

**LITTAFIN HORARWA DON TALLAFAWA  
MATASA MATAN AURE**



**March, 2018**

## **GABATARWA**

Matasa matan arewa burinsu su gama marantar gaba da firamare, suyi aure, su fara tara iyali kafin daga baya su koma karatu. A irin haka sai matsalolin kudi, ko na wayewa, da sauran abubuwa na kawo musu cikas, su kasa cimma burinsu.

Shirin matasa matan arewa shiri ne da aka tsara shi daki – daki bayan bincike mai tsawo da aka gabatar saboda a kirkiro, a wayar da kuma a gina matasa matan arewa sannan kuma a gina musu tsari mai tsafta da babu tsangwama wajen samun tsaftattcen hanyar saduwa da kuma kulawa da sassan jikinmu na haihuwa. Shirin yana dauke da matakai uku (3)

1. Masu horar da shirin matasa mata
2. Maza masu tattaunawa da maza masu aure
3. Horarrun masu tallafawa matasa.

Shi wannan shirin an tsara shine dan mata matasa su sami horo akan tsaftattcen rayuwa a cikin kwanciyar hankali da lumana, dan inganta zamantakewar su da iyalansu, daga wajen horarrun masana masu jagorar shirin cikin walwala da bada kulawa na musamman. Suna samun amsar tamboyoyi kuma suna tattaunawa. Sannan suna hadasu da malaman kiwon lafiya dan su samu ingantacciyar shawara akan yanda zasu kula da sassan jikinsu na haihuwa da kuma yanda zasu sami ingantattcen tazaran haihuwa. Shi wannan shirin an tanadeshi ne don mata matasa masu aure yan sheraru 15 zuwa 19.

## **TSARIN SHIRIN / KO ZAMA**

Kowanne aji ko zama zai kunshi mata matasa daga takwas (8) zuwa sha biyu (12).

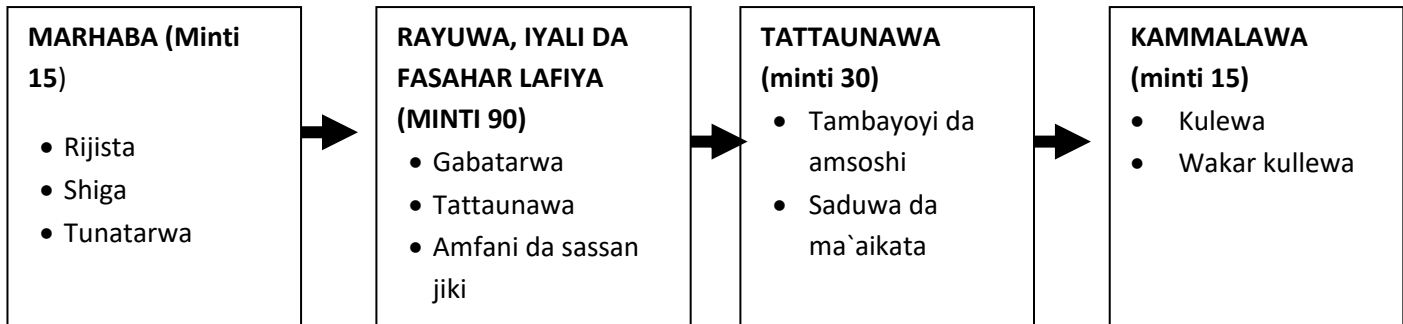
Za a zabi mata matasa -

- masu aure
- Masu shekaru goma sha byar (15) zuwa goma sha tara (19)
- idan za'a zaba mata matasa masu juna biu a cikin aji, kar su fi guda uku a cikin aji

Matan zasu rika samun bita ko horo ne a tare, har na tsawon zama hudu da taimakon mai jagoran shirin.

**YANDA AJIN ZAI KASANCE: awa biu da minti talatin (2 Hours 30 minutes)**

Kowanne zama zai kasance cikin awa biyu da rabi, kowanne zama mai jagoran in tayi da matan, yanda aka zana a kasa haka za'a tafiyar da ajin saboda a gama komai akan lokaci.



