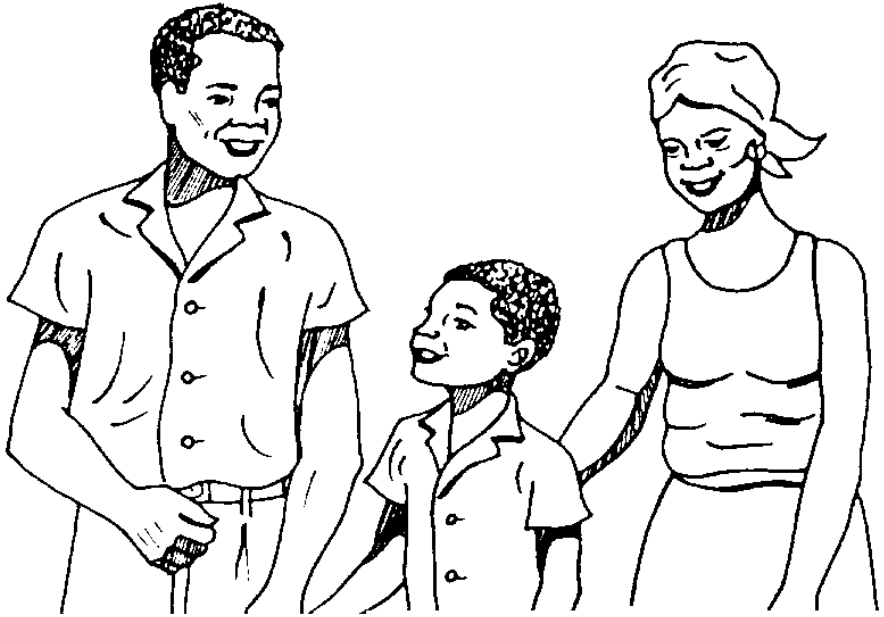


Enkola Edh'endhawulo Edh'okwetegekera Eizaire



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**ADVANCING PARTNERS
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Lusoga

Enkola Edh'endhawulo Edh'okwetegekera Eizaire

Lusoga
Kenya

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Byosaine Okumanha

Ensengeka y'eizaire ni ki?

Ensengeka y'eizaire kitegeeza abazaire okusalagho omughendo gw'abaana bebanaazaala, na li lwebanaabazaala. Mu ndhogera eyindi, eno n'engeri entereevu ey'okwegha ebiseera ebimala, n'okuta amabanga mu kutoola amabunda okutuusa ng'embeera y'obulamu etereire. Kino kiyamba abazaire okusalagho li lwebanaatoola amabunda oba okweghala okugatoola bwebaba nga tibagenze.

Ensengeka y'eizaire yaamugaso ki?

Okusalagho omughendo gwabaana abazaire bebanaazaala n'eibbanga lyebanaabazaaliramu kigasa omwana, inhina n'amaka goonagoona.

Bwemwetegekera amabunda, ebiseera ebisinga omwana azaalibwa nga mulamu bukalamu, n'ekindi ayonka okumala eibbanga ighanvuku yaakula bukalamu. Maama kimusobozesa okwirawo obukalamu ng'akaali kutoola mabunda gandi. Okwongerera kwekyo, afuna ekiseera ekimala okulabirira omwanaghe n'amakaage. Amaka gaba ganaasobola okuliisa, okuvaaza, okusuza n'okusomesa abaana obukalamu.

Weetegereze:

Abakazi okuzaalira ghagati gh'emyaka eikumi n'omunaana (18) n'amakumi asatu n'etaanu (35) egy'obukulu kireetera baamaama n'abaana baibwe okuba abalamu obulungi. Oluvainhuma lw'okuzaala, bateekwa okwekuuma okumala emyaka ebiri (2) male bairemu okutoola amabunda. Ghaire ng'enda eviiremu-buve, kiba kirungi omale emyezi mukaaga male ootoole amabunda agandi.

