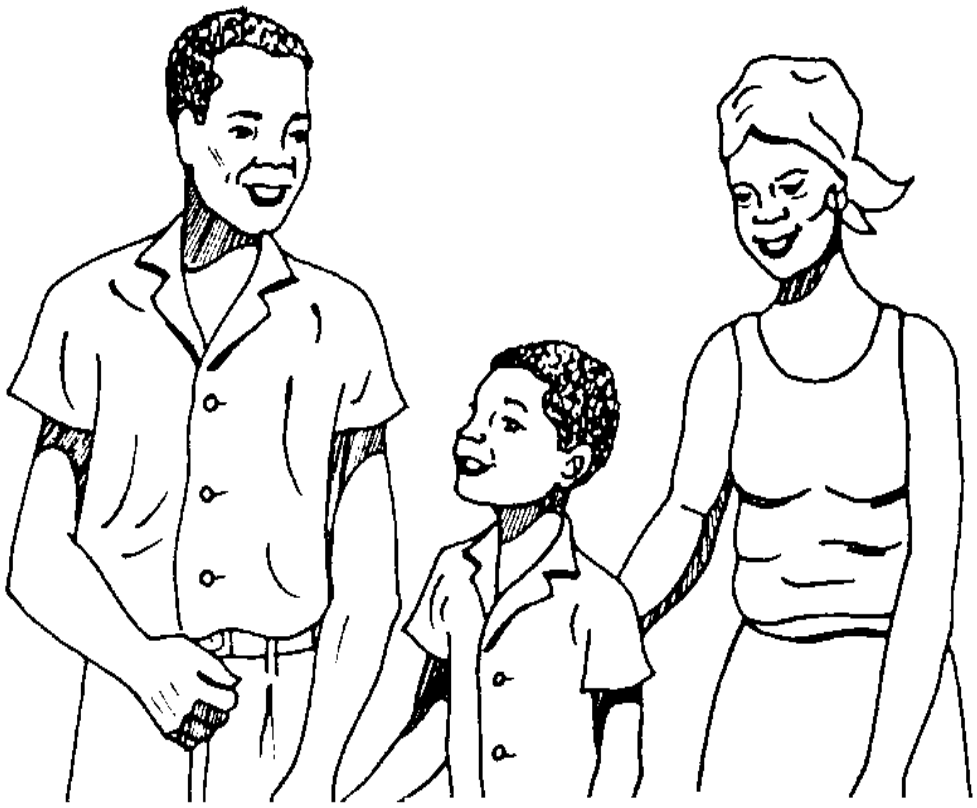
Engeri Ez'enjawulo Ez'okweteekateekera Ezzadde



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UPHMB ACTS 1:7-8

CCIH Christian Connections for International Health

ADVANCING PARTNERS & COMMUNITIES

This Bloom book was adapted from a method mix tool originally designed by the Institute for Reproductive Health at Georgetown University for use under the Fertility Awareness for Community Transformation (FACT) Project in Uganda.

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Translated by Nathan Ssemambo and Nalubowa Maria

Ebiri mu Kitabo Kino

Byosaanye Okumanya	2
Okuyonsa	6
Empeke	8
Empiso	10
Akaweta k'oku mukono	12
Okubala embira	14
Nnakubbiri	16
Akapiira k'abaami	18
Akapiira k'abakazi	20
Akaweta k'oku nnabaana	22
Okusala enseke z'omukazi	24
Okusala enseke z'omusajja	26
Empeke emiribwa nga waakamala okwegatta	28

Byosaanye Okumanya

Entegeka y'ezzadde kye ki?

Kwe kusalawo ku muwendo gw'abaana be mwagala okuzaala, be munaasobola okulabirira na ddi lwe munaabazaala. Mu ngeri endala, kwe kwewa obudde obumala nga tonnazza ku mwana ppaka ng'embeera y'obulamu neetegefu. Kino kiyamba abazadde okusalawo ddi omukyala lw'anaafuna olubuto n'okwewala okulufuna nga talwetegekedde.

Lwaki entegeka y'ezzadde yeetaagisa?

