

Healthy for Life Program

Part I: Maternal, Child, Adolescent Healthcare Lessons



A Guidebook for Women and Girls with Lessons on MHM, antenatal and neonatal healthcare.

Table of Contents

Becoming a Mother	3
Antenatal Visits to Clinic	4
Diet During Pregnancy	5
Importance of Supplements	6
Personal Hygiene and Sanitation During Pregnancy	7
Breastfeeding Newborns	8
Breast Attachment for Nursing.....	9
Exclusive Breastfeeding - Infants 0-6 months.....	10
Complementary Feeding of Infants - 6+ months.....	11
Feeding Baby Safely	12
Keeping Baby Well	13
Menstrual Hygiene Management.....	14
Practicing Good Hygiene During Menstruation.....	15

Becoming a Mother

Go to the clinic soon after discovering you are pregnant.



Womanya nti ofunye olubuto gendela wo mangu mudwaliro osobole okeberegwa n'omwana balabe embeera jalimu.

Antenatal Visits to Clinic

Be sure to attend at least 8 antenatal visits to the clinic.



Wekubirize ogenda okukebera nokunwa edagala ekitino nyo emirundi munaana (8) nga.

Diet During Pregnancy

During pregnancy, eat an extra meal during the day to support the growth of your baby. Remember to eat a lot of fruits and vegetables to prevent constipation.



Yongerako omulundi gumu kumilundi joolya olunaku, ekitono enyo milundi ena (4) omwana asobole okukula obulunji. Lya nyo ebibala ne' enva endilwa osobole okufuluma obulungi nga ogenze mutoyi.

Importance of Supplements

Take supplements regularly as advised by your doctor. If you take tea, make sure to take your supplements either two (2) hours before eating or two (2) hours after eating.



Mila edagal nga omusawao wedwaliro bwakulagidde. Bwoba onywede caayi, kikole oluvanyuma lw'esaawa biri nga tonaba oba nga omaze okumira edagala lyo.

Personal Hygiene and Sanitation During Pregnancy

It's important for women to practice good hygiene and sanitation during pregnancy to avoid getting infections. (practical)



Omukyala ow'olubutu alina okukuuma obuyonjo okwewala okwatibwa endwade eziva kubu kyaafu.

Breastfeeding Newborns

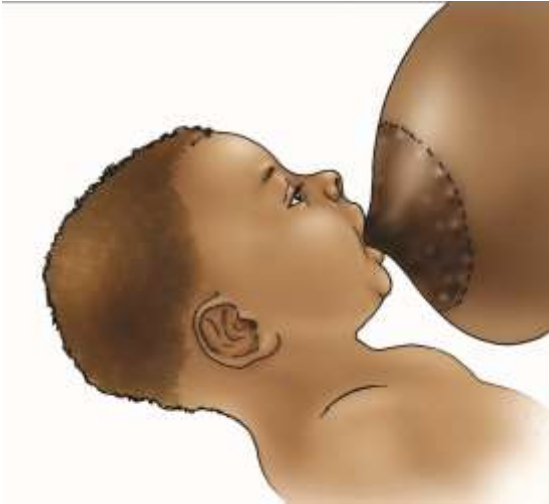
Feed your newborn with the first milk as colostrum gives the child strong immunity.



Omwana waba yakazalibwa, yetaaga nyo amata agasooka nasobola akulwanisa endwade.

Breast Attachment for Nursing

For proper breastfeeding, make sure the child is well attached to the breast.
(practical demonstration).



Poor attachment



Good attachment

Omwana omuteeka bulunji kubeele enwanto yona negweela mukamwa nasobola okuyoonka obulunji nakuta.

Exclusive Breastfeeding - Infants 0-6 months

Exclusively breastfeed the infant from birth to 6 months of age.

At 6 months, introduce other foods as you continue breastfeeding.



Yonsa omwana nga tolina kilala kyomuwa paka nga awezeza emyezi mukaaga (6). Ku myezi omukaaga, ontandika omuwaako emere endala (egonda) nga ela bw'omuyonsa

Complementary Feeding of Infants - 6+ months

In addition to continued breastfeeding, infants at 6 months of age should be given enriched porridge (practical) and additional liquids for a balanced diet.



Ku mwezi omukaaga, omwana muwe ku buuji ne emere endala (ngayaluzi) okwongereza ku bilisa.

Feeding Baby Safely

Always keep baby's food safely covered; always warm baby's food before feeding infant.



Emere yomwana ojitereka bulunji nga ojibiseko ate nojibuguumyaako nga tonaba jimuwa.

Keeping Baby Well

Cover infants to keep them warm, especially when it's cold to keep them from getting pneumonia.



Omwana mubike omukume nga omubiri gwe gubuguma mubunyogovu okwewala endwade z'ekifuba.

Menstrual Hygiene Management

When a girl menstruates, she needs to have a sanitary pad. (lessons on making reusable pads – practical)



Omukyaala yena yetaaga okubera ne pad nga alimunsonga ze (pads zafe ezozebwa bazikola bwebati (practical)).

Practicing Good Hygiene During Menstruation

It's important to practice good hygiene when one menstruates and that includes properly washing the reusable pads. (practical)



Omukyala oba omuwala alina, okuuma obuyonjo nga alimusonga. Pads ozooba bulunji noyanika mumusana neekala nga tonadamu jikozesa.