Ekgendererwa eky'ekitabo kino

Ekitabo kino kitwegesa enkola ikumi na ibiri (12) edhikozesebwa okwegha ebiseera ebimala, n'okuta amabanga mu kutoola amabunda okutuusa ng'embeera y'obulamu etereire. Kyegesa buli ngeri bwekola n'ekiiririra. Fumintiriza ku ngeri ya buli nkola n'ebiiririra era mubyogereku ni mukagwawo bwekiba kisoboka. Buli ngeri eri n'ebirungi n'ebisoomooza. N'olw'ekyo kiba kirungi okwogeraku n'omusawo male mufune enkola enaasinga kubakolera bukalamu. Kino kikulu inho, okusingira irala nga mulala kwimwe, ighe oba mukagwawo, ali n'akawuuka akaleeta mukeenembya.

Idhukira: Muli ba idembe okulonda engeri yemusiima.

Bbaibbuli ekoba ki ku bino?

Okusengeka eizaire eri emu ku ngeri ey' okulabirira maama w'abaana n'amaka goonagoona. Maama w'omwana oba omwana bwalumizibwa, amaka goonagoona galumizibwa.

“Bweghabaawo ekitundu ekyomubiri ekirumizibwa, ebitundu ebindi birumizibwa ghalala nakyo.”

1 Abakolinso 12:26a.

N'olw'ekyo okukola ebikolwa ebiraga okufaayo eri omuntu omulala ku b'omu maka, kiraga okufaayo ku maka goonagoona, era kityo n'eri omubiri gwa Kulisito gwonagwona.

Katonda atusuubira okutwala obuvunaanizibwa okulabirira amaka gaife. Ekitegeeza, omughendo gw'abaana gwetusalagho okuba nagwo guteekwa okuba nga n'ogwo gwetusobola okulabirira n'okusomesa.

“Oyo atafa ku babe, n'okusingira irala ab'omu ndhuuye aba yeegaine okwikiriza, era aba mubi okusinga ataikiriza.”

1 Timuseewo 5:8

Katonda yagha Adamu ni Kaawa obuyinza okulabirira obutondebwe mu ngeri ey'obuvunaanizibwa. "Era yaabagha enkabi, yaabakoba ati: "Muzaale, mwale, mwidhuze ensi mufugenga ebyennhandha n'ennhonhi, na kiisi kiramu ekitambula ku nsi." " Amainhama 1:28

Ekiragiyo ekyagheebwa kiti muzaale, mwale, mwidhuza ensi tikyagheebwa muntu mulala aye kya twenatwena. Emu ku ngeri edh'okutuukirizaamu obuvunaanizibwa buno mu maka n'okwegha ebiseera ebimala, n'okuta amabanga mu kutoola amabunda okutuusa ng'embeera y'obulamu etereire okuyamba obulamu bwa maama, omwana n'amaka goonagoona.

Okwonsa

Engeri yeekolamu

Enkola ey'okwonsa, abazungu yebeeta (Lactational Amenorrhea Method), etangira omukazi okutoola amabunda singa aba ayonsa omwanawe ekiseera kyonakyona (omusana n'obwire), era ng'embeera dhino eisatu ghaifo dhimubaaku:

1. Bwaba tajanga mu nsonga bucanga n'azaala omwana oyo.
2. Bwaba ng'omwanawe amukuumira ku kwonsa kwonka n'atamugha mmere oba byakunywa bindi.
3. Bwaba ng'omwanawe akaali kugheza myezi mukaaga (6).

Ebiyinza okwiririra

Omukazi ayinza obutaja mu nsonga (okwekontola) bwaba ayonsa. Kino kisobola okubaawo okumala emyezi egheraku bwaba amaze okuzaala.

