

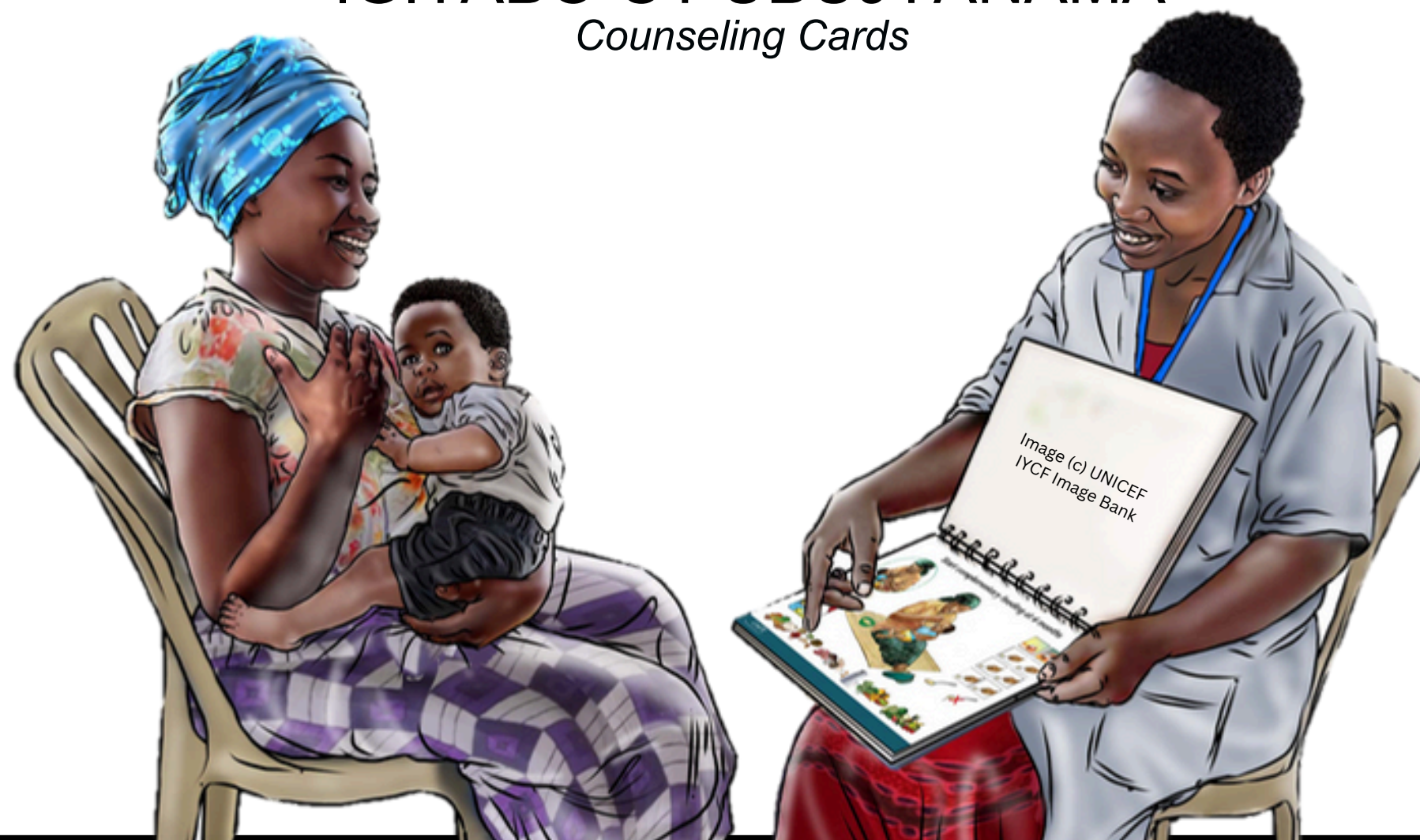
DEUX OEUFs PROJECT

UBUZIMA N'IMIRIRE BY'UMUBYEYI N'UMWANA

Maternal and Child Health and Nutrition

IGITABO CY'UBUJYANAMA

Counseling Cards



AMABWIRIZA

INSTRUCTIONS

- CHWs izatanga ubu butumwa ku bagore bo mu itsinda ry'amagi ndetse no ku bagore bari mu itsinda ritari amagi, bakoresheje imfashanyigisho ijyanye n'umunsi w'icyumweru. Ibi bizubahirizwa n'abakozi ba WV moto, cyangwa abakorerabushake ba WV, kandi byandikwe muri REDCap.

CHWs will provide these messages to the women in the egg group and to the women in non-egg group, using a laminated guide according to day of the week. This will be observed by the WV moto staff, or WV volunteer, and recorded in REDCap.

- Niba CHW idahari, abakozi ba WV moto bazatanga aya makuru kubagore. Niba abitabiriye kwiga badakorana nabakozi ba CHW cyangwa WV moto, umukorerabushake wa WV azatanga ubutumwa uko asuye umubyeyi buri munsi.

If CHW is absent, WV moto staff will provide this information to the women. If study participant does not make contact with CHW or WV moto staff, the WV volunteer will administer the message at the daily check-in.

- Ubutumwa bwa buri munsi bugomba kuba bumwe kubitsinda byombi, kandi bigatangwa muburyo bumwe, kandi hafi yigihe kingana. Ubutumwa butanga inama kubabyeyi harimo imirire myiza, kwita mugihe utwite, konsa, nibindi.

The everyday message should be the same for both the groups, and delivered in the same way, and approximately the same amount of time. The message counseling messages to mothers including better nutrition, care during pregnancy, breastfeeding, etc.

- Ibibazo umubyeyi afite kuri izi ngingo bigomba koherezwa kandi bigasubizwa na CHW cyangwa umuforomo wabo wa ANC, SI abakozi ba moto ya WV cyangwa abakorerabushake ba WV.

Questions the mother has about these topics should be referred to and answered by the CHW or their ANC nurse, NOT WV moto staff or WV volunteers.

- Umuntu utanga ubutumwa (CHWs / WV moto abakozi / WV umukorerabushake) azatanga ubu butumwa bwerekanwe kumunsi wihariye wumunsi.

The message delivery person (CHWs/WV moto staff/WV volunteer) will provide these messages listed on the specific week of the day.

Ubutumwa bugaragaza ko yitabiriye

Daily check-in messages

**KUWA MBERE
(MONDAY)**

IMIRIRE
Nutrition (1)



**KUWA KABIRI
(TUESDAY)**

**KWIRINDA
UBURWAYI**
Preventive Care (1)



**KUWA GATATU
(WEDNESDAY)**

INYONGERA MIRIRE
Supplements (1)



**KUWA KANE
(THURSDAY)**

KONSA
Breastfeeding (1)



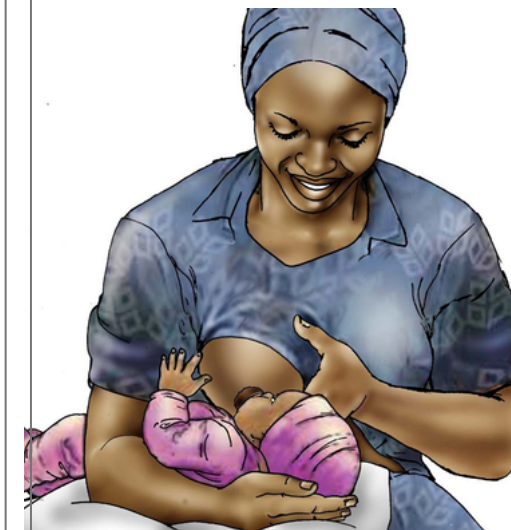
**KUWA GATANU
(FRIDAY)**

IMIRIRE
Nutrition (2)



**KUWA
GATANDATU
(SATURDAY)**

KONSA
Breastfeeding (2)

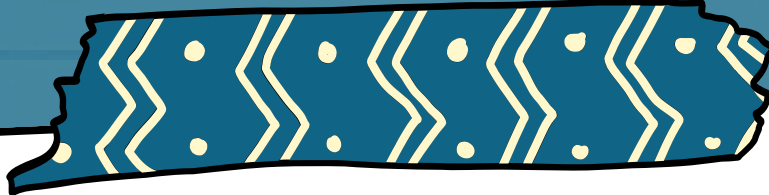


**KU CYUMWERU
(SUNDAY)**

**INYONGERA MIRIRE /
KWIRINDA UBURWAYI**
Supplements /
Preventive Care (2)



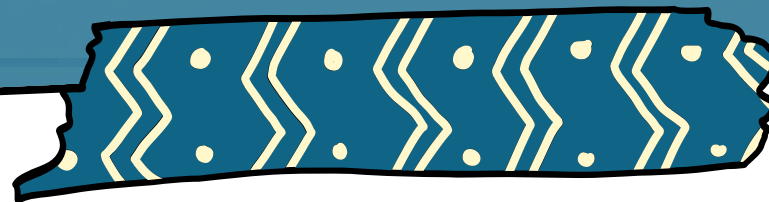
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Mu gihe utwite cyangwa wonsa,
itungamubiri zihariye zizafasha
umwana gukura neza no kugira
ubuzima bwiza.

