



LOK ME LOKO KIT TIM PA DANO

BUK MATIDI ME KWENA Dwe me Adek

Dwe Me Adek (March) 2019

*Lucoyone: Beatrice Ekesa, Deborah Nabuuma,
Samalie Namukose and George Upenytho.*

Alliance



Wanyutu piny kany ka ma kinongo ki iye cal agoya ki gin acoya ma kitiyo kwedgi i buk man nicake i pot karatac me 8 nioo ii me 10 ; ki bot dul me USAID community connector project (Integrated nutrition and agriculture project 2014), ki ma ii pot karatac 11, 12, 19 ki 20, kigamo ki bot jang tic me SWICHI project (Strengthened National capacity to scale up and improve maternal and child nutrition interventions 2016)

Cal ma kitiyo kwede i pot karatac 13-18 ki 21 oo wa 24 kinongo twero me tic kwede ki bot dul me USAID community connector project (Integrated nutrition and agriculture project 2014) Pictures on page 25-29 were picked from Brac Uganda livelihood project (Community connector partnership 2014)



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LIST OF ACRONYMS

ANC	Antenatal Care
BCC	Behavior Change Communication
DNCC	District Nutrition Coordination Committees
ENA	Essential Nutrition Actions
ORS	Oral Re-hydration Salts
SACCOs	Savings and Credit Co-operatives
CHEW	Community Health Extension Worker

Pwoc

Wan lucoo buk man wapwoyo kony me lim ki bot dul ma konyo dongo pur onyo International Fund for Agricultural Development (IFAD) ma owok ki bot ki ii dul me Bioversity International. Wan bene wapwoyo jang tic ma neno lok me pit (Nutrition Division) i gang kal me Yotkom me Uganda, pi tic me ngiyo coc man atika.

Macalo lucoc wapwoyo yee me tic ki cal ma jang tic pa dul me USAID community connector project (Integrated nutrition and agriculture project 2014), ki pa latic me SWICHI project ma ticgi omedo rwom me pit pa mege ki lutino I mwaka 2016 , medo ki Gang Kal me Yotkom i Uganda.

Acakki

Buk ma tidi me kwena man ki yubu ki gen ni bibedo ki adwogi madit pien pwonyo bitime ki i ot. Man aye diro ma ki tiyo kwede me kubu kin yo mapatpat i tute man. Pwony man ocung ikom tyen lok ma pire tek angwen;

1. Tim mapatpat me medo rwom me pit ki me pur.
2. Yo mapatpat ma ki nyuto mupore me pit.
3. Tic ki lim me wilo gin acama ki pit mupore.
4. Lengo ki bedo ki cam muromo.

Dong tyen lok magi acel acel tye ki yo ma mite me timo jami ki kit ma myero kwo pa jo moni omyero oloke kwede kun lube ki gin ma dongo ma kicimo botgi i kwena kacel ki bene jami mogo ma myero gutim. Ngat ma telo pwonye man omyero onyut adwogi mabeco ma kwena magi kelo bot jo moni ma lok man makogi wek gubed ki kero me ketogi itic.

Kit me tic ki latin buk man

Mite ni lador pwony mo aye otii kwede i yo me;

1. Laro lok i dul matino tino
2. Laro lok acel
3. Leyo tam i kin dano acel acel

NEN NI: Kare ducu me cako laro lok ikom gin manyen, kong ki kipoyo wic ikom jami ma kiloko pire i laro lok mukato.

Gin me aluba kore ki kore pi ngat ma telo pwonye:

- Me Acel: Kwanyo kit yo moni acel me timo jami pi guti acel ka ki medo ikom gin ma laro lok tye ikome.
- Me Aryo: Nyuto adwogi mabeco ma aa ki i keto kwena ma pire tek i tic ki kwano botgi kit ma myero gutim kwede jami.
- Me Adek: Penyo dul moni kace ngat mo ma i kingi dong tye ka timo jami i yo ma kit enno.
- Me Angwen: Penyo dano ma gitye ka timo jami kit moni ni me tito ki jo mukene ni kit ma gin tye ka timone kwede.
- Me Abic: Penyo dano ma gitye ka timo kit moni ni me nyuto adwogi mabeco ma gunongo ki ikom timo meno.
- Me Abicel: Yenyoy ki bot dano ma pe ka timo kit mite pi tyen lok ma gengogi timo kitenno.
- Me Abiro: Cwalo kwena kacel ki gin ma myero kitim bot jo ma pud gipeke katimo kit ma mite kun ki medde ki nyutu adwogi mabeco ma aa ki ikom timo gin mamite.
- Me Aboro: Coyo ma cego cego jami ducu ma ki pwonyo ikare moni.
- Me Abongwen: Penyo lumemba me cike ikom gin ma gibitimo pi oyot mapat inge pwony ki konyogi me coyo piny gin atima.
- Me Apar: Ngiyo odoco gin atima ma dano ocike me timo ka ki rwate i pwony ma lubu man.

