

Kodi Mukudziwa Njira Zolerera Zomwe Mungasankhepo?

Azachipatala omwe mumapitako kukatenga uphungu pa za kulera atha kukuthandizani. Chonde funsani!



Impulanti

- Kulowetsa impulanti imodzi kapena awiri pa mkono wa mayi. Sipamakhalanso zambiri zoti mayi adzichita ma impulanti akalowetsedwa pa mkono.
- Ndi njira yabwino kwambiri pa zaka zapakati pa zitatu ndi zisanu, potengera mtundu wa impulanti yomwe yayikidwa pa mkono.
- Njirayi itha kugwiritsidwa ntchito pa msinkhu wina uliwonse komanso posatengera kuti mkazi anaberekapo kapena ayi.
- Mayi atha kupita kwa munthu yemwe anaphunzira bwino za njira za kulera kuchotsesa ma impulanti nthawi ina iliyonse. Akatero, atha kutenganso mimba mosavuta.
- Mayi atha kutuluka magari pang'ono kapena kutulutsa madontho amagazi kutha kuchitika, kapena kusiya kusamba kwa pamwezi. Njirayi siipereka chiopsezo china chilichonse.
- Njirayi ndi yopanda chiopsezo nthawi yomwe mayi akuyamwitsa.

Lupu

- Kachipangizo kakang'ono kofewa kopangidwa ndi mkuwa kapena homoni, komwe kamalowetsedwa m'chiberekero.
- Kachipangizo ka mkuwaka ndi njira yogwira ntchito bwino kwambiri, yosavuta kusiya komanso ya nthawi yaitali. Kachipangizo ka homoni kamatha kugwiritsidwa ntchito kwa zaka za pakati pa zitatu ndi 6.
- Kachipangizoka katha kulowetsedwa mwa mayi akangobereka kumene komanso nthawi ina iliyonse.
- Pamakhalu kuwawa polowetsa. Ndi kachipangizo ka mkuwa, mayi atha kutuluka magari ambiri akamasamba komanso kusamba kutha kutenga masiku ochulukirapo, makamaka kumayambiriro. Mkwagwiritsa ntchito kachipangizo ka homoni, sipamakhalu kutuluka magari kwambiri komanso kamathandiza kuchepetsa vuto la chibayo.
- Sikwenikweni kuti pakhalu mavuto aakulu potsatira kugwiritsa ntchito njirayi. Matenda a khomo la chiberekero amatha kuyamba ngati mayi ali ndi matenda opatsirana pogonana lupu ikamalowetsedwa.
- Katha kutuluka pakokha, makamaka kumayambiriro.
- Mayi atha kutenga mimba mosavuta ngati lupu yachotsedwa.

Kutseketsa kwa mayi

- Ukatseketsa, munthu sumaberekanso moyo wako onse. Njirayi, ndi ya amayi omwe atsimikiza kuti sadzafunso kubereka. Lingalirani mozama musanapange chiganizo.
- Njira yabwino kwambiri (koma ili ndi zofooka zake)
- Pogwiritsa ntchito njirayi, pamakhala kuunika thupi komanso kuchita opaleshoni yosavuta komanso yosapereka chiopsezo. Nthawi zambiri, mayi amakhala ali maso zikamachitika izi. Sipamakhalu ululu.
- Patha kukhala ululu ndi kutupa kwa masiku angapo kuchoka tsiku lolandilira njirayi. Mavuto odza kamba kotenga njirayi samakhalapo kweni kweni.
- Sipamakhalu ziopsezo za pathupi za mgonagona. Pa zogonana, palibe chomwe chimasinthanso.
- Mayi atha kutenga njirayi akangobereka kumene, komansonthawi zina.

Kutseka kwa Abambo

- Njira iyi ndi yamuyaya. Ndi ya amuna amene atsimikiza kuti sakufunanso kubereka. M'kuyenera kulingalira mozama musanachite chisankho.
- Gwiritsani ntchito njira ina yolerera pa miyezi itatu yoyambirira kufikira njirayi iyambe kugwira ntchito.
- Imagwira ntchito bwino kwambiri pakangodutsa miyezi itatu (koma ili ndi zofooka zake).
- Opaleshoni yake siipereka chiopsezo china chilichonse komanso ndiyosavuta kuipanga. Imatheka mu mphindi zochepa chabe. Sipamakhalu ululu.
- Ululu, kutupa, komanso tizilonda tating'ono ting'ono titha kukhalapo kwa masiku angapo. Kwa amuna ochepa kwambiri, ululu umakhala osatha.
- Siimasintha chilichonse pa nkhani yogonana.

