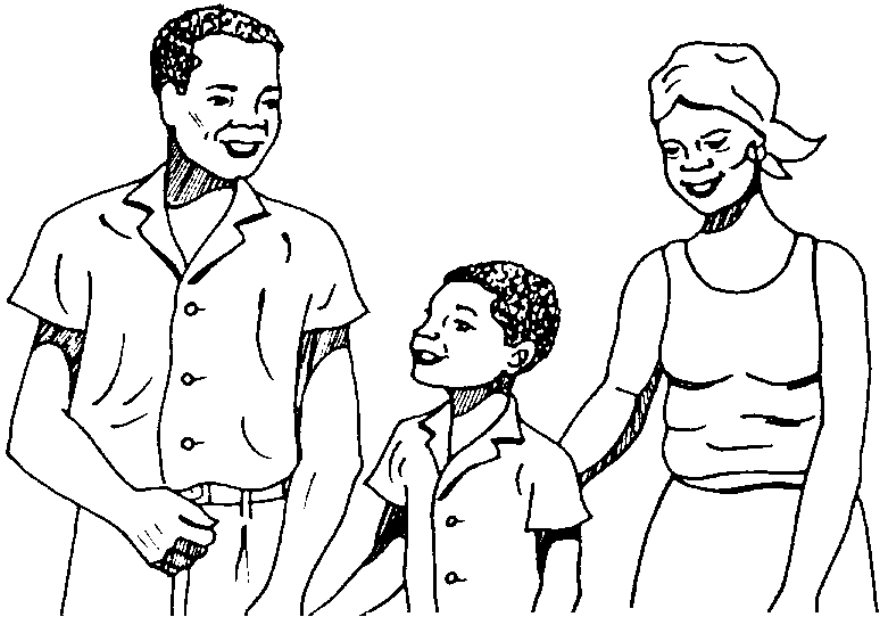


Shinga Tsinjiira Tsio okhupanga obwibusi Tsitiyaanga

How Family Planning Methods Work



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ADVANCING PARTNERS
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Kisa

Shinga Tsinjiira Tsio okhupanga obwibusi Tsitiyaanga

Kisa
Kenya

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Obuchakisio

Okhupanga obwibusi ni shina?

Okhupanga obwibusi khwikholekha lwa abandu abene bamanya nabana benga ababanya okhuba ninabo, ne nilwono shina lwobetsa okhulinda khu banyole inda yindii. Okhupanga obwibusi ni tsinjira tsiokhwikalira omukhasi okhutira inda. Alali shitsiri tsinjira tsiokhuinia inda tawe. Omundu shaachibungwa okhupanga obwibusi tawe. Khandi injira yorumishira niwe omwene oula chakula okhulondokhana nende amalako nobusubiri bubwo.

Mutsimbeka tsindi khulangwa mbu, okhwapanga khwo obulamu nende obureshani bwe tsinda (Healthy timing and spacing of pregnancies). Yaka nikhulwo okhuba kakhukhonya okhumanya lwo okhutira inda nende lwo okhwikalira okhutira inda nolenyere okhutira tawe.

Nikhulwa shina okhupanga obwibusi nokhwamaana?

Okhupanga nabana benga bowenya okhuba ninabo ne niliina wenya okhuba ninabo khukhonya omwana wuwo, mama nende ifamilia. Okhutira inda lwokhupangirwe, omwana yebulwa nali nende omubiri omulayi, okhununa oluwono olurambi mana akhule obulayi. Mama alakalusia amani ke khandi khe atire inda indi. Khandi, mama nabee nende ebise ebinji bio omwana nende okhulinda ifamilia. Ifamilia iliba nende emiandu eminji chie eshiokhulia, okhufwala, inzu nende okhusoma.

Abamama nende abana nibabe nende obulamu obulayi kali abakhasi(nende abakhana) nibalinde mpaka boole emiyika 18 khe batire inda mana banyole abana babo bashiri okhuusia emiyika 35. Kenyekhaanga balinde emiyika 2 nibakhanyola omwana nibashiri batema khandi okhutira inda yindii.Okhufwa khwa abana nende okhutabakana khulatitiya nikakhaba omukhasi niyakhebula alalinda ikulu we emiaka chibili khandi khateme okhutira inda yindii. Nobulayi okhulinda emiesi 6 inda niyakharula nomba niwakhayinia inda noshiri watira eindi khandi.