LOK ME 1:

Tim mapatpat ma medo rwom pit i dog ot

Adwogi ma Mite 1: Coo ki mon me paco moni gimoko kacel kit me tic ki jami me pur .

Jo ma lok kemogi:

- Atikane: Coo ki mon ma i paco moni
- Jo ma juru dano: Luloc me kin paco ki ludito dini



Kwena ma dongo:

- Tam mo keken pire tek. Mon bene gitye ki tam mabeco me pur coo bene kumeno, kadi ilok ma mako yub me kelo lim ii ot.
- Lumemba ducu me ot, mon ki coo, omyero gular lok ka gumok yub me pur ki jami apura.
- Lumemba me ot ma gityo kacel mok meggi beco loyo pa jo ma pe gitimo kit meno.
- Laro lok ikin lumemba me ot, miyo kare bot coo ki mon me tic kacel pi ber me paco moni.
- Gwoke ki mato kongo arege mukato laco pien twero gengi laro lok me paco ma pire tek.

Gin ma kitwero timo:

- Dako, bed ki tek cwiny. Lar lok ki mii tam kacel ikom pur ki jami me apura pi kelo ribbe ii ot.
- Lutela pa lwak ki ludito dini , wucuk cwing coo ki mon wek gular ki gutii kacel pi ribbo otgi.

Adwogi madit: Kace coo ki mon ginywako tamgi ikom pur ki jami apura, ci rwom me ribbe i ot medde atika.

Adwogi ma Mite 2: Dog odi aryo giromo byeko jami ma gimito ki bene keto lim muromo pi cam, gwoko yotkom ki pwonye.

Dano ma lok kemogi:

- Coo ki mon
- Lutela me kin paco ki ludito dini



Kwena ma dongo:

- Lu ot moni myero guyub yub ma mako miti calo cam, yotkom ki pwonye me otgi kacel.
- Lu ot moni omyero guket lim me wilo cam ma pe ki puru paco pi medo rwom me pit i ot.
- Lu ot moni omyero guket lim mu romo me puru gin acama calo pot dek, nyig yen ki mukene me acama paco.
- Gin gutii ki yo me pur mupore calo pito wit kodi ma cek mabub.
- Lamemba me ot acel acel omyero onywak cinge i puru cam wek jami acama obed mu romo i ot.

Gin ma kitwero timo:

- Yubu yub kacel pi jami ma mite atika i ot calo cam, gwoko yotkom, pwonye ki yo me tic ki ngom matye pi puru cam mu romo , ma ikine obedo pot dek, nyig yen ki wit cam mogo calo muranga, ngor, pul me ot.
- Nong tam mupore ikom pur ki bot lupur kacel ki lutic pa lwak ma i kin dano.

Adwogi Madit: Ot ma yubu yub kacel twero bedo ki rwom kwo maber.

Adwogi ma Mite 3: Coo, gimiwu kare madwong pi tic me paco ki gikonyo kor mon ki lutino

Dano ma lok kemugi:

- Coo ki Mon
- Awobe ki Anyira
- Lupwonye ki jo Oce



Kwena ma dongo:

- Coo kikome nyutu gwok megi ki konyo mongi ki lutinogi.
- Coo ma ginywako cingi itic me ot cwingi tek, gin lugwok dok ki worogi bene. Gubedo lanen mupore bot lutinogi. Gin giwoko mongi bedo ma toco wa ki teko mu romo me nywalo lutino ma komgi yot.
- Uwek lutino gucak tiyo tic me ot ma nongo pud gitino ci gibi bedo lutic matek ikare me anyim.
- Lupwonye, wucuk cwiny lutino me timo tic me ot ka gitye kabedo nono.

Gin ma kitwero timo:

- Coo wukony i tic me ot calo lwoko ki pito lutino.
- Cit kacel ki dakoni ka nongo kony me yotkom.
- Kony tic me tero gin apura me ot i cuk ka catone.
- Mon, wunong yo me cuku cwiny cogwu me nywako cingi i tic me ot.
- Mon omjero gunyut yomcwiny ka coggi tye ka nywako cingi i tic me ot ma pol kare pe gimaro timone.
- Lutela ma coo wubed lanen mupore ki timo tic ot.

Adwogi Madit: Kace ikonyo kor dakoni i timo tic me ot, ibibedo laco ma lamar, lagwok ki lagenne

LOK ME 2:

Yo mapatpat me pit mupore

Adwogi ma Mite 1: Lutino me dwe 0-6 ki pitogi ki cak kor KEKEN

Dano ma lok kemogi:

- Lunyodo ki lupidi pa lutino me dwe 0-6, mon ma guyac kacel ki lunyodogi
- Pregnant women and their spouses
- Mon ma guyac ki luotgi.