Entegeka y'ezzadde yeetaagisa kubanga okusalawo ku muwendo gw'abaana na ddi lwe munaabafuna kiyamba omwana, maama wamu n'ab'omu maka bonna. Ssinga abazadde beeteekerateekera olubuto, ebiseera ebisinga omwana azaalibwa aba mulamu bulungi ate ayonsebwa ebbanga ddene n'akula bulungi. Maama agenda okufuna olubuto olulala ng'azzeewo era aba n'ekiseera ekimala okulabirira omwana we n'ab'omu makaage. Amaka nago gaba n'obusobozi okufuna ebikozesebwa ebimala ng'emmere, eby'okwambala, aw'okusula n'okutwala abaana ku ssomero.

Weetegereze:

Bamaama n'abaana okuba obulungi, kiba kirungi abakazi ne bazaalira wakati w'emyaka 18 ku 35. Oluvannyuma lw'okuzaala, basaana bayiseewo emyaka ebiri okuddamu okufuna olubuto. Ne bwaba ng'omukazi avuddemu olubuto, asaanye ayiseewo emyezi mukaaga okufuna olubuto olulala.

Ekigendererwa ky'ekitabo kino

Ekitabo kino kiraga engeri za mirundi kkumi n'ebiri ez'enjawulo ezikozesebwa obudde obumala nga tonnazza ku mwana. Kiraga enkola ya buli ngeri n'ebiyinza okuddirira oluvannyuma lw'okugikozesa. Wekkaanye enkola ya buli ngeri n'ebiyinza okuddirira era ogyogereko n'omwagalwawo. Buli nkola erimu ebirungi n'ebisoomooza n'olwekyo yogera n'omusawo akuli okumpi ayongere okukuwabula ku ngeri esaanidde. Kino kikulu nnyo naddala bwe kiba ng'omu ku mmwe alina akawuka akaleeta mukenenya.

Jjukira kino: Osobola okusalawo ku ngeri y'entegeka y'ezzadde ekusaanira.

Bayibbuli ky'eyogera ku bino

Okwewa obudde obumala nga temunnazza ku mwana, emu ku ngeri omusajja gyalagamu okufaayo eri mukazi we wamu n'amakaage. Ssinga maama oba omwana afuna obuzibu, amaka gonna ganyigirizibwa.
"Era ekitundu ky'omubiri ekimu bwe kibonaabona, ebitundu byonna bibonaabonera wamu nakyo."
1 Abakkolinso 12:26a.
N'olw'ekyo, okukola ebikolwa ebiraga okufaayo eri omuntu omu ku abo ab'omu maka, kiba kiraga okufaayo eri buli omu mu maka ago era bwe kityo n'omubiri gwa Kulisito gwonna.

Katonda atusuubira okutwala obuvunaanyizibwa eri amaka gaffe wamu n'okugalabirira. Kino kitegeeza nti tulina okuzaala abaana betusobola okulabirira, okuwa ebyetaago wamu n'okusomesa.
"Naye omuntu yenna bw'atajjanjabe nga babe, n'okusinga ab'omu nnyumba ye, nga yeegaanye okukkiriza era nga ye mubi okusinga atakkiriza."
1 Timoseewo 5:8.

Katonda yalagira Adamu ne Kaawa okulabirira ebitonde byonna mu ngeri ey'obuvunaanyizibwa.
"Katonda n'abawa omukisa, Katonda n'abagamba nti, mweyongerenga, mwalenga mujjuze ensi mugirye: mufugenga eby'omu nnyanja, n'ebibuuka waggulu na buli ekirina obulamu ekitambula ku nsi."
Olubereberye 1:28.

Ekiragiro ekigamba nti muzaale, mwale, mujjuze ensi, tekyaweebwa muntu omu, wabula buvunaanyizibwa bwa fenna. Emu ku ngeri ez'okulaga obuvunaanyizibwa mu maka kwe kwewa obudde obumala nga tonnazza ku mwana ku lw'obulungi n'obulamu bwa maama, omwana n'ab'awaka bonna.