Eshifune shie shitabu shino

Eshitabu shino shiyaana emebaalo khu tsinjiira 12 khu okhwipanga khubulamu nende obureshani bwe tsinda, shinga buli injiira itiyaanga nende kokhutarajia. Para saana khumbaalo kano okhulondokhana nende buli injiira mana oboleo nende omukhasi nomba omusaatsa wuwo kali kanyarikhana.Tsinjira tsiokhupanga obwibusi netsinyinji, khomukhasi achakule eili indayi khumubiri noomba khubulamu bubwe. Omufwano, omukhasi yenyekhanganga amanye nikakhaba ashiloosia abaana noomba yamala okhwibula. Omukhasi anyala okhurumishira injira yokhupanga obwibusi okhulondokhana nende ameebalo komukholi wobulamu nikakhaba amanyile shiali nende inda tawe, kata nikakhaba arumishiranga injira yindi. Buli injira yokhupanga obwibusi ili nende amalayi noomba amabi kolabiriramwo, kho wenyekhanganga onyoole amebaalo nooshiri okhuchakula neirena ilaba indayi ninawe. Kano kali sana nikakhaba mwesi babiri(omukhasi nende omusaatsa) noomba mulala khunywe ali nende obukimwi.

Obukhonyi Tsinjira tsiosi tsiowechesibwa mushitabu shino tsilakhonya okhwikalira okhutira inda alali etsindi tsilatiyaa obulayi okhuyoomba etsindi.

Wenyekhanga ochakule injira eili indayi ninawe.

Tsinjira etsiri nende tsingufu tsinyinji tsiokhwikalira okhutira inda ni tsino: Eshindu shirebwa mumufuko kwobwibusi bwomukhasi (IUD), Okhukhalaka noomba okhwikalira emisii chiobwibusi bwomukhasi (Tubal ligation), Okhukhalaka noomba okhwikalira emisii chiobwibusi bwa abasaatsa (vasectomy). Shibuli obutoro omundu ourumishire tsinjira tsino okhutira inda tawe.

Tsinjira tsili nende tsingufu tsinditi okhwikalira okhutira inda ni tsino: Okhufumirwa isindani (injectables), Injira yokhununia (breastfeeding method), Inzoli yokhupanga obwibusi (pills). Ebise bindi omundu ourumishire tsinjira tsino anyala okhutira inda alali nitsirumishirwe obulayi shikalekholekha tawe.

Tsinjira tsilondakhwo shitsiri nende tsingufu tsinyinji okhwikalira okhutira inda tawe: Omupira kwa abakhasi (female condom), Omupira kwa abasaatsa (male condom), Ebiuma biobwibusi noomba Ebiuma biokhubotokhana (moonbeads or cyclebeads), Injira yetsinyanga tsibiri (2day method). Tsinjira tsino tsirumishirwa noburecheresi kho tsikalire okhutira inda. Nochirumishire obulayi onyala okhwickhonyera nolameta injira yakhabiri. Nebutswa nikakhaba wenya okhwikalira okhunyoola obulwale shinga obukimwi wenyakha ometekhwo omupira kwa abakhasi nomba kwa abasaatsa

Witsulire: Onyala wachakula injiira eikhuhwane.

Ake Ibibia iboola.

Okhwipanga khubulamu nende obureshani bwe tsinda, nomba okhupanga obwibusi shinga liamanyikhana, ne injira ndala yokhumania obuyanzi khu mama khe mana khu ifamilia yoosi. Lwa mama nomba omwana asalila, ifamilia yosi ilasalila. "Kali eshiungo shilala khumubili shilasalila, ebiungo bindi biosi khumubili bilasalila khalala ninao." 1 Abakorinzo 12:26a. Kho, okhumanyia obuyanzi khu mundu mulala mufamilia khumanyia obuyanzi khufamilia yoosi nende omubiri kwosi kwa kristu.