Okwonsa

1



2



3



Eikerenda (Piiru)

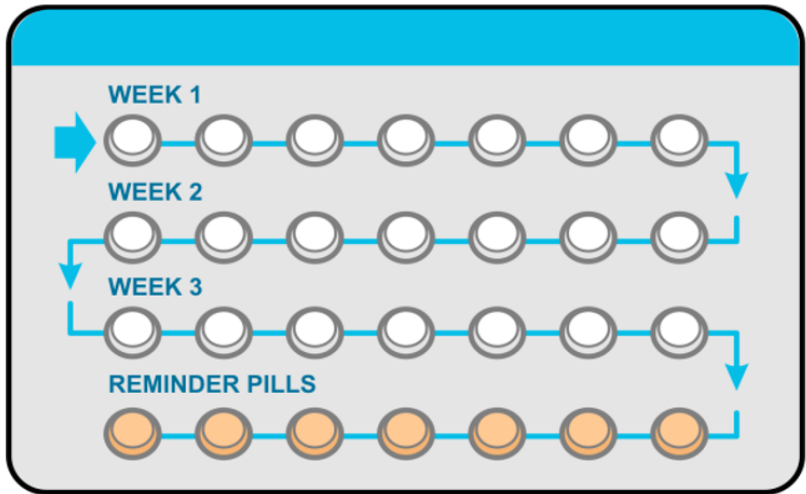
Engeri yeekolamu

Omukazi amira eikerenda irala buli lunaku. Eikerenda eryo lirobera omukazi okufulumya eigi, kale ghaire ng'amaadhi g'omusaadha gaingira mu mukazi, muba muzira igi liyinza kuvaamu mwana.

Ebiyinza okwiririra

1. Abakazi abandi baja mu nsonga emirundi egiswika mu mulala oba okumala eibbanga eighanvu nga bali mu nsonga. Ku bino kweyongeraku okulumizibwa mu ndira nga baakatoonera okukozesa enkola eno. Kino kizira buzibu kuba kimala kyaghaawo.
 2. Abakazi abandi balumizibwa mu nda n'omutwe ogwa buli kiseera ebimala ni biwaawo oluvainhuma lw'emyezi egitali mingi.
- Idhukira okumira eikerenda mu kiseera n'ekirala ekyo buli lunaku.

Eikerenda (Piiru)



Empiso

Engeri yeekolamu

Eno n'empiso ekubibwa omukazi okutangira eigi okufuluma. Oluvainhuma lw'empiso esooka, omukazi kiba kimwetaagisa okufunanga empiso eyindi nga wabiseewo emyezi esatu bwaba akaali kweteekerateekera kutoola mabunda. Mu bitundu ebindi, enkola edhigheraku edh'empiso dhinyza okubaayo.

Ebiyinja okwiririra

Omukazi atekwa okukubibwa empiso buli luvainhuma lwa myezi esatu.

Ayinja okutuukibwaku embeera dhino:

1. Nga yaakatoonera, ayinja okuja mu nsonga emirundi egiswika mu mulala oba okumala eibbanga eighanvu ng'ali mu nsonga. Oluvainhuma aizaaku okufulumya amatondo g'omusaayi oba obutajiira irala mu nsonga. Kino kitamweraliikiriza kizira buzibu.

2. Ayinja okugeedhamu.

Weetegereze: Oluvainhuma lw'okulekera okukubibwa empiso, kiyinja okumutwalira emyezi egigheraku nga tafunie mabunda.

