KUNDIN WAYE KAYE NA GUNGU MAZA

Ta yaya maza za mu iya tallafawa iyalanmu da abinci mai gina jiki mai kyau wanda ke dauke da sinadarai masu mahimmanci ?

MI YA KAMATA UBA YA YIWA IYALAN SA WAJEN ABINCIN ?

Ku Zama uba abun koyi ga iyali !

1. **MI KUKE GANI A WANNAN HOTON?**

   - Shugaban al'umma yana arfafa mutanen da ke kewaye da shi su yi tunani a kan kimarsu a cikin al'umma a uba kuma a na miji

2. **WANE IRIN UBA DA MIJI KUKE SON ZAMA?**

   - miji abun koyi
   - miji mai daraja a cikin al'umma
   - miji yana jin daɗin zamantakewa

3. **TA YAYA KYAKKYAWAN ABINCI ZAI TAIMAKA KU ZAMA MAZA ABIN KOYI, KUMA MA SU DARAJA CIKIN AL'UMMA ?**

   - Taimakawa mata masu ciki da masu shayarwa don karɓar magani da wuri-wuri har zuwa watanni 3 bayan haihuwa
   - Taimakawa don ingantaccen abinci mai gina jiki na mata masu juna biyu da yara ta hanyar samarwa ko sayan abinci mai gina jiki da bitamin A
   - Ta hanyar kula da wasu ayyukan gida da kanmu

4. **TA YAYA ZA MU IYA GOYON BAYAN JUNA A MATSAYIN UBA DA MAZAJE DOMIN DOMIN CIYAR DA IYALINMU?**

   - shiga cikin gungun tallafi
   - Haɓbaka garka ta kusa da gida
   - Bada himma ga makarantun ma'aurata
   - Karfafa ayyukan samun kuɗi

MAHIMMIN SAKO

Ci-gaban jituwa na iyalanku ya dogara daga ku !
Ku zama abin koyi ga iyalinku!

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YAYA AKE KARE ABINCIN MATA MASU CIKI DA SHAYARWA ?

Bada labarin maganin da ya dace mace mai ciki ta sha ga abokin tarayya,
Da kuma cin abinci mai gina jiki da bitamin A !

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Wani magidanci yana magana da matarsa mai ciki game da shan maganin mai sinadarin karin jini kullum*
   - *Maigida da ke kawo kayan ciye-ciye masu yawa mai sinadarai na Karin jini da bitamin A ga matarsa mai ciki*
   - *Maigida da ke kawo kayan ciye-ciye masu sinadarain karin jini da bitamin A ga matarsa mai shayarwa*
   - *Taimakon maigida wajen shan magani akai-akai da kuma cin abinci mai dauke da sinadarai da Vitamin A.*

2. **MI YA SA YAKE DA MAHIMMANCI TAIMAKAWA MATA SU SHA MAGANI DA CIN ABINCI MAI GINA JIKI DA BITAMIN A ?**

   - *Taimakawa jiki samun jini , kasance da karfi don haihuwa da renon jariri*
   - *Sa-hannun namiji yana da mahimmanci don karfafa mata shan magani akai-akai*
   - *Kulawar maigida yana nuna kaunarsa ga matarsa da jariri.*