Kwena ma dongo:

- Ma peya dwe abicel oromo yii latin nongo pud pe otegi me jolo cam mukene. Mii latini cak kor keken.
- Mege omyero gucak miyo lutino cak i caa mukwongo inge nywal. Man gido tunu wek cak ocak bino.
- Dot konyo pen me poto oyot.
- Cak kor gwoko lutino ki inongo two cado.
- Me doto cak maber latin omyero obed agony ma otenne ikom mine. Dok bene obed ma okemme maber ki tunu. Mite ni lunyodo gupeny kony ma niang kit me dot maber ki bot lukony kor lutic me yotkom ma gitye ikin lwak.
- Cak kor keken aye tye ki moc cam ma latin mito ikare meno. Dok bene tye ki cam wa ki pii ma romo yengo latin maber pi dwe abicel me kwone.
- Latin omyero kidot kadi bed nongo mine tamo ni cak tye manok onyo peke. Pien mede ki dot aye kelo cak.
- Mege ma gidot omyero gucam mabub dok wite mapol nino ducu wek cak obin madwong

Gin ma kitwero timo:

- Mege omyero gumii lutinogi cak kor keken teki ki nywalogi ki bene gumede kwede wang ma latin oromo dwe 6, ka lacen cam mogo ma yom yom kibi cakone mot mot.

Adwogi Madit: Mege giromo nongo kony ki bot lukony kor lutic me yotkom ma gitye ikin lwak ma guteere me nyutu ki gin yo me doto lutino mupore. Miyo cak kor KEKEN pi dwe abicel mukwongo konyo me weko latin dongo maber ma kome yot.

Adwogi ma Mite 2: Ka dwe abicel oromo, cak miyo cam mupore ki latin ki bene mede ki dot. Dit pa camme, caa me miyone ki moce myero obed kit ma mite

Dano ma lok kemogi:

Mege, wege kacel ki lupidi pa lutino me dwe 6-24.



Kwena ma dongo:

- Pito lutino maber miyogi kare me bedo ki yotkom, dongo ki doko dano mupore.
- I kine me dwe 6 ki 9 me tegi omyero ki pit latin ki cak kor mukwongo ka dong kicako pitogi ki cam ma yom yom ma moce dwong mubedo nyuka nyuka. Iromo medo odii pul i cam pa latin, ki cam mogo calo papayi onyo okono.
- Lutino matino me kine dwe 9-24 mite ni kipitgi tyen adek onyo angwen nino acel me neno ni gunongo cam mu romo pien komgi nok.
- Lutino mite ni gucam cam ma nok nok en ikine me cam tyen adek onyo angwen ni.
- Lwoko cingi ma peya icako yubu onyo miyo cam ki latin gengo two cado.
- Medde ki dot wang ma latin oromo dwe 24.

Gin ma kitwero timo:

- Yubu cam ma moce dwong pi latin me dwe 6 kun ki mede bene ki dot.
- Mar kwo me lengo, tic ki coron ki lwoko cing pi gengo nyaa pa two calo cado.
- Mar tim me lengo ikare me yubu cam pi lutino.

Adwogi Madit: Miyo lutino cam ma moce dwong konyogi me dongo maber. Man weko latin cako cung, wot ki lok ikare mupore.

Adwogi ma Mite 3: Neno ni cam tye i ot

Dano ma lok kemogi:

- Atikane :Coo,mon ki lutino
- Jo ma juru dano: lupwony dano ki lutic mapatpat ma ikin lwak.



Kwena ma dongo:

- Yub ngom ma romo puru jami me acama ki me acata .
- Coo ducu ma komgi yot, mon ki lutino ma dongo ma i ot omyero gunen ni kipito cam, kidoyo ki dong ki kayo ikare ne ki kome.
- Puru cam calo gwana, obato, layata, lapena ki okono, ma girii i poto olo pi kare mogo dwoko piny peko me cam manok.
- Dog ot moni pud bene romo puru kwayi cam mapol i ngom ma tidi mo.Tye dano mogo ikin lwak ma giromo nyutu botwu yo me timone.

Gin ma twero time:

- Wu lar lok lok ka wuwinye calo lu ot moni wek kinong ngom muromo me puru cam.
- Wu pit wit cam ma weko jami bedo tye calo gwana, layata, okono, ma rii i poto pi kare mogo.
- Tii ki ngom matye me pito jami acama ki gin ma kelo lim

Adwogi Madit: Puru wit cam mapol i Paco konyo ot me bedo ki cam mupore ma weko gibedo ma komgi tek dok ki yotkom.

Adwogi ma Mite 4: Dog odi gupuru wit cam mapatpat i poto meggi

Dano ma lok kemogi:

- Lu ot moni ducu

Dog odi gicamo olo kidek nino ducu



Kwena ma dongo:

- Puru kwayi cam mapol weko ot bedo ki moc cam mapatpat i camgi.
- Ot myero gubed ki ngom me pito wit cam aryo ma ki maro camogi, pot dek ki nyig yadi.
- Tim me puru jami mapatpat i poto acel weko ki bedo ki wit cam mapol i ot.
- Pito gweni ki lee matino me paco konyo me medo moc ngom pi ceko cam mabub.
- Pur poto me pot dek wek ot obed ki pot dek mu romo pi cam mupore.
- Pit olo tyen papayi angwen, avocado, matunda ki okono wek okony ot me bedo ki cam ma mit, atikane pi lutino ki mon ma guyac.

