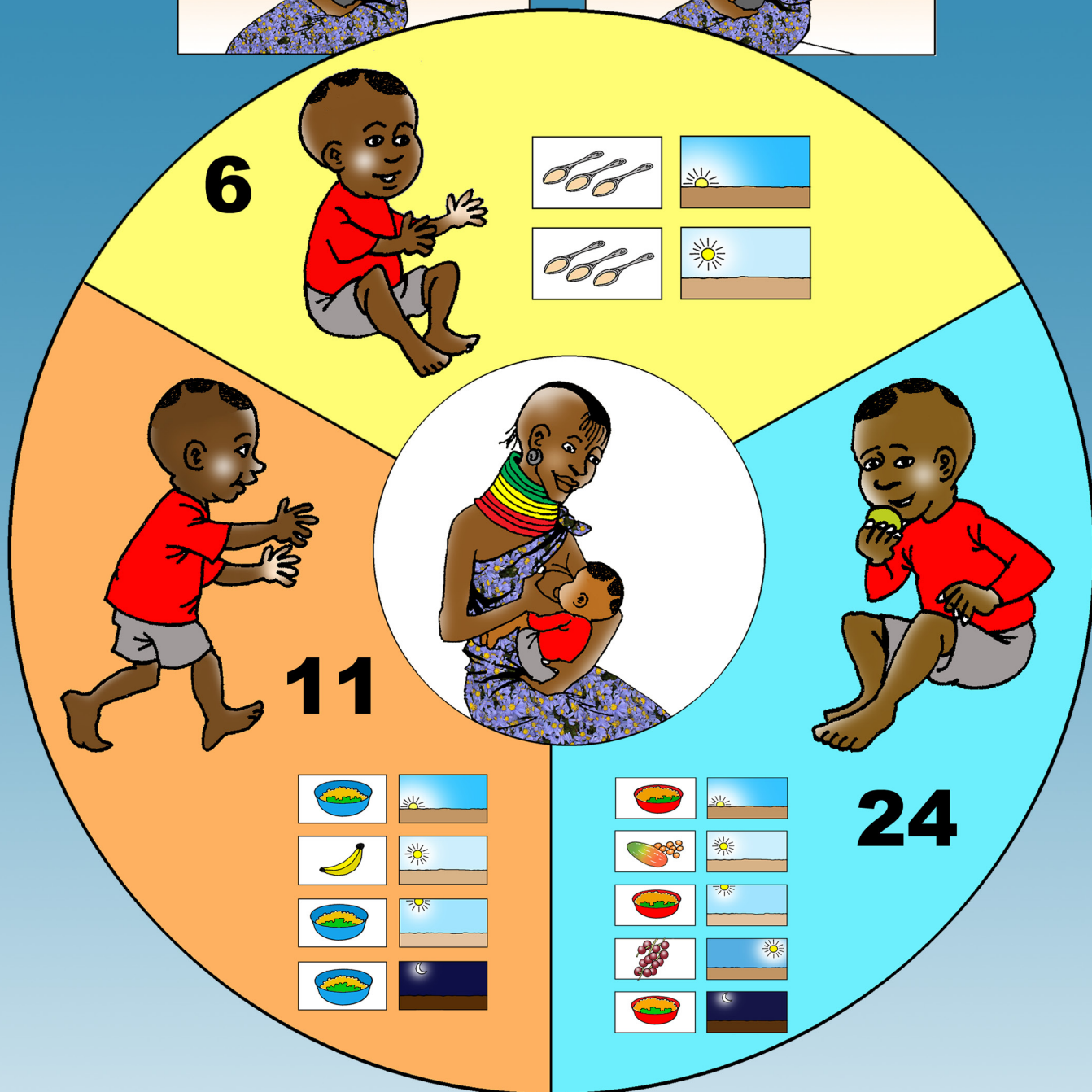
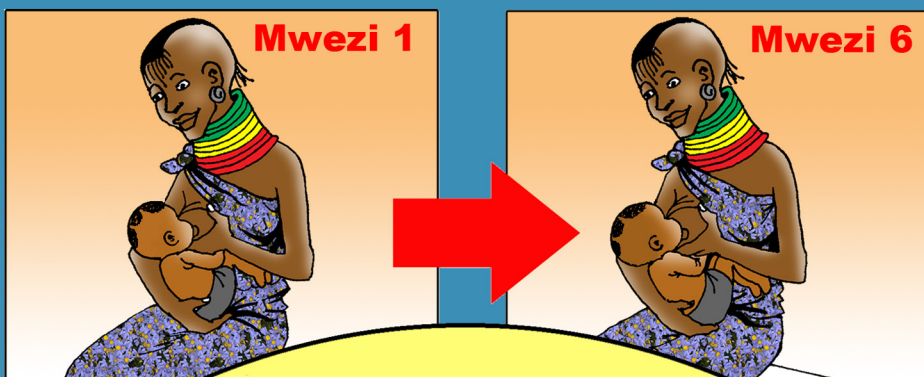
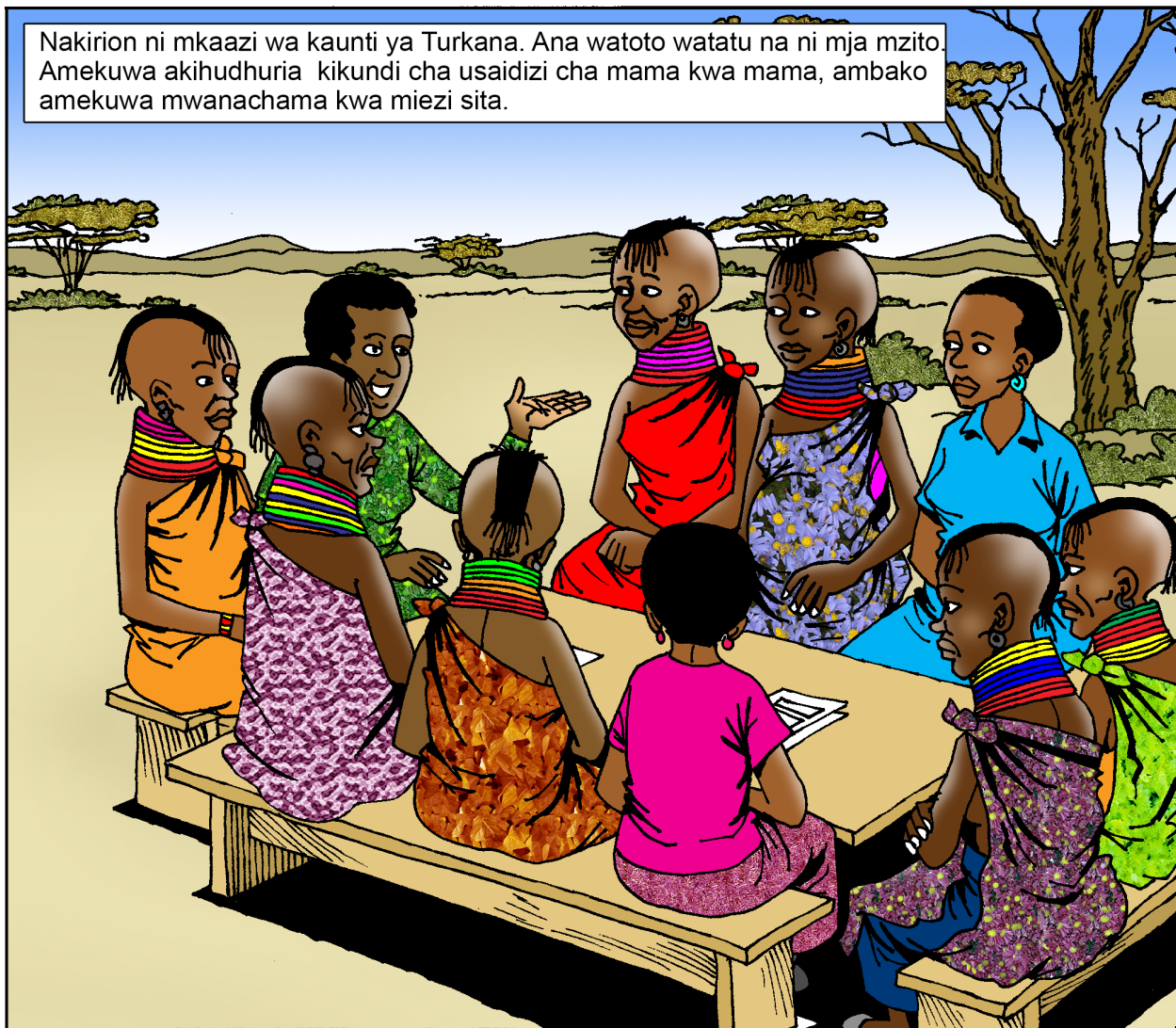