Olugero lwa Onani mu kitabo ky' Olubereberye essuula 38 lunokolwayo nnyo abantu abamu ng'ekyokulabirako nti Katonda takkiriziganya na nkola ey'okugera ezzadde. Mu lugero luno, Yuda alagira mutabani we Onani okwegattanga ne nnamwandu wa muganda we asobole okuzaalira muganda we omugenzi abaana. Wabula Onani bwe yategeera nti abaana abanaazaalibwa tebaabe babe, amazzi yagafukanga wansi aleme okuwa mukazi muganda we olubuto. Oluvannyuma, Katonda yatta Onani sirwakubanga yafukanga amazzi wansi wabula olw'okuba yeerowoozangako yekka. Wadde Onani yakolanga kitaawe kye yamulagira, ekigendererwa kye tekwali kuyamba maka ga muganda we omugenzi wabula okwekkusa yekka mu by'omukwano.

Okuyonsa

Enkola y'okuyonsa ekola etya?

Enkola ey'okuyonsa (Lactational Amenorrhea Method) eremesa maama okufuna olubuto olulala ssinga aba ayonsa omwana we buli kaseera (emisana n'ekiro) era ng'ebintu bino wammanga bwe biri ku ye:

1. Nga tagenda mu nsonga okuva lw'azaala omwana.
2. Ng'omwana amukuumira ku kuyonka kwokka awatali kumuwa byakulya oba byakunywa birala.
3. Ng'omwana tannaweza myezi mukaaga.

Ebiyinza okuddirira

Abakazi bayinza obutagenda mu nsonga nga bayonsa. Embeera eno eyinza okubabaako okumala ebbanga oluvannyuma lw'okuzaala.

Okuyonsa

Empeke

Empeke zikola zitya?

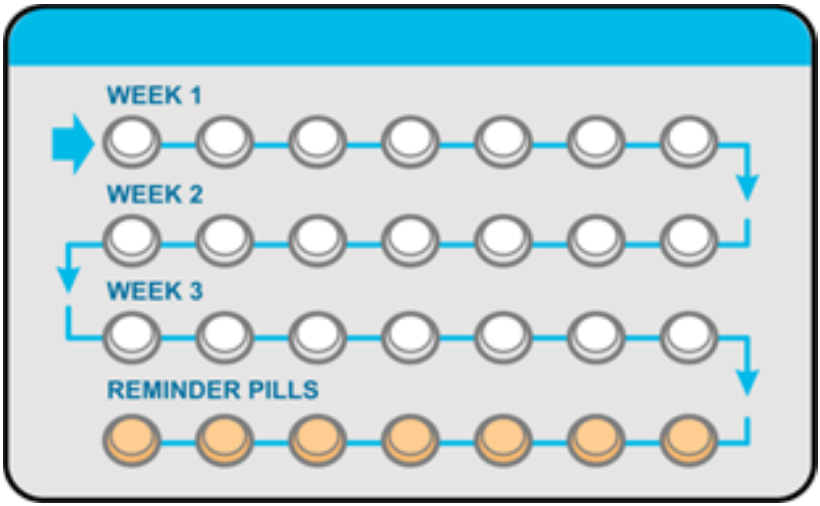
Omukazi amira empeke (Pill) emu buli lunaku. Eno eziyiza omukazi okufulumya amagi. Awo bwe yeegatta n'omusajja n'amuwa enkwaso, ziba teziisangewo magi kutonda mwana.

Ebiyinza okuddirira

1. Abakazi abamu bagenda mu nsonga emirundi egisukka oba egitatuukana gya bulijjo. Kuno gattako okulumizibwa mu ndira nga baakatandika okuzikozesa. Kino tekirina bulabe era kya bulijjo.
2. Abakazi abamu bafuna okutawaanyizibwa mu ndira n'okulumizibwa omutwe. Naye era bino byonna biggwaawo oluvannyuma lw'emyezi egisooka.

Jjukira:
Empeke eno olina okugimira mu budde bwe bumu buli lunaku.

Empeke



Empiso

Empiso ekola etya?

Eno eba mpiso (injectable) ekubibwa omukazi okulemesa eggi okufuluma. Omukazi akozesa enkola eno ateekeddwa okufuna empiso endala buli luvannyuma lwa myezi esatu ssinga aba tanneeteekerateekera kufuna lubuto. Mu mulwaliro agatali gamu, oyinza okusangayo empiso ez'engeri ez'enjawulo.

