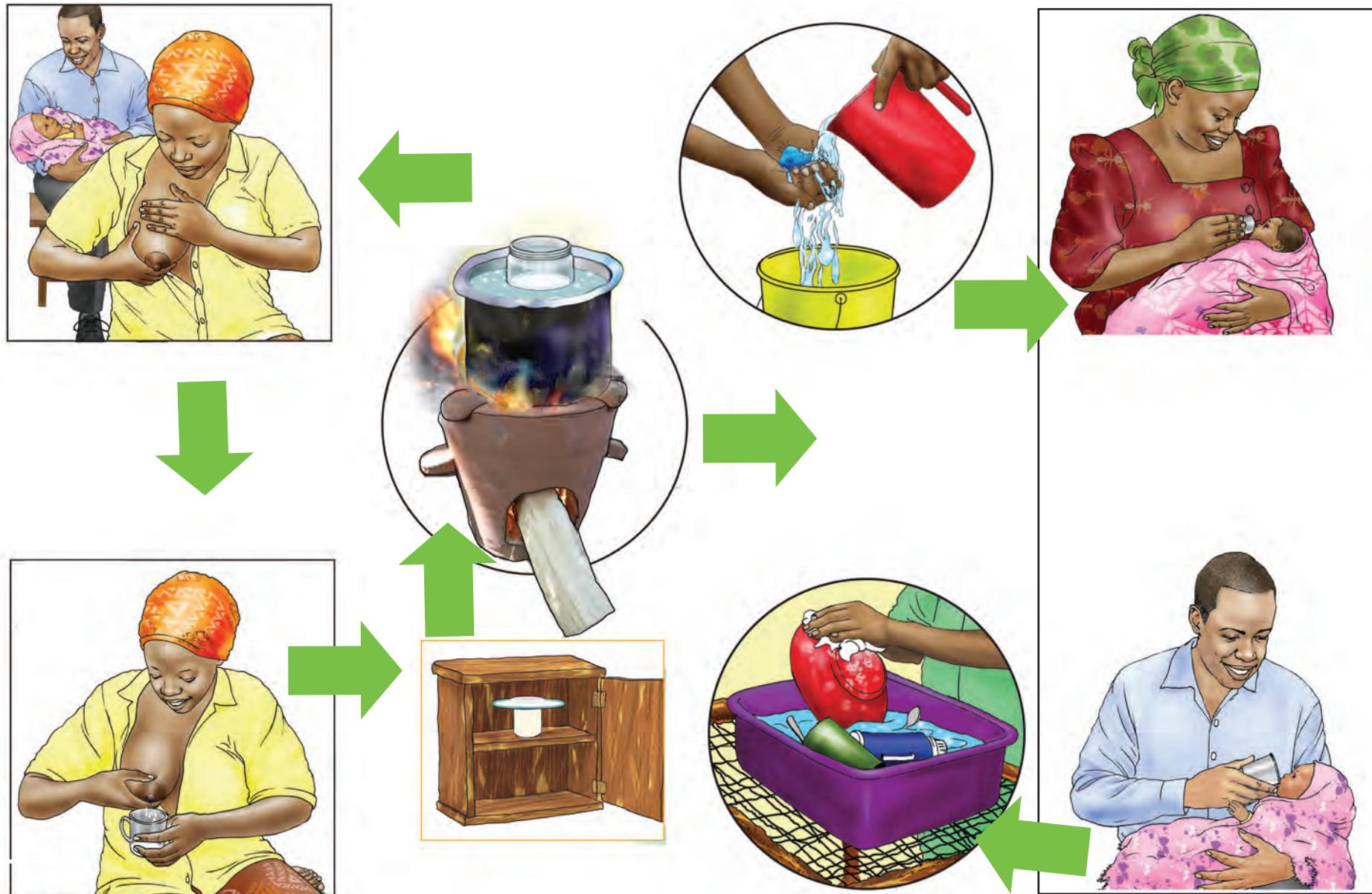
Mukatha kukambirana, afotokozereni izi:

- M'madera ena amayi amayamwitsa ana awo akatsiriza kugwira ntchito za pakhomo, ena masana okha.
- Komatu, mwana amayenera kuyamwitsidwa pamene mwanayo wafunira kuyamwa, (kasanu ndi katatu kapena kupitililapo) usiku ndi usana.
- Mwana ayenera kuyamwa mpakana atalisiya yekha bere.
- Mayi ayenera kumuyamwitsa mwana bere limodzi kufikira mkaka onse uthé asanamupatse bere lachiwiri. Izi zimathandiza kuti mwanayo ayamwe mkaka woyambirira womwe umakhala ndi madzi ambiri (umachotsa ludzu la mwana) ndiponso mkaka wakumapeto womwe umakhala ndi zakudya zopatsa thanzi.

Nthawi izi mayi afinye mkaka wa m'mawere ndi kuwusunga malo abwino:

- Ngati mayi akuchokapo.
- Pamene mwana akukana kuyamwa.
- Pamene mayi wadwala kwambiri.
- Pamene mabere amayi atupa, kapena ali ndi zilonda.

Kafinyidwe ndi Kagwiritsidwe Ntchito ka Mkaka wa M'mawere

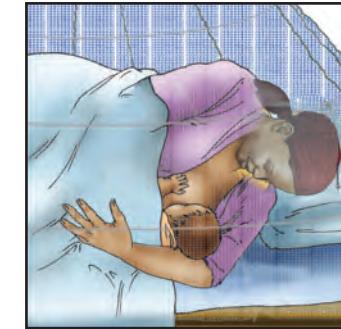


- Choyamba mayi asambe m'manja ndi kutsuka ziwiya ndi sopo.
- Wiritsani ziwiya zisanagwiritsidwe ntchito.
- Mayi akhale momasuka, ndikuika kapu pafupi ndi bere.
- Mayi ayike chala chachikulu, pamwamba pa nkhumbu ndi chakuda cha bere ndipo zala zina zikhale pansi pa bere.
- Mayi afinyire bere mkatì pang'ono pang'ono. Mayi asafinye kutali kwambiri ndi chakuda chabere, powopetsa kutseka njira zotulukira mkaka.
- Mayi sayenera kumva kupweteka pofinya mkaka. Ngati mayi akumva kupweteka ndiye kuti akufinya molakwika.
- Kuti mayi afinye mkaka wokwanira zimatenga pafupifupi mphindi makumi atatu (30).
- Mukatha kufinya ikani mkaka mu chiwiya cha ukhondo ndi kusunga pa malo opanda chinyontho.
- Pamene akufuna kuyamwa, funditsani mkaka poyika kapu m'madzi owira.
- Sungani mkaka mosapitilira ma ola asanu ndi atatu (8).
- Funditsani mkaka okwanira omwe mwana angamalize pa nthawi imodzi.
- Onetsetsani kuti mwasamba m'manja ndi sopo pofinya bere ndi kumwetsa mwana.

Kayikidwe Koyenera ka Mwana ku Bere



KAYIKIDWE KOYENERA
KA MWANA KUBERE



KANYAMULIDWE KA MWANA
KOYENERA POYAMWITSA

Kayikidwe Koyenera ka Mwana ku Bere

Alangizi: funsani ophunzira ngati pali amayi amene akuyamwitsa kuti awonetse anzawo momwe amayikira mwana wawo kubere poyamwitsa.

Ngati palibe mayi yemwe akuyamwitsa afunseni ophunzira ngati angakayitane anzawo omwe amakhala nawo pafupi kuti adzawonetse momwe amayikira mwana kubere pomuyamwitsa.

Kuyika mwana moyenera kubere kumathandiza kuti:

- Mwana ayamwe mokwanira ndinso kuti mkaka uyamwidwe wonse m'mawere.
- Mkaka umapangikanso wochuluka. Izi zimathandiza kupewa kutupa kwa mawere.
- Kumathandizanso kupewa zilonda za m'mawere.

ZIZINDIKIRO ZOSONYEZA KUTI MWANA WANYAMULIDWA BWINO PAMENE AKUYAMWA

- Mayi akhale motakasuka.
- Thupi la mwana liyandikane ndi thupi la mayi ndipo mwana ayang'ane bere.
- Mimba ya mayi ndi ya mwana zikhudzane.
- Mayi agwire thupi lonse lamwana osati khosi ndi mapewa okha.
- Thupi ndi mutu wa mwana zikhale moongooka.

ZIZINDIKIRO ZOSONYEZA KUTI MWANA WAYIKIDWA BWINO KUBERE

- Mayi amamupatsira bere mwana.
- Kamwa la mwana litseguke lonse.
- Milomo yamwana ipindikire kunja.
- Chibwano cha mwana chigunde bere la mayi.
- NKhumbu ya bere ndi mbali ina ya chakuda cha bere zilowe mkamwa mwa mwana.

NJIRA ZOIKIRA MWANA KUBERE

- Kuyamwitsa mwana chokhala pansi, poyangata miyendo yamwana.
- Kuyamwitsa mwana chokhala, mayi atayangata thupi lonse la mwana ndipo agwire mutu wamwana.
- Kuyamwitsa mwana mayi atagona cha m'mbali.
- Kuyamwitsa mwana chokhala, mayi atayangata mwana ku nkhwapa ndipo agwire mutu wa mwana.

Mavuto Amene Amayi Amakhala Nawo Poyamwitsa



1. Zilonda M'mawere

Zomwe zingabweretse vutoli: Kuyika mwana kubere molakwika.

Zoyenera kuchita:

- Mayi apitirize kuyamwitsa kuti acepetse kutupa kwa mawere.
- Mayi atsuke mabere opanda sopo tsiku ndi tsiku.
- Mayi apake mkaka womaliza kumawere akamaliza kuyamwitsa mwana.
- Mulangizeni mayi momwe angayikire mwana ku bere moyenera.

2. Mkaka Kuchepa M'mawere

Zomwe zingabweretse vutoli ndi izi:

- Kuyika mwana kubere mochedwa atangobadwa
- Kuyamwitsa patali patali
- Nkhawa
- Kutopa
- Kusowa chilimbikitso kuchokera kwa anthu apabanja

Zoyenera kuchita:

- Mulimbikitseni mayi kuyamwitsa mwana pafupi pafupi
- Mulimbikitseni mayi kuti azikhala ndi nthawi yopuma komanso azimwa zakumwa zochuluka,
- Ngati mwana akungogona, mulimbikitseni mayi azimudzutsa kuti ayamwe.
- Bambo awonetse chikondi kwa mayi

3. Kutupa Mawere

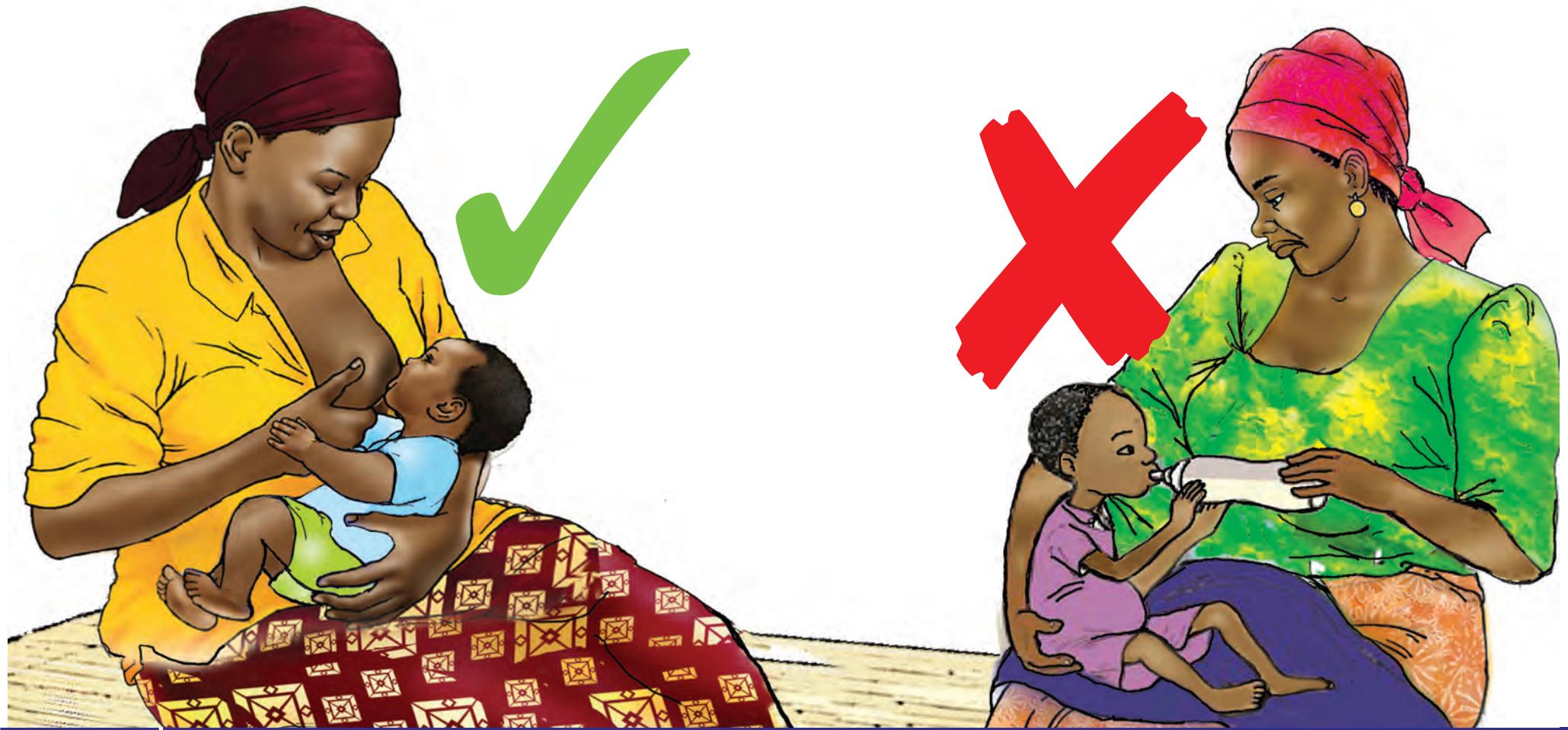
Zomwe zingabweretse vutoli ndi izi:

- Kuchedwa kumuyika mwana kubere atangobadwa
- Kuyamwitsa mwana patali-patali
- Kumuika mwana kubere molakwika
- Pamene mwana akuyamwa sakumaliza mkaka wonse mubere

Zoyenera kuchita:

- Mwana ayamwe pamene akufunira komanso ayikidwe kubere moyenera
- Mwana apitirize kuyamwa pafupi pafupi kuti mkaka wonse uthe m'mawere
- Mayi athanso kufinya mkaka ngati mwana sakuyamwa kuti m'mawere mukhale mopanda mkaka
- Athowe/asine mawere ndi kansalu konyikidwa m'madzi ofunda
- Mayi awonetsetse kuti mwana akuyamwa mkaka wochokera mabere onse awiri.

Ubwino Wakuyamwitsa mwa Kathithi



Ubwino Wakuyamwitsa mwa Kathithi

Funso kwa ophunzira a keya gulupu:

Ndizakudya ziti kuwonjezera pa mkaka wa m'mawere zomwe amapatsa ana awo ongobadwa kumene mdera lanu? Ndi chifukwa chiani ana amapatsidwa zakudya zimenezi?

Kuyamwitsa mwana mwa kathithi

Kuyamwitsa mwana mwakathithi ndi kumpatsa mkaka wa m'mawere wokha wokha (osampatsa mwana zakumwa ndi zakudya zina monga madzi kapena phala) pa miyezi isanu ndi umodzi yoyambirira.

Ubwino Woyamwitsa Mwakathithi

- Mwana amatetezeka kumatenda monga azibayo ndi kutsegula m'mimba. Ana amene amayamwa mwakathithi sadwaladwala komanso ngati adwala matenda sakula kwambiri kuyerekeza ndi omwe amapatsidwa zakudya zina kapena mkaka ogula mwachangu asanathe miyezi 6 yoyambirira.
- Mkaka wa m'mawere muli madzi ndi zakudya zonse zofunikira kwa mwana kuti akule ndi nthanzi pa miyezi 6 yoyambirira.
- Mkaka wa m'mawere siuvuta kugaya chifukwa unapangidwa moyenera mwana wakhanda.

- Mkaka wa m'mawere umachotsa ludzu lonse lamwana potero sikoyenera kumpatsanso madzi.
- Pa miyezi isanu ndi umodzi yoyambirira, zakudya kapena zakumwa zina sizigayika bwino lomwe m'mimba mwa mwana.

Pomaliza alangizi awauze ophunzira nthano ya kuyipa kompatsa mwana mkaka wa mu botolo

Funsani ophunzira mafunso awa kutsatira nthano yanu :

1. Chifukwa chiyani mayi anasankha mkaka wa mu botolo? Kodi aliponso amayi ku midzi yathu omwe amamwetsa ana mkaka wa m'botolo, phala kapena zakumwa zina?
2. Kodi ndikuipa kwanji kopatsa ana mkaka wa mu botolo?
3. Nanga ubwino wa mkaka wa m'mawere ndi uti?
4. Mukanakhala mayi woyamwitsa woti mwasiya mwana tsiku lonse mukanachita bwanji?

Ubwino Otsatira Kadyedwe Koyenera kwa Mayi Oyamwitsa



Ubwino Otsatira Kadyedwe Koyenera kwa Mayi Oyamwitsa

THANZI LA BWINO LA MAYI OYAMWITSA LIMADZETSA MKAKA WOCHULUKA KOMANSO MAVITAMINI NDI MICHERE YONSE YOFUNIKIRA KUTI MWANA AKULE NDI THANZI

M'malawi muno, amayi ambiri amayamwitsa mwana kwa miyezi yokwana khumi, isanu ndi itatu (18) kapena kupyolerapo ndipo m'kwa pafupi kuti akhale ndi vuto losowa chakudya mthupi pa nthawi yomwe akuyamwitsa.

Chifukwa cha ichi, amayi omwe akuyamwitsa amafuna mphamvu, mavitamini ndi michere yochulikirapo kuti:

- Achire bwino bwino ku uchembere.
- Mkaka uzituluka okwanira, komanso kuti akhale ndi thanzi labwino.

Mayi oyamwitsa ayenera kumadya zakudya zakasinta sintha zochokera ku magulu asanu ndi limodzi (6).

1. Gulu la chakudya chokhutitsa
2. Gulu la mafuta
3. Gulu la zipatso
4. Gulu la zamasamba
5. Gulu la nyemba
6. Gulu la chakudya chochokera kunyama

Mayi oyamwitsa ayenerano kulantira vitamin A pakatha sabata zisanu ndi zitatu atabereka kuti akhale ndi thanzi labwino, komanso kuti mwana apeze vitamin A kuchokera ku mkaka wa m'mawere.

- Ayenera kugwiritsa ntchito mchere okhala ndi ayodini pokonza chakudya. Ayodini amateteza ku matenda a chithokomiro, komanso amathandiza kuti thupi ndi bongo la mwana zikule bwino komanso kuti mwana asakhale ozelezeka.
- Ayenera kupuma mokwanira mosachepera ma ola awiri tsiku lili lonse sayenera kugwira ntchito zolemetsa.
- Ayenera kugwiritsa ntchito njira zamakono za kulera.

Mayi woyamwitsa ayenera kudya zakudya zochokera ku magulu onse asanu ndi limodzi a zakudya, kuti mayiyo ndi mwana akhale athanzi.

Mayi Oyamwitsa amene ali ndi HIV



Mayi Oyamwitsa amene ali ndi HIV

TETEZANI MWANA WANU KU HIV POKAYEZETSA MAGAZI ANU

HIV imafoola komanso kupha chitetezo chamthupi. Chitetezo cha m'thupi chikachepa tizilombo tina toyambitsa matenda timapezerapo mwai ndi kuyambitsa matenda osiyana siyana m'thupi. Matenda osiyana siyana amene amadza chifukwa cha kuchepa kwa chitetezo amatchedwa Edzi.

Kafalidwe ka HIV :

- Pogonana ndi munthu yemwe ali ndi HIV mosadziteza.
- Popatsidwa magazi omwe ali ndi HIV.
- Pogwiritsa ntchito zida monga zoboolera ndolo, za m'duliro, jakisoni, zomwe zakhudzana ndi magazi omwe ali ndi HIV
- Mayi kupatsira mwana wake panthawi yomwe ali woyembekezera, pobereka ndi poyamwitsa. Si ana onse obadwa kwa amayi amene ali ndi HIV omwe amatenga HIV.

Chiwopsezo chopatsira mwana HIV poyamwitsa chimakula kwambiri ngati:

- Mai ali wodwalika kwambiri.
- HIV yalowa kumene m'thupi mwa mayi, panthawiyi tizilomboti timakhala tochuluka m'magazi komanso m'madzi a m'thupi.
- Mwana akudya zakudya zina kuphatikiza pa mkaka wa m'mawere kuchokera kwa mayi oti ali ndi HIV asanakwanitse miyezi isanu ndi umodzi.

- Mai ali ndi matenda ena omwe amafala njira ygonana, nkwapafupi kuti apatsire mwana wake HIV.
- Mai ali ndi mabala ku bele panthawi yomwe akuyamwitsa mwana.
- Mwana ali ndi zilonda mkamwa nkwa pafupi kuti HIV ifalikire mthupi mwake kudzera muzirondazi.

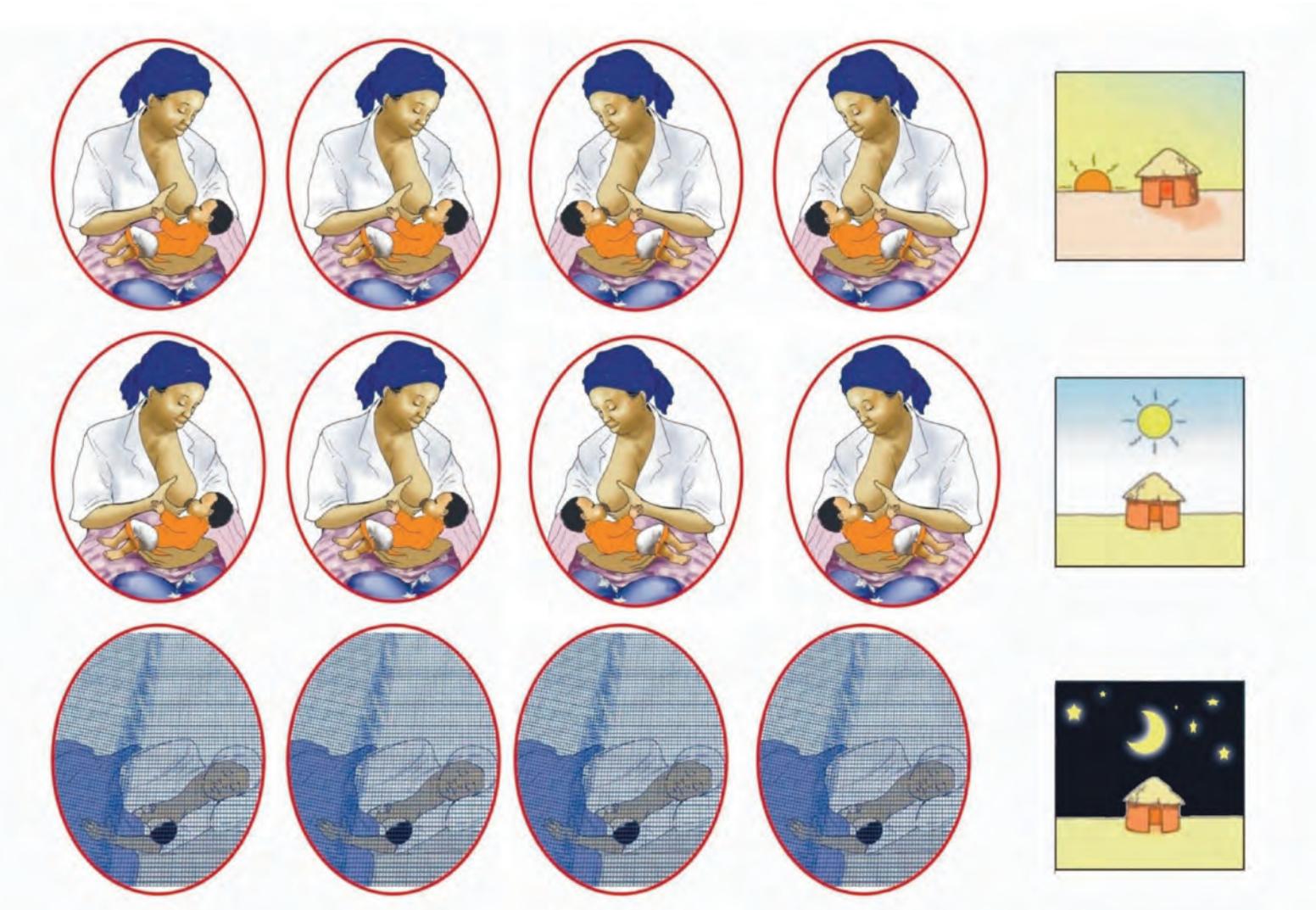
Choncho, mayi aliyense ayenera kukayezetsa magazi kuti adziwe ngati ali ndi HIV kapena ayi, asanatenge mimba.

Amayi omwe ali ndi HIV amapatsidwa uphungu oyenera pa kadyetsedwe ka mwana kuti asapatsire mwana wawo HIV.

Mayi amene ndi woyembekezera kapena oyamwitsa ndipo ali ndi HIV angateteze mwana wake:

- Popita kusikelo motsatira malangizo a chipatala.
- Kumwa mankhwala owonjezera chitetezo m'thupi mwandondomeko ndi kumpatsa mwana wake mankhwala owonjezera chitetezo m'thupi.
- Kugwiritsa ntchito kondomu moyenera komanso nthawi zonse pamene akugonana ndi mwamuna wake.
- Kupitiliza kumwa mankhwala oonjezera chitetezo m'thupi
- Kuyamwitsa mwakathithi pa miyezi isanu ndi umodzi yoyambirira.

Kayamwitsidwe ka Mwana wa Mayi yemwe ali ndi HIV



Kayamwitsidwe Ka Mwana wa Mayi yemwe ali ndi HIV

A mayi omwe ali ndi HIV ayenera kuyamwitsa mwana wawo miyezi 6 yoyambilira.