**DARASIN TATTAUNAWA**

Zama tsakanin jagoran shirin da matan zai kasance sau hudu (4) a cikin sati biyu, wannan yana nufin kowacce a cikin matasa matan za'a zauna da ita sau hudu kafin a yi yayaen dalibai. Duk lokacin da jagoran ta zauna da matan akwai darasin tattaunawa. Darasin tattaunawa a kowanne zama zai kasance kamar yadda aka tsara a kasa.

## SATI NA DAYA

### **Zaman na daya: (zaman farko)**

- Inganta abincin iyali
- Kulawa da tsaftar jiki
- Ciwon sanyi (wanda ake samu ta jima'i da akasin sa)

### **Zaman na biyu:**

- Tazaran haihuwa
  - Ma'anar tazaran haihuwa
  - Amfanin tazaran haihuwa
  - Ire-iren tazaran haihuwa
  - Lokacin yin tazaran haihuwa
- Yanke Shawara
- Kammalawa

## SATI NA BIYU

### **Zama na uku:**

- Karfafa/Inganta zumunci
- Daidaita tsakani
- Ingantacciyar Hanyar Sadarwa

### **Zama na hudu:**

- Tanadin kudi
- Samu da tattalin kudi
- Koyon sana'a da yayean mata.

## Abubuwan Dake Ciki

	<b>Shafi Na Daya</b>	
1.1	Hanyoyin Yanda Za A Inganta Abincin Iyali	1
1.2	Yadda Zamu Kula Da Sassan Jikinmu Na Haihuwa	1
1.3	Alamomin Ciwon Sanyi	3
	<b>Shafi Na Biyu</b>	
2.1	Ingantacciyar Hanyar Tazaran Haihuwa	13
2.2	Yanke Shawara	16
2.3	Kammalawa	16
	<b>Shafi Na Uku</b>	
3.1	Karfafa/Inganta zumunci	17
3.2	Daidaita tsakani	17
3.3	Ingantacciyar Hanyar Sadarwa	17
	<b>Shafi Na Hudu</b>	
4.1	Yanke Shawara	21
4.2	Shawaran Rakiya	21
	<b>Shafi Na Biyar</b>	
5.1	Tattalin Kudi	22
5.2	Tsarin Tattaunawa	22
5.3	Bari Mu Fara Wasa Akan Nida Kudina	23

5.4	Tattaunawa Gaba Daya Kungiya	23
5.5	Me Yasa Muke Tunanin Tanadi Yana Da Wuya Amsoshin Da Za'a Iya Samu	23
5.6	Wasa Akan Meyasa Ake Tanadi	24
5.7	Burin Hafsat	25

## SHAFI NA DAYA

### 1.1 HANYOYIN YANDA ZA A INGANTA ABINCIN IYALI

#### GABATARWA

- wane abinci ne aka fi samu a garin nan -----
- wane abinci ne ba'a fiya samu ba anan -----
- Akwai bambanci a abinci da ake ci a gida tsakanin yara da manya?  
-----
- In akwai, toh menene bambancin? -----

### 1.2 KOWA NE ABINCI AKWAI AIKIN DA YAKE YI A JIKI.

#### GABATARWA

- Daga bayanin da muka kawo muku a baya. Mu tantance abinci da ake samu a wajen mu. Yanzu zamu karkasasu gida- gida don mu kasa abincin zuwa rukunnai.
- Kayan hatsi.
- Kayan da ake sarrafa abinci
- Da sauran su.

### 1.3 MUNA IYA KASA ABINCI ZUWA RUKUNI-RUKUNI A BISA AMFANINSA A JIKINMU.

#### GABATARWA

- Abinci masu bamu kariya daga cututtuka. Sune abinci masu launi (Ja, mai ruwan kwai, da kore). Muna yawan amfani dasu a miya amma ana iya cin su haka.
- Abinci masu Gina mana jiki: wadannan sune masu gina mana sassan jikin mu.