Empiso



Akagheta

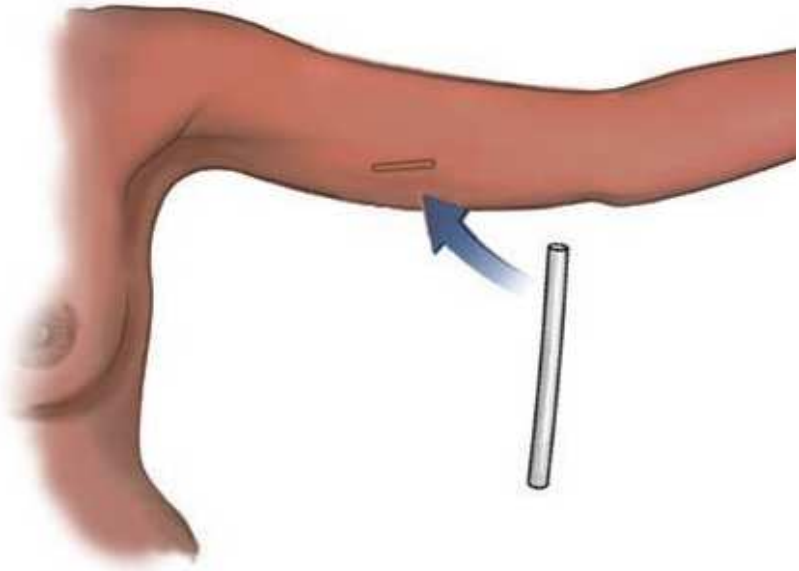
Engeri yeekolamu

Omusawo, mu ngeri ey'ekikugu, ata akagheta akafaanana oti kati (implant) mu mubiri gw'omukazi ghansi w'omukono oti-se ghankwagha. Akagheta kano katangira omukazi okutoola amabunda okumala eibbanga eriri ghagati gh'emyaka esatu n'etaanu, singa aba akaali kwetegeka. Omusawo asobola okukatoolamu ekiseera kyonakyona kasita omukazi ayenda kwiramu kuzaala.

Ebiyinza okwiririra

1. Okuja mu nsonga emirundi egiswika mu mulala oba okumala eibbanga eighanvu nga bali mu nsonga. Okutoonhia amatondo g'omusaayi, okuvaamu omusaayi omungi einho oba obutajiira irala mu nsonga. Kino kyabuliidho era kizira buzibu.
2. Okulumwa mu ndira mu myezi egisooka nga baakakutaamu akagheta.

Akagheta



Ebinhere (Moon beads)

Engeri yeekolamu

Omukazi akozesa ebinhere ebimyule ebitunge ku luwuzi ebimuyamba okumanha ennakudhe dhaayinza okufuniramu amabunda (ku binhere ebyeru). Okweghala okutoola amabunda mu nnaku edho, ab'omukwano bano bateegaita (abstain). Bwebaba baakwegaita, bakoze enkola ey'akapiira.

Ebiyinza okwiririra

Okukozesa enkola ey'ebinhere kuzira buzibu bwekuleeta. Ekikulu kya baamukwano buteegaita mu nnaku omukazi dhaayinza okutooleramu amabunda oba bwebaba baakwegaita bakoze enkola ey'akapiira.

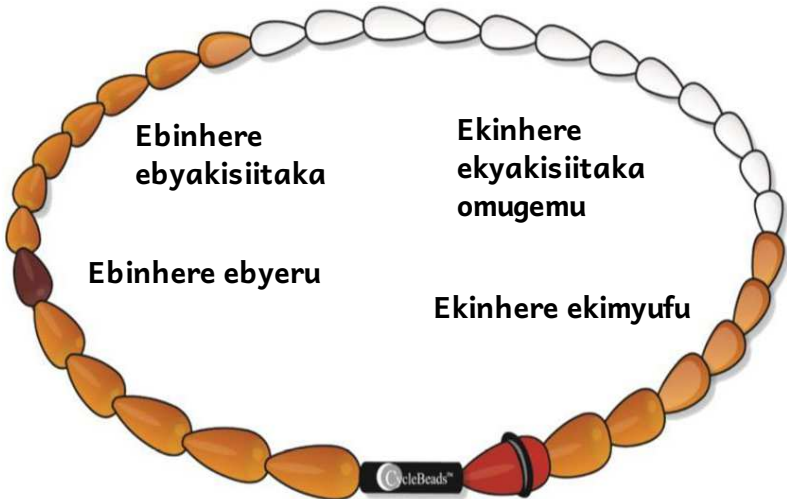
Langi dh'ebinhere n'amakulu gaadho

Ebinhere

Bitegeeza tiikyangu kufuna mabunda

Ekinhere

Kitegeeza ennaku dhoobisiizaawo okwira mu nsonga tidhighera 26



Ebinhere ebyeru: Ekinhere ekimyufu:

