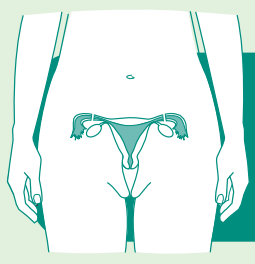


# KODI MUKUDZIWA ZA NJIRA ZOLERERA ZOMWE MUNGAGWIRITSE NTCHITO?

Alangizi anu a zakulera akhoza kukuthandizani. Chonde funsanu!

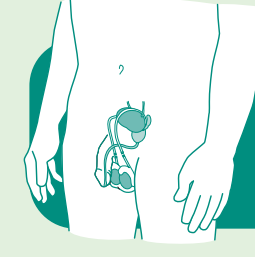
## Mapiritsi a mphamvu ziwiri

- Ndi yodalirika ndiponso nkosavuta mayi kutenga mimba ngati atasiya kugwiritsa ntchito.
- Imwani pilitsi limodzi tsiku lili lonse ndi kuyamba paketi ya tsopano panthawi yake kuti mapilitsiwo agwire ntchito bwino.
- Kusamba mosayembekezera kapena modontheza kukhoza kuchitika makamaka mu miyezi yoyambirira. Izi sizoopysa. Msambo umayamba kuchepa komanso umachitika mu nthawi yake pakapita miyezi ingapo.
- Amayi ena amamva kupweteka kwa mutu, ena amanenepetako, ena amamva cham'mimba makamaka mu miyezi yoyambirira. Izi zimasiya pakapita kanthawi.
- Ndi yabwino pafupifupi kwa mayi aliyense. Zovuta zodetsa nkhwana sizichitikachitika.
- Ikhoha kugwiritsidwa ntchito ndi mayi wamsinkhu wina uliwonse kaya anaberekapo kale kapena ayi.
- Imathandiza kuchepetsa cham'mimba pamene mayi akusamba, kutaya magari ambiri posamba, kuperevera kwa magari ndi zovuta zina.



## Kutseka Kwa Amayi

- Njirayi ndi ya muyaya. Ndi ya amayi okhawa amene atsimikiza kuti sakufuna kudzaberekanso ana. Koteru ganizani mozama musanasankhe njirayi.
- Ndi njira yodalirika kwambiri (koma osati kwathunthu).
- Amayi amayezedwa thupi lonse ndipo adokotala amapanga opaleshoni yomwe ili yosaopsa ndiponso yosavuta. Mayi sampatsa mankhwala ogonetsa pa nthawi ya opaleshoni. Amabayidwa jakisoni woletsa ululu.
- Amamva kupweteka komanso kutupa kwa masiku ochepe. Zovuta zodetsa nkhwana sizichitikachitika.
- Zotsatira zovuta sizikhala nthawi yayitali. Siichepetsa chilakolako chofuna kugonana.
- Njira iyi ikhonza kupangidwa mayi atangobereka kumene, ngakhaleloso nthawi ina ili yonse.



## Kutseka Abambo (Vasekitome)

- Njirayi ndi ya muyaya Ndi ya abambo okhawa amene sakufuna kudzaberekanso ana ganizani mozama musanasankhe njirayi.
- Gwiritsani ntchito njira ina yolerera mpaka patatha miyezi itatu kuchokera tsiku limene opaleshoni inachitika.
- Ndi njira yodalirika kwambiri pakapita miyezi itatu. (koma osati kwathunthu)
- Opaleshoni yake ndi yosavuta, yotetezeka komanso yochitika mwabwino Imachitika mu mphindi zochepa abambo samva kuwawa.
- Amamva kupweteka komanso kutupa kwa masiku ochepe. Abambo ochepe amamvabe ululu kwa nthawi yayitali.
- Njirayi siichepetsa chilakolako chofuna kugonana.

