

Omwana Thrive

Neonatal Health Guide Part II: Lactation



Rose Academies

Learning about your baby

You have a new baby! How do you know when your baby is hungry?
What do you feed your baby?



Oyina omwaana omuwele! Omanyanya otya nti enjala emuluma?
Omwaana oyo omuwele omuliisa ki?

Baby gives signs of hunger

Every baby is different as they show signs of being hungry. You will soon learn your baby's signs of hunger



Babies show when they are hungry.

Buli mwaana enjala bwemuluma alaga obubonelo obwenjawulo, abamu bakaaba, abalala banuuna ngalo nebilala. Naye nga maama ojjakuyiga obubonelo omwana'wo bwakola nga enjala emuluma

Baby needs to eat often

Newborns eat often as their tummies are small. It is normal to feed a newborn every 3-4 hours.



Abaana abawele baba baagala okulya bulikaseela kubanga embutto zaabwe zibeela zikyaali nfunda. Kilunji noyoonsa omwana omuwele buli luvanyuma lwa saawa sattu oba nnya.

What do you feed your baby?

Adults eat foods like potatoes, goat, and maize. Your baby should only take milk from your breasts for the first 6 months.



Omwaana omuwele talinga ffe abakulu nti alya emeele endala nga lumonde,muwogo,akawunga,enyama nebilala. Omwana ayina kuyonka beele lyokka mpaka nga awezeza emyeezi omukaaga(6).

Cow's milk is not for babies

Your baby needs breast milk to grow big and strong.



Omwaana wo yetaaga mabeele ghamaama we gokka okukula obulunji elanga mujimu, tomuwa amata amalala gonna nga akyaali muwele

Babies need all your milk

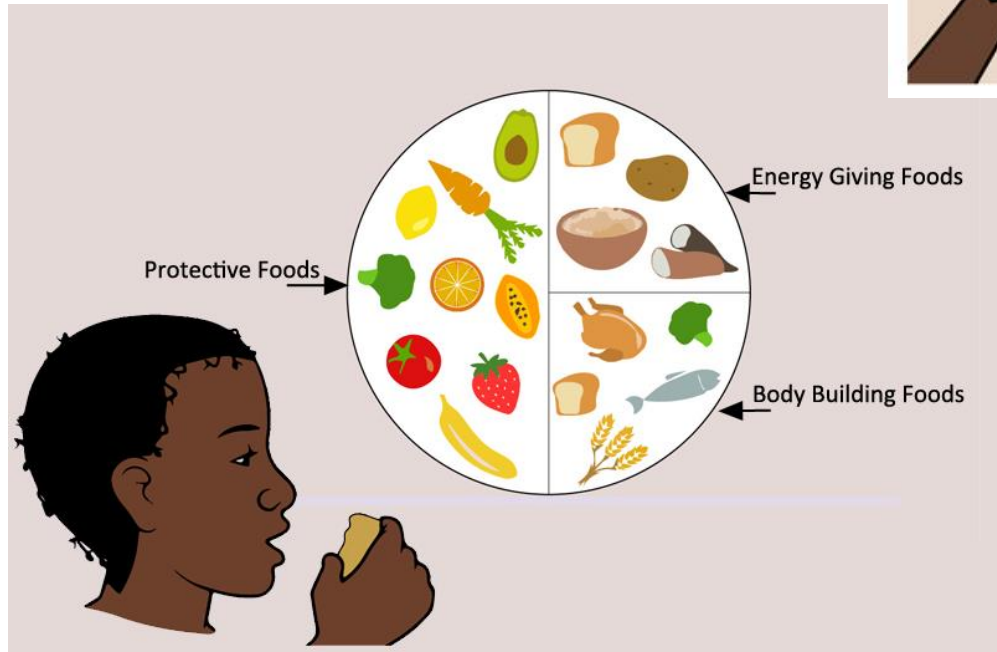
Your milk is only made for babies. If you give your man your breast milk, your baby will then go hungry.



