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**USAID Advancing Nutrition 3.2.B.1 Peer Groups Implementation Research in Zimbabwe**

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

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Note: Commitment Cards are included in a separate document.

## Okumayelana lesiqondiso lesi

Isiqondiso lesi senzelwe ukuxhasa amalunga eqembu ukuze kubelula ukuzinikela ekwenzeni izinto ngendlela ekhuthazwayo. Indlela yokwenza izinto ekhuthazwayo ilotshiwe igwaliba lokuzimisela. Ukusebenzisisa leligwaliba, ilunga leqembu kumele linxuse omunye/oyedwa owalapho ahlala khona ukuze bazimisele bancedisane ekwenzeni izinto ezilotshwe lapha. Lokhu kunikeza ithuba lokusebenzisa indlela ezinengi zokufundisa abantu abadala, kugoqela lokuzinikela ekwenzeni ubuciko obutsha, ukugcizelela ukufunda kwabo ngokwabelana lokufundisa abanye, ukufunda ngokwenza lokunanzelela lokhu asebekwenze kwaphumelela. Ukuqhuba loluhlelo, oLead Mother bengasebenzisa lesisiqondiso ukuncedisa abanakekelayo abaseqenjini labo ukusebenzisa lawa amagwaliba lokuthi banxuse omunye abangasebenzisana laye, baxhasane kuloluhlelo.

Isiqondiso lesi sakhiwe ngempendulo ezanikwa ngoLead Mother, amalunga eqembu, labo Promoter bexhaswa yiAmalima Loko eTsholotsho, eLupane lase Binga. Isiqondiso lesi siveza impendulo esazitholayo ekuxoxisaneni lani munye ngamunye langamaqembu ngendawo ezitshiyeneyo mayelana lobunzima lobuhle elihlangana labo ekuncediseni ukutshintsha ezinye indlela ebelisenza ngazo. Lobubunzima lamathuba kugoqela; ukufundisa oLead Mother okumele babekwazi ngobukhokheli, ukwengezelela amathuba okuxhasa amalunga eqembu. Ngakhoke, ngenhlelo ezinye ezimisiweyo, abakhokheli baloluhlelo bazaqhubeka bephatheka njalo bencedisa ekwenzeni isiqondiso lesi sibelusizo njalo silandela izidingo zalabo abaphatheka kuhlelo.

## Isiqondiso sokusebenzisa igwaliba lokuzimisela

### Ukufundiswa kukaLead Mother

ULead Mother uzafundiswa ngegwaliba. Ngesikhathi sokufundiswa, okulotshwe kugwaliba leli kufanele kuchasiswe ukwenzela ukuthi uLead Mother azwisise okulotshiweyo lesizatho saleligwaliba.

|  |  |  |
| --- | --- | --- |
| **Indlela zokuziphatha ezikugwaliba lokuzinikela** | Ukuxhuma umntwana ebeleni  Ukupha umntwana uchago lukamama kuphela  Indlela yokuphatha umntwana umupha ukudla okungayisilo chago lwebele likamama  Ukupha umntwana okunye ukudla | Ukuhlanzeka komntwana  Ukugeza izandla  Ukunakekela  Ukuxhasa onakekelayo |
| **Injongo yeGwaliba** | Ukutshengisa ukuzinikela phakathi kukamama weqembu lomunye owemuli yakhe ukuthi bazame ukutshintsha indlela abaziphatha ngayo.  Ngesikhathi somhlangano, umama okhokhela iqembu, uyakwanisa ukukhangela iGwaliba ebona into azinikela kuzo lalokho asekwenzile. | |
| **Indlela yokusebenzisa iGwaliba lokuzinikela** | **Yazisa nge Gwaliba lokuzinikela.**   1. Okhokhelayo kachaze/azise ngeGwaliba leli eqenjini ngesikhathi somhlangano. 2. Okhokhela iqembu sengahamba emizini ayochaza iGwaliba leli ngesikhathi evakatsha okwesibili. Nxusa umama weqembu lomuntu afuna ukuthi azinikele laye bazofunga/ ukuzinikela ukuzama utshintso ekuziphatheni kwabo sebe sayina (sign) iGwaliba leli, Umama weqembu segcina iGwaliba   **Ukusebenzisa iGwaliba**   1. Omama abanakekelayo bayaletha amaGwaliba abo emhlanganweni bezoxoxa ukuthi yikhuphi abakuzama emizini yabo. 2. Faka okhwetshu lapho abakwanise ukutshintsha khona indlela abenza ngayo.   **Ukuqedisa IGwaliba.**   1. Umama okhokhelayo uyasayina (sign) iGwaliba nxa umuntu ekwanisile ukutshintsha indlela aziphatha ngayo afunge kizo. | |

