



## A yayin da jarirai suke girma ku kara yawan ciyar dasu



**Ku fara ciyar dasu a watanni shida 6**

**Nau'in abinci:**

Tsinkakken kunu, nikakken abinci

**Sau nawa:**

Sau biyu ko sau uku a kowace rana

**Yawan ciyarwar:**

Biyu ko uku na babban cokali a kowane abinci

**Daga wata shida 6 har zuwa watanni tara 9**

**Irin abincin:**

Nikakken abinci

**Sau nawa:**

Sau biyu zuwa uku a kowace rana da daya 1 zuwa biyu 2 na kayan marmari

**Yawan ciyarwar:**

Biyu zuwa uku na babban cokali har zuwa rabin kwaf a kowane abinci

**Daga wata tara 9 har zuwa wata goma sha biyu 12**

**Irin abincin:**

Daga karshe a tattauna ko nika abincin da yara zasu iya dauka da yan'yatsunsu

**Sau nawa:**

Sau uku zuwa hudu a kowace rana da daya 1 zuwa biyu 2 na kayan marmari

**Yawan ciyarwar:**

A kalla rabin kwaf a kowane abinci

**Daga wata goma sha biyu 12 har zuwa wata ashirin da hudu 24**

**Irin abincin:**

Abincin iyali, a tattauna ko nikawa idan ya zama dole

**Sau nawa:**

Sau uku zuwa hudu a kowace rana da daya 1 zuwa biyu 2 na kayan marmari

**Yawan ciyarwar:**

Daya bisa hudu har zuwa cikakken kwaf a kowane abinci

\* Kayan marmari shima Karin abinci ne a tsakanin na ka'ida.

\*\* Kwaf daya shine mili lita 250

## Abubuwan da ya kamata a dinga tunawa

- \* A tsakanin watanni shida 6 da shekaru biyu, yara suna bukatar a ci gaba da shayar dasu nono.
- \* Idan ba ki shayarwa, sai ki ciyar da yaranki da (mili lita 500) na madara a rana.
- \* Ku kaucewa baiwa jarirai ruwan shayi, kofi, ko sauran nau'in kayan sha masu kala da zaki.
- \* Ku dinga rage yawan hadin ruwan ya'yan itace domin a samu cin abinci. Ku baiwa ya'yanku ruwa mai tsabta.
- \* A kowane lokaci ku dinga amfani da kwaf budadde wajen ciyar da ya'yanku. Kada kuyi amfani da bulun boti, ko robar tsotso, ko babban kwaf.



- \* Ku ci gaba da kai yaranku wajen awon nauyi, kula da lafiyarsu, rigakafi da tabbatar da lafiyarsu.
- \* Lokacin da basu da lafiya ku dinga basu abinci kadan amma akai-akai tare da isashshen ruwa, da nono. Ku lallaba yara su ci abincin da kuka kula ransu yafi so. Bayan sun warke daga rashin lafiya sai ku ci gaba da ciyar dasu akai-akai har na tsawon makonni biyu.

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## Yanda za'a shayar ko ciyar da jariri dan wata shida 6





# Daga watanni shida 6

## Me kuke so ku sani?



\* Daga watanni shida 6 na farko da haihuwa, a shayar da jarirai nonon uwa kawai (banda kowace irin madara, abinci, ko ruwa).