Gin ma kitwero timo:

- Nyam lok ki lu ot meri pi weko ngom mu romo me pito cam ma ki maro camogi, pot dek ki nyig yen mapatpat.
- Pit kwayi cam mapatpat ma gitye ki kony madit i ot.
- Lim poto ka ma ki pwoyony iye dano wek ipwoyony kit me puru kwayi cam mapatpat.
- Lim jirani meri ma pito cam mapatpat wek ipwoyony kit me pito wit cam mapol.

Adwogi madit: Producing different foods at home helps the family to have balanced diet that helps them to stay strong and healthy.

Adwogi ma Mite 5: Dog odi mapol gicamo olo kidek nino ducu

Dano ma lok kemogi: Jo me dog ot ducu



Kwena ma dongo:

- Cam kidek onyo ma kato i nino acel konyo lu ot moni me bedo ki tek kom, yotkom ki gengo gorokom ma adwogi me nok pa moc cam.
- Leyo tic me ot i kin dano me ot acel konyo ngat ma tye ka yubu cam me tedo dek ma mit.
- Timo tic mukene me ot ma iwoto ki pur bene, lwoko bongi, kun ineno ni dek pe owang.
- Yubu gin ateda con konyo me tedo cam con kit ma mite.

Gin ma kitwero timo:

- Calo ot omyero wapoo wii ngat acel acel me cam olo kidek nino ducu, atikane lutino, mege ma gidot ki mon ma guyac.
- Calo ot myero wayub anga ma bitedo cam ki nongo kare me tedo cam.
- Wakonye i kinwa i tic me ot wek wabed ki kare muromo me tedo cam. Gwoko cam i gin mo maber onyo boyone i pot labolo.
- Lyeto onyo muru cam ma peya ki camo.

Adwogi Madit: Ot ma camo olo kidek nino ducu romo bedo ki tek kom, yotkom ki nongo two kicel kicel.

Adwogi ma Mite 6: Nen ni kinongo cam mu romo ki ikom jami acama ma ki puru i ot.

Dano ma lok Kemogi:

- Coo
- Juru lwak: Lutale pa lwak ki ludito dini



Kwena ma dongo:

- Cato cam ataa weko cam ma mite bedo nok. Ka icato cam me ot, ci lacen ibiwilo cam odoco i wel ma kato.
- Bed ki tim me koko cam ma mite pi ot ma romo oo wa i kac manyen. Kare ducu gwok cam ma mite i ot. Pe icat cam liweng.
- Gwok lee matino calo gweni, dyegi, rommi, opego. Itwero cato magi ka lim mite, kawang cato cam ma mite me acama i ot.
- Tii ki lim ma nonge i yo mukene ni me wilo cam ma medo yotkom calo lawanjiri, tongweno, rec, pi acama i ot. Cako gin atima mo ma kelo lim konyi me nongo lim me wilo cam ma mite.

Gin ma kitwero timo:

- Yub cam ma mite i ot naka wa i kare me kac manyen.
- Ged ka ma ki gwoko iye cam me ot.

Adwogi Madit: Kace itye ki cam ma ipuru ki komi, ci peko me nok cam pe diyo odi tutwal.

LOK ME 3:

Gwoko cam ki lengo

Adwogi ma Mite 1: Ki gwoko cam me ot muromo pi mwaka kulu

Dano ma lok kemogi:

- Atikane: Dog ot
- Juru lwak: Lwak kacel ki ludito dini



Kwena ma dongo:

- Kaa cam cut teki oromo akaya wek cam pe olanye.
- Cam ma kikayo omyero kitwo maber ma peya ki gwoko.
- Tye yo me mapol me kwaro me gwoko cam ma kitiyo kwede ikin lwak meri. Ikin obedo puyu kabedo ma kiyaro iye cam me atwoya ki lyero cam ki i dan ot jokon.

Gin ma kitwero timo:

- Kaa kal ki jami mukene ikarene kikome ka iwek otwoo maber ma peya i gwoko.
- Gwok cam calo lawanyjiri, pul, ki pot dek me acama i ot ka wel cam omede.
- Ged kagwoko cam mupore calo dero. Dok wek obed cok ki ot madit ma nongo itwero roto oyot pi gwoke ki anyai ki kwo cam.
- Pit cam ma rii i poto calo gwana, okono, obato, layata ma konyi ki peko me gwok tutwal.

Adwogi Madit: Kace igwoko cam ka ma opore calo ii dero, lu odi gibedo ki cam mu romo

Adwogi ma Mite 2: Lu ot moni guyube ki guketo lim muromo pi wilo cam mupore i ot.

Dano ma lok kemogi:

Coo,mon ki lutino me dog ot

Juru lwak : Lutela pa lwak ki ludito dini.



Kwena ma dongo:

- Yube me keto lim muromo pi wio mabeco me aruba ki cam mukene ma kipuru ipaco. Man medo me gin acama i ot.
- Coo ma giwilo cam ki lu ot gi, atikane pi lutino, gin gubedo lugwok atika.
- Lumemeba me ot, co ki mon, omyero gunyam ki gumok kacel cam mene ma mite ni kiwil me neno ni cam tye i ot, atikane pi lutino.