# ULISHAJI WA MTOTO



Nakirion ni mkaazi wa kaunti ya Turkana. Ana watoto watatu na ni mja mzito. Amekuwa akihudhuria kikundi cha usaidizi cha mama kwa mama, ambako amekuwa mwanachama kwa miezi sita.



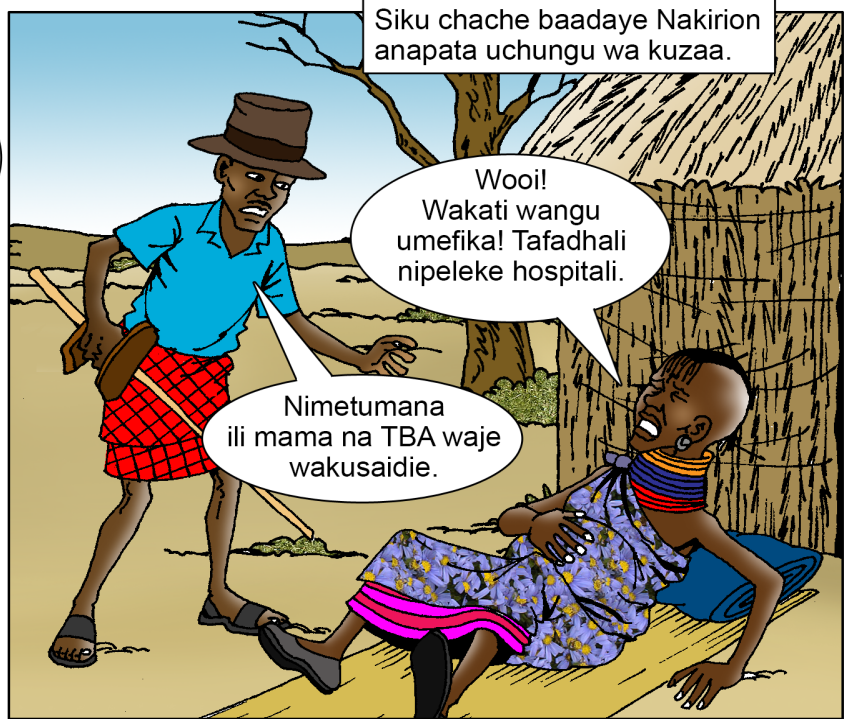
Mtalaamu wa lishe bora yuko katika mkutano akitoa ushauri kuhusu vyakula vya ziada kwa watoto.

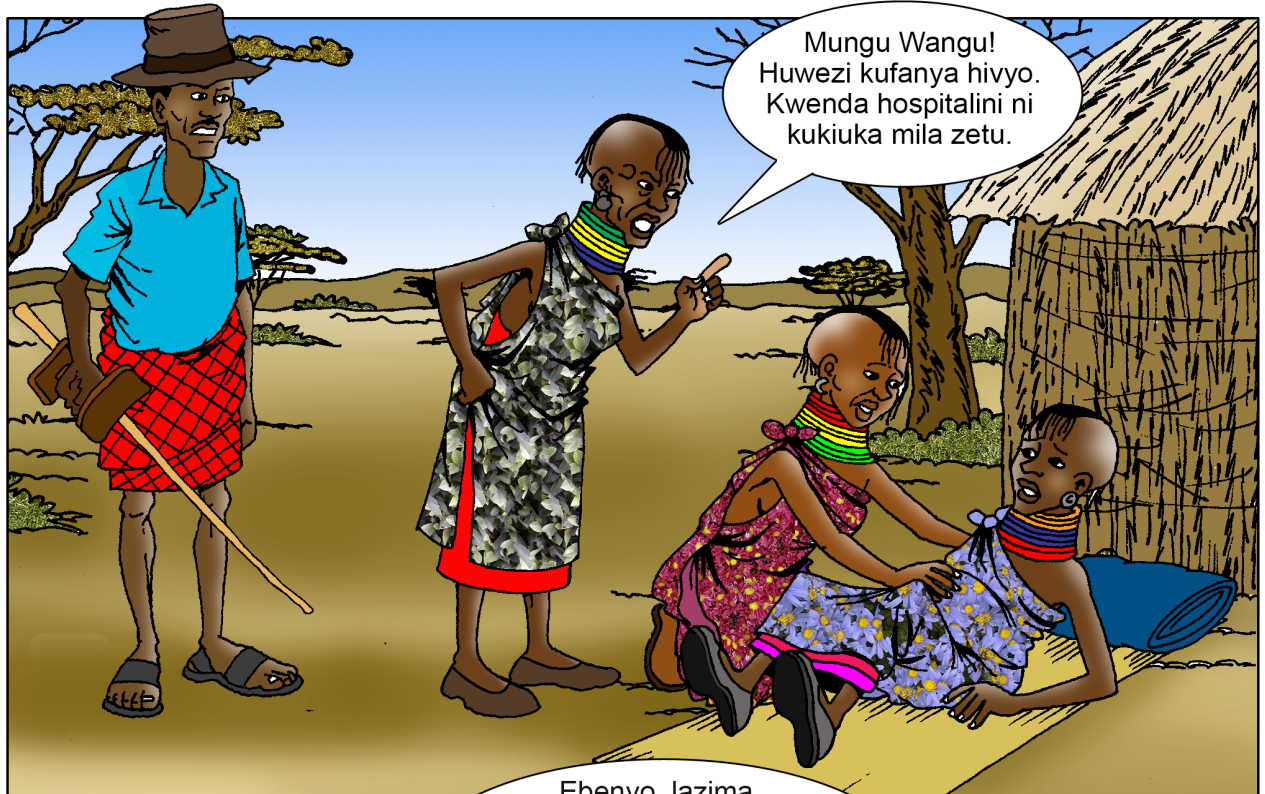


Nimejifunza mengi sana kuhusu lishe bora ambayo sikujua hapo awali.