Nyasaye yenyanga khumanyie tsifamilia tsiefu obuyanzi. Yako kamanyia mbu inamba ya abaana bakhwenya okhunyoora ibe inamba yokhunyalala khwailinda nende okhususoma. "Ne omundu yesi oulalinda abekho bebe, okhushila muno beinzu yiye omwene, ye aleshile obusuubili khonomubi okhushilakhwo omundu walasubila ta ." 1 Timotseyo 5:8

Mana Nyasaye nabahlesia ikhabi nababoleela ari, "Mwibulane nimumeetekha mana mwitsule mushialo nimushiruka." Obuchachilo 1:28". Kano shikamanya mbu buli omukhasi nomusaatsa bali nobwire bwokhwitsusia eshialo nende abaana tawe. Nokhukhalabana khwa buri mundu. Nyasaye yababira Adamu nende Hawa okhulinda ebilonge bie. Injira ndala yokhukhola kano mubulamu bwe ifamilia nokhurumishira injira yokhwipanga mubulamu nende obureshani bwe tsinda khubulayi nende obulamu bwa mama, omwana nende ifamilia yoosi.

Injiira yo Okhununia

Shinga itiyaanga

Injira eyokhununia yamanyikhana khandi shinga (*Lactational Amenorrhea Method*), yikalira okhutira inda kali walanunia butswa omwana wuwo khumabere ka nyina, onunia omwana wuwo akhasotso eshiroo nende eshitere, ne nolonda emebaalo kataru kano kosi (kola etsipicha tsiokhwibala khulupapuliro lulondwakhwo):

1. Oshiri watsia khumwesi okhurula omwana wuwo niyebulwa,
2. Onunia omwana wuwo tsa khumabere ka mama ne shomwetsanga eshiokhulia shindi shiosi shiosi tawe nombamba amatsi tawe,
3. Omwana wuwo ali hasi we miesi chisasaba.

Injira eyokhununia itiyaanga shichira okhununia khwikaliranga tsemberekho tsiomukhasi okhuinia libuyu.

Aka alabiliramwo

Abakhasi shibalatsia khumwesi tawe libanuningia. Kano kanyala katsilira khumiesi eminji nibakhanyola abaana. Omukhasi yenyekhanga arumishire injira yokhununia okhula emiesi chisasaba niyakhebula omwana. Yenyekhanga okhurumishira injira yindii olwachaka okhwelesia omwana ebiokhulia bindi, noomba lwo omwana yoosia emiesi chisasaba.

Injira yo Okhununia

1



2



3



Inzoli yokhupanga obwibusi

Shinga itiyaanga

Omukhasi amira inzoli iyo buli nyanga. Inzoli iyo isinjisia omukhasi okhuinia libuyu liobwibusi. Khe kata kari imbeku yo omusaatsa ilenjira munjira yobwibusi bwo omukhasi, shikhulaba nende amayai kokhutirisia inda tawe.

Inzoli yokhupanga obwibusi irumishirwa nende omukhasi oulanuninja tawe, alali iliyo inzoli yindi eyokhurumishirwa nende omukhasi onununinja.

Aka alabiliramwo

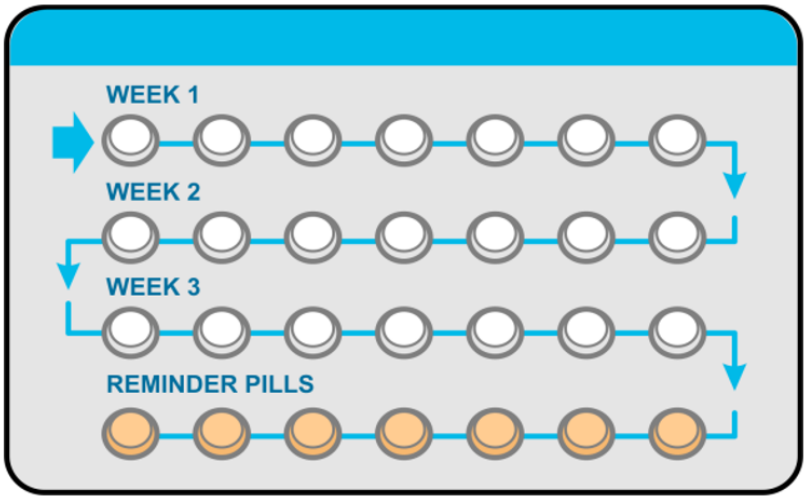
1. Abakhasi bandi babetsanga nende okhuratsa khulari khwa yanala tawe nende okhulumwa nende inda yobwibulo lwokhuranga alari kabetsa kario, ni komurembe khandi ne keyanala.