## Jakisoni

- Ndi yodalirika komanso yotetezeka.
- Mayi amabayitsa kamodzi pa miyezi itatu iliyonse (masabata khumi ndi atatu) ndi DPMA, miyezi iwiri iliyonse ndi NET-EN. Mayi akhoza kuchedwerapo kudzabayitsa jakisoni ndi masabata anayi ndi DPMA kapena masabata awiri ndi NET-EN.
- Ndizothekera kukalandira jakisoni kunja kwa chipatala.
- Kusamba modukizadukiza kapena kudonthetsa kumakhalapo miyezi ingapo yoyambirira, kenako mayi amasiyirathu kusamba. Pang'ono ndi pang'ono mayi amanepa, amamva kupweteka mutu. Koma siyodetsa nkhwana.
- Ndi yachinsinsi Anthu ena sangadziwe kuti mayi akugwilitsa ntchito njira imeneyi.
- Njirayi itha kugwiritsidwa ntchito ndi mai wa msinkhu wina uli onse, kaya anaberekapo kapena ayi.
- Mayi akasiya kugwiritsa ntchito njirayi atha kutenganso mimba, koma amayi ena amachedwelapo. Pakapita miyezi itatu, atalandira jakisoni pakhoza kupitanso miyezi ingapo.
- Njirayi njodalirika pamene mayi akuyamwitsa, kuyambira masabata asanu ndi imodzi mwana atabadwa.
- Jakisoni wa mwezi uliwonse akhoza kupezeke. Ndi jakisoni wa Cyclo-fem msambo wa mwezi ndi mwezi umakhala wocheperapo komanso wamasiku ochepe. Mayi atha kusamba modonthetsa kapena mosayembekezera.

## Mapilitsi a mphamvu imodzi

- Ndi yabwino kwa mayi woyamwits amene akufuna mapilitsi kuyambira sabata yachisanu ndi chimodzi atabereka.
- Ndi njira yodalirika pamene mayi akuyamwitsa koma akhoza kutenga mimba mosavuta akasiya kumwa mapilitsi.
- Mayi amwe pilitsi limodzi tsiku lili lonse kuti atetezedwe mokwanira.
- Ngati mayi sakuyamwitsa, kudonthetsa kapena kusamba mosayembekezera kumachitika Izi sizodetsa nkhwana.

## Chifunda mtima ndi umuna

- Mayi amaika chifunda mtima mkati mwa maliseche ake nthawi zonse asanagonane. Akhoza kupanga zimenezi nthawi isanakwane.
- Ndi yodalirika mukaigwiritsa ntchito bwino.
- Mayi ayenera kuyezedwa ziwalo za mkati kuti apeze chifunda mtima cha saizi yabwino.
- Amadwaladwala matenda a mchikozozo.

## Kondomu

- Imathandiza kupewa mimba ndi matenda ena opatsilana pogonana kuphatikizapo EDZI, mukugwiritsa ntchito moyenera nthawi zonse.
- Kuti atetezedwe ku matenda opatsirana pogonana kuphatikiza Edzi mabanja ena amagwiritsa ntchito makondomu pambali pa njira zina zolelera.
- Ndi yosavuta kugwilitsa ntchito ngati mwaphunzitsidwa.
- Ndi yodalirika mukugwilitsa ntchito moyenela nthawi zonse. Komano anthu sakonda kuigwiritsa ntchito nthawi zambiri.
- Anthu ena amakana kondomu chifukwa imawasokoneza pogonana, imachepetsa kukoma kwa kugonana ndiponso imawachitsa manyazi.

## Njira Yapankono

- Timachubu ta pulasitiki timene timaividwa pa nkono wa mayi. Palibenso china chochitika akaika timachubuto pamkono.
- Mayi sangatenge mimba kwa zaka zitatu mpaka zisanu ndi ziwiri malingana ndi mtundu wa njira yapankono.
- Njirayi itha kugwiritsidwa ntchito ndi mayi aliyense ngakhale amene sanabelekepo.
- Njira ya pankono itha kuchotsedwa ndi amene anaphunzitsidwa za chipatala nthawi yina yiriyonse Zikaterono mayi atha kutenga mimba.
- Kusamba mosayembekezera kapena modonthetsa kumakhalapo, koma nthawi zambiri msambo umasiyiratu. Izisizodetsa nkhwana.
- Njirayi ilibe vuto kwa mayi amene akuyamwitsa kuyambira masabata asa asanu ndi imodzi mwana atabadwa.