Unakumbuka karibu nife hapa nyumbani, wakati uliopita kutokana na matatizo niliyoyapata baada ya kujifungua. Tafadhali usiache niyapitie yale tena safari hii. Nipeleke hospitali.

Wakati huo huo Amekwi ambaye ni rafiki wa Ng'achuro anawasili.



Nyinyi nyote mnaelewa jinsi Nakirion amekuwa na shida wakati wa uja uzito. Msimuache aumie tena.



Ebenyo, usiache mkeo na mtoto wafie hapa. Mpeleke hospitali.



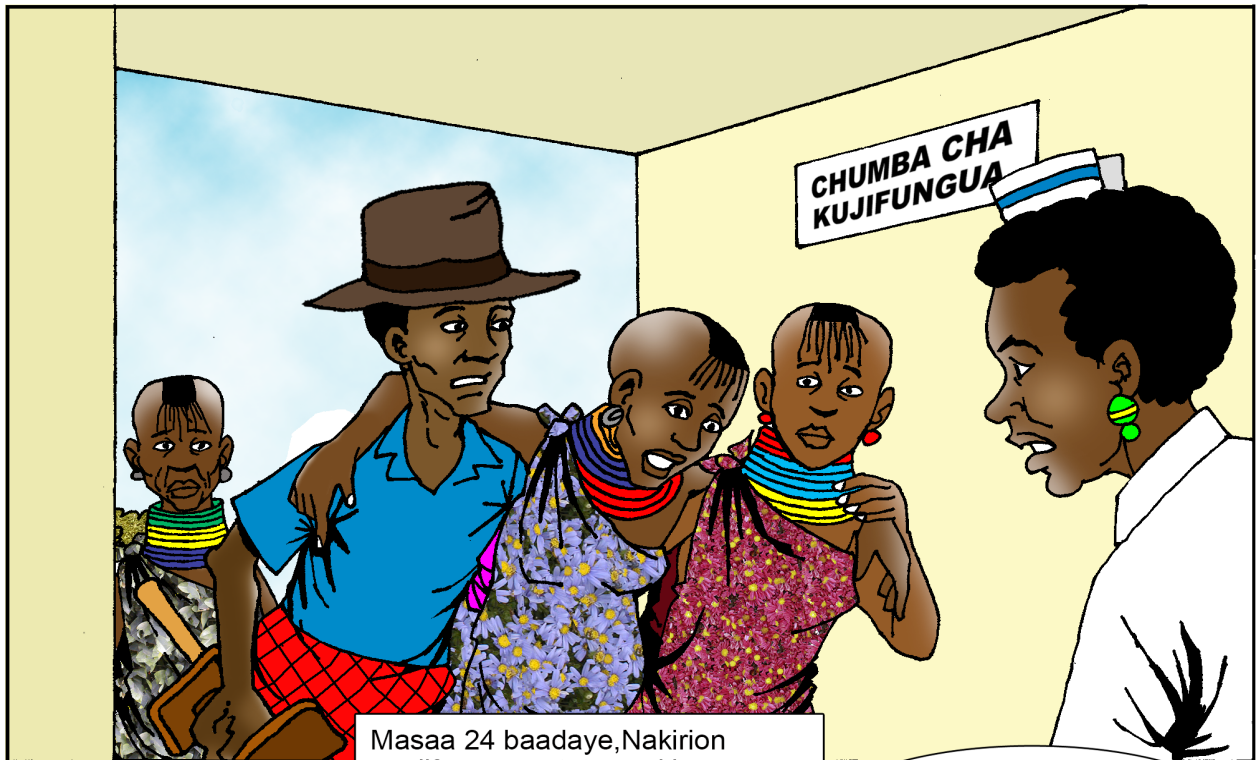
Nadhani kuwa Nakirion anaelewa vyema. Lazima tumpeleke hospitali.



Wote wakiwemo Ng'achuro, Amanikor, Amekwi na Ebenyo wanampeleka Nakirion katika kituo cha afya kilicho Karibu.

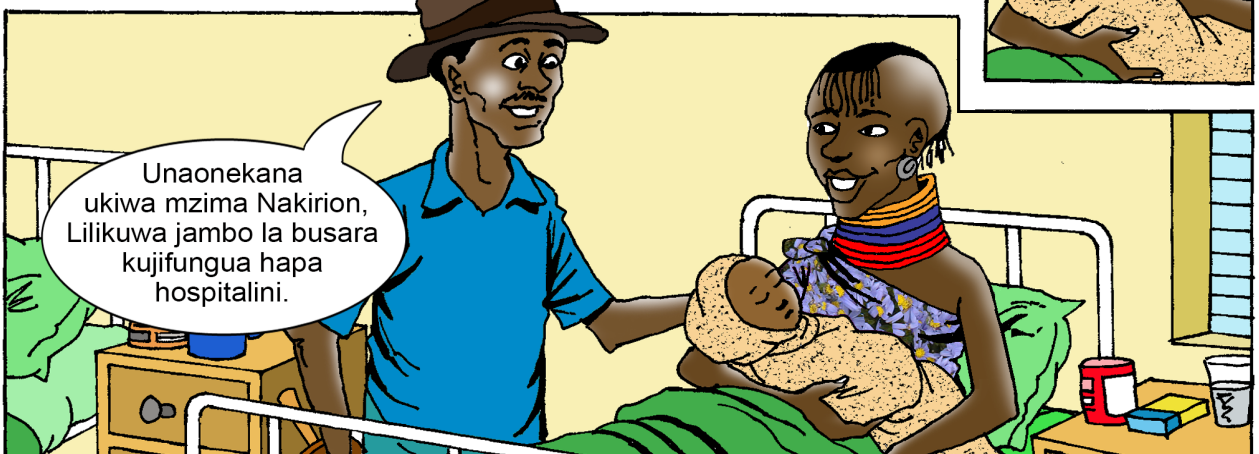
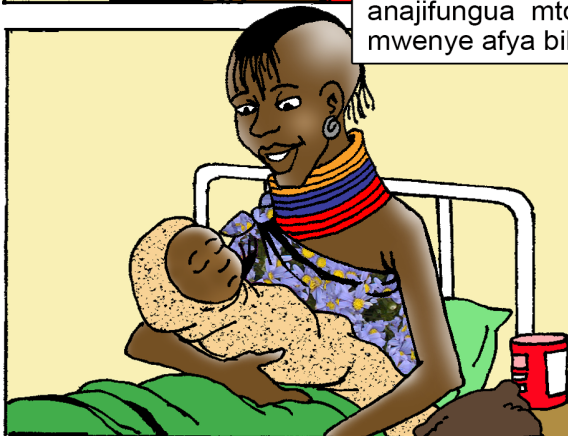






Masaa 24 baadaye, Nakirion anajifungua mtoto wa kiume mwenye afya bila matatizo yeyote.