2. Abakhasi bandi balumwanga nende inda nomba okhukhomakwa nende emirwe mana okhuluma ikhwo khumala khukora khumiesi mitutu chiokhuranga.

Witsulire okhumira inzoli yokhupanga obwibusi amasaa amalala kalia buli nyanga.

Nikhaba omukhasi yalebirira okhumira inzoli yokhupanga obwibusi anyala okhumira ebise bieyetsokhwitsulira. Onyala okhumira okhuula tsinzoli tsibiri halala khunyanga.

Inzoli yokhupanga obwibusu



Okhufumirwa Isindano

Shinga itiyaanga

Okhufumirwa isindano, ihomoni (hormone) ifumirwa mumubiri kwo omukhasi inyale okhwikalira libuyu liobwibusi okhulura ne itiyaanga ekasi obulayi muno. Niyakhafumirwa isindano yokhuranga, omukhasi yenyekhanga mbu afumirwe eyindi buli emiesi chitaru. Abundu undi tsisindani tsiokhurumishira buli khumwesi noomba buli khumiesi chibili tsinyala tsiabao.

Aka alabiliramwo

Omukhasi akhoyele afumirwe isindano khu buli emiesi chitaru.

Anyala yabilira muu:

1. Okhutsia khumwesi khulali khwa yanala, mana orutondonyi rwa amatsayi nombamba abule okhutsia khumwesi kalali kano kabetsa kario nende komulembe; nende

2. Anyala yatora nombamba akhomere.

Omanyane: Niwakhalekha okhufumira isindano, inyala yabukula emiesi mititi okhutira inda.

Okhufumira Isindano



Ekhatseshe khatiti kha ihomoni

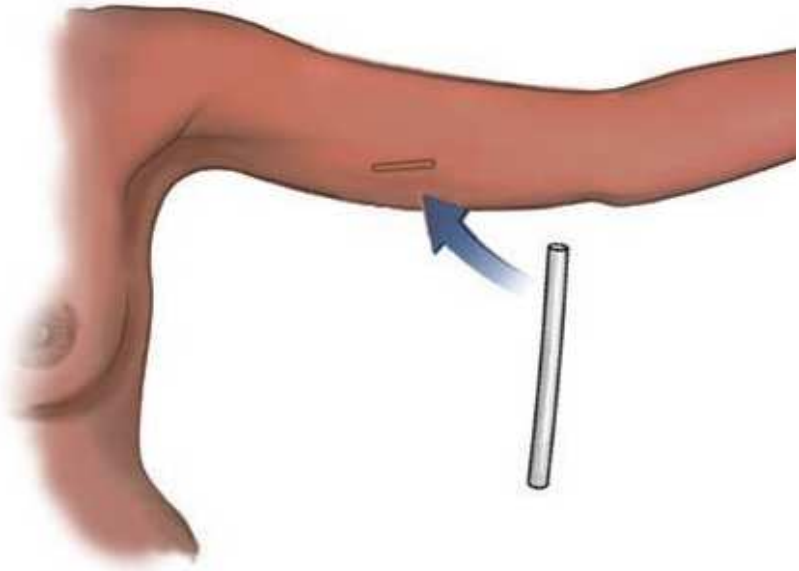
Shinga khatiyaanga

Omukholi wa amakhuwa ko obulamu yenjisia eshisala eshiti shia ihomoni hasi welikhoba liomukari khumukhono kwe ikulu. Eshisala shino shikalira omukhasi okhutira inda khumiyika 3 okhula emiyika 5, biosi bieretanga khu khatseshe kharumishirwe. Akhatseshe khatiti khe ihomoni kheliranga imbeko yomusaatsa okhuula khu libuyu liomukhasi, khandi kheliranga omukhasi okhurusia libuyu liokhubelekha. Shinyala shiainibwa ebisee biosi lwo wenya okhutira inda.

Aka alabiliramwo

Omukhasi yetsokhulola amatsayi kalali shinga khasootso tawe, kanyala okhuba ebitondonyi, noomba amasiro muno, noomba kata abule okhulola amatsayi tawe. Yako koosi kekholekhanga ne shikali nende obutinyu tawe.

Akhatseshe khatiti kha ihomoni



Ebiuma biomwesi nomba ebiuma biokhubotokhana

Shinga bitiyaanga

Omukhasi arumishira ebiuma ebiri khumukoye ibibashirwe irangi kho bimukhonye okhumanya tsinyanga tsiomwesi etsiali nobunyali bwokhutira inda khubutoro.