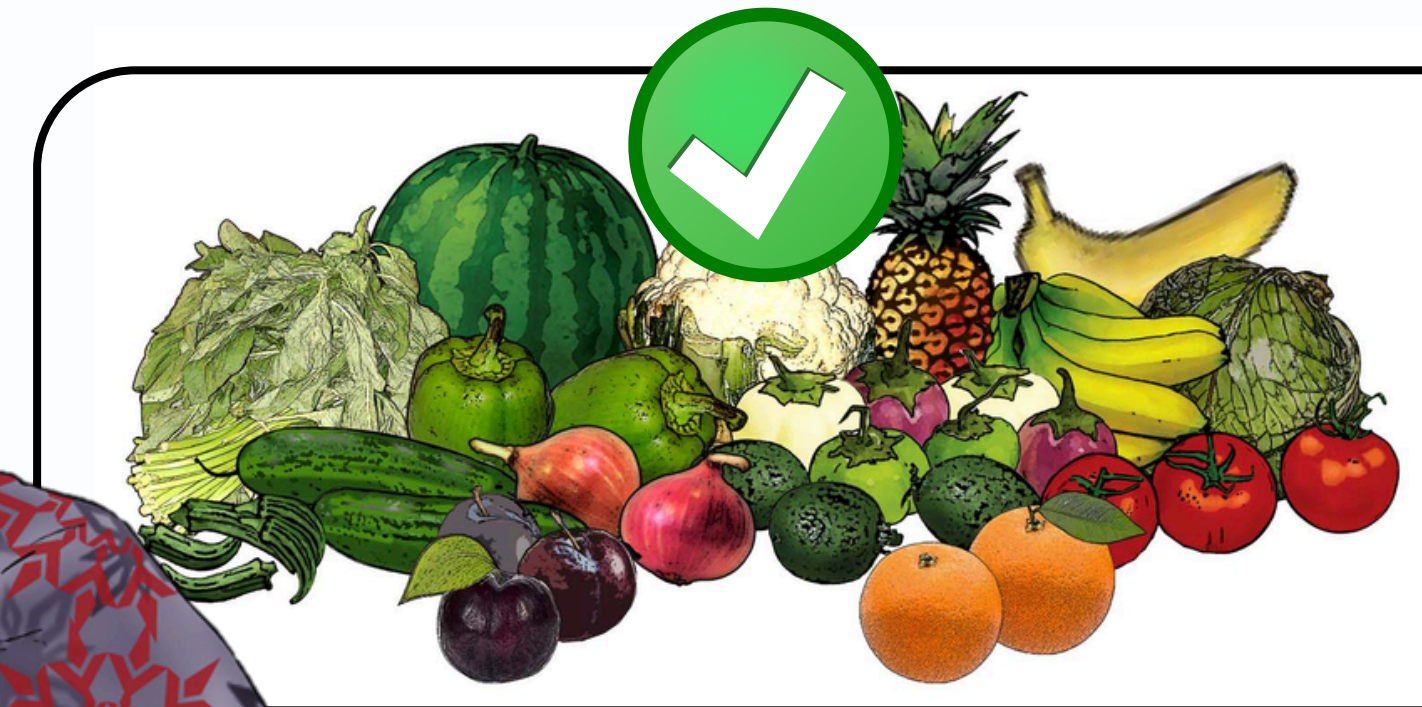
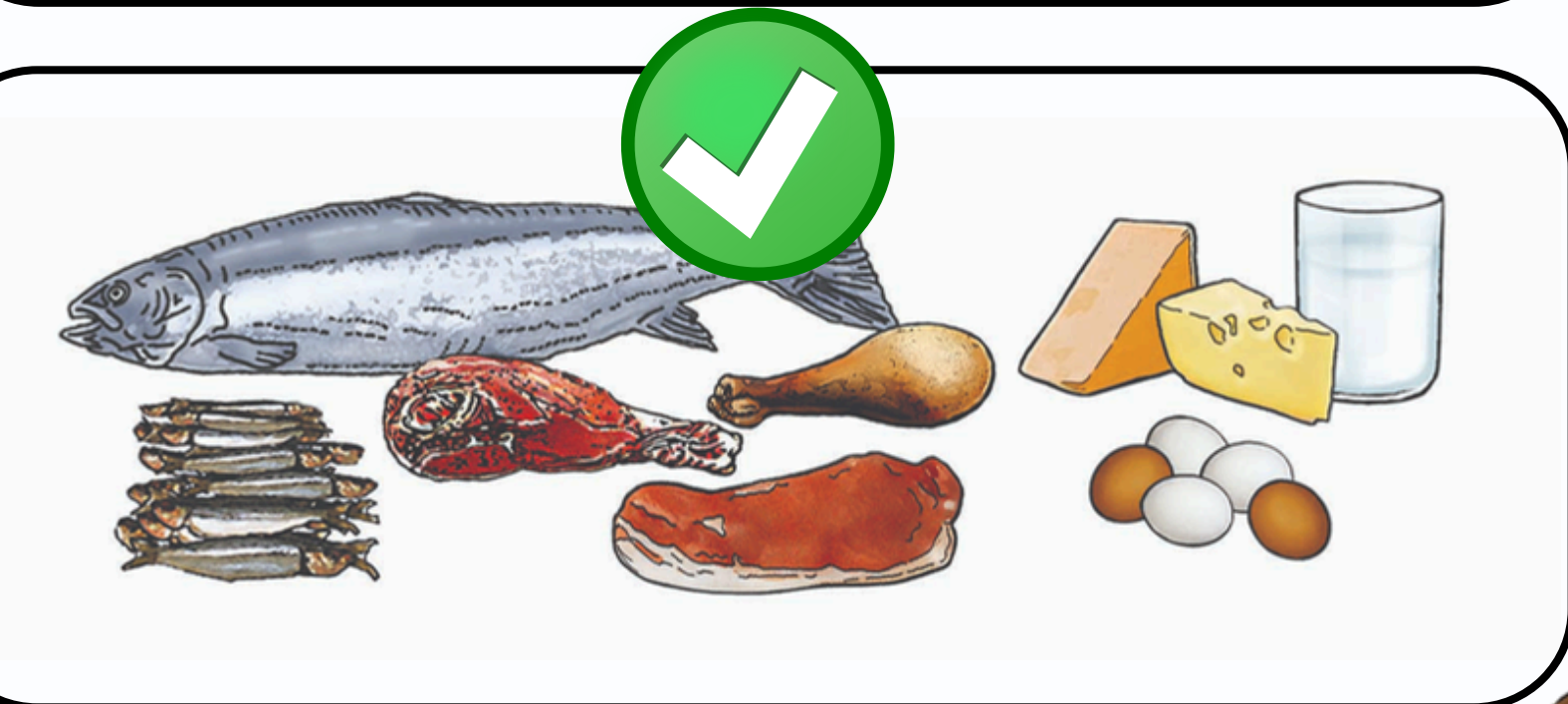
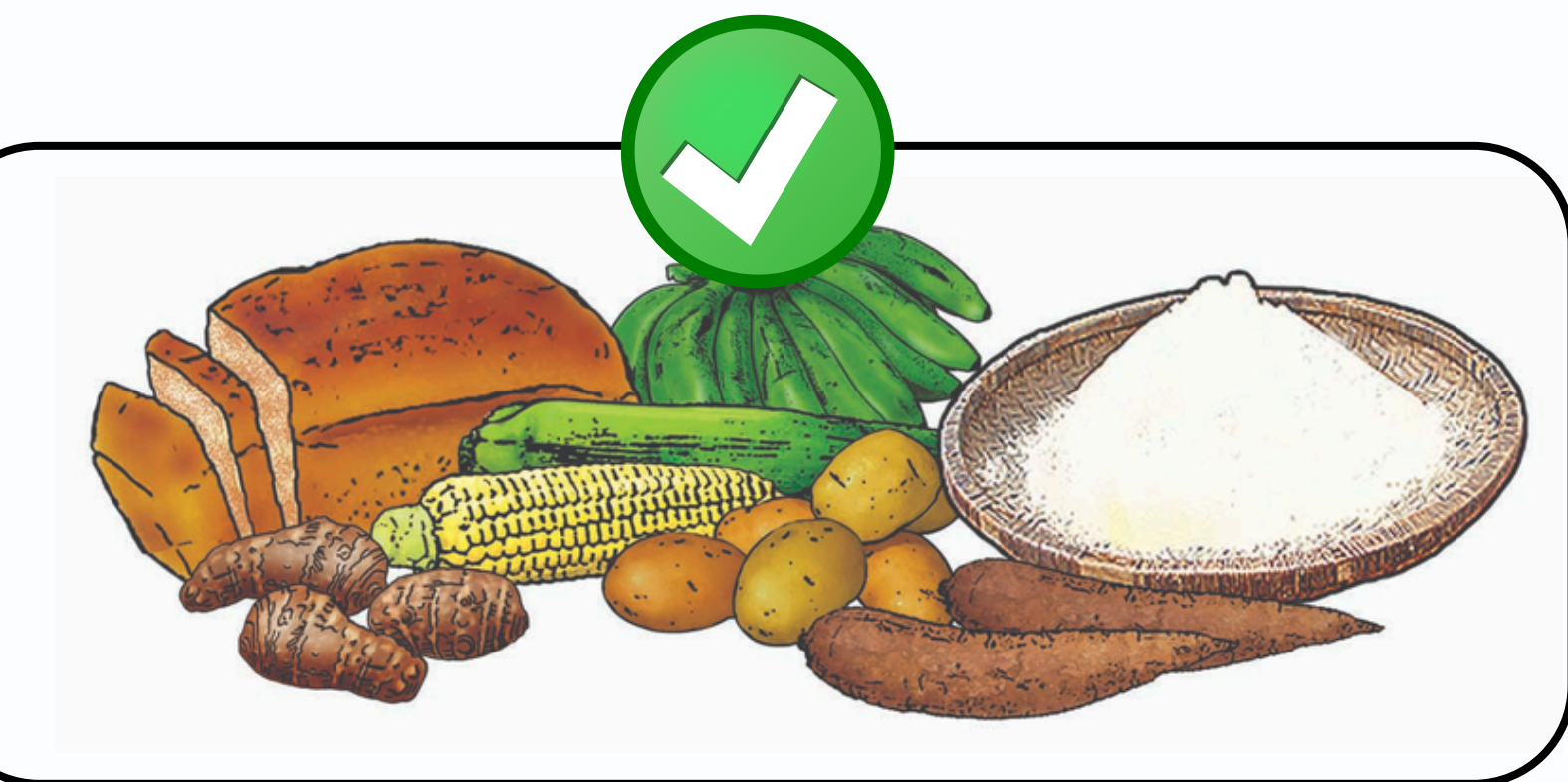
During pregnancy and breastfeeding, special nutrients will help
your baby grow well and be healthy.



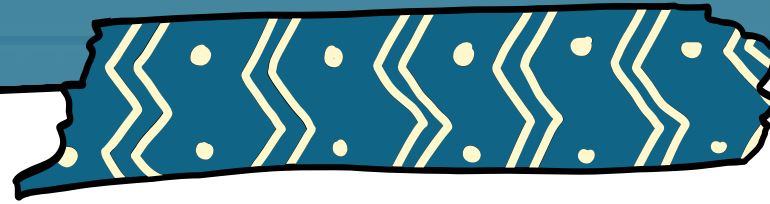


Ukeneye ibiribwa byose ushobora kubona bikungahaye ku ntungamubiri kurusha ibindi harimo amata, imbuto n'imboga bishyashya, inyama (harimo inyama zo mu nda nk'umwijima, umutima n'impayiko), amafi, amagi, ibinyampeke, ubunyobwa, amashaza n'ibishyimbo.

You need to eat the best nutritious foods available, including milk, fresh fruit and vegetables, meat (including organ meat like liver, heart and kidney), fish, eggs, grains, groundnuts, peas and beans.



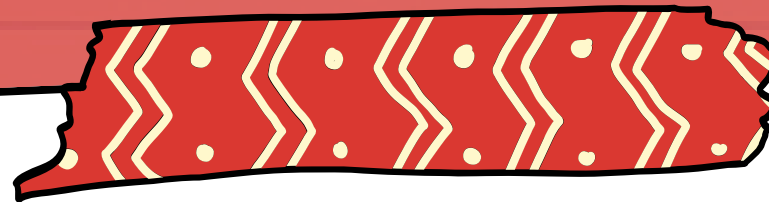
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Kunywa icyayi cyangwa ikawa mu gihe cyo kurya bishobora kugira ingaruka k'uburyo umubiri wawe ukoresha ibiryo. Gabanya ingano y'icyayi n'ikawa unywa.

Taking tea or coffee with meals can interfere with your body's use of the foods. Limit the amount of tea and coffee you drink.



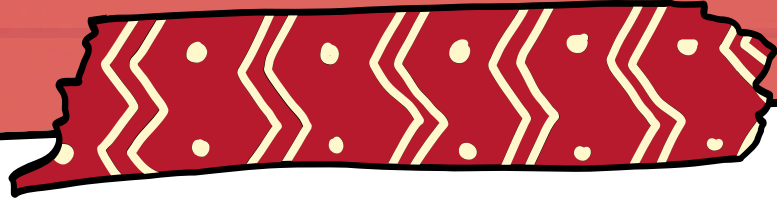


Mu gihe utwite ipimishe byibura inshuro 4, uhereye igihe muganga yemeje ko utwite.

Kwipimisha ni ingenzi kuko bigufasha kumenya uko ubuzima bwawe bumeze n'uburyo umwana utwite akura.

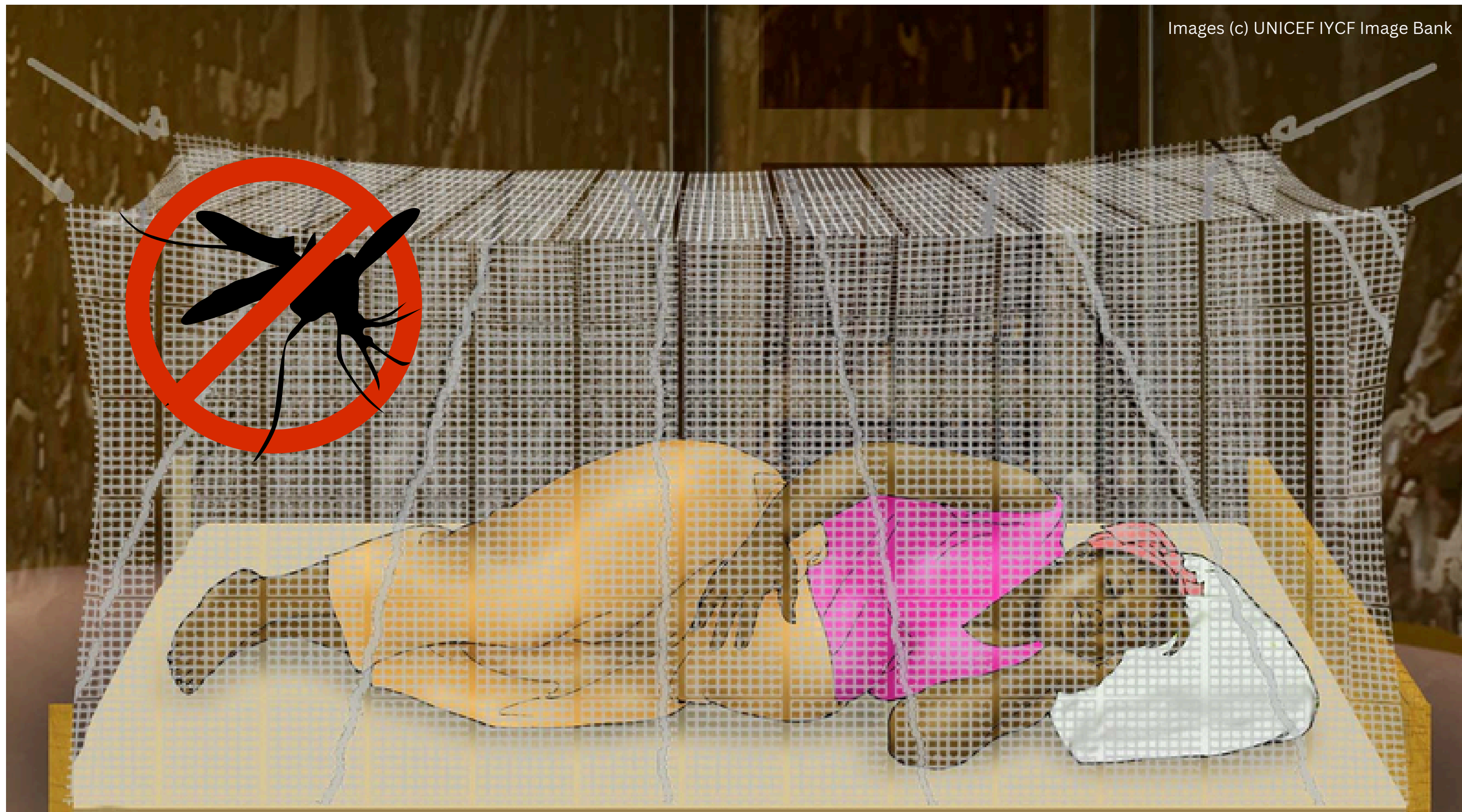
Attend antenatal care at least 4 times during pregnancy, starting when you are confirmed pregnant.
These check-ups are important for you to learn about your health and how your baby is growing.