Ukuqedisa iGwaliba leli, umama oseqenjini uyaxoxela umuntu omxhasayo lokho akufundileyo esifundweni sakhe. Lowu oweseka laye, uyabala ethwetshula emabhokisi ahambelana lenhloko yendaba atshelwe ngayo ngumama oseqenjini njalo evuma ukuthi uzamsekela ekutshintsheni indlela yokuziphatha kwake iGwaliba eseliphelile litshengisa ulwazi njalo losekelwa kukamama weqembu- “sisonke siyakhula” (Together we grow).

Nxa umama weqembu loba umsekeli wakhe elombuzo ngendlela yotshintsho olumayelana lokuziphatha, balakho ukubuza kumama okhokhelayo (Lead Mother) ukuze baxoxisane bebonisana.

### Ukwazisa ngegwaliba lokuzinikela

**…Ukwethulwa kwegwaliba kumalunga eqembu**

ULead Mother angazisa amalunga eqembu ngegwaliba lokuzinikela leli kumhlangano wabo weqembu. Qala, ngokubanika amagwaliba okuzinikela munye ngamunye. Bazise ukuthi uzathatha amagwaliba lawa ekupheleni kwesifundo kumbe umhlangano kodwa uzabanika nxa usubavakatshela emzini yabo okwesibili. Nxa subavakatshele emizini yabo okwesibili usuzabatshiyela ke igwaliba baligcine.

Okulandelayo yikubachazeka imfanekiso esemagwalibeni uchaze lezenzo ezihambelana lalokho. Bavumele babuze imibuzo ukuze uqinisekise ukuthi igwaliba kuhle .Batshele ngenjongo yegwaliba leli langendlela yokulisebenzisa

**…Emulini ( to the household)**

Ngesikhathi sokuvakatshela imuli okwesibili (Home Visit #2), umkhokheli wamaqembu sengazisa igwaliba lokuzinikela langendlela elisebenza ngayo ebantwini abahlala lelunga leqembu. Qala ngokunika ilunga leqembu iGwaliba lokuzimisela. Tshela ilunga leqembu lowemuli omesekayo ukuthi igwaliba leli bazaligcina. ULead Mother angachaza esebenzisa itafula ekusigaba “Ukufundiswa kukaLead Mother” yesiqondiso lesi ukuncedisa ukwethula igwaliba lokuzinikela.Kumele aqale ethuleinjongo lendlela yokusebenzisa igwaliba lokuzinikela.

Chasisa okutshiwo yimfanekiso kumbe izithombe njalo lotshintsho oluhambelana lazo. Vumela ilunga leqembu lomsekeli walo ukubuza imbuzo ukuze ubone ukuthi bazwisisile yini. Bachazele ngenjongo langokusetshenziswa kwegwaliba. Ngesikhathi sezifundo lalapho evakatshela abantu emakhaya umkhokheli weqembu uzasebenzisa lona ukubona lokukhangela indlela abasebezame ukuzitshintsha. Umama okhokhelayo ulakho ukusebenza ndawonye lelunga leqembu langomsekeli wakhe ukubatshengisa ukuthi yiluphi utshintsho abangaluzama bona, nanzelela ukuthi kumele bezame utshintsho olulodwa ngasikhathi sinye. Senganxusa ilunga leqembu lomsekeli walo ukuthi befake okwetshu (kungaba yilokhu: X: ✓,) ebhokisini eliluhlaza kundlela zokuziphatha abavumelana ukuthi bayenze. Umama okhokhela iqembu engasebenzisa ifomu lokukhangela utshintsho (Monitoring form) kungendlela abasebeziphatha ngayo.

