



Beta way u fit take dey make food make e no cause wahala for u

- * To dey keep everything klin (good hygiene) good well well as dis go help make u no catch di sickness wey go dey make una dey shit shit plenti times and oda sickness dem.
- * Make u dey use things (plates, pots, cups, spoons) wey dey klin to dey cook food and make u dey keep di food for wia dey klin well well wia doti no fit enta am.
- * Make u cook meat, fish and eggs make dem done well well.
- * Make u wash vegetable, cook am fast fast and no let am tee for fire, make u chop am quik quik so u fit get di beta things wey dey inside am.
- * Make u wash fruit and vegetable dem wey dem no dey cook well well before u cut and before u chop am.
- * Make u wash ya hand wit soap and water befo u make food and afta u don use di toilet or sey u just wash pikin nyash.



Oda beta beta things wey u suppose know

- * Make u dey rest pass as u dey do before and no dey do too much work wen e don enta like 3 months before u born come reach 3 months afta u don born.
- * Make u dey sleep inside mosquito net wey dem take chemical wey dey kill mosquito take wash everynight make u for no catch malaria.
- * If u see say u get fever make u go hospitu quick quick make dem give u melecine.
- * Make u dey take worm melecine to take drive komot di worm dem wey fit make u no get blood for ya bodi.
- * Make u no dey use alcohol, tobacco or melecine wey go dey do make sleep dey catch u.

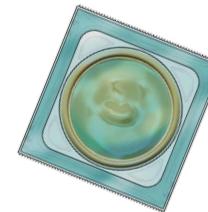


Food wey ya bodi need and how u fit dey take kia of ya bodi wen u get HIV

- * E good well well make u know weda u get or u no get HIV. Di only way wey u fit know weda u get am na to go do di test make dem for check ya bodi.
- * If e be say u get HIV, make u see ya dokita make una talk ontop how u go dey take kia of yasef and di kain melecine wey u go dey need plus how u fit to dey feed ya pikin.
- * If u get HIV, u go need extra food to take fit dey get extra power.



- * Make u save ya self and ya pikin from HIV and oda sickness dem wey person fit get from sex, wen u get belle and wen ya pikin dey suck breast. U fit do dis wen u no dey skin-to-skin sex and wen dey use condom wen u wan do sex.
- * Make u dey wear condom well well wen u wan do sex and make sure say u wear as e suppose be. Make u go see ya family planning dokita.



This brochure was adapted and updated for UNICEF New York from material developed by University Research Co., LLC in Tanzania, Kenya, Malawi, and recently in Uganda under the NuLife Program: USAID Cooperative Agreement 717-A-00-08-00006-00. February 2010.

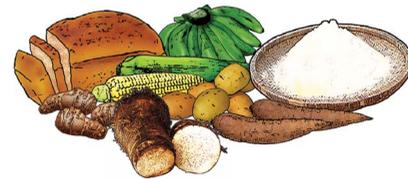
Food dem wey u suppose chop wen u get belle or dey give pikin breast



Wetin u suppose know?



- * Wen u get belle, make u dey chop ogbonge food like three times everyday come still support am wit one extra small food or small chop chop (small chop dem wey person dey chop afta in don chop di main food).
- * Wen u u dey give pikin breast, make u dey chop ogbonge food like three times everyday come still support am wit two extra small food or smaa chop chop dem.
- * Make u dey chop different kain food wey dey ya area everyday.
- * U no need any kain special food for ya breast to dey make milik.
- * Small mama dem wey neva reach to born (wey still dey between 12-17years) need more food and extra kia and plenti rest.
- * Dey drink plenti water and food wey dey like water.



Food wey dey give power na; corn, rice, millet and guinea corn and food wey dey grow enta inside ground like cassava, yam and potato.



Food wey get Vitamin A wey dey protect bodi na, vegetable and fruit like mango, pawpaw, orange, leaf wey green well well, karrot, yellow sweet potato and oda fruit like banana, pineapple, pear, watermelon, tomato, garden egg and cabbage.



Food like beans, peas, groundnut, and seed dem like beni seed dey helep build bodi.



Food from animal dem like meat, chicken, fish, liver, egg and oda food from cow like milik, yogurt and butter dey helep build our bodi.



Food wey dey give oil and fat na like, butter, palm oil and groundnut oil dey helep make vitamins enta bodi well well, e dey even give power sef.

Mama dem wey get belle and di ones wey dey give pikin breast go dey:

- * Go hospitu pass four times wen dem still kari belle for antenatal. Dis one na from di first 3 months wey im get di belle.
- * Make u dey drink plenti klin water everyday.
- * Make u no dey take tea or coffee at all wen u still get belle.



Which kain melecine u go need?

- * U need to dey take iron and folic acid melecine wen u get belle and come reach 3 months afta u don born.
- * Make u take di iron melecine as u dey chop make e for helep di beta beta things wey dey inside di food quick enta ya bodi to keep am kampe.
- * Make u dey use salt wey get iodine, dis one dey helep prevent any kain sickness wey no go gree pikin fit begin learn and develop quick quick, e go make di pikin no grow well and make something no grow for di mama neck.
- * As u just born finish, make u take vitamin A medicine immediately or for inside 6 weeks wey u born to take make sure say the pikin fit suck Vitamin A from di breast milik.