Gin ma kitwero timo:

- Nen ki iyub byeka cam ma beco ma pe kipurugi ki i ot.
- Lim jirani matye ki yo mukene me nongo lim wek ipwonye kit me nongo yo mukene ma kelo lim.
- Gwok lee matino ma gwoko gi yot me acata wek inong lim me wilo cam ma mite i ot.

Adwogi Madit: Wilo cam ma opore biweko lumemeba me ot bedo ki tek kom wa ki yotkom

Adwogi ma Mite 3: Lumemba me ot man gitye ki paco maleng, gityo ki coron wa ki bur yugi.

Dano ma lok kemogi:

Jo me ot ducu medi iye lutino ma gikwano kacel ki lutela me kin paco.



Kwena ma dongo:

- Bedo ki coron kacel ki bur yugi ilo rwom me paco i dwe lwak. Obedo lanyut me bedo lumemba mupore i kin lwak.
- Tii ki coron me bolo cet ki lac, yub lawum dog coron me gengo lwangi ki bol konye ducu, wa pa lutino i coron.
- Wek paco obed maleng. Gwoko paco maleng weko ki wori i kin lwak.
- Lutela pa lwak omyero guket nying paco ma gitye ki coron ki bur yugi lamal atika. Omyero gutii ki lanen man calo rwom me yero dano me bedo i tic mo keken ma lwak oyubu.

Gin ma kitwero timo:

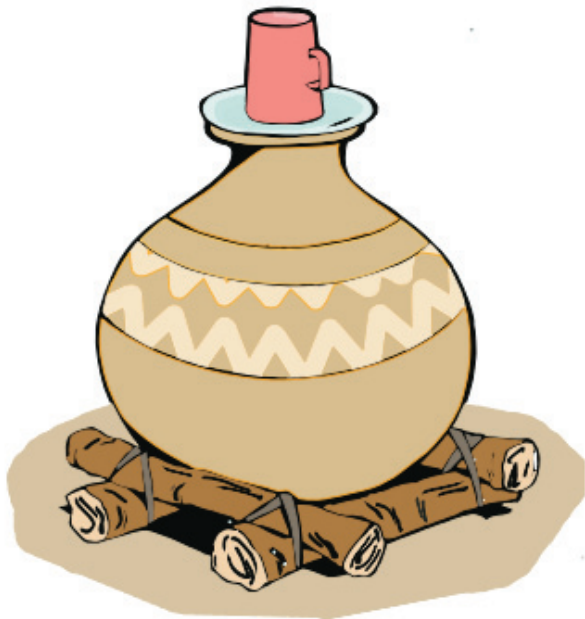
- Ged ot coron olo obed mita 30 ki ot madit.
- Kwiny bur yugi obed olo mita 10 ki ot madit.
- Ket obed ma calo cik pi lwak me bedo ki coron ki bur yugi i paco meggi.
- Lutela pa lwak omyero gulwong nying paco ma gitye ki coron ki bur yugi i kacoke me kin paco ki i yub pa lwak wek obed lanen mupore me aluba.

Adwogi Madit: Kace lwak gugedo ki gutiyo ki coron wa ki bur yugi, gigengo two mapatpat ma cilo kelo

Adwogi ma Mite 4: I ot ki camo cam mupore ki mato pii maleng

Dano ma lok kemogi:

- Mege, lutino ma dongo ki lu ot mukene



Kwena ma dongo:

- Camo cam ma ngwee onyo nen obale romo kelo two marac calo cam ma ki wolo.
- Cam ma ki gwoko me acama lacen omyero obed i gin maleng ma ki wumo wiye.
- Ma peya ki toko cam mudong, kong myero ki lyet pi neko kwidi ma kelo two.
- Kace poto tye bor, ted cami ka icam ki i poto kunu ma pud lyet. Cam me ot bene ki romo tedone i odiko ka ki weko iwi keno wek obed ma lyet wa i kare me camone.
- Ted pii amata owali onyo ket iye yat pii calo Aqua
- Safe onyo Waterguard we gengo two calo cado. Pii amata ducu omyero ki ted ma owali pi neko kwidi mapatpat.
- Gwok pii amata i gin maleng ki tii ki kikopo maleng me twomone. Man weko pii bedo maleng labongo kwidi ma kelo two.