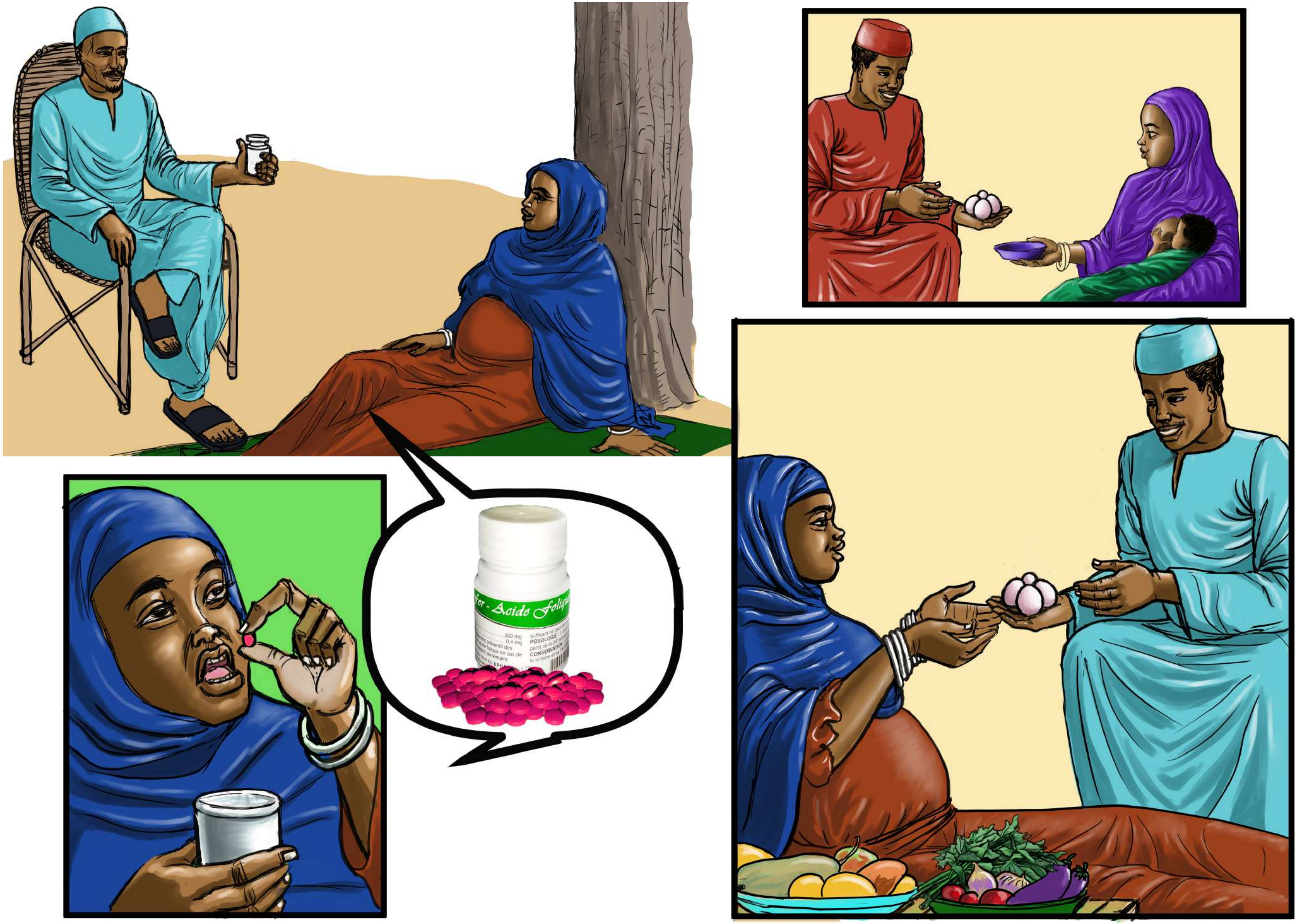
3. **SHIN AKWAI WASU FA'IDA GA MIJI A WANNAN HALI ?**

   - *Rage kashe kudi masu alaka da kula da cututtuka da siyan magunguna*
   - *Domin a girmama shi a cikin iyali da kuma al'umma don zama miji nagari*
   - *Domin ya zama abin koyi ga yan'uwanshi da abokanshi*

4. **WA YA YARDA YA KARFAFA WANNAN TABI'AR A KEWAYEN SA ? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KA CI MISHI KUMA KA CI-GABA DA JURE WAHALA ?**

MAHIMMIN SAKO

Mazaje! Shan magani karin jini na kara jini a jikin mata masu juna biyu. Ku Yi magana da matarku masu ciki game da shan magani na yau da kullun da abinci mai gina jiki da bitamin A.Nemi shawara daga ma'aikatan lafiya.



AG AGENCY

GOYON BAYAN SHAN MAGANI KARIN JINI YAYIN RENON CIKI DA KWANA 90 BAYAN AIHUWARSU :

Ku raka matanku gidan likita domin karbar magani !

1. MI KUKE GANI A WANNAN HOTUN ?

- *Wani magidanci ne da ya raka matarsa mai ciki da wani kuma da raka matarshi mai shayarwa zuwa gidan likita*

2. MINENE MAHIMMANCIN MAGANI MAI KARA JINI GA MACE ?

- *Kariya daga karamcin jini*
- *Yana taimakawa rikice-rikicen ciki yayin haihuwa*