Afunseni ophunzira tanthauzo lakuyamwitsa mwakathithi ndi ubwino wake kuchokera mu phunziro lakumbuyo

- Kuyamba kumwa mankhwala oonjezera chitetezo mthupi kwa mayi ndi mwana, ndinso kuyamwitsa mwakathithi kumathandiza kuti mwanayo atetezedwe ku HIV ndinso ku matenda monga kutsegula m'mimba ndi zibayo ngakhale mayi atha kupatsira mwana wake HIV kupyolera ku mkaka wa m'mawere.
- Mayi oyamwitsa amatetezeza ku zotupa ndi khansa ya m'mawere.
- Ngati mayi ali ndi zotupa mawere onse kapena wadwala kwambiri; afinye mkaka wa m'mawere ndi kuutenthetsa m'madzi owira ndikumwetsa mwana pamene akufuna kuyamwa.

Sibwino kumpatsa mwana mkaka wogula komanso phala, madzi ndinso zakudya ndi zakumwa zina mu miyezi isanu ndi umodzi yoyambirira chifukwa:

- Matumbo a mwana amakhala osakhwima ndipo zakudya komanso zakumwa zina zimamukanda m'mimba, kupangitsa kuti HIV idutse kuchoka mumkaka kupita m'magazi amwana mosavuta.
- Mchitidwewu umapangitsanso kuti mwana azidwaladwala matenda monga zibayo ndi kutsegula m'mimba chifukwa mwanayo satetedzedwa mokwanila ndi mkaka wa m'mawere.

Amayi omwe ali ndi HIV asasiye kuyamwitsa ana awo akakwanitsa miyezi isanu ndi umodzi

Miyambo ndi zikhulupiliro za Kuyamwitsa Mwana M'madera Athu



Miyambo ndi Zikhulupiro za Kuyamwitsa Mwana M'madera Athu

Mu madera ambiri m'Malawi muno, muli zikhulupiro ndi miyambo ina yoyipa yokhudza kuyamwitsa mwana. Mwa chitsanzo, pali madera ena omwe amakhulupirira kuti mkaka wa chikasu womwe umatuluka koyambirira mwana akangobadwa ndi oipa, ndipo mwana sayenera kuumwa. Komabe, tikudziwa kuti mkakawu ndiwabwino ndipo uli ndi mphamvu zotchinjiriza thupi la mwana kumatenda, ndi zonse zofunika kuti mwana akule ndi thanzi.

Mfundu yokambirana:

1. Kodi ndi miyambo ndi zikhulupiro zanji za kayamwitsidwe ka ana zimene zili mdera lanu?

Kwa alangizi:

1. Kodi amayi mdela lino amawona bwanji za kuyamba kuyamwitsa mwana msanga akangobadwa?
2. Kodi amayi amakhulupirira ndi kupanga chiani pa mchitidwe woyamwitsa mwana mwakathithi?
3. Kodi amayi amakhulupirira ndi kupanga chiani pa nthawi yoyamba kudyetsa mwana zakudya zina kuwonjezera pa mkaka wa m'mawere
4. Kodi amayi amakhulupirira ndi kupanga chiani poyamwitsa mwana yemwe akudwala?
5. Kodi amayi amakhulupirira ndi kupanga chiani pa nthawi yosiyitsa mwana kuyamwa?

Mlangizi: Popeza uwu ndi mutu womaliza pa nkhani yoyamwitsa mwana mwakathithi, afunseni ophunzira ngati ali ndi mafunso. Gwiritsani ntchito filipi tchati kufotokoza izi:

1. Ndondomeko zoyenera kutsatira pokambilana ndi amayi pa kuyamwitsa mwana m'dera lawo.
2. Mitu yayikulu mu uthenga wa kayamwitsidwe koyenera.
3. Kayamwitsidwe ka ana omwe mayi awo ali ndi HIV.
4. Ubwino wakuyamwitsa.
5. M'mene angagwiritsire ntchito miyambo ndi zikhulupiro zabwino pofuna kulimbikitsa mchitidwe oyenera komanso kuthetsa mchitidwe osayenera pa za kayamwitsidwe ka mwana.

Acknowledgements

This Counselling card has been printed by the Malawi Government through the Department of Nutrition, HIV and AIDS with financial support from World Bank. The Department would like to sincerely thank World Bank for the financial support and technical leadership. The counselling card is part of the training package for maternal infant and young child nutrition developed under a strategic collaboration between the Department of Nutrition, HIV and AIDS and key partners.

The counselling card went through a series of review and consensus building sessions by a wide spectrum of technical experts from various organisations whose contributions are greatly recognised and acknowledged. The greater part of this counselling card has been adapted from UNICEF IYCF counselling package and therefore due credit is given to the organisation.

The Department would like to acknowledge the contributions of various institutions and individuals. Special mention goes to UNICEF, Catholic Relief Services (CRS), Ministry of Health, Ministry of Agriculture, Irrigation and Water Development, Ministry of Local Government and Rural Development, and Ministry of Gender, Children, Disability and Social Welfare Including Lilongwe University of Agriculture and Natural Resources.

Finally, sincere thanks and applaud should go to all those who put their time and effort in the development of this card.



Kadyetsedwe Koyenera ka Ana Oyambira Miyezi 6

Mpaka Zaka Ziwiri



Cholina:

Kudziwitsa ndi kulimbikitsa luso la ma volontiya a m'madera kuti athe kulangiza ndi kuwunikira bwino ma anja za kadyetsedwe koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri.

Kagwiritsidwe ntchito ka filipi tchatiyi

- Cholina cha filipi tchatiyi ndi kulimbikitsa zokambirana pakati pa a langizi ndi ma volontiya a keya gulupu kapenanso volontiya wa keya gulupu ndi munthu yemwe akukambirana naye. Wogwiritsa ntchito filipi tchatiyi asalankhule yekha ngati akuphunzitsa ana ang'onoang'ono a sukulu, koma achite mokambirana ndi munthu yemwe akumuza mauthenga a mu filipi tchatiyi.
- Gwiritsani ntchito zinthunzi zokhazo zimene zikugwirizana ndi zokambirana za tsikulo.
- Nyamulani filipi tchati moti anthu omwe mukukambirana nawo azitha kuwona zithunzi bwino lomwe.
- Afunseni omwe mukukambirana nawo zomwe akuwona. Mvetserani mayankho awo. Afunseni ngati zomwe zikuchitika pa zithunzizo zimachitika mudera lawo. Ndikofunikira kwambiri kuti ophunzira azitengapo mbali pa zokambirana zonse.
- Kumbuyo kwa chithunzi chili chonse kwalembedwa mfundo zikuluzikulu zoti zikukumbutseni zoyenera kunena panthawi yomwe mukukambirana.
- Musawerenge mfundozi, koma kambiranani.
- Pomaliza pa zokambirana zanu afunseni ophunzira zomwe iwo aphunzirapo ndi zomwe akathe kupanga.

Magawo a Phunziro

Afotokozereni ophunzira kuti mukhala mukukambirana za kadyetsedwe koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri, ndipo phunziroli lagawidwa muzigawo zisanu ndi zitatu (8).

Magawo a phunzilori

Phunziro la kadyetsedwe koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri lagawidwa mzigawo 8, ndipo tikakumana pa sabata ziwiri zili zonse, tiziphunzira uthenga wofunikira womwe tizikagawana ndi anthu a ku nyumba zomwe timaziyang'anira.

Maphunziro ake ndi awa:

Phunziro 1: Luso la kukambirana

Phunziro 2: Kunyentchera kwa ana pa zaka ziwiri zoyambilira za moyo wawo.

Phunziro 3: Kudyetsa mwana zakudya zoonjera pa mkaka wam'mawere

Phunziro 4: Kudyetsedwe koyenera ka mwana

Phunziro 5: Kupewa matenda otsegula m'mimba

Phunziro 6: Kadyetsedwe ka mwana yemwe akudwala

Phunziro 7: Ubwino otengera mwana ku sikelo

Phunziro 8: Zikhulupiliro ndi miyambo yokhudzana ndi kadyetsedwe ka ana oyambira miyezi 6 mpaka zaka ziwiri

Zolina za phunziro la kadyetsedwe koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri

1. Kulimbikitsa luso ndi mchitidwe wa kadyetsedwe koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri...

2. Kulimbikitsa chidwi cha maanja kuona m'mene mwana akukulira.

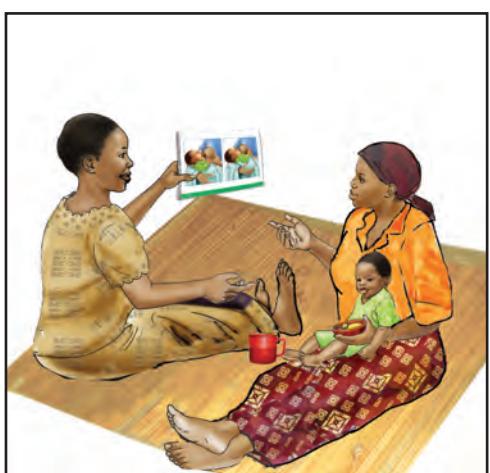
Pomaliza pa phunziroli ophunzira a keya gulupu adzatha:

1. Kufotokoza bwino zizolowezi zikuluzikulu zoyenera kutsatira pamene mayi, bambo kapena osamalira ana akudyetsa ana awo chakudya china choonjezera pa mkaka wa m'mawere.
2. Kutha kuperekwa uphungu mosavuta kwa amayi, abambo kapena osamalira ana pa kadyetsedwe ka ana koyenera ka chakudya china choonjezera pa mkaka wa m'mawere.
3. Kuthandiza amayi, abambo kapena osamalira ana kuti azitha kusankha chakudya choyenera komanso kukonza moyenera chakudya cha ana awo oyambira miyezi isanu ndi umodzi mpaka zaka ziwiri ndikupitilirapo.
4. Kuperekwa uthenga oyenera kwa amayi, abambo kapena osamalira ana za kadyetsedwe ka mwana yemwe akudwala.
5. Kuthandiza amayi, abambo kapena osamalira ana kuti athe kudyetsa ana awo moyenera pa nthawi yomwe mwana akudwala komanso atachira.
6. Kuperekwa kwa amayi, bambo kapena osamalira ana uthenga oyenera wa kadyetsedwe ka ana chakudya china choonjezera pa mkaka wa m'mawere monga: kadyetsedwe ka ana oyambira miyezi isanu ndi umodzi mpaka chaka chimodzi komanso kuyambira chaka chimodzi mpaka zaka ziwiri.

Luso Lokambirana



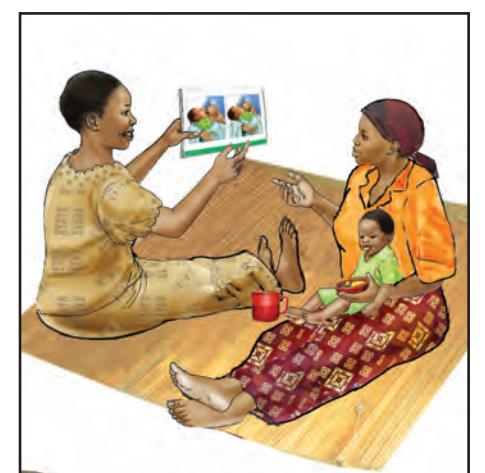
1. Funsani



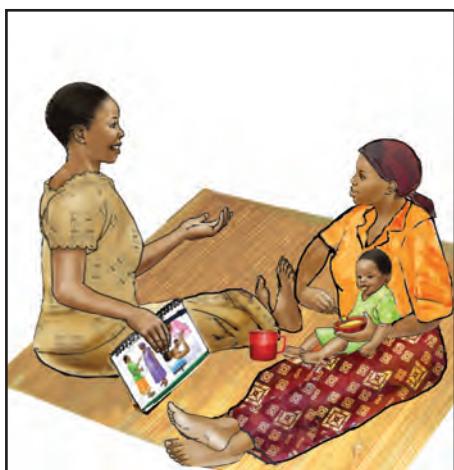
2. Mvetserani



3. Pezani Vuto



4. Kambiranani za vutolo



5. Perekani Mfundu
Zoyenera



6. Mangani Chimodzi



7. Konzani ndondomeko
yokumananso kuti mudzaone
ngati vutolo latha

Luso Lokambirana

Muphunziroli tiphunzira ndondomeko oyenera kutsatira pamene tikukambirana ndi mayi kapena osamalira mwana kuti tilimbikitse mchitidwe oyenera pa kadyetedewo koyenera ka ana oyambira miyezi 6 mpaka zaka ziwiri. Tigwirtsa ntchito phunziro la kadyetedewo koyenera ka mwana ngati chitsanzo.

Ndondomeko zoyenera kutsatira pamene mukukambirana zili motere:

Perekani moni kwa mayi ndi onse amene mukukambirana nawo ndipo dziwanani.

- Funsani:** Njira imeneyi imathandiza kupeza vuto lomwe mayi kapena osamalira mwana amene tikukambirana naye uja ali nalo. Tiyenera kumulimbiktsa mayiyo kuti alankhule momasuka ndi mosabisa.
- Mvetserani:** Njira imeneyi imatiuza kuti, volontiya ayenera kukhala ndi chidwi, ndi kumvetsera zonse zomwe munthu amene akukambirana naye akulankhula, osamudula. Volontiya alimbikitse munthuyu kunena zonse zokhudza vuto lake pogwirtsa ntchito maluso oyenera omvetsera ndi ophunzitsira.
- Pezani vuto:** Njira imeneyi imatiuza kuti, volontiya ayenera kupeza gwero la vuto lomwe munthu yemwe akukambirana naye ali nalo, ndipo amuthandize kusinkha sinkha moyenera njira zikulu zikulu zomwe zikuyambitsa vutolo.

4. Kambiranani za vutolo: Volontiya ayenera kukambirana naye munthu yemwe ali ndi vuto za njira zomwe ziripo zothetsera vutolo.

5. Perekani mfundo zoyenera kuthetsera vutolo: Volontiya amamudziwitsa munthu amene akukambirana naye njira zomwe zilipo, ndikumupatsa mwayi wosankha njira zomwe angathe kutsatira.

6. Gwirizanani mfundo: Pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye uja za njira zomwe angathe kutsatira. Volontiya amamuza munthuyu kuti atchule njira zomwe wasankha mobwereza.

7. Konzani ndondomeko yokumananso kuti muwone ngati vutolo latha. Pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye, za tsiku loti akamuyendere kuti awone m'mene zinthu zikuyendera ndi njira zomwe anasankha.

Kwa alangizi

Ophunzira ayeserere maluso okambirana. Gwiritsani ntchito nthano zosiyana siyana.

Kunyentchera Kwa Ana Pa Zaka Ziwiri Zoyambilira Za Moyo Wawo



Kunyentchera Kwa Ana Pa Zaka Ziwiri Zoyambilira Za Moyo Wawo

M'Malawi muno mwa ana 10 osachepera zaka zisanu aliwonse, ana pafupifupi 5 ndi wopinimbira.

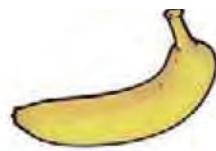
Ana ambiri amapinimbira zaka ziwiri zoyambilira za moyo wawo chifukwa chosowa zakudya zakasinthasinta zokwanira komanso chifukwa cha matenda monga kutsegula m'mimba. Mwana amakhalabe wopinimbira ngakhale thanzi lake litadzakhala bwino m'tsogolo.

Zimenezi zikutanthauza kuti mwa ana 10 ali wonse osachepera zaka zisanu, ana pafupifupi 5 adzakhala opinimbira akakula makamaka ngati sitichitapo kanthu mu zaka ziwiri zoyambilira.

Mwana akakwanitsa miyezi 6 mkaka wa m'mawere wokha siwokwanira chifukwa mwana akamakula amafuna mphamvu, mavitamini ndi michere yochuluka.

- Zakudya zowonjezera zimafunikira kuti zibwezeretse mphamvu m'thupi la mwana.
- Pamene mwana akukula wonjezerani mulingo wa chakudya. Ngati mulingo wa chakudya sukugwirizana ndi msinkhu wa mwana, mwana amasiya kukula kapena amakula mopelewera.
- Zizindikiro zoyambilira zosonyeza kuti mwana sakukula bwino ziri monga, kusakwera sikelo, kutupikana, kunyentchera mapeto aka mwana amapinimbira. Zakudya zowonjezera zimafunikira kuti zibwezeretse mphamvu m'thupi la mwana.
- Muyambitseni zakudya zakasinta sintha kuchokera kumagulu 6 a zakudya.
- Pamene mwana akukula wonjezerani mulingo wa chakudya. Ngati mulingo wa chakudya sukugwirizana ndi msinkhu wa mwana, mwana amasiya kukula kapena amakula mopelewera.

Zakudya Zowonjezera pa Mkaka wa M'mawere



Zakudya Zowonjezera pa Mkaka wa M'Mawere

Alangizi afunseni ophunzira mafunso awa:

1. Kodi ana kumidzi yomwe mukuchokera amayamba kupatsidwa zakudya zina kuwonjezera pa mkaka wa m'mawere akakwanitsa miyezi ingati?

Afuntseni kuti akuuzeni zoona zeni zeni

2. Chifukwa chani anawa amapatsidwa zakudya pa miyezi imene atchulayi?

Mukatha kukambirana mafunsowa afotokozereni izi:

Amayi ambiri amayamba kupatsa ana zakudya ndi zakumwa zina kuonjezera pa mkaka wa mmawere akakwanitsa miyezi inayi mwinanso mofulumilirapo, komwe ndikuyika moyo wa mwana pa chiswe. Kuopsa kwake ndi uku:

- Nthawi yoti mwana ayambe kulandira chakudya imakhala isanakwane, choncho chakudya chomwe amapatsidwacho chimapangitsa kuti mwana asamayamwe mokwanira chifukwa amakhala atakhuta, izi zimapangitsa kuti mawere azitulutsa mkaka ochepa, motero kumakhala kovuta kuti mwana apeze mavitaminini ndi michere yonse yofunikira m'thupi mwake, ndipo amanyentchera mosavuta.
- Chifukwa choti mwana akuyamwa mkaka wochepa, chitetizo chochokera ku mkaka wa m'mawere chimachepanso, ndipo kumakhala kosavuta kuti mwana adwale kapena kumwalira ndi matenda osiyanasiyana monga; kutsegula m'mimba ndinso matenda am'chifuwa (zibayo).
- Kumakhalanso kosavuta kuti mwana adwale matenda otsegula m'mimba, makamaka ngati zakudya zomwe akupatsidwa siziri za ukhondo.
- Nthawi zina zakudya zomwe mwana amapatsidwa m'malo mwa mkaka wa m'mawere zimakhala za madzi madzi, zoti athe kudya mosavuta. Zimenezi zimangomukhutitsa chabe osati kuperekwa mavitaminini ndi michere yonse yofunikira kuyerekeza ndi mkaka wa m'mawere.

Nthawi yoyenera kuyamba kumpatsa mwana chakudya choonjezera pa mkaka wa m'mawere

Mwana ayenera kuyamba kupatsidwa chakudya choonjezera pa mkaka wa m'mawere akakwanitsa miyezi isanu ndi umodzi (6).

Chifukwa chiyani mwana apatsidwe zakudya akatha miyezi isanu ndi umodzi:

- Mkaka wa m'mawere ndi chakudya chabwino cha mwana pa miyezi isanu ndi umodzi yoyambilira chifukwa muli zakudya zonse zofunikira pa moyo wa mwana, madzi komanso chitetizo cha thupi la mwana.
- Mwana akakwanitsa miyezi isanu ndi umodzi thupi lake limakhala lokonzeka kulandila zakudya zina. Mwachitsanzo, lilime la mwana limatha kumeza mosavuta, nkhama za mwana zimakhala zitakhwima koteru kuti amatha kuluma komanso kutafuna zakudya makamaka zofewa.
- Pa miyezi isanu ndi umodzi mwana amaonetsa zizindikiro zomera mano, komanso amatola zinthu ndi kumaika mkamwa. Ichi ndi chizindikiro chakuti mwana akhoza kudya zakudya zina.
- Mwana akatha miyezi isanu ndi umodzi amatha kulandira chakudya m'manja mwake ndi kumadya yekha.
- Pa miyezi isanu ndi umodzi mwana amasewera kwambiri, komanso kutola zonyasa zina. Choncho amafunika chakudya choonjezera mphamu komanso chitetizo m'thupi.

Zakudya zowonjezera pa mkaka wa m'mawere zikhale:

- Zoperekwa mphamu komanso zomanga ndi kukulitsa thupi la mwana.
- Zogaya bwino kuti mwana athe kudya mosavutika, zoti mwana azikonde, zopezekwa kuderako mosavuta, komanso zosavuta kukonza.
- Zaukhondo pokonza ndi pomudyetsa mwana.

Kudyetsa Mwana Zakudya Zowonjezera Pa Mkaka Wa M'mawere



Kudyetsa Mwana Zakudya Zowonjezera Pa Mkaka Wa M'mawere

Ana a miyezi 6 mpaka zaka ziwiri apatsidwe chakudya chakasinthasinththa chochokera ku magulu asanu ndi limodzi a chakudya kuti akule ndi thanzi labwino.

- Nthawi zambiri pamakhala povuta kuti ana adye chakudya chochokera ku gulu la nyama mu milingo yokwanira ndiponso kuti apeze michere yofunika monga yoonjezera magazi ndiyolimbitsa mafupa chifukwa cha kusowa kwa chakudya chamgululi ndi luso la kakonzedwe.
- Chakudya chimakhala ndi michere yosiyana siyana. Kusankha koyenera kwa chakudya kumathandiza kuti michere yofunika ikhale m'milingo yoyenerera. Tiyenera kukonza chakudya kuchokera ku magulu asanu ndi limodzi azakudya awa; masamba, zipatso, nyemba, nyama, mafuta ndi zokhutitsa.
- Chakudya chopatsa thanzi chiyenera kukonzedwa pophatikiza zakudya zochokera kumagulu anayi kapena kuposera apo.

Magulu asanu ndi limodzi azakudya ndi awa;

1. Gulu la chakudya chokhutitsa: Zitsanzo; mapira, mawere, chimanga, mpunga, tirigu, chinangwa, mbatata, nthochi yayiwisi. Gulu la chakudya chokhutitsa limapereka mphamvu mthupi, limathanso kuperereka chakudya chokulitsa ndi chomanga thupi malingana ndi kakonzedwe.
2. Gulu la chakudya chochokera ku nyama: Zitsanzo: nyama, mazira, mkaka, chakudya chochokera ku mkaka, nsomba, ziwala ndi zina zotere. Gulu la nyama limapereka chakudya chokulitsa, chomanga thupi, chopatsa mphamvu ndi michere ina yofunika m'thupi
3. Gulu la nyemba: Zitsanzo; mtedza, soya, nyemba, nsawawa zouma, nzama, khobwe, nandolo ndi zina zotere. Gulu la nyemba limapereka chakudya chokulitsa, chomanga thupi ndi chakudya chopatsa mphamvu.
4. Gulu la masamba: Zitsanzo; masamba obiliwira ndi achikasu monga bonongwe, chisoso, khwanya, nkhwani, kholowa, repu, mpiru, kamganje, kaloti, maungu ndi matimati. Gulu la masamba limapereka ma vitamini ndi michere yeteteza kumatenda ndi madzi m'thupi. Masamba amathandiziranso kuti chakudya chigayike bwino m'mimba

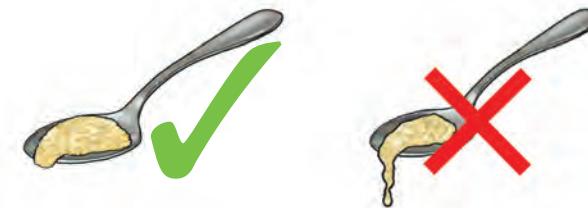
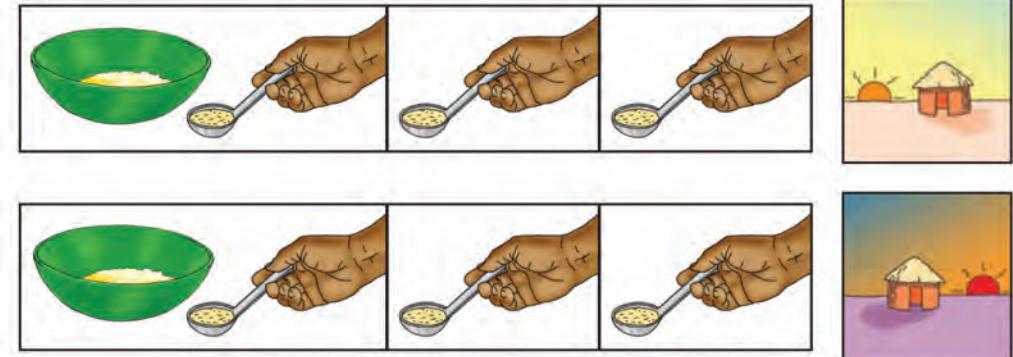
5. **Gulu la zipatso:** Zitsanzo; malalanje, mandimu, mandalena, nthochi yokupsa, nanazi, maapulosi, papaya, mango, masau, malambe, bwemba, masuku, mapichesi, gwafa, mavembe ndi zina zotere. Zipatso zimapereka mphamvu, mavitamini, michere, komanso madzi m'thupi.

6. **Gulu la mafuta:** Zitsanzo; Soya, mtedza ndi nthanga za mpendedadzuwa, mapeyala, mafuta ophikira, mafuta a nyama, nsomba, nkuku, mkaka ndinso zakudya zochokera ku mkaka. Chakudya cham'gulu la mafutali chimapereka mphamvu ma vitamini ndi michere m'thupi.