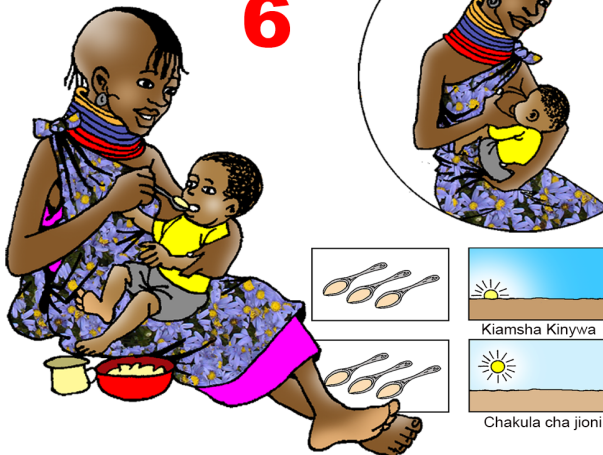
Mume wangu, nilijifungua bila matatizo yoyote. Tena mtoto wa kiume mwenye afya.



Kabla ya kutoka hospitalini, mhudumu anawafundisha jinsi ya kumlisha mtoto kutoka miezi sita hadi miezi ishirini na minne.



**6**



Hakikisha unamnyonyesha mtoto wako angalau mara nane kwa siku.

**7-8**



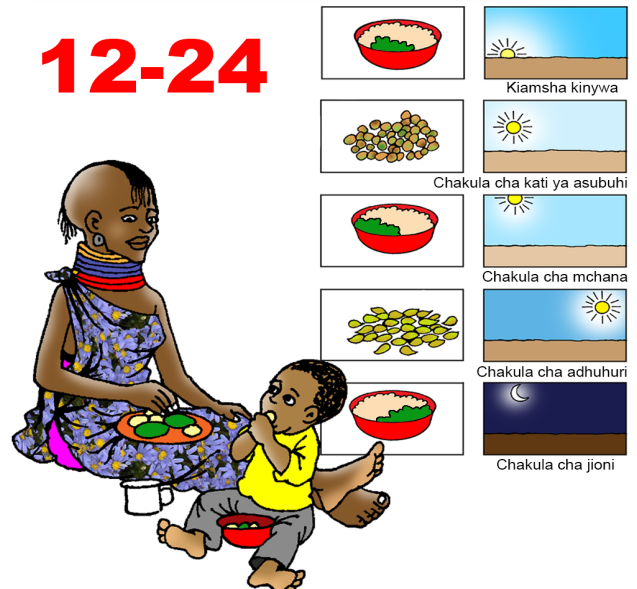
Hakikisha unamnyonyesha mtoto wako angalau mara nane kwa siku.

**9-11**



Hakikisha unamnyonyesha mtoto wako angalau mara sita kwa siku.

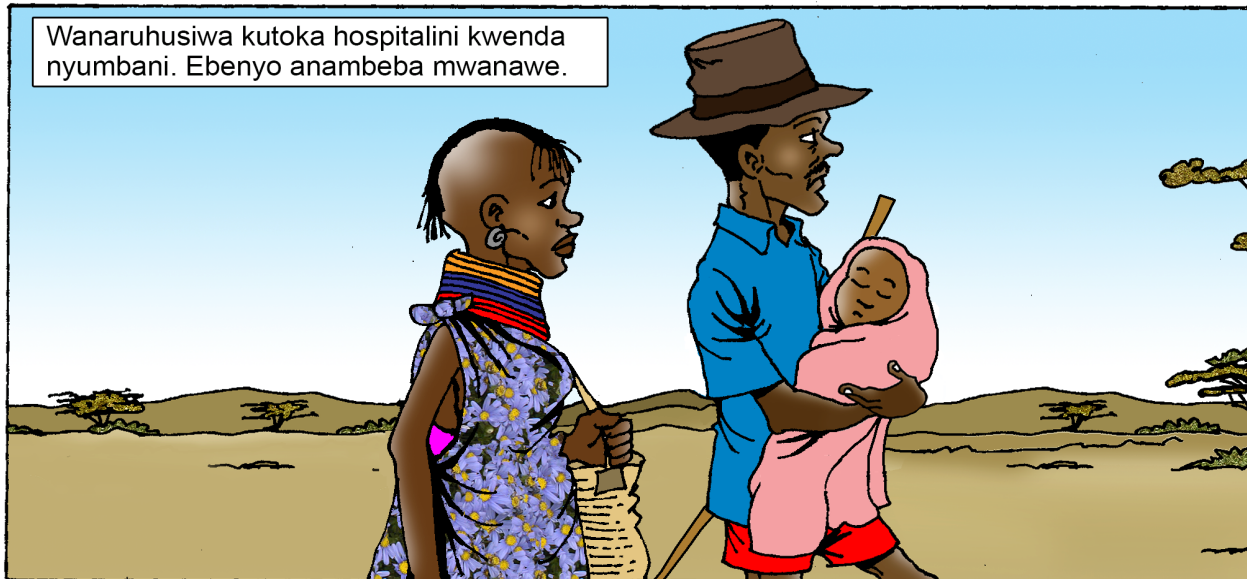
**12-24**



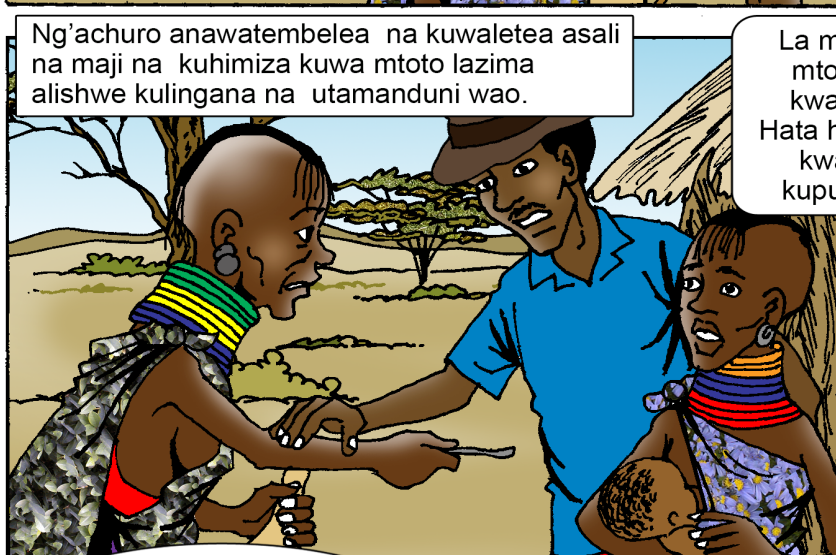
Hakikisha unamnyonyesha mtoto wako angalau mara tatu kwa siku.