Bitegeeza ennaku dhooghanga okufuniramu amabunda

Luno n'olunaku olusooka mu nsonga lwotandiikiraku okutambuza akamanhiso

Nnaku-ibiri

Engeri enkola yebata Nnaku-ibiri veekolamu

Omukazi yeekebera mu bitundubye eby'ekyama ng'akozesa engalodhe buli lunaku okubona oba mulimu amaadhi aganaanuuka. Bwekiba nga gaidhye ennaku ibiri edhiiraganwaku, omukazi oyo aba asobola okutoola amabunda bweyegaita n'omusaadha. Aye bweghabitawo ennaku ibiri edhiiraganwaku nga taboineemu maadhi ago, ebiseera ebyo aba tasobola kutoola mabunda. Okutangira okutoola amabunda mu nnaku dhaayinza okutooleramu, ab'omukwano bateegaita (abstain). Bwebasalawo okwegaita, afazaali bakozese akapiira.

Ebiyinza okwiririra

Enkola Nnaku-ibiri eziraku buzibu bwonabwona. Ab'omukwano bateekwa okwikirizagania ku ngeri yebayinza okutangira okutoola amabunda mu nnaku dhaafulumikizaamu amaadhi aganaanuuka. Basalewo obuteegaita oba okukozesa akapiira mu nnaku edho.

Nnaku-ibiri



Akapiira ak'abasaadha (Kondomu)

Engeri yekakolamu

Omusaadha avaaza akasoloke akapiira (Kondomu) bwaba aja okwegaita n'omukazi. Akapiira ako kalobera amaadhi g'omusaadha okuja mu mukazi.

Ebiyinza okwiririra

Kikulu inho okukozesa akapiira munkozesa entuufu era buli safaali (luutu) omusaadha yaavuga atekwa okukozesa akapiira akayaaka.

Akapiira ak'abasaadha (Kondomu)



Akapiira ak'abakazi (Femidom)

Engeri yekakolamu

Omukazi ata akapiira (femidom) mu bitundubye eby'ekyama okulobera amaadhi g'omusaadha okumwingiramu.

Ebiyinza okwiririra

Kikulu inho okukozesa akapiira mu nkozesa entuufu, era buli safaali (luutu) omukazi gyeyeegaita n'omusaadha atekwa okukozesa akapiira akayaaka. Akasolo k'omusaadha kali n'okwingira mu kapiira omukazi kaatairemu kaazaanhira omwo okutuusa ng'omusaadha amaze.

Akapiira ak'abakazi (Femidom)



Akagheta ak'oku nabaana (IUD)