KUMBUKIRANI IZI:

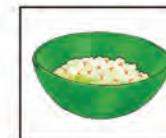
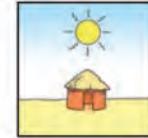
- Phala la madzi-madzi si chakudya chabwino cha mwana chifukwa silikhala ndi zakudya zonse zofunikira mthupi la mwana kuti akule ndi thanzi.
- Kuyambitsa mwana zakudya zina kuonjezera pa mkaka wa m'mawere mochedwa; mwana akatha miyezi 7 kapena kupililirapo, sikwabwinonso chifukwa mkaka wa m'mawere okha umakhala osakwanira kupereka zakudya zonse zofunikira zothandiza kuti mwana akhale ndi mphamvu komanso thanzi. Mwana amasiya kukula kapena sakula bwino, komanso kumakhala kosavuta kuti mwana adwale matenda osowa zakudya m'thupi.
- Zakudya za gulu la nyama (nsomba, chiwindi, mazira) ndi za bwino kwa mwana wanu chifukwa zimamuthandiza kuti akule ndi thanzi komanso mphamvu.
- Masamba obiliriwira ndi zipatso za chikasu zimatipatsa Vitamin A. Izi tdy pamodzi ndi zakudya zomwe zili ndi mafuta kuti Vitamin A athe kugwira bwino ntchito m'thupi.
- Masamba obiliriwira amatipatsa magazi. Zakudyazi tizidye pamodzi ndi zakudya zomwe zili ndi Vitamin C (mandimu, nanazi, bwemba, malambe, tomato, malalanje) kuti michere ya magazi ithe kugwira bwino ntchito mthupi.
- Phala la mwana wanu musakanizeko zinthu monga izi:
 1. Mafuta ophikira/ majalini
 2. Mazira, nsomba, nyama
 3. Ufa wa mtedza, nyemba, nandolo ndi soya
 4. Zipatso ndi masamba

Kadyetsedwe Ka Mwana Amene Watha Miyezi Isanu Ndi Umodzi (6)



- Pitilizani kuyamwitsa mwana pamene wafunira usiku ndi usana.
- Mpatseni mwana bere musanamupatse chakudya.
- Mudyetseni mwana wanu phala lopatsa thanzi (la mgaiwa, lothira nsinjiro ndi zoonjezera zina) kawiri patsiku.
- Mpatseni phalali lokwana masipuni aakulu atatu pa nthawi imene mukumudyetsa.
- Wonetsansi kuti phala la mwana lisakhale la madzi kwambiri.
- Mpatseni mwana zipatso zosiyana siyana. Mutha kuwonjezera zipatso zogaya kapena madzi azipatso ku phala la mwana kapena kumupatsa padera.
- M'dyetsereni mu mbale yake kuti mudziwe kuchuluka kwa chakudya chomwe mwana akudya.
- Sewerani ndi mwana ndi kumulimbiktsa pomudyetsa
- Sambani m'manja nthawi zonse mdi sopo musanayambe kudyetsa kapena kuyamwitsa mwana.
- Mwetserani mwana mukapu. Osamumwetsera mu botolo kapena kapu yokhala ndi chotsekera cha nkhumbu. Ziwiya izi zimavuta kutsuka ndipo zingayambitse mwana wanu matenda otsegula m'mimba.
- Malo okonzera chakudya cha mwana akhale aukhondo. Ziwiyanzo zikhale zaukhondo popewa matenda otsegula m'mimba.

Kadyetsedwe ka Mwana Amene Wakwanitsa Miyezi 7 Mpaka Miyezi 9



- Pitilizani kuyamwitsa mwana pamene wafunila usiku ndi usana.
- Muyamwitseni mwana musanamudyetse chakudya.
- Mudyetseni mwana phala katatu patsiku. Wonetsetsani kuti phala la mwana lisakhale la madzi kwambiri.
- Onetsetsani kuti phala la mwana ndilolimba bwino kuti lithe kumpatsa zonse zoyenera m'thupi lake
- Wonjezerani mulingo wachakudya pang'onopang'ono kuchoka pa masipuni aakulu atatu kufika pa theka la kapu yaying'ono ya tiyi ya pulasitiki pa nthawi iliyonse ya chakudya chenicheni.
- Kanyangani kapena potani zakudya monga masamba, nyemba, nsomba zaziwisi ndi kuphatikiza kuphala kapena chakudya chimene adye limodzi ndi akulu akulu.
- Sinjani nyama ndi nsomba zouma kuti mwana athe kudya mosabvuta.
- Mpatseni mwana zipatso zosiyanasiyana zimene zikupezeke pa nthawi yimeneyo m'dera lanu. Zikhonza kukhala zipatso zodzala kapena za chilengedwe.
- Sewerani ndi mwana ndi kumulimbikitsa pomudyetsa.
- Mpatsireni mu mbale yake kuti mudziwe kuchuluka kwa chakudya chomwe mwana akudya.
- M'mwetseni mwana zakumwa monga mkaka, madzi a zipatso pogwilitsa ntchito kapu. Osamumwetsera mu botolo kapena kapu yokhala ndi chotsekera cha nkhumbu. Ziwiya izi zimavuta kutsuka ndipo zingayabitse mwana wanu matenda otsegula m'mimba.
- Sambani m'manja ndi ni sopo nd kutsuka ziwiya zonse zimene mugwiritse ntchito pomudyetsa mwana.
- Malo okonzero chakudya cha mwana akhale aukhondo. Ziwiyanso zikhale zaukhondo popewa matenda otsegula m'mimba.

Kudyetsa Mwana Amene Wakwanitsa Miyezi 9 Mpaka Miyezi 11



Kudyetsa Mwana Amene Wakwanitsa Miyezi 9 Mpaka Miyezi 11

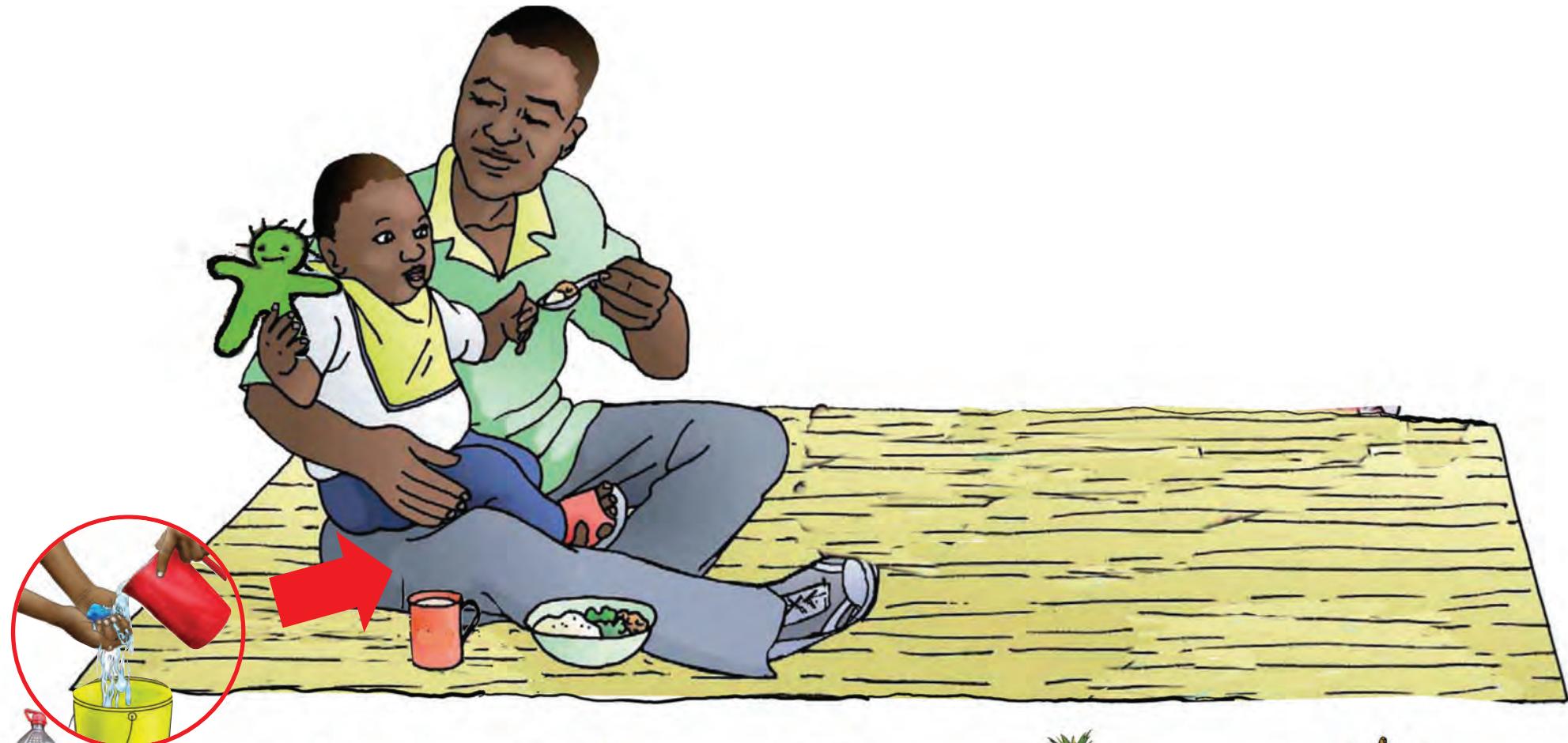
- Pitilizani kuyamwitsa mwana pamene wafunira usiku ndi usana.
- Muyamwitseni mwana bere musanamudyetse chakudya.
- Mudyetseni mwana wanu chakudya kanayi patsiku (chakudya chenicheni katatu, ndi chakudya chotolatola chopatsa thanzi monga zipatso kapena madzi a zipatso kamodzi). Wonetsetsani kuti chakudya cha mwana chisakhale cha madzi kwambiri.
- Mwana akafika miyezi isanu ndi inayi mayi, bambo kapena osamalira mwana ayenera kuyamba kumupatsa chakudya choti mwana athe kudya yekha monga; mango, papaya, masamba obiriwira, malalanje, nthochi, maungu, karoti , nyama, mazira ndi tomato.
- Mudyetseni mwana zipatso zosiyanasiyana. Mutha kuwonjezera zipatso zopota kapena zonyenya komanso madzi azipatso ku phala la mwana kapena kumupatsa padera.
- Mudyetseni mwana wanu chakudya chakasinta sintha kuchokera ku magulu onse asanu ndi limodzi.
- Mudyetseni mwana wanu chakudya chokwana theka la kapu yaying'ono ya tiyi ya pulasitiki nthawi ilionse ya chakudya cheni cheni.
- Sewerani ndi kumulimbikitsa mwana pakudya. Mpatsireni mu mbale yake kuti mudziwe kuchuluka kwa chakudya chomwe mwana akudya.
- Sambani m'manja nthawi zonse ndi sopo musanayambe kuyamwitsa kapena kudyetsa mwana.
- M'mwetseni mwana zakumwa ngati; mkaka, madzi a zipatso pogwilitsa ntchito kapu. Osamumwetsera mu botolo kapena kapu yokhala ndi chotsekera cha nkhumbu. Ziwiya izi zimavuta kutsuka ndipo zingayambitse mwana wanu kutsegula m'mimba.
- Malo okonzero chakudya cha mwana akhale aukhondo. Ziwiyanso zikhale zaukhondo popewa matenda otsegula m'mimba.

Kudyetsa Mwana Amene Wakwanitsa Miyezi 12 Mpaka Miyezi 24



- Mwana akakwanitsa chaka chimodzi, mayi, bambo kapena osamalira mwana ayenera kuyamba kupatsa mwana chakudya chomwe banja lonse limadya koma amukonzere moti athe kutafuna komanso kumeza mosavuta.
- Zakudya za banja lonsezi ziyenera kakhala za kasinthasinta, komanso zochokera ku magulu asanu ndi limodzi a zakudya.
- Pitilizani kumuyamwitsa mwana pamene wafunira usiku ndi usana mpaka akwanitse miyezi 24.
- Muyamwitseni mwana bere musanamudyetse chakudya.
- Mudyetseni mwana wanu kasanu patsiku (chakudya cheni cheni katatu, ndinso zakudya zotolatola kawiri). Zakudya zotolatola zikhale zopatsa thanzi, komanso zoti mwana atha kudya yekha monga: mango, papaya, mtedza nthochi komanso masamba.
- Mudyetseni mwana wanu chakudya chokwana magawo atatu mwa magawo anayi a kapu yaying'ono ya tiyi ya pulasitiki pa nthawi iliyonse ya chakudya chenicheni.
- Mpatseni mwana chakudya m'mbale ya yekha
- Pamene mwana akukula mpatseni chakudya chochulukirapo.
- Mpatseni zakudya zina monga zipatso zopota kapena zonyenya nyenya monga mapeyala kapena mango. Zipatso zina monga nthochi mwana amatha kudyeta yekha.
- M'mwetseni mwana zakumwa monga mkaka, madzi a zipatso pogwilita ntchito kapu. Osamumwetsera mu botolo kapena kapu yokhala ndi chotsekera cha nkhumbu. Ziwiya izi zimavuta kutsuka ndipo zingayambitse mwana wanu kutsegula m'mimba.
- Muthanso kuwonjezera zipatso zopota kapena zonyenya kapena madzi azipatso ku phala la mwana, kapena kumupatsa padera.
- Sewerani ndi mwana komanso mulimbikitseni kuti adye.
- Sambani m'manja nthawi zonse ndi sopomusanayambe kuyamwitsa kapena kudyetsa mwana.
- Malo okonzera chakudya cha mwana akhale aukhondo. Ziwiyanso zikhale zaukhondo popewa matenda otsegula m'mimba.

Kadyetsedwe Koyenera Ka Mwana



Kadyetsedwe Koyenera Ka Mwana

Kusewera ndi kumuyankhulitsa mwana akamadya ndi njira imodzi yomulimbikitsa kuti adye ndi kutsiriza chakudya chomwe wapatsidwa.

Ubwino wosewera ndi kumulankhulitsa mwana pomudyetsa:

- Mwana amakhala ndi chidwi cha kudya
- Mwana amadya mokwanira

Zoyenera kuchita:

- Podyetsa mwana, khalani pafupi ndi mwana ndipo mudzimulimbikitsa ngati nkofunika kutero.
- Mpatseni mwana chakudya choti atha kugwira yekha, ndiponso ngati akulilira kuti adye yekha, mulimbikitseni kutero koma muonetsetse kuti akudya bwino bwino.
- Dyetsani mwana nsanga pamene akusonyeza kuti ali ndi njala.
- Onetsetsani kuti pamene mwana akudya, banjanso lidzikhala likudya. Izi zimalimbikitsa mwana kudya chakudya.
- Onjezerani chakudya cha mwana ngati mwana akusonyeza kuti ali ndi chidwi chofuna kudya.

Nthawi zina mwana amakana kudya chifukwa chosowa chilakolako cha chakudya, matenda ndi kutopa nacho chakudya chimodzimodzi

Ngati mwana akukana kudya chitani izi:

- Mkozereni zakudya zosiyana siyana ndipo muzimupatsa pafupi pafupi
- Mpatseni mwana chakudya chofewa osati cholimba kwambiri
- Muthandizireni pamene akudya, pokhala naye pafupi pomugwirizira kapu kapena mbale komaso kumuikira chakudya pafupi poti atha kufikira yekha ndi manja ake.

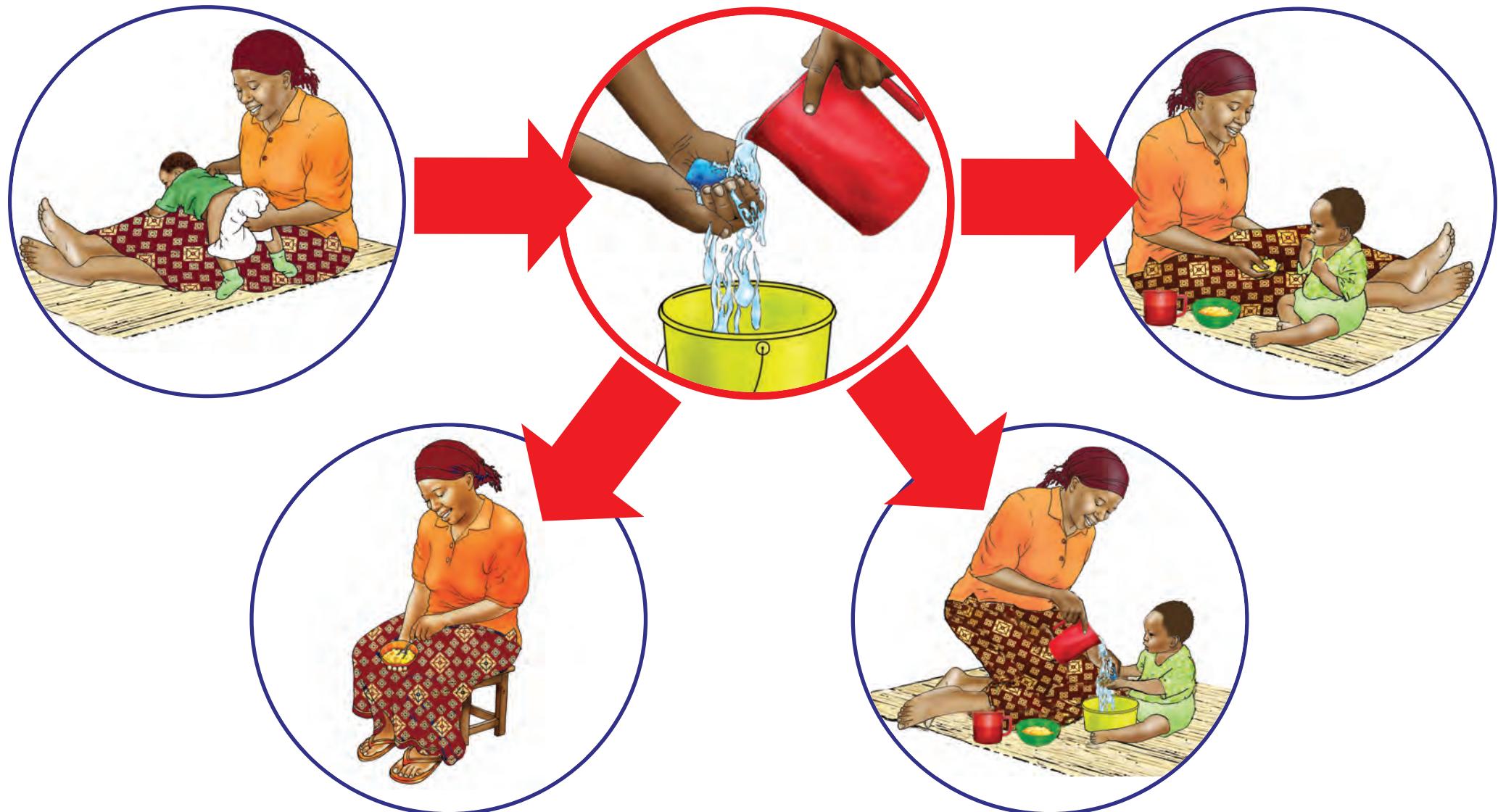
Amayi, abambo kapena osamalira mwana ayenera kumalankhula ndi mwana panthawi yomwe mwana akudya. Izi zimathandizanso kuti mwana alankhule msanga

- Mwana akakhala wa mng'ono, mayi, bambo kapena osamalira mwana ayenera kumudyetsa koma akakhala okulirapo, atha kumusiya kuti adye yekha koma adzimulimbikitsa ndi kumuthandizira.
- Panthawi yomwe mwana wayamba kudya chakudya china kuonjezera pa mkaka wa m'mawere, mayi, bambo kapena osamalira mwana ayeserere kupatsa mwana chakudya chokonzedwa mosiyasiyana, ndipo gwiritsani ntchito maluso olimbikitsira ana okana kudya kuti adye bwinobwino.
- Amayi, abambo kapena osamalira mwana apewe kusokoneza mwana pamene akudya.
- Amayi, abambo ndi osamalira mwana akumbukire kuti nthawi yodyetsa mwana ndi nthawi yomwe mwana amaphunzira komanso yosonyeza chikondi.

Mwana amadya chakudya chochepa akamadya yekha chifukwa amatha kusokonezedwa nthawi ili yonse, choncho angathe kudwala matenda onyentchera ngati sakudya mokwanira.

Mayi, bambo kapena osamalira mwana akhale odekha, amulimbikitse mwana kuti adye, koma osati kumukakamiza kapena kumukalipira. Atha kumulimbikitsa mwana pochita izi; kumulankhulitsa, kuyimba nyimbo, komanso kusewera ndi zidole.

Kupewa Matenda Otsegula M'mimba



Kupewa Matenda Otsegula M'mimba

- Mayi kapena osamalira mwana asambe m'manja ndi sopo mu nthawi izi:
 - ◆ Pochokera kuchimbudzi.
 - ◆ Akasinta mwana thewera.
 - ◆ Asanayambe kukonza chakudya.
 - ◆ Asanayambe kudyetsa mwana komanso akatha kudyetsa mwana.
- Gwiritsani ntchito, kapu yayikulu, chikho kapena jagi ndipo wina azikuthirirani kapena gwiritsani ntchito chiwiya chokhala ndi mpopi posamba m'manja.
- Ziwiya zodyetsera mwana zikhaleenso za ukhondo kuti mupewe tizirombo toyambitsa matenda otsegula m'mimba.
- Musasunge chakudya cha mwana nthawi yaitali kupewa kuti mungalowe tizilombo toyambitsa matenda.

Kadyetsedwe ka Mwana yemwe Akudwala



Kadyetsedwe ka Mwana yemwe Akudwala

1. Mwana wa miyezi 6 kufika zaka ziwiri:

- Pamene mwana akudwala muyamwitseni mowirikiza ndiponso mpatseni chakudya kuoonjezera pa mkaka wa m'mawere kuti achire msanga komanso kuti asatsike sikelo.
- Mpatseni mwana zakumwa zopatsa thanzi zopangidwa pakhomu kuchokera ku zipatso monga madzi a malalanje, malambe ndi zina zotero ndinso zakudya zopatsa thanzi zomwe mwana amakonda. Pamulingo wochepa koma pafupi pafupi. Musampatse zakudya za mafuta ambiri.
- Muyamikireni pamene wadyako pang'ono.
- Mpatseni mwana wodwalayo zakudya monga mango, papaya ndi kaloti zomwe zili ndi vitamin A wambiri.
- Mpatseni mwana wodwalayo zakudya monga malalanje, bwemba, matowo ndi malambe zomwe zili ndi vitamini C wambiri.
- Ngati mwanayo akusanza kapena kutsegula m'mimba mpatseni ORS kuti abwezeretse madzi ndi michere yofunikira mthupi ndipo pitani naye kuchipatala msanga.

2. Pamene mwana akuchira

- Pamene mwana akuchira amadya kwambiri komanso kuyamwa kwambiri. Izi zimachitika chifukwa amakhala akubwezeretsa mphamvu m'thupi.

- Mpatseni mwana wongochira kumene chakudya choonjezera pa chakudya chomwe amadya pa tsiku, ndipo chikhale cholimba bwino tsiku lililonse kwa masabata awiri otsatirana kuti thanzi lake libwerere nsanga.

3. Mwana amene ali ndi HIV

HIV imapangitsa kuti thupi lizifuna zakudya zambiri kuti lithe kumenyana ndi matenda. Ngati mwana amene ali ndi HIV sakudya mokwanira, amanyentchera mosavuta ndipo kunyentcheraku kumapangitsa kuti chitetezo cha m'thupi chipitirire kutsika.

- Mwana amene ali ndi HIV; amene sakutsika sikelo komanso sakudwala ayenera kudya chakudya chowonjezera pa mulingo oyenera pa tsiku molingana ndi zaka za mwana; (chitsanzo: mwana wa zaka ziwiri amene alibe HIV ayenera kudya kasanu patsiku; pamene mwana amene ali ndi HIV wa zaka ziwiri ayenera kudya kasanu ndi kamodzi patsiku).
- Mwana amene ali ndi HIV; akudwala kapena wangochira kumene ayenera kudya mulingo womwe amadya mwana yemwe alibe HIV, kuwonjezapo kawiri.
- Ngati mwana akutsika sikelo mutumizeni kwa alangizi a zaumoyo kuti akamupime ndi kumutumiza komwe angakalandire chithandizo choyenera monga ku chipatala chamagulu, kolandira Chiponde kapena ufa wa likuni phala.
- Mudyetseni mwana wanu zakudya zowonjezera vitamini ndi michere ina monga; mchere wokhala ndi ayodine, mafuta ophikira ndinso shuga wokhala ndi vitamini A.

Wonjezerani Zakudya Zina Kuphala la Mwana kuti Mwana Akule ndi Thanzi



Akule ndi Thanzi

Alangizi ayikeni ophunzira m'magulu momwe akakambirane za:

- Zakudya zoonjezera pamkaka wa m'mawere zomwe amadyetsa ana awo.
- Za miyambo ndi zikhulupiliro zina zomwe anthu amatsata zokhudzana ndi kadyetsedwe ka mwana.

Akatha kukambirana fotokozani izi:

Kafukufuku akusonyeza kuti ana ambiri m'Malawi muno amayamba kupatsidwa chakudya kuonjezera pa mkaka wa m'mawere akawana miyezi inayi kapena asanakwane miyezi inayi. Nthawi zambiri chakudyachi chimakhala phala la mgaiwa loikako shuga ndi mchere basi. Mwana akamakula amadya chakudya cha banja lonse chomwe nthawi zambiri imakhala nsima ndi masamba, komanso sayamwa pafupipafupi.

Izi zimadzetsa kunyentchera, chifukwa:

- a. Mwana sapeza ubwino wonse wa mkaka wa m'mawere.
- b. Mwana sapeza chakudya chokwanira kuti akule ndi thanzi ku nsima kokha.
- c. Nsima imadzadzitsa mimba yamwana msanga choncho mwana sayamwanso mkaka wa m'mawere omwe ndiwofunika kwambiri.

Mpatseni mwana wanu zakudya zochokera ku magulu onse asanu ndi limodzi kuti mupewe matenda onyentchera. Phala la mwana muikekonso magulu ena azakudya monga mtedza, nyemba, nsomba, mafuta ophikira, masamba, zipatso kuti likhale lopatsa thanzi.

Limbikitsani miyambo ndi zikhulupiliro zabwino zokhudza kadyetsedwe ka ana.

Gwiritsani ntchito mchere wokhala ndi ayodini ndi shuga wokhala ndi vitaminini A.

- Alangizi ayike ophunzira m'magulu momwe akonze chakudya chokhala ndi magulu anayi kapena kuposera apo pogwiritsa ntchito zakudya zomwe zikupezekwa m'deralo.
- Pamapeto kambiranani za magulu omwe akupezekwa mu zakudya zokonzedwazo.

