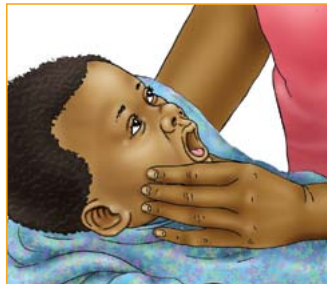


Gbenda u nan wan wou atumba



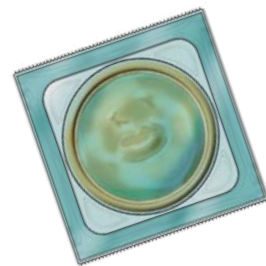
Gbenda u yangen mbamzeyol mba ve dugh ken atumba a nan mbayev la

- * Ver wan wou shi wa un ityumba ken zwa sha inja vough sha er u yange un u man ityumba sha hua man u nyiman i anyi yô.
- * Aluer u gba ivav sha zwa ityumbagh yô, haa atumba sha mi. De shien mkurem shin kwagh u tseen sha mi ga saa u ortwer a tese tseegh.
- * Na wan fere fere sha u yangen atumba ou u muran.
- * Aluer wan wou ma ityumba shighe kar shin atumba ou moo kpishi yô, kam a sha er aa leghem her yô.
- * Kam atumba ver hen ijiir i ndôhôr kpa a de shin hemban ahwa 6 yem 8 ga.
- * Aluer ityumbagh you shin atumba ou hii u nyoon shin atser iyol yô, za nenge a ortwer.
- * Nenge ken zwa u wan la una lu a avav shin ikyer kpa u fa, una lu a mi yô za a na hen ortwer.
- * Aluer a taver we u nan wan atumba a sha vanger tseegh yô, za pase ortwer za iyol wou.



Akaa u umbur la

- * Atumba a nan wan doo sha ci u mkpeyol wou man u wan cii, shi a doo sha ci u tsombor wou man mzehemen u tar u Najeria
- * Atumba a sha vanger tseegh ken iwer 6 i hiihii la nga a yange yav zan zan saa u hii u zan awambe. Za nenge a orwan ior kwagh sha kwagh u mar hôron fese je er u mar la.
- * Wan wou una lun iwer 6 yô, hii u nan un kwaghyan ugen kpa na un ityumba her.
- * Ver ishima sha akav tesen er wan ngu nyian, ngu hian iyol, ngu ôôn tsembelee ga, shin ngu yan kwaghyan sha inja ga gadia akav ne ka kwagh u a nenge sha á fese.
- * Wea lu kwase u u lu a anyigôr u nan anakande yô, de ne wan wou atumba shighe u zwa ityumbaa u lu a ivav ga. Kpa na un zwa ityumbagh u lu dedoo la nahan gema kam ityumba ii lu uange la haa kera.
- * U zuan a angev mbu anyigôr mbun shin hiden shi zuan a mi shighe u u lu nan wan atumba ka a na ishimanyian i ngô a tsar wan yô. Yar tom a jubu hanma shighe u lu yaven a or cii man ver ishima wer i wa i shami vough.
- * U kuran wan wou yô, za kar wea lu a anyigôr ne yô.



This brochure was adapted for UNICEF New York from material developed by University Research Co., LLC. It was adapted for Nigeria and produced for World Breast Feeding Week (1-7 August, 2011) with support from the Infant and Young Child Nutrition Project (IYCN), funded by USAID Nigeria.

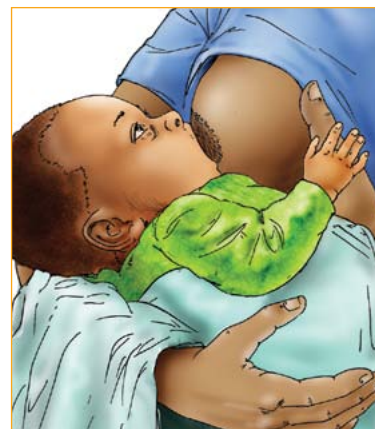
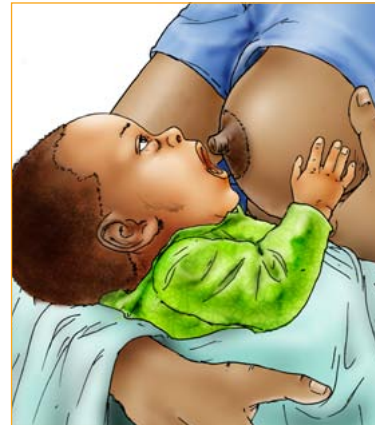
Atumba a man

Kanyi i gbe u u fa?



