

NDIKOYENELA KUTI AMAYI ONSE AKHALE NDI OWAYANG'ANIRA AMENE IWO ASANKHA OKHA PANTHAWI YA MATENDA, POBEREKA, KOMASO NTHAWI IMENE MWANA WAGOBADWA KUMENE

Kuthandizidwa maganizo: kulimbikitsa mtima pamene mzimayi oyembekezera ali munthawi yofuna kuchira



- ✓ Kumulimbikitsa komaso kumosisita pamsana pamene uluru wachulukuka kuti uluru uchepe
- ✓ Kuwapukuta amayi oyembekezera thupi lawo lonse ndikamsalu konyowa kuti amve mphepo yabwino
- ✓ Kambiranani ndi mzimayi oyembekezera pazomwe zikuchitika and onetsetsani kuti wamvetsetsa zomwe mzamba wakuchipatala akufotokoza
- ✓ Mulimbikitseni mzimayi amene wabwera kudzachira kukodza maola awiri aliwonse ndiposo kusamba pamene matenda ayamba ngati wasankha kutero
- ✓ Ndibwino mzimayi amene matenda ayamba kukhala ndi munthu omudikilira komaso omuthandizira kuyenda pomwe matenda ayamba
- ✓ Muthandizireni mzimayi kuti akhale opanda mantha komaso kumuphunzitsa kapumidwe kabwino pamene matenda awawa

Kulankhulana



- ✓ Mumvetsetse malangizo a azamba ndipo wonetsetsani kuti mayi oyembekezera wamvetsetsa malangizowo
- ✓ Muthandizireni mzimayi oyembekezera kuti afunse mafunso okhudzana chisamaliro chake ndipo wonetsetsani kuti wapeza umphungu onse omwe amayenera kulandira
- ✓ Wonetsetsani kuti azamba akumvetsetsa ndi kupereka zofunika kwa mzimayi oyembekezera monga ngati mankhwala othandizira uluru

Chakudya ndi madzi



- ✓ Konzani ndikusunga chakudya ndi madzi pafupi, pamene chakudya chafunikira athandiziren kuwadyetsa komaso kuwamwetsa madzi

Zoyang'anira

- ✓ **Kutaya magazi:** pamene mzimayi wachira kumene ndibwino kumufunsa pafupipafupi ngati akutaya magazi komaso kuti ayang'ane malo ogona ngati akutaya magazi Adziwitseni azamba pamene mwaona kuti akutaya maagazi.
- ✓ **Zizindikiro zina zoopsa:** Pamene mzimayi oyembekezera akumva zizindikiro ngati chizumba zumba, kufooka kapena kumva ngati afuna kukomoka adziwitseni azamba



Chisamaliro cha mwana

- ✓ Onetsetsani kuti thupi lamwana ndi lamayi wake ndilogundana nthawi zonse pamene wabadwa kumene
- ✓ Limbikitsani kuyamwitsa mwana pomwe wabadwa kumene
- ✓ Muwadziwitse pamene mwaona magazi pamchombo pa mwana komaso panthawi yomwe mwaona kuti akuvutika kupuma
- ✓ Athandizireni azamba pachisamaliro chamwana komaso kumveka dzovala
- ✓ Muthandizireni mzimayi kuyamwitsa mwana msanga komaso pafupi pafupi
- ✓ Musamulekenitse mwana kwa mayi wake pokhapokha a chipatala atakuuzani



Kukhala othandizira

- ✓ Mukuyenera kukhala pafupi ndi chipinda chochiliramo azimayi oyembekezera ndikuwathandiza anamwino pamene pafunika kutero
- ✓ Akumbutseni azamba nthawi yomwe akuyenela kudzamuunika odwala



Wonyamula muuni

- ✓ Yatsani muuni wanu pamene amzamba akuwaona amayi oyembekezera komaso panthawi yomwe akuchira