Gin ma kitwero timo:

- Wum wii cam ma ki tedo ducu wa cam pa latin ki jami amata ne cal cak, nyuka, gin amata ducu ma pige ma kibiyu ki i nyig yen.
- Mur cam mudong ducu ma peya icamo

Adwogi Madit: Kace ilubu yo me gwoko cam ki lengo wa i pii me ot, ci ot bene gwoke ki ikom two mapatpat

Adwogi ma Mite 5: Rwom me gwoko lengo i paco omedde

Dano ma lok makogi:

- Coo,mon ki lutino ma dongo ma i ot



Kwena ma dongo:

- Paco ma gwoko yo me bolo cet pa lutino, cet lee ki bene neno ni piny tye maleng pe ginongo two kare mapol.
- Lwok cing ki cabun ma peya i cako yubu ki camo cam, inge tyeko cam, ka iaa ki i coron onyo lwoko latin onyo ikare ma imako cilo. Man bikonyo me bedo maleng, gengo lilo cam ki nyayo two cado.
- Yub gin lwoko cing ma tic kwede yot ki igwoke ki kwayi two ma kobo oyot ka cing tye ma cilo.
- Yub lamoo jami cam , kwiny bur yugi ki coron wek igwok jami ki piny meri maleng, me gengo jami nyot ataa.

Gin ma kitwero timo:

- Ywee piny nino ducu ki ony cet lee i bur yugi.
- Lwok cingi maleng ki cabun i pii ma peya icako yubu ki camo cam, ki inge kati ki i coron, ki bene kare ducu ma cingi ki cilo.
- Yub gin lamoo jami me cam ki me tedo.

Adwogi Madit: Kace lumemba me ot gilwoko cingi ki cabun ma peya gucako yubu cam ki ikare me cam, lu ot meri two pe bimakogi kare mapol.

Adwogi ma Mite 6: Ter latini ka gwerone, ka lwoko kwidi ma ii iye ki medo moc cam i kome

Dano ma lok kemogi:

- Atikane: lunyodo/lupidi pa lutino me mwaka 5 odok piny
- Juru lwak: Lutela pa lwak ki ludito dini, lukong kor lutic me yotkom ma gitiyo ikin dano.



Kwena ma dongo:

- Kony me agwera, lwoko ic ki medo moc cam ki timo me nono i ot yat pa gamente ki i Nino Yotkom Lutino.
- Cinong karatac me gamo yat pa lutino, Child Health Card.
- Jo ma gijuru lwak, calo konyo lunyodo onyo lupidi, lutic me yotkom ma gineno kit ma lutino dongo kwede, me neno ni latin ki gwero kit ma mite, kimedo moc cam ikome ki kilwoko kwidi ki ii iye.
- Agwera gwoko latin ki i two calo aona owiyo, aona ma tungu lutino, two odec ki anyoo ma twero neko latin oyot atika.
- Cito ka ma lutino nongo iye yat konyi me neno dongo pa latin kace peko mo tye wek ki mii kony mupore con.

Gin ma kitwero timo:

- Nong karatac pa latin me yotkom matye ki lok ducu ma mite ikom agwera, moc cam ki lwoko kwidi ki ii ic.
- Cit i ot yot pa lutino wek inong kony me ma mako gwoko yotkom lutino.
- Peny latic me yotkom onyo lapwony lutino i kin lwak ki lutela mukene i lok ma mako nino me yotkom lutino pi neno ni ibedo iye ki bene nongo kony ma ki miyo.

Adwogi Madit: Kace itero latini me agwera, ka lwoko kwidi ki ii iye ki ki medo moc cam i kome ikare ma mite, itwero bedo ki latin ma tek wa ma kome yot dok ma bikwan maber. Ibigwoko lim ma konyo cobo miti mo ma pire tek.

Adwogi ma Mite 7: Mon ma guyac gicito olo tyen angwen ka nongo pwonye ikom gin atima ki kit me kwo wek gunywal lutino ma komgi yot.

Dano ma lok kemogi:

- Mon yacu ki luotgi, lutic me yotkom.
- Juru lwak: Lutela pa lwak ki ludito dini, lukong kor lutic me yotkom ma gitiyo ikin lwak.



Kwena ma dongo:

- Cito olo tyen angwen ka nongo pwonye con manongo yacu pud ocake acaka weko kimiyogi tam, lok ma mako kwo ki yacu meggi. Man konyo yotkom latin ki mine.
- Coo ma gicuku cwiny mongi ki gilwokogi ka cito i pwonye me yacu gin lugwok atika ikom yotkom mongi ki lotinogi.
- Cito i pwonye konyo me niang con peko me romo time i anyim me yacu.
- Coo ma gikonyo mongi ma guyac ki tic ot gubedo lugwok matek. Man konyo mongi me bedo ma gitek ikare ducu me yacu.
- Mon ma guyac ma gicamo jam mapol ma gitye ki moc cam ma patpat calo dodo,boo,rungi ,pot dek ki mukene pe gibedo ki peko me nok pa remo.
- Mon ma guyac ma gibutu i tandarua onyo net ma yat tye ikome two malaria pe yelogi tutwal. Man bene konyo ki ikom peke me nok pa remo ki gwoko yotkom lutinogi.

Gin ma kitwero timo:

- Cak cito i pwonye me yacu teki inongo wek inong ngec me kwo ikare me yacu.
- Coo ki lutino ma dongo myero gukony mon ma guyac ki tic ot ki me potu wek gunong kare muromo me yweyo.
- Cam olo tyen angwen i nino acel , cam jami matino tino ikene pi nongo moc cam mapatpat ma mite i kom.