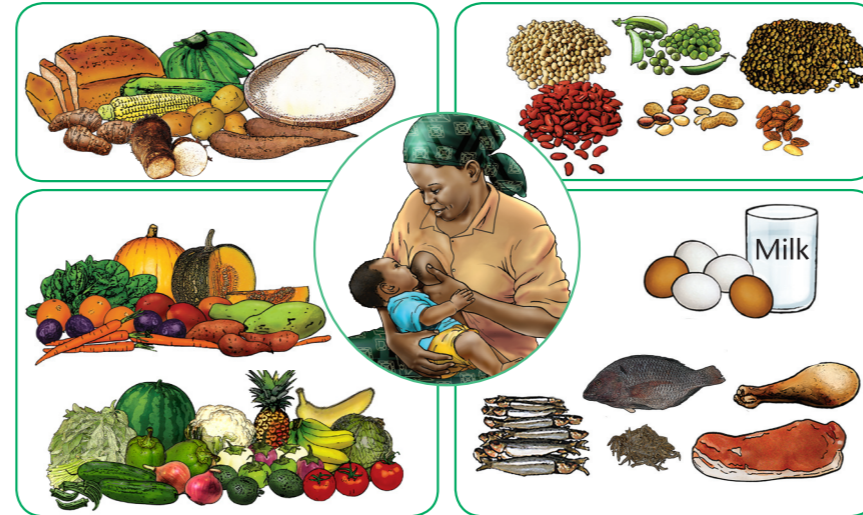
- \* Idan ya'yanku suka kai watanni shida 6, sai ku fara kokarin basu abinci kuma ku ci gaba da shayar dasu kamar yanda suka bukata dare da rana.
- \* Madarar nono akoda yausha tana da muhimmanci domin wani bangare ce na sinadaran gina jiki, har sai jaririn ya kai shekara biyu.
- \* Lokacin da kuke shayar da jariranku tsakanin wata shida 6 da wata goma sha biyu, ku tabbata kuna shayar dasu nono kafin ku basu wani abinci.
- \* Bayan watanni shida 6, sai a fara baiwa yara kwayoyi masu sinadarin bitamin A a kalla sau biyu a shekara. Kuma suna bukatar maganin tsutsar ciki shima sau biyu a shekara, farawa daga wata goma sha biyu 12. Sai a tuntubi mai kula da lafiya.

## Idan jaririyar/jaririnku suka fara cin abinci

\* Ku dinga baiwa ya'yanku cokali daya ko biyu na abinci mai ruwa-ruwa sau uku a rana. Da kadan-kadan zaku dinga kara yawan abincin, kaurinsa, da wasu nau'in abincin.

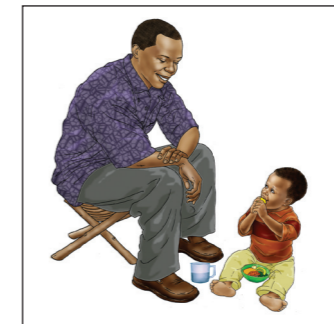


- \* Ku inganta kunun jarirai (da masara, gero, alkama...)tare da madarar nonon uwa, madarar dabbobi, nikakkiyar gyada ko fulawa. Zaifi kyau ku cakuda fulawa kala uku. Ku tabbatar gyada da waken soya sun dahu lugub.
- \* Ya'yanku suna bukatar fiye da madarar nono da kunu. Sai ku basu abinci kala-kala, kamar nikakkun ya'yan itatuwa, kayan lambu da dankali tare da sarrafin naman dabbobi.
- \* Ku fara basu naman dabbobi da wuri yanda zaku iya.



\* Zaku iya kara mai a cikin abinci dan kadan a cikin nau'in kunun da kuka hadawa jarirai ko nikakken abincinsu. Dan mai kadan jarirai suke da bukata (wanda bai wuce rabin cokalin shayi ba a rana).

## Tsabta, shirya ko ajiye abinci cikin tsaro



- \* Ku dinga wanke hannayenku da ruwa mai gudana, mai kyau da sabulu kafin ku shirya abinci, ko ku ciyar da yaranku. Za'a wanke hannayen yaran suma. Ku wanke hannayenku bayan kun canzawa yaranku wandunansu ko kun fito daga bayan gida.
- \* Ku wanke dukkanin mazuban abinci, kofuna da kayan girki da ruwa mai tsabta da sabulu. Sannan ku shanyasu kafin amfani dasu. Ku tabbatar kun rufe su.
- \* Ku shirya abinci a guri mai tsabta inda zai kasance a rufe kowane lokaci. Ku warewa jarirai kwaf da mazubin abincinsu.
- \* Ku dinga raba abinci da zarar kun gama shirya shi.
- \* Ku dinga dumama abincin da aka ajiye sama da awa daya.
- \* A hankali jarirai suke koyon yanda zasu ci abinci da kansu, manyan yara sune yakamata su dinga taimakawa wajen lallabar jarirai cin isashshen abinci kuma su tabbatar abincin yana da tsabta.
- \* Iyaye su dinga tabbatar da cewa jariransu suna samun nau'in abincin da suke bukata kowace rana.