Nxa amabhokisi wonke semakiwe njalo indlela zokuziphatha sebezizamile, umkhokheli weqembu uza sayina (sign) iCard evuma ukuthi seliphelile.

|  |
| --- |
| **Nanzelela**: Ngesikhathi kubunjwa njalo kuhlolisiswa ukwenziwa izifundo lezi kukhona kulabo abeseka amalunga eqembu owabuza ukuthi ilunga lomdeni welunga leqembu kuyadingeka yini ukuthi lize kumhlangano weqembu. Abeseka ilunga leqembu elizimiselayo baqakathekile ekwesekeni ilunga leqembu kodwa abasibo ngxenye yelunga leqembu ngakho abakhangelelwanga ukuthi bangaya emhlanganweni weqembu. |

### Ukusebenzisa igwaliba lokuzinikela

**…Kumhlangano Weqembu**: Umama okhokhela iqembu kumele akhumbuze amalunga eqembu ukuba babuye lamagwaliba okuzinikela kwabo emihlanganweni. Nxa kukhangelwa indlela ilunga leqembu linye ngalinye eselikwenzile ngesikhathi sesifundo, amalunga eqembu alakho ukwabelana ama gwaliba abo ukuze bancedisane njalo besekelane. Lokhu kuzanceda omunye ohlangana lobunzima ekuzameni ukutshintsha ukuphila kwakhe. Ulead Mother engabuza amalunga amaqembu ngalokho abahlangana lakho ekuxoxisaneni lababasekelayo:

* Bekunjani ukuxoxisana lomuntu okuxhasayo ngendlela yokuziphatha ofuna ukuyizama?
* Kungani evumile kumbe engavumanga ukukuxhasa ukuzama lindlela yokuziphatha?
* Kuyini okukuchazileyo ngempendulo zalowo okuxhasayo kundlela zokuziphatha elixoxe ngazo?
* Amalunga eqembu bengakusiza njani lalo okuxhasayo ukuthi livume ukuzama ukutshintsha indlela eliziphatha ngayo?

Ukudingisisa ngalokho ilunga leqembu eselidlule kukho kuyasiza uLead Mother ukuthi ananzelele inhlupho angazixazulula nxa evakatshele ilunga leqembu ( ngokwemuli kuphela) njalo asize ilunga leqembu ekuphumeni lembono kumbe ekuxazululeni inkinga. Umama okhokhela iqembu engasebenzisa ifomu lokukhangela utshintsho (Monitoring form) ukukhangela kundlela abasebeziphatha ngayo.

Ilunga leqembu kumele libuye legwaliba lokuzinikela kumhlangayo yonke yeqembu.

### Ukugcwalisa igwaliba

Igwaliba lingagcwaliswa nxa zonke indlela zokuziphatha sezimakiwe.Ukugcwalisa igwaliba ngokupheleyo uLead Mother angalisayina.

Amagwaliba agcwalisiweyo ngokupheleleyo kumele abukwe njengempumelelo emhlanganweni wokuxoxisana njalo kube lokuziqhenya ngokugcwalisa leligwaliba ngokupheleleyo. Lokhu kungenziwa ngokutshayela ihlombe ilunga leqembu ngokuzimisela lokwabela lo omxhasayo izifundo loba eyinye indlela yokunanzelela lo othe wagcwalisa igwaliba lakhe ngokuphelelelyo.

Amagwaliba agcwaliswe ngokupheleleyo kumele ananzelelwe emphakathini loba kumcimbi eyabe ihlelwe yi Amalima Loko.