Adwogi Madit: Kace mon ma guyac gunonongo pwonye, ginongo kare me yweyo, gicamo ki gimato jami ma kelo yotkom,ki gibutu i tandarua ma yat tye ikome, ci gibedo matek, ki yotkom wa ginywalo lutino ma komgi bene yot.

Adwogi ma Mite 8: Lutino ma gitwo ki miyogi yat cut.

Dano ma lok kemogi:

- Lunyodo ki lupidi pa lutinon
- Juru lwak: Lutela pa lwak ki ludito dini, lukony kor lutic me yotkom ma gitiyo ikin lwak.

Kwena ma dongi:

- Ter lutino ka nongo yat ki kony mukene oyot oyot ma peya two omedde. Tii ki giwot ma twero konyo me aruya.
- Bed ki lim mo olo kare ducu me wilo yat ki konyo lok me yotkom. Itwero bene gwoko gweni, lee ma paco ma twero cate pi oyot me konyo peko ma poto atura calo two.
- Lutino ma pe gimito dot onyo cam (pi madong gicamo) komgi romo bedo lit atika ber ki lar ki ot yat me oyot.
- Yat bene omyero ki mii kit ma latic me yotkom ocimo ki pe omyero kipok bot dano mukene ma bene nyo gitwo.



Gin ma kitwero timo:

- Lok ki lu oti pi lanyut mo marac wek ki lar latin ki ot yat pi oyot.
- Gwok paket me kado aruba onyo Oral Re-hydration Salts (ORS) i ot ki ipwony kit me rubune pi latin ka tye ki cado.
- Kace lyeto kom latin tye malo tutwal, tii ki latam madyak ento ter latin cut i ot yat.
- Gwoko gweni, ki lee ma paco ki yubu jami ki cing ma catogi yot pi nongo lim me konyo peko ma poto atura.
- Medde ki miyo latin ma two gin acama ki amata ma en maro ma nok nok. Ket komi mot ka itye ka pito lutino ma kit man.

Adwogi Madit: Kace imiyo yat ki latini cut, en bicang oyot ki nongo ikonyo kwone, dok bene nongo ilare ki ikom two mogo ma tero lim madwong me cango gi.

LOK ME 4:

Keto lim me ot pi neno ni gin acama ki me pit mupore tye

Adwogi Madit 1: Dog odi mapol gitye ka tute me gwoko lim ki cwiny me keto but lim ma ginongo me medo tye pa cam i ot.

Dano ma lok kemogi:

- Mon ki coo ma i ot moni.



Kwena ma dongo:

- Dano ki odi ma gigwoko lim cwingi tek pien gingeyo ni lim tye me konyo peko me atura. Gin bene nyayo lonyo ki wilo jami mogo ma konyogi tic ki medo rwom kwogi kun gityo ki lim ma gugwoko.
- Coo ma gikonyo mongi wek gunywak cingi i tic me nyayo lonyo gin maro dongo kwo ki gimito neno otgi tye ka medde anyim. Mon romo doro tic me nyayo lonyo kace ki miyogi diro mupore ki kony pa lu otgi.
- Konye i kin lu ot moni i tic me ot kadi i tic me poto , tedo, ki lwoko bongo wa jami cam ki me tedo, yweyo ot ki yubu paco ki gwoko lutino, ducu weko mon nongo kare me timo tic mogo i kin lwak ma twero konyo ot bene.
- Paco ma pito gweni ki gwoko lee ma paco ginongo lim ma konyo ot oyot ka gucato jami magi.

Gin ma kitwero timo:

- Bed ki cwiny matir me yube pi kano lim.
- Dony i grup mo ma kano lim wek inong pwony ki bot jo ma dong gikano lim.
- Cak tic mapatpat ma kelo lim calo pito gweni ki gwoko lee ma paco.

Adwogi Madit: Kace dako mo odonyo i grup me kano lim, biwoko lacoo ki dako ducu gikonyo otgi kacel. Kace gwoko lim me ot omedde, ci rwom me kwogi ki nongo jami ma mite i ot bene mede.

Adwogi ma Mite 2: Ot nongo jami mukene me tic

Dano ma lok kemo gi:

- Mon, grup pa mon ki coo



Kwena ma dongo:

- Paco ma tye ki jami ma konyo tic calo ngom, dyang pur,kanna, wilba, lakir yat,lela,bodaboda,dyegi,rommi,opego, dyangi onyo gweni twero tic kwedgi me nongo lonyo mukene.
- Mon ma gitiyo tic ma nyayo lonyo calo gwoko lee me paco ma tino tino , pito gweni, puru jami ma welgi tek calo mutungulu, obwol,mutunda ki pul,ginyayo wii lim me ot ki jami acama ma gikelo yotkom.
- Coo ma giyee mongi me kati ki mok ma mako tic ki jami me tic calo ngom, lee, lim ma kigwoko,bodaboda kiworogi i kin lwak calo coo madaa.
- Mon ma gwoko lim ka gitiyo kwede me wilo jami me ot gikonyo lu otgi me dongo ma loyo mogo ma pe gitimo meno.