Mankhwala ochita kubayitsa

- Alipo mitundu itatu: DMPA - kubayitsa kamodzi pa miyezi itatu ina iliyonse (masabata 13); NET EN - kubayitsa kamodzi pa miyezi iwiri ina iliyonse; Cyclo-Fem ndi ena - kubayitsa mwezi wina uliwonse.
- Mumthu utha kuchedwa kubayitsa mtundu wa DMPA ndi masabata anayi, kuchedwa kubayitsa mtundu wa DET EN ndi masabata awiri, kapena kuchedwa kubayitsa mtundu wa Cyclo-Fem ndi sabata imodzi popanda vuto lina lililonse.
- Imagwira ntchito bwino komanso siipereka chiopsezo chilichonse.
- Ndi yobisika. Anthu ena sangadziwe kuti ukuyigwiritsa ntchito.
- Itha kugwiritsidwa ntchito pa msinkhu wina uliwonse posatengera kuti unaberekapo kapena ayi.
- Mitundu ya DMP ndi NET EN ndi yabwino kwa mayi woyamwitsa, pakadutsa masabata 6 chibadwireni mwana. Mankhwala obayitsa mwezi ndi mwezi samakhala bwino.
- Munthu atha kumabayitsa m'dera lake lomwe. Munthu athanso kudziyamba yekha mtundu wa DMPS-SC, womwe ndi mtundu wobayidwa mwapatapatali komanso amabwera mu injekishoni.
- Munthu akamagwiritsa ntchito mtundu wodziyamba mwezi ndi mwezi, mayi akamasamba, magari amatuluka mocheperako, kwa masiku ochepa komanso mosawirikiza. Kudontheza timagazi komanso kutuluka magari mosayembekezeraka zitha kuchitika.
- Ngati mayi wasiya kubayitsa, athanso kutenga mimba. Ngati wasiya kubayitsa mtundu wa DMPA, patha kutenga miyezi ingapo kuti athe kutenga mimba.

Njira yolerera poyamwitsa mwakathithi

- Njira yakulera mu nthawi yomwe mayi akuyamwitsa, kufikira miyezi 6 mwana atabadwa.
- Mayi woyamwitsa amagwiritsa njirayi ngati:
 - Mwana wake sakumwa kapena kudya chakudya china kupatula bere, ndipo mwanayo amayamwa usiku ndi usana, komanso
 - Mayi sanayambe kusamba, komanso
 - Mwana wake sanakwane miyezi 6.
- Ngati nthawi yogwiritsira ntchito njirayi yatha, mayi akuyenera kusankha njira ina.

Makondomu

- Amathandiza kuteteza ku mimba ndi matenda opatsirana pogonana, kuphatikizapo matenda a Edzi, mukagwiritsa ntchito molondola.
- Amateza ku matenda opatsirana pogonana kapena Edzi. Mwamuna ndi mkazi amagwiritsa ntchito makondomu komanso njira zina zolerera.
- Ndi osavuta kugwiritsa ntchito.
- Amagwira ntchito bwino akagwiritsidwa ntchito molondola nthawi zonse. Koma samagwiritsidwa ntchito nthawi zonse.
- Anthu ena amati makondomu amasokoneza kugonana, kuchepetsa kukoma kapena kuchititsa manyazi. Kuyankhulana ndi wachikondi wanu kungathandize.

Mankhwala Okumwa Okhala ndi Mahomoni Mitundu Iwiri

- Imagwira ntchito bwino kwambiri komanso munthu amatha kuyisiya mosavuta.
- Imwani pilisi imodzi tsiku lililonse ndipo ndipo tsekulani paketi latsopano munthawi yake kuti mankhwala agwire bwino ntchito.
- Kutuluka magari mosayembekezeraka kapena timadontho ta magari kutha kuchitika, makamaka kumayambiriro. Njirayi siimayika munthu pa chiopsezo. Mayi amatuluka magari ocheperako akamasamba ndipo amasamba mu nthawi yake pakadutsa miyezi yowerengeka.
- Azimayi ena amamva mutu kupweteka, kunenepa, kupotokola kwa m'mimba, makamaka kumayambiriro. Nthawi zambiri, izi zimasiya zokha.
- Njira yosapereka chiopsezo kwa mayi wina aliyense. Mavuto odza kamba kogwiritsa ntchito njirayi ndiochepa kwambiri.
- Itha kugwiritsidwa ntchito pa msinkhu wina uliwonse komanso posatengera kuti mayi anaberekapo kapena ayi.
- Imathandiza kuchepetsa kuundana kwa magari, kutuluka magari kwambiri, chibayo ndi mavuto ena mayi akamasamba.