Ebiyinza okuddirira

Omukazi alina okufuna empiso buli luvannyuma lwa myezi esatu.
Bino wammanga biyinza okumutuukako:
1. Okufuna enkyukakyuka mu nnaku zaagenderamu mu nsonga, okufulumya amatondo g'omusaayi, oluusi n'obutagendera ddala mu nsonga. Kino sikyabulabe era kitera okubaawo.
2. Omugejjo

Weetegereze:
Omukazi asobola okutwala ebbanga eddene nga tafuna lubuto oluvannyuma lw'okuva ku mpiso.

Empiso

Akaweta k'oku mukono

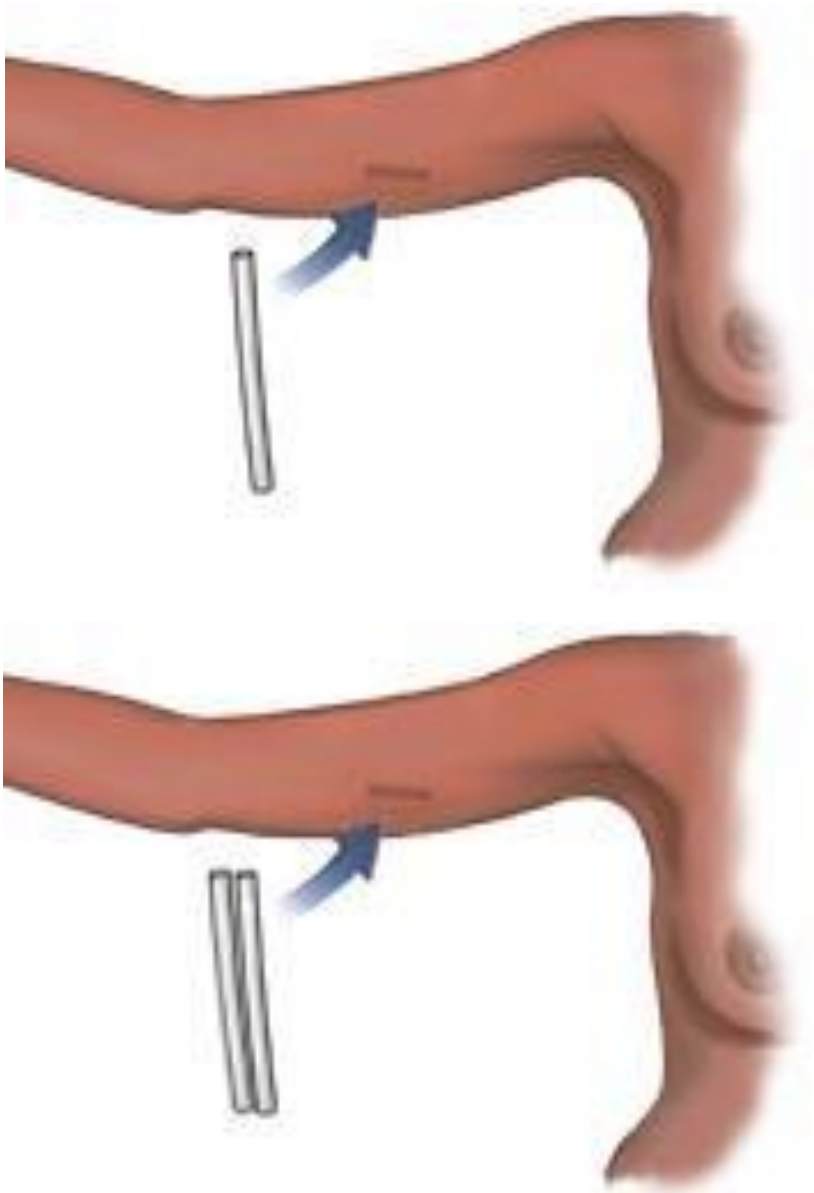
Kakola katya?

