

Ukuaji bora wa mwanao: cheza na Zungumza naye

Your child's development: Play and communicate with your child



SWAHILI - ENGLISH



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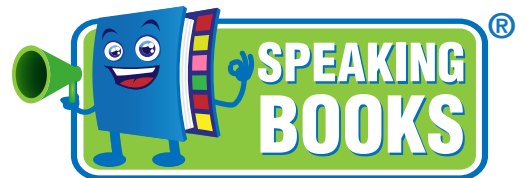
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Ukuaji bora wa mwanao: cheza na Zungumza naye

**Your child's development: Play
and communicate with your child**



Bonyeza kitufe kusikiliza makuzi ya mwanao: Cheza na zungumza na naye

Press the buttons to listen to Your child's development: Play and communicate with your child

Maendeleo ya mtoto wako huanza kutoka wakati wa mimba na hufanyika kwa haraka sana katika miaka michache ya mwanzo ya maisha ya mtoto. Unaweza kufanya mengi kuchochea maendeleo ya afya ya mtoto wako katika miaka hiyo ya mwanzo. Hiki ni kipindi ambacho unaweza mjengea mwanao ujuzi ambao ni msingi muhimu kwa maisha yake yote ya baadaye.

Mwanao anakusikia na kujenga hisia akiwa tumboni. Gusa tumbo lako kwa upendo, msemeshe na mwimbie mwanao ili aanze kutambua sauti yako na kujenga upendo. Mwenzi wako pia anaweza kushika tumbo lako na kuongea na mwanae.

PREGNANCY

Your child's development starts from conception and is most rapid in the first few years of life. You can do a lot to support your child's healthy development in those early years, when your child acquires the fundamental skills that are so critical for the rest of his/her life.

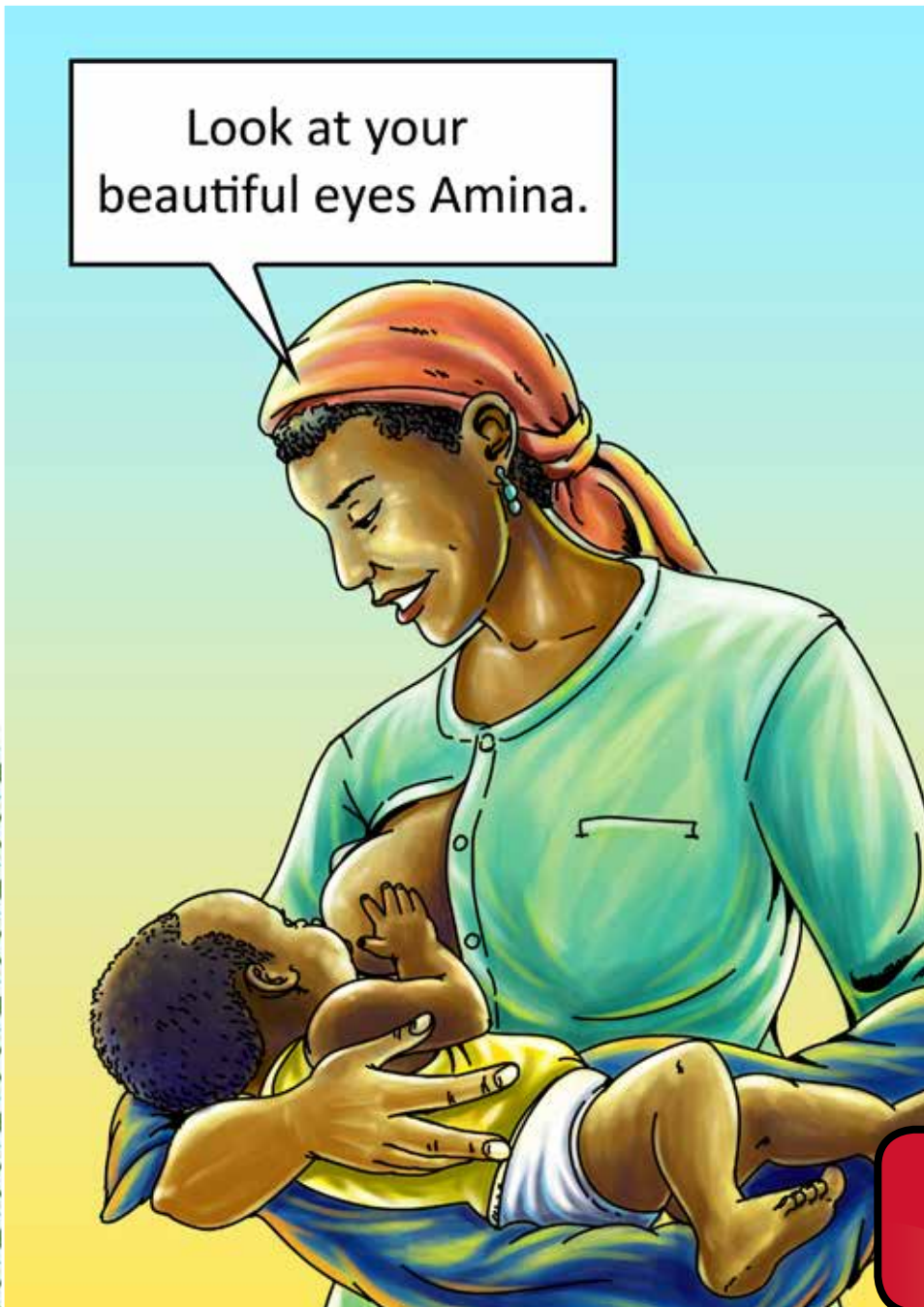
While in the womb your baby can hear and begin to feel. Touch your stomach gently, talk and sing to your baby so he/she begins to recognise your voice and build love. Your partner/husband can also touch your stomach and talk gently.