Mankhwala Olerera Okhala ndi Mtundu Umodzi wa Mahomoni

- Njira yabwino kwa amayi oyamwitsa omwe akufuna mapilisi.
- Njira yabwino kwambiri nthawi yomwe mayi akuyamwitsa ndipo njosavuta kuyisiya.
- Imwani mapilisi tsiku ndi tsiku kuti njirayi igwire ntchito bwino.
- Ngati mayi sakuyamwitsa, kuchita madontho ndi kutuluka magari mosayembekezeraka kumachitika nthawi zambiri. Njiosapereka chiopsezo.

Njira Zokhudza Kudziwitsa Anthu za Kuthekera Kotenga Mimba Kuphatikizapo Njira Yowerenga Masiku a Kusamba

- Mayi amadziwa nthawi yomwe atha kutenga mimba.
- Nthawi yomwe mayi atha kutenga mimba, banja limayamba lasiya kugonana kapena kugwiritsa ntchito njira zina monga makondomu.
- Njirayi, itha kugwira bwino ntchito ikagwiritsidwa ntchito molondola.
- Njira imeneyi imafunika kuti mwamuna ndi mkazi akhale ogwirizana.
- Palibe chiopsezo china chilichonse pa thupi.
- Njira zina zitha kukhala zovuta kuzigwiritsa ntchito thupi likamatentha kapena kusi kwa mayi kukhalapo matenda, mayi akangobereka kumene, kapenanso mayi akamayamwitsa.

Kachipangizo Kotsekera Khomo la Chiberekero Kokhala ndi Mankhwala Opha Umuna

- Mkazi amalowetsa kachipangizo kotsekera khomo la chiberekero mkati mwake nthawi iliyonse akamakonzekera kugonana ndi mwamuna. Atha kukalowetsera.
- Njirayi, imagwira bwino ntchito ikagwiritsidwa ntchito molondola nthawi zonse.
- Nthawi zambiri, mayi amene kuunikidwa mkati mwake pofuna kupeza kachipangizo komwe ndi komuyenera m'kakulidwe.
- Matenda okhudza chikhodzodzo amakhala ochulukira.

Njira Zolerera Zina Sizimalimbikitsidwa Kuti Zigwiritsidwe Ntchito Ngati Mayi Ali Ndi Mavuto Ena M'thupi.

Mavuto a m'thupi	Njira Zosilimbikitsidwa
Kusuta fodya komanso kukhala ndi zaka 35 kapena kuposera apo	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala obayitsa.
Vuto lothamanga magari lodziwika	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa mwezi uliwonse. Ngati munthu ali ndi vuto lothamanga magari kwambiri, kubayitsanso mankhwala miyezi iwiri kapena itatu iliyonse.
Mayi yemwe akuyamwitsa pa miyezi 6 yoyambirira	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa mwezi uliwonse
Kuyamwitsa pa masabata 6 oyambirira	Mankhwala ochita kubaya miyezi iwiri kapena itatu iliyonse
Kusayamwitsa masiku 21 mwana atabadwa	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa mwezi uliwonse. (Mankhwala olerera amapilisi okhala ndi mahomoni awiri komanso mankhwala ochita kubayitsa mwezi uliwonse asagwiritsidwe ntchito pasanathe masabata 6 mayi atabereka ngati pali chiopsezo choti magari athera kuundana mu misempha ya magari yomwe ili mkatikati kwambiri. Kuundana kwa magari kukuyenera kukhalapo kwa miyezi ingapo mayi akangobereka.) Mukuyenera kudikira masabata 6 adutse kuti muveke molondola kachipangizo kotseka khomo la chiberekero.
Matenda ena oopsa osadziwika kwenikweni a mtima, misempha ya magari, kapena chiwindi, kapena khansa ya mmawere.	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa, mapilisi olelera okhala ndi homoni mtundu umodzi, ma impulanti. Funsani azachipatala.
Mutu wa ching'ang'ala	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa. Funsani azachipatala.
Kupweteka mutu kochititsa munthu kuvutika kupenya, kwa munthu wa msinkhu wina uliwonse	Mankhwala olerera amapilisi okhala ndi mahomoni awiri, kulandira mankhwala ochita kubayitsa. Funsani azachipatala.
Matenda a m'chikhodzodzo	Mankhwala olerera amapilisi okhala ndi mahomoni awiri. Funsani azachipatala.
Mavuto ena a m'thupi okhudza ziwalo za akazi	Lupu. Funsani azachipatala.
Matenda opatsirana a khomo la chiberekero kapena chiopsezo chachikulu chotenga matendawa; matenda a ziwalo zokhudza kubereka za amayi; matenda a Edzi omwe odwala sanayambe kumwa mankhwala	Lupu. Gwiritsani ntchito makondomu angakhale mukugwiritsa njira ina ya kulera. Amayi omwe ali ndi kachirobomo ka HIV, kuphatikizapo amayi omwe ali ndi matenda a Edzi komanso omwe ali pa mankhwala, atha kugwiritsa ntchito njira yolerera ina iliyonse ya ku mtima kwawo. (Ichi chikuphatikizapo lupu ya mayi yemwe ali ndi matenda a Edzi ngati akulandira mankhwala ndipo akuwoneka wa thanzi.) Amayi omwe ali pachipweteko chachikulu chotenga kachirobomo ka HIV atha kugwiritsa ntchito njira yolerera ya mtundu wina uliwonse kuchotsapo njira yogwiritsa ntchito mankhwala opha umuna.
Mimba yozindikirika	Njira ina iliyonse siikufunika.

