****

**USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe**

*Prototype 4B: Commitment Card Guidance and Monitoring Form*

**Table of Contents**

[Kumazwido achibelesyo eechi 1](#_Toc149146784)

[Nzibeelede kutobelezya kukubelesya kkadi lyakulipeda 2](#_Toc149146785)

[Kuyiisigwa kwamamama aLead 2](#_Toc149146786)

[Manjililo akupandulula kkadi 3](#_Toc149146787)

[Kubelesya Kkadi 4](#_Toc149146788)

[kumanisizya kkadi 4](#_Toc149146789)

[Ifomu lyakulanga Insanduko yabawo lya Muzululi wakabunga 5](#_Toc149146790)

Note: Commitment Cards are included in a separate document.

## Kumazwido achibelesyo eechi

Chibelesyo eechi chakabambilwa kugwasya babeleki bakabunga kaCare mukulipeda kuchita machitilo mabotu naa ayeelede. Machitilo alangililwa aboneka mukkadi lyakulipeda. Mukuyanda kubelesya kkadi, bakabunga kaCaregiver batamba bamwi bamumyunzi yabo kuti babe basikulipeda babo. Eezi zipa mweenya wakunjizya milawu yakwiiya kwabapati kubikkilizya kulipeda kutobelezya masikkiluzi mapya, kusungilizya kwiiya kwabo kwiindila mukwaabilana luzibo akuyiisya bamwi, kwiiya akuchita antoomwe akuba akuzwidilila kuzibikene. Kweendelezya chiitiko chakulipeda, mamama aLead bakonzya kubelesya chibelesyo eechi kugwasya bakabunga kaCaregiver mutubunga twabo kukubelesya kkadi lyakulipeda akwiita bamwi babo balipedelede kuzobagwasilizya.

Chibelesyo eechi chakasumpulwa kakubelesegwa mazembe aazwa kumasimayakilane mamama abaCaregiver, amamama aLead abasumpuli bakabunga kaCare bagwasilizigwa aba Amalima Loko muzilikiti zyaTsholotsho, Lupane aBinga. Chilatondeezya buyumuyumu amyeenya yakugwasilizya kusandula machitilo abandawukidwe akutobelezegwa mumbuzisisyo yawumwi awumwi antoomwe ayamumiswaangano yachilikiti. Buyumuyumu oobu amyeenya ibikkilizya chibambwe chakabambwa chisumpukide chilamasikkiluzi mabotu akati kamamama aLead antoomwe achiyandisyo chakukomezya myeenya yakugwasilizya basimayakilane mamama. Muzipanzi zyiingi ziyobambwa, batubunga ootu bayobuzigwa lyoonse kuti binkilile aanembo kubamba akubambulula nzila yoonse yachibelesyo eechi kuti chikabe chikoloondo akutondeezya ziyandwa abasikuchita.

## Nzibeelede kutobelezya kukubelesya kkadi lyakulipeda

### Kuyiisigwa kwamamama aLead

mamama aLead bayotambula manjililo akupandulwidwa kkadi muchiindi chakuyiisigwa (kuti chaba chiindi chakuchita zibambidwe, kukonzya kuchitwa muswaangano uumbi usiyene ayooyu). Muchiindi chakuyiisigwa, zilimukkadi zyeelede kupandululwa loko kuchitila kuti mamama aLead amvwisisye bupanduluzi bwazyimikilila zimwi amakanze akkadi.

|  |  |  |
| --- | --- | --- |
| **Inzila zyakulijatazyo zyambidwe muCard.** | Kunyonsya mwana munzila ilinjiyo  Kunyonsya mwana luzutu  Kulyisya mwana mutete chamaanu  Kulya kupegwa mwana unyonka | Bulondosi bwamwana  Kusambaa maboko  Kumulanga zidontonkene  Kugwasizya kwakabunga kaCaregiver |
| **Makanze aCard.** | Kutondezya kulipeda kulakati amama wamukabunga awumwi walipeda wamumpuli kukusandula maponeno abo.  Muciindi camuswangano, muzululi wakabunga ulako kunolanga maCard amamama amukabunga kalokulanga nzibalokucita atala anziba kalipeda kusandula mumaponeno abo. | |
| **Mabelesezyo aCard eli.** | **Kuzibisya Card.**   1. Mama waLead uzibisya mama wamukabunga mumuswangano atala aCard eli. 2. Mama waLead ulazibisya basimunzi atala aCard nabaswaya kwecibili (Home Visit #2) asikukwiite mama wamukabunga ayoyo sikulipeda wakwe kuti basale nzibayanda kucinca atala akupona kwabo.   **Kubelesya iCard.**   1. Mama wamukabunga uleeta iCard lyakwe kumuswangano wakabunga azoyizye atala azezyo zyakacita kunganda/ kumunzi wakwe. 2. Bika kwechu/Maka iCard zitondezya kuti ezi zyacitwa kabotu kukusandula maponeno akwe   **Kumanisizya ICard.**   1. Mama waLead ulasayina (sign) iCard kana munsandu wakoneka kana kuti wacitwa. | |