Amata gamabeere galinna kuyonkebwa mwaana yekka ,
bwogayonsa omuntu omulala yenna omwana wo ajjakubatayina
kyaanwa .Ella enjala ejjamuluma

How to make the best milk for baby

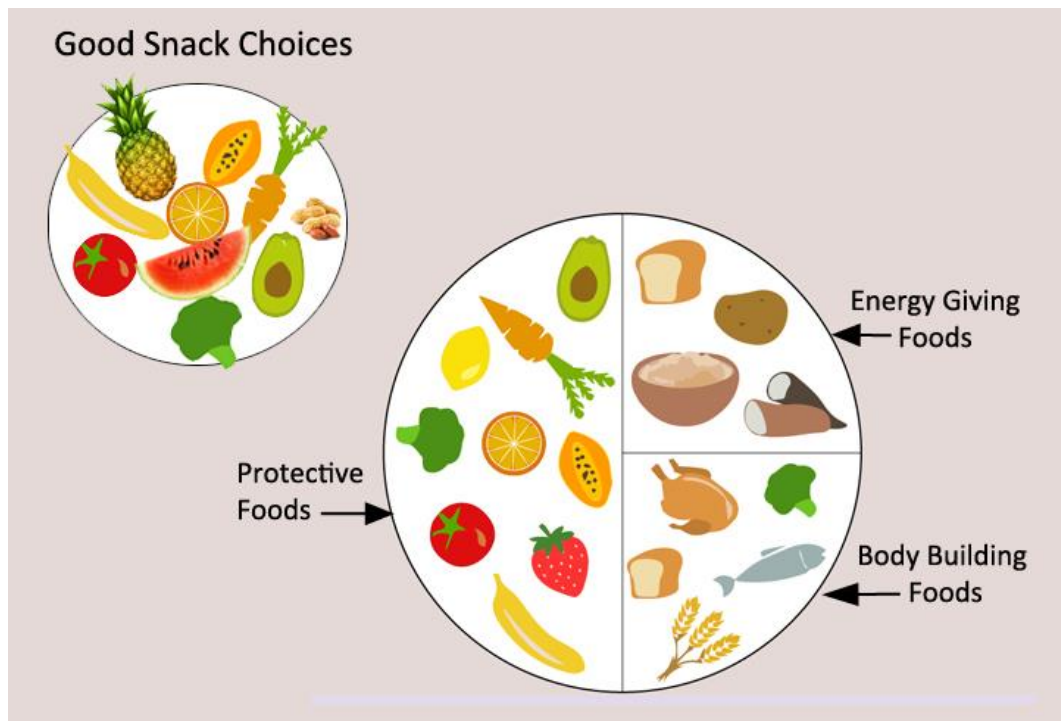
Your body will make the best milk for your baby if you stay hydrated and eat a healthy diet.



Okuffuna amata agamala omwana wo'oyina okubba nga onwa ekimala , nga olya emeere elimu ebiliisa byona atte ebilunji , nga wenyiga'ko negigoye ekibuguma amabeere we gaba'gakutte.

What is a healthy diet?