Ebiuma biokhubotokhana binyala okhurumishirwa nende abakhasi abalolanga amatsayi hakari wetsinyanga amakhumi kabiri nende tsisasaba okhuula amakhumi kataru nende tsibiri.

Kho mbu alatira inda tawe, omukhasi nomusaatsa banyala barumishira emipira (tsikondomu) nomba balakona halala tawe lwo omukhasi ali mutsinyanga tsiali nobunyali bwokhutira inda; yaani tsinyanga tsia ebiuma ebilafu.

Aka alabiliramwo

Okhurumishira ebiuma biomwesi khuuma omunyakhano kwosi. Tsinyaanga tsiomukhasi ali nobunyali bwokhutira inda omukhasi nende omusaatsa barumishire emipira yani etsikondomu nomba balakona halala tawe kho omukhasi alatira inda tawe.

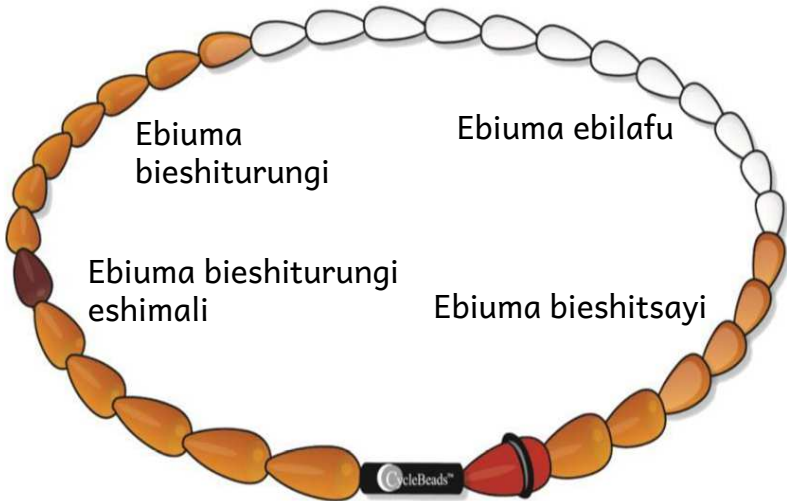
Ebiuma biomwesi nomba Ebiuma biokhubotokhana

Tsishanga tsieshiturungi

Nobutinyu okhutira inda

Ebiuma ebilafu

Okhutira inda ni lwangu



Ebiuma bieshiturungi eshimali

Ikhubira kali tsinyanga
tsio tsiokhutsia
khumwesi tsiri hasi we
tsinyanga 26

Ebiuma bieshitsayi

Inyanga yiyo yokhuranga
yomwesi, chaka okhusutia
eshiraba okhurula
khushanga ndala okhula
khuindi buli nyanga.

Injira Ye Tsinyanga tsibiri

Shinga Itiyaanga

Omukhasi ahenga kali ali nende amatsimatsi buli nyanga. Kali ali na matsimatsi nyanga ino nomba mukoloba, kalolesya mbu ali nobunyali bwokhutira inda nyanga ino. Shari nobunyari bwokhutira inda kali shali na matsimatsi tsinyanga tsibiri tsilondokhana tawe. Mbula yalatira inda tawe, omukhasi nomusaatsa barumishire emipira nomba balakona halala tawe tsinyanga tsiari nobunyali bwokhutira inda.

Aka alabiriramwo

Injiira yetsinyanga tsibili ibula eminyakhano tawe. Omukhasi nende omusatsa beyame hakari wabo mana babe abanyala okhurumishira emipira yaani ikondu mu tsinyanga tsiomukhasi ali nobunyari buokhutira inda.

Injira Yetsinyanga tsibiri

Epicha iyo imaninja omukhasi oulolire amatsi matsi nali nende akandi khubitere bibye bibili.



Omupira kwa abasaatsa (Ikondomu)

Shinga kutiya

Omupira kwa abasaatsa kufunikha olusaatsa lwo omusaatsa lwa abetsanga nakona nende omukhasi ne yikalira tsimbeku tsieshisaatsa okhwinjira munjiira yobwibusi yo omukhasi. Khandi kukhonyaanga okhwikalira omundu okhunyoola obulwale obuhafanibungwa abandu nibakonire halala, shinga obukimwi.