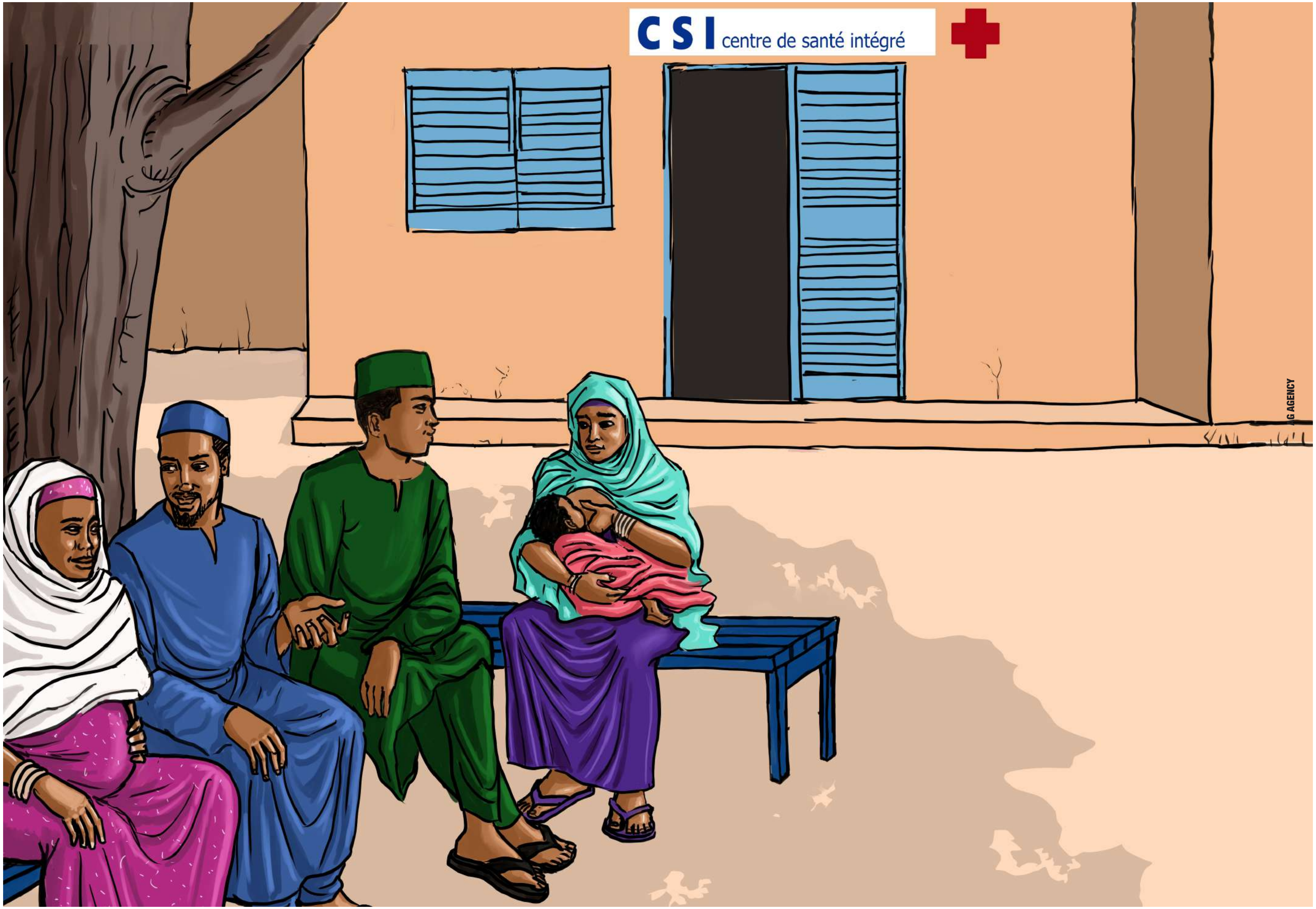
2. SHIN AKWAI WASU FA'IDA GA MIJI A WANNAN HALI ?

- *Rage kashe kudi masu alaka da kula da cututtuka da sayan magunguna*
- *Domin a girmama shi a cikin iyali da kuma al'umma don zama miji nagari*
- *Rage damuwa game da rikice-rikicen haihuwa*
- *Karin sani ga ma'aikacin kiwon lahiya*
- *Yana saukaka bibiya ga miji a gida*

2. WA YA YARDA YA KARFAFA WANNAN DABI'AR A KEWAN SA DA? MI ZA KU YI KOKARIN AIKATAWA YANZU? TA YAYA ZA KA CI MISHI KUMA KA CI-GABA DA JURE WAHALA ?

MAHIMMIN SAKO

Maza ! Taimakawa matarku ta halarci cibiyar lafiya don samun magani da nasiha tun farkon ciki da kuma watanni uku bayan haihuwa don lafiyarta da na jaririnku.


CSI centre de santé intégré

GOYON BAYAN SHAN MAGANI KARIN JINI
YAYIN RENON CIKI DA KWANA 90 BAYAN AIHUWARSU

Karfafa mata masu ciki ko masu shayarwa su sha magani kullum !