Wanaruhusiwa kutoka hospitalini kwenda nyumbani. Ebenyo anambeba mwanawe.



Ng'achuro anawatembelea na kuwaletea asali na maji na kuhimiza kuwa mtoto lazima alishwe kulingana na utamanduni wao.



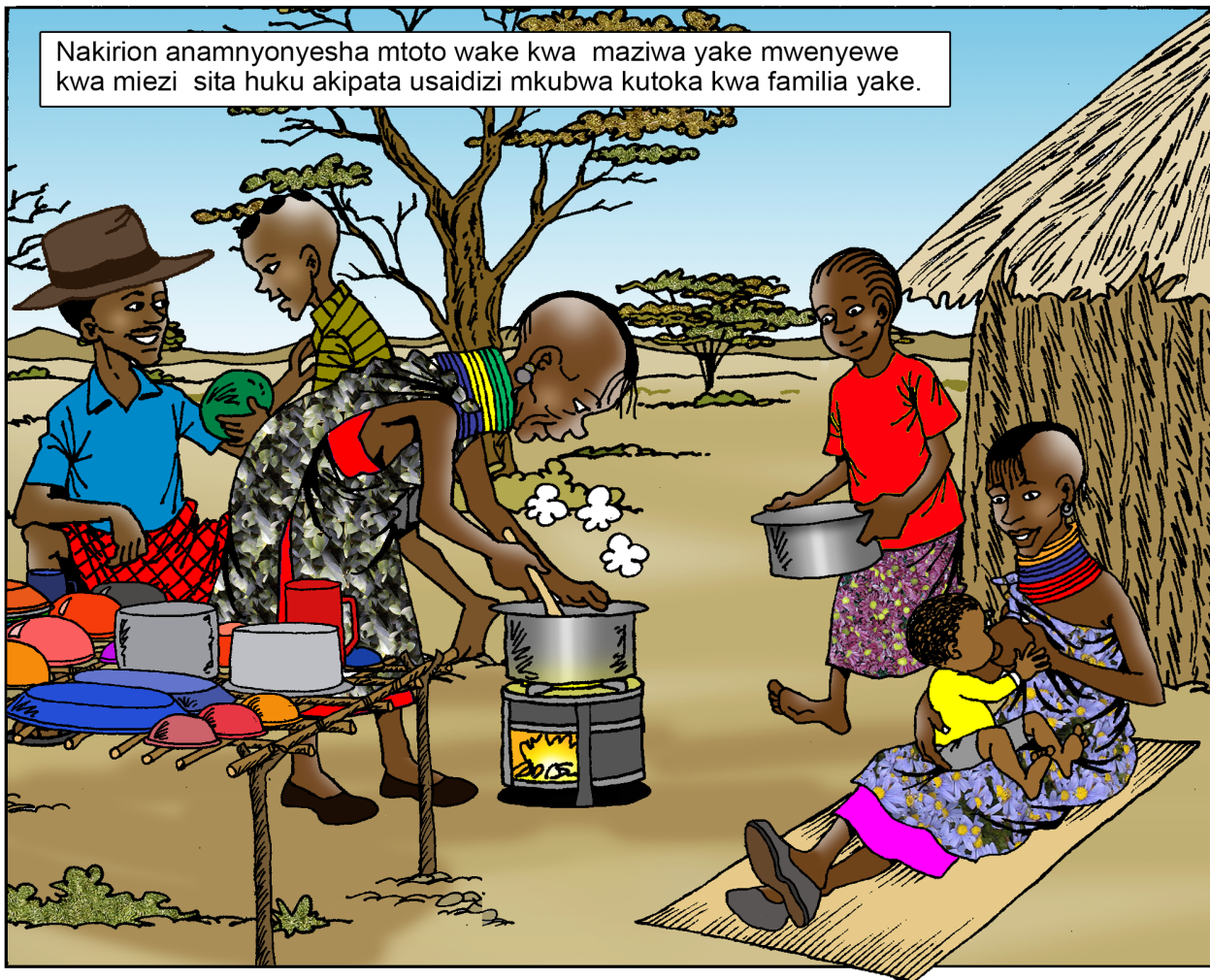
La mama, tumejifunza kuwa lazima mtoto anyonye kwa miezi sita ya kwanza na asipewe lolote lingine. Hata hivyo, Lazima tumsaidie Nakirion kwa kazi za nyumbani, ili aweze kupumzika na kunyonyesha mtoto.



Woitiakoi! Yaastajabu ya Musa. Haya yote ni mapya kwangu. wanawake wa siku hizi watatuonyesha mengi!



Nakirion anamnyonyesha mtoto wake kwa maziwa yake mwenyewe kwa miezi sita huku akipata usaidizi mkubwa kutoka kwa familia yake.



Nakirion ananawa mikono kabla ya kumlisha mtoto alivyofunzwa.