Mtoto wako kwa sasa anaona na kusikia, mtazame machoni ukiwa unatabasamu, ongea naye kwa kumwita jina lake, ongea na mwimbie kwa upole ili kujenga mahusiano naye. Hii inaweza kufanyika wakati unamnyonyesha, mwogesha mtoto, unambembeleza au wakati mwingine wowote unampomshika mtoto.

BIRTH TO 4 MONTHS

Your baby can see and hear you. Look at him/her in the eyes while smiling, calling his/her name. Talk to your baby and sing gently to bond with your child. This can be done during breastfeeding, bathing, when putting baby to bed or any time when holding the baby.



Mtoto wako anavutiwa na vitu vyenye rangi mbalimbali, muonyeshe vitu vya rangi mbalimbali ili aweze kukuza uwezo wake wa kuona. Waweza tumia nguo zenye rangi mfano 'kanga' kupitisha kwenye macho ya mtoto.

Your baby is attracted to colourful objects. Show him/her colorful things to build his/her vision. You may use colourful clothes such as 'kanga' to move in front of child's eyes.



Mwanao anapenda kuchezea mikono na miguu yake, mlaze kwenye mkeka au kitanda ili achezze kwa uhuru na kujenga misuli yake. Mguse au mmasaji mwanao kwa upole huku ukimwimbia.

Your baby enjoys playing with his/her hands and legs. Put him/her on a mat to play freely and help develop his/her muscles. You may touch/massage your baby gently while singing.



Mtoto wako hulia kukuelezea mahitaji yake kama vile kunyonya, amejisaidia, anahisi joto. Jifunze kutambua mahitaji hayo ili kuyatekeleza ipasavyo na kwa wakati. Usijali kuhusu kuwa utamharibu mtoto wako kwa kumdekeza. Malezi chanya yatasaidia kujenga mahusiano bora na mwanao na pia kujiamini.

Your baby cries to communicate his/her needs such as when he/she is hungry, wet, hot or cold. Learn to recognize your baby's needs and respond to them in a timely manner. Don't worry about spoiling your baby with too much attention. Your care will help build a strong bond with your baby — and the confidence he or she will need.