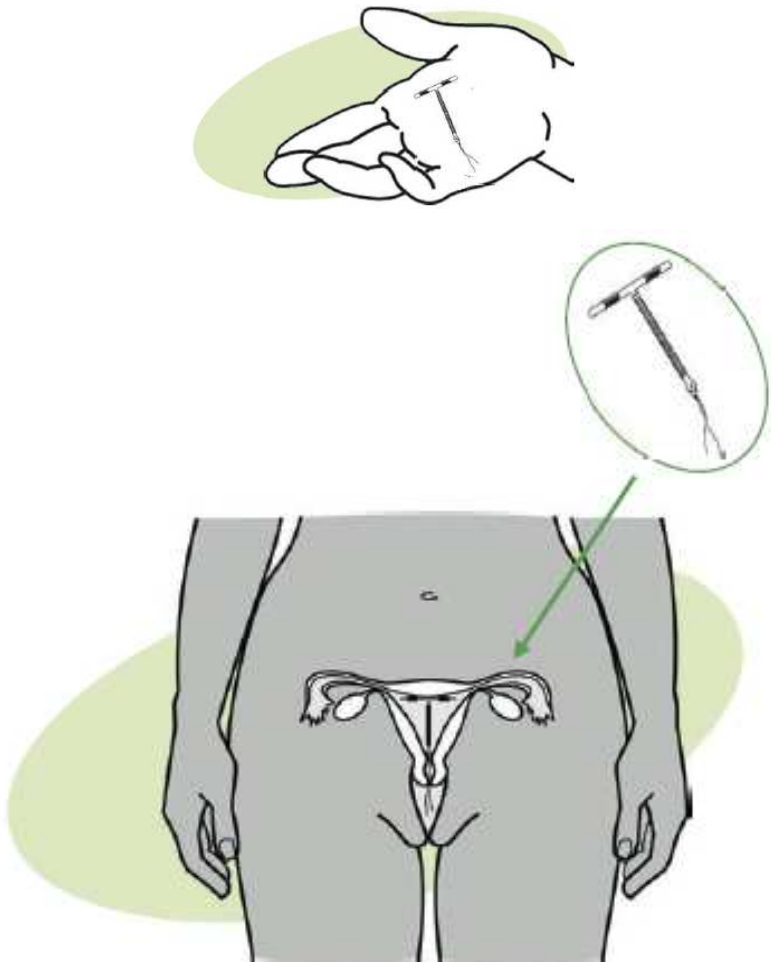
Engeri yekakolamu

Akagheta kano kateebwa ku munwa gwa nabaana w'omukazi. Obugheta obusinga bukolebwa mu kopa era bulobera amaadhi g'omusaadha okutuuka kwigi ly'omukazi. Akagheta kasobola okukozesebwa okutuusa ku myaka ikumi n'ebiri (12).

Ebiyinza okwiririra

Mu myezi egisooka nga bakamutairemu, omukazi ayinza okuwuliramuuku obulumi mu ndira n'okuvaamu omusaayi nga mungiku okusinga gwabaire avangamu ng'ali mu nsonga.

Akagheta ak'oku nabaana (IUD)



Okusala obuseke bw'omukazi (Tubal Ligation)

Engeri yekakolamu

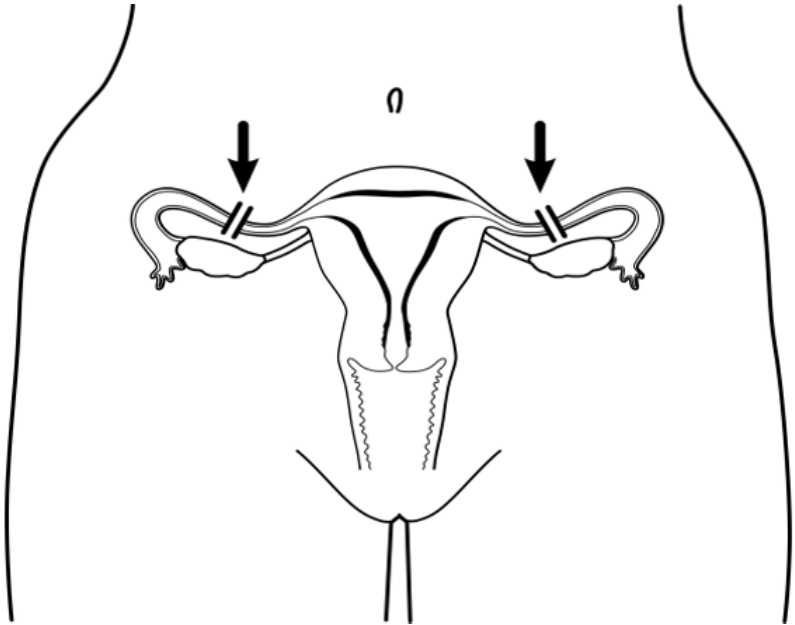
Okusala obuseke (tubal ligation) nokuziba enjira amagi mwegabita mu mubiri gw'omukazi. Kino kirobera amagi okutambula nga gaja mu nabaana. Kino tikitegeeza kutoolamu nabaana. Enkola eno nnungi ku bakazi oba ab'omukwano abatakaayenda kuzaala, ezira buzibu era yankalaakalira.

Ebiyinza okwiririra

Bwebamala okusala obuseke, omukazi tairamu kutoola mabunda.

Oluvainhuma lw'okusala obuseke, omukazi awulira obulumi aye bumala ennaku entono bwawaawo. Okuja mu nsonga kwo kubaagho nga buli idho. Omukazi bwafuna obubonero obundi obw'endhawulo ku buno, kiba kirungi yaabona omusawo.

