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MUHIMMAN HANYOYIN INGANTA LAFIYAR KANANAN YARA

SHAYAR DA JINJIRI NONO (MAMA) TSAWON WATANNI SHIDA DARE DA RANA.



- A shayar da jinjiri nonon uwarsa da zarar ya zo duniya, kuma a ci gaba da haka dare da rana.
- A baiwa jinjiri nono (mama) zallansa ba tare da gaurayawa da ruwa ko abinci ba, har na tsawon watanni shida.
- Ruwan nono (mama) na kunshe da ruwa isasshe da kuma muhimman sinadarai da jariri ke bukata don kasancewa cikin koshin lafiya.

BAIWA YARO ABINCI KARI GA NONO (MAMA) DAGA WATANNI SHIDA ZUWA ASHIRIN DA HUDA



- A ci gaba da ba yaro nono har sai ya kai watanni ashirin da huɗu ko shekara biyu.
- A kara da ba yaro wasu nau'ukan abinci, kamar yayan itatuwa, kayan lambu ko na marmari da kuma ganyaye.
- A wanke hanu kafin shiryawa yaro abincinsa, haka kuma kafin a ba shi.

Shekarun yara	Lokutan Cin Abinci A Rana
Watanni Shida-goma Takwas	Sau biyu zuwa uku kari ga nono
Watanni Tara-goma Sha daya	Sau uku zuwa huɗu kari ga nono
Watanni goma Sha biyu -Ashirin da biyu	Sau huɗu zuwa biyar kari ga nono

KAMMALA ALLURAN RIGA-KAFI KAFIN CIKAR YARO SHEKARA DAYA DA HAIHUWA



- Yin alluran riga-kafi ga yara, kariya ce ta hana kamuwa da cututtukan da zasu iya halaka su.
- Ku tabbatar an yi wa yaranku dukkan alluran riga-kafi kamar yadda aka tsara.

Shakuru	Alluran Riga-kafi
Daga haihuwa	Riga-kafin shan insa (OPV), BCG, Hepatitis B1
Bayan mako shida	DPT1, Hepatitis B2, OPV1
Bayan mako goma	DPT2, OPV2
Bayan mako sha huɗu	DPT3, OPV3, Hepatitis B3
Bayan wata tara	Bakon dauro (dissa), Ciwon Shawara

- Abu ne muhimmi a gama yi wa yaro alluran riga-kafi kafin ya cika shekara daya da haihuwa.
- Yin alluran riga-kafi ba shi da hadari ga lafiyar yaro, bugu da kari, ko yaro ba shi da lafiya za a iya yi masa su.

YADDA A KE HADA RUWAN GISHIRI DA SIKARI

- Dabarar Hada Ruwan Gishiri Da Sikari

RUWA



Kwalabe biyu 35cl

da



GISHIRI



COKALIN SHAYI DAYA

da



SIKARI



COKALIN SHAYI GOMA



Kwaya Biyar



A yi amfani da tafasshan ruwan daya buce, kuma a zaɓar da ragowar idan ya kwana.

Sai a sabonta maganin kashegari.

BAIWA YARO HAI'IN/SINADARI MAI GINA JIKI TUN DAGA WATANNI SHIDA DA HAIHUWA HAR YA CIKA SHEKARU BIYAR



Abinci mai gina jiki yana da muhimman wajen sa yara su taso da koshin lafiya.

Matamaka: Sinadarin kan taimaka wajen samar da koshin lafiya ga yara masu watanni Shida zuwa shekaru biyar.

Ingantaccen abinci: Wannan ya kunshin sinadarin;

Vitamin A: 'Ya'yan itatuwa kamar su-gwanda da mangwaro kayan lambu kamar su - karas da kabaji Nais'in dibobbi kamar su - hanta da madara

Iron: Daga Kwaya da nama da kifi da hanta da madara da ganyen kabewa da sauran ganyayyaki

Iodine: Yi amfani da gishiri da aka inganta da sinadarin iodine

YI AMFANI DA GIDAN SAURO MAI MAGANI



- Zazzafin cizon sauro kan faru ne bayan da sauro ya ciji mutum.

- Sauro kan samu damar yin cizo ne da dare bayan an yi barci.

- A kwantar da yara da mata masu ciki cikin gidan sauro mai magani don kiyaye su daga cizon sauro.

- Gidan sauro mai magani ba shi da hadari ga lafiyar yara da manya.

HANYOYIN SHAWO KAN CUTUTUKAN DA KAN KAMA YARA A GIDA



Idan yaro ya kamu da:

Zazzafi:

- A cire masa riga sannan a shashafa masa ruwa a jiki
- A ba yaro maganin zazzafi da na zazzafin cizo sauro kamar yadda ma'aitakan lafiya suka bayyana.

Gudawa/Zawo:

- A ba yaro nono (mama) idan ba a yaye shi ba. Sannan a ba shi ruwan gishiri da sikari da abinci kadan.

Tari:

- A jika ma'ogwaron yaron da madara ko ruwan shayi da aka hada da zuma.
- Yaro ya ci gaba da cin abinci tare da ba shi nono idan ba a yaye shi ba har sai ya warke.



MU HADA HANNU
don inganta rayuwarmu!