Aka alabiliramwo

Wenyakhanga orumishire omupira kwa abasaatsa munjira yenyakhanga mana khandi buli khasootso olwa omukhasi nende omusaatsa bakona halala.

Omupira kwa abasaatsa (Ikondomu)



Omupira kwa abakhasi (Ikondomu)

Shinga kutiyaanga

Omupira kwa abakhasi kurebwa mukari mwa abundu we isiri mwo omukhasi, kwo kwikalire tsimbeku tsieshisaatsa okhwinjira munjira yiye yobwibusi. Khandi kukhonyanga okhwikalira omundu okhunyoola obulwale obuhafanibungwa abandu nibakonire halala, shinga obukimwi.

Aka alabiliramwo

Wenyakhanga okhurumishira omupira munjira yenyakhanga khandi buli khasootso olwa omukhasi akona nende omusaatsa.

Witsulire: Abundu we isiri wo omusaatsa yekhale mukari mwe ingaka ya ikondomu mana yikhalemo ebise biosi biokhukona halala.

Omupira kwa abakhasi (Ikondomu)



Eshindu shirebwa mumufuko kwo obwibusu (Intra-Uterine Device)

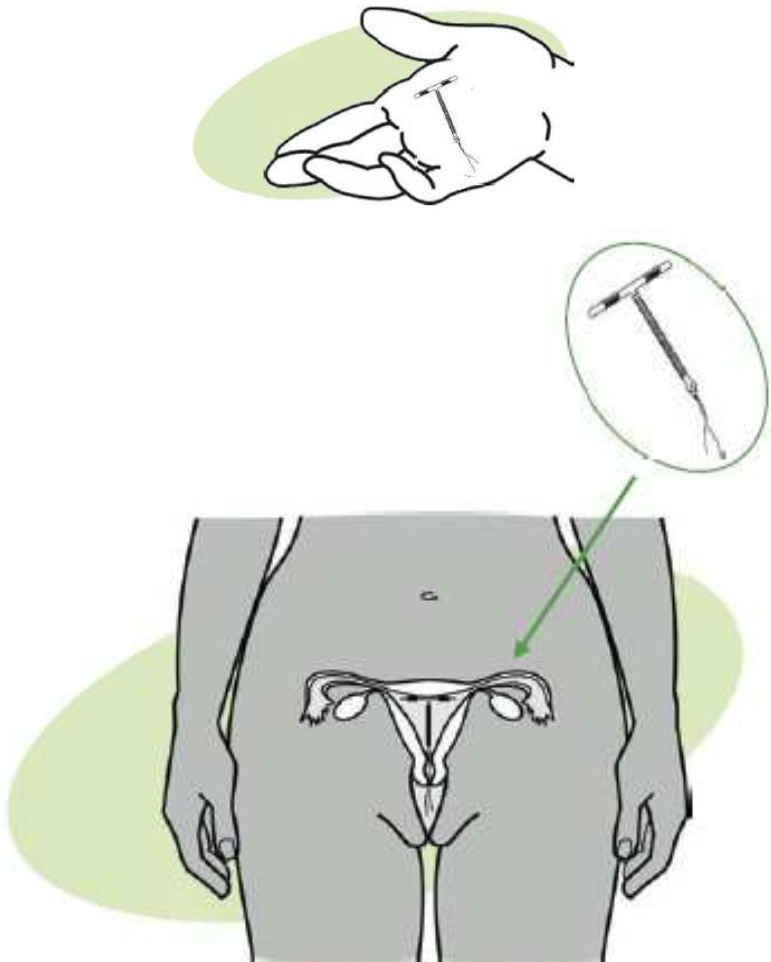
Shinga shitiyaanga

Eshindu ishio shinjisibwa mumukhasi. Eshindu shirebwa mumufuko kwo olubeshero shirumikha sana shiri nende ikopa ne shikhola omulimo kwokhwikalira tsimbeku tsieshisaatsa okhuula khulibuyu liobwibusu. Shinyala shiarumikha okhula emiyika 12 ne shinyala okhuyinibwa ebise biosi lwomukhasi yenza okhutira inda. Khandi shinyala okhukalusibamwo omukhasi niyakhebula noomba ebise bindi biosi biosi.