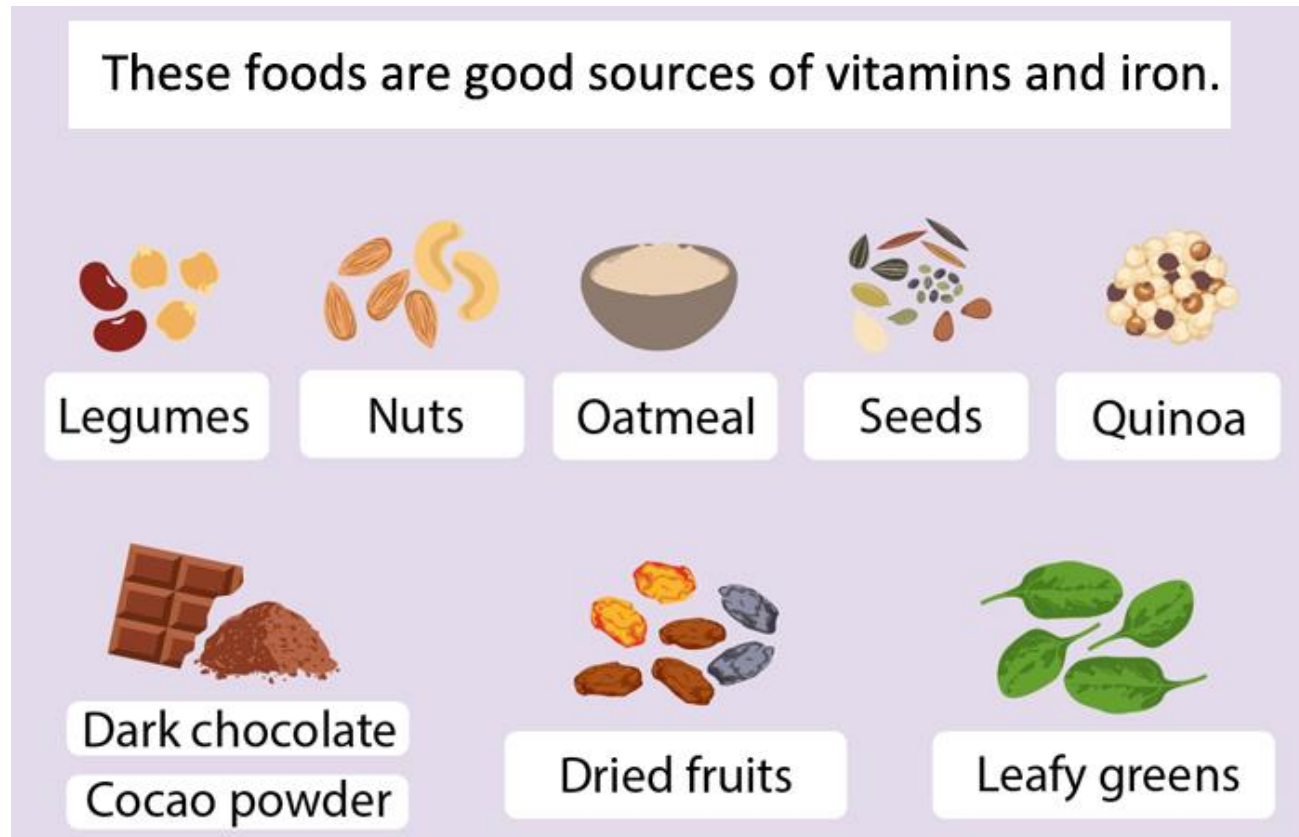
A healthy diet should include a selection of protective, body-building and energy giving foods to keep mom strong and healthy. Snacks should consist of fruits, vegetables or nuts.



Kyaamugaso maama ayonsa okulya emiluundi esattu olunaku ate'nga emeere gya'alya elimu ebilungo ebigasa omubili omuli emere ezimba omubili nga amaggi, ebinyeebwa, enyaama, mukene, bijanjalo nebilala, kwotade ne mere etuwa amanyi nga (muwogo, lumonde, akawunga, akalo,) kwosa nebika bye mere ebikuuma omubili omuli, (ebivaavava ne bibala), Kujhino emilundi esaatu oyongerako okulyaayo obumpwanchinpwanch i nga kasooli, kumeketa yo ku binyeebwa, ebibala, nenva endiilwa. Kino kiyambako maama okuba namaanyi ago'kulabilila omwaana.