Gin ma kitwero timo:

- Kony mon wek gunywak cingi i tic ma kelo lim ki kati ki mok ikom tic ki jami me tic.
- Mon myero gudony i grup me gwoko lim wek gugwok lim kare ducu.
- Mon myero gupwonye ki gumed diro meggi wa ki me cat pi nongo lim i yo mukene mapat ki pito jami acama keken.

Adwogi Madit: Ot ma kano lim ki timo tic mogo ma kelo lim pol kare gitwero wilo jami me tic.

Adwogi ma Mite 3: Odi twero nongo kony me deno lim me wilo jami tic ma konygi dwong ki mogo ma pe me pur keken.

Dano ma lok kemo gi:

- Coo, Mon, bulu, grup mogo ma ikin lwak ki dul me cako onyo SACCOs



Kwena ma dongo:

- Nongo lim den onyo banya ma kimiyo i yo mupore obedo yo ma yot me cako tic ma kelo lim. Lim den ber me gamone pi tic ma kelo lim i ot.
- Niang lok ducu ma mako den ki bot dul ma miyo den bikonyi me moko matir pi gamo den mo keken.
- Bedo ki tam matir ikom gin ma imito timone ki lim den konyi me naing kace imito adaa ki bene kit me culone. Dul mogo ma gimiyi den gikonyi me ngiyo odoco ki gimii tam kit ma gineno kwede.
- Laro lok wek wuwinye wun ki lu oti ikom lim den pi ngeyo kit me tic kwede maber ki bene yub me culone.

Gin ma kitwero timo:

- Dony i grup me kin lwak pa jo ma gene ma giromo konyi ka imito nongo lim den.
- Cit bot jo ma gimiyi den wek inian lok ma mako deno lim.
- Tam ikom gin atima ma matwero kelo lim wek inong lim pi ot ki bene yo me culo lim ma ideno

Adwogi Madit: Kace odi gupenyo pi lok ma mako kit me tic ki lim den, gibi medo diro meggi i tic me nyayo lim. Kace coo ki mon gumeddeo tic ki lim den kakare gitwero cako nongo lim me konyo nyayo tic wa lim ma bino i cing gi.

Adwogi ma Mite 4: Odi gitye ka puru jami apita ma twero cate oyot oyot.

Dano ma lok kemogi:

- Coo,mon,grup ma i kin lwak, lutela pa lwak



Kwena Madongo:

- Donyo i grup pa lupur konyi madaa
- Nong diro ma konyo medo puri ki bene yero jami ma twero cate.
- Nong tam ki ngec i kom yo mabeco me yero ki me puru jami.
- Pur jami ki gwok lee ma luwil mito.
- Tii ki kodi mabeco ki bene yo mupore me pur.
- Kube i ticci ki dano mukene wek pur meri omede puri.
- Ged ka gwoko jami matek me kano cam muccek mabub ka icat i wel ma malo ikare ma nongo jami odoko nok.
- Nyutu kit ma ki timo kwede.

Gin ma ki twero timo:

- Dony onyo cak grup pa lupur wek wupwonye i diro me pur ki bene jami wu odonyo i cuk mapatpat.
- Wupit jami ma cate i wel ma malo me nongo lim ma bub.
- Ged kabedo me gwoko cam obed matek kadi jami ma ikayo ikare ma oceck madwong.

Adwogi Madit: Kace lupur gupito jami ma welgi tek, gibi nongo cuk me catogi i wel ma malo oyot.

Adwogi ma Mite 5: Bulu,coo ki mon kacel ki lutela pa lwak gilero lok ikom miti me medde ki dongo.

Dano ma lok kemogi:

- Bulu,Coo ki Mon



Kwena Madongo:

- Coo,mon ki bulu mite ni gubed i kacoke me keto yub pa lwak wek gunong kare me kelo koko ki tam ma meggi kamaleng.
- Bedo i yub pa lwak calo baraza, kwero nino pa mon, bulu ki pa lutino konyo pi ngeyo piny ki leyo tam ki lutela pa lwak.
- Nen ki ilok ki lutela me kabedo ni ma gitye ki ngec muromo.
- Man biyabi yo mogo calo cuk me cato jami ni, ngec manyen ma mako yo me nongo kony ki yub mapatpat me dongo lobo.
- Ter kare mo keken ma inongo me bedo ki lwak, calo kacoke pa kancil, me yenyo gum me dongo.

Gin ma kitwero timo:

- Caku grup pa lwak ma komgi mit.
- Nen lutela me kabedo ni ka gitwero miini tam ikom yo mogo matye me nyayo tic mapatpat.
- Keto yub mogo ma wulwongo lutela pa lwak me bedo tye iye.
- Bed i yub pa lwak calo kwero nino pa mon, bulu ki pa lutino ki bene mukene me baraza pa lwak.
- Lee tam ki inong pwony ki bot dano ikare ma itye i yub pa lwak.

Adwogi Madit: Kace mon,coo ki bulu gutiyo ki gum me rwate ki lutela pa lwak, gibi ngeyo ki medo gumgi me nongo

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