



# The Centre for Counselling, Nutrition and Health Care (COUNSENUTH)

**SIKU 1000 ZA MWANZO WA MAISHA NI MSINGI WA MAFANIKIO**  
(Mimba hadi miaka 2 ya mtoto)



Wazazi  
tushirikiane  
kulea mtoto



Miezi 12 - 24



Miezi 6 - 12



Miezi 0 - 6



Ujazuzito

Mama anza kliniki mara unapogundua ni mja mzito

## 2014

### Januari

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

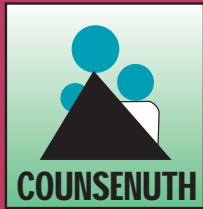
### Februari

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

### Machi

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

01 Mwaka Mpya, 12 Sikukuu ya Mapinduzi Zanzibar  
14 Maulid



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Nilimeza kidonge cha  
kuongeza damu kila  
siku usiku, kabla ya  
kulala, wakati wote wa  
ujauzito

Vidonge vya kuongeza damu ni uhai wa mama na mtoto

## 2014

### Aprili

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### Mei

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### Juni

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

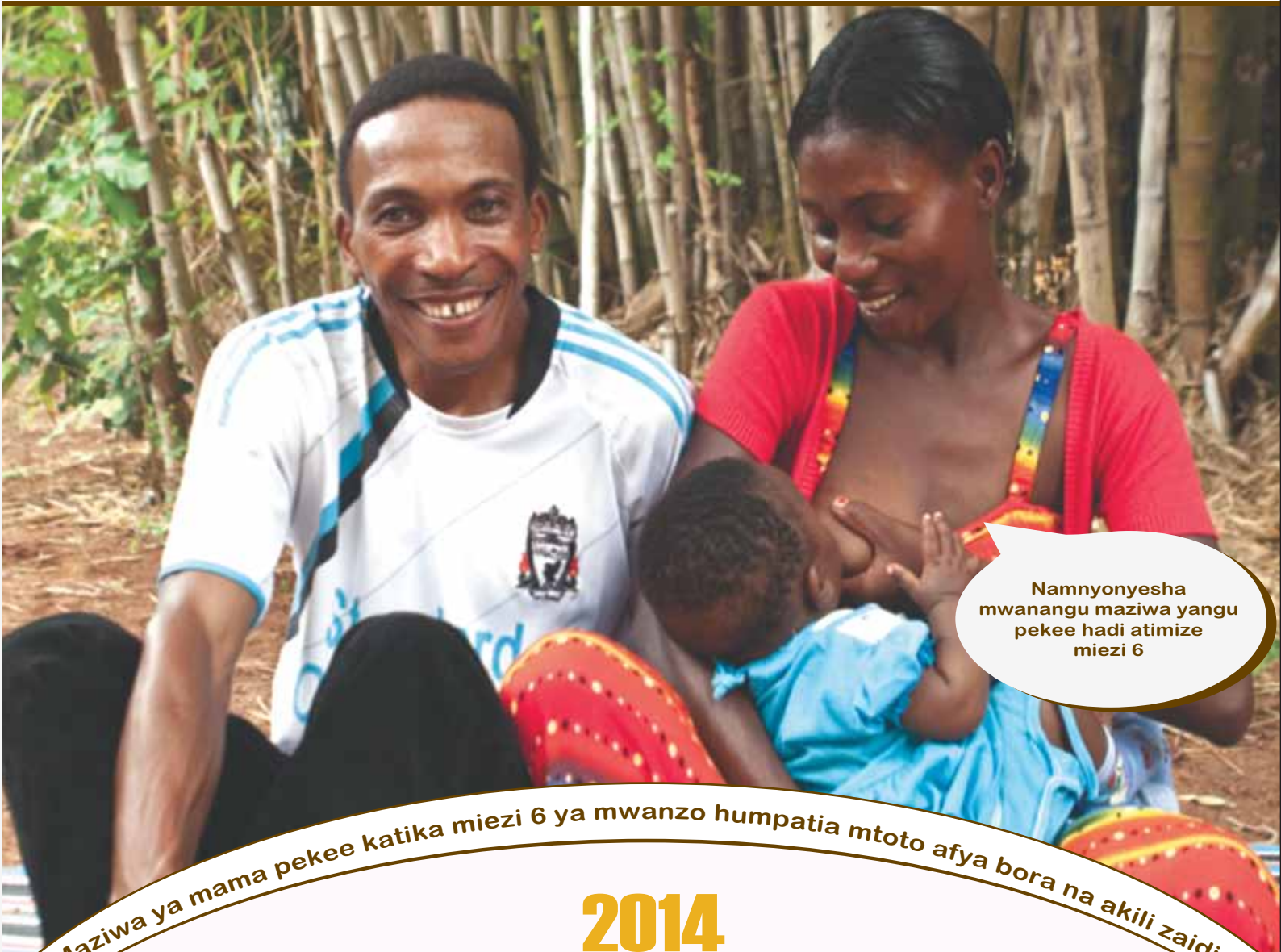
7 Kumbukumbu ya Karume, 18 Ijumaa Kuu, 19 Pasaka,  
20 Jumatatu ya Pasaka, 26 Sikukuu ya Muungano

1 Mei mosi



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Namnyonyesha mwanangu maziwa yangu pekee hadi atimize miezi 6

Maziwa ya mama pekee katika miezi 6 ya mwanzo humpatia mtoto afya bora na akili zaidi

## 2014

### Julai

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

7 Saba saba

### Agosti

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

8 Nane nane

### Septemba

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



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Tunaanza kumpa mtoto chakula mchanganyiko cha nyongeza anapotimiza miezi 6



Watoto wenye hali nzuri ya Lishe huleta furaha na mafanikio kwenye familia

## 2014

### Oktoaba

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### Novemba

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Desemba

Jtatu	Jnne	Jtano	Alha	Ijumaa	Jmosi	Jpili
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

4 Idi al-Haji, 14 Kumbukumbu ya Mwl. J.K Nyerere

9 Sikukuu ya Uhuru, 25/26 Sikukuu ya Krisimas