Mwanao anaanza kulala na tumbo na kugeuka na kufikia vitu vilivyowekwa karibu. Msogezee vitu vyenye rangi ya kung'ara na sauti ili kumsaidia kushika na kuimarisha misuli. Unaweza kutumia chekeche iliyotengenezwa, mpira mlaini na mwepesi au mwiko mdogo wa mbao. Mwanao anapendelea kuweka vitu mdomoni. Mpatie mwanao vitu visafi, visivyo na ncha kali au vidogo kama punje ili kuepusha kumkaba au maradhi.

4 TO 6 MONTHS

Your baby can now roll over from back to stomach and back again and reach objects near him/her. Give him/her colourful and noisy objects for him/her to reach and grasp. Try a rattle with a handle, a soft ball or a wooden spoon. Your child likes to put objects in his/her mouth. Make sure he doesn't put small or sharp objects in his mouth and things are clean to avoid choking and illnesses.



Mtoto wako anaweza kutoa sauti ya kujirudia rudia kwa mfano 'ba ba ba', 'da da da' au 'ma ma ma'. Ongea naye kwa maneno kamili mfano 'mama' 'baba' ili kumrahisishia kujifunza lugha. Pia mtajie mwanao vitu unavyoona, sikia au nusa kwenye mazingira ya nyumbani. Mfano, 'Tazama nyumba yetu' 'Unaona kuku?' Tumia sura na sauti yako kuonyesha hisia.

Your baby can make bubbling noises such as 'ba ba ba', 'da da da' or 'ma ma ma'. Talk to your child and repeat the sounds with correct words such as 'baba' 'mama' to help with learning the language. Describe what you see, hear and smell around the house and outside. "Look, there is our house. Do you see the chickens?" Use your voice and face to express emotions.



Mtoto wako anazidi kutambua sura yako, akikuona huruka ruka na kutabasamu kwa furaha, onesha upendo kwa kutabasamu, kucheka, kumsemesha na kumbeba ili kuimarisha mahusiano na upendo.

Mtoto anaanza kuzoea utaratibu wa kila siku unaomfanyia mfano muda wa kuoga, kujisaidia na kulala. Msaidie kufuata utaratibu huo mfano kufuata muda wa kulala, kuoga nk ili kumjenga kimwili na kiakili.

Your baby clearly recognizes you and gets excited and happy when he/she sees you. Show your baby love by smiling, talking and cuddling your baby to bond and form a good relationship with him/her.

Your baby begins to learn about his/her daily routine such as sleep, toilet and bath time. Help your child to follow his/her routine such as sleeping and bath time to help him/her feel secure and loved.



Mtoto hujihisi salama anapokuwa na mzazi au mlezi. Unapoondoka muage kwa upendo, kwa kumbusu, kumpungia mkono na mhakikishie kuwa utarudi ili kumjengea uwezo wa kujiamini na kutokuwa na hofu.

6 TO 12 MONTHS

Your baby feels secure when he/she is with his/her parents. When leaving your child say goodbye with a hug and kiss and assure him that you will be back soon. This will build his/her confidence and security.



Mtoto anaanza kuinuka, kukaa na kutambaa na pia uwezo wa utambuzi unaongezeka. Mpatie vitu vya kuchezea vyenye maumbo, rangi na sauti tofauti tofauti ili aendelee kukua kiakili na kimwili. Mfano chupa tupu za maji zilizowekwa mawe madogo ili kutoa sauti, sufuria ndogo na mwiko ili kugonga nk. Ni muhimu kuhakikisha vifaa anavyopewa mtoto na mazingira ni safi na salama ili kumwepusha mwanao na hatari. Muweke mwanao mbali na moto au vitu vya moto, kamba, dawa au mafuta ya taa. Muweke mwanao mbali na maji yenye kina mfano kisima, bwawa au ndoo.