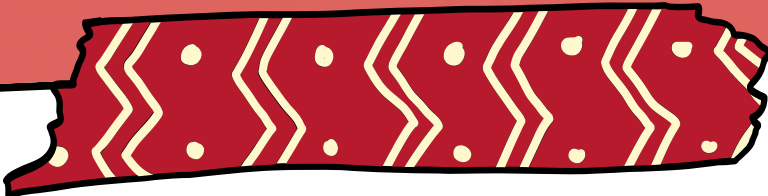




Kugirango ukumire malariya,
ryama buri joro mu
nzitiramibu iteye umuti.

To prevent malaria, sleep under an insecticide-treated mosquito net every night.



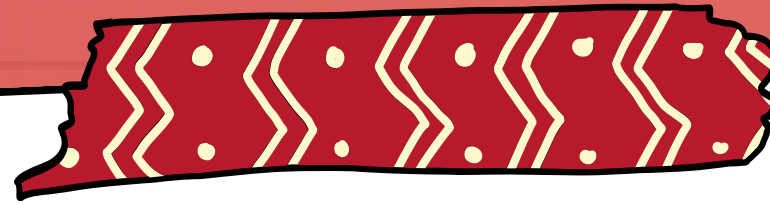


Menya uko uhagaze ku byerekeranye
na virusi itera SIDA, kandi ufate imiti
nk'uko muganga yayikwandikiye.

Learn your HIV status, attend all the clinic appointments and
take your medicines as advised by your health provider.

HIV Testing

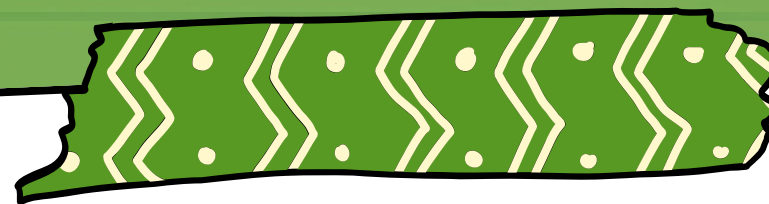




Uzakenera kuruhuka kurushaho mu
mezi 3 ya nyuma mbere yo
kubyara, ndetse no mu kwezi
kumwe nyuma yo kubyara.

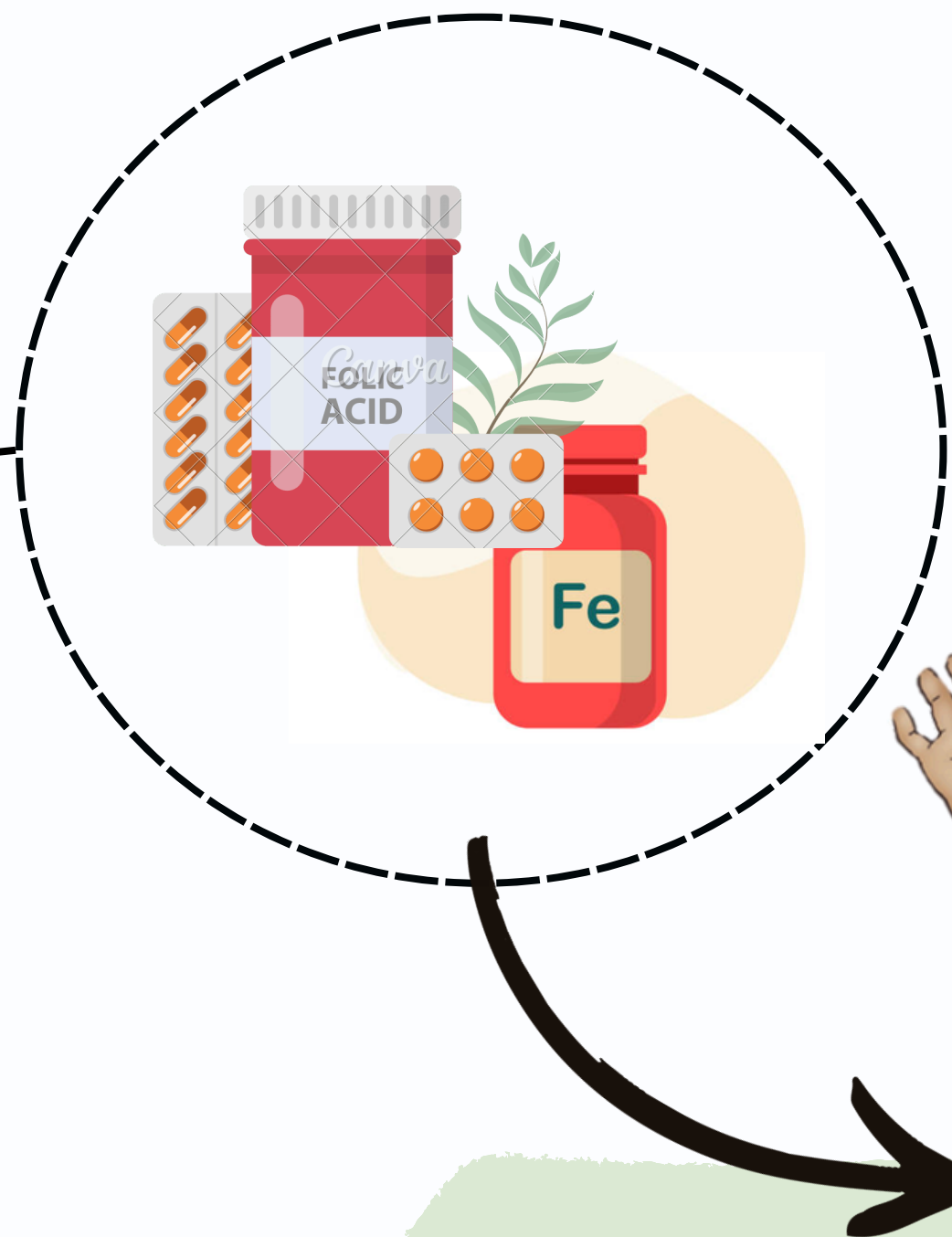
You will need more rest during the last 3 months of pregnancy
and the first months after your baby is born.

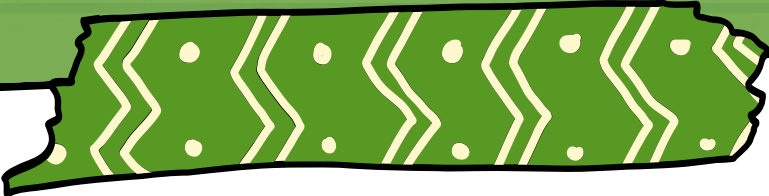




Fata ibinini bya feri n'asidi foliki mu gihembwe cya mbere utwite. Ibi bizakurinda kubyara umwana ufite ubumuga. Ukomeze gufata utu tunini(feri na aside folike / twongera amaraso) mugihe cy' amezi atatu umaze kubyara.

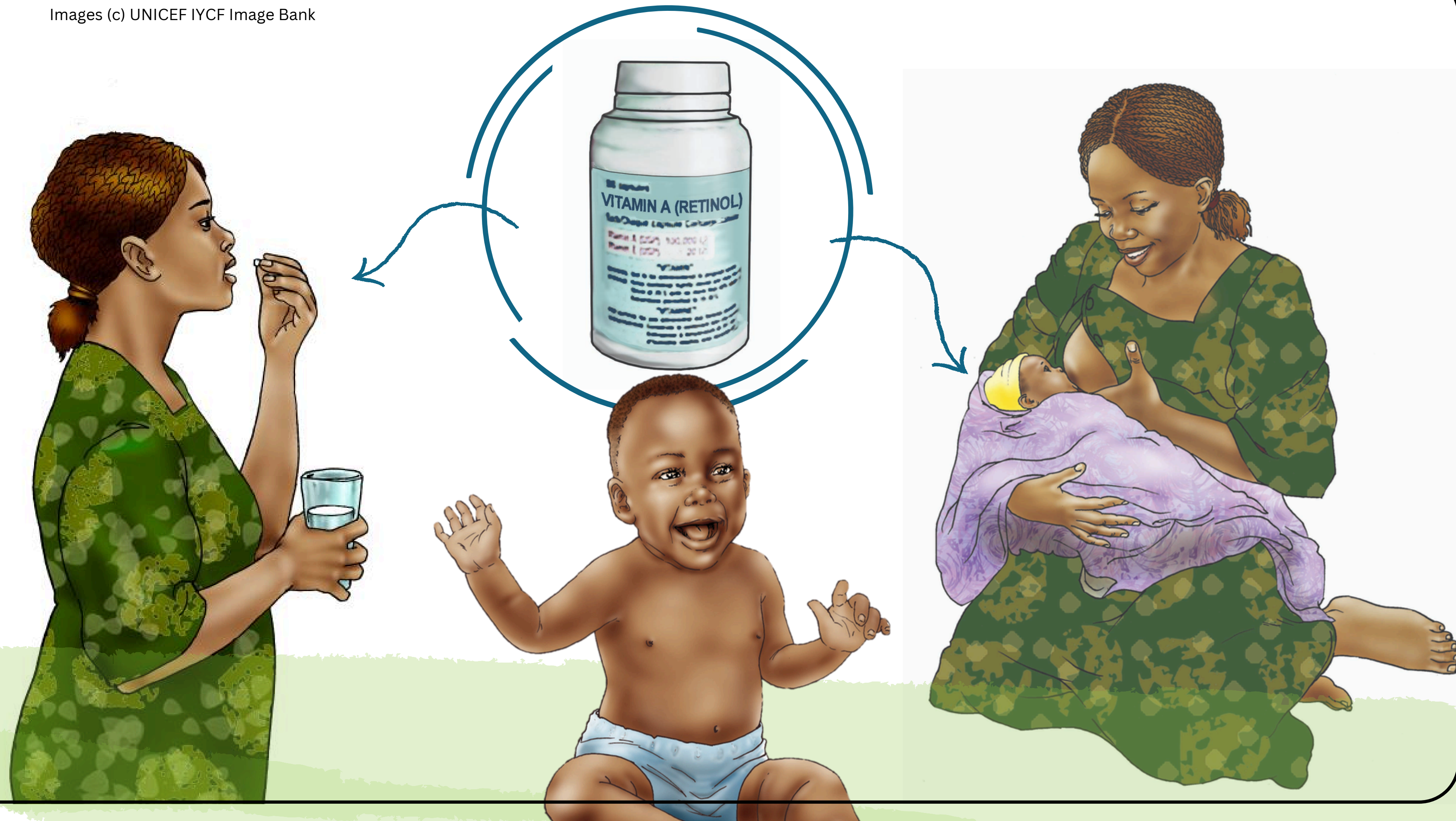
Take iron and folic acid tablets to prevent anaemia during pregnancy, starting as soon as you learn that you are pregnant. Taking iron and folic acid tablets also helps to prevent the risk of giving birth to a child with certain disabilities. Continue taking iron and folic acid tablets for at least 3 months after the birth of your baby.

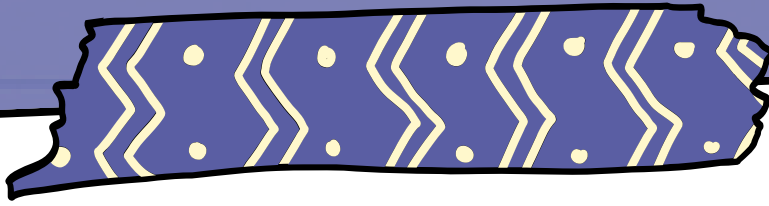




Fata ikinini cya Vitamine A ukimara kubyara
cyangwa mugihe kitarenze amezi atandatu umaze
kubyara, bifasha umwana kubona Vitamine A
ayonse mu mashereka Bizarinda umwana indwara
z" uhurwayi n' ubumuga bw' Amaso

Take vitamin A tablets immediately after delivery or within 6 weeks so that your baby receives the vitamin A in your breast milk to help prevent illness and eye disability.

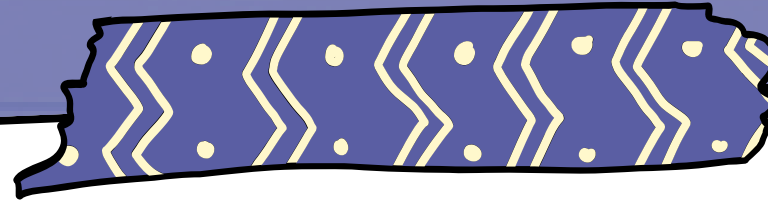




Konsa umwana akimara
kuvuka ni ingenzi.