kutondeezya kulipeda kwaabila kwamama simayakilane abamwi bakwe mbakkalaabo kukwiiya aatala akuchita machitilo ayeelede. Mukumanisya kkadi, mama simayakilane weelede kwaabila bamwi nzyakayiiya mukabunga kaCare asikulipeda wakwe. Sikulipeda wakwe weelede kulanga bbokisi lilamutwe wamakani weendelezegwa akabunga kaCare muchibaka chabo kuti kakutegwa batambula makani mabotu kuzwa kuli mama simayakilane akuzumina kugwasizya umwi mukuchita machitilo ayeelede. Makkadi amaninide atondeezya luzibo akugwasizya kwamaCaregiver-“kuti twajatana toonse tulazwidilila”

Kuti mama simayakilane naa sikulipeda wakwe waba amubuzyo aatala amachitilo ayandikana, bakonzya kweeta mubuzyo ooyo kuli mama waLead kuti bakonzye kuzuwa akuzwaansandulo.

### Manjililo akupandulula kkadi

**…Kukabunga kaCare**.

Mama waLead ukonzya kunjila akupandulula kkadi kukabunga kaCare muchiindi chachibaka chakabunga kaCare. Weelede kutalika akubapa maCard. Ngabazibe kuti nikwamana chibaka chakabunga ulawatola lubo ma Card aya alubo uzobapa nowazosika kumyunzi yabo nozobaswaya kwacibili (Home Visits #2). Awo nazobaswaya uzoba siila ma Card.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi, antoomwe amakanze akkadi lyoonse. Kuti takwe mibuzyo yabuka muchiindi chamanjililo akupandulula kkadi, mama waLead weelede kubuzya mibuzyo kubaswiilila. Ngabazibisye amakanze amabelekelo aCard.

**…Kulibabo Bakala asimayakilane.**

Mucindi mama wa Lead naswaya kwacibili (Home visit #2), welede kwambula atala aCard lyakulipeda akuti libelesegwa bweni kubantu bakkala amama wamukabunga. Chalutanzi, pa mama wamukabunga iCard. Zibisya mama simayakilane ayoyo ulokumwiminina kuti iCard eli balacala alyo. Mama waLead ulakonzya kulanga “muchibelesyo cha Mama waLead” (Lead Mother Training Section” kuti ababuzye atala aCard lyakulipeda. Welede kutalika kubambila amakanze anzila yakubelesya iCard eli.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi ambuzinjililana ansanduko njibayanda kucita. Zumizya kuti mama simayakilane asikwiminina kuti babuzye mibuzyo kucitila kuti bamvwisisye kabotu etala eCard. Mucindi chakuswaya amuchibaka chakabunga mama wamukabunga uyobelesya iCard eli kunobona nzibalokucita atala azezyo zibakalipeda. Mama waLead ulako kubeleka amama wamukabunga bamwi bakumuunzi wakwe kuti balipede kwiiya akugwasizya kuchita machitilo ayeelede. Kuti ukonzye kumvwa kulipeda, simayakilane mama asikulipeda wakwe beelede ‘kuzilinga” kusule kwakkadi akutondeezya cheelelo chakulipeda kwasikuchita kuli mama simayakilane. Sikulipeda mweenzinyina weelede kutondeezya mitwe yamakani njibakamvwa akuzumina kugwasizya simayakilane mama mukutobelezya amukuchita (e.g.langakkwechu , initials, x, etc.) kabbokisi kalazyendelana amutwe wamakani. Mama waLead ulako kubelesya ifomu lyakulanga nsanduko (Monitoring Form) munzila yakupona kwabo.

Na kuti wonse mabhokesi abikwa kwechu akuti bachita zyonse nzila zilimu Card, mama wa Lead welede kusayina (sign) kutondezya kumanisya zyonse.

|  |
| --- |
| **Langisisya:** Muciindi cakubumba akutesita eli Kkadi, umwi wabasikulipeda wakabzya kuti oyo ukala amama simayakilane welede kuza na kuzoswanana abamwi mumiswangano yakabunga na. Basikwiminina balamulimo mupati loko kukugwasizya basimayakilane, pele tensi mbamwi bakabunga ka Care group, cikako tabelede kwinka kumiswangano yakabunga. |