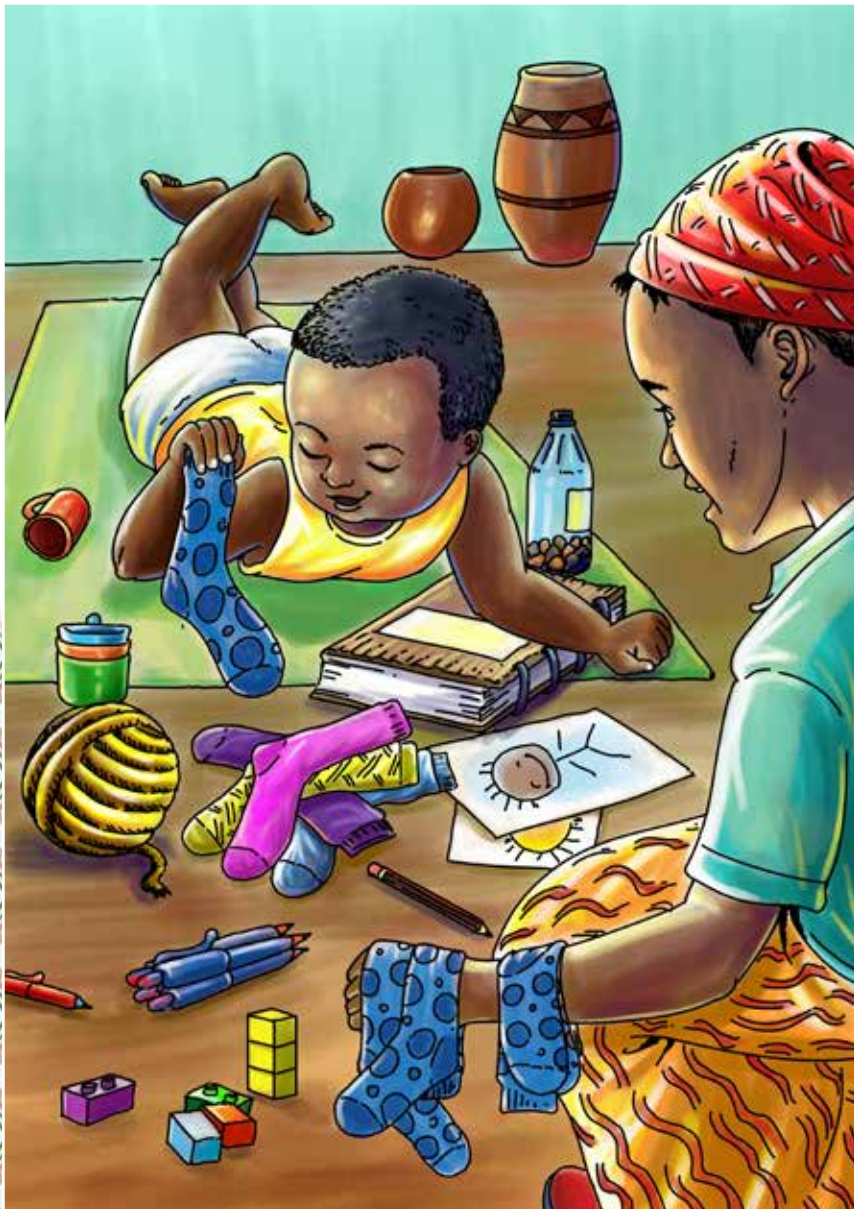
Your baby begins to sit, stand and crawl, and your child's ability to explore increases. Give him/her objects with different shapes, colours, texture and sounds! For example, an empty plastic water bottle with stones inside to make noise, a sauce pan and wooden spoon to bang. However, make sure objects and environment are clean and safe to protect him/her from any danger. Keep him/her away from hot or boiling water, fire, ropes, cords, medicines and chemicals. Keep him/her away from areas with deep water such as ponds, wells and buckets.