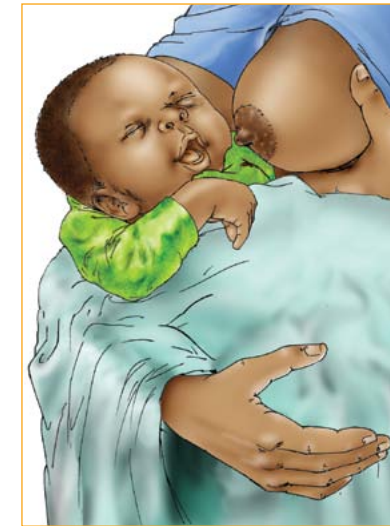
- * Ka ainja u gbilin wan sha atumba ken miniti mba 30 mba hiihii mba u mar la sha er a ngir atumba a hii u duen zar yô.
- * Ver ishima wer u na wan wou atumba a hiihii a i yer ér atumba a agbedaeng la. Aa yange wan wou iangev kpishi.
- * Atumba a sha vanger nga ne hanma kwaghyan man mngerem ma kwagh a gbe wan la sha mi ken iwer 6 i hiihii i uma la.
- * Atumba tseegh injia na yô ka u nan wan atumba a sha vanger tseegh, nungwan ma kwagh ugen sha mi ga (ma atumba, kwaghyan shin zar kwagh, shin ibelegh ki mnger ga), saa icigh ki ortwer shin kwase iyouchi a tese la.
- * U nungwan atumba a sha vanger man atumba agen, kwaghyan man zar kwaghman cii iwer 6 la wase wanye wou ga. Ka a pande atumba aa u lu nan wou la man kwagh la una na wan angev.
- * Aluer a gba ape u lu her ga yô, kam atumba a ou ver wan.

Wase wan wou atumba a nyohon



- * Fese je er u mar la maa hii u nan wan atumba ken atô u miniti 30 mba hiihii mbara.
- * Mlu u wan lun kôôsôô a ngô la wasen wan u man atumba tsembelee.
- * Mlu u wan lun kôôsôô a ngô wasen atumba u duen zar kpishi.
- * Mlu u wan lu kôôsôô a ngô yangen avav a shin ikyer man sha ijô atumbaa.
- * U nengen wer wan ngu ikyua a we yô:
 - Bende wan ityumba sha zwa
 - Kegh wan a bugh zwa wang
 - Fese je va a ityumba you shin inya, ver zwa na la sha gbem zwa u wan la u sha
 - Wan a ma atumba la zwa pool
- * Akav nga a nyiin a ikyar i dedoo:
 1. Wan ngu a bugh zwa gbangalaa
 2. U fatyô u hemban nengen a kwav u ii u ken atô u gbmzwa u sha la aa u shin inya la.
 3. Gbmzwa u shin inya u wanye la ngu a posu a haa won
 4. Gbem u wanye la ka u benden a atumba a ngô na.
- * Wan ngu a kura atumba teghelee, a kura kpishi, atile shighe ugen.

Ka kwa me me na wan ityumba?



- * Hanma shighe wan wou a vaa ityumba cii, er kwa 8 zan zan 12 nahan.
- * Atumba a nan wan nga a na atumba a ngee zar.
- * Na wan ityumba a ma a de a ishima na. Man na un igen la nahan i lu un a tsua u man shin u vendan ye.
- * Ikyav i u fa we wan wou ngu man ityumba ngi kuman un yô, una nyande mnyanden ma lun agbendan daalaa nahan kwa taratar sha iyange shi una lu kehen kpaa.
- * Tôô shighe, tema inya ga yô yav inya doo doo na wan atumba, shi ver ishima sha wan ne. Lu a wan wou ikyua ikyua hanma shighe.