Ubwino Wotengera Mwana ku Sikelo



Ubwino Wotengera Mwana ku Sikelo

Makolo ndi onse osamalira ana ayenera kutengera ana ku sikelo mwezi ndi mwezi kuyambira pamene abadwa mpaka atakwanitsa zaka zisanu

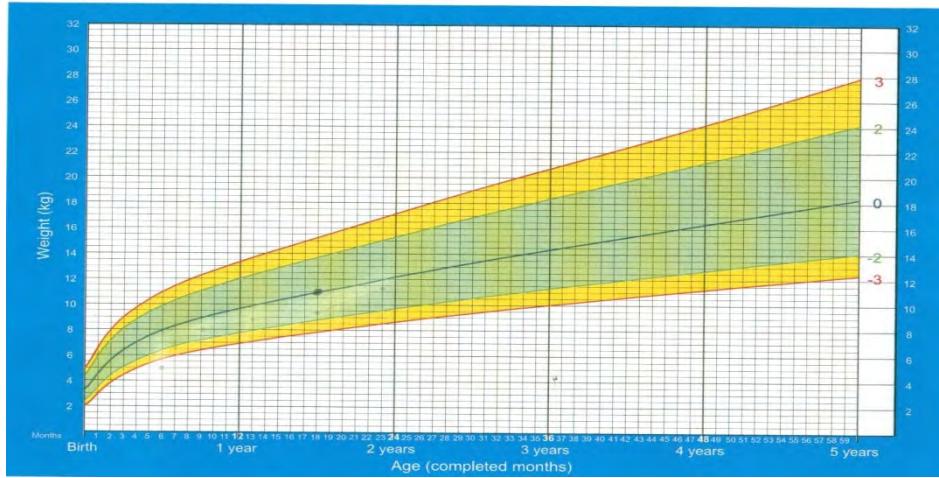
- Ubwino wotengera ana ku sikelo:
 - ✓ Kutsatira m'mene mwana akukulira komanso kuzindikira mwa msanga ngati mwana akunyentchera
 - ✓ Kutsatira thanzi la mwana ndi mayi
 - ✓ Kulandira katemera wa mwana ndi mayi

- ✓ Kulandira maphunziro a za umoyo ndi kadyedwe koyenera
- ✓ Kulandira uphungu wa zaumoyo ndi kadyedwe koyenera
- ✓ Kulumikizidwa ku mabungwe kapena ma pologalamu ena amene angathandize pa mavuto amene mayi kapena mwana wapezeka nawo
- ✓ Kulandira vitamini A komanso mankhwala a njoka za m'mimba pa miyezi isanu ndi umodzi iliyonse

Kutanthauzira Matchati A Sikelo Ndi Msinkhu Wa Mwana

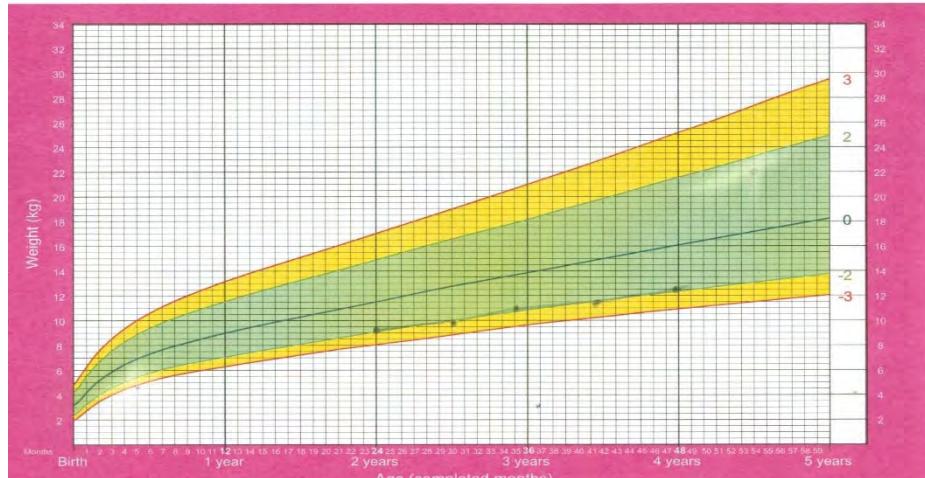
Weight-for-age BOYS

Birth to 5 years (z-scores)



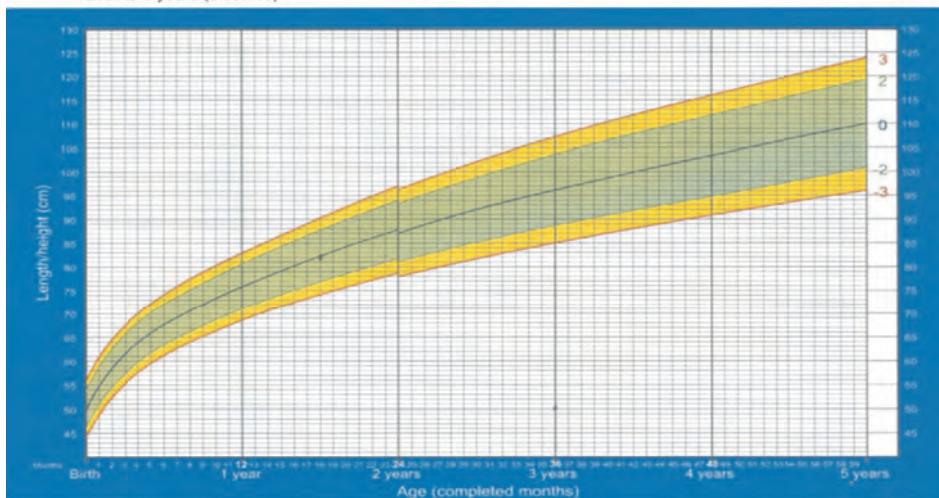
Weight-for-age GIRLS

Birth to 5 years (z-scores)



Length/height-for-age BOYS

Birth to 5 years (z-scores)



Length/height-for-age GIRLS

Birth to 5 years (z-scores)



Kutanthauzira Matchati A Sikelo Ndi Msinkhu Wa Mwana

Ndondomeko yolembera pa tchati ya m'buku la ku sikelo.

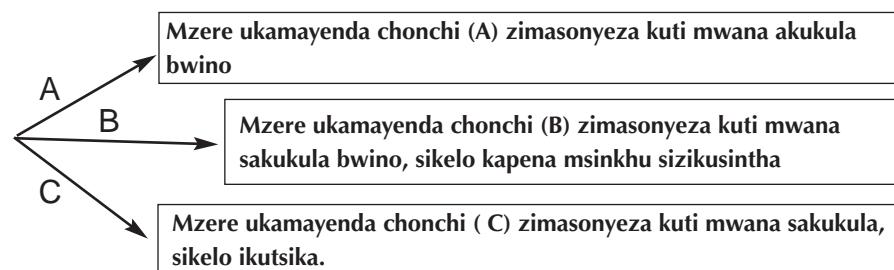
- Pali mitundu iwiri ya makadi a kusikelo; ya mwana wa mwamuna ndi ya mwana wa mkazi. Mwana aliyense akhale ndi khadi lake.
- Mizere yonse yopingasa imayimira zaka za mwana mu miyezi ndipo mizere yonse yochokera kumwamba kupita pansi imayimira sikelo ya mwana mu makilogalamu kapena msinkhu wa mwana mu ma sentimita.
- Dontho loyamba kulembewa pa tchati imakhala sikelo kapena msinkhu wa mwana pobadwa. Dontho limeneli limalembewa pa mzere oyambilira owala ochoka m'mwamba ndi kutsika pansi molingana ndi sikelo kapena msinkhu wa mwana pobadwa.
- Mwezi uli onse omwe mwana wabwera ku sikelo, dontho loyimira sikelo kapena msinkhu wa mwana zilembewde pakati kati pokumana mzere wa miyezi yomwe mwana wakwanitsa patsiku lomwe wabwera ku sikelo ndi mzere oyimira sikelo kapena msinkhu wake patsiku lomwe wabwera ku sikelo.
- Mzere ownetsa m'mene sikelo ya mwana ikuyendera molingana ndi zaka zake kapena m'mene mwana akukulira mu msinkhu molingana ndi zaka zake umajambulidwa polumikiza madontho.

1. Kutanthauzira kakulidwe ka mwana potengera ma dontho a sikelo kapena msinkhu olembewda pa tchati

- Kukweza sikelo kokha sikungakhale kwa phindu ngati zotsatira zake sizikugwiritsidwa ntchito bwino.
- Kutanthauzira zotsatira za sikelo ndi msinkhu wa ana, kumathandiza kudziwa ngati mwana akukura bwino kapena ayi.
- Onani pamene dontho lalembewda mwezi umenewo posiyanitsa ndi mizere ya chitsanzo yomwe inalembeweratu pa matchatipo

- Dontho likakhala pa mzere wofira m'mwamba mwa mzere wobiliwira, zimatanthauza kuti mwana ndi onenepa kwambiri kapena wamtali kwambiri kuyerekeza ndi zaka zake.
- Dontho likakhala mu mzere wa chikasu kunsi kwa mzere wobiliwira, zimatanthauza kuti mwana watsika sikelo kapena wapinimbira poyerekeza ndi zaka zake.
- Dontho likakhala pa mzere wa wofira, kunsi kwa mzere wobiliwira, zimatanthauza kuti mwana watsika sikelo kwambiri kapena wapinimbira kwambiri kuyerekeza ndi zaka zake.
- Kamzere kolumikiza ma dontho kakamakwera kutsika-kukwera kutsika ndiye kuti mwana ameneyo akudwaladwala kapena chakudya chikuperewera m'thupi ndipo ayenera kulantira chithandizo chapadera mwansanga.

2. Mutha kutanthauziranso kakulidwe ka mwana potengera m'mene ukuyendera mzere wa kakulidwe ka mwana wa sikelo kapena wa msinkhu pogwiritsa ntchito chithunzi ichi:



3. Kukweza ana sikelo ndi kulemba sikelo ya ana pa khadi kokha sikungakhale kwa phindu, ngati palibe uphungu. Mayi, bambo kapena osamalira ana ayenera kulantira uphungu mokambiranwa mwana akayezedwa zonse.

Ubwino Olandiritsa Mwana Katemera



Ubwino Olandiritsa Mwana Katemera

Katemera amateteza mwana ku matenda osiyanasiyana. Mwana yemwe sanalandire katemera angathe kudwala matenda oopsa, kulumala, kunyentchera komanso kufa.

Ana ayenera kolandira katemera yense panthawi yake. Paupifupi theka la imfa zambiri zomwe zimabwera chifukwa cha matenda a chifuwa chokoka mtima, polio ndiponso chikuku, zimakhudza kwambiri ana osapyola chaka chimodzi. Koma kuti katemera agwire ntchito, mwana ayenera kolandira katemera yense yemwe ali mu bokosi la pansili mu nthawi yake yoyikika mu miyezi khumi ndi iwiri yoyambirira kuti akhale ndi chitetezo chokwanira.

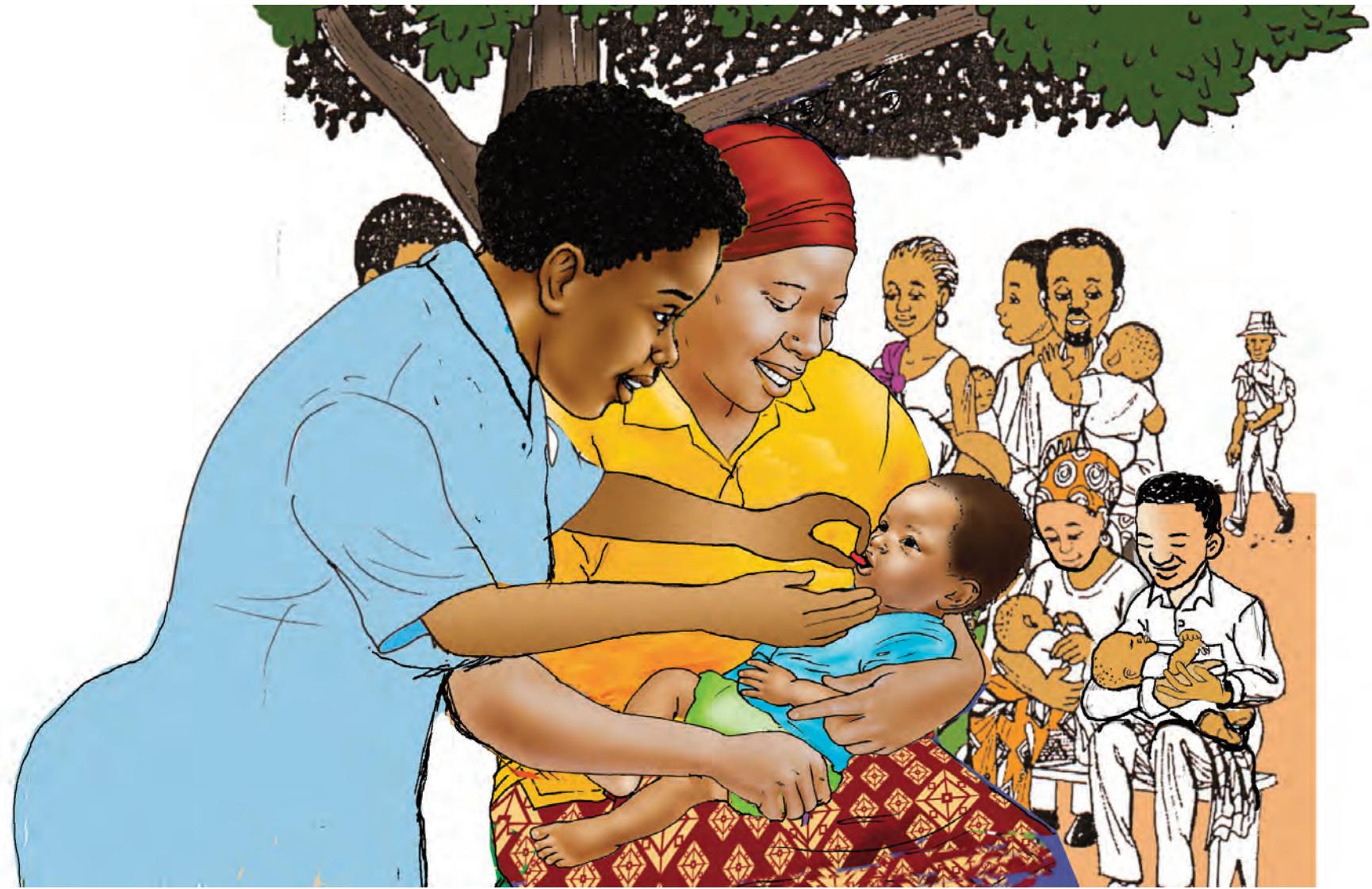
Zaka za mwana	Mtundu wa katemera
Akangobadwa	BCG (oteteza chifuwa chachikulu (TB) ndi zironda zakukhos), polio 0 (oteteza kupuwala kwa ziwalo)
Mwezi ndi masabata awiri	DPT 1 (Oteteza matenda a kafumbata, kalongolongo, Chifuwa chokoka mtima ndinso zironda zakukhos), Polio 1, PCV 1 (woteteza chibayo) , ROTA 1 (oteteza matenda otsegula m'mimba)
Miyezi iwiri ndi masabata awiri	DPT 2, Polio 2 ndi PCV 2 (woteteza chibayo), ROTA 2 (oteteza matenda otsegula m'mimba)
Miyezi itatu ndi masabata awiri	DPT 3, Polio 3, PCV 3 (woteteza chibayo)
Miyezi 9	Katemera wa chikuku

1. Katemera amateteza mwana ku matenda osiyanasiyana. Mwana yemwe sanalandire katemera angathe kudwala matenda oopsa, kulumala, kunyentchera komanso kufa.
2. Palibe kuopsa kwina kuli konse ngati mwana walandira katemera akudwala, ali olumala ndiponso onyentchera.
3. Matenda amafala mosavuta m'malo omwe anthu amakhala mothithikana. Choncho ana omwe amakhala ku madera onga amenewa ayenera kolandira katemera woteteza ku matenda a chikuku mwa msanga.

Amayi onse a msinkhu obereka (zaka 15 mpaka 49) alandire ndi kumaliza katemera yense oteteza matenda a kafumbata kapena kalongolongo mu nthawi yake yoyikika potsata malangizo a ku chipatala.

Mayi oyembekezera ayenera kubayidwa katemera oteteza matenda a kafumbata kapena kalongolongo ngati sanabayidwe katemera yense pamene asanatenge pakati.

Ubwino wa Vitaminini A



Ubwino wa Vitaminini A

Matenda osowa vitamini A m'thupi ndi matenda amodzi omwe amapha ana ambiri osachepera zaka zisanu, komanso amadzetsa khungu ndiponso kuchititsa kuti matenda opatsirana kudzera mu mpweya afale mosavuta mu mayiko ambiri omwe akungokwera kumene kuphatikizango dziko la Malawi.

Vitamini A amafunika m'thupi kuti chitetezo cha thupi chigwire ntchito yake bwino, komanso kuti mwana akule ndi thanzi. Vitamini A amathandiza thupi la mwana kuti likhale ndi mphamvu zotha kudziteza ku matenda monga chikuku, kutsegula m'mimba, ndiponso matenda a khungu.

Matenda osowa Vitamin A amadza ngati munthu sakudya vitamini A okwanira kuchokera ku zakudya. Izi zimachitika ngati thupi silikutha kugwiritsa ntchito vitamini A yense wa mu zakudya, kapena ngati munthu wataya vitamini A wambiri chifukwa chakudwala.

Matenda osowa vitamini A amadzanso ngati munthu akudwala matenda monga chikuku, matenda otsegula m'mimba ndi kutentha thupi. Ngati munthu ali oyembekezera, pa nthawi yoyamwitsa, komanso pa nthawi yomwe ana akukula, thupi limakhala likugwiritsa ntchito vitamini A wambiri.

Chifukwa chani ndi kofunika kuchitapo kanthu kuti matenda osowa vitamini A athe?

Vitamini A amathandiza kuti ana osapyola zaka zisanu akhale ndi mphamvu komanso thupi lawo litha kuziteteza kumatenda osianasiyana, monga khungu. Vitamini A amateteza moyo wa mwana ku imfa, komanso amakula bwino, motero nkofunika kuchitapo kanthu pa zifukwa izi:

- Chiopsezo cha imfa zomwe zimadza chifukwa cha matenda a chikuku chimachepa.
- Chiopsezo cha imfa zomwe zimadza chifukwa cha matenda otsegula m'mimba chimachepa.
- Chiopsezo cha imfa zonse zomwe zingadze chimachepa.

Pewani matenda osowa vitamini A pochita izi:

- Mwana ali yense wa miyezi 6 mpaka zaka zisanu alandire Vitamini A mu miyezi 6 iliyonse ku sikelo kapena mu nthawi yoikika ndi boma yolandiritsira mankhwala a njoka za m'mimba ndi Vitamini A.
- Mayi oyamwitsa alandire Vitamini A pasanathe sabata 8 akangobereka.
- Kudya zakudya zokhala ndi Vitamin A wambiri monga; mazira, chiwindi komanso masamba ndi zipatso za mtundu obiliwira ndi chikasu. Zakudya za masamba zokhala ndi vitamin A zidyledwe ndi zakudya za mafuta kuti vitamini A athe kugwira bwino ntchito m'thupi.

Ubwino Wogwiritsa Ntchito Mchere Okhala ndi Ayodini



Ubwino Wogwiritsa Ntchito Mchere Okhala ndi Ayodini

Mchere wa ayodini umathandiza kupewa matenda achithokomiro komanso matenda omwe amasokoneza makulidwe a ana ndi thanzi la akulu.

- Mchere wa ayodini ndiwopezekeratu ndipo uyenera kugwiritsidwa ntchito nthawi zonse pophika chakudya.
- Amayi oyembekezera ayenera kugwiritsa ntchito mchere woonjezera ayodini kuti mwana yemwe akuyembekezera adzabadwe wathanzi.
- Gwiritsani ntchito mchere wa ayodini pophika zakudya za mwana kuti akule ndi thanzi.

- Ayodini amafunikira pokhwimitsa ubongo wa mwana yemwe mayi akuyembekezera ndi pamene mwana akukula.
- Amayi woyembekezera omwe amasowa ayodini m'thupi angathe kubereka mwana wozerezeka kapena kupita padera.
- Ana amene amasowa ayodini okwanira m'thupi sakula bwino komanso sachita bwino mkalasi.
- Mchere wa ayodini umathandiza kuti mwana ndi anthu a banja lonse asakhale ndi chithokomiro.

Ubwino Olandirtsia Mwana Mankhwala a Njoka za M'mimba



Ubwino Olandiritsa Mwana Mankhwala a Njoka za M'mimba

Njoka za m'mimba zimakonda kupezeka m'mimba mwa ana ang'onoang'ono. Njoka za m'mimba zimaikira mazira ambiri, omwe amatuluka pamodzi ndi chimbuzi cha mwana.

Njoka za m'mimba zimapezeka kwambiri ndi ana a chaka chimodzi mpaka zaka zisanu.

Ana amatenga njoka za m'mimba kudzera mu njira izi:

- Kusewera pa dothi loti muli mazira a njoka za m'mimba,
- Kudya zipatso kapena masamba osatsuka.
- Njoka za m'mimba zimapezeka kwambiri kumadera komwe kulibe ukhondo.

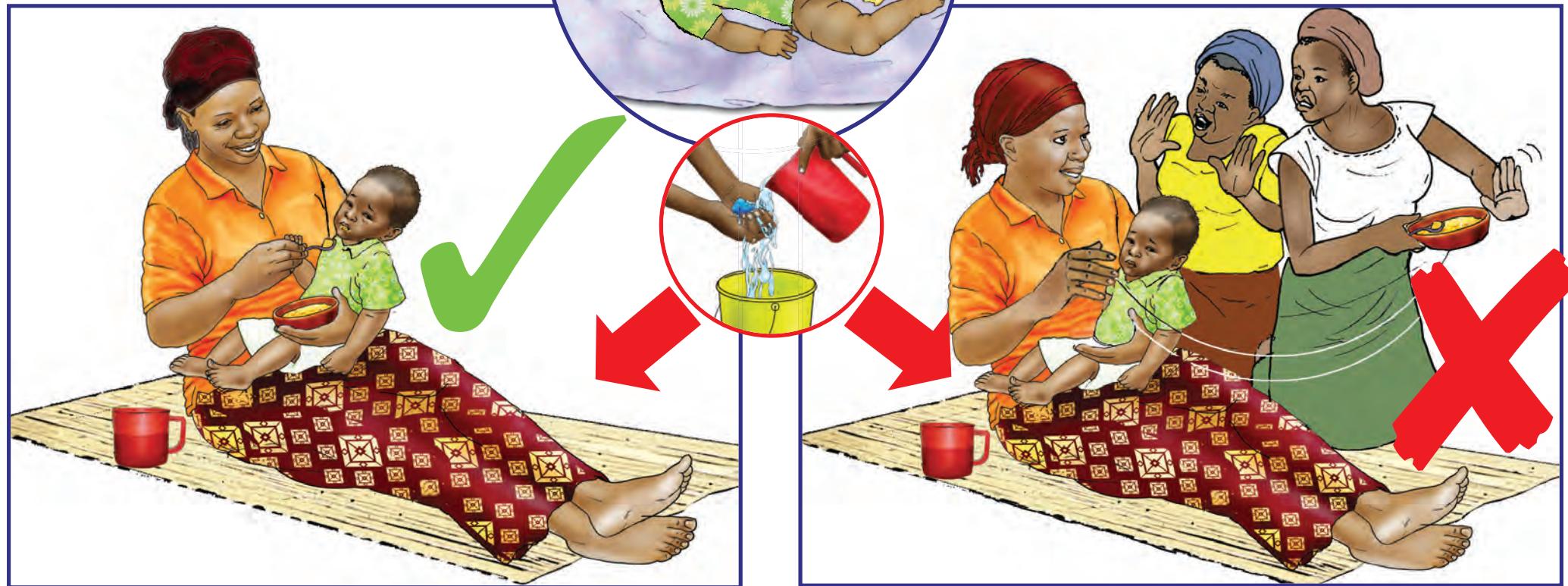
Ndikovuta kuzindikira mwamsanga kuti mwana ali ndi njoka za m'mimba, chifukwa ana ambiri amaonekabe a thanzi ndipo saonetsa zizindikiro ziri zonse ngakhale ali ndi njoka za m'mimba.

Nthawi zambiri makolo amazindikira kuti ana awo ali ndi njoka za m'mimba pokha pokha mwana akayamba kuchita chimbudzi chosakanikirana ndi njoka za m'mimba, komanso ngati mwana akusanza njoka.

Ana oyambira chaka chimodzi mpaka zaka zisanu alandire mankhwala a njoka za m'mimba mu miyezi 6 iliyonse ku sikelo kapena mu nthawi yoikika ndi boma zolandiritsira mankhwala a njoka za m'mimba ndi Vitamin A kuti ana asadwale matenda a njoka za m'mimba.

Njoka za m'mimba zimapweteketsa m'mimba, zimachotsa chilakolako chazakudya ndipo mwana amanyetchera.

Miyambo ndi Zikhulupiliro Zokhudza Kadyetsedwe Ka Ana



Miyambo ndi Zikhulupiliro Zokhudza Kadyetsedwe ka Ana

Ophunzira Akambiranane Zinthu Izi:

1. Kusinkhasinkha za zikhulupiliro zosiyansiyana pa kadyetsedwe ka ana m'dela lathu kuphatikizapo ana amene akudwala.
2. Kuwunika zikhulupiliro zosiyansiyana za m'dela lanu pa nkhani ya kadyetsedwe ka ana kuphatikizapo ana amene akudwala.
3. Kulemba pa pepala zikhulupiliro zosiyansiyana pa kadyetsedwe ka ana kuphatikizapo ana amene akudwala.
4. Kulemba zikhulupilirozi, kambiranani ndi ophunzira za zikhulupiliro zabwino ndi zoipa pa thanzi la ana.

Lembani chizindikilo cha koyambilira kwa chikhulupiliro chabwino ndipo X koyambilira kwa chikhulupiliro choipa.

Funsani ophunzira ngati zikhulupiliro zili zowona.

Kambiranani ndi kufotokozela ophunzira kuti zakudya ndi zakumwa zomwe zili zabwino kwa munthu ndizofunikilanso kwa ana.

- Afotokozereni ophunzira kuti sikoyenera kunyoza zikhulupiliro zonse chifukwa chakuti zikhulupiliro zina zimathandizira pa kadyedwe koyenera ka ana. Tikambilane ndi ophunzira momwe tingakonzere zikhulupiliro zoipa kuti zikhale zabwino. Kambilananinso za anthu ofunkira pofalitsa uthenga woyenela pakhommo kapena mdela lanu.
- Funsani maganizo kwa ophunzira kuti apange mauthenga omwe angagwiritse ntchito pakusintha zikhulupiliro mu dela lawo.