Mtoto wako anaweza kujifunza, mpe vitu anavyoweza kupanga au kuingiza ndani ya vingine, mfano mikebe na vikombe; mruhusu akusaidie kupanga vitu, kama vile vibanio, soksi kwa jozi au rangi, pia anaweza kuchora kutumia kalamu na karatasi ili kumjengea misingi ya kujifunza. Mtoto wako anahitaji vitu vya kuchezea, sio lazima vinunuliwe, unaweza kutengeneza mwenyewe kwa kutumia vifaa vinavyopatikana kwenye mazingira yanayokuzunguka. Unaweza tengeneza mpira kutumia vitambaa vya nguo, kamba au majani ya mgomba, unaweza tengeneza mdoli kutumia nguo au majani ya mnazi.

12 TO 24 MONTHS

Your child is learning so much. Provide him/her with items which he/she can organise such as cups for stacking, items for sorting such as pairs of socks or shoes, and drawing/colouring items such as pen and paper. Your child needs play materials, but you don't have to buy them in a store. You can make them yourself using locally available materials! You can make a ball from cloth and rope or banana leaves, or you can make a doll from coconut leaves and clothes.

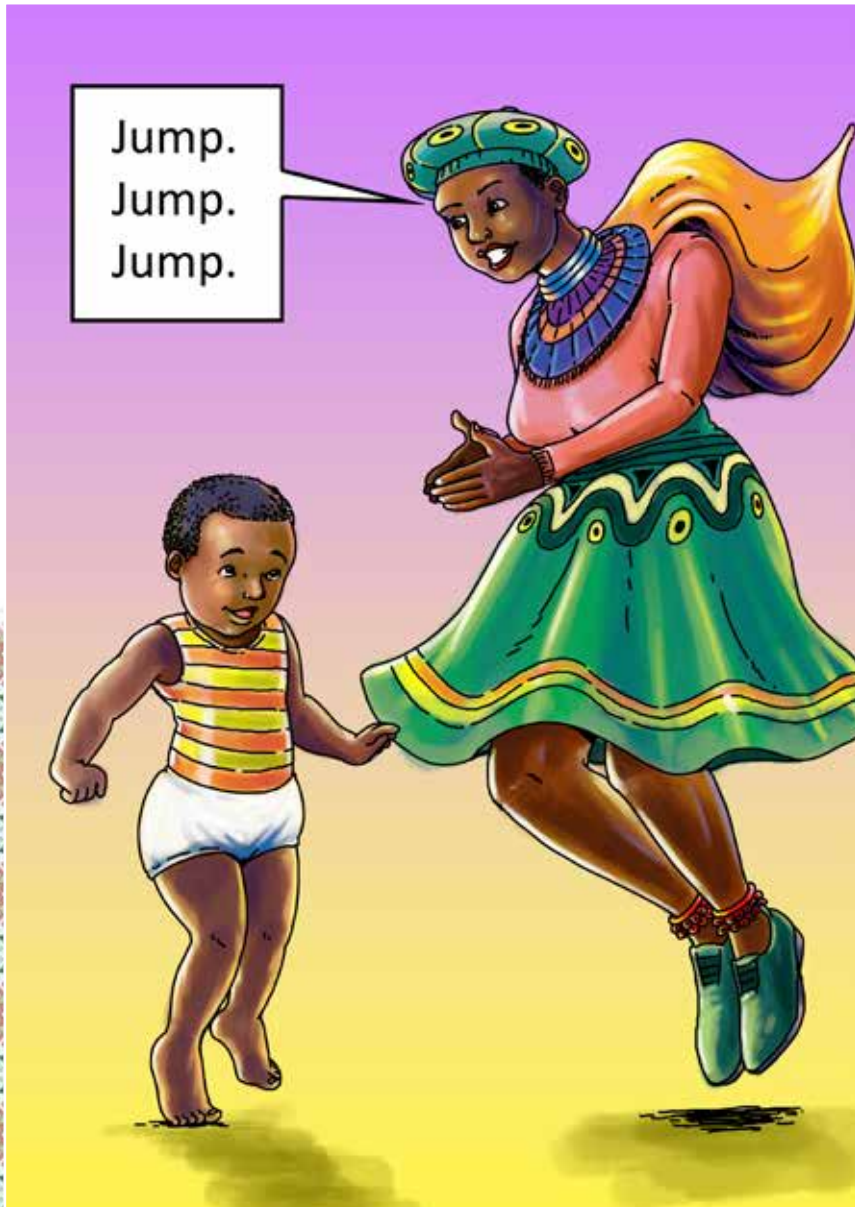


Mtoto wako anaweza kujifunza. Imba naye nyimbo za vitendo kama vile “simama kaa”, “ruka ruka”, au nyimbo za viungo vya mwili mfano ‘kichwa, mabega, magoti’ huku akionyesha viungo vyake ili kuendelea kumjengea misingi ya kujifunza zaidi. Mpongeze mwanao kwa vitendo anavyofanya.

Mtoto wako anaweza kusimama, kutembea kwa kushika vitu/watu au mwenyewe. Mpatie vifaa mfano baiskeli ya mbao ya kusukuma ili kumjengea uwezo zaidi. Pia unaweza kutandika mkeka ili mtoto akianguka asiumie wakati anajaribu kutembea. Mpongeze mwanao kwa kumpigia makofi na kumwimbia.

Your child is learning. Sing to him/her action songs such as ‘sit and stand up’ ‘jump jump’ to build his/her muscles or ‘head and shoulder song’ to help him/her understand about his/her body. Take time to play with your child. Praise your child on actions he/she does.

Your child can now stand, walk alone or with support. Give your child a wooden baby walker or prepare the environment so your child will not hurt when he/she falls. Praise your child by clapping and singing.