1. **MI KUKE GANI A WANNAN HOTUN ?**

   - *Wani magidanci yana tattaunawa da yan uwansa game da zabin mutumin da yake tunatar da mace akai-akai lokacin da za ta sha magani*

2. **A GANIN KU MI YASA YAKE DA MAHIMMANCI GA MAGIDANCI YA TATTAUNAWA BISA SHAN MAGANI KARIN JINI DA YAN UWANSHI?**

   - *Ya nuna irin kulawar da yake baiwa iyalinsa*
   - *Yana karawa mata kwarin gwiwa a kan abubuwan da ake amfani saboda shan magani mai sinadarai*
   - *Yana saukaka sanya ido akan shan maganin da mata masu juna biyu ke sha*
   - *Yana ba ku damar tuna lokutan da suka dace na shan magani don rage illa*

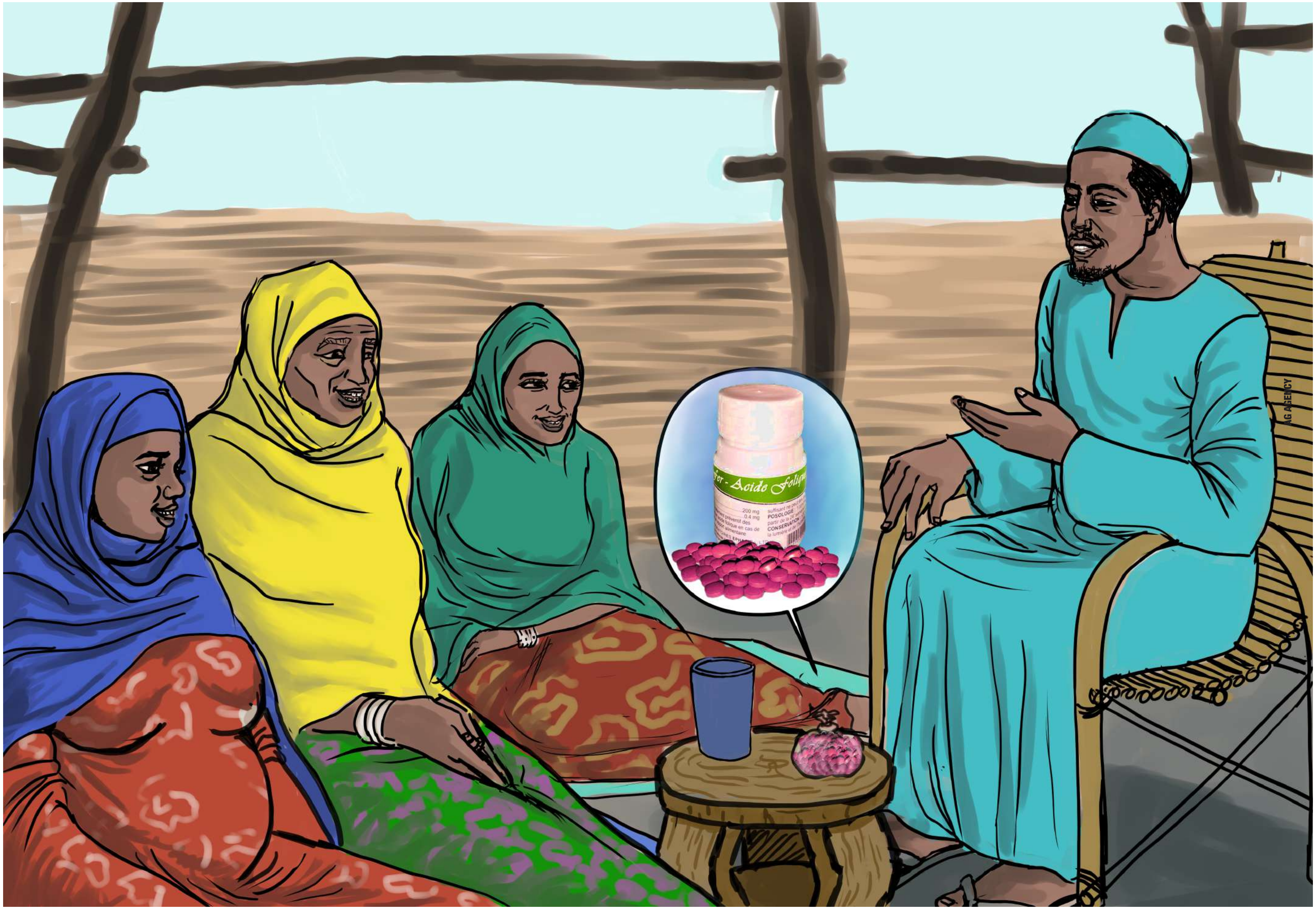
3. **GA WA MATARKU KE IYA NEMAN TAIMAKO KULLUM DOMIN SHAN MAGANIN KARIN JINI?**
   - *Sarakuwa*
   - *Yan uwan miji*
   - *Kawaye ko makwabta*

4. **WA KE AIWATAR DA HAKA?**
   - *Tattamna….*

5. **WA YA YARDA YA KARFAFA WANNAN DABI'AR DA WANDA SUKE KEWAYE DA SHI?**
   - *Tattamna….*

MAHIMMIN SAKO

Mazaje! Shan magani karin jini na kara jini a jikin mata masu juna biyu. Tallafawa mai ciki don tunatar da ita ta rika shan magani mai sinadarin kara jinni akai-akai da kuma neman shawara daga ma'aikatan lafiya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CIN ABINCI IRI-IRI KULLUM MAI SINADARAI KARIN JINI DA BITAMIN A TA ABINCI GIDA KO CIYE CIYE