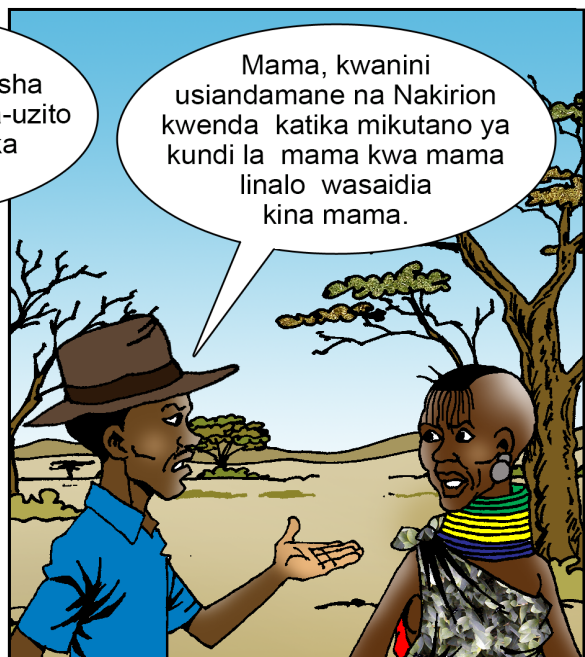
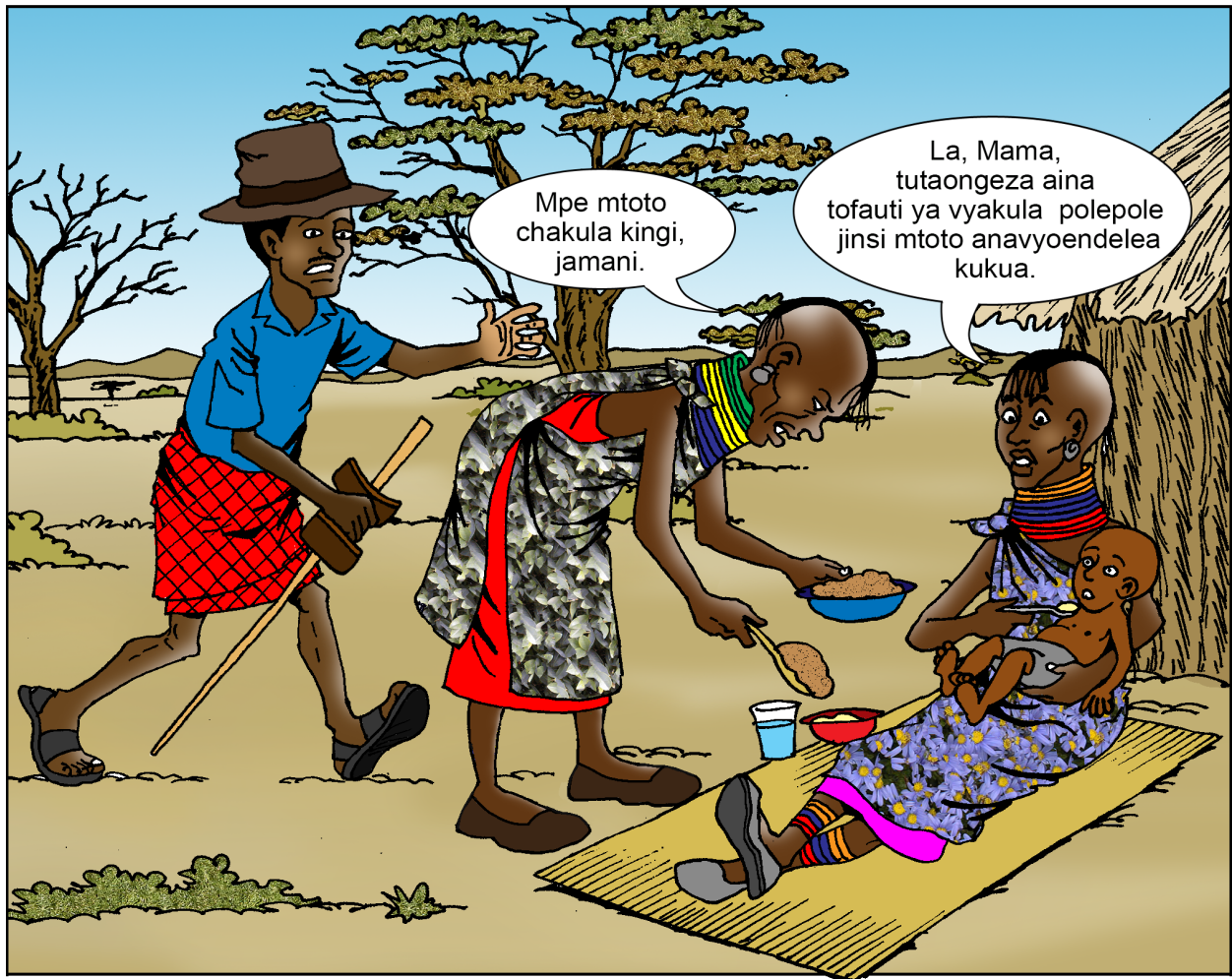


Baada ya miezi 6, Nakirion anaanza kumlisha mtoto alivyoufunzwa.

Hicho ni chakula kidogo sana! Unafaa kumpa kingi zaidi!





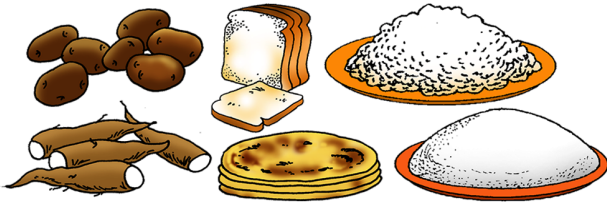


Nakirion na Nga'churo  
wanahudhuria kikao cha  
akina mama.

Watoto  
wakifikisha miezi sita,  
wanafaa kula vyakula  
vipi?



Nafaka, vinundu vinavyokua chini ya mchanga.



Maharagwe, njugu  
na nafaka nyingine  
Kama kunde,  
choroko au ndengu



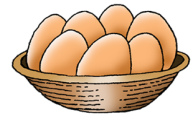
Matunda ya rangi ya manjano, majani ya kijani kibichi



Mazao ya kilimo  
cha maziwa



Mayai



Matunda mengine na mboga



Nyama, samaki, kuku, wadudu na maini





Baada ya mkutano Ng'achuro anakutana na rafiki zake Arot na Amojong'.



Ng'achuro,  
nimeweza kujifunza mengi  
sana ambayo sikuyajua  
hapo awali.



Ndio, nimeona  
kuwa kikundi hiki ni cha  
maana sana. Nimesoma  
mengi sana leo.



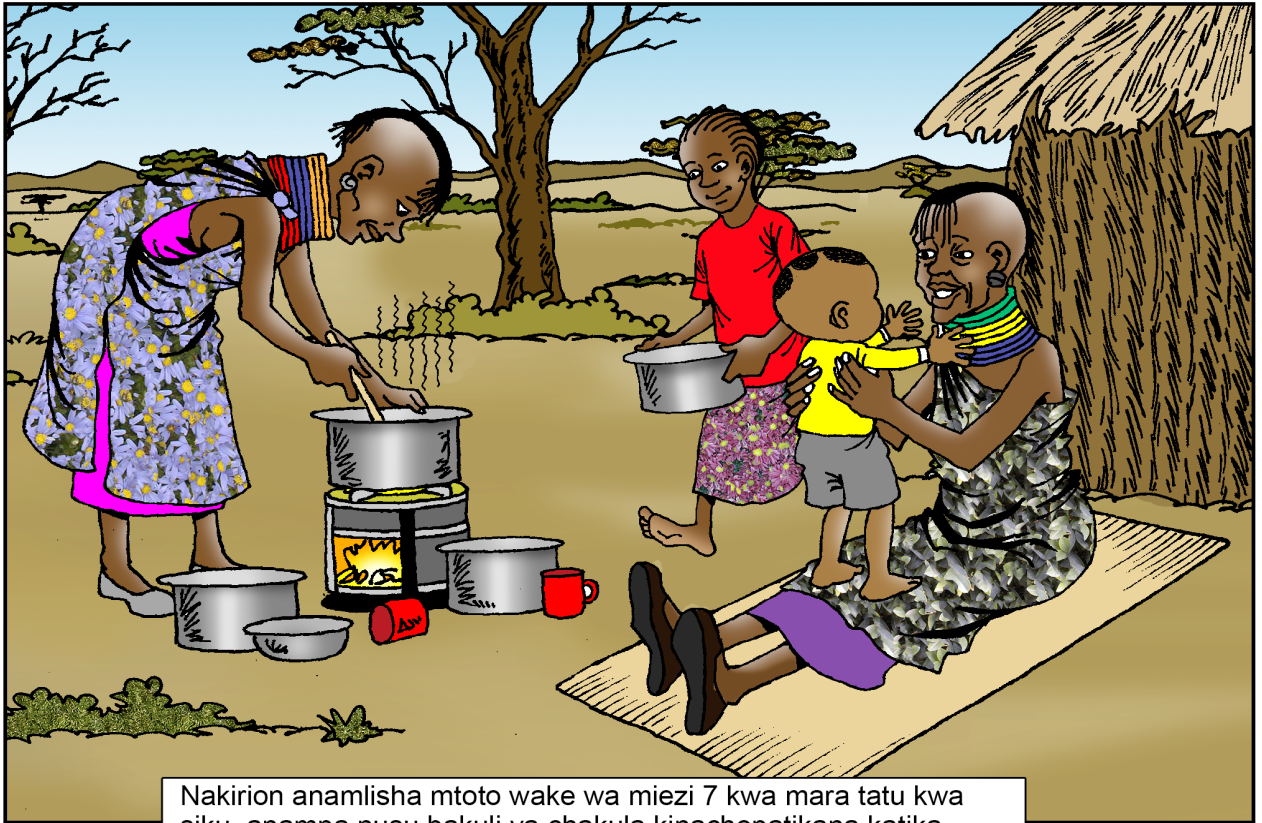
Ahsante  
sana Nakirion  
kwa kunileta  
hapa.