Omusawo ateeka akaweta akalinga akati (implant) mu lususu wansi w'omukono okuliraana enkwawa. Kano kaziyiza omukazi okufuna olubuto okumala ebbanga eriri wakati w'emyaka esatu n'etaano bwaba tannalweteekerateekera. Akaweta kano kajjibwamu omusawo ekiseera kyonna omukazi wayagalira okuddamu okuzaala.

Ebiyinza okuddirira

1. Okugenda mu nsonga mu kiseera ekitali kya bulijjo, okuvaamu omusaayi omungi ng'oli mu nsonga oba obutazigenderamu ddala. Kino kya bulijjo era tekirina bulabe bwonna.
2. Okulumizibwa mu ndira mu myezi egisooka ng'omukazi yakatandika okukozesa enkola eno.

Akaweta k'oku mukono



Ookubala embira

Ekola etya?

Omukazi akozesa embira eza langi ez'enjawulo (moon beads) ezitungiddwa ku wuzi enneetooloovu okubala ennaku ze n'amanya ddi lw'ayinza okufuna olubuto. Kino akikola ng'akozesa langi ez'enjawulo okujjukira lwe yatandika okugenda mu nsonga na ddi lw'anaavaamu.
Mu nnaku zayinza okufuniramu olubuto (awali embira enjeru), abaagalana tebeetaba mu kikolwa. Bwe baba baakwegatta, waakiri bakozese akapiira.

Ebiyinza okuddirira

Enkola y'okubala embira terina buzibu bwonna. Ekikulu, mu nnaku omukazi mwayinza okufunira olubuto, abaagalana balina okukozesa akapiira oba obuteegattira ddala. Enkola y'okubala embira terina buzibu bwonna.

Langi z’embira

Embira eza kitaka:
Emikisa gy’okufuna olubuto mitono

Embira enjeru:
Oyinza okufuna olubuto

Embira eya kitaka omukwafu:
Kitegeeza nti ennaku z’omala okudda mu nsonga teziwera 26

Embira emmyufu:
Luno lwe lunaku olusooka lw’ogenderamu mu nsonga

Tandika okutambuza akalaga

Nnakubbiri

Enkola etya?

Mu nkola ya Nnakubbiri (TwoDay Method) omukazi yeekebera mu bukyala ng'akozesa engalo buli lunaku okulaba oba alina amazzi aganaanuuka. Bwe gaba gakyajja ennaku bbiri ez'omuddiriŋŋanwa, kitegeeza nti aba asobola okufuna olubuto ku lunaku olwo. Ssinga ayisaawo ennaku bbiri nga talaba mazzi ago, aba tasobola kufuna lubuto. Abaagalana bwe baba baagala okwewala okufuna olubuto mu nnaku ze bateekakasa, baba balina okukozesa akapiira oba okubivaako.

Ebiyinza okuddirira

Enkola eyitibwa Nnakubbiri terina buzibu bwonna. Ekikulu, mu nnaku omukazi mw'ayinza okufunira olubuto, abaagalana balina okukozesa akapiira oba obuteegattira ddala okusobola okulwewala.

Nnakubbiri

Akapiira k'abaami

Kakola katya?

Omusajja ayambaza obusajja bwe akapiira (Male condom) ng'agenda okwegatta n'omukazi. Kino kikugira enkwaso z'omusajja okuyingira mu mukazi ne zisigala mu kapiira.

Ebiyinza okuddirira

Kikulu nnyo abaagalana okukozesa akapiira mu nkozesa entuufu. Omusajja ateekeddwa okwambala akapiira akalala akatali kakozeseeko buli luutu (mulundi) y'okwegatta.

Akapiira k'abaami

Akapiira k'abakazi

Kakola katya?

Akapiira k'abakazi (Femidom) omukazi akateeka munda mu bukyala ng'abaagalana bagenda okwegatta okuziyiza enkwaso z'omusajja okuyingira mu bukyala.

Ebiyinza okuddirira

Kikulu nnyo abaagalana okukozesa akapiira kano mu nkozesa entuufu. Omukazi ateekeddwa okwambala akapiira akalala akatali kakozeseeko buli luutu y'okwegatta.

Weetegereze:
Kakasa nti obusajja bw'omwagalwawo buzannyira mu kapiira ako ne bubeeramu ekiseera kye mumala nga muli mu kikolwa.