A bada abinci akai-akai ga mata masu juna biyu.
Don saukake kare-karen abinci a kwanonta kuma ta ci a kowane lokaci

1. **MI KUKE GANI A WANNAN HOTUN ?**

   - *Wani magidanci a wata kasuwa a gaban wani mahauci da masu sayar da kayan marmari*

2. **MINENE ABINCI MASU GINA JIKI DA BITAMIN A WANDA AKE SHAWARTAR MAZA DA SU KAIWA MATA MASU CIKI DA MASU SHAYARWA DAGA KASUWA?**
   - *Nama, hanta, kananan kifi, zogale, kwai, madara, cuku, fara, diyan itatuwa da kayan marmari .*

3. **MI YASA YAKE DA MAHIMMANCI MAZA SU TAIMAKA MA MATA SU CI WAƊANNAN ABINCI A LOKACIN RENON CIKI DA SHAYARWA?**

   - *Shan wadannan abinci yana da amfani ga mata masu juna biyu da masu shayarwa da kuma yaki da karancin jini*
   - *Yana karfafa zaman lafiya a cikin iyali*
   - *Bitamin A da ke cikin wadannan abinci yana karfafa garkuwar jikin mata da kuma hana rage gani da dare*

4. **WANE NE YAKE AIWATAR DA HAKA?**
   - *Tattamna…*

5. **SU WAYE SUKA YARDA DA KARFAFA WANNAN DABI'AR A KEWAYEN SU?**
   - *Tattamna…*

MAHIMMIN SAKO **Mazaje ! Don lafiyar mata masu juna biyu da masu shayarwa bayan abincin yau da kullun, kawo musu karin abinci don kara abincin su (nama, hanta, diyan itace, ganyen kore, da sauransu).**

CANZA MIYAU A CIKIN GIDA BISA ABINCI

Tattaumnawa da yan uwa game da abinci mai gina jiki ga mata masu juna biyu da masu shayarwa Kuma la'akari da su !

1. **MI KUKE GANI A WANNAN HOTON ?**
   - *Wani magidanci yana tattamnawa yan gidansa bisan amfanin ciyar da mata masu ciki da masu shayarwa da kyau*

2. **A RA'AYINKU, MI YASA YAKE DA MAHIMMANCI KULA BUKATAR CIYAR DA MATA MASU CIKI ?**
   - *Tabbatar da lafiyar mata*
   - *Ku samu iyali mai jituwa*
   - *A aifa yaya cikin koshin lafiya*
   - *Bukatun abinci mai gina jiki na mata masu ciki da masu shayarwa suna karuwa tare da juna biyu.*