Acknowledgements

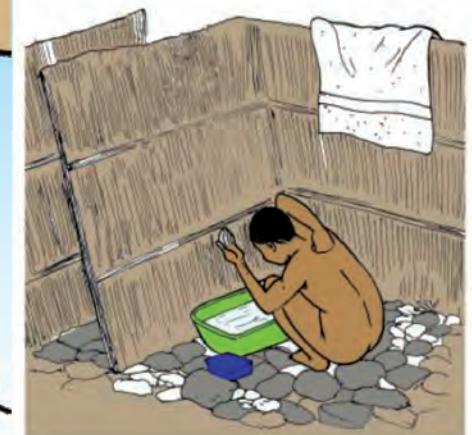
This Counselling card has been printed by the Malawi Government through the Department of Nutrition, HIV and AIDS with financial support from World Bank. The Department would like to sincerely thank World Bank for the financial support and technical leadership. The counselling card is part of the training package for maternal infant and young child nutrition developed under a strategic collaboration between the Department of Nutrition, HIV and AIDS and key partners.

The counselling card went through a series of review and consensus building sessions by a wide spectrum of technical experts from various organisations whose contributions are greatly recognised and acknowledged. The greater part of this counselling card has been adapted from UNICEF IYCF counselling package and therefore due credit is given to the organisation.

The Department would like to acknowledge the contributions of various institutions and individuals. Special mention goes to UNICEF, Catholic Relief Services (CRS), Ministry of Health, Ministry of Agriculture, Irrigation and Water Development, Ministry of Local Government and Rural Development, and Ministry of Gender, Children, Disability and Social Welfare Including Lilongwe University of Agriculture and Natural Resources.

Finally, sincere thanks and applaud should go to all those who put their time and effort in the development of this card.

Khalani a Ukhondo kuti Mupewe Matenda Ndikukhala ndi Moyo wa Thanzi



Cholina:

Kudziwitsa ndi kulimbikitsa luso la mavolontiya am'madera kuti athe kulangiza ndi kuunikira bwino maanja za ukhondo kuti apewe matenda ndi kukhala ndi moyo wathanzi.

Kagwiritsidwe ntchito ka filipi tchatiyi

- Cholina cha filipi tchatiyi ndi kulimbikitsa zokambirana pakati pa a langizi ndi ma volontiya a keya gulupu kopenanso volontiya wa keya gulupu ndi munthu yemwe akukambirana naye. Wogwiritsa ntchito filipi tchatiyi asalankhule yekha ngati akuphunzitsa ana ang'onoang'ono a sukulu, koma ayenera kuchita mokambirana ndi munthu yemwe akumuuzza mauthenga a mu filipi tchatiyi.
- Gwiritsani ntchito zinthunzi zokhazo zimene zikugwirizana ndi zokambirana za tsikulo.
- Afunseni omwe mukukambirana nawo zomwe akuwona. Mvetserani mayankho awo. Afunseni ngati zomwe zikuchitika pa zithunzizo zimachitika mudera lawo. Ndikofunikira kwambiri kuti ophunzira azitengapo mbali pazokambirana zonse.
- Kumbuyo kwa chithunzi chili chonse kwalembedwa mfundu zikuluzikulu zoti zikukumbutseni zoyenera kunena panthawi yomwe mukukambirana.
- Musawerenge mfundozzi, koma kambiranani.
- Pomaliza pa zokambirana zanu afunseni ophunzira zomwe iwo aphunzirapo ndi zomwe angathe kupanga.

Magawo a Phunziro

Afotokozereni ophunzira kuti mukhala mukukambirana zaukhondo.

Magawo a phunzilori

Phunzilori lagawidwa muzigawo zisanu ndi limodzi (6), ndipo tikakumana sabata ziwiri zilizonse, tiziphunzira uthenga ofunikira womwe tizikagawana ndi anthu akunyumba zomwe timaziyang'anira.

Maphunziro ake ndi awa:

Phunziro 1: Luso la kukambirana

Phunziro 2: M'mene tizilombo toyambitsa matenda timafalira

Phunziro 3: Kasambidwe ka m'manja koyenera

Phunziro 4: Ukhondo wa pamalo ogona ndi wapathupi lathu

Phunziro 5: Ukhondo wa madzi

Phunziro 6: Ukhondo wa chakudya

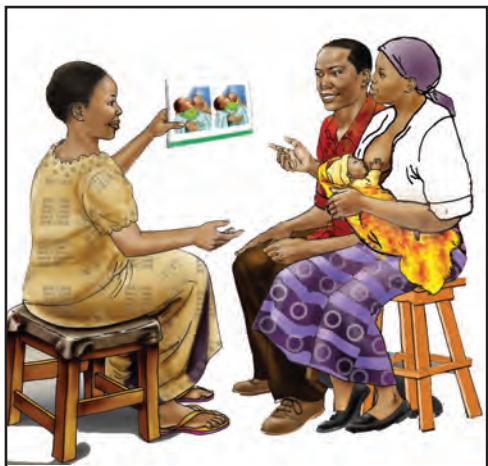
Pomaliza pa phunzilori ophunzira a keya gulupu adzatha:

1. Kulongosola bwino mfundu zovomerezeka za ukhondo.
2. Kufotokoza bwino zizolowezi zabwino za ukhondo.
3. Kuthandiza ndi kulimbikitsa amayi ndi ena onse osunga ana kuti azitsatira njira za ukhondo zoyenera potunga ndi kusunga madzi akumwa.
4. Kufotokoza bwino za ukhondo pa nthawi yokonza chakudya.
5. Kupereka uphungu mosavuta kwa a mayi, abambo ndi ena onse osunga ana za malo oyenera kutaya chimbudzi cha ana ndi zinyalala.

Luso Lokambirana



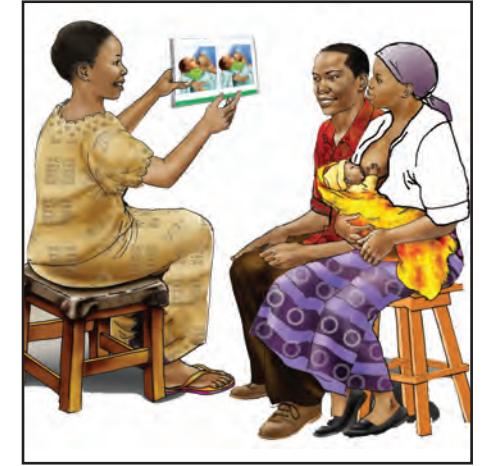
1. Funsani



2. Mvetserani



3. Pezani Vuto



4. Kambiranani za vutolo



5. Perekani Mfundu
Zoyenera



6. Mangani Chimodzi



7. Konzani ndondomeko
yokumananso kuti
mudzaone ngati vutolo latha

Luso Lokambirana

Muphunziroli tiphunzira ndondomeko oyenera kutsatira pamene tikukambirana ndi mayi kapena osamalira mwana kuti tilimbikitse mchitidwe oyenera pa nkhani ya ukhondo.

Tigwiritsa ntchito phunziro la ukhondo wa chakudya ngati chitsanzo.

Ndondomeko zoyenera kutsatira pamene mukukambirana zili motere:

Perekani moni kwa mayi ndi onse amene mukukambirana nawo ndipo dziwanani.

1. Funsani: Njira imeneyi imathandiza kupeza vuto lomwe mayi/osamalira mwana amene tikukambirana naye uja ali nalo. Tiyenera kumulimbiktsa mayiyo kuti alankhule momasuka ndi mosabisa.

2. Mvetserani: Njira imeneyi imatiuza kuti, volontiya ayenera kuhala ndi chidwi, ndi kumvetsera zonse zomwe munthu amene akukambirana naye akulankhula, osamudula. Volontiya alimbikitse munthuyo kunena zonse zokhudza vuto lake pogwiritsa ntchito maluso oyenera omvetsera ndi ophunzitsira.

3. Pezani vuto: Njira imeneyi imatiuza kuti, volontiya ayenera kupeza gwero la vuto lomwe munthu yemwe akukambirana naye ali nalo, ndipo amuthandize kusinkha sinkha moyenera njira zikulu zikulu zomwe zikuyambitsa vutolo.

4. Kambiranani za vutolo: Volontiya ayenera kukambirana naye munthu yemwe ali ndi vuto za njira zomwe ziripo zothetsera vutolo.

5. Perekani mfundo zoyenera kuthetsera vutolo: Volontiya amamudziwitsa munthu amene akukambirana naye njira zomwe zilipo, ndikumupatsa mwayi wosankha njira zomwe angathe kutsatira.

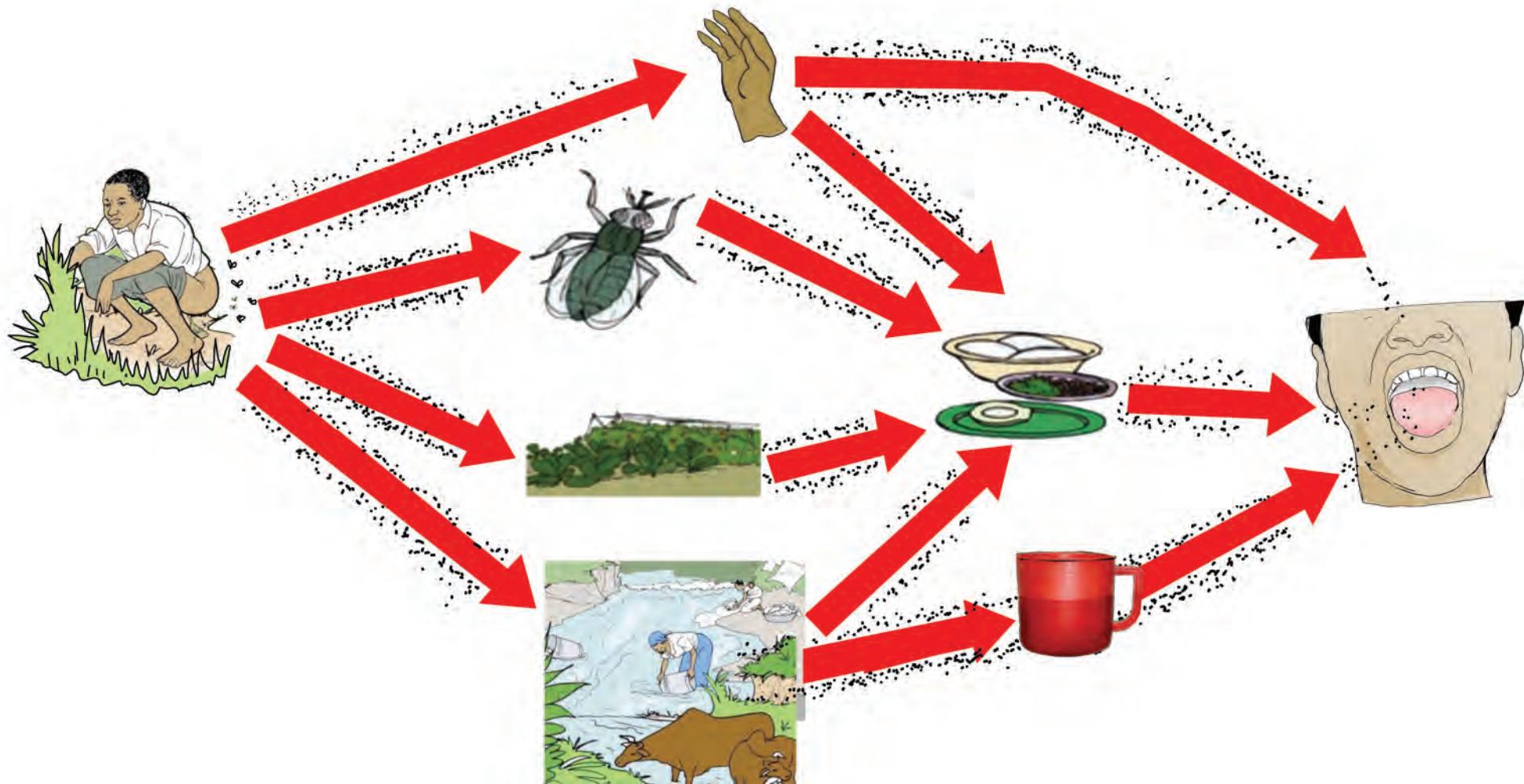
6. Gwirizanani mfundo: pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye uja za njira zomwe angathe kutsatira. Volontiya amamuza munthuyo kuti atchule njira zomwe wasankha mobwereza.

7. Konzani ndondomeko yokumananso kuti muwone ngati vutolo latha. Pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye, za tsiku loti akamuyendere kuti awone mmene zinthu zikuyendera ndi njira zomwe anasankha.

Kwa alangizi

Ophunzira ayeserere maluso okambirana. Gwiritsani ntchito nthano zosiyana siyana.

M'mene Tizilombo Toyambitsa Matenda Timafalira



M'mene Tizilombo Toyambitsa Matenda Timafalira

Tizirombo toyambitsa matenda osiyana siyana timafala pakati pathu kudzera mu njira zisanu izi:

- M'manja mosasamba
- Ntchentche ndi tizirombo tina
- Chakudya chosasamalidwa
- Madzi osatetezedwa
- Kuchita Chimbudzi, kukodza kapena kutaya zinalala paliponse
- Kudya zakudya zosatsuka monga: masamba ndi zipatso

Funsani ophunzira mafunso ali m'munsiwa ndipo kambiranani:

1. Kodi mukuganiza kuti tizirombo toyambitsa matenda osiyana siyana timafala bwanji kudzera mu njira zimene zatchulidwazi?
2. Kodi tingachite chiyani kuti tipewe kufala kwa tizirombo toyambitsa matenda osiyana siyana kudzera mu njira zatchulidwazi?

Mukatha kukambirana funsaninso ophunzira mafunso ali m'munsiwa:

1. Kodi chingachitike ndi chiyani ngati inu simukusamba m'manja pafupi pafupi?
2. Kodi kupatsana moni ndi m'manja mosasamba ndi koopsa bwanji?

Tsatirani njira za ukhondo zoyenera nthawi zonse, kuti mupewe kufala kwa tizirombo toyambitsa matenda osiyana siyana.

Sambani M'manja ndi Sopo Nthawi Zonse



Sambani M'manja ndi Sopo Nthawi Zonse

Ubwino osamba m'manja ndi sopo:

- Kumachepta kufala kwa tizirombo toyambitsa matenda.
- Kumathandiza kupewa tizirombo toyambitsa matenda osiyana siyana tochokera ku chimbudzi kuti tisalowe mkamwa mwathu pamene tikudya chakudya.
- Kumathandiza kuti m'manja musamamveke fungo loyipa.
- Kumasonyeza ulemu kwa ife ngakhalenso kwa anthu ena.

Nthawi yoyenera kusamba m'manja ndi sopo:

- Pochokera ku chimbudzi;
- Mukatha kusintha mwana thewera;
- Musanayambe kukonza chakudya, musanayambe kudya komanso mukatha kudya;
- Musanayambe komanso mukatha kudyetsa mwana;
- Ana amakonda kuyika zala mkamwa, choncho ndi koyenera kuti azisamba m'manja ndi sopo pafupipafupi.

Nthawi yoyenera kusamba m'manja ndi sopo anthu osamatira odwala kumudzi

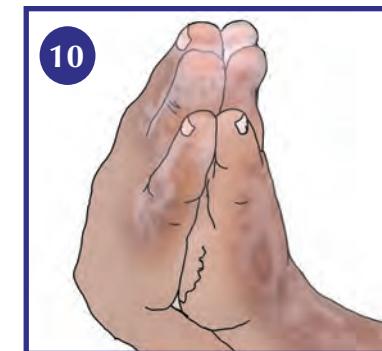
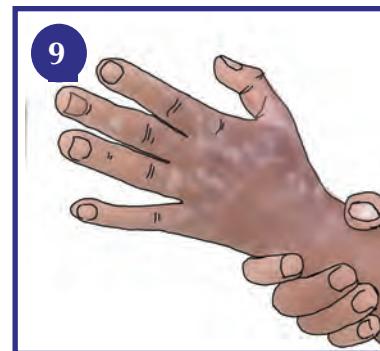
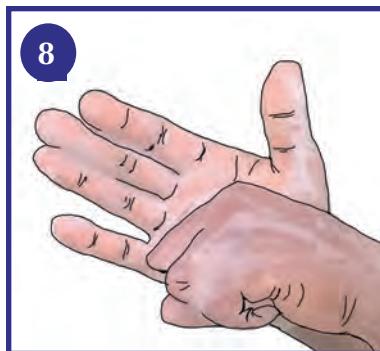
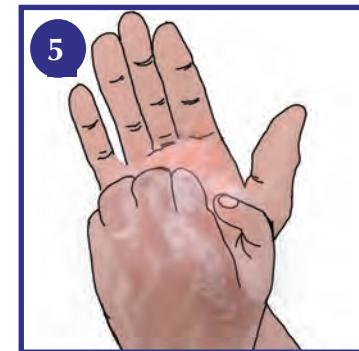
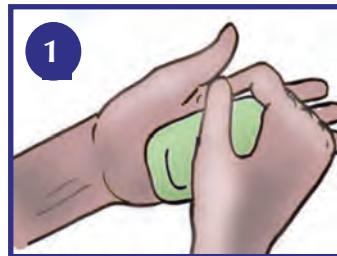
- Ana ndi anthu omwe ali ndi HIV amakhala pa chiopsezo cha matenda otsegula m'mimba.
- Anthu osamatira odwala kumudzi ayenera kusamba m'manja pamene akusamatira odwala.

Tilimbikitse kusamba m'manja nthawi izi:

- Akamachokera ku chimbudzi.
- Asanayambe kupereka chithandizo china chili chonse.
- Asanagawe chakudya.
- Asanamudyetse komanso akatha kudyetsa odwala.
- Akatha kupereka chithandizo china chili chonse.

Kusamba m'manja ndi sopo kumathandiza kupewa kufala kwa matenda

Kasambidwe ka M'manja Koyenera



Kasambidwe ka M'manja Koyenera

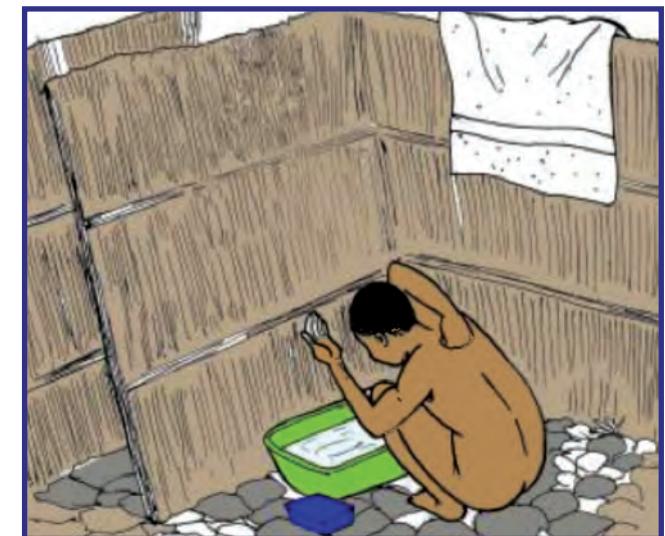
- Kusamba m'manja sikungonyowetsa m'manja kapena kungoviika zala m'madzi.
- Posamba m'manja onetsetsani kuti mukusamba manja onse awiri potsatira ndondomeko zoyenera zomwe ziri pa chithunzipa kuti tizirombo toyambitsa matenda osiyana siyana tonse tichoke.
- Ndibwino kusamba m'manja ndi sopo chifukwa sopo amacheptsu ndi kuchotsa tizirombo toyambitsa matenda osiyana siyana, amachotsa fungo loyipa komans amafewetsa m'manja.
- Phulusa, mchenga, mgaiwa, sizichotsa litsiro lonse, komanso sizichepetsa tizirombo tonse toyambitsa matenda m'manja.
- Pewani kusamba m'manja anthu ambiri madzi a mu chiwiya chimodzi, chifukwa madzi amada ndipo amathandiza kufalitsa tizirombo toyambitsa matenda osianasiyana kwa anthu onse omwe angasambe madzi a mu chiwiya chimenechi.

Ndondomeko zoyenera kutsatira posamba m'manja

1. Nyowetsani m'manja ndi madzi;
2. Pakani sopo m'manja, m'zala zonse komanso kuseri kwa dzanja;
3. Tikitani manja;
4. Tsukuluzani ndi madzi oyera bwino;
5. Dikirani kuti m'manja muume ndi mphepo. Zimenezi zimathandiza kuchotseratu tizirombo toyambitsa matenda m'manja. Pewani kuumitsa m'manja ndi taulo kapena zovala. Mchitidwe umenewu umathandizira kufala kwa tizirombotoyambitsa matenda.

Sambani manja onse awiri moyenera pogwiritsa ntchito sopo ndi madzi a ukhondo kuti muthe kuchotsa litsiro ndi tizirombo tonse toyambitsa matenda osianasiyana

Ukhondo wa Pa Malo Ogona ndi pa Thupi Lathu



Ukhondo wa Pa Malo Ogona ndi pa Thupi Lathu

Ukhondo wa pa thupi lathu (kuchapa zovala, kusamba thupi lonse, kusamala zogonera ndi malo ogona).

Tiyenera kusamalira matupi athu, zovala, zogonera ndi malo ogona kuti tipewe matenda osiyanasiyana.

- Ukhondo wa pa thupi lathu sikusamba m'manja kokha, tiyenerano:
 - Kuwenga zikhadabo
 - Kumeta ndi kusamala tsitsi malo onse
 - Kutsuka mkamwa

- Nsabwe zimaswana mosavuta zikakhala mu tsitsi komanso mu zovala za litsiro, ndipo zimayambitsa matenda osiyanasiyana.
- Ngati tikusamalira matupi athu, kuchapa zovala, komanso kuonetsetsa kuti zogonera zathu ndi malo ogona ndi aukhondo, moyo wathu umakhala wa thanzi chifukwa timapewa matenda osiyanasiyana omwe amafala kudzera mu fumbi, nsabwe komanso nsikidzi.

Ukhondo wa Madzi



Ukhondo Wa Madzi

- Tizirombo toyambitsa matenda osiyana siyana ndi tating'ono kwambiri, ndipo sitioneka ndi maso athu. Ngakhale madzi akhale oyera, amakhalabe ndi tizirombo toyambitsa matenda monga; kutsekula m'mimba, kolera komanso kamwazi.
- Tetezani madzi ku tizirombo toyambitsa matenda osiyanasiyana ndi Wota gadi wa madzi, wa ufa kapena kololini. Tetezani madzi ngakhale madziwo akuoneka oyera.
- Madzi otetezedwa ndi moyo. Matenda otsegula m'mimba odza chifukwa cha umve kapena kumwa madzi osatetezedwa amadzetsa imfa zambiri pakati pa ana.
- Ana amakhala a thanzi ngati akumwa madzi otetezedwa, ndipo sajomba ku sukulu chifukwa sadwaladwala.

Njira zomwe tizirombo toyambitsa matenda osiyana siyana timalowera m'madzi:

- Tizirombo toyambitsa matenda osiyana siyana timalowa m'madzi nthawi iliyonse chaka chonse osati m'nyengo ya mvula yokha.
- Tizirombo toyambitsa matenda osiyana siyana timalowa m'madzi kudzera mu njira zitatu izi: ngati pa malo pomwe madzi atungidwa ndiposatetezedwa, popita nawo ku nyumba komanso pa nthawi yomwe tikugwiritsa ntchito.

Kasungidwe Ndi Kagwiritsidwe Ntchito Ka Madzi Koyenera

- Madzi akumwa ayenera kusungidwa mu chiwiya cha ukhondo ndi kuwavindikira bwino. Ndipo ziwiya zosungira madzi ziyenera kukhala ndi mpopi ngati nkotheka.
- Koma ngati chiribe mpopi, gwiritsani ntchito ma kapu awiri; ina yotungira ndipo ina yomwera, komanso kupungula ngati munasunga madzi mu botolo kapena jagi pamene mukugwiritsa ntchito
- Ziwiya zabwino zosungira madzi zikhale zotseka bwino pamene simukugwiritsa ntchito.

Ubwino Osunga Madzi Mu Chiwiya Choyenera

- Madzi amakhala otetezedwa ku fumbi, kuziweto, m'manja mwakuda komanso ana sangathe kupisamo manja.
- .

Tetezani Madzi Akumwa ndi Wota Gadi wa Ufa Tsiku Lililonse, Chaka Chonse kuti Ana ndi Banja Lanu Likhale ndi Moyo wa Thanzi

WaterGuard™ wa Ufa

Woyeretsa madzi...

...ndi kupha tizirombo toyambitsa matenda otsegula m'mimba

KAGWIRITSIDWE NTCHITO KAKE

- Dulani ndi kuthira mankhwala onse m'madzi okwana theka ya ndowa kapena malita khumi
- Takasani kwambiri kwa mphindi zisanu kuti zoypa ziwindane
- Dikirani kwa mphindi zisanu kuti zoypa zikhazikike pansi. Ngati madzi anu sanayerebe takasaninso kwambiri kufikira madziwo atayera ndithu
- Sefani madzi pogwiritsa ntchito kansalu kochapha bwino kosang'ambika
- Madzi abwino kumwa. Dikirani mphindi makumi awiri musanayambe kumwa
- Ngati madzi anu akuwoneka akuda musamwe

WaterGuard™ wa Ufa

Woyeretsa madzi...

...ndi kupha tizirombo toyambitsa matenda otsegula m'mimba

KAGWIRITSIDWE NTCHITO KAKE

- Dulani ndi kuthira mankhwala onse m'madzi okwana theka ya ndowa kapena malita khumi
- Takasani kwambiri kwa mphindi zisanu kuti zoypa ziwindane
- Dikirani kwa mphindi zisanu kuti zoypa zikhazikike pansi. Ngati madzi anu sanayerebe takasaninso kwambiri kufikira madziwo atayera ndithu
- Sefani madzi pogwiritsa ntchito kansalu kochapha bwino kosang'ambika
- Madzi abwino kumwa. Dikirani mphindi makumi awiri musanayambe kumwa
- Ngati madzi anuakuwoneka akuda musamwe

WaterGuard™ wa Ufa

Woyeretsa madzi...