Mtoto wako ana uwezo wa kusikiliza na kushika maneno machache, msimulie hadithi fupi, ili kumpa uwezo wa kufikiria na kuhifadhi kumbukumbu ya maneno. Waweza kumsimulia mwanao hadithi fupi au kusomea kitabu cha hadithi au picha. Pia unaweza kumwambia mwanao akuambie hadithi yake au tukio lotote analokumbuka, sikiliza ukitambua kuwa anaweza asiseme hadithi yote kwa makini na mpongeze.

Your child has the ability to listen and remember new words. Tell him/her short stories to help him/her to think and keep memory. You may tell your child a traditional short story or read him/her a short story or picture book. You may also ask your child to tell you a story or about an event that happened even as at this age your child can only tell her story with few words. Listen carefully and praise him/her.



Mtoto wako anatambua rangi na vitu mbalimbali, mtengenezee picha na vitu mbalimbali kulingana na mazingira yenu mfano gari kutumia boksi au mdoli kutumia nguo na muelekeze kuvitambua, kulinganisha na kutofautisha mfano vifaa vikubwa na vidogo.

Mtoto wako anaweza kuongea sentensi fupi yenye maneno mawili mpaka matatu, msaidie ayatamke vizuri na kujua maana yake ili aweze kujieleza vizuri.

24 TO 36 MONTHS

Your child can recognize different things with different colours. Help him/her to make different items using resources available: a car using cardboard box, a doll using cloth, and help him/her to differentiate. Name things and compare them; for example, size, colour, etc.

Your child can make a sentence with two to three words. Help him/her to understand the meaning of these words and pronounce them correctly.



Mtoto wako anapenda na anaweza kufanya vitu mwenyewe muelekeze afanye kwa usahihi, mfano kula chakula na kuvaa nguo ili aweze kujitegemea. Pia mtoto wako anapenda kusaidia kazi ndogondogo za nyumbani mfano, kufagia, kupanga vyakula toka sokoni na nguo zilizofuliwa mpongeze na muelekeze ili kumpa moyo wa kuendelea kujifunza.