## Ifomu lokulandelela umahluko lomkhokheli welunga

Printela lonke ilunga leqembu igwaliba leli.

|  |  |
| --- | --- |
| **Ibizo lelunga leqembu:** | **Ilanga ifomu elamukelwe ngalo:** |
| **Ibizo loxhasayo:** | **Ilanga lokuqeda:** |

**Ukuzwanana koxhasayo lelulnga leqembu.**

⬜ Ubaba ⬜ Umamazala ⬜ Ubabazala ⬜ Omunye: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kutafula eliphansi, tshengisa ubunzima ilunga leqembu lolixhasayo abalabo abakuqamba lapho bevakatshelwe, bekhangele kusimo sinye ngasikhathi sinye. Qhubekela phambili ngokusebenza kusimo ofuna ukusitshintsha kuze kufike lapho ilunga selisanelisa ukutshintsha indlela abaziphatha ngayo lokuqhubekela phambili bephila ngaleyondlela. Sebenzisa isigaba “sendlela yokwenqabela ubunzima” ukubhala indlela ilunga leqembu lolixhasayo ukuba bazinikele ekuzameni lokulondoloza isimo esizatshintshwa. Faka ukhwetshu “kokuzanyiweyo” nxa ilunga leqembu lolixhasayo sebevumelene ukuzama ukutshintsha indlela abaphila ngayo.

| **Indlela ophila ngayo** | **Okuzanyiweyo** | **Ubunzima** | **Indlela zokulungisa ubunzima** | **Okwenziweyo** |
| --- | --- | --- | --- | --- |
| Ukuxhuma umntwana ebeleni | ⬜ |  |  | ⬜ |
| Ukupha umntwana uchago lukamama kuphela | ⬜ |  |  | ⬜ |
| Indlela yokuphatha umntwana umupha ukudla okungayisilo chago lwebele likamama | ⬜ |  |  | ⬜ |
| Ukupha umntwana okunye ukudla | ⬜ |  |  | ⬜ |
| Ukuhlanzeka komntwana | ⬜ |  |  | ⬜ |
| Ukugeza izandla | ⬜ |  |  | ⬜ |
| Ukunakekela | ⬜ |  |  | ⬜ |
| Ukuxhasa onakekelayo | ⬜ |  |  | ⬜ |

## Annex: Text for commitment cards

Isifaniselo segwaliba lokuzimisela seenzelwe ukuthi izinto okumele zenziwe zimakwe nxa sezenziwe njalo zingadingi ukuthi umuntu abe efundile ukuthi azizwisise. Indlela zokuzinikela ziyasebenziseka njalo zingafakwa enhlelweni ze Amalima Loko.

| **English** | **isiNdebele** |
| --- | --- |
| Breastfeeding attachment | Ukuxhuma umntwana ebeleni |
| Exclusive breastfeeding | Ukupha umntwana uchago lukamama kuphela |
| Complementary feeding – positioning | Indlela yokuphatha umntwana umupha ukudla okungayisilo chago lwebele likamama |
| Complementary feeding – foods | Ukupha umntwana okunye ukudla |
| Child’s hygiene | Ukuhlanzeka komntwana |
| Handwashing | Ukugeza izandla |
| Responsive care | Ukunakekela |
| Caregiver support | Ukuxhasa onakekelayo |
| Sick child care | Ukunakekela umntwana ogulayo |
| Early communication | Ukuqala ingxoxo masinyane |
| We work together for the common goal of healthy families. We commit to take action for our households to be smart, our children to grow healthy, and our communities to be united. Together we grow. | Sisebenza ndawonye njengesigaba ukwenzela impila kahle yezimuli. Sizinikele ukuncedisa ukuze imizi yethu ihlanzeke, abantwana bakhule kuhle lokuthi izigaba zethu zibambane. Sisonke siyakhula. |
| Care group member | Ilunga leqembu |
| Household member | Ilunga lemuli |
| Household member role | Indima yelunga lemuli |
| Husband | Ubaba |
| Mother-in-law | Umamazala |
| Father-in-law | Ubabazala |
| Other household member | Omunye olilunga lemuli |
| Signed to recognize successful adoption of behaviors | Kusayinwe kunanzelelwa ukuphumelela ekwenzeni indlela ezintsha zokuziphatha. |

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