...ndi kupha tizirombo toyambitsa matenda otsegula m'mimba

KAGWIRITSIDWE NTCHITO KAKE

- Dulani ndi kuthira mankhwala onse m'madzi okwana theka ya ndowa kapena malita khumi
- Takasani kwambiri kwa mphindi zisanu kuti zoypa ziwindane
- Dikirani kwa mphindi zisanu kuti zoypa zikhazikike pansi. Ngati madzi anu sanayerebe takasaninso kwambiri kufikira madziwo atayera ndithu
- Sefani madzi pogwiritsa ntchito kansalu kochapha bwino kosang'ambika
- Madzi abwino kumwa. Dikirani mphindi makumi awiri musanayambe kumwa
- Ngati madzi anuakuwoneka akuda musamwe

Kuteteza Madzi Akumwa

- Ndikovuta kudziwa ngati madzi ali ndi tizirombo toyambitsa matenda osiyana siyana kapena ayi. Kupewa kumaposa kuchiza choncho tetezani madzi tsiku lili lonse chaka chonse kuti muteteze ana ndi banja lanu ku matenda osiyana siyana monga kutsegula m'mimba, kamwazi ndi kolera.
- Matenda otsegula m'mimba si a chilengedwe. Ana amataya michere ya m'thupi akamatsegula m'mimba motero sakula bwino.
- Ndikofunika kuteteza madzi ogwiritsa ntchito pa khomo tsiku lililonse chaka chonse ndi wota gadi wa ufa, wa madzi kapena kololini.
- Gwiritsani ntchito wota gadi wa madzi pokha pokha ngati madzi ali oyera ndipo wota gadi wa ufa ngati madzi akuoneka akuda.

Kagwiritsidwe ntchito ka wota gadi wa Ufa:

- Tsegulani paketi ya wota gadi wa ufa
- Thirani wota gadi wa ufa mu ndowa ya madzi okwanira ma lita khumi (theka la ndowa)
- Takasani
- Dikirani kwa mphindi zisanu kuti zoipa zikhazikike
- Kenaka sefani ndi kansalu kochapa kosang'ambika, ndi kuthira madzi mu chiwiya chotsuka bwino.
- Dikirani kwa mphindi makumi awiri.
- Kenaka mutha kumwa pokha pokha ngati madzi ayera. Ngati madzi akuonekabe akuda patatha mphindi ziwiri mutathira wota gadi wa ufa, musamwe. Izi zikusonyeza kuti wota gadi sanagwire ntchito.

Funsani alangizi a zaumoyo a m'dera lanu njira zina zotetezera madzi akumwa.

Tetezani Madzi Akumwa ndi Wota Gadi wa Madzi Tsiku Lililonse, Chaka Chonse kuti Ana ndi Banja Lonse Likhale ndi Moyo wa Thanzi

MALANGIZO



Dikirani 30 minitsi
musanamwe



Kagwiritsidwe Ntchito ka Wota Gadi wa Madzi:

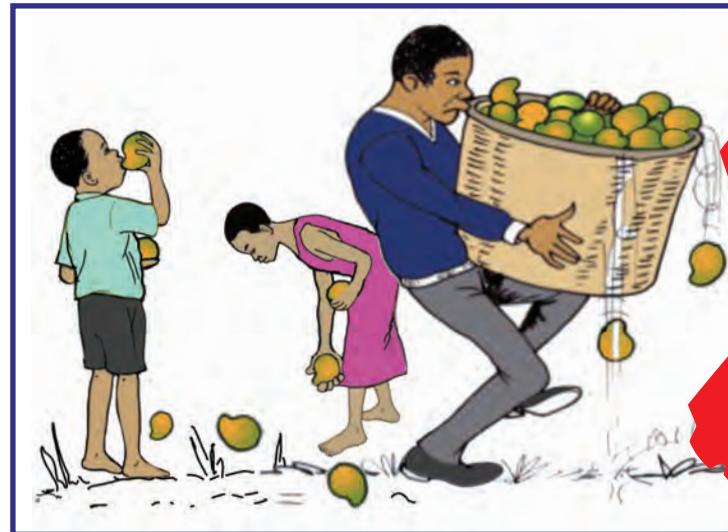
- Kapu imodzi ya wota gadi wa madzi imakwanira madzi okwana ma lita makumi awiri (ndowa imodzi).
- Takasani madzi ndi chiwiya chotsuka bwino.
- Vindikirani ndipo dikirani kwa mphindi makumi atatu (30 minitsi).
- Kenaka mutha kumwa.

Funsani alangizi a zaumoyo a m'dera lanu njira zina zotetezera madzi akumwa

Ukhondo wa Chakudya



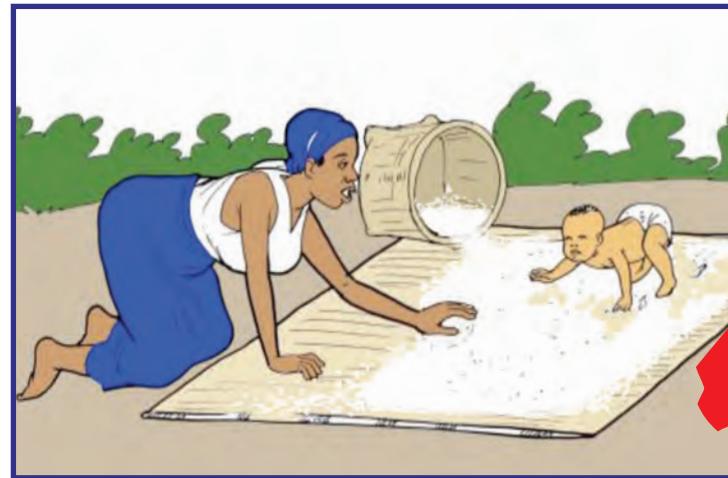
X



X



X



X

Ukhondo wa Chakudya

Chakudya sicingakhale chotetezeka nthawi zonse, koma mkwa pafupi kuteteza chakudya kuti chisaonongeke ndi tizirombo toyambitsa matenda osiyanasiyana ngati titsatira zizolowezi zaikhondo. Tizirombo toyambitsa matenda osiyanasiyana titha kulowa m'chakudya pa nthawi yomwe chakudya chili m'munda, pokolola, pokonza, pophika, pofutsa, pogawa ndi posunga chakudya.

Izi ndi zina mwa njira zotetezera zakudya zosiyanasiyana ku tizirombo toyambitsa matenda.

Pokolola chakudya.

- Kumbani mbatata kapena chinangwa mosamala kuti musakande makoko. Tsukani pokhapokha ngati mukufuna kuphika.
- Thylani chakudya chokwanira panthawi kuti mupewe kusunga china kwa nthawi yaitali.

Pokonza ndi kufutsa chakudya.

- Sambani m'manja ndi sopo nthawi zonse musanayambe kukonza chakudya komanso musanadye.
- Pewani kudya chakudya kapena kusuta fodya pamene mukukonza ndi kugawa chakudya komanso m'malo osungira chakudya.
- Tsukani zipatso ndi masamba mokwanira musanagwiritse ntchito.
- Vindikirani chakudya kuti tipewe matenda omwe angabwere kuchokera ku fumbi, chimfine kapena chifuwa.

- Gwiritsani ntchito madzi otetezedwa pokonza ndi kuphika chakudya.
- Malo okonzenza ndi ophikira chakudya akhale aukhondo.
- Zipangizo zonse zokonzenza chakudya zikhale zaikhondo.
- Phikani chakudya chokwanira pa nthawi kuti tipewe kusunga mikute. Tilimbikitse kudya chakudya chophikidwa kumene osati mkute.

Chakudya chachiwisi ndi chophika

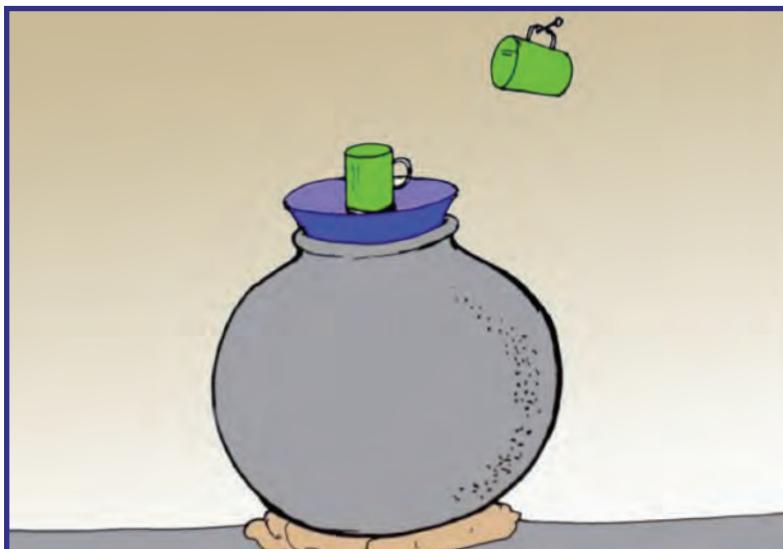
- Chakudya chachiwisi chimakhala ndi tizirombo toyambitsa matenda osiyanasiyana omwe angathe kulowa mu chakudya china pokonza komanso posunga.
- Konzani, phikani, sungani chakudya chachiwisi ndi chophika m'malo osiyana kuti tipewe kufala kwa matenda.

Phikani chakudya kwa nthawi yoyenerera, kuti tizirombo toyambitsa matenda osiyanasiyana tife.

- Majeremusi a muchakudya amafa ngati chakudya chaphikidwa mokwanira ndi moyenera.
- Phikani chakudya monga nyama, nkhuku, mazira ndi nsomba kwa nthawi yokwanira.
- Pewani kuphika chakudya mwamsanga nthawi yake yodyera isanakwane. Vindikirani chakudya mukatha kuphika, ndipo gawani chidakali chotenthala.

Pewani matenda otsegula m'mimba potsatira njira zaikhondo wa chakudya ndi madzi akumwa.

Matenda Otsegula M'mimba atha Kupewedwa ngati Njira za Ukhondo Zikutsatidwa Pokonza ndi Pakudya



Matenda Otsegula M'mimba atha Kupewedwa ngati Njira za Ukhondo

Zikutsatidwa Pokonza ndi Pakudya

Ukhondo ndi ofunika m'malo ogawira, odyera ndi osungira chakudya kuti tipewe tizirombo toyambitsa matenda osiyanasiyana.

Malo odyera ndi osungira chakudya ayenera kukhala a ukhondo kuti tipewe tizirombo toyambitsa matenda. Zizolowezi zabwino za ukhondo ziyenera kutsatiridwa nthawi zonse, ku makomo athu, komanso m'magulu a zophika phika.

Zitsanzo zazizolowezi za bwino pa kasamalidwe ndi ukhondo wa chakudya.

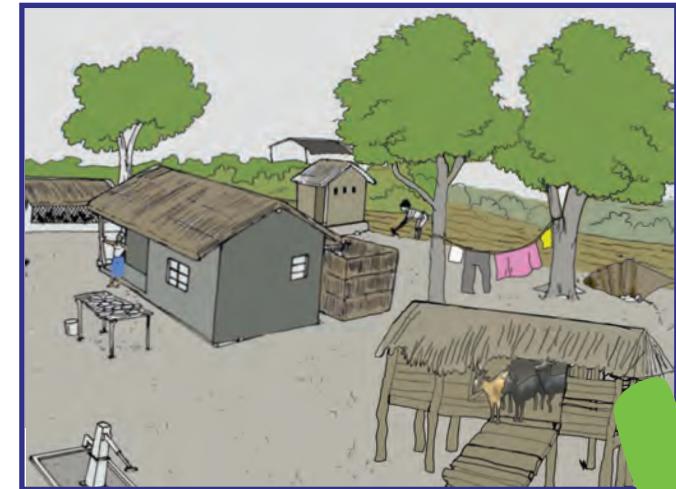
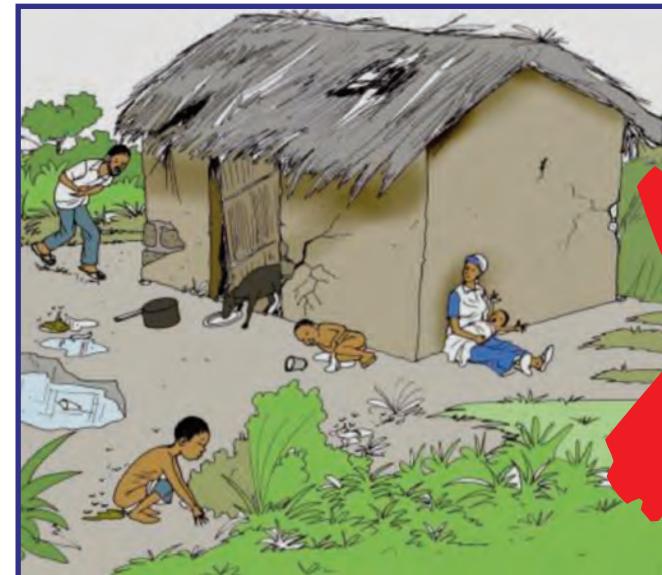
Pogawa chakudya.

- Gawirani chakudya m'mbale kapena m'mkapu yotsuka bwino.
- Gwirtsani ntchito zida zoyerera pogawa chakudya monga; chipande, sipuni ndinso kapu.
- Malo ogawira ndi odyera chakudya ayenera kukhala a ukhondo.

Posunga chakudya ndi zipangizo zina

- Sungani chakudya chachiwisi pa malo osungira chakudya. Malo akhale ozizira bwino kuti chisaonongeke.
- Sungani zipangizo zokonzenza m'nyumba monga masache ndi zikolopa patali ndi chakudya.
- Sesani ndi kukolopa m'malo momwe mwataikira chakudya kapena chakumwa mwamsanga, kuti;
 - Tipewe ntchentche, mphemvu ndi makoswe zomwe zimabweretsa matenda.
 - Kuterera komwe kutha kuchititsa kuti tingagwe ndi kuvulala
- Sungani ziwiya zophikira ndi zodyera zonse m'malo osamalidwa bwino

Tipititse Ukhondo pa Tsogolo M'madera Athu kuti Tipewe Matenda



Tipititse Ukhondo pa Tsogolo M'madera Athu kuti Tipewe Matenda

Izi ndi zitsanzo za zizolowezi zoipa zomwe zimabweretsa umve m'madera athu:

- Kusasamalira pakatayidwe kazinalala.
- Kuchita chimbudzi paliponse, monga; patchire, m'nyanja kapena mu m'tsinje.
- Kusasamalira ziweto pakhomo.
- Kugwiritsa ntchito chimbudzi chosavindikira ndi mosayenerera monga; kuchitira chimbudzi pambali, kugwiritsa ntchito chimbudzi chodzadza.
- Kugona m'nyumba yopanda mazenera okwanira
- Zithaphwi

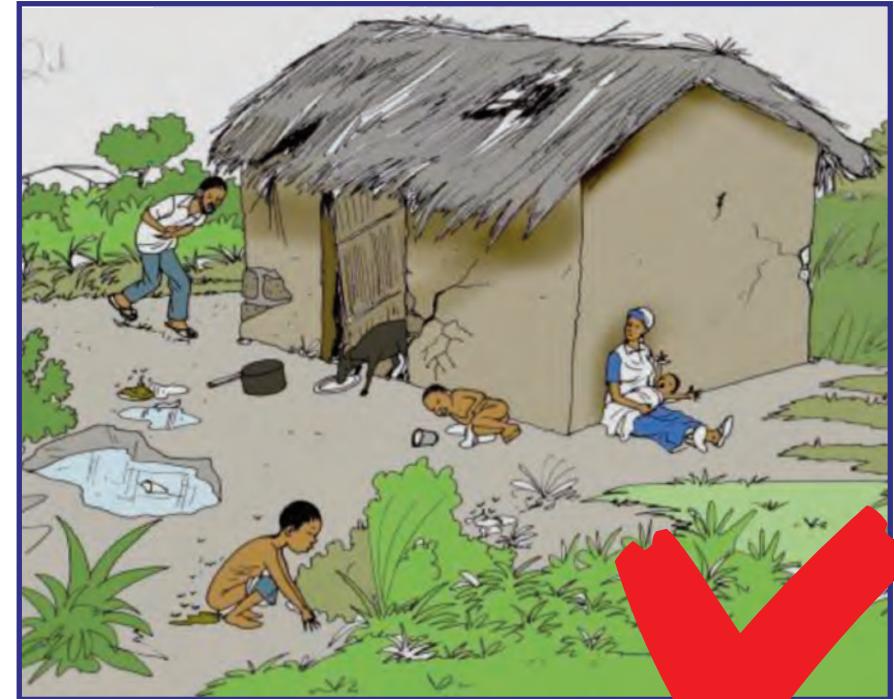
Zina zotsatira za umve m'makomo ndi izi:

- Ntchetché zimanyamula matenda ndi kutera pa chakudya komanso chakumwa chathu.
- Makoswe, mphemvu ndi udzudzu zimaswana m'malo momwe muli umve.

Izi ndi zitsanzo za m'chitidwe wa ukhondo:

- Kumanga ndi kugwiritsa ntchito bwino chimbudzi, ndikuvindikira pa chimbudzi nthawi zonse.
- Kusesa pa khomo.
- Kukhala ndi dzenje la zinalala, thandala, bafa, khola la ziweto, dimba la pakhomo, chingwe choyanikira zovala ndi nyumba yophikira chakudya yapadera (khitchini).

Kufunika kwa Malo a Ukhondo



Kufunika kwa Malo a Ukhondo

Umve umaitana matenda. Anthu m'madera athu amatetezedwa kumatenda ngati tikutsatira mchitidwe wabwino wa ukhondo.

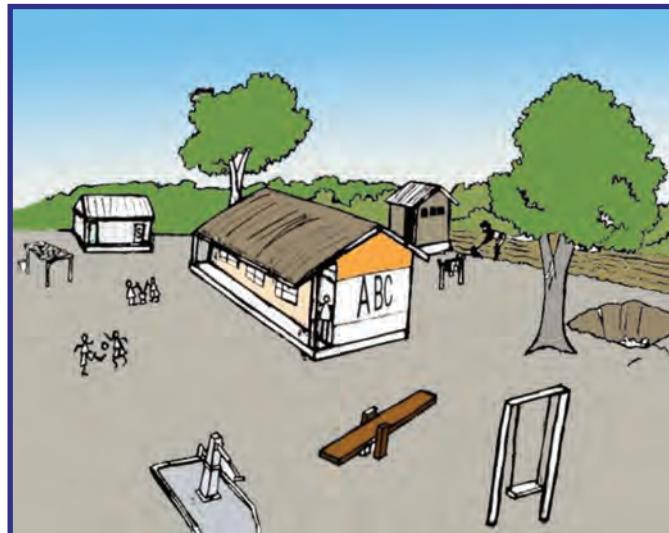
Mwachitsanzo; madzi otetezedwa, ukhondo wapamalo otizungulira, ndi kusamala zinalala. Izi zimathandiza kuti m'makomo ndi msukulu zathu musakhale matenda. Tikachita ukhondo m'makomo ndi msukulu zathu timapewa matenda monga;

- Kutsegula m'mimba.
- Kolera.
- Matenda a maso.

- Malungo.
- Matenda a pakhungu monga; mphere, zipere ndi zina zotere.
- Matenda a njoka za m'mimba.
- Chifuwa cha TB.

Tiyeni titsatire njira zaukhondo kuti tipewe matenda osiyanasiyana.

Banja, Sukulu, Msika ndi malo ena onse Zikhale ndi Zipangizo zonse za Ukhondo



Zipangizo za Ukhondo Zoyenera

1. Nyumba yamazenera okwanira.

- Nyumba iyenera kukhala ndi ma zenera okwanira molingana ndi zipinda kapena kukula kwake, kuti mpweya ndi kuwala kuzilowa ndi kutuluka bwino.
- Ngati nyumba ilibe mazenera okwanira, matenda am'chifuwa monga TB amafala mosavuta.
- Kuthinana m'nyumba kapena mchipinda kumabweretsano matenda monga chifuwa ndi chimfine komanso anthu satakasuka.
- Ndikofunika kwambiri kuti kuwala kuzilowa m'nyumba izi zimathandizira kuona bwino komanso kuti tithe kukonzamo molongosoka.

2. Nyumba yophikira yapadera (Kitchini)

- Kitchini iyenera kukhala ndi mazenera okwanira kuti utsi uzituluka bwino.
- Sesani ndi kukolopa m'mkitchini tsiku lililonse kuti tipewe matenda. Zilani m'khitchini pafupipafupi (kamodzi pa mwezi).
- Tipewe kugona mu kitchini.

3. Chimbudzi

- Chimbudzi chiyenera kumangidwa ndi kufoleredwa bwino, ndipo chikhale chopatsa ulemu pogwiritsa ntchito. Chisamangidwe ku mtunda kwa malo otunga madzi. Bowo la chimbudzi likhale ndi chovindikira.
- Chimbudzi cha ana chikhale ndi bowo laling'ono osati lalikulu, komanso musakhale mwa mdima.
- Ikani chipangizo chosambira m'manja pafupi ndi chimbudzi. Sesani, kolopani ndi kuthira phulusa m'mchimbudzi tsiku lililonse kuti tipewe fungo.
- Zirani m'chimbudzi pafupipafupi (pamwezi ka modzi) kuti tipewe fungo.

4. Bafa

- Bafa liyenera kumangidwa moyenera, kuti lipereke ulemu pogwriritsa ntchito. Likhale ndi miyala pansi ndi ngalande yopatutsira madzi ochokera m'bafa kuti tipewe zithaphwi zomwe zimabweretsa matenda. M'bafa simokodzera

5. Dzala la zinalala

- Dzala liyenera kukhala lotalikirana ndi malo ophikira chakudya ndipo litalikane kwa 20m ndi malo otungira madzi.

6. Thandala

- Thandala liyenera kumangidwa pafupi ndi malo ophikira chakudya. Thirani mchenga pansi pa thandala kuti pasamakhale matope. Madzi otsukira ziwiya atha kugwiritsidwa ntchito, kuthirira dimba lapakhomo ngati alibe sopo. Nkofunika kulimbikitsa banja liliyonse kukhala ndi dimba la pa khomo.

7. Chingwe choyanikira zovala.

- Banja lililonse likhale ndi chingwe choyanikira zovala. Tisayanike zovala pa mwala kapena paudzu kuti tipewe matenda a pa khungu.

8. Khola

- Ziwo choyanikira zovala. Ziwo zisayandikire malo ophikira, odyera komanso malo otunga madzi kuti tipewe matenda.
- Khola liyenera kutalikana ndi nyumba 10m komanso ndi malo otunga madzi 100m. Tipewe kugona ndi ziwo m'nyumba.

9. Ukhondo wa malo ozungulira nyumba

- Malo ozungulira nyumba ayenera kukhala osesedwa ndipo udzu ukhale otchetcha nthawi zonse kuti tipewe matenda monga chifuwa ndi malungo.
- Tipewe zithaphwi pokonza ngalande zopatutsira madzi amvula komanso madzi ochokera ku bafa, madzi otsukira ziwiya ndi osamba m'manja kuti tipewe udzudzu.

Bibliography

Reference:

1. UNICEF/Malawi 2007-2008: Hygiene Promotion in Primary School. The 3 Key Hygiene practices
2. The Hesperian Foundation 2005: Sanitation and Cleanliness for a Health Environment
3. UNICEF/HIP: Programming Guidance for intergrating Water, Sanitation and Hygiene improvement in HIV and AIDS programs to reduce Diarrhoea morbidity
4. PSI/Malawi: Intergrated Diarrhea Prevention and Management Project Training Manual for Safe Water and Hygiene Promoters
5. Ministry of Irrigation and Water Development 2005: National Water Policy
6. USAID/HIP: Intergrating Hygiene Improvement into HIVand AIDS programming to Diarrhoea
7. AAH/Malawi: Health and Nutrition Education Training Guide for NRU and Other Health and Nutrition Educators

Acknowledgements

This Counselling card has been printed by the Malawi Government through the Department of Nutrition, HIV and AIDS with financial support from World Bank. The Department would like to sincerely thank World Bank for the financial support and technical leadership. The counselling card is part of the training package for maternal infant and young child nutrition developed under a strategic collaboration between the Department of Nutrition, HIV and AIDS and key partners.

The counselling card went through a series of review and consensus building sessions by a wide spectrum of technical experts from various organisations whose contributions are greatly recognised and acknowledged. The greater part of this counselling card has been adapted from the UNICEF Infant and Young Child Feeding (IYCF) counselling package and Feed the Children, USAID Funded Tiwalere Project and therefore, due credit is given to the organisations.

The Department would like to acknowledge the contributions of various institutions and individuals. Special mention goes to UNICEF, Catholic Relief Services (CRS), Ministry of Health, Ministry of Agriculture, Irrigation and Water Development, Ministry of Local Government and Rural Development, and Ministry of Gender, Children, Disability and Social Welfare Including Lilongwe University of Agriculture and Natural Resources.

Finally, sincere thanks and applaud should go to all those who put their time and effort in the development of this card.



Umoyo Wathanzi wa Mayi Woyembekezera



Cholina:

Kudziwitsa ndi kulimbikitsa luso la mavolontiya a m'madera kuti athe kulangiza ndi kuwunikira bwino maanja za thanzi la mayi woyembekezera.

Kagwiritsidwe ntchito ka filipi tchatiyi

- Cholina cha filipi tchatiyi ndi kulimbikitsa zokambirana pakati pa a langizi ndi ma volontiya a keya gulupu kapenanso volontiya wa keya gulupu ndi munthu yemwe akukambirana naye. Wogwiritsa ntchito filipi tchatiyi asalankhule yekha ngati akuphunzitsa ana ang'onoang'ono a sukulu, koma ayenera kuchita mokambirana ndi munthu yemwe akumuuza mauthenga a mu filipi tchatiyi.
- Gwiritsani ntchito zinthunzi zokhazo zimene zikugwirizana ndi zokambirana za tsikulo.
- Afunseni omwe mukukambirana nawo zomwe akuwona. Mvetserani mayankho awo. Afunseni ngati zomwe zikuchitika pa zithunzizo zimachitika mudera lawo. Ndikofunikira kwambiri kuti ophunzira azitengapo mbali pazokambirana zonse.
- Kumbuyo kwa chithunzi chili chonse kwalembedwa mfundu zikuluzikulu zoti zikukumbutseni zoyenera kunena panthawi yomwe mukukambirana.
- Musawerenge mfundozzi, koma kambiranani.
- Pomaliza pa zokambirana zanu afunseni ophunzira zomwe iwo aphunzirapo ndi zomwe angathe kupanga.

Magawo a Phunziro

Afotokozereni ophunzira kuti mukhala mukukambirana zaumoyo wabwino wa mayi woyembekezera.

Magawo a phunzilori

Phunzilori lagawidwa muzigawo zisanu ndi ziwiri (7), ndipo tikakumana sabata ziwiri zilizonse, tiziphunzira uthenga ofunikira womwe tizikagawana ndi anthu akunyumba zomwe timaziyang'anira.

