Fruit

Matunda

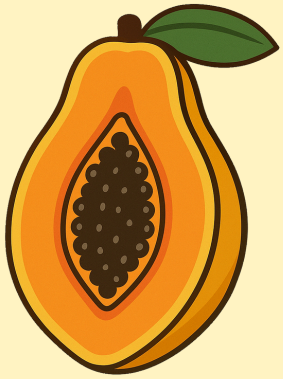


Banana **Ndizi**	Papaya Papai
Mango Embe	Orange Machungwa

Tip: banana provides energy and is good for the stomach

Fruit

Matunda



Banana Ndizi	**Papaya** **Papai**
Mango Embe	Orange Machungwa

Tip: papaya is good for the stomach & digestion

Fruit

Matunda

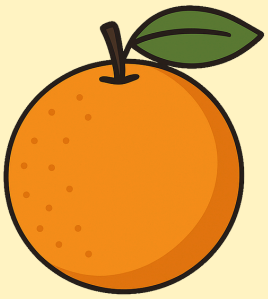


Banana Ndizi	Papaya Papai
Mango **Embe**	Orange Machungwa

Tip: mango is full of vitamins for strong immunity

Fruit

Matunda



Banana Ndizi	Papaya Papai
Mango Embe	**Orange** **Machungwa**

Tip: orange is full of vitamin C for strong children

Vegetables

Mboga



Carrot **Karoti**	Tomato Nyanya
Onion Kitunguu	Potato Viazi

Tip: Carrots are good for the eyes

Vegetables

Mboga

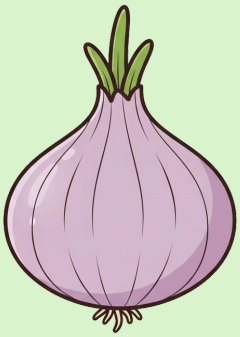


Carrot Karoti	**Tomato** **Nyanya**
Onion Kitunguu	Potato Viazi

Tip: Tomatos boost the immune system

Vegetables

Mboga



Carrot Karoti	Tomato Nyanya
Onion **Kitunguu**	Potato Viazi

Tip: Onions keep the body healthy

Vegetables

Mboga



Carrot Karoti	Tomato Nyanya
Onion Kitunguu	**Potato** **Viazi**

Tip: Potatos provide good energy

Drinking
Kunywa



Clean water **Maji Safi**	Mild Tea (warm) Chai Kali (joto)
Uji (porridge)	Watermelon Tikiti Maji

Tip: Clean water prevents dehydration

Drinking
Kunywa



Clean water Maji Safi	**Mild Tea (warm)** **Chai Kali (joto)**
Uji (porridge)	Watermelon Tikiti Maji

Tip: Mild tea is gentle for the stomach

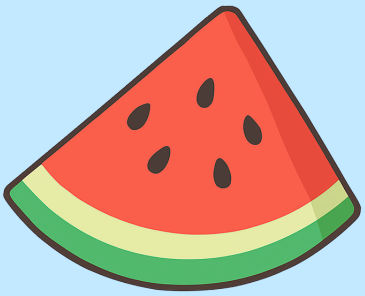
Drinking
Kunywa



Clean water Maji Safi	Mild Tea (warm) Chai Kali (joto)
Uji (porridge)	Watermelon Tikiti Maji

Tip: Uji gives strength

Drinking
Kunywa



Clean water Maji Safi	Mild Tea (warm) Chai Kali (joto)
Uji (porridge)	**Watermelon** **Tikiti Maji**

Tip: Watermelon gives extra hydration

Hygiëne
Usafi



Hand Washing **Kuosha Mikono**	Clean Water Maji Safi
Clean Plate/Spoon Safi Sahani/Kijiko	Clean Cup Kombe Safi

Tip: Hand washing gives less chance of getting sick

Hygiëne
Usafi



Hand Washing Kuosha Mikono	**Clean Water** **Maji Safi**
Clean Plate/Spoon Safi Sahani/Kijiko	Clean Cup Kombe Safi

Tip: Clean water prevents diarrhea

Hygiëne
Usafi



Hand Washing Kuosha Mikono	Clean Water Maji Safi
Clean Plate/Spoon **Safi Sahani/Kijiko**	Clean Cup Kombe Safi

Tip: Clean plate/spoon is safer for eating

Hygiëne
Usafi



Hand Washing Kuosha Mikono	Clean Water Maji Safi
Clean Plate/Spoon Safi Sahani/Kijiko	**Clean Cup** **Kombe Safi**