Aka alabiliramwo

Khumiesi mitutu chiokhuranga, omukhasi anyala yatsunwa nende inda yobwibusu mana aratse amatsayi amanji lwa atsitsanga khumwesi.

Eshindu shirebwa mumufuko kwo obwibusu



Okhukhalaka nomba okhwikalira emisii chiobwibusi bwo omukhasi

Shinga itiyaanga

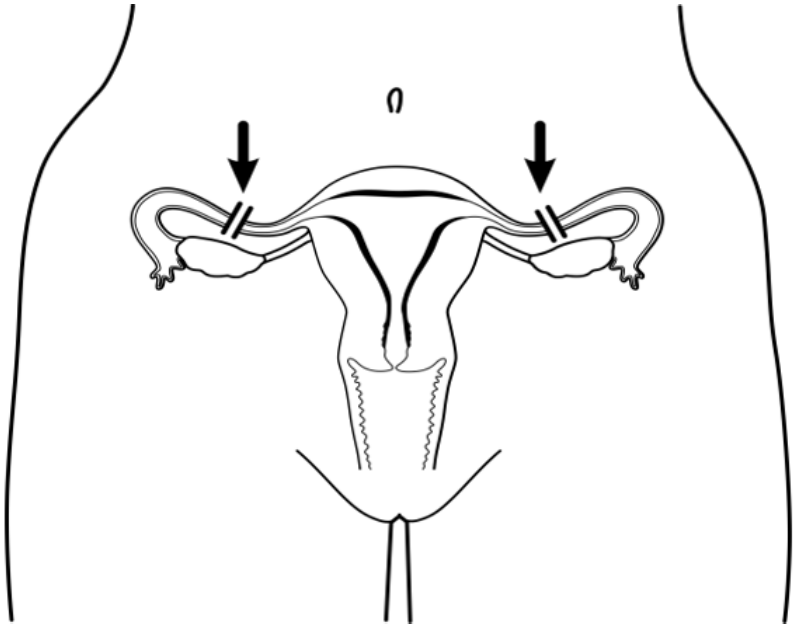
Nokhukhalaka nomba okhwikalira emisii chiobwibusi bwo omukhasi echichinganga amabuyu mubiri kwo omukhasi. Omufuko kwo obwibusi shikuinibwa tawe. Okhukhalaka emisii chiobwibusi bwa abakhasi inyala okhukholwa omukhasi niyakhebula noomba ebise bindi biosi biosi. Injira ino ibula amabi kokhubiriramwo tawe, khandi niyakhakholwa sheinyala okhukalusibamwo tawe. Injira ino neyabakhasi abamala okhwibula noomba abalenya okhunyoola abaana tawe.

Aka alabiriramwo

Omukhasi shinabe nende obunyali bwokhutira inda tawe okhulondokhana nende obwari buno. Lwa okhukhalaka nomba okhwikalira emisii chiobwibusi chiakhakholekha, abakhasi bandi banyala baulira obululu khutsinyanga tsinditii. Okhutsia khumwesi khutsiliraanga shinga khasootso. Kali omukhasi yalaba nende tsidalili tsindi akhoya akhabe emebaalo ka dakitari.

Okhwikalira emisii chiobwibusu bwo omukhasi

Elusala luno lumanyingia ewa emisii echichinganga amabuyu mumubiri kwo omukhasi ekhalakwa nomba okhwikalirwa.