## Njira Yachilengedwe YODZIWA NTHAWI YOTENGELA MIMBA

- Mayi amaphunzitsidwa kudziwa nthawi yomwe angatenge mimba.
- Panthawi imeneyi banja lipewe kugonana kapena ligwilitsa ntchito kondomu.
- Ndiyodalirika mukatsatira moyenera Koma nthawi zina siyodalirika.
- Mwamuna ndi mkazi ayenera kugwirizana pogwiritsa ntchito njirayi.
- Ilibe zoopsa zina zili zonse kuthupi la munthu.
- Njira zina zitha kukhala zovuta kugwiritsa ntchito pamene mayi wadwala malungo, kapena matenda a kumaliseche, atangobereka kumene kapena akuyamwitsa.

## Lupu

- Kapulasitiki kakang'ono kamene kamaividwa m'chibelekelo cha amayi.
- Ndi yodalirika kwambiri imakhala nthawi yayitali ndipo mayi amatenga mimba mosavuta akachotsa. Mayi atha kukhala nayo mpaka zaka khumi ndi ziwiri.
- Lupu ikhonza kuividwa mayi akangobereka kumene, ngakhaleloso nthawi yina ili yonse komanso akhonza osatero malingana ndi njira yake ya lupu.
- Mayi akhoza kumva kupweteka poyika Mayi akhonza kusamba kwambiri komanso kutenga nthawi yayitali akusamba, makamaka poyamba, Ndi njira yimeneyi mai sataaya magari ambiri ndipo imathandiza ku matenda ochepe magari.
- Zovuta zodetsa nkhwana sizichitikachitika Ngati mayi ali ndi matenda opatsilana pogonana nthawi imene lupuyo imakidwa ndikwapafupi kukhala ndi matenda a mchibelekelo.
- Itha kutuluka kapena kugwa payokha makamaka masiku oyambilira.
- Mayi amatenga mimba mosavuta akachotsa lupu.

## Njira Yolerera Poamwitsa Mkaka Wa M'mawere

- Ndi njira yolerera poyamwitsa mwana mkaka wam'mawere mwakathithi mpakana atakwanitsa miyezi isanu ndi umodzi.
- Mayi amagwiritsa ntchito njirayi ngati:
  - Mwanayo amamuyamwitsa mwakathithi usana ndi usiku ndipo sapatsidwa chakudya kapena madzi
  - Mayiyo sanayambe kusamba kwa mwezi ndi mwezi
  - Mwanayo ndiosafika mwiyezi isanu ndi umodzi.
- Asanasiyiletu kugwiritsa ntchito njira yoyamwitsayi, mayi akonzekere kugwiritsa ntchito njira yina yolerera.



## Njira yolerera ya pa pangosi

- Awa ndi mapilitsi amene amathandiza kupewa mimba ngati mayi angalandire chithandizochi pasanapite masiku - asanu chigonanirani ndi mwamuna mosadziteza kapena kusagwiritsa ntchito bwino njira yolerera.
- Ndi njira yodalirika kwa mayi wina ali yense.
- Siimasokoneza mimba kapena kubweretsa zovuta kwa mwana woyembekezerezedwayo ngati mayiyo ali ndi mimba kale.
- Njira zolelera ndizabwino kwambiri ngati mwazitsatira. Chonde pezani njira yoti mutsatire.