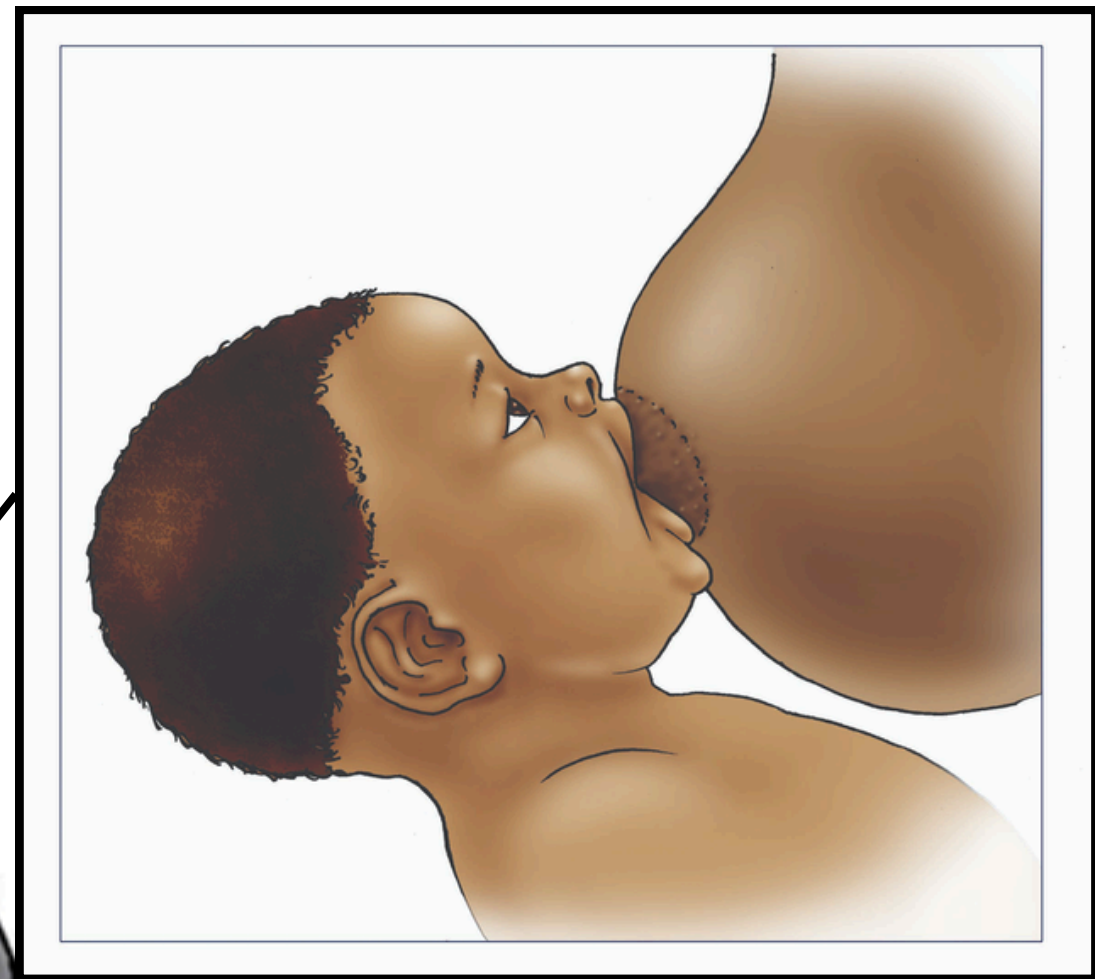
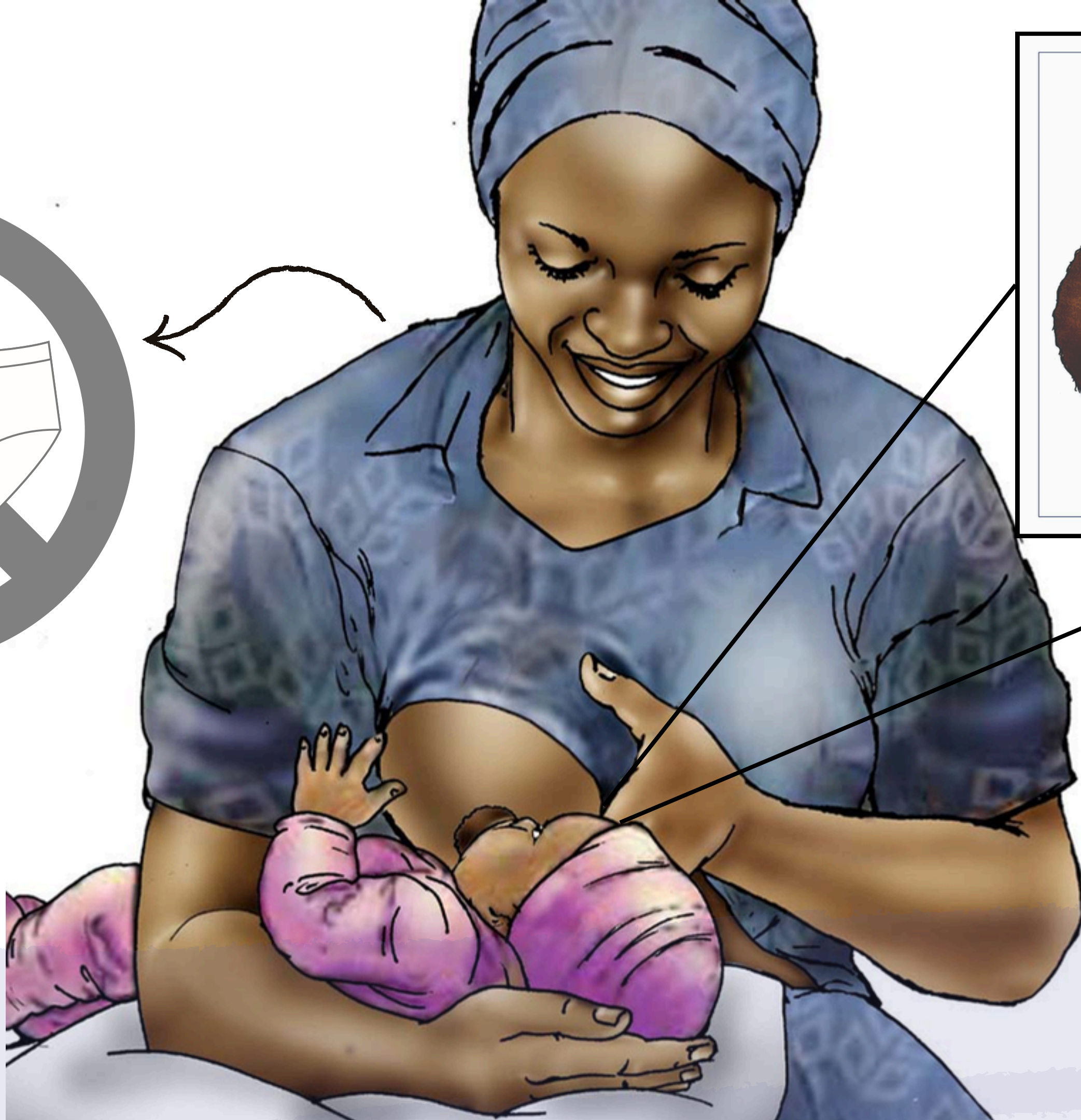
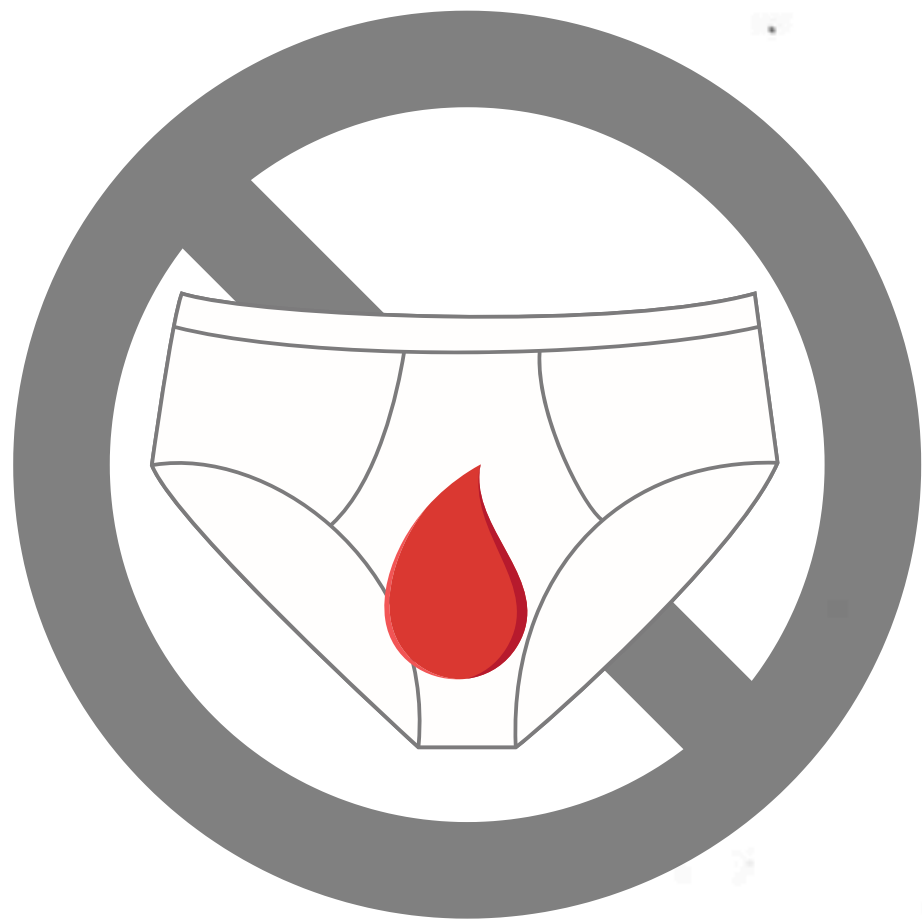
Immediate breastfeeding after birth is critical.



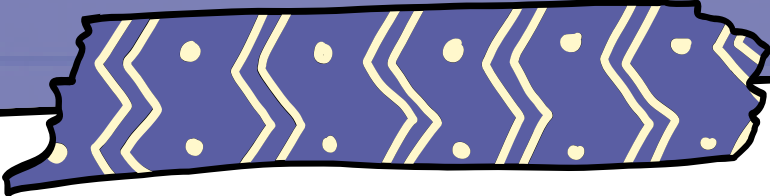


Onsa umwana mu isaha ya mbere kimara kumubyara.
Guhita wonsa bifasha uruhinja kwigira konka hakiri kare
kandi bikagabanyiriza umubyeyi kuva.

Begin breastfeeding within the first hour of birth. Early breastfeeding helps the baby learn to breastfeed while the breast is still soft and helps reduce your bleeding.