Okusala obuseke bw'omukazi



Okusala obuseke bw'omusaadha (Vasectomy)

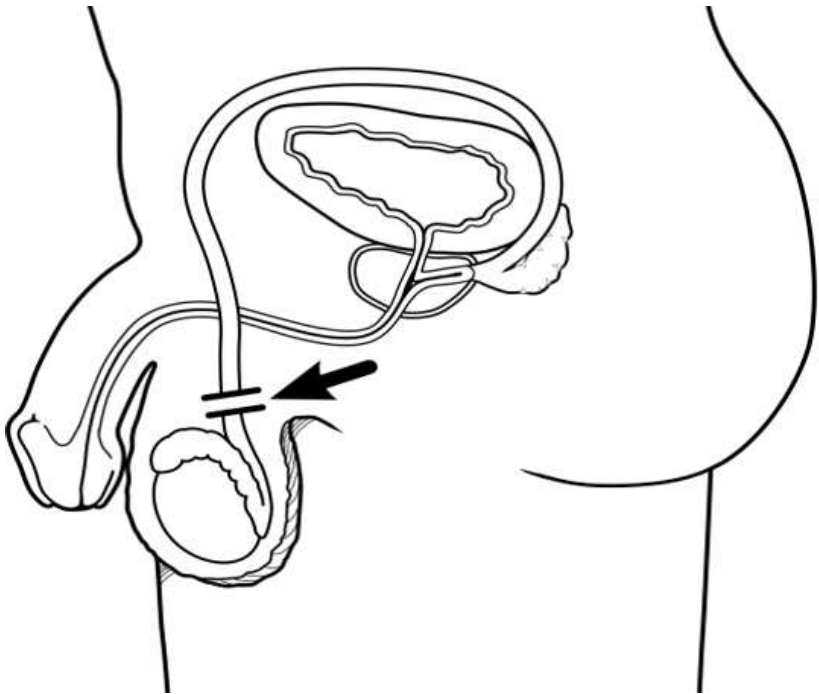
Engeri yeekolamu

Eno n'enkola ey'okusala obuseke obw'omusaadha okulobera amaadhi agazaaza okufuluma. Ensigo edhivaamu amaadhi ago tibadhitoalamu. Enkola eno yankalaakalira era ezira buzibu eri omusaadha oba ab'omukwano abatakaayenda kuzaala

Ebiyinza okwiririra

Okusala obuseke tikikendeeza bwetaavu bwa musaadha eri omukazi; tikirobera kwema oba okumala. Mu myezi esatu egisooka nga bamaze okusala obuseke, ab'omukwano tibasaine kwegaita, bwebaba baakwegaita bakozese akapiira. Oluvainhuma lw'okulongoosebwa kuno, omusaadha aba takaasobola kuzaala.

Okusala obuseke bw'omusaadha (Vasectomy)



Okumira Eikerenda lyomira oluvainhuma lw'okwegaita

Engeri yeekolamu

Eikerenda lino lisobola okuyamba okutungira omukazi okutoola amabunda singa aba alimirira mu kiseera kya nnaku itaanu oluvainhuma lw'okwegaita. Omukazi bwalimirira amangu, aba alyongerera omukisa ogw'okutangira okutoola amabunda. Enkola eno tesaaniire kukozezebwa mu kifo kya dhire edha buliidho.

Ebiyinja okwiririra

Abakazi abandi bayinza okulumwa omutwe, bafuna okwesuuukuula ku mwoyo n'olwisi basesema. Kino bwekibaagho, kimala ennaku ntono kyawaawo. Okumira eikerenda lino tiritangira mukazi kutoola mabunda singa yeegaita nga takozeisa nkola yindi yoonayoona erobera okutoola amabunda.

Okumira Eikerenda lyomira oluvainhuma lw'okwegaita



This book is intended to facilitate conversations on family planning using simple, non-technical language. Healthcare providers, community health volunteers or workers, religious leaders, or lay leaders may use this book. This book is not intended to be a full, comprehensive medical book on family planning. Those who use this book should share basic information and refer people who want more information to a health facility. Please consult a health professional for full counseling on all family planning methods.