Tip: Clean Cup keeps the child healthy

Sleep & Rest

Kulala & Kupumzika



Good night's sleep **Usingizi mzuri**	Nap Kulala usingizi
Regular bedtime Wakati wa kulala mapema	Quiet time Wakati wa utulivu

Tip: Good night's sleep recovers the child

Sleep & Rest

Kulala & Kupumzika



Good night's sleep Usingizi mzuri	**Nap** **Kulala usingizi**
Regular bedtime Wakati wa kulala mapema	Quiet time Wakati wa utulivu

Tip: Napping renews energy

Sleep & Rest

Kulala & Kupumzika



Good night's sleep Usingizi mzuri	Nap Kulala usingizi
Regular bedtime Wakati wa kulala mapema	Quiet time Wakati wa utulivu

Tip: Regular bedtime calms the child

Sleep & Rest

Kulala & Kupumzika

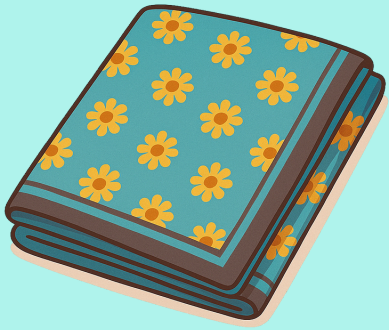


Good night's sleep Usingizi mzuri	Nap Kulala usingizi
Regular bedtime Wakati wa kulala mapema	**Quiet time** **Wakati wa utulivu**

Tip: Quiet time is less irritability

Warmth

Joto



Extra cloth (kanga)	Cover head Funika kichwa
Dry clothes Nguo kavu	Shoes/Slippers Viatu/Slippers

Tip: Extra clothes keeps the child warm

Warmth

Joto



Extra cloth (kanga)	**Cover head** **Funika kichwa**
Dry clothes Nguo kavu	Shoes/Slippers Viatu/Slippers

Tip: Covering the head protects from cold

Warmth

Joto



Extra cloth (kanga)	Cover head Funika kichwa
Dry clothes **Nguo kavu**	Shoes/Slippers Viatu/Slippers

Tip: Dry Clothes prevents sickness

Warmth

Joto



Extra cloth (kanga)	Cover head Funika kichwa
Dry clothes Nguo kavu	**Shoes/Slippers** **Viatu/Slippers**

Tip: Shoes/Slippers protect the feet

Signs of illness

Dalili za ugonjwa



Fever **Homa**	Coughing Kukohoa
Diarrhea Kuhara	Weak/Tired Mnyonge/Mchovu

Tip: Fever - Give extra water

Signs of illness

Dalili za ugonjwa



Fever Homa	**Coughing** **Kukohoa**
Diarrhea Kuhara	Weak/Tired Mnyonge/Mchovu

Tip: Coughing - Keep warm & rest

Signs of illness

Dalili za ugonjwa



Fever Homa	Coughing Kukohoa
Diarrhea **Kuhara**	Weak/Tired Mnyonge/Mchovu

Tip: Diarrhea - Give water or ORS

Signs of illness

Dalili za ugonjwa



Fever Homa	Coughing Kukohoa
Diarrhea Kuhara	**Weak/Tired** **Mnyonge/Mchovu**

Tip: Weak/Tired - Watch closely

When to seek help

Wakati wa kutafuta msaada



Not drinking **Sio kunywa**	Severe diarrhea Kuhara kali (siku 2+)
Breathing problems Matatizo ya kupumua	Very high fever Homa kali sana

Tip: Not drinking - risk of dehydration → get help

When to seek help

Wakati wa kutafuta msaada



Not drinking Sio kunywa	**Severe diarrhea** **Kuhara kali (siku 2+)**
Breathing problems Matatizo ya kupumua	Very high fever Homa kali sana

Tip: Severe diarrhea (2+ days) - go to clinic

When to seek help

Wakati wa kutafuta msaada



Not drinking Sio kunywa	Severe diarrhea Kuhara kali (siku 2+)
Breathing problems **Matatizo ya kupumua**	Very high fever Homa kali sana

Tip: Breathing problems - get help immediately

When to seek help

Wakati wa kutafuta msaada



Not drinking Sio kunywa	Severe diarrhea Kuhara kali (siku 2+)
Breathing problems Matatizo ya kupumua	**Very high fever** **Homa kali sana**

Tip: Very high fever - must be checked