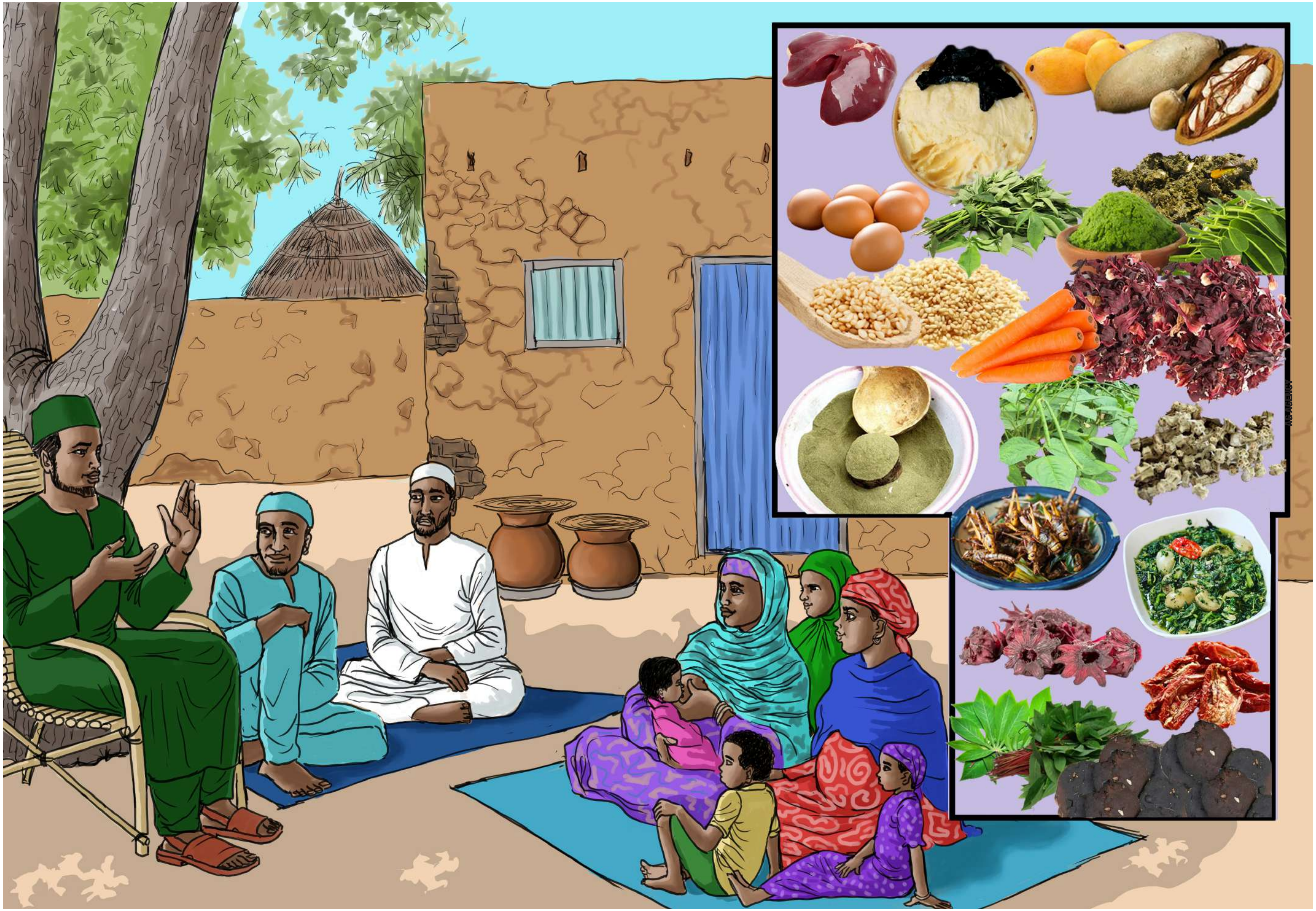
3. **A RA'AYINKU, TA YAYA ZA A YI LA'AKARI DA BUKATUNSU NA ABINCI ?**
   - *Tabbatar cewa mace ta samu isasshen abinci a kowane lokaci*
   - *Kara wannan abincin tare da kayan ciye-ciye na yau da kullum na abinci na gida mai gina jiki da bitamin A*
   - *Ka ba mace lokaci ta ci ta hanyar taimaka mata da ayyukan gida*

4. **YA ZA KU JI A MATSAYIN KU NA MIZA DA UBANEY IDAN KUN YI HAKA ?**
   - *jin alfahari*
   - *Cika Ayyukan ma'aurata*

5. **WAYE YAKE AIWATAR DA HAKA?**
   - *Tattamna…..*

6. **WA YA YARDA YA KARFAFA WANNAN DABI'A A KEWAYEN SU ?**
   - *Tattamna…..*

MAHIMMIN SAKO **Shugabannin gida ! Ku Tabbatar cewa an rarraba abinci daidai gwargwado ga duk an gidan ku don jin dadin su. Ku Kula da abinci mai gina jiki na 'yan mata masu tasowa da mata masu ciki da masu shayarwa**



ABINCIN KARAMIN YARO DAGA WATA 6 ZUWA 24

Yin la'akari da bukatun abinci na musamman na yara daga watanni 6 zuwa shekaru 2

1. **MI KUKE GANI A WANNAN HOTUN ?**
   - *Wata mata zaune kusa da yaronta yana cin abinci iri-iri*
   - *Abinci iri-iri*
   - *Girman yaro daga haihuwa zuwa fara cin abinci har shekaru 2*

2. **MI YA SA YAKE DA MAHIMMANCI CIYAR DA YARO DAGA WATA 6 ZUWA 24?**
   - *Inganta ci-gaban kwakalwa*
   - *Kiyaye lafiyar yaro*
   - *Ingantar zama abun alfahari*
   - *tanadin kudi don iyali*

3. **YA ZA KA JI A MATSAYIN MIJI DA UBA IDAN KA YI WANNAN?**
   - *Tattamnawa ….*

4. **TA YAYA ZA MU CIYAR DA YARA DAGA WATA 6 ZUWA 24 DA KYAU ?**

   Kamar shukar gero, yaron yana bukatar karin abinci mai gina jiki da kulawa don girma da kyau: kowane mataki ya dace da takamaiman ayyuka
   - *Daga haihuwa zuwa watanni 6: shayarwa na musamman (souro na hatsi)*
   - *Daga watanni 6 zuwa watanni 12: shayarwa ta musamman + gabatarwar abinci mai gina jiki da bitamin A azaman abinci, abun ciye-ciye ko kari ga kwanon (lokacin dousa hatsi)*
   - *Daga watanni 12 zuwa watanni 24: shayarwa + abinci na iyali mai gina jiki da bitamin A a cikin abinci, abun ciye-ciye ko kari ga kwanon yaro (lokacin hidda kay na hatsi)*
   - *Daga watanni 24 zuwa shekara 5: abincin iyali mai gina jiki da bitamin A (lokacin nuna hatsi)*

