HEALTHY CHILD, HAPPY MAMA

Nini ni muhimu kwa mtoto wangu?

DAILY CARE huduma ya kila siku

- **Wash your hands regularly**
  Osha mikono mara kwa mara
- **Dress your child warmly during cold mornings and evenings**
  Mvae mtoto mguo za joto wakati wa asubuhi na jioni baridi
- **Keep your home clean and smoke-free**
  Hakikisha myumba ni safi na haina moshi
- **Give your child clean water regularly**
  Mpe mtoto maji safi mara kwa mara
- **Babies need 14-17 hours sleep per day; Toddlers 10-13 hours.**
  Watoto wachanga: masaa 14–17 ya usingizi kwa siku Watoto wadogo: masaa 10–13





- **Babys only need breastmilk for the first 6 monts of life**
  Miezi 0–6: maziwa ya mama pekee
- **From 6 months: soft foods like porridge**
  Kuanzia miezi 6: vyakula laini kama uji
- **From 1 year: give 3 meals a day, including fruits and vegetables.**
  Kuanzia mwaka 1: mpe mtoto milo 3 kwa siku, ikijumuisha matunda na mboga.



DEVELOPMENT maendeleo

- **Talk and sing with your child everyday**
  Zungumza na imba na mtoto wako kila siku
- **Encourage simple play**
  Himiza kucheza kwa vita rahisi
- **Let your child practice doing things alone**
  Mruhusu mtoto ajaribu kufanya mambo mwenyewe



IS MY BABY SICK?

Je, mtoto wanhu anaumwa?

- **High fever**
  Homa kali
- **Diarrhea or vomiting**
  Kuharisha au kutapika
- **Fast breathing or cough**
  Kupumua kwa haraka au kukohoa
- **Refusing food or drink**
  Kukataa kula au kunywa
- **Very sleepy or unresponsive**
  Usingizi mwingi au kutoitikia
- **Feels very cold or very hot**
  Mwili baridi sana au moto sana
- **Iwapo mtoto wako ana kuhara kwa zaidi ya siku 2 > nenda kwenye kliniki**
- **Dalili za Malaria: homa, baridi, uchovu**





Fardja