Healthy choices make good milk

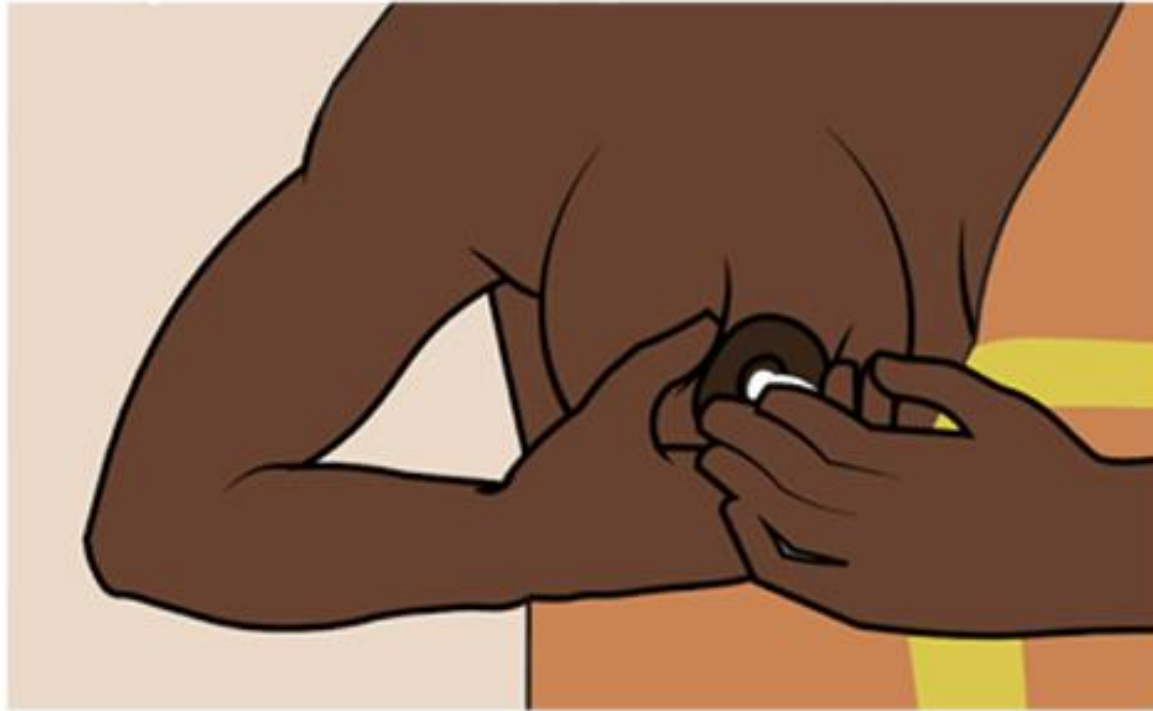
Your diet needs to include foods that are good sources of vitamins and iron.



Kumeele gyoolya nga maama oyina okugatako ebikka bye'mele ebilimu ekiliisa kya vitamin nga ebibala, enva endiilwa, okimeketta kubinyeebwa, kasooli nebilala ebigwa mu bika ebyo

Breast care

Use warm compresses for clogged milk ducts. Your milk naturally heals sore and cracked nipples.



Bwoowulila nga ambeelee gakaaluba'nyo ,osobola oganyiga ko nekigoye ekibuguma negatta.

Amata agava mumabeele genyini geegawonya obubwa obuba buzze kunywwanto teweetaaga tekako dagala lyonna.