Okhukhalaka emisii chiobwibusi bwo omusaatsa

Shinga itiyaanga

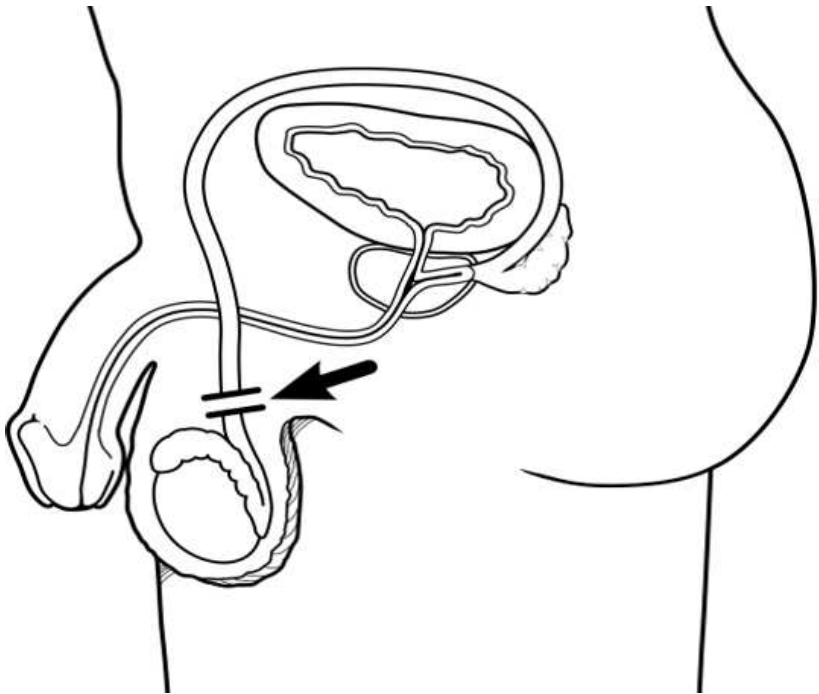
Okhukhalaka emisii echichinga tsimbeku tsieshisaatsa mumubiri kwo omusaatsa. Omufuko okuchinga tsimbeku tsieshisaatsa shikuinibwa tawe. Okhukhalaka emisii chiobwibusi ne injiira indayi nende ilanyala okhukhalukhasibwa khumusaatsa nomba omukhasi nende omusaatsa abalenyere abana bandi tawe.

Aka alabiriramwo

Okhukhalaka emisii chiobwibusi shikhutitiyianga okhwenya okhukona nende omukhasi tawe, okhunikia nomba okhutsukha tawe. Niwakhakhalakwa emisii chiobwibusi chieshisaatsa, kenyekhanga omusaatsa arumishire omupira nomba injiira yindii yokhupanga obwibusi khu miesi chitaru chiokhuranga mbula okhwikalira okhutira inda. Omusaatsa shinabe nende obunyari bwokhuyana inda niyakharwa tawe.

Okhukhalaka khwe emisii chiobwibusu bwo omusaatsa

Olusala luno lumanyingia ewa emisii echichinganga
tsimbeku tsieshisaatsa mumubiri kwo omusaatsa
ekhalakwa nomba okhwikalirwa.



Inzoli yokhwikalira obwibusu lwo omukhasi nende omusaatsa bakhakona halala

Shinga itiyaanga

Inzoli yokhupanga obwibusu omukhasi nomusaatsa bakhakona halala inyala yakhoonya okhwikalira okhutira inda kali omukhasi yalamira mutsinyanga 5 tsiokhukona nende omusaatsa nalarumishire ikinga. Nomira inzoli lwangu nilwoikhola ikaasi lwangu. Shilarumikha buli khasootso shinga injiira yokhupanga obwibusu tawe shichira omukhasi anyala okhutira butswa inda. Yenyekhanga okalushe khu tsinjira tsindi etsiokhupanga obwibusu. Inzoli eyokhumira asubuyi shili injira eyokhuinia inda tawe.

Aka alabiriramwo

Abakhasi bandi banyala balumwa nende emirwe nomba baulire okhusala nomba basale. Kalali, nikhutsinyanga tsinditii.

Witsulire: Okhumira inzoli ino shikhunyala khwaikalira okhutira inda kali omukhasi nende omusaatsa balakona halala nibalarumishire injira yokhwikalira obwibusu.

Inzoli yokhwikalira obwibusi lwo omusaatsa nende omukhasi bakhasanga obukono

Omukhasi yenyekhanga amile inzoli ino nende amaatsi ikilasi, mutsinyanga tsirano niyakhakona butswa nende omusaatsa.



Eshitabu shino neshiokhurera okhubolerana khumakhuwa akokhupanga obwibusi neshirumishiranga olulimi olutoro. Abakholi abobulamu, abakhongo ba amakanisa nende abandi banyala okhurumishira amebaalo kano. Amebaalo kano shikali akokhurumishirwa khumakhuwa kosi akobulamu bwa abandu nombamba okhupanga obwibusi tawe. Abarumishira amebaalo kano benyekhanga bakabilekhwo abandi mana babarume mubituo ebiobulamu khwo banyole obukhonyi bundi khu makhuwa akokhupanga obwibusi.