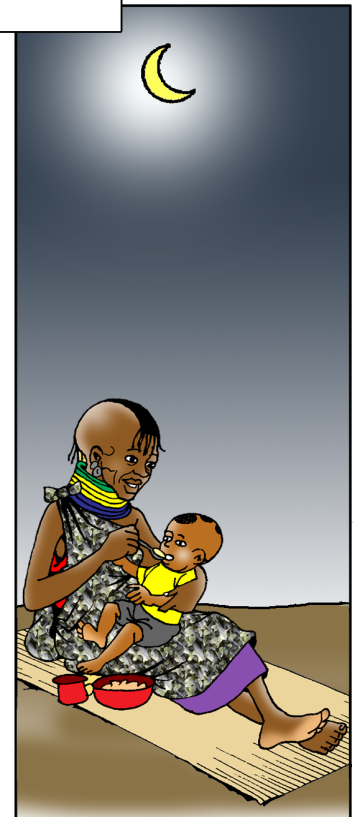
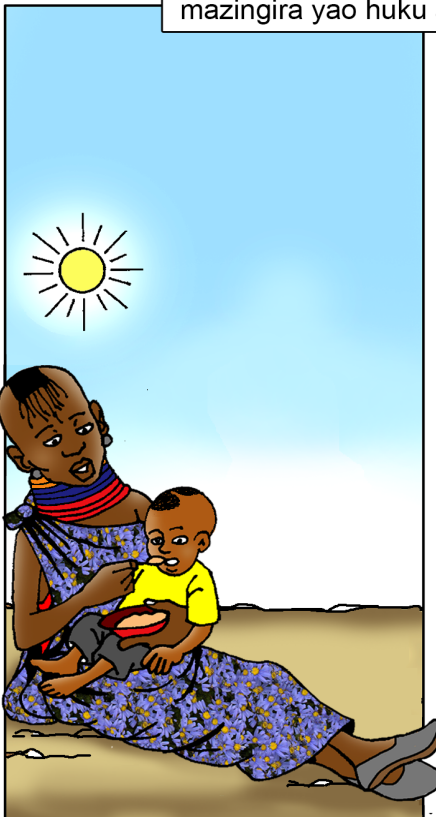
Nilijua kuwa  
utajifunza mengi sana,  
Mama. Sasa tuelekee  
nyumbani.





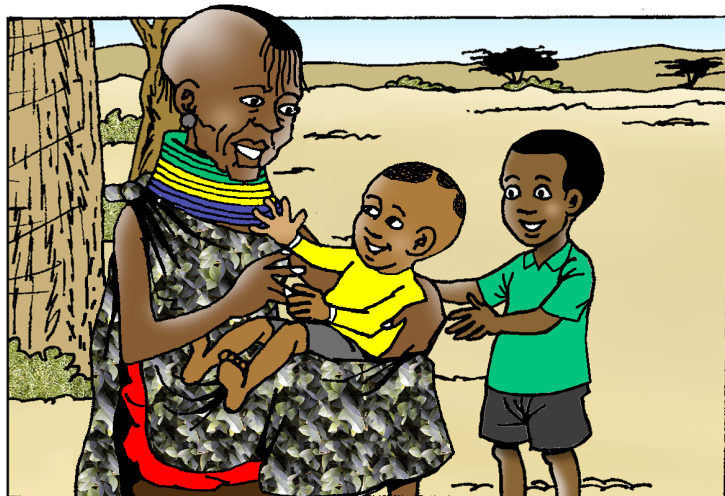
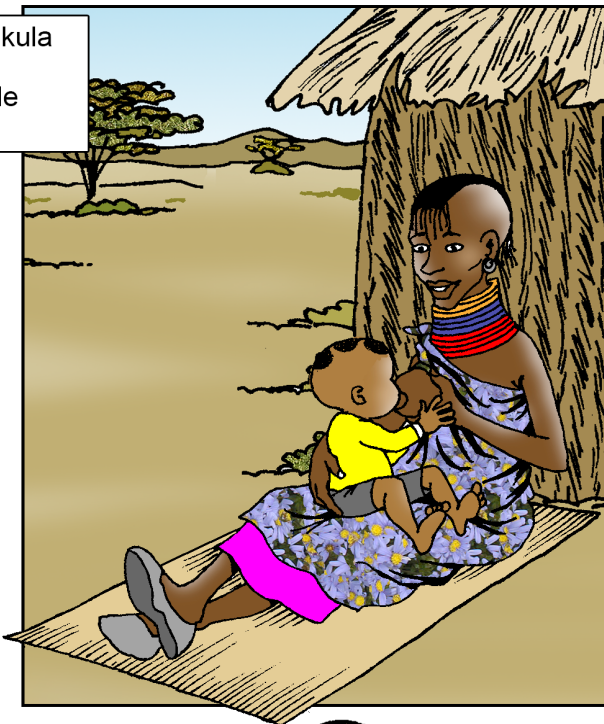
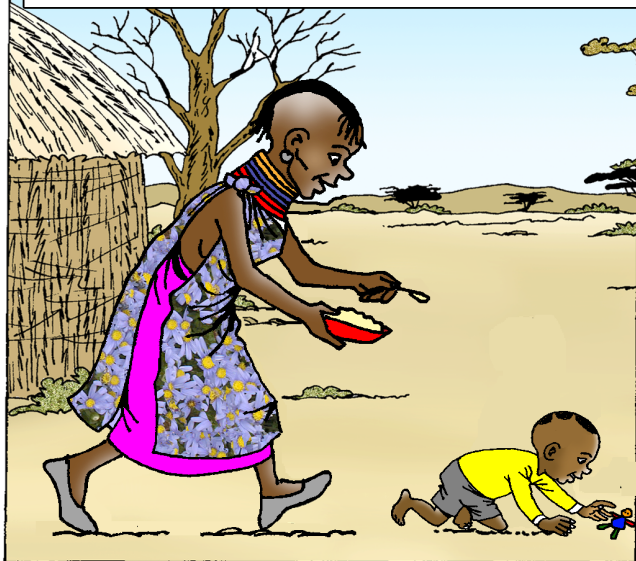