You will make more milk as baby grows

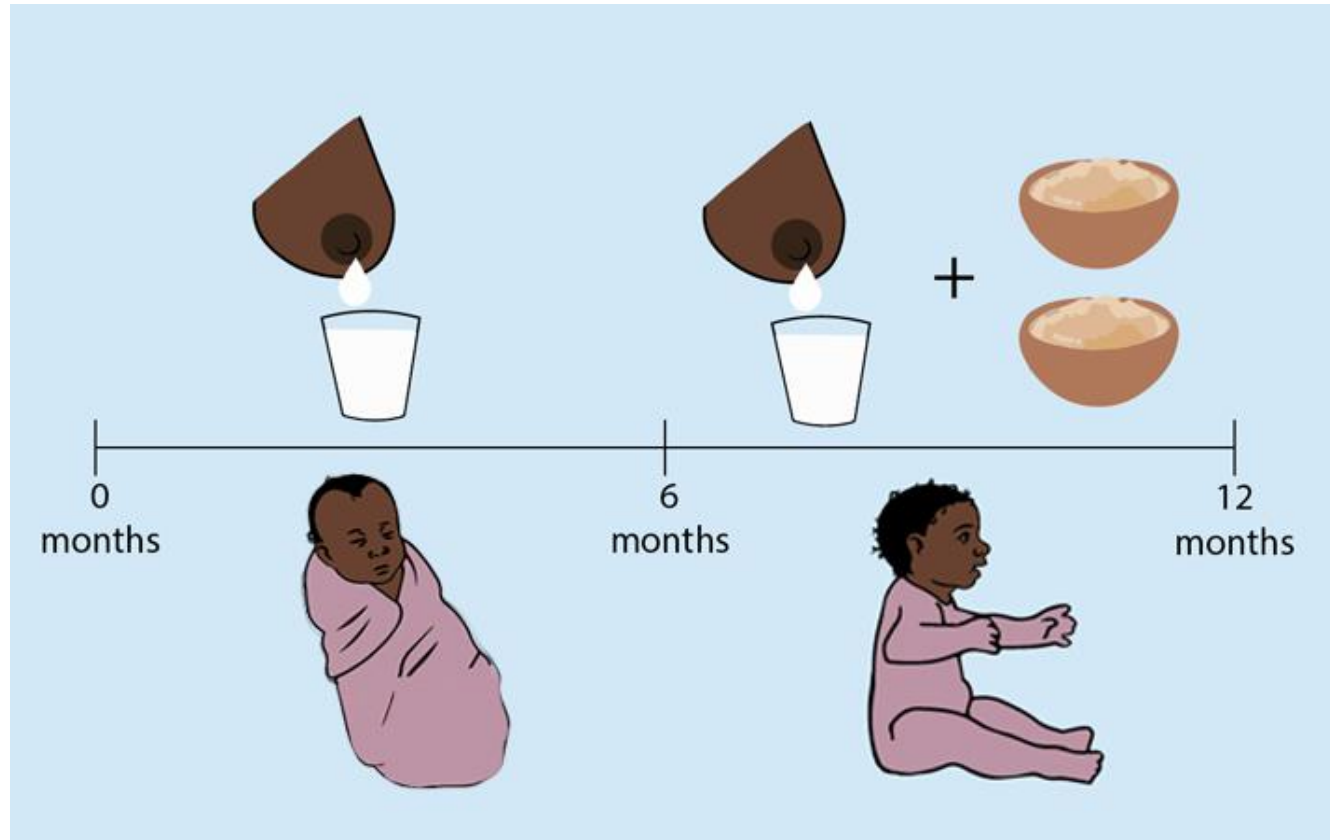
As your baby grows and breastfeeds more, your body will make more milk.



Omwaana gyeyongela okulla atte 'nga ayoonka bulunji, amata mumabeele geyongela ellanga gabagamumala okukutta obulunji.