- Abinci masu karfi da kuzari: wannan sune suke Kara mana karfin yin wasa da aiki sune mukafi ci.

<b>ABINCI MASU BAMU KARIYA CUTUTTUKA.</b>	<b>ABINCI MASU GINA MANA JIKI</b>	<b>ABINCI MASU BAMU KARFI DA KUZARI</b>
<ul style="list-style-type: none"> <li>- Ganyenyaki (kamar su Alayyaho, zogale, yakuwa, Rama, dinkim, cabeji, ugu, yadiya da sauransu.</li> <li>- Kayanituwa (kamar su Caras Lemu Mangwaro Kubewa Ayaba Dabino Gwanda Kabewa Albasa Kankana gwaiba Yalo</li> </ul>	<ul style="list-style-type: none"> <li>Wake</li> <li>Gyada</li> <li>Kwai</li> <li>Nama</li> <li>Kifi</li> <li>Kaza</li> <li>Madara</li> <li>Zabuwa</li> <li>Waken suya</li> <li>Daddawa</li> </ul>	<ul style="list-style-type: none"> <li>Rogo</li> <li>Masara</li> <li>Gero</li> <li>Taliya</li> <li>Dankali</li> <li>Doya</li> <li>Shinkafa</li> <li>Bredi</li> <li>Garin tuwo</li> <li>Garin kwaki</li> <li>Alkama</li> <li>Dawa</li> </ul>

Manyan gida yakamata su ci abincin da ke dauke da abu daga cikin ko wane rukunan abincin da aka lissafo, saboda:

- Su samu kuzari
- Su kare kansu daga cuta
- Su zauna cikin koshin lafiya



Masu ciki da masu shayarwa suna bukatan Karin abinci kullum saboda:

- Jarirai suna bukatan suci abinci mai dauke da wani abu daga cikin kowanne rukunin abincin da aka lissafo, saboda.
- Su girma sosai
- Su samu kariya daga cuta
- Su kasance cikin koshin lafiya da kuzari.

#### **1.4 ABINDA MASANA SUKA FADI**

- Abinci mai inganci shine Wanda yake dauke da abinci masu bamu kariya daga cuta, masu bamu karfi da kuzari, masu gina mana jiki.
- A rana iyali su tabbatar sunci gayenyeki da kayan itatuwa, masu bada karfi da kuzari (tuwo/rogo/fura da shinkafa) da kuma masu gina jiki (nama/kwai/wake).
- Ingantatcen abinci shine wanda ya kunshi abinci masu gina mana jiki dayawa a rana.
- A yi kokari aci abinci masu bamu kariya daga cutittuka a kalla 10 (goma) kowana rana kamarsu: mangwaro, ayaba, albasa, tumatir, rama, ganyen rogo, atarugu, kubewa, kuka, yakuwa, zogala, alaiyahu, lalo, lansir, shuwaka.

#### **1.5 AMFANI DA SASSAN JIKINMU: INGANCIN CIN ABINCI MAI KYAU**

Umarni: zaki karfafawa daliban kwarin gwiwa su fada bayan ke, kuma ki yi amfani da gabobin/sassan jikinki.

#### **FADA DA AMFANI DA SASSAN JIKI**

Abinci masu bamu kariya daga cuta. Sua uku.	Zaki yi amfani da hannayen ki, ki zagaya kanki daga ciki zuwa baya don ki nuna kariya.
Abinci masu gina jiki sau uku	Zaki daura hannun damanki akan na hagunki sai kuma kiyi sauri ki sake daura na hagunki akan na dama sai kuma na dama akan na hagun Kaman kina gina jiki.
Abinci masu bamu karfi da kuzari sau uku	Zaki dunkule hannunki sai ki daga sama ki jijjiga nuna alamar karfi da kuzari.

