

Lisa mukeke unene moomu ana kukura



Rudi ronondya



Rungapi



Dokuhura kupi

Makwedi 6



Rumbororo, Nondja dokumyona



Ruvali (2) ndi rutatu (3) mezuva



Turutugogona tuvali (2) ndi tutatu (3) mwankenye nondya

Makwedi 6 dogoro 9



Nondya dokumyona



Ruvali (2) ndi rutatu (3) nkenye ezuva ntani simwe (1) ndi yivali (2) yokumakagera*



Marutugogona ga 2 ndi ga 3 dogoro ukahe(1/2) wonkinda mwa nkenye nondya**

Makwedi 9 dogoro 12



Nondya vatetagura ununu-ununu ndi do kumyona ntani nondya edi mukeke navhura kudamuna no nonyara dendi



Rutatu (3) ndi Rune (4) nkenye ezuva ntani yimakagera simwe (1) ndi yivali (2)



Ukahe (1/2) wonkinda mwa nkenye nondya

Makwedi 12 dogoro 24



Nondya depata, vatetagura ununu-ununu ndi kudimyona nsene asi hepero



Rutatu (3) ndi Rune (4) nkenye ezuva ntani yimakagera simwe (1) ndi yivali (2)



Nkinda zo kuhara kuzura (3/4) dogoro nkinda zo kuzura mwa nkenye nondya

*yimakagera – nondya do kugwedako mokatji ko yikulya yene

**nkinda zimwe kusika ko 250 ml



Yo kuvhura kudiworoka

- ✓ Twikira kuzamweka mukeke dogoro nomvhura mbali ndi kupitakana po.
- ✓ Nsene mukeke ana gwanesa makwedi 6, mupa nondya dopeke.
- ✓ Nkenye siruwo ono kumulisa, tanko muzamweka ntani ono kumupa nondya dopeke.
- ✓ Tereka rumbororo rukwateko, rwa hatjika po rutugo.
- ✓ Mutamekesa usimbu nondya dokutunda koyimuna ngwendi mauta ntani nkenye siruwo.
- ✓ Rugana nondya vafanekera mono muhanguro Ne donondya do kulisiga-siga, kuturako makunde, enyango noyikwahidi.
- ✓ Hingira no mukeke goge, lididimika ntani mukorangeda alye nondya do kugwanena.



- ✓ Waha ruganesa makende, nongumi ndi nkinda zokuzamwekesa.
- ✓ Kandana kugava yikunwa youtovara ndi nondya dapira yipamekesa rutu, ngwendi yikunwa yosuka no nondya vagweda suka ndi mungwa gomunzi.
- ✓ Nsene tavere, mukeke goge gahepa mema gomanzi ntani no nondya. Zamweka nkenye siruwo ntani korangeda mukeke goge alye nondya dononunu yikando yo yinzi.
- ✓ Konyima zouvera, gava nondya do kugwedako nkene ezuva mokuvatera mukeke goge arugwidirepo siviha sendi.

Republic of Namibia



Ministry of Health and Social Services



Rukwangali

Ngapi nolisa mukeke konyima zo makwedi 6

Zogera no murugani go ukanguki ntani dingura
www.RightStart.com.na mokugwana mapukururo gomanzi
 no felemu domu nozamweka mukeke goge

Yinke ono hepa kudiva?

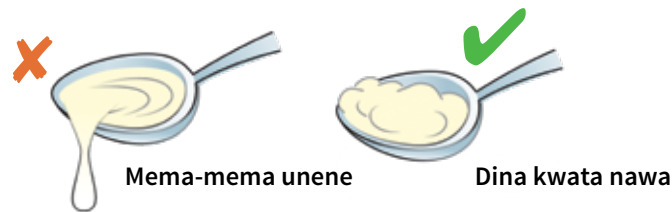
- ✓ Makwedi 6 gokuhova, kuzamweka mukeke kwelike (kwato masini nagopeke, nondja nampili mema).



- ✓ Nsene mukeke ana gwanesa makwedi 6, twikira kuzamweka nkenye apa ana harere masiku nomutenya.
- ✓ Masini gomonturo kutwikira kukara nondya domulyo domukeke dogoro mukeke agwanese nomvhura mbali.
- ✓ Ntene kuna kulisa mukeke gomakwedi 6 ntani 12, hova ku zamweka tanko ntani nogweda ko nondya dopeke.
- ✓ Konyima zo makwedi 6, vanona kwa hepa kugwana vitamin A ruvali momvhura. Konyima zomvhura zimwe (1), vanona kwa hepa kugwana mutji gokudipaga upuka konyima za nkenye makwedi 6. Pura murugani gouhaku/ukanguki.

Apa natameka kulya mukeke goge sikando sokuhova

- ✓ Pomakwedi 6, lisa mukeke rutugogona rumwe ndi gavali gonondya doureru, rutatu nkenye ezuva. Mwaza siruwo gwedako koyiruwo yokulisa, unzi wonondya, kukwata kwado ntani dokulisiga siga.
- ✓ Nondja daha kara meme mema unene asi ditjike porutugo:



- ✓ Kutameka pomakwedi 6, nkenye sivike kuvhura kugweda ko nondya dorudi rorupe koyikulya yamunoge.
- ✓ Tameka norumbororo. Ntani nogweda ko mabanana ndi katafura gokumyona. Twikira kugweda ko nondya do kulisiga-siga nkenye sivike.
- ✓ Tameka nondya dokutunda koyimuna ngwendi mauta nonyama nousimbu ntani nkenye apa ono kuvhulira.
- ✓ Rugana nondya vafanekera mono muhanguro Ne donondya do kulisiga-siga pokugweda ko nondya dokutunda koyikorama, nondongo ndi makunde, enyango noyikwahidi.
- ✓ Magadi ngwendi mbuta kureta nonkondo do kugwedako. Vakeke kwapumbwa magadi gomasesu tupu (kapisi kupitakana poukahe wo karutugogona mezuva).
- ✓ Waha sininika mukeke alye. Hingira mulitare mosipara, lididimikira no kumukorangeda alye.
- ✓ Vhonga nondya donompe konondya edi wadiva gahara munoge, ngwendi masini gomunturo. Masini gomonturo kuvhura hena kugaruganesa mokurerupika nondya nokurerupa kudimina.
- ✓ Kuvhura ohetayike nondya donompe yikando yo yinzi, komeho zo kudihara mukeke goge.

- ✓ Erongikido lyo kuwapera, kupungura ntani eruganeso nondya do kugwedako odo vana hepa kurongikida no ukuhuki, kupungura no kudilisa nomawoko, yiyaha no marutugo go kuzera. Vafelisinka kuna hepa ku kuhwa mawoko gago nonsewa no kuruganesa ukuhuki (muna hamene ezugumo nawa mbuko zo munona) ntani erugano nawa nondya (kukurako kuhangura nondya donombihu nedi dokupya).



- ✓ Kuhwa mawoko goge nonsewa nomema komeho zo kurongikida nondya ntani komeho zo kumulisa.
- ✓ Mukeke gahepa kukara nonkida ntani siyaha sendi.
- ✓ Gava nondya poopu, konyima tupu zo kudirongikida.
- ✓ Genyeka nawa nkenye nondya odo dina pungukwa ure wo kupitana vili zimwe.
- ✓ Po makwedi 8 mukeke kuvhura kutameka kulya mwene nondya. Twikira kuhingira no mukeke goge moku mukorangeda alye no kunomena asi mawoko go mukeke goge no nondya yina zere.