Mmene umoyo ulili	Njira zosawayenera
Amasuta komanso ali ndi zaka makumi atatu ndi zisanu kapena kuposera pamene.	Mapilitsi a mphamvu ziwiri Jakisoni wa mwezi ndi mwezi ngati mayi amasuta kwambiri.
Ali ndi vuto lothamanga kwa Magazi.	Jakisoni wa mwezi ndi mwezi. Ngati akuthamanga kwambiri magari jakisoni pa miyezi iwiri ndi itatu.
Ngati mayi akuyamwitsa mwakathithi mwana asanakwane miyezi isanu ndi umodzi.	Jakisoni wa mwezi ndi mwezi.
Ngati mayi akuyamwitsa masabata asanu ndi imodzi chibadwira cha Mwana.	Jakisoni wa miyezi iwiri komanso itatu. nolopulanti ndi mapilitsi a mphamvu imodzi.
Masiku makumi awiri ndi mphambu imodzi (21) chibadwira cha mwana komanso ngati sakuyamwitsa.	Mapilitsi a mphamvu ziwiri Jakisoni wa mwezi ndi mwezi. Mapilitsi komanso jakisoni ngosabvomerezeke kwa masabata asanu ndi imodzi mai atabereka pokhapokha pali pali chifukwa chokwanira kuti magari angaundane. Kuundana kwa magari kumakula kwambiri miyezi yoyambirira maa atabereka Mudikire masabata asanu ndi imodzi kuti chiberekero chikhale m'malo mwake.
Matenda monga a mtima, a m'misempha ya magari, a mchwindi komanso khansa ya m'mawere.	Mapilitsi onse. Jakisoni Nolopulanti Funsani zambiri kwa alangizi anu azakulera.
Mutu wa ching'alang'ala komanso ngati mayiyo ali ndi zaka makumi atatu ndi mphambu zisanu (35) kapena kuposera.	Mapilitsi a mphamvu ziwiri, jakisoni wa mwezi ndi mwezi. Funsani zambiri kwa alangizi anu azakulera.
Matenda a kowala pa diso la mayi mu zaka ziri zonse.	Mapilitsi a mphamvu ziwiri, jakisoni wa mwezi ndi mwezi. Funsani zambiri kwa alangizi anu azakulera.
Matenda a m'ndulu.	Mapilitsi a mphamvu ziwiri Funsani zambiri kwa alangizi anu azakulera.
Matenda ena a m'ziwalo zoberekera za amayi.	Lupu.
Matenda opatsirana pogonana kuphatikizapo EDZI.	Gwiritsani ntchito makondomu ngakhale mukugwiritsa ntchito njira ina yolerera. Amayi amene ali ndi HIV kapena EDZI ndipo akulandira chithandizo akhoza kugwiritsa ntchito njira yolerera iliyonse (Kuphatikizapo lupukapena mai amene ali ndi EDZI ngati akulandira mankhwala ndipo alibe vuto.
Mai ali ndi mimba.	Palibe njira yiri yonse ikufunika.

Kwa opereka njira zakulera Funsani kwa oyang; anira kuti mulandire uphungu woyenera

Kuti mudziwe zambiri za njira zolerera, alangizi za zakulera akhoza kuyan'ana mu bukhu la zakulera: A Global Handbook for Providers. Alangizi za zakuthanzi akhoza kupeza bukhu ndi makope ena a chosindikiza ichi kuchokera ku K4JHealth, Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs, 111 Market Place, Suite 310, Baltimore, Maryland 21202, U.S.A.; email orders@huccp.org Chipepalachi chalowa m'malo a chosindikiza cha kale Chosindikizachi chatheka ndi chithandizo chochokera ku Unites States Agency for International Development, Global, GH/PRHPEC, pa mgwirizano wa Chithandizo cha nambala GPO-A-00-08-00006-00. Chosinthidwa 2010 Johns Hopkins Bloomberg School of Public Health Center for Communication Programs.

## Muyezo Wa Kudalirika Kwa Njira Zolelera

**Zodalirika kwambiri**  
Mwa amayi 100 aliwonse mayi mmodzi yekha akhoza kutenga mimba pa chaka chimodzi

Nolopulanti Lupu Kutseka kwa mayi Kutseka kwa bambo

Jakisoni Njira yoyamwitsa mwakathithi Mapilitsi Ling'i Lupu

Makondomu a abambo Chifunda mtima Makondomu a amayi Njira yachilengedwe

Kuthira Umuna

**Kodi mungapange bwanji kuti njira yanu ikhale yodalirika?**

- Nolopulanti, Lupu, kutseka kwa amayi:** Palibe zambiri zofuna kuchita komanso kukumbukira.
- Kutseka kwa abambo:** Gwiritsani ntchito njira ina yolerera kwa miyezi itatu.
- Jakisoni:** Kabayitseni pa nthawi yake.
- Lactational Amenorrhea Method:** Yamwitsani usana ndi usiku mwakathithi.
- Mapilitsi:** Imwani tsiku lili lonse.
- Zigamba ndi ling'i:** iikidwe pa malo ake, sinthani mu nthawie yake.
- Kondomu, chifunda mtima:** Gwiritsani ntchito moyenera nthawi zones mukugonana.
- Njira yachilengedwe:** Peweni kugonana kapena gwilitsani ntchito kondomu Njira yogonana masiku amene mkazi sangatenge mimba ikhoha kukhala yapafupi kugwiritsa ntchito.
- Kuthira, umuna:** Gwiritsani ntchito moyenera nthawi zonse mukugonana.