Maphunziro ake ndi awa:

Phunziro 1: Luso la kukambirana

Phunziro 2: Chakudya choyenera mayi woyembekezera

Phunziro 3: Kunyentchera kwa mayi woyembekezera ndi ziopsezo zake

Phunziro 4: Zoyenera kuchita pa thanzi la mayi woyembekezera

Phunziro 5: Zoyenera kuchita mayi woyembekezera yemwe ali ndi HIV

Phunziro 6: Zizindikiro ndi zosatira za kupelewera kwa michere ndi mavitamini ofunika m'thupi

Phunziro 7: Zikhulupiriro zokhudza mayi woyembekezera

Zolina za phunziro la umoyo wabwino wa mayi oyembekezera ndi izi:

1. Kulimbikitsa luso lokambirana la ma volontiya ndi cholinga chopititsa patsogolo kadyedwe koyenela ndi moyo wa thanzi kwa amayi woyembekezera.

2. Kutukula upangili ndi ukadaulo pa ziopsezo zomwe zimakhalapo pamene mayi ali woyembekezera kuti athe kupeza chithandizo mwachangu.

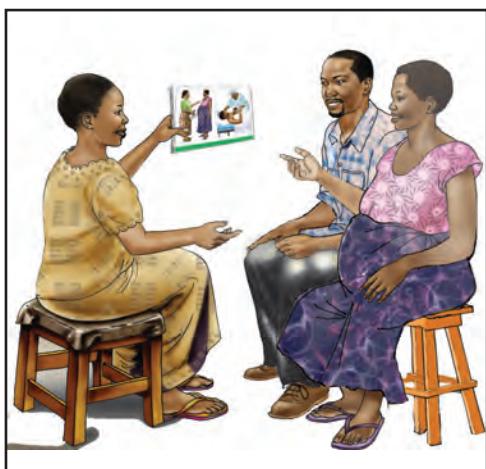
Pomaliza pa phunzilori ophunzira a keya gulupu adzatha:

1. Kufotokoza za thanzi labwino ndi kunyentchera.
2. Kulongsola mwatsatanetsatane za chakudya choyenela amayi onse woyembekezera ndi amayi omwe ali ndi HIV.
3. Kufotokoza za zikhulupiliro zosiyanasiyana ndi kuyipa kwake pa kadyedwe ka amayi woyembekezera.
4. Kulongsola za njira zoyenera pa kadyedwe pothetsa kunyentchera kwa pa mtundu.
5. Kusonyeza za kaphikidwe koyenera ka chakudya chopatsa thanzi pogwiritsa ntchito chakudya chosavuta kupeza ku mudzi.
6. Kufotokoza za ubwino opita ku sikelo pomwe mayi ali woyembekezera komanso pomwe wabeleka.
7. Kufotokoza za zizindikiro ndi zotsatira za kupelewera kwa michere ndi mavitamini kwa mayi oyembekezera.

Luso Lokambirana



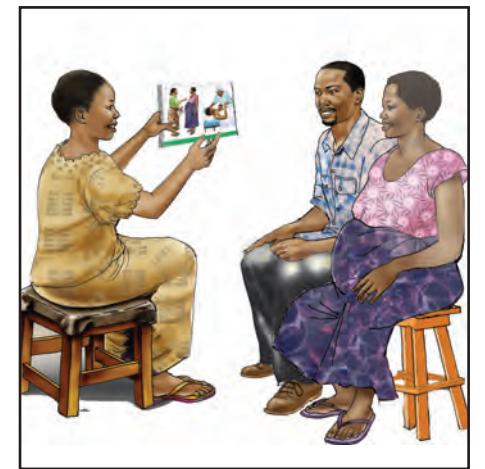
1. Funsani



2. Mvetserani



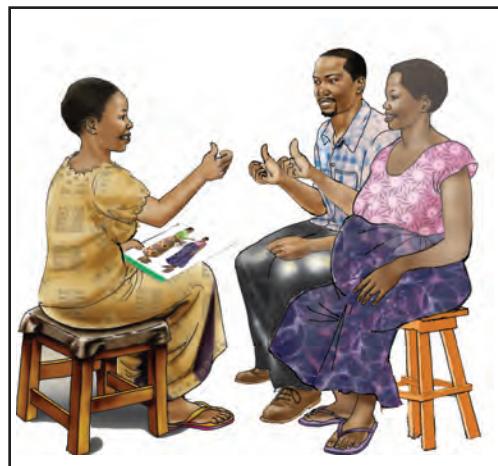
3. Pezani Vuto



4. Kambiranani za vutolo



5. Perekani Mfundo
Zoyenera



6. Mangani Chimodzi



7. Konzani ndondomeko
yokumananso kuti mudzaone
ngati vutolo latha

Luso Lokambirana

Mu phunziroli tiphunzira ndondomeko oyenera kutsatira pamene tikukambirana ndi mayi ndi banja lonse kuti tilimbikitse umoyo wabwino wa mayi oyembekezera. Tigwiritsa ntchito phunziro la chakudya choyenera mayi oyembekezera ngati chitsanzo.

Ndondomeko zoyenera kutsatira pamene mukukambirana zili motere:

Perekani moni kwa mayi ndi onse amene mukukambirana nawo ndipo dziwanani.

1. **Funsani:** Njira imeneyi imathandiza kupeza vuto lomwe mayi kapena osamalira mwana amene tikukambirana naye uja ali nalo. Tiyenera kumulimbikitsa mayiyo kuti alankhule momasuka ndi mosabisa.
2. **Mvetserani:** Njira imeneyi imatiuza kuti, volontiya ayenera kukhala ndi chidwi, ndi kumvetsera zonse zomwe munthu amene akukambirana naye akulankhula, osamudula. Volontiya alimbikitse munthuyu kunena zonse zokhudza vuto lake pogwiritsa ntchito maluso oyenera omvetsera ndi ophunzitsira.
3. **Pezani vuto:** Njira imeneyi imatiuza kuti, volontiya ayenera kupeza gweru la vuto lomwe munthu yemwe akukambirana naye ali nalo, ndipo amuthandize kusinkha sinkha moyenera njira zikulu zikulu zomwe zikuyambitsa vutolo.

4. **Kambiranani za vutolo:** Volontiya ayenera kukambirana naye munthu yemwe ali ndi vuto za njira zomwe ziripo zothetsera vutolo.

5. **Perekani mfundo zoyenera kuthetsera vutolo:** Volontiya amamudziwitsa munthu amene akukambirana naye njira zomwe zilipo, ndikumupatsa mwayi wosankha njira zomwe angathe kutsatira.

6. **Gwirizanani mfundo:** Pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye uja za njira zomwe angathe kutsatira. Volontiya amamuza munthuyu kuti atchule njira zomwe wasankha mobwereza.

7. **Konzani ndondomeko yokumananso kuti muwone ngati vutolo latha.** Pamenepa volontiya amagwirizana ndi munthu yemwe akukambirana naye, za tsiku loti akamuyendere kuti awone m'mene zinthu zikuyendera ndi njira zomwe anasankha.

Kwa alangizi

Ophunzira ayeserere maluso okambirana. Gwiritsani ntchito nthano zosiyana siyana.

Chakudya Choyenera cha Mayi Woyembekezera



Chakudya Choyenera cha Mayi Woyembekezera

Mayi oyembekezera ayenera kudya zakudya zochokera ku magulu onse; asanu ndi limodzi a zakudya, kuti mayiyo akhale ndi thanzi komanso kuti mwana adzabadwe wa thanzi.

Chakudya choyenela cha mayi ndi gwelo lathanzi la mayi ndi mwana amene akuyembekezera.

Mayi ndi bambo azidya zakudya za kasithasinta kuchokera ku magulu asanu ndi limodzi ndi kumwa madzi okwanira.

Magulu a zakudya ndi awa:

1. Gulu la Chakudya Chokhutitsa
2. Gulu la Mafuta
3. Gulu la Zipatso
4. Gulu la Chakudya Chochokera ku Nyama
5. Gulu la Nyemba
6. Gulu la Zamasamba

Kambiranani ndi ophunzira ubwino wa kadyedwe koyenera ka mayi woyembekezera

1. Mayi oyembezera apitilire kukhala ndi mphanvu komanso thanzi.
2. Mayi oyembekezera ayenera awonjezere sikelu kufika pa mulingo woyenera. (Pafupifupi 11 kilogalamu pakutha pa miyezi isanu ndi inayi).

Izi zimachitika chifukwa cha:

- kuonjezeleka kwa magazi,
- kukonzekeretsa thupi kuti lithe kusunga mwana,
- kukula kwa mwana m'mimba,
- kukula kwa mawere pomwe akukonzekela kupanga mkaka

3. Mwana yemwe akumuyembekezera akule ndi thanzi, ubongo wake ukule bwino, adzabadwe wa thanzi, ndi sikelo yoyenera.

Mgwirizano wa kunyentchera ka mayi ndi thanzi la mwana wobadwa

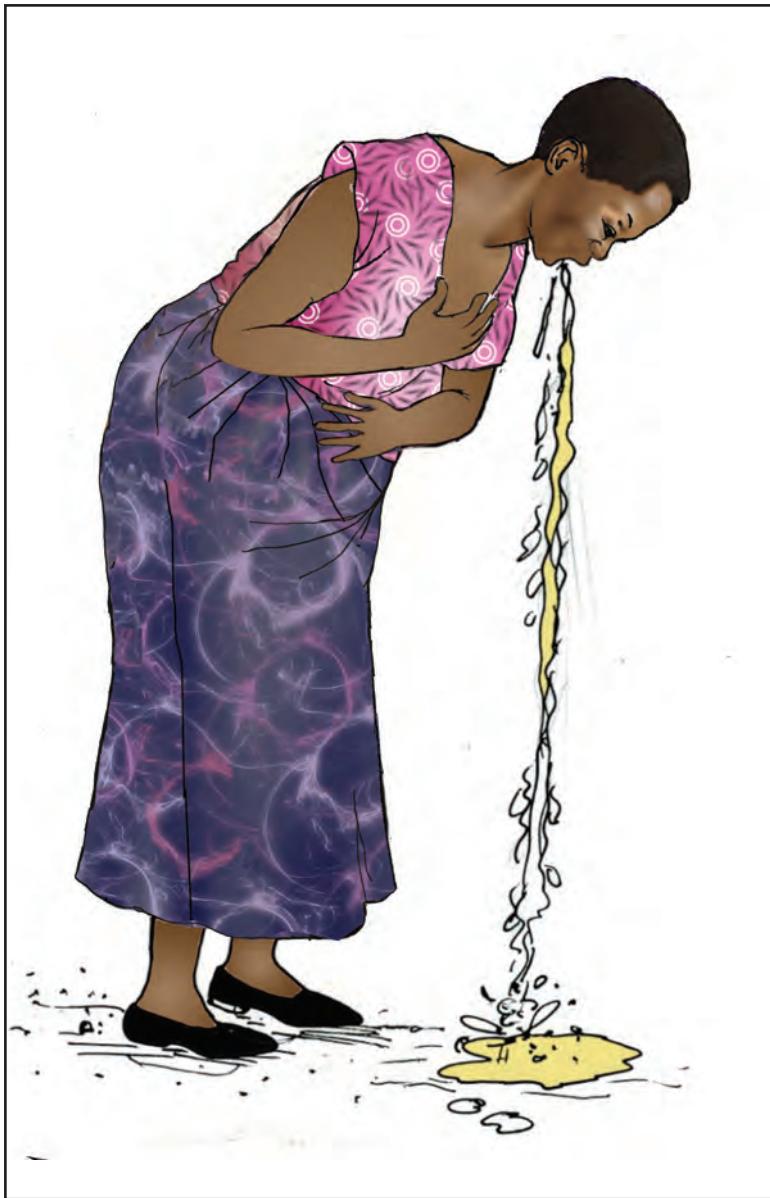
Mayi onyentchera amabeleka mwana onyentchera yemwe amakulanso monyentchera ngati sakudyetsedwa ndi kusamalidwa moyenera.

Kunyentchela kwa mayi woyembekezera ndi gweru la kuchuluka kwa matenda ndi imfa za amayi oyembekezera, ntchembere ndi ana.

Atsikana onyentchera sakwanilitsa msinkhu wawo onse akakula koteru kuti amabelekanso ana osawkana sikelu, opinimbira ndinso ochepa nzeru komanso nthawi zina opuwala.

Chiwopsezo chomwe mayi amakhala nacho nthawi yomwe ali woyembekezera chitha kuchepa ngati mayi ndi bambo ali ndi thanzi la bwino mayi asanakhale ndi pakati ndinso nthawi yomwe ali ndi pakati.

Chiyambi cha Kunyentchera kwa Mayi Woyembekezera



Zifukwa zimene mayi woyembekezera amalephera kudya chakudya choyenera:

1. Kudalira chimanga chokha:

Anthu ambiri ku Malawi kuno timadalira kwambiri chimanga, mpunga kapena chinangwa ngati chakudya. Izi sizoyenera chifukwa zimadzetsa kunyentchera pakati pathu. Zakudya za magulu ena zimafunikanso kuti zipeleke thanzi lokwanila kwa mayi woyembekezera.

2. Kusoweka kwa chakudya china nthawi ina ya pa chaka:

- Kusiyana kwa nyengo kumapangitsa kupezeza kapena kusoweka kwa zakudya zina monga zipatso, ndiwo za masamba ndi zina pa khomo komanso ku misika.
- Zakudya zosiyanasiyana zimapezeza mosavuta nthawi yokolola ndipo zimasowa nthawi ya chilala.

3. Kupelewera kwa chakudya cha gulu la nyama kwa mayi woyembekezera:

- Umphawi ndi mitengo yokwela m'misika imapangitsa kuti maanja ambiri alephera chakudya chagulu la za nyama.
- Maanja ena amaweta ziweto koma sadya, ena saweta ziweto.

- M'mabanja ambiri zokudya zanyama zochuluka zimapita kwa bambo ndi anyamata, pomwe atsikana ndi amayi amadya mopelewera.

Alangizi athandizile ophunzila kupanga ndondomeko ya kapezedwe ka chakudya m'dela lawo.

4. Nselu, (chilinguliro) ndi kusanza ndi mavuto ena omwe mayi woyembekezera angathe kukumana nawo:

Izi zimachititsa kuti mayi woyembekezera asadye chakudya chokwanila kamba kochepa kwa chilakolako cha chakudya. Mayi woyembekezera amathanso kukhala ndi chilakolako cha kudya zinthu zosayenela monga dothi izi zimapangitsa kuti mayi akhale ndi magazi ochepta.

5. Matenda ndi tizilombo tosiyana siyana

monga malungo ndi njoka za m'mimba zimathanso kuyambitsa kunyentchera kwa amayi nthawi yomwe akuyembekezera.

6. Kugwira ntchito mopyola muyezo

Ziopsezo kwa Mayi Woyembekezera pamene Akudya Mosakwanira



Ziopsezo kwa Mayi Woyembekezera pamene Akudya Mosakwanira

Zina mwaziopsezo kwa mayi woyembekezera pamene akudya mosakwanira ndi izi:

1. Kuchepa kwa magazi
2. Kufowoka
3. Kudwala dwala
4. Mavuto pa nthawi yobeleka
5. Kunyentchera kwa mayi
6. Imfa ya mayi woyembekezera

Zina mwa ziopsezo kwa mwana pamene mayi woyembekezera alephera kudya zakudya zamagulu onse asanu ndi limodzi ndi izi:

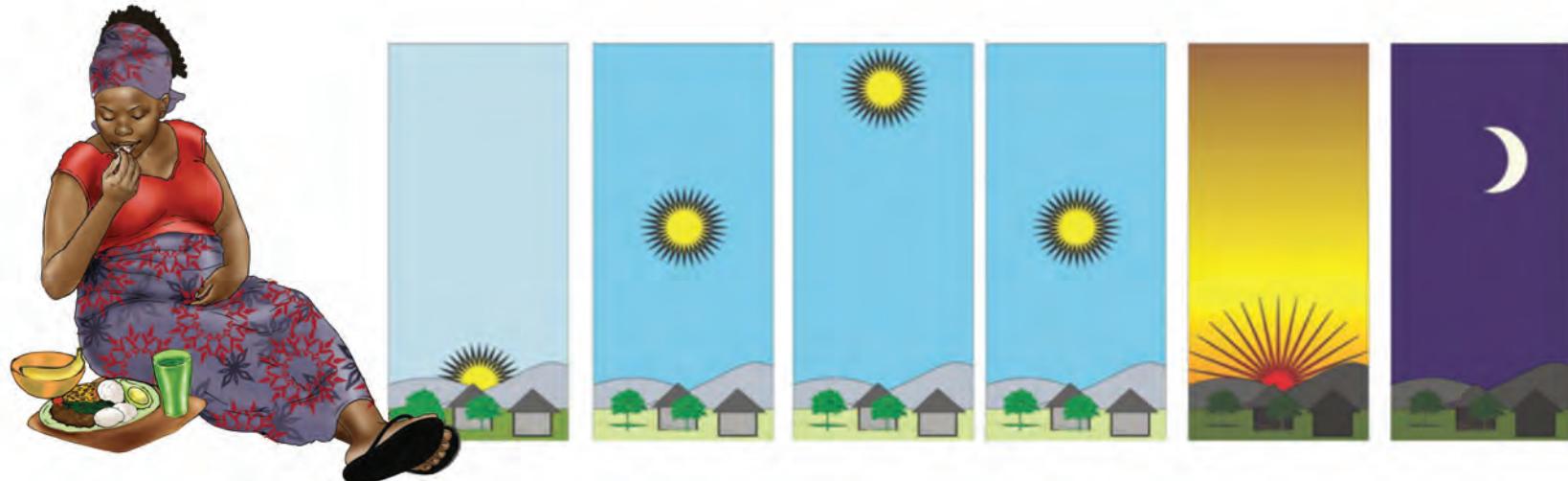
- Mayi amapita padela
- Mwana amabadwa ochepa kwambiri kabenanso nthawi isanakwane
- Matenda osiyana siyana monga kutsegula m'mimba ndi kubanika
- Kulumala kosiyanasiyana
- Nzeru zochepa

Kambiranani za ubwino wa zakudya zoonjezera za magulu kwa mayi woyembekezera

Mayi woyembekezera amafunika chakudya chowonjezera kwa iye mwini chifukwa:

- Ayenera kuonjezera sikelo kwa pafupifupi makilogalamu 11 cuti mwana azabadwe olemera bwino.
- Chakukula kwa chibelekelo, mabele, kuwonjezera kwa magazi ndi zina pamene ali woyembekezera.
- Amasunga chakudya chofunikira pokonzekela kupanga mkaka wa m'mawere.
- Mwana amene ali m'mimba amakula mwachangu. Kuyambira miyezi isanu ndi umodzi ndipo amafunikira zakudya zamagulu onse cuti apeze mavitamini ndi michere monga, ayironi, ayodini ndi zina cuti akule bwino.

Zofunika Kuchita kuti Maii Woyembekezera Akhale Wathanzi



Zofunika Kuchita kuti Mayi Woyembekezera Akhale Wathanzi

Zofunika kulimbikitsa kwa mayi woyembekezera

- Thanzi la bwino
- Uberekwi wabwino
- Chitetezo cha m'thupi

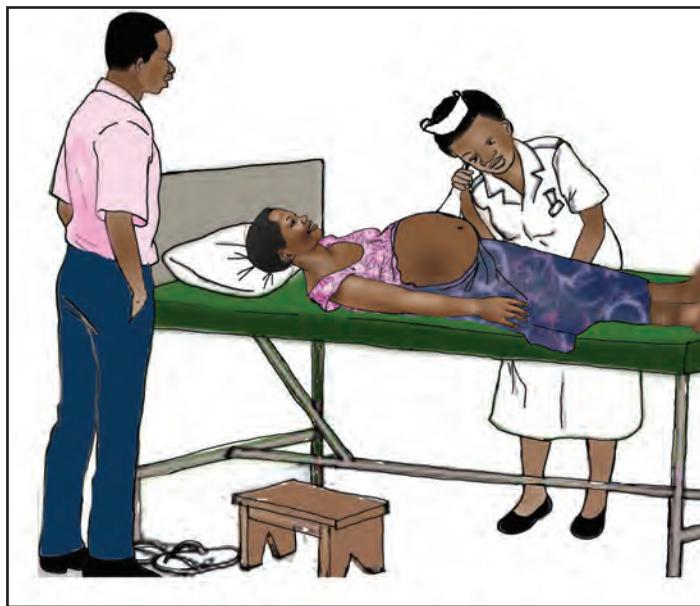
Zoyenera kuchita mayi woyembekezera

- Kudya kosachepera kanayi patsiku
- Kudya zakudya za kasinthasinha za magulu onse asanu ndi limodzi
 - **Zokhutitsa** mwachitsanzo nsima, chinangwa, mpunga, mbatata ndi zina zotere.
 - **Za nyama** mwachitsanzo, usipa, matemba, nyama, ngumbi, mbalame, mazira, mkaka ndi zina zotere.
 - **Za nyemba**, monga soya, khobwe, nyemba, mtedza, nzama, nandolo ndi zina zotere.
 - **Za masamba** monga chisoso, nkhwani, mpiru, tanaposi, bonongwe, tomato, kholowa, maungu ndi zina zotere.
 - **Zipatso** monga, nthochi yokupsa, ma lalanje, magwafa, masau, malambe, mango, papaya ndi zina zotere.
 - **Za mafuta**, monga; mafuta a nyama, mafuta ophikira, mapeyala.ndi zina zotere.
 - Imwani madzi osachepera malita awiri (2 litres) patsiku kuwonjezerapo za madzimadzi monga thobwa, mkaka, madzi a zipatso ndi zina.

- Gwiritsani ntchito mchere wa ayodini nthawi zonse kuti mwana akule wathanzi ndi wanzeru.
- Sungani mchere wa ayodini mu chiwiya chotsekeka bwino ndiponso malo owuma kuti ayodini asauluke.
- Masamba obiriwira ndi zipatso za chikasu zimatipatsa vitamini A. Izi tidye pamodzi ndi zakudya zomwe zili ndi mafuta kuti vitamini A athe kugwira bwino ntchito m'thupi.
- Masamba obiriwira amathandiza kuonjezera magazi. Zakudya zidi tidye pamodzi ndi zakudya zomwe zili ndi vitamini C monga mandimu, papaya, bwemba, tomato, malalanje kuti ayiloni athe kugwira bwino ntchito m'thupi. Zakudya zina zokhala ndi ayiloni ndi monga nyemba, khobwe ndi nandolo.
- Idyani zakudya zomwe zili ndi vitamini A mwachitsanzo; zipatso zachikasu monga mango ndi papaya; zamasamba monga khwanya, bonongwe, ndi chisoso.

Pomaliza kambiranani zakakonzedwe ka chakudya kolakwika komwe kungapangitse chakudya kukhala chopanda phindu ku thupi. Mwachitsanzo vitamini C sachedwa kutaika pophika, mavitamini ena monga A,D,E,K, amafuna mafuta kuti apindule ku thupi. Maanja ambiri amagwilitsa ntchito mafuta ochepta pophika komanso sakwanitsa kudya gulu la nyama ndi mafuta pafupipafupi chifukwa cha umphawi.

Umoyo ndi Chisamaliro cha Mayi Woyembekezera



Funsani ophunzira mafunso awa:

1. Kodi amayi oyembekezera ambiri amapita kusikelo kangati?
2. Pali ubwino wanji kuti mayi woyembekezera azipita kusikelo?
3. Ndi zovuta zanji zomwe zingadze kwa mayi ngati sakupita kusikelo?
4. Ndi zovuta zanji zomwe zingadze ngati mayi woyembekezera adwala matenda osiyanasiyana monga malungo?

Ubwino woyamba sikelo pomwe mayi wazindikira kuti wayima

- Mayi ayambe sikelo pomwe wazindikila kuti wayima, makamaka mu miyezi itatu yoyambilira.
- Apite ku sikelo ya amai oyembekezera kosachepera kanayi kuti alandire chisamaliro chokwanira.
- Kusikelo, amawunika thanzi la mayi komanso kuona ngati ali ndi mavuto obwera kamba ka uchembere.
- Amayi woyembekezera amakhala ndi mwayi wolandira uphungu ndi kuyezetsa kuti adziwe magazi awo ali bwanji.
- Ku sikelo amaperekanso uphungu wosiyanasiyana kuphatikiza wa kadyedwe koyenera.
- Mayi amalandira ndinso kumwa mankhwala a malungo kosachepera katatu asanakwanitse mwezi wa chisanu ndi chitatu (8). Amayamba kumwa mankhwalawa kuyambira mwezi wa chinayi akangoima.
- Mayi woyembekezera amalangizidwa kupewa matenda monga malungo, njoka za m'mimba, likodzo komanso kupita kuchipatala mwachangu akadwala.
- Mayi woyembekezera amalandira mankhwala owonjezera magazi kuti apewe vuto la kuchepa kwa magazi.
- Mayiyu amalangizidwano za kamwedwe ka mankhwalawa pa nthawi yonse oyembekezera.
- Amayi amalandra katemera wa kafumbata moyenela.
- Banja limalangizidwa kutsatira njira zoyenera zaukhondo pa kakondedwe ka chakudya; pa thupi; ndiponso malo ozungulira.

Chithandizo chopezeka ku Sikelo ya Amayi

- Amayi onse opita ku sikelo amayezedwa thanzi lawo pogwilitsa ntchito MUAC tape ndi sikelo. Sikelo ya mayi woyembekezera imayenela kuwonjezekera pafupi pafupi makilogalamu 11. Amayi omwe sikelo yaho siyikusintha kapena ikutsika amalangizidwa bwino lomwe za kadyedwe koyenera ka zakudya za magulu onse asanu ndi limodzi. Amayiwa amalangizidwano kuchepesa ntchito zolemtsa ndi ubwino wakupumula mokwanira.
- Amayi amalandira vitamin A pasanathe masabata 8 atabereka.
- Amayi amathandizidwa kuonetsetsa kuti moyo wa mayi ndi mwana uli bwino.
- Amayi amalangizidwa za ubwino wogwilitsa nchito mchere wa ayodini.
- Amayi amalangizidwa zakulera.

Zizindikilo zoopsa kwa mayi woyembekezera

Mayi wathanzi sakhala ndi vuto lili lonse pomwe ali woyembekezera. Abambo ndi abale ena atengele mayi woyembekezera ku chipatala pomwe paoneka vuto lililonse.

Zina mwa zizindikilo zoopsa kwa mayi woyembekezera ndi izi:

- Kutaya magazi (kusamba).
- Kuyera kwa mkatì mwa zikope, lilime ndi manja kusonyeza kuchepa kwa magazi.
- Zilonda za kumaliseche.
- Kutupa kwa miyendo.
- Kupweteka kodabwitsa kwa m'mimba, nthawi zina kokhala ngati nthawi yochila yakwana.
- Kusagunda kwa mwana m'mimba.