Your child can do things independently. She/he can eat by himself and get dressed with little help. Encourage and help him/her as he/she tries. Your child will also enjoy helping you with small chores at home such as sweeping, organising food from market or washed clothes. Praise and show him/her how to do it properly to build his/her confidence to continue learning.



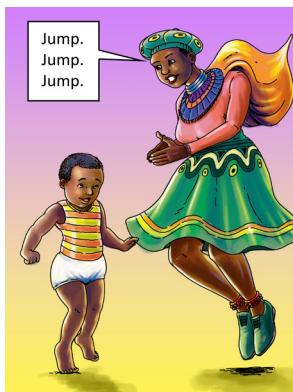
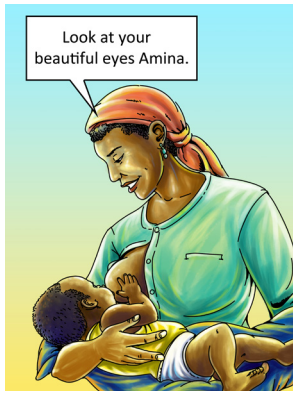
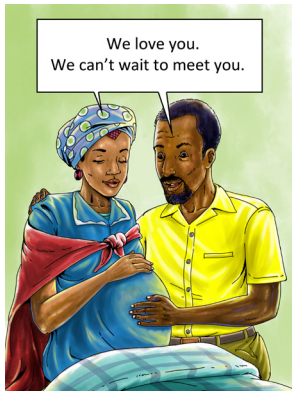
Wakati mtoto wako ana hamu ya kujitegemea, pia katika umri huu mtoto anaweza kukasirika kirahisi pale mambo yasipoenda sawa. Mfundishe mwanao aweze kufanya matendo mazuri kwa kumpa upendo, kumwelesha kuhusu taratibu na kanuni za nyumbani. Mpe mwanao upendo zaidi ya adhabu au kumgombeza. Kumkumbatia, kumbusu na kucheza naye kutadhibitisha upendo kwa mwanao. Kumpongeza na kumfuatilia mwanao kutamshawishi mwanao kufuata taratibu na kanuni zaidi ya kumpa adhabu.

Mwanao anaongeza udadisi na kujifunza kwa kuuliza maswali mara kwa mara. Mjibu mwanao maswali yake kwa kumpa maelezo kwa kifupi.

While your toddler is eager to be independent, young children can easily get frustrated and upset. You can teach your toddler to behave well by providing love, clear rules, and a degree of routine. Make sure your displays of affection for your child outnumber any consequences or punishments. Hugs, kisses and play reassure your child of your love. Praise and attention can motivate your toddler to follow the rules more so than punishment.

Your child continues learning through his/her curiosity and asking a lot of questions. Respond to your child's questions lovingly with short explanation.





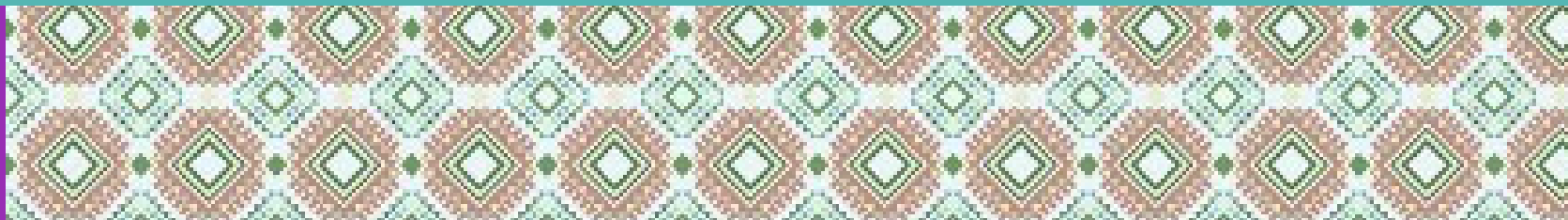
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