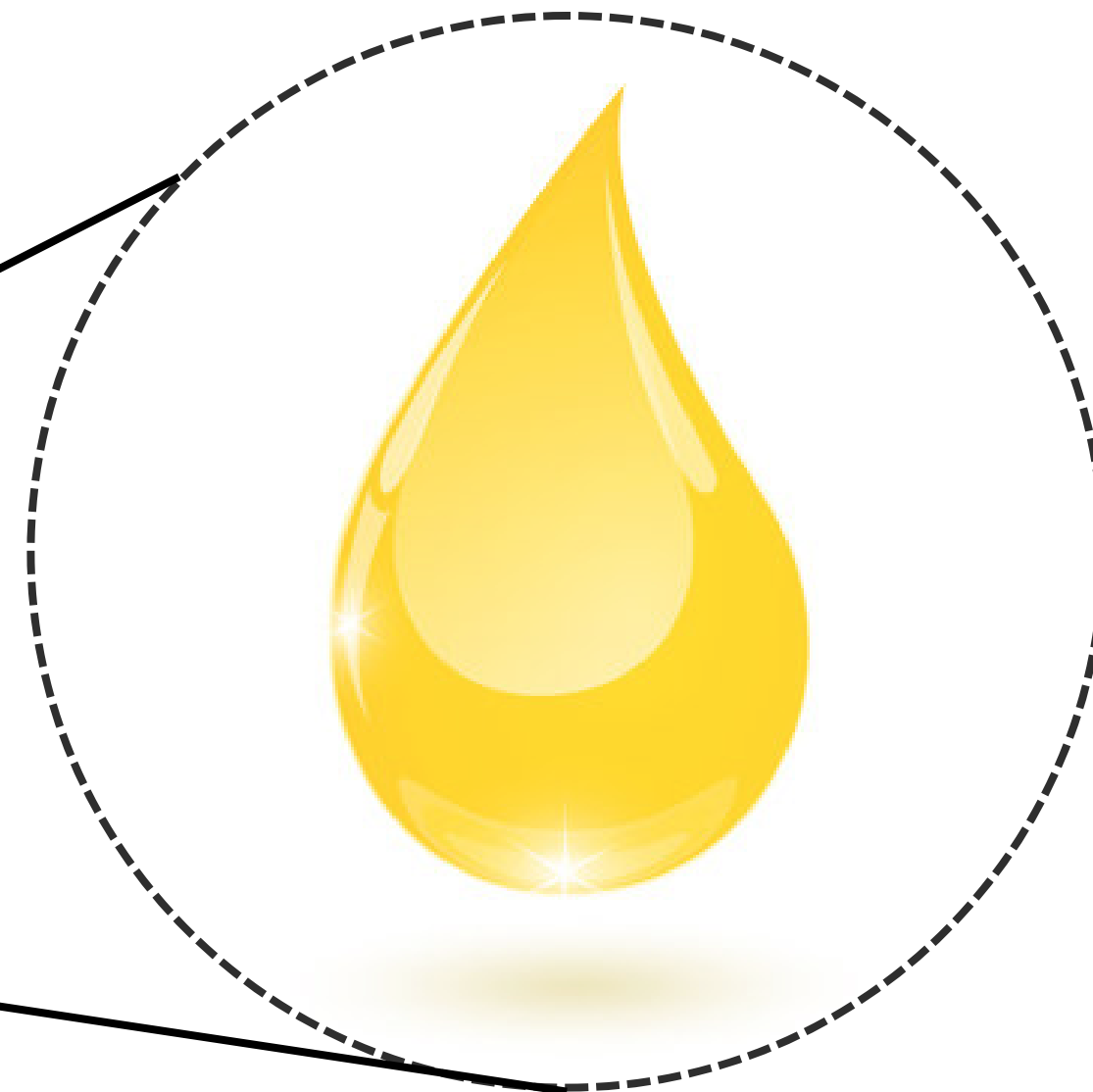
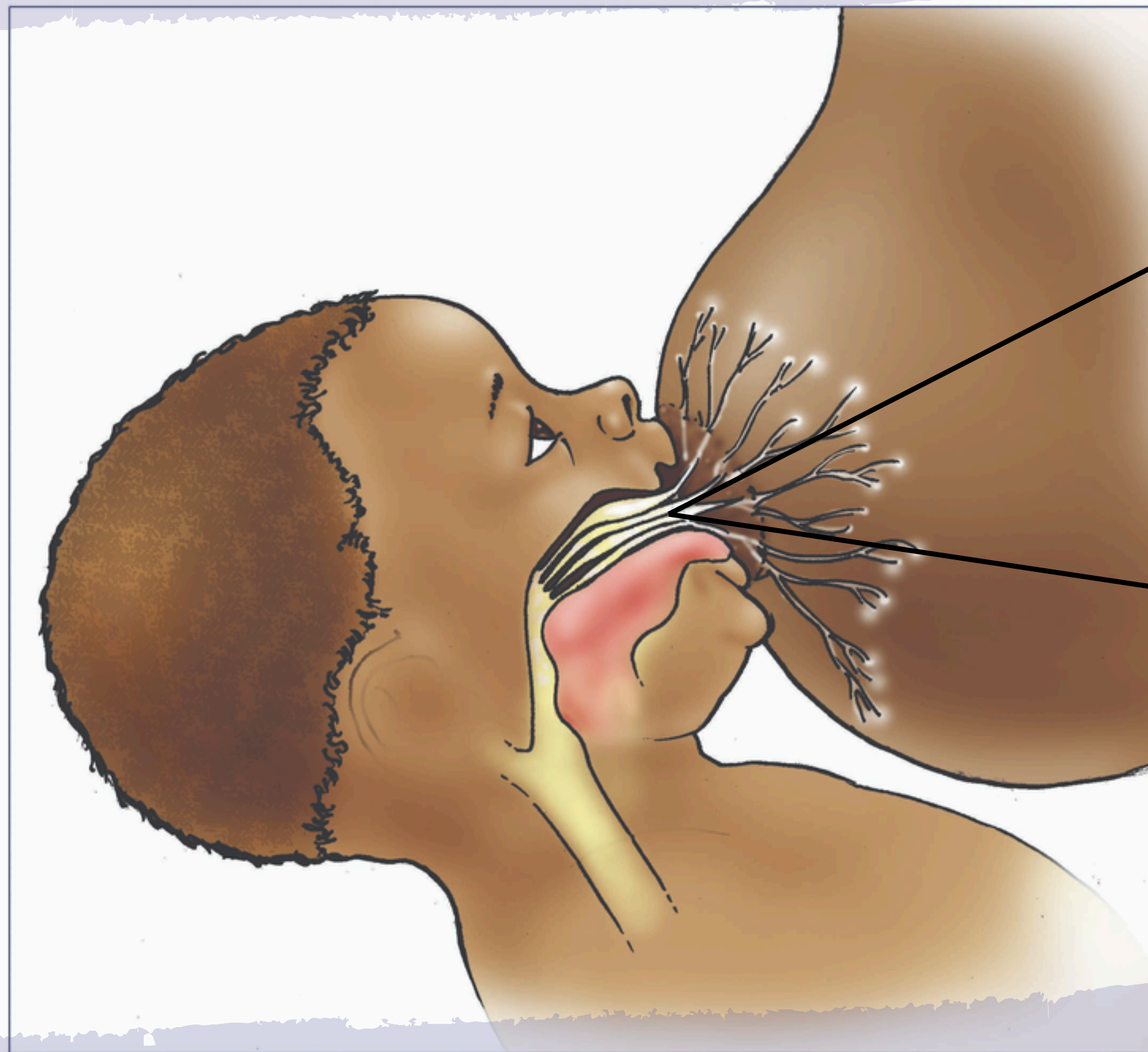


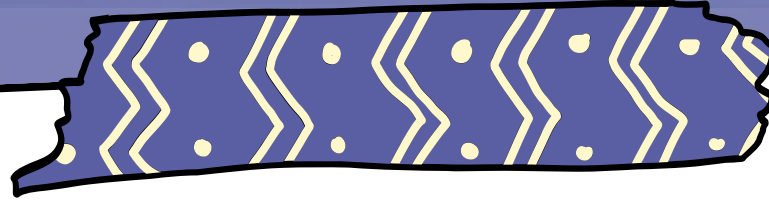
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Amashereka y'umuhondo afitiye
akamaro uruhinja rwawe.

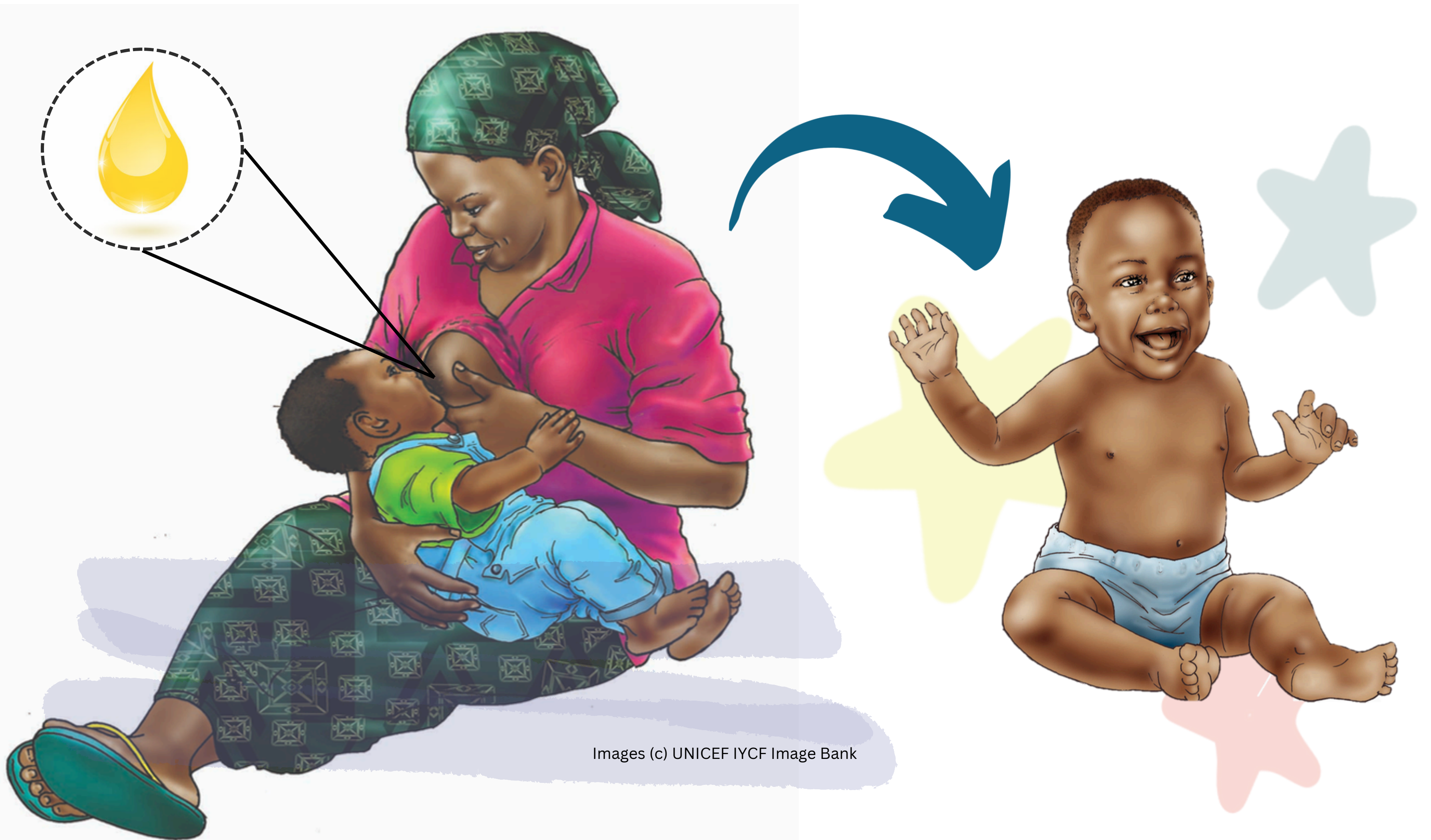
Colostrum, the thick yellowish milk, is good for your baby.



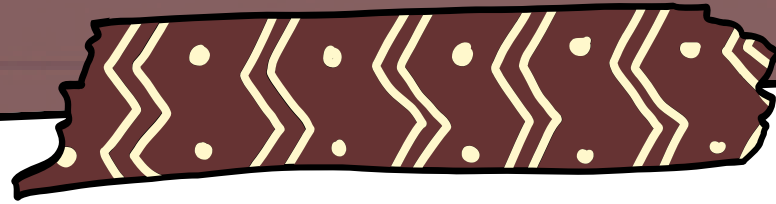


Amashereka y'umuhondo arinda
uruhinja indwara kandi akanavana mu
nda y'uruhinja umwanda wa mbere.

Colostrum helps protect your baby from illness and
helps your baby pass his/her first dark stool.



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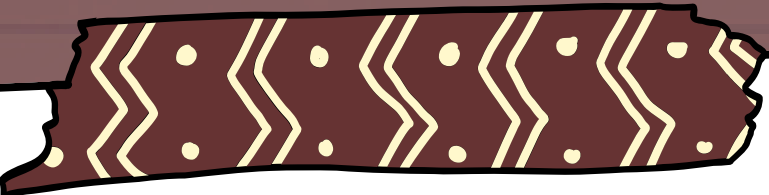


Ukeneye kunywa bihagije,
igihe cyose ufite inyota.

Drink plenty of liquids, whenever you are thirsty.

