

**Health development chart for infants up to 5 years: children's health in Kenya. Colour lithograph by AMREF, ca. 2000.**

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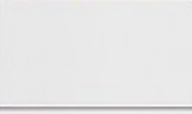





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# Fuata mienendo ya ukuzi wa mtoto mchanga, ukitumia taratibu zifuatazo.

Ukiwa na mashaka, tafadhali tafuta maoni ya daktari

UMRI	MWILI	TABIA	MAONYESHO
Mwezi 1	<ul style="list-style-type: none"> <li>Anakunja vidole vya mkono na kufanya ngumi.</li> <li>Anakunja mgongo na kunyoosha miguu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anaramba vidole alivyo jikunja.</li> </ul> 	
Miezi 1-2		<ul style="list-style-type: none"> <li>Macho yanafuata chochote kinachotembea.</li> <li>Anaona vizuri; anatazama kwa muda mrefu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anatoa sauti ndogo na kelele toka kwa koo.</li> </ul> 
Miezi 2-3		<ul style="list-style-type: none"> <li>Anafuata mlio wa sauti kwa muda mrefu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anatambua sura ya mama, na anapenda kutoa sauti nyinginezo kwa koo.</li> </ul> 
Miezi 3-4	<ul style="list-style-type: none"> <li>Anasimamisha kichwa na hata anajigeza upande mwingine anapata kitandani.</li> <li>Anaonyosha mgongo anapoketishwa.</li> <li>Anaangusha uzito wake kwa muda mrefu.</li> <li>Anainua kichwa na kuangusha uzito wa mwili kwa mkono.</li> </ul> 	<ul style="list-style-type: none"> <li>Anafikia chochote kilicho karibu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anacheka kwa sauti ya juu.</li> <li>Anaonyesha kuwaza kwa kuangalia vitu kwa makini.</li> </ul> 
Miezi 4-6		<ul style="list-style-type: none"> <li>Anapenda sana kuonekana na kuguswa. Anatabasamu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anaweza kuwatambua wazazi na hata watoto wengine.</li> </ul> 
Miezi 6-7	<ul style="list-style-type: none"> <li>Anapieduka na kuangusha uzito wa mwili, kwa mikono akiwa ameinua kichwa na kifua.</li> <li>Anaanza kutambaa.</li> <li>Anaketi mwenyewe na anaweza kusimama akiwa ameshikiliwa.</li> </ul> 		<ul style="list-style-type: none"> <li>Anatamka, "O-o", "Ah", na "Eh". Anapenda kujitazama kwa kioo.</li> </ul> 
Miezi 7-8		<ul style="list-style-type: none"> <li>Anaweza kuweka midoli yake kwa sanduku</li> <li>Anajaribu sana kufikia vitu vilivyo mbali</li> </ul> 	<ul style="list-style-type: none"> <li>Anatamka, "Mama".</li> </ul> 
Miezi 8-9	<ul style="list-style-type: none"> <li>Anaweza kusimamishwa.</li> </ul> 	<ul style="list-style-type: none"> <li>Anapenda midoli yake anabadilisha kwa mkono mmoja hadi mwingine.</li> </ul> 	
Miezi 10-11	<ul style="list-style-type: none"> <li>Anatembea akiwa ameshikiliwa.</li> </ul> 	<ul style="list-style-type: none"> <li>Anajaribu kula kwa kijiko.</li> <li>Anaweza kupiga makofi</li> <li>Anainua vitu vidogo na kidole gumba na cha kwanza.</li> <li>Anaweza kucheza na vimbao vya A, B, C...</li> </ul> 	<ul style="list-style-type: none"> <li>Anafuraha watu lakini anasukuma asilowapenda.</li> <li>Anatamka Ma, Ba na Da Anajaribu kuiga vile wengine wanavyofanya.</li> <li>Anatamka, mama na Dada.</li> </ul> 
Miezi 11-12	<ul style="list-style-type: none"> <li>Anatembea hatua chache mpaka azoe kutembea zaidi.</li> <li>Anapanda juu na chini ya kiti.</li> </ul> 	<ul style="list-style-type: none"> <li>Anatupia wengine mpira.</li> <li>Anatamka maneno zaidi kama kwa heri</li> <li>Anaonyesha utukutu.</li> </ul> 	
Miezi 13-18	<ul style="list-style-type: none"> <li>Anakimbia pekee.</li> </ul> 	<ul style="list-style-type: none"> <li>Anachora na kuandika kutani na karatasi.</li> <li>Anatambua vitu kwa picha.</li> </ul> 	
Miezi 18-2	<ul style="list-style-type: none"> <li>Anaweza kupanda ngazi bila matatizo yoyote.</li> </ul> 	<ul style="list-style-type: none"> <li>Anaweza kuhesabu moja hadi kumi.</li> </ul> 	<ul style="list-style-type: none"> <li>Anajua jina lake pamoja na ya wengine Anacheza na watoto wengine na hata wakubwa.</li> </ul>
Miezi 2		<ul style="list-style-type: none"> <li>Anaanza kuongea na kuufiza maswali mengi akitaka kujua sababu ya kila kitu.</li> </ul> 	<ul style="list-style-type: none"> <li>Anaanza kutambua wingi wa vitu ama maneno.</li> </ul>
Miezi 3	<ul style="list-style-type: none"> <li>Anaruka akitumia miguu yote miwili.</li> </ul> 	<ul style="list-style-type: none"> <li>Anaweza kuchora akiwa anaangalia mifano; anachora pia mifano ya msichana na mvulana.</li> </ul> 	<ul style="list-style-type: none"> <li>Anatambua rangi tofauti Anaweza kutofautisha mimi, wewe, yeye, hii, na hawa.</li> </ul> 
Miezi 4		<ul style="list-style-type: none"> <li>Anapanda na kuruka.</li> </ul> 	<ul style="list-style-type: none"> <li>Anatofautisha rangi moja toka nyingine.</li> <li>Anaweza kuwa mtukutu anapoulizwa kufanya asilotaka.</li> </ul> 
Miezi 5			

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