<b>YA KAMATA MATA SU CI INGANTATCEN ABINCI</b>
<ul style="list-style-type: none"> <li>➤ Saboda su samu karfin yin aikin gida, da sana'a da kuma karfin kula da iyali</li> <li>➤ Saboda su kasance cikin koshin lafiya</li> <li>➤ Mata masu cin ingantatcen abinci sunfi samun yara masu koshin lafiya</li> </ul>
<b>MASU CIKI YA KAMATA SUCI INGANTATCEN ABINCI</b>
<ul style="list-style-type: none"> <li>➤ Saboda su kasance cikin koshin lafiya kuma su haifi lafiyayyun yara.</li> </ul>
<b>YARA KANANA YAKAMATA SU CI INGANTACCEN ABINCI</b>

- Saboda su samu karfi da kuzari, kuma su kasance ciki koshin lafiya.
- Saboda su girma cikin ko shin lafiya.

**YA KAMATA A BAWA JARIRI NONO ZALLA HAR NA TSAWON WATA SHIDA**

- Saboda su samu kariya daga cututtika.
- Saboda su girma cikin koshin lafiya.
- Saboda da kar suyi laulayi.

**MAZA YA KAMATA SUCI INGANTATCEN ABINCI**

- Saboda su samu karfi yin aikinsu da sana'a na yau da kullum
- Saboda su kasance cikin koshin lafiya

**TSOFAFFI YA KAMATA SUCI INGANTATCEN ABINCI**

- Saboda su kasance cikin koshin lafiya.
- Saboda su bawa yara farin cikin su da tatsuniyan don karuwansu.

**WAKAR 'INGANCIN ABINCI'**

Tunatarwa: yan Zamfara ne suka zauna suka kirkiro wakan nan amma basu karasa hadawa ba.

Mu zama cikin koshin lafiya ba cuta a koda yausha.

Amshi: kyawaaaawan abinci, kyakkyawan tsarin cin abinci.

Abinci isashshe garemu mata kan haifar da lafiyayyen iyali.

Amshi: kyawawa abinci, kyakkyawan abicin

Masu ciki a yau da kullum, mucu abinci mai bamu karfi.

Amshi: kyawawan abinci, kyakkyawan tsarin cin abinci.

## 1.6 YADDA ZAMU KULA DA SASSAN JIKINMU NA HAIHUWA

- Wane sassan jikin mu ne yafi bukatar kulawa?
- Me yasa suka fi bukatar kulawa na musamman?
- Me ya kamata muyi don kulawa da sassan jikin mu na haihuwa?

Za muyi amfani da sassan jikin mu dan nuna sassan jikin mu da yafi bukatan kulawa na musamman.

### A FADA (KAMANTA AMFANI DA GABOBIN/SASSAN JIKI)

<p>Yakamata mu kula da sassan jikinmu na haihuwa domin kasane cikin lafiya da kwanciyar hankali. (sau uku ).</p>	<ul style="list-style-type: none"><li>➤ Ki mika hannunki ki makale shi gefen nononki.</li><li>➤ A hankali zaki hada hanuwanki ki rabe a gaban nonon ki</li><li>➤ Ki sake yi kamar na sama.</li><li>➤ Sai ki saukar da hannayenki kasa ta wajen kasan cikinki da tafin hannunki da yatsanki suna kallon kasa wajen gabanki.</li><li>➤ Ki yarfa hanunki a hankali wajen kugunki.</li><li>➤ Ki hada hannunki guda biyu ki daura a gefen kirjinki na dama don nuna kwanciyar hankali.</li></ul>
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- Yanzu mun san sassan jikin mu da yafi bukatar kulawa.
- Sune sassan haihuwa
- Yadda mace zata kula da sassan jikanta na haihuwa
- Yakamata mace ta bawa kanta kulawa na musamman locakacin jinin al'ada.