5. **SU WA SUKA YARDA DA KARFAFA WANNAN DABI'AR DA SUKE KEWAYE DA SU? MI ZA KU YI KOKARIN AIKATA YANZU? TA YAYA ZA KU CI MISHI KUMA KU CI-GABA DA JURE WAHALA ?**
   - *Tattamnawa …*

MAHIMMIN SAKO **Magidanta ! ku Tattamnawa da mata / masu kulawa da yara game da bukatun abinci na yara don yin la'akari da wannan a cikin abincin da za a saya da samarwa a cikin gida**

ABINCIN KARAMIN YARO DAGA WATA 6-24

Kawo ma yara abinci mai gina jiki akai-akai wadda aka yi shi da abinci na gida mai wadace da bitamin A

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Un Uba yana ciyar da yaro/yarigna kwai (a matsayin abun ciye-ciye) yayin da uwa ke shirya abinci*

2. **MI YASA KUKE GANIN YANA DA MAHIMMANCI GA IYAYE SU KAWO KAYAN CIYE-CIYEN NA KARKARAN SU GA YARANSU ?**

   - *Abin ciye-ciye na kara abincin da yaro ya saba da shi tare da abubuwan gina jiki kamar da bitamin A.*
   - *Yana kiyaye yaro daga rashin abinci mai gina jiki da sauran cututtuka na karancin abinci mai gina jiki*
   - *Yana karfafa dankon zumunci tsakanin uba da da*
   - *Jin sabke nauyin iyali*

3. **A RA'AYIN KU MINE NE ABINCI NA KARKARA WANDA ZAMU IYA BA 'YA'YANMU KODAYAUSHE ?**

   - *Kwai , mangwaro, hanta, madara, cuku, kayan marmari (karas, burodin ...), zogale, ganyen,...*

4. **WA YA YARDA YA ARFAFA WANNAN DABI'AR A KEWAYEN SA ? MI ZA KU YI KOKARIN AIKATAWA YANZU ? TA YAYA ZA KU CI MISHI KUMA KA CI-GABA DA JURE WAHALA ?**

   - *Tattamnawa…*

MAHIMMIN SAKO

Ubanni ! Ku Kawo kayan ciye-ciye na yau da kullun masu gina jiki wanda su ke dawké da sinadaren karin jini da bitamin A, tsakanin abinci don baiwa yaranku damar girma da kyau !

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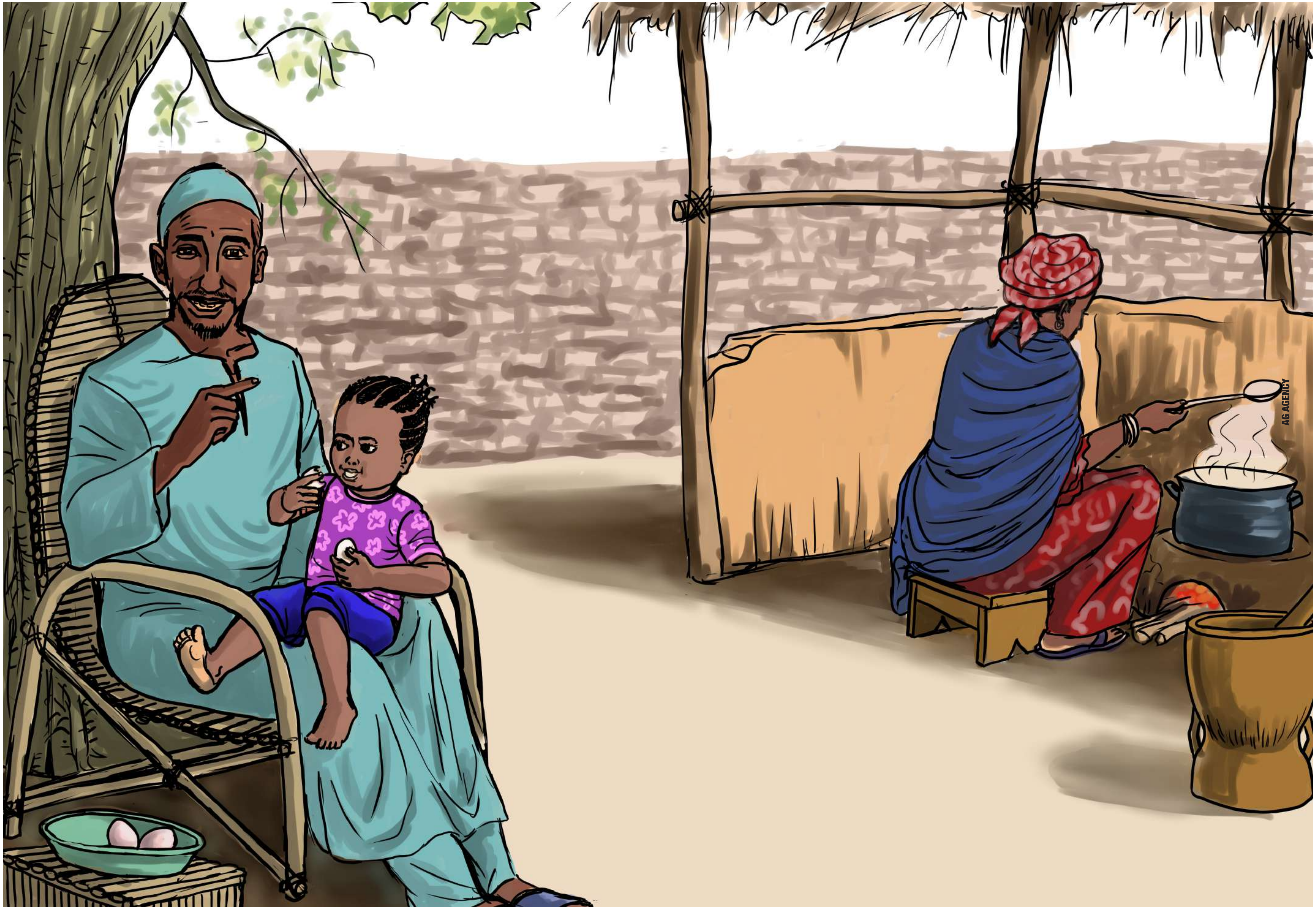