Nakirion anamlisha mtoto wake wa miezi 7 kwa mara tatu kwa siku, anampa nusu bakuli ya chakula kinachopatikana katika mazingira yao huku akiendelea kumnyonyesha.

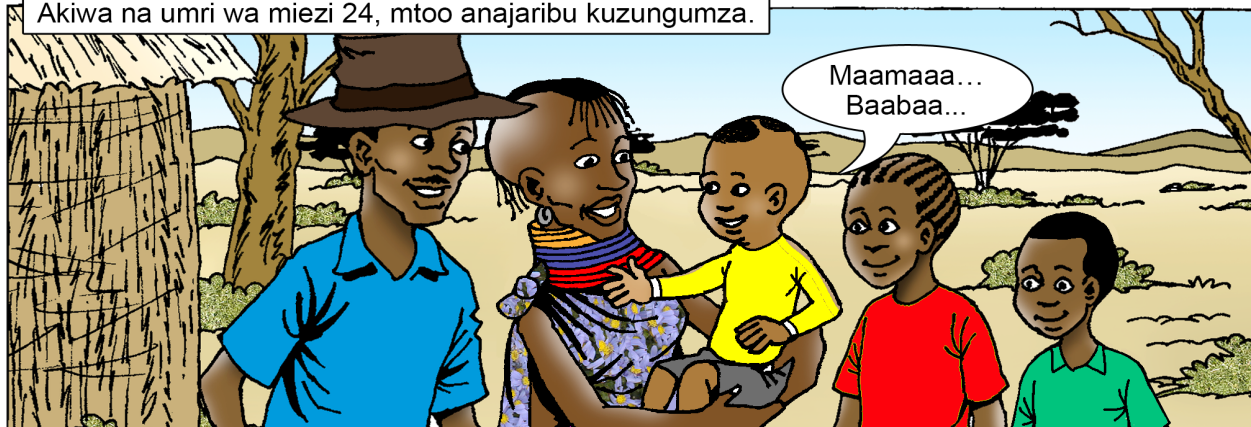




Kati ya miezi 9-11, Nakirion anamlisha mtoto chakula na anendelea kumnyonyesha. Mtoto analishwa chakula chenye afya bila kulazimishwa kama vile alivyo elezwa na mtaalamu.

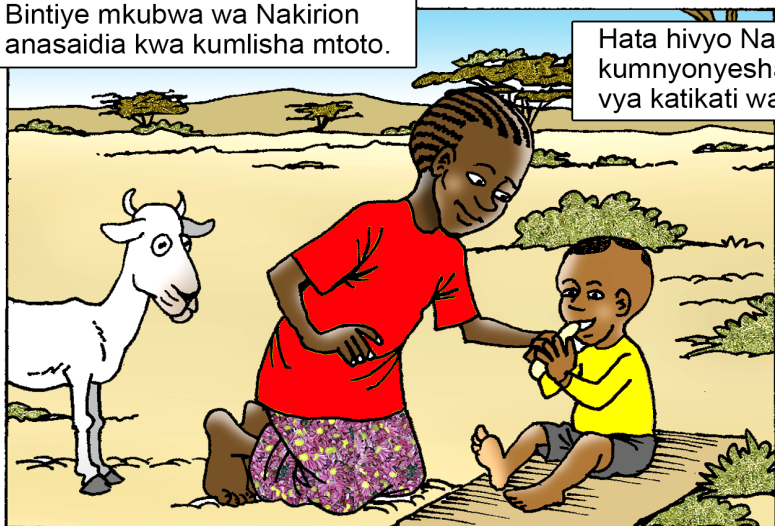


Akiwa na umri wa miezi 24, mtoto anajaribu kuzungumza.



Bintiye mkubwa wa Nakirion anasaidia kwa kumlisha mtoto.

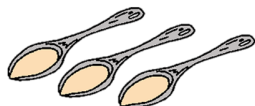
Hata hivyo Nakirion anaendelea kumnyonyesha mtoto katika vipindi vya katikati wa maankuli.





# ORODHA YA VYAKULA VYA KULISHA WATOTO WADOGO.

Miezi 6



Kifungua kinywa: Paipai iliyosiagwa vizuri



Jioni: Uji



Miezi 7 - 8

Kifungua kinywa: Uji



Adhuhuri: Malenge yaliyopondwa, sehemu ya umajimaji wa yai, spinachi

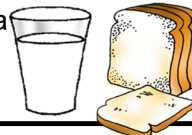


Chakula cha jioni: Supu la nyama, malenge iliyopondapondwa, majani ya malenge



Miezi 9 - 11

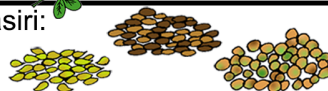
Kifungua kinywa: Glasi ya maziwa na kipande cha mkate.



Chakula cha adhuhuri: Mchele, maharagwe yaliyopondapondwa, moringa



Kumbwe ya alasiri: Matunda mwiu



Chajio: Sima (ugali), maini yaliyosagwa vizuri, spinachi



Miezi 12 - 24

Kifungua kinywa: Glasi ya maziwa, kipande cha kiasi kitamu cha rangi ya manjano.



Kati ya asubuhi aadhuhuri: Yai lililochemshwa.



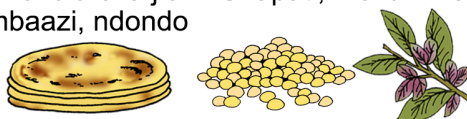
Chakula cha Adhuhuri: Kuku, kabeji, Viazi vilivyopondapondwa



Kumbwe ya jioni: Matunda, tikitimaji



Chakula cha jioni: Chapati, mchuzi wa mbaazi, ndondo



Glasi ya maji katikati ya lishe mtoto akifikisha miezi sita



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## *Infant Feeding*

*Nakirion, a resident of Turkana County, grapples with cultural barriers and changing the mindset of her husband and mother-in-law when it comes to care for their new born child. In a setting where her husband and mother-in-law have a strong influence on child-care practices, how does she manage to do it?*



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