Akapiira k'abakazi

Akaweta k'oku nnabaana

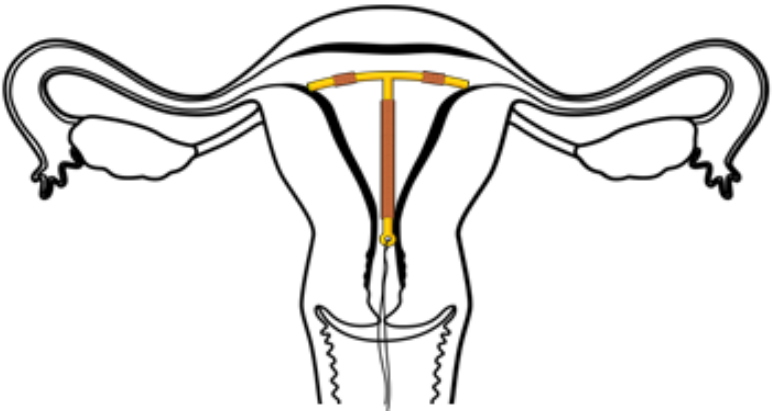
Ekola etya?

Akaweta kateekebwa ku mumwa gwa nnabaana. Akaweta akasinga okukozesebwa kalimu ekirungo kya kkopa era kaziyiza enkwaso z'omusajja okutuuka awali eggi ly'omukazi.
Kasobola okugira nga kakyakola okumala ebbanga lya myaka nga 12.

Ebiyinza okuddirira

Mu myezi egisooka, omukazi akozesa enkola eno ayinza okulumizibwa mu ndira n'okuvaamu omusaayi omungi ng'ali mu nsonga.

Akaweta k'oku nnabaana



Okusala enseke z'omukazi

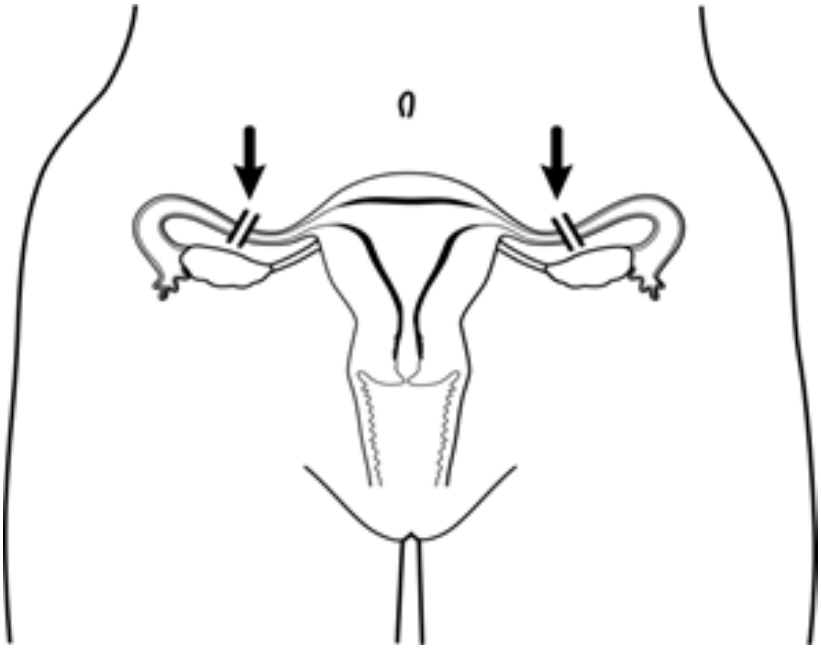
Ekola etya?

Okusala enseke z'omukazi (Tubal Ligation) kwe kusala oba okuzibikira enseke ezitwala amagi mu nnabaana. Enkola eno tetegeeza kujjamu nnabaana era terina bulabe bwonna. Ekozesebwa abaagalana abatakyayagala kuzaala kubanga yalubeerera.

Ebiyinza okuddirira

Omukazi aba taliddamu kufuna lubuto.
Oluvannyuma lw'okusala enseke, afunamu okulumizibwa naye embeera eno emala akaseera katono n'eggwaawo.
Omukazi asigala agenda mu nsonga nga bulijjo wabula ssinga afuna obubonero obulala obutali buno, aweebwa amagezi okulaba omusawo.

