**KAFUKUFUKU WA MIMBA ZOSAKONZEKERA YEMWE ANACHITIKAPO KU LONDON**

Ndikufuna kucheza nanu pa zomwe zinkachitika ndi momwe mumamvera muli ndi mimba. Chonde ganizerani za mimba yomwe mulinayo kapena munalinayo posachedwapa poyankha mafunso. Pa funso liri lonse pali m’ndandanda wa mayankho omwe tawayerekezera. Chonde dikirani ndikumvetsera bwino mayankho onse ndipo musankhe yankho lomwe likugwirizana kwambiri ndi inuyo ndipo mundiuze.

Funso loyambali liri ndi mayankho ongoyerekezera anai. Chonde sankhani yankho lomwe likugwirizana kwambiri ndi inuyo ndipo mundiuze. Funso liri likufunsa zolerera. Izi zikhoza kukhala makondomu, mapilitsi, jekeseni, norplant kapena kutseka kwa abambo kapena amai kapena njira ina iri yonse yoteteza kuti mesatenge mimba.

1. Mwezi omwe ndinatenga mimba…….

* Ine/ife sitimagwiritsa ntchito njira zolerera
* Ine/ife timagwiritsa ntchito njira zolerera koma osati nthawi zonse
* Ine/ife timagwiritsa ntchito njira zolerera nthawi zonse koma njirayi sizinagwire ntchito chifukwa (inang’ambika, inasutha, inavuka, inatuluka, sizinagwire ntchito) kathawi kena.
* Ine/ife timagwiritsa ntchito njira zolerera nthawi zonse.

Tsopano ndikufunsani funso lina lomwe liri ndi mayankho ongoyerekezera atatu. Chonde sankhani yankho lomwe likugwirizana kwambiri ndi inuyo ndipo mundiuze.

1. Poyembekezera kukhala mai, ndikuganiza kuti ndinatenga mimbayi……...

* Panthawi yoyenera
* Inde, koma sinali nthawi yoyenera kwenikweni
* Nthawi yosayenera

Mafunso angapo otsatilawa ndi okhudza inuyo musanakhale ndi mimba. Funso irinso liri ndi mayankho ongoyekezera atatu. Chonde sankhani yankho lomwe likugwirizana kwambiri ndi inuyo ndipo mundiuze.

1. Ndisanakhale ndi mimbayi…….

* Ndinali ndi cholinga chotenga mimba
* Ndimkasithasitha maganizo
* Ndinalibe cholinga chokala ndi mimba

Funso lotsatirali liri ndi mayankho ongoyekezera atatu. Chonde sankhani yankho lomwe likugwirizana kwambiri ndi inuyo ndipo mundiuze.

1. Ndisanakhale ndi mimba…….

* Ndimafuna kukhala ndi mwana
* Ndinali ndi maganizo osiyanasiyana pa zokhala ndi mwana
* Sindimafuna kukhala ndi mwana

Funso lotsatirali ndikufunsani zokhudza okondedwa anu – awa akhonza kukhala (amene anali) amuna anu, achikondi anu ongokhala nawo, chibwezi chanu / bwenzi lanu, kapena wina aliyense yemwe munagonana naye kamodzi kapena kawiri.

Funso lotsatirali liri ndi mayankho ongoyekezera atatu. Ganiziraninso nthawi yomwe musanakhale ndi mimba, munganene kuti ….

1. Ndisanakhale ndi mimba…….

* Ine ndi wokondedwa wanga tinagwirizana kuti ndikhale ndi mimba
* Ine ndi wokondedwa wanga tinakambirana zokhala ndi ana, koma sitinagwirizane kuti ndikhale ndi mimba
* Sitinakambiranepo zokhala ndi ana

Funso lotsilizali likufuna kuti inu muganizirenso musanakhale ndi mimba. Pali m’ndandanda wamayankho ongoyelekezera, ndikupephani kuti mundiuze mayankho onse omwe akugwirizana ndi inuyo.

6) Musanakhale ndi mimba, munachitapo china chiri chonse chopititsa thanzi lanu patsogolo pokonzekera kukhala ndi mimba?

* Ndimamwa mankhwala owonjezera magazi
* Ndimasunga ndalama
* Kudya mokwanira zokudya zopatsa thanzi
* Kufunsira chithandizo kapena malangizo a chipatala / a zaumoyo
* Ndimagwiritsa ntchito njira zina chonde zitchuleni \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

kapena

* Sindinachite china chiri chonse pa zomwe zanenedwazi ndisanakhale ndi mimba.