<b>MATSALOLIN DA YA SHAFI SASSAN JIKIN MU NA HAIHUWA</b>	<b>DALILINSU</b>
Samun nakasa da yoyon fitsari	<ul style="list-style-type: none"> <li>➤ Hakan na iya faruwa in jariri nada girma, ko kugun mace bai yi kwari ba ko jariri yaki fitatowa da kai.</li> <li>➤ Dadewa wajen yin shawara a gida kafin a je asibiti.</li> <li>➤ Munanan dabi'una gargajiya kamar yankan gishiri.</li> <li>➤ Hakan yafi faruwa da mata masu ciki masu kananan shekaru. Basa zuwa awo, suna haihuwa a gida kuma ana samun jikiri wajen zuwa asibiti.</li> </ul>
Rashin haihuwa	<ul style="list-style-type: none"> <li>➤ Mahaifanta na da matsala haka aka Haife ta dashi.</li> <li>➤ Mijinta baya haihuwa</li> <li>➤ Bata je asibiti an dubata ba</li> <li>➤ Taje wajen likitan da bai kware ba ya zubar mata da ciki.</li> <li>➤ Cikinta ya zube bata je asibiti ta samu kullawa na musamman ba.</li> <li>➤ Ta kamu da ciwon sanyi.</li> <li>➤ Rashin tsabtace al'aura a lokacin</li> </ul>

	<p>al'ada(rashin tsabtace tsumman al'ada, da al'aura a yayin al'ada).</p> <ul style="list-style-type: none"> <li>➤ Kwayoyin cuta sun shiga jikinta a yayin haihuwa.</li> </ul>
Cuta mai karya garkuwan jiki	<ul style="list-style-type: none"> <li>➤ Ki na iya samu in mijinki nada shi</li> <li>➤ Ki na iya samu in ke ko mijinki ya sadu, ko kin sadu da wani/wata.</li> <li>➤ In jininki ya hadu dana mai cutan ta hanyar taba su reza, allura, Karin jinin ko amfani da wani abu mai kaifi.</li> <li>➤ Kina iya samu in mijinki ya sadu da wata a waje.</li> <li>➤ In mijinki yana da cutar</li> </ul>
Yawan kamuwa da kaikayi.	<ul style="list-style-type: none"> <li>➤ Rashin tsabta a yayin al'ada. (rashin wanke tsumman al'ada, rashin tsabtace al'aura lokacin al'ada)</li> <li>➤ Kwayoyin cuta sun shiga jikinta a lokacin haihuwa</li> <li>➤ In mijinta yana dauke da kwayoyin cutar.</li> </ul>

Zafi a yayin saduwa.	<ul style="list-style-type: none"> <li>➤ Zai iya kasancewa ciwon sanyi ne.</li> <li>➤ An sadu da yawa.</li> <li>➤ Ba kya ra'ayin saduwa da mijinki.</li> <li>➤ Akwai matsala a al'auranki</li> <li>➤ Kin samu matsala saboda amfani da kayan gargajiya ko wata matsala a lokacin haihuwa.</li> </ul>
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## 1.7 MATA MASU YOYON FITSARI

- Me al'umman gari suke cewa akan mata masu yoyon fitsari?
- Me alumman gari suke cewa yake jawo yoyon fitsari?
- Me iyalai da alumman gari ke yi dan taimakawa mata masu yoyon fitsari?

## ABUNDA MASANA SUKACE AKAN YOYON FITSARI

- Mata masu yoyon fitsari suna dauke da babban cuta amma ana iya magance shi. Wanda yakan iya faruwa sanadiyar doguwar nakuda. Jariri bai iya fitowa ba saboda yayi girma ko kugun maman bai yi kwari ba, jariri ya fito ba ta kai ba.
- Ba a yi gaggawan kaita asibiti ba, da ta samu matsalar haihuwa.
- An iya magance yoyon fitsari. Mace mai yoyon fitsari na samun lafiya har ta haihu gaba ma.

- Akwai asibiti da aka kebe musamman dan masu yoyon fitsari a kananan hukumomi/ jihohinmu amma ayi gaggawan kaita asibiti mafi