### Kubelesya Kkadi

**…Muchibaka chakabunga**: Mama waLead ulako kuyubulusya mamama amayakilane kuti baze amaCard abo kumiswangano yabo. Kana kabalanga kucinca kwenzila yakupona kwabo azezyo zibakacita mucindi chaciiyo (module), mama simayakilane ulayizya ape bamwi iCard lyakwe balange lyakwe kucitila kuti bamugwasye, anguwe ambe ezyo nzyalokucita akuzwidilila kwakwe. Muchiindi chakweendelezya, mama waLead ukonzya kubuzya simayakilane mama aatala anzibakaswaanana aazyo kabaambuula abasikulipeda babo kuti:

* kwakali biyeni kwaambuula abasikulipeda bako?
* Ni zyakacita kuti bazumine kana kuti batazumini kukwiminina kukusandula maponeno?
* Niinzi chakakunonezya kunsandulo zyakalikupa sikulipeda wako aatala amutwe wamakani ngumwakali kuzuwa?
* Mamama alimukabunga anga alakugwasizya bweni kuti sikukwiminina wako azumine kukusandula maponeno akwe?

Kwiinda mukubuzisisya kuli simayakilane mama aatala anzyakaswaanaazyo zikonzya kugwasizya mama waLead kuzwa abuyumuyumu mbwakonzya kuswaanaabo nayobuswaya bantu mumyuunzi (zyabatusuwa luzutu) alimwi zigwasya mama simayakilane mukwaabilana mizeezo naa kumanisya mapenzi ngibalawo mutusuwa twabo.

### kumanisizya kkadi

Makkadi amanide ayeelede kuzibikana mukabunga kaCare amamama aLead kutondeezya kuzwidilila akubotelwa. Eezi zyeelede kuba akudundilizya kujatika kwamama simayakilane wakachita manguzu aakwe kwaabila luzibo amasikkiluzi abasikulipeda bakwe naa ayimbi nzila yakutambula zyakachitwa kuti zizibikane.

Makkadi amanide ayeelede kuzumininwa (acknowledged) abamugundu naa aba Amalima Loko bakabambila ziitiko eezi.

## Ifomu lyakulanga Insanduko yabawo lya Muzululi wakabunga

Printila muntu wonse wamukabunga eli fomu.

|  |  |  |
| --- | --- | --- |
| **Izina lyamama wakabunga:** |  | **Buzuba nowakalitambula:** |
| **Izina lyamwiminini:** |  | **Buzuba Nowakamanisya:** |

Buludilano amuntu walipeda kukwiminina:

⬜ Mulumi ⬜ Mamazyala ⬜ Tatazyala ⬜ Umwi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Itebbulu lilimunsi, litondezya buyumuyumu buswananwa amama wakabunga asikwiminina ngibamba mucindi nibaswayigwa, kakulangisigwa anzila yamaponeno yomwe achindi chomwe. Inkilila kunembo kusikila muunzi oyu wakonzya kusandula maponeno abo munzila itambulika antomwe akwinkilila kunembo kabagwasigwa. Weelede kubelesya kulembedwe “Mabambe akusongola buyumuyumu” kulemba inzila/ mabambe abikwa amama wamukabunga amwiminini kukusongola buyumuyumu mbibalokuswanana abo mukusandula maponeno abo. Maka mukondo “zyakeezwa” (tried) awo mama wamukabunga amwiminini wakwe nzibazumina kuyocita.

| **Inzila yakupona** | **Kweezya** | **buyumuyumu** | **Inzila yakusongola buyumuyumu** | **zyakacitwa** |
| --- | --- | --- | --- | --- |
| Kunyonsya mwana munzila ilinjiyo | ⬜ |  |  | ⬜ |
| Kunyonsya mwana luzutu | ⬜ |  |  | ⬜ |
| Kulyisya mwana mutete chamaanu | ⬜ |  |  | ⬜ |
| Kulya kupegwa mwana unyonka | ⬜ |  |  | ⬜ |
| Bulondosi bwamwana | ⬜ |  |  | ⬜ |
| Kusamba maboko | ⬜ |  |  | ⬜ |
| Kumulanga zidontonkene | ⬜ |  |  | ⬜ |
| Kugwasizya kwakabunga kaCaregiver | ⬜ |  |  | ⬜ |

1

USAID Advancing Nutrition is the Agency’s flagship multi-sectoral nutrition project, addressing the root causes of malnutrition to save lives and enhance long-term health and development.

This document is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of JSI Research & Training Institute, Inc. (JSI), and do not necessarily reflect the views of USAID or the United States government.

**USAID** **ADVANCING NUTRITION**

Implemented by:

JSI Research & Training Institute, Inc.

2733 Crystal Drive

4th Floor

Arlington, VA 22202

Phone: 703–528–7474

Email: info@advancingnutrition.org

Web: advancingnutrition.org

December 2023