Okusala enseke z'omukazi



Okusala enseke z'omusajja

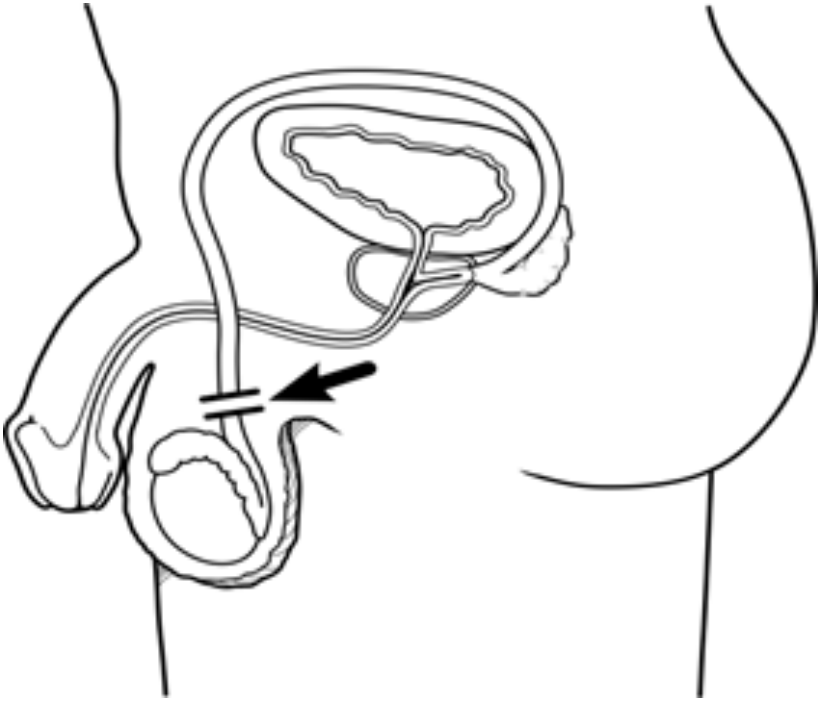
Ekola etya?

Okusala enseke z'omusajja (Vasectomy) kwe kusala oba okuzibikira enseke ezitwala enkwaso okuva mu nsigo z'omusajja okusisinkana eggi ly'omukazi nga beegasse mu kikolwa. Enkola eno tetegeeza kujjamu nsigo za musajja.
Enkola eno terina bulabe bwonna. Ekozesebwa abaagalana abatakyayagala kuzaala kubanga yalubeerera.

Ebiyinza okuddirira

Okusala enseke z'omusajja tekikendeeza bwagazi; tekigaana busajja kusituka wadde okufulumya amazzi. Oluvannyuma lw'okusalibwa enseke, omusajja bwaba wakwegatta, aba alina okukozesa enkola endala ng'akapiira okumala emyezi esatu.
Omwami asaliddwa enseke taddamu kuzaala.

Okusala enseke z'omusajja



Empeke emiribwa nga waakamala okwegatta

Ekola etya?

Empeke emiribwa okuziyiza omukazi okufuna olubuto ekola ssinga agimira nga tewannayita nnaku ttaano oluvannyuma lw'okwegatta nga takozesezza kapiira oba enkola endala. Empeke eno ekola bulungi nnyo ssinga omukazi agimira amangu ddala nga yaakamala okwegatta.
Enkola eno sikirungi okugikozesa mu kifo kya ziri endala ezimanyiddwa eza bulijjo.

Ebiyinza okuddirira

Abakazi abamu bayinza okulumwa omutwe, okusinduukirirwa emmeeme oba okusesema. Kino ne bwe kibaawo, kimala ennaku ntono ne kiggwaawo.

Weetegereze:
Oluvannyuma lw'okumira empeke eno, ssinga abaagalana baddamu okwegatta awatali kukozesa nkola ndala, omukazi asobola okufuna olubuto.

Empeke emiribwa nga waakamala okwegatta

Language Developmen

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