ABINCIN KARAMIN YARO DAGA WATA 6-24

Ku kara shiga cikin gudanar da ayyukan gida na yau da kullun !

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Mahaifin da ke ciyar da karamin dansa don ya bar mahaifiyar ta ci abinci mai kyau kuma yana kula da abincin manyan yara*
   - *Kakar da ke cin abinci tare da jikanta don su kara Kulawa*

2. **MI YASA KAKE GANIN YANA DA MAHIMMANCI GA UBANNI SU KAMA AIYUKAN GIDA?**

   - *Yana rage aikin mace*
   - *Yana ba mace karin lokaci don kula da abincinta da na yaranta*
   - *Jituwa a cikin gida*
   - *Abun koyi ga iyalinshi da kuma ga wasu*
   - *Girmaman iyali da na al'umma don zama uba abin koyi*

3. **RA'AYIN KU MINE NE AIYUKAN GIDAN WADANDA MIJI ZAI IYA KAMA KO YA WAKILTA WANI ?**

   - *Daukan ruwa*
   - *Kawon itace*
   - *Yin reno*

4. **WA YA YARDA YA KARFAFA WANNAN DABI'AR A KEKEWAR SU ? MI ZA KU YI KOKARIN AIKATAWA YANZU ? TA YAYA ZA KU CI MISHI KUMA KU CI-GABA DA JURE MATSALOLIN ?**

MAHIMMIN SAKO **Magidanta ! Matarku na bukatar lokaci don ciyar da kansu da kyau,sannan ku shiga harkar gudanar da ayyukan gida don ba su damar kula da kansu sosai**

AG AGENCY

ZAMA WAKILIN CANJIN IYALI DA AL'UMMA

Ku zama abin koyi a fannin abinci mai gina jiki kuma ku yada iliminku ga wasu !

1. **MI KUKE GANI A WANNAN HOTON ?**

   - *Magidanci yana raba iliminshi ga sauran jama'a*

2. **MI YA SA KAKE GANIN YANA DA MUHIMMANCI GA UBANNI SU YADA KYAKKYAWAN AIKI GA SAURAN UBANNIN ?**

   - *Domin su yi koyi da kyawawan ayyuka*
   - *Yana inganta lafiyar uwa da yaro da kuma dukan iyali*
   - *Yana inganta ci-gaban lafiyar iyali*
   - *Uban iyali yana samun mutumtawa daga al'umma*

3. **SHIN KA SHIRYA KA ZAMA WAKILIN CANJI KUMA KA YADA KYAKKYAWAR DABI'A A KEWAYEN KA ? MI ZA KA YI KOKARIN AIKATAWA YANZU ?**

   - *Tattamnawa…*

MAHIMMIN SAKO

Ubanni !
Ku Ci gaba da yada kyawawan halaye don inganta lafiyar mata da yaranku.

AG/AGENCY

Wannan littahin, ya yiyu ne ta hanyar goyon bayan jama'ar Amurka ta Hukumar Raya Kasa da Kasa ta Amurka.
An shirya shi karkashin sharuddan kwangilar 7200AA18C00070 da aka ba JSI Research & Training Institute, Inc. (JSI).
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