Ngati mavuto awa awoneka kwa mayi woyembekezera ndiye kuti mayi ndi mwana ali pa chiopsyazo pitani nawo kuchipatala msanga.

Zina Zoyenera Kuchita kuti Mayi Woyembekezera akhale ndi Moyo Wathanzi

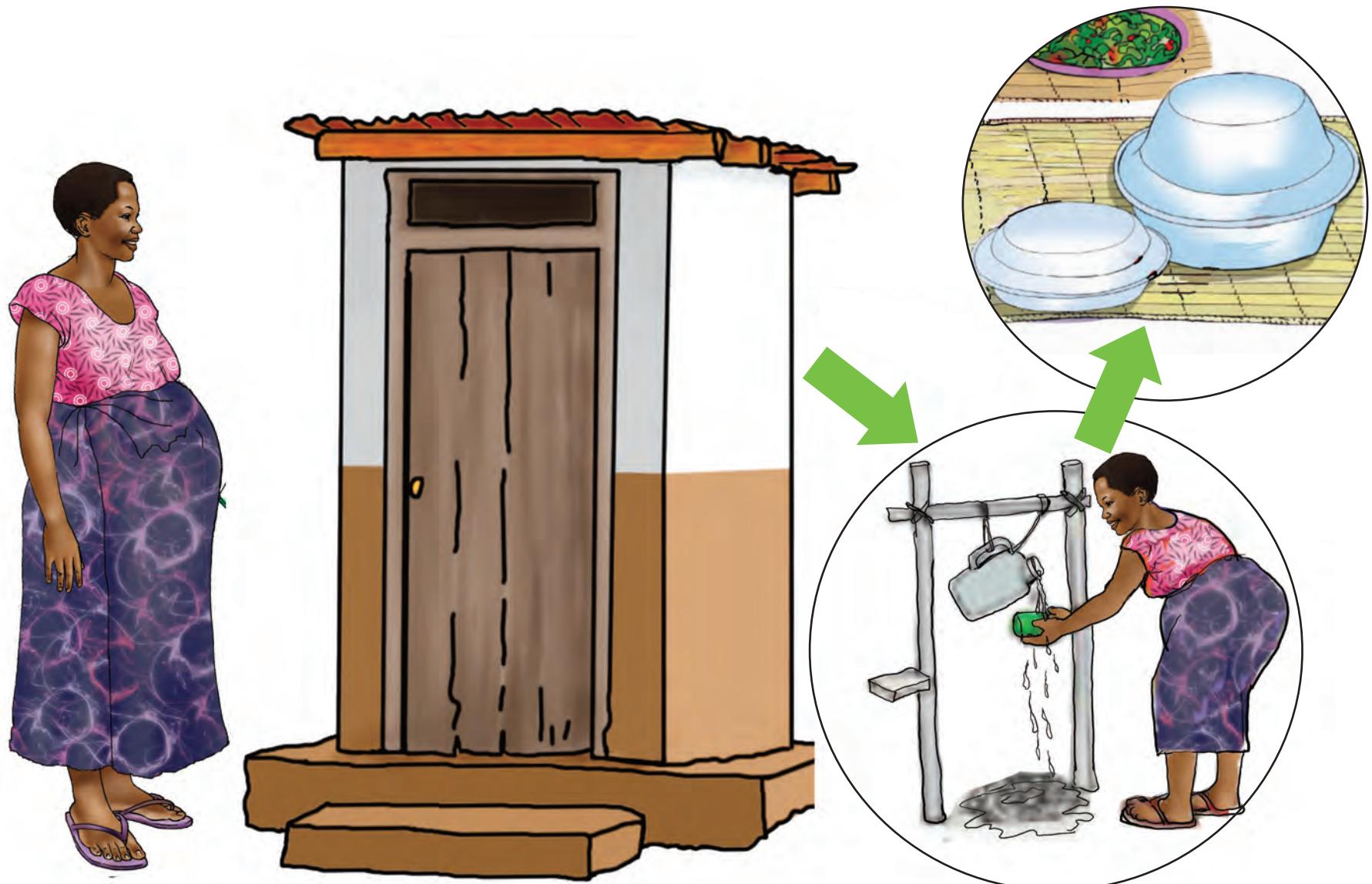


Zina zoyenera kwa mayi woyembekezera

- Mayi woyembekezera ayenera apume mokwanira kuti chakudya chigwire ntchito pa thanzi lake ndi la mwana.
- Mayi woyembekezera alandire chilimbikitso kuchokela kwa abambo, achibale ndi anthu onse.

- Abambo apelekeze amayi ku sikelo kuti akalandile uphungu oyenela limodzi pa za thanzi la mayi ndi mwana.
- Mayi woyembekezera azigona mu masikito tsiku lirilonse kuti apewe malungo.

Ukhondo kwa Mayi Woyembekezera



Ukhondo wa Mayi Woyembekezera

Funsani ophunzira mafunso awa:

1. Pali ubwino wanji kuti mayi woyembekezera azikhala wa ukhondo?
2. Ndi zovuta zanji zomwe zingabwere ngati banja la mayi woyembekezera silikutsatira njira za ukhondo?

Kambiranani mfundo ziri m'musimu :

Ukhondo wapathupi

- Mayi woyembekezera ayenera kusamalira thupi lake, zovala zoyenera komanso pogona. Nsabwe ndi nsikidzi zimaswana mosavuta zikakhala mu tsitsi, komanso muzovala za litsiro ndipo zimayambitsa matenda osiyansiyana.

Ukhondo wachakudya

- Mayi oyembekezera agwiritse ntchito madzi otetezedwa pokonza ndikuphika chakudya.
- Mayi oyembekezera ayenera kusamba m'manja. asanayambe kudya, pochoka kuchimbudzi komanso asanayambe kukonza chakudya.

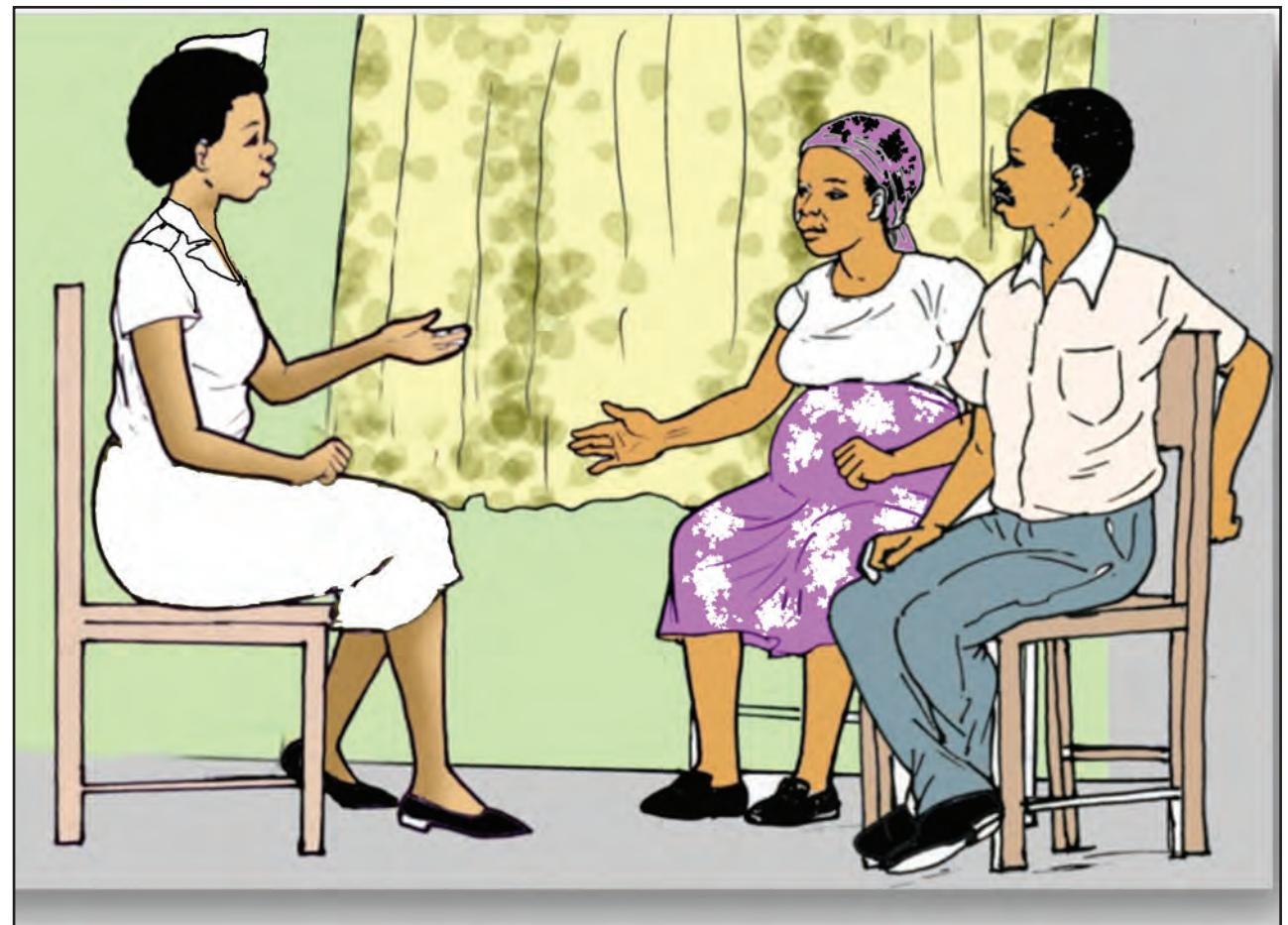
- Pewani kuphika chakudya mwansanga nthawi yake isanakwane. Vindikirani chakudya mukatha kuphika, ndipo gawani chikadali chotenthala.
- Mayi oyembekezera akonze, kuphika ndi kusunga chakudya chachiwisi, ndi chophika m'malo osiyana kuti apewe kufala kwa matenda.
- Kugwilitsa ntchito ziwiya zoyerwa zotsuka ndi kusamalidwa bwino.
- Kugona posamalidwa bwino komanso kukhala malo osesa bwino.
- Kutchetcha udzu wonse ozungulira pa khomo.

Ukhondo wapakhomo

- Kumanga ndi kugwiritsa bwino chimbudzi ndi kuvindikira pa chimbudzi nthawi zonse.
- Kusesa pakhomo.
- Kukhala ndi dzenje la zinyalala, thandala, bafa, khola la ziweto, dimba la pakhomo, chingwe choyanikira zovala ndi nyumba yophikira chakudya yapadera (khitchini).

Tipewe matenda monga kutsegula m'mimba, malungo, zomwe zimaika chiopsezo pa moyo wa mayi woyembekezera.

Zoyenera Kuchita Mayi Woyembekezera yemwe ali ndi HIV



Zoyenera Kuchita Mayi Woyembekezera yemwe ali ndi HIV

HIV imachepepsa chitetezo cha m'thupi komanso imapangitsa kuti thupi lizifuna chakudya chochuluka. Matenda amachepepsa chilakolako cha chakudya ndi kagwilsidwe ntchito ka chakudya m'thupi. Izi zimapangitsa anthu odwala Edzi kuwonda. Mayi akakhala woyembekezera, amawonjezerano mulingo wa chakudya chofunikira m'thupi mwake. Pachifukwa ichi, sikelo ya amayi woyembekezera amene ali ndi HIV siyimakwela kwambiri kusiyana ndi omwe alibe.

Zoyenera kuchita mayi woyembekezera yemwe ali ndi HIV

- Kupita kusikelo ya amayi.
- Ukhondo.
- Chithandizo pa matenda osiyanasiyana.
- Chilimbikitso.

Zinthu zomwe zingasokoneze kadyedwe koyenera ka mayi woyembekezera amene ali ndi HIV

- Nselu.
- Zilonda za mkamwa.
- Kudzimbidwa.
- Kusanza ndi kutsegula m'mimba.
- Nkhawa.

Izi zimapangitsa kuti thupi la mayyo lilephere kugwiritsa ntchito chakudya moyenera zomwe:

- Zimaonjezera chiopsezo chakufalikira kwa HIV kwa mwana kuchokela kwa mayi.
- Kuchepetsa chitetezo cha m'thupi kumatenda.

Mavuto a mayi woyembekezera yemwe ali ndi HIV

- Kupita padera.
- Kutentha thupi komanso matenda osiyanasiyana.
- Kuchedwa kupola kwa mabala ali onse a ubeleki.

Kuwonjezela apa, mwana wobadwayo atha:

- Kutenga HIV kuchoka kwa mayi.
- Kubadwa nthawi isanakwane kapena kudwaladwala komwe kungaphe mwana.

Ubwino woyamba sikelo pasanathe miyezi itatu kwa mayi woyembekezera yemwe ali ndi HIV

- Amayi amayezedwa momwe thanzi lawo lilili.
- Amayi amayezedwa matenda osiyanasiyana omwe amadza chifukwa cha kutsika kwa chitetezo m'thupi chifukwa cha HIV.
- Amayi amalandira uphungu wa momwe angakhalire ndi moyo wa thanzi pamene ali ndi HIV monga: kadyedwe koyenera, ndi kamwedwe koyenera ka mankhwala ndi kudziteteza pogonana.
- Amayi amalangizidwa ndi kulimbikitsidwa pa moyo wawo wa tsiku ndi tsiku kuti akhale a thanzi. Amayi omwe ali woyembekezera komanso ali ndi HIV amatumizidwa kokawonana ndi Dokotala yemwe amawapatsa mankhwala wotalikitsa moyo a ARV kuti adziteteze iwo eni ndi mwana akuyembekezerayo.

Mayi Woyembekezera amene Akumwa ma ARV



Mayi Woyembekezera amene Akumwa ma ARV

Uthenga kwa mayi woyembekezera amene akumwa ma ARV

Funsani ophunzira funso ili:

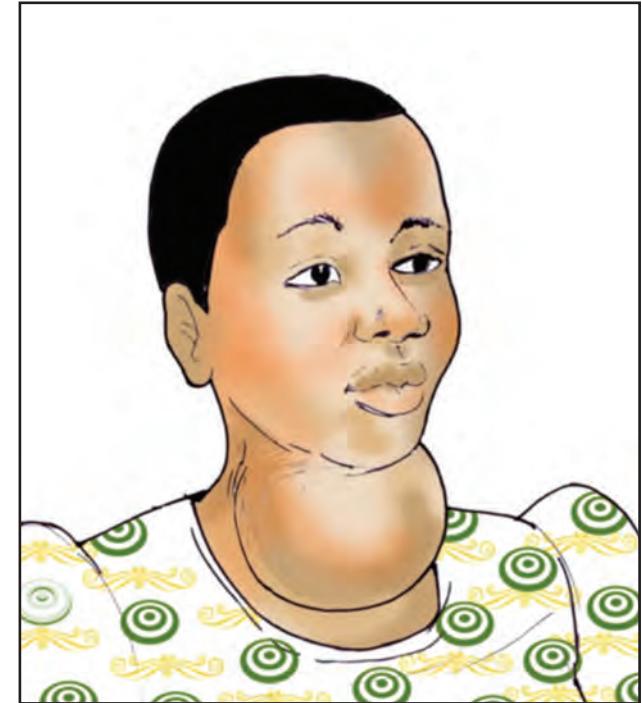
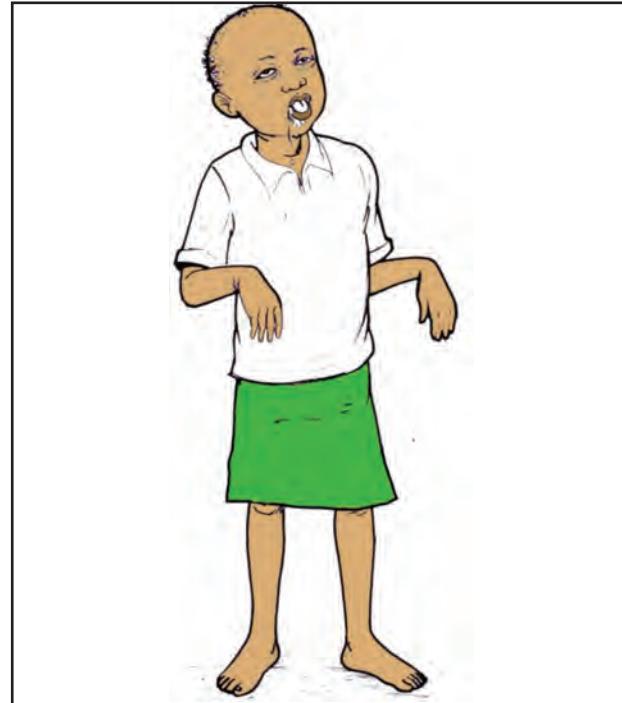
1. Kodi mayi woyembekezera amene akumwa ma ARV angachite chiyani kuti akhale ndi moyo wa thanzi?

Amayi onse omwe akumwa ma ARV alimbikitsidwe:

- Kuvomereza m'mene mthupi mwawo mulili ndikukhala ndimoyo wachiyembekezo.
- Kupita kuchipatala mwachangu pamene adwala.

- Kumwa mankhwala mwandondomeko kuti apewe mavuto omwe amadza chifukwa chosatsatira ndondomeko yakamwedwe ka mankhwala.
- Kutsatira njira zonse za kadyedwe ka zakudya zamagulu 6 kuti apewe mavuto omwe amadza kamba kosatsatira. ndondomeko yakadyedwe ndikamwedwe ka mankhwala.
- Kupita kusikelo kosachepera maulendo anayi kuyambira nthawi yomwe akuganizira kuti ali ndi pakati.
- Kumwa mankhwala kwa moyo wawo onse.

Zizindikiro ndi Zotsatira za Kupelewera Mavitamini ndi Michere Yofunika M'thupi



Mavitamini ndi Michere	Zotsatira za kupelewera kwa mavitamini ndi michere m'thupi mwa mayi woyembekezera	Zotsatira za kupelewera kwa mavitamini ndi michereyi kwa mwana	Zomwe zingayambitse kupelewera kwa mavitamini ndi michere
Ayironi: Zizindikilo za kupelewera kwa ayironi ndi monga kuyera kwa m'manja, mkatì mwa zikope ndi lilime kosonyeza kuperewera kwa magazi	<ul style="list-style-type: none"> Kuperewera kwa magazi kodza ndi matenda osiyanasiyana amene amabwera chifukwa cha kutsika kwa chitetezo Kubanika Matenda a mtima Kutupa kwa mapazi 	<ul style="list-style-type: none"> Ubongo wa mwana sukhwima mokwanira zomwe zingapangitse kuti mwana akhale wochepa nzeru Mwana amadwaladwala 	<ul style="list-style-type: none"> Kusadya zakudya zomwe zili ndi ayironi manga: ma ofozi (zamkati monga nthumbwana, mtima, chiwindi ndi chifu), nandolo, khobwe, bonongwe ndi khwanya Njoka za m'mimba ndi likodzo Matenda a Malungo
Vitamini A: Amayi amalandira vitamini A ku sikelo ya amayi	<ul style="list-style-type: none"> Kusaona bwino mu mdima makamaka kwa amayi oyembekezera Mayi woyembekezera kupita padela Kuchukuka kwa matenda ndi imfa za amayi. 	<ul style="list-style-type: none"> Kusaona bwino mu mdima Kudwaladwala chifukwa cha kufowoka kwa thupi ku matenda 	<ul style="list-style-type: none"> Kusadya zakudya zomwe zili ndi vitamini A ochuluka manga: mango, papaya ndi mazila. Kusoweka kwa gulu la za mafuta monga mafuta ophikila, Nsinjiro zomwe zimapangitsa kuti thupi lithe kugwilitsa bwino ntchito vitamini A.
Ayodini: Zizindikilo zimaoneka ngati papita nthawi yayitali kwambiri tikusoweka mchereu. Dziko lapansi lidagwilizana kuti mu mchere onse wothira mzakudya muziikidwa ayodini kuti tithetse mavuto obwera chifukwa chopelewera kwa ayodini	<ul style="list-style-type: none"> Chithokomilo (chotupa cha pakhos) Kukhakhala kwa thupi Maso otong'oka Kufowoka ndi kubanika 	Ubongo wa mwana siukhwima mokwanila, zotsatila zake mwana amabadwa ndi kukhala ochepta nzeru kapena ozelezeka.	<ul style="list-style-type: none"> Kusagwiritsa ntchito mchere omwe uli ndi ayodini Kulephera kusunga bwino mchere omwe uli ndi iodine

Mfundu Zoyenera Kutsata kuti Tipewe Mavuto a Kupelewera kwa Mavitamini ndi Michere Yofunikira M'thupi pamene Mayi ali Woyembekezera



Mfundu Zoyenera Kutsata kuti Tipewe Mavuto a Kupelewera kwa Mavitamini ndi Michere Yofunikira M'thupi pamene Mayi ali Woyembekezera

Ayironi:

- Tidye zakudya za m'gulu la nyama monga chiwindi, nkhuku ndi nyama kuti tipewe vuto la kupelewera kwa ayironi.
- Ayironi amathandiza popanga magazi mthupi. Kuti airon wa muzakudya zomela akhale ochuluka m'matupi athu tiyenela kudyela limodzi ndi zipatso zokhala ndi vitamini C monga mapapaya, magwafa, malambe, masau, bwemba, mandimu ndi malalanje limodzi ndi ndiwo zamasamba obiliwira.
- Amayi ayambe sikelo pasanathe miyezi itatu pamene azindikila ndi oyembekezera. Kusikelo, amayi amayedewa ngati ali ndi magazi wokwanila ndi kulandira mankhwala oteteza ndi kuchiza malungo.

A unduna wa zaumoyo amalimbikitsa amayi onse oyembekezera kumwa mankhwala owonjezela magazi kuti apewe mavuto obwera chifukwa cha kupelewera kwa ayironi

- Amayi ayambe sikelo msanga kuti achepetse ndi kupewa njoka za m'mimba ndi likodzo polandira mankhwala amatendawa.
- Amayi onse oyembekezera agone mu masikito onyikidwa m'mankhwala usiku uli onse chaka chonse kuti apewe malungo.
A unduna wa zaumoyo amapeleka masikito kwa amayi oyembekezera nthawi yomwe ayamba sikelo.
- Maanja alimbikitsidwe kugula masikito kuti atetezedwe ku malungo.

Vitamin A:

- Tidye zakudya zomwe zili ndi vitamini A ochuluka monga masamba obiliwira, chiwindi, mazira ndi mkaka. Zipatso zachikasu monga mango, mapapaya komanso mbatata yakholowa yachikasu mkatи zilinso ndi vitamini A wochuluka. Amayi oyembekezera alimbikitsidwe kudya zakudyazi kuti apewe mavuto omwe amabwera chifukwa cha kupelewera kwa vitamini A.
- Tionjezere zakudya za gulu la mafuta monga mafuta ophikira, nsinjiro za mtedza ndi soya ku ndiwo zamasamba kuti thupi lith kugwilitsa bwino ntchito vitamini A.
- A zaumoyo apeleke vitamini A kwa amayi pasanathe masabata asanu ndi atatu atabeleka. Amayi akumbutse a za umoyo za vitamini A wawo pasanathe masabata asanu ndi atatu atabeleka Amayi asamwe vitamini A pamene ali oyembekezera.

Ayodini:

- Tigwiritse ntchito mchere wa ayodini nthawi zonse.
- Tisunge bwino mchere omwe uli ndi ayodine kuti asauluke.

Dziko lapansi lidagwilizana kuti mu mchere onse muziikidwa iodine kuti tithetse mavuto obwera chifukwa chopelewera kwa iyodini.

Zikhulupiliro Zokhudza Maii Woyembekezera



Zikhulupiliro Zokhudza Mayi Woyembekezera

Ophunzira Akambirane Zinthu Izi:

1. Tisinkhesinkhe za zikhulupiliro zosiyansiyana pa kadyedwe ka mayi woyembekezera m'dela mwathu.
2. Tchulani zikhulupiliro zosiyansiyana za m'dela lanu pa nkhani ya kadyedwe ka mayi woyembekezera?
3. Lembani pa pepala zikhulupiliro zosiyansiyana pa kadyedwe ka mayi woyembekezera.
4. Mukalemba zikhulupilirozi, kambiranani ndi ophunzira za zikhulupiliro zabwino ndi zoipa pa thanzi la mayi woyembekezerayo.

Lembani chizindikilo cha koyambilira kwa chikhulupiliro chabwino ndipo koyambilira kwa chikhulupiliro choipa.

Funsani ophunzira ngati zikhulupiliro zili zowona.

Kambiranani ndi kufotokozela ophunzira kuti zakudya ndi zakumwa zomwe zili zabwino kwa munthu ndizofunikilanso kwa mayi woyembekezera. Chakudya chiru chonse ngakhale mazira sicingasokoneze chibelekelo kuti mwana asabadwe.

- Afotokozereni ophunzira kuti sikoyenera kunyoza zikhulupiliro zonse chifukwa chakuti zikhulupiliro zina zimathandizila pa kadyedwe koyenela ka mayi. Tikambirane ndi ophunzira momwe tingakonzere zikhulupiliro zoipa kuti zikhale zabwino. Kambilananinso za anthu ofunikira pofalitsa uthenga woyenela pakhomo kapena mdera lanu.
- Funsani maganizo kwa ophunzira kuti apange mauthenga omwe angagwiritse ntchito pakusintha zikhulupiliro zoipa.

Acknowledgements

This Counselling card has been printed by the Malawi Government through the Department of Nutrition, HIV and AIDS with financial support from World Bank. The Department would like to sincerely thank World Bank for the financial support and technical leadership. The counselling card is part of the training package for maternal infant and young child nutrition developed under a strategic collaboration between the Department of Nutrition, HIV and AIDS and key partners.

The counselling card went through a series of review and consensus building sessions by a wide spectrum of technical experts from various organisations whose contributions are greatly recognised and acknowledged. The greater part of this counselling card has been adapted from UNICEF Infant and Young Child Feeding (IYCF) counselling package and therefore due credit is given to the organisation.

The Department would like to acknowledge the contributions of various institutions and individuals. Special mention goes to UNICEF, Catholic Relief Services (CRS), Ministry of Health, Ministry of Agriculture, Irrigation and Water Development, Ministry of Local Government and Rural Development, and Ministry of Gender, Children, Disability and Social Welfare Including Lilongwe University of Agriculture and Natural Resources.

Finally, sincere thanks and applaud should go to all those who put their time and effort in the development of this card.