Dziwani izi: Werenganiso zosindikizidwa ndi boma la kwanu kuti mudziwe ndondomeko zokhudza dziko lakwanu
 Ngati mukufuna kudziwa zambiri za njira zolerera izi, azachipatala atha kuwerenga buku la *Family Planning: A Global Handbook for Providers*. Azachipatala atha kulipeza bukuli komanso zophunzitsira zopachika pa khoma ku Knowledge SUCCESS, Hopkins Center for Communication Programs (JHCCP), 111 Market Place, Suite 310, Baltimore, Maryland 21202, USA; Keyala yawo ya pa intaneti ndi orders@jhccp.org. Chophunzitsira chino chikolowa m'malo mwa zophunzitsira zakale ndipo mwaonjezeraka zinthu zina zatsopano. Ntchito yolembe chophunzitsira chino inatheka kamba ka thanzizo lochokera ku bungwe la United States Agency for International Development, Global, GHI/PRH/PEC, pansu pa mufundo za mgwirizano wotchchedwa Cooperative Agreement: 7200AA19CA00001. Kutsindikizikanso mwatsopano © 2022, Johns Hopkins Center for Communication Programs.

Kufananiza Ubwino wa Njira Zolerera

Kugwira ntchito bwino kwambiri

Mimba zosakwana imodzi pa amayi 100 aliwonse pa chaka chimodzi

- Ma impulanti
- lupu
- Kutseka kwa amayi
- Kutseka kwa abambo

Zomwe mungachite kuti njira yomwe mwasankhayo igwire ntchito bwino:

Ma impulanti, lupu, komanso kutseka kwa amayi: Pampapeto pa zonse, munthu sumavutika ndi kupanga kapena kukumbukira zinthu zina

Kutseka kwa abambo: Gwiritsani ntchito njira ina kwa miyezi itatu yoyambirira

Mankhwala ochita kubayitsa:

Bayitsani mankhwalawa mowiririza komanso mu nthawi yake

Njira yoyamwitsa (kwa miyezi 6): Yamwitsani mwakathithi, usiku ndi usana

Mapilisi: Imwani pilisi imodzi tsiku lililonse

Kachipangizo kovala komwe kamatulutsa mahomoni othandiza polera

Kachipangizo kolerera kozungulira ovala kusi kwa amayi

Makondomu a abambo, kachipangizo kotsekera khomo la chiberekero:

Gwiritsani ntchito izi molondola mukamagonana

Kuphunzitsa zokhudza kuthekera kotenga mimba: Dziletseni kapena gwiritsani ntchito makondomu masiku omwe mutha kutenga mimba. Njira Yolerera Powerenga Masiku Osambira ndi Masiku Awiri Njirayi itha kukhala yosavuta kugwiritsa ntchito.

Makondomu a amayi, kutayira padera, mankhwala opha umuna:

Gwiritsani ntchito molondola nthawi iliyonse m'kamagonana

Makondomu a Amuna

Kachipangizo kotsekera khomo la chiberekero

Njira Zophunzitsira za Kuthekera Kotenga Mimba

Makondomu a Amayi

Kutayira padera

Mankhwala opha umuna