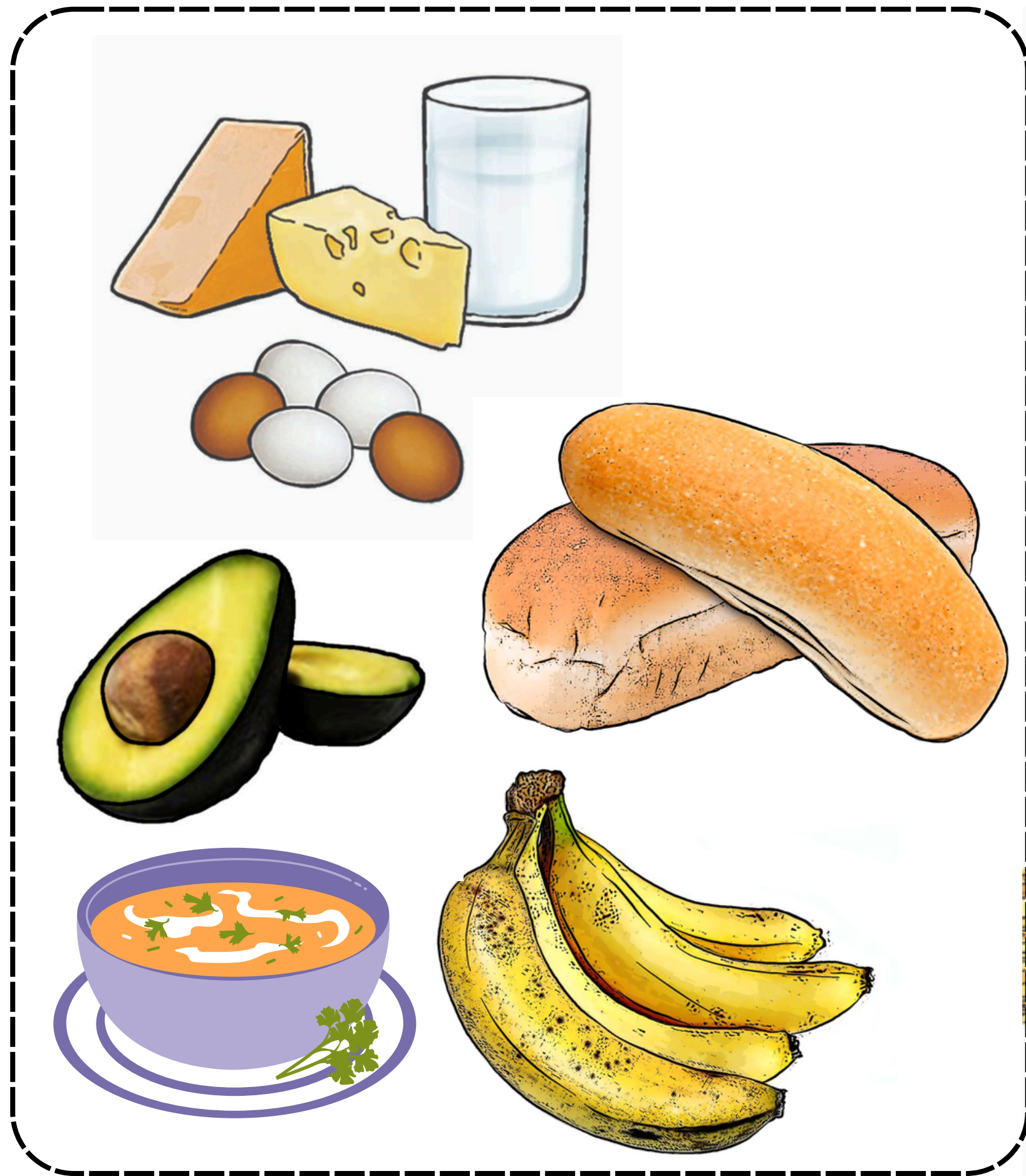


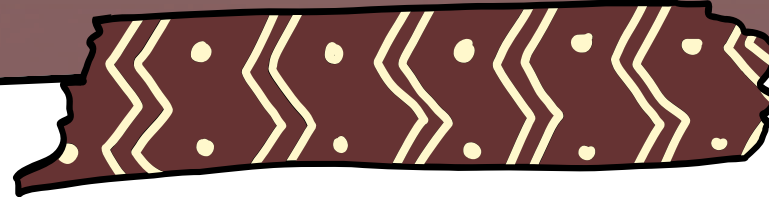
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Mu gihe utwite, fata buri munsu ifunguro rito
ry'inyongera hagati y'amafunguro manini,
kugirango wowe n'umwana wawe uri gukura
mugire imbaraga zihagije n'imirire myiza.

During your pregnancy, eat one extra small meal or “snack” (extra food between meals) each day to provide energy and nutrition for you and your growing baby.



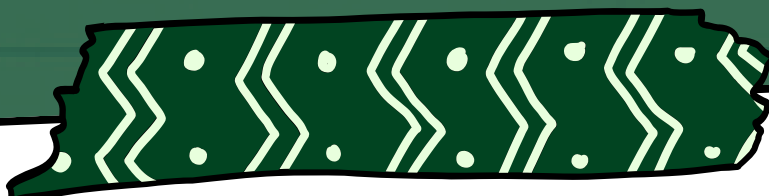


Ukeneye ibiribwa byose ushobora kubona bikungahaye ku ntungamubiri kurusha ibindi harimo amata, imbuto n'imboga bishyashya, inyama (harimo inyama zo mu nda nk'umwijima, umutima n'impayiko), amafi, amagi, ibinyampeke, ubunyobwa, amashaza n'ibishyimbo.

You need to eat the best nutritious foods available, including milk, fresh fruit and vegetables, meat (including organ meat like liver, heart and kidney), fish, eggs, grains, groundnuts, peas and beans.

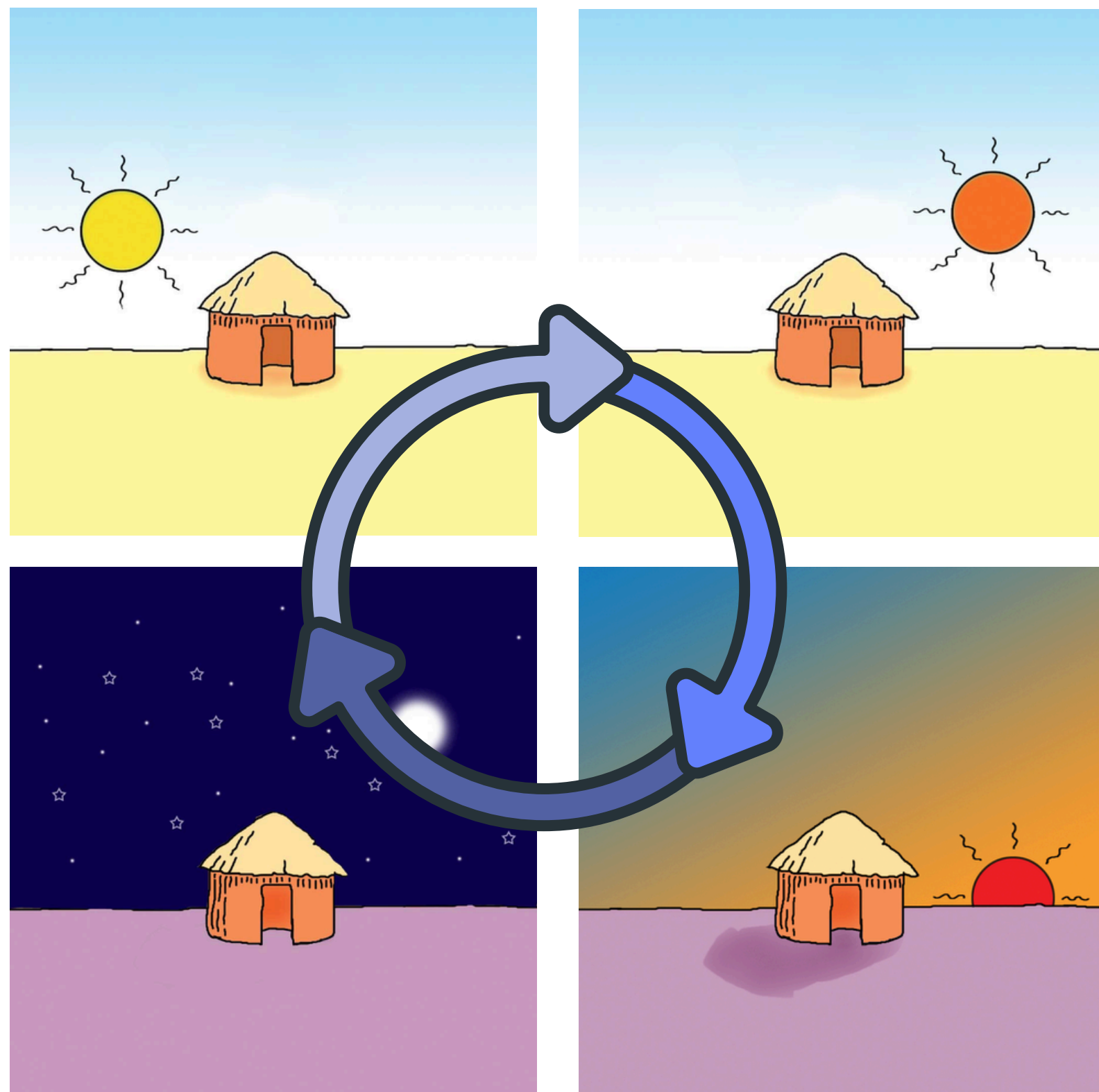


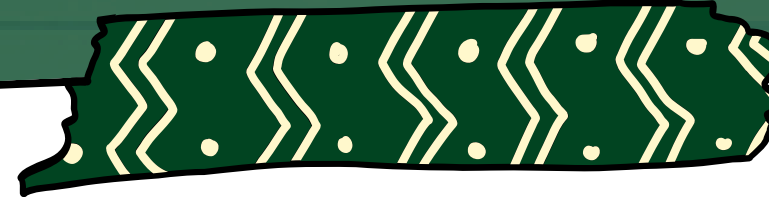
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Onsa kenshi kugirango
uhembere kandi ugire
amashereka ahagije.

Breastfeed frequently to help your breast milk 'come in'
and to ensure plenty of breast milk.



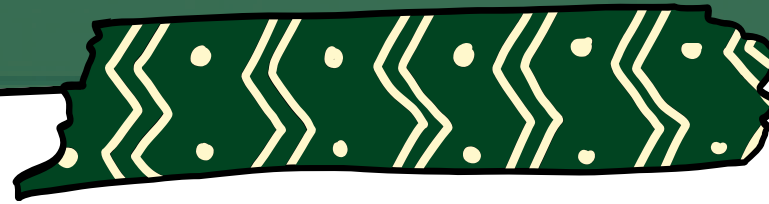


Kirazira guha uruhinja rukivuka amazi cyangwa ibindi binyobwa mu minsi ya mbere akivuka, cyangwa igihe icyo aricyo cyose mu mezi 6 ya mbere. Umwana ntakeneye ibyo binyobwa mbere y'uko yuzuza amezi 6. Si ngombwa rwose ahubwo bishobora kumugirira nabi.

Do not give water or other liquids or fluids to your baby during the first days after birth. Your baby does not need any pre-lacteal feeds. They are not necessary and are dangerous for your newborn.