Exclusive breastfeeding for 1st 6 months

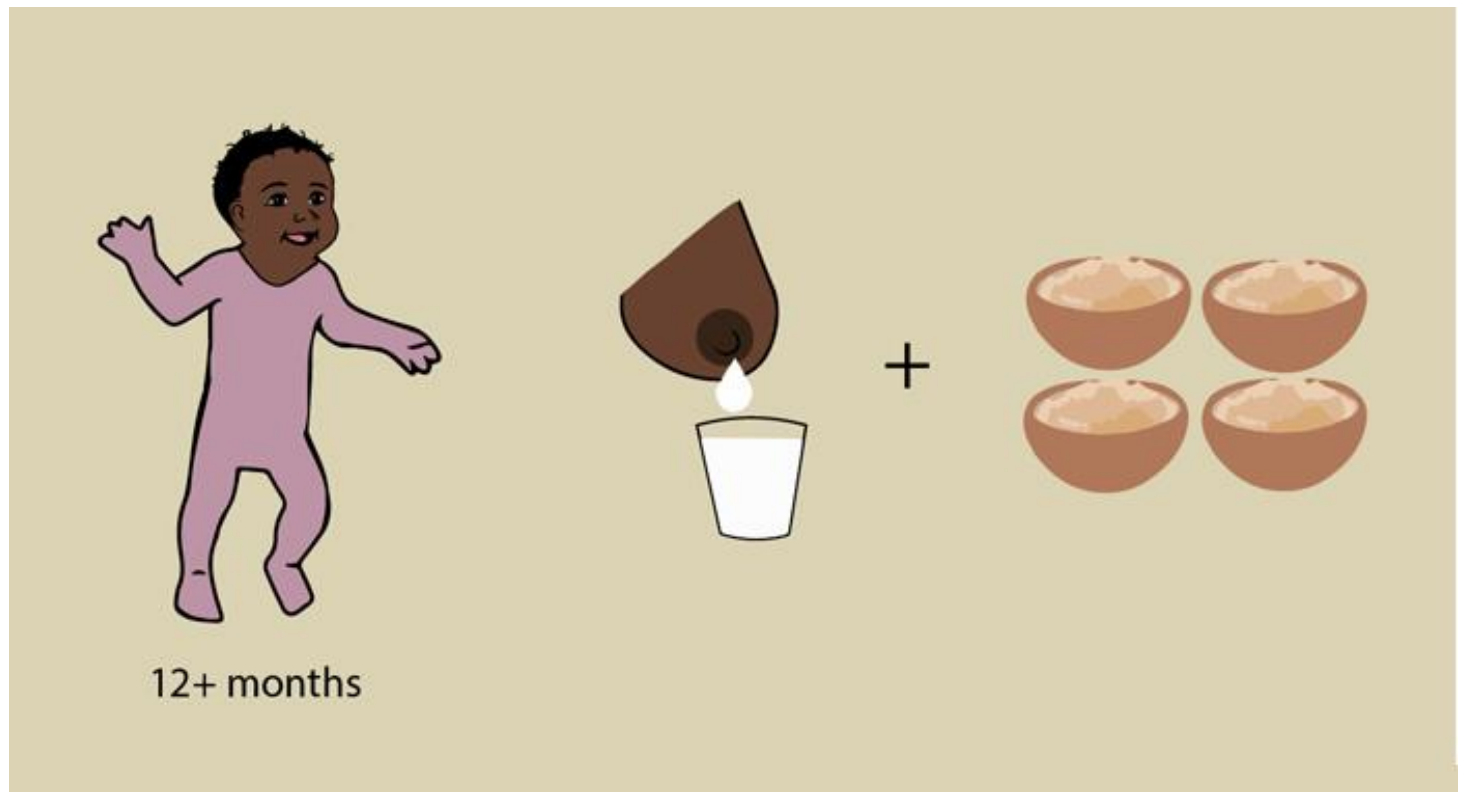
Keep breastfeeding baby to 6 months old. At 6+ months you can begin to add in complementary foods.



Omwaana muyonse buyonsi nga tomuwa kilala kyona okutuusa nga awezeza emyeezi omukaaga(6) awo nolyooka omutandisa kubyookulya ebilala nga amata nemele egonda.

When baby is 12 months old

At 12 months, baby will eat more foods and breastfeed to grow big and strong.



Omwaana bwaawezza omwaaka, abeela alya emele ewelako Ella nga ayonkanyo okusobola okukulla obulunji atte'nga ayina amaanyi.