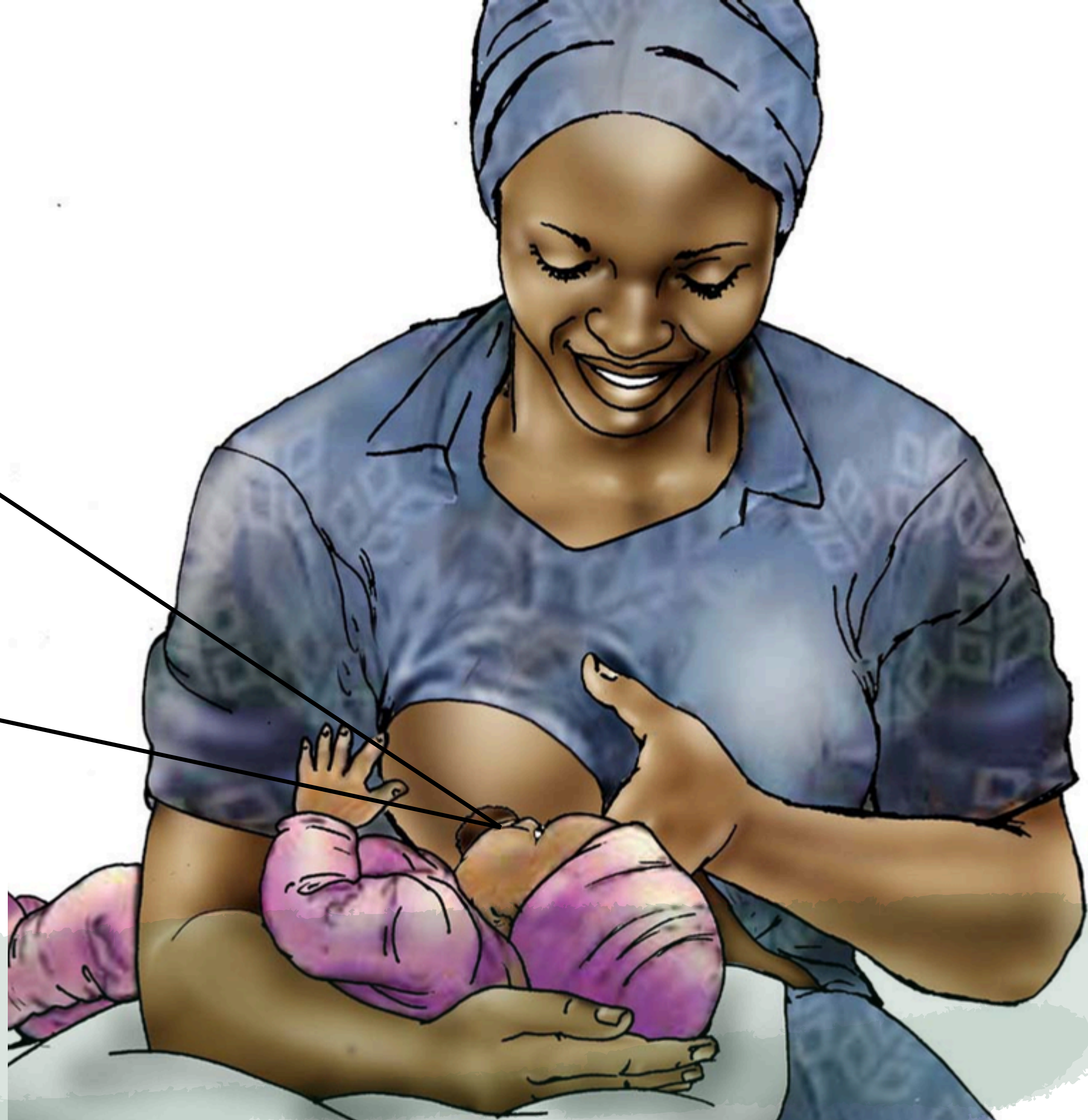
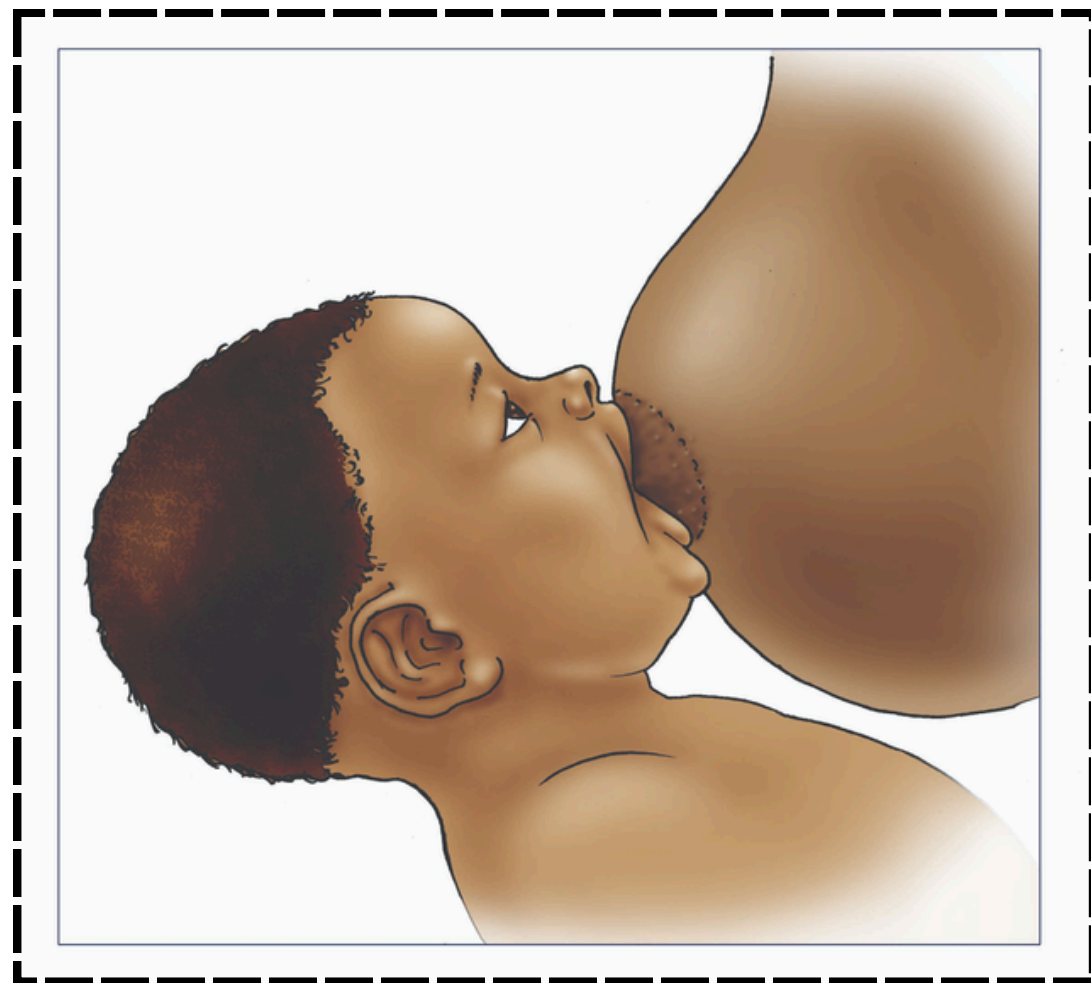


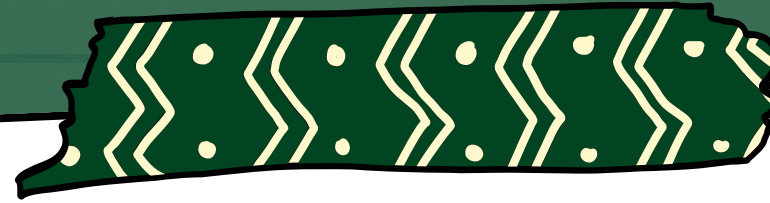
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Mu minsi mike ya mbere uruhinja
rukivuka, icyo rukeneye gusa ni
amashereka y'umuhondo. Igifu
cy'uruhinja kiba kikiri gito cyane.

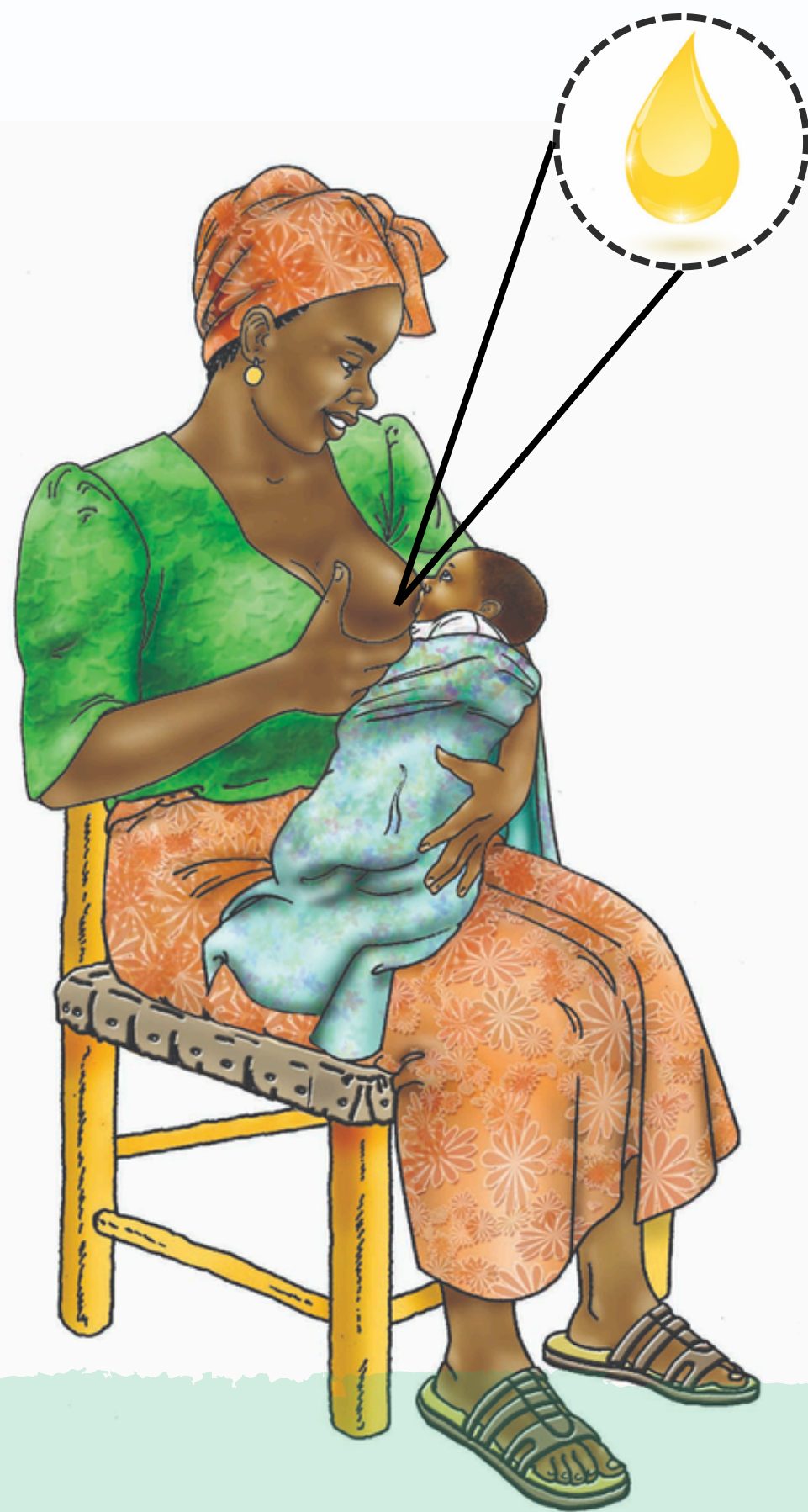
During the first few days after birth, your baby only needs
colostrum. Your baby's stomach is very small.





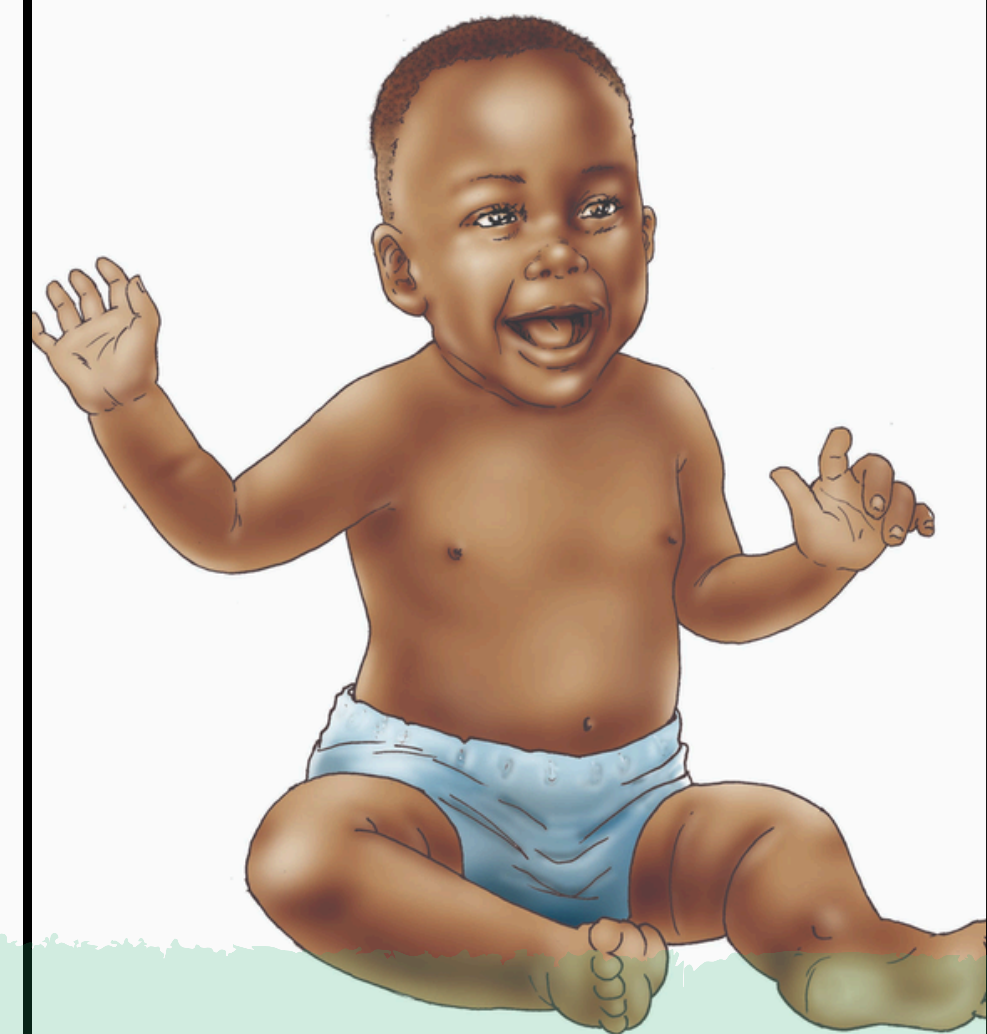
Amashereka afite intungamubiri
zose n'amazi umwana wawe
akeneye mu mezi atandatu avutse.

Breast milk provides all of the food and water that your
baby needs during the first 6 months of life.

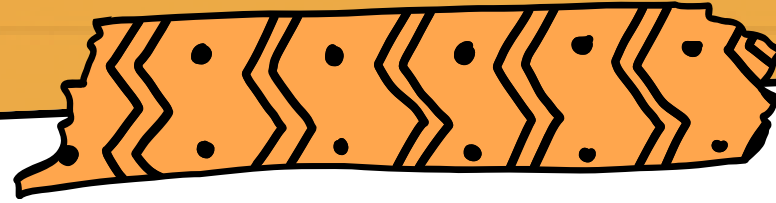


6

months

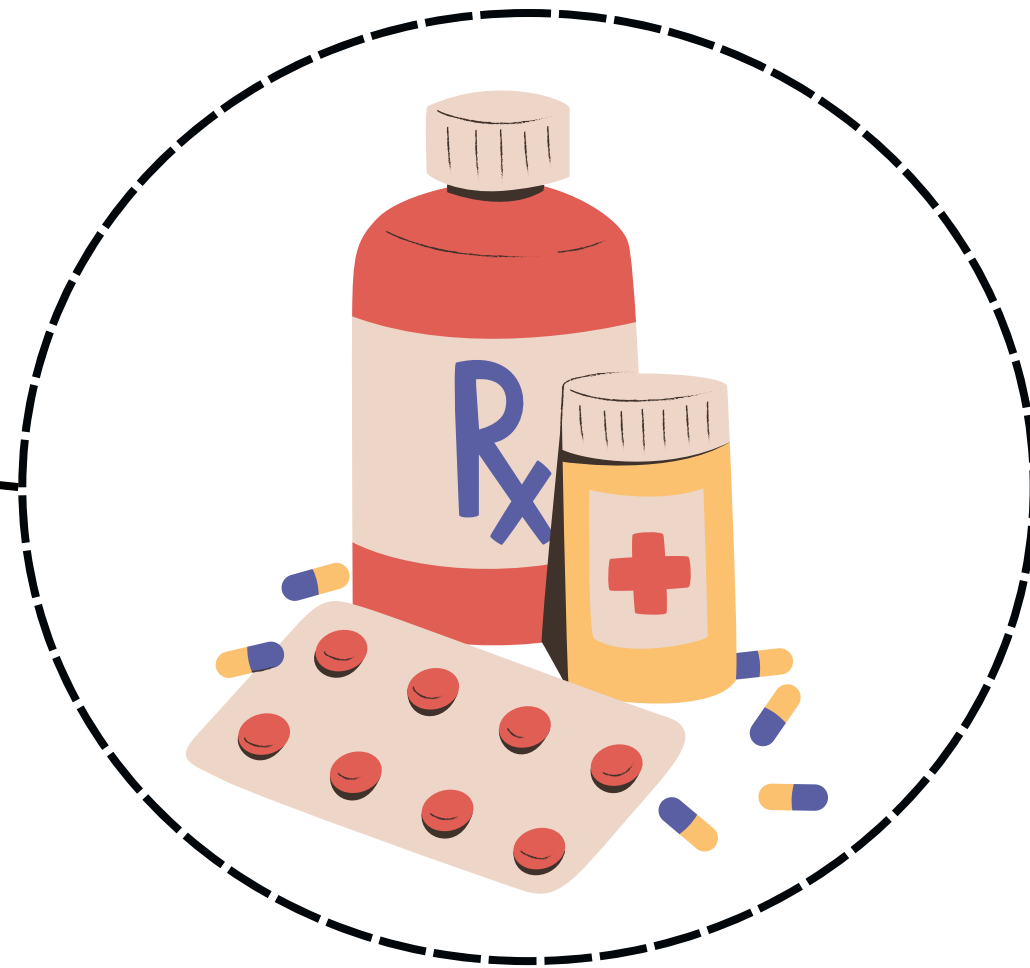


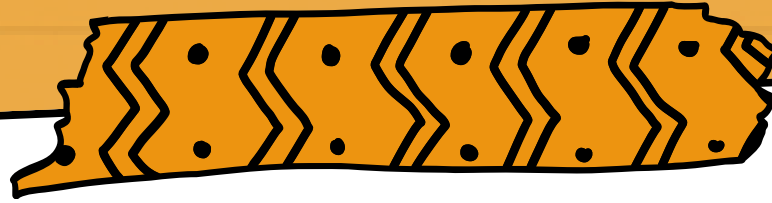
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Fata ibinini by'inzoka kugirango
ukumire ibura ry'amaraso.

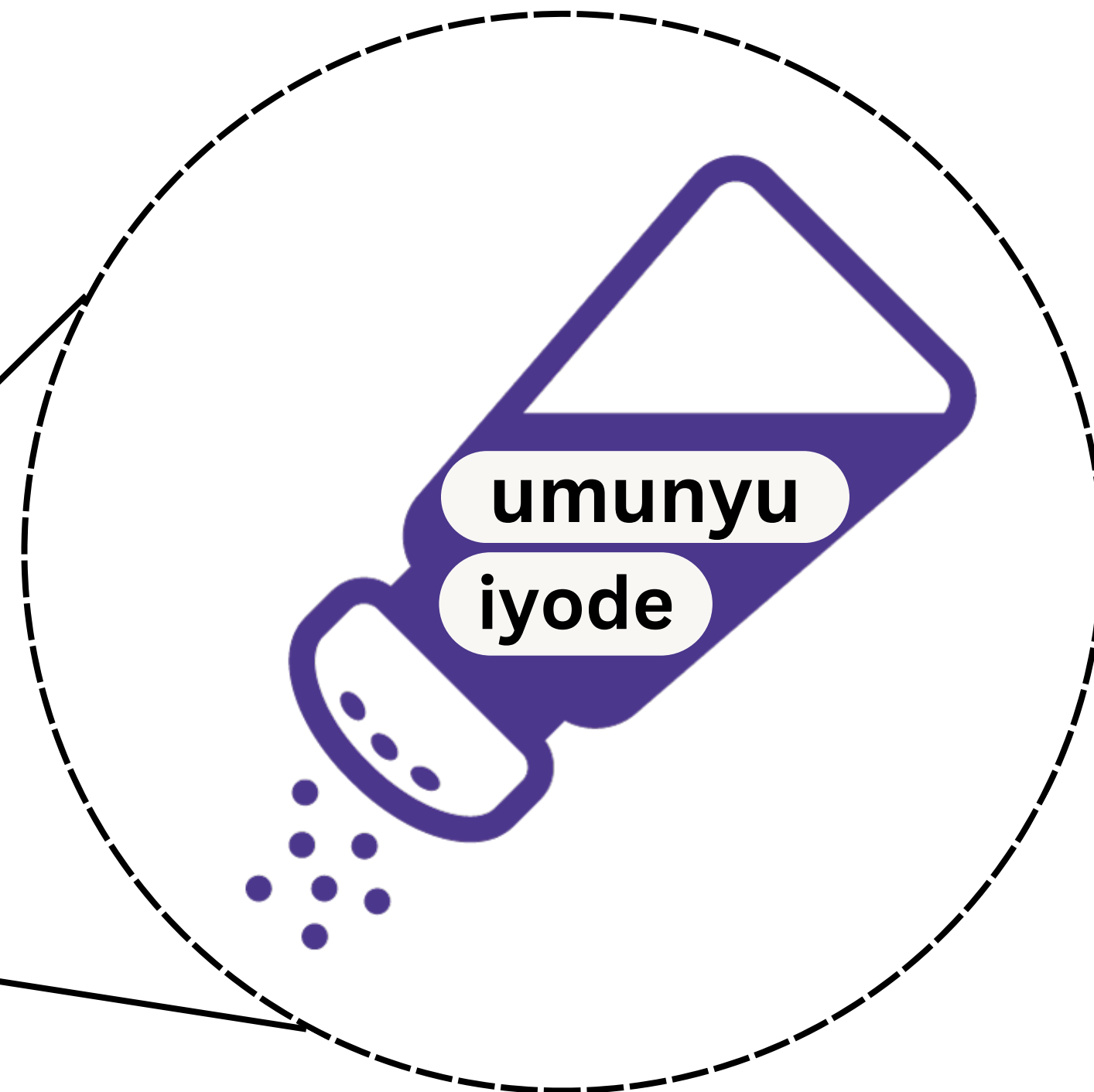
Take de-worming tablets to help prevent anaemia.

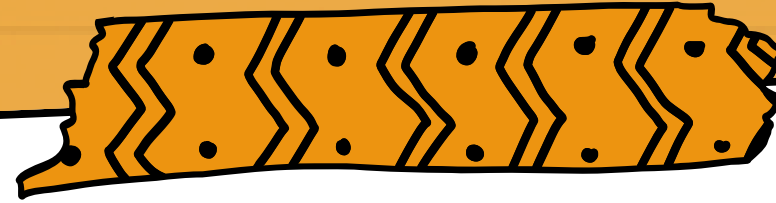




Jya ukoresha umunyu urimo iyode
kugirango ubwonko n'umubiri
by'umwana bikure neza.

Use iodized salt to help your baby's brain and body develop well.



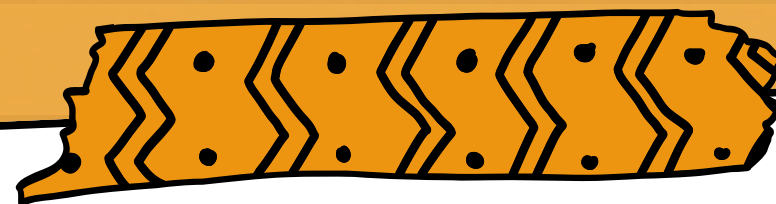


Ntukanywe ibisindisha, itabi
n'ibiyobyabwenge mu gihe utwite.

Do not take alcohol, narcotics or tobacco products during pregnancy.



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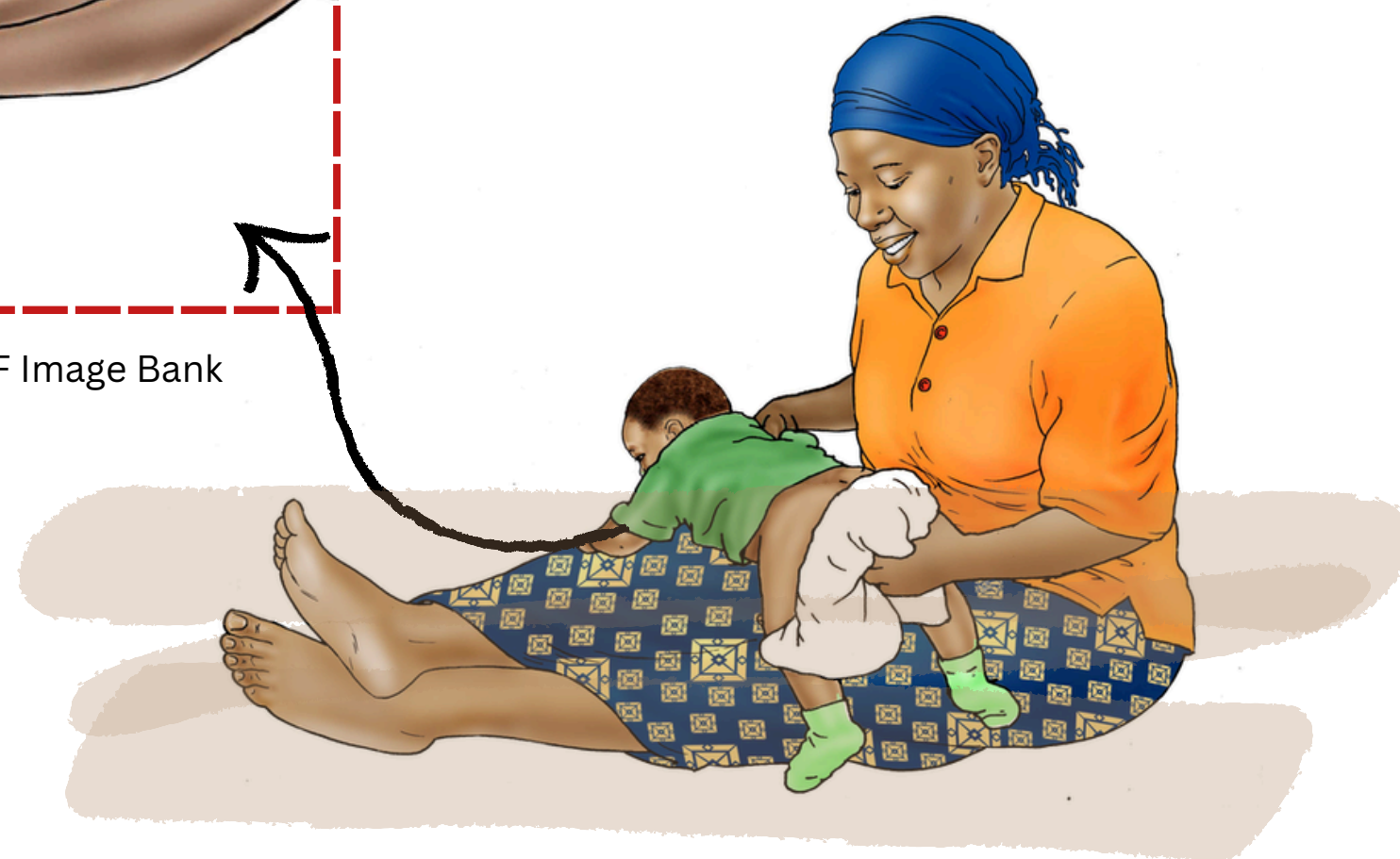


Karaba intoki n'isabune ukoresheje amazi
meza atemba mbere yo gutegeza
ibiribwa, kurya, uvuye mu bwiherero
cyangwa gusukura umwana.

Wash your hands with soap and running clean water before preparing
food, eating, after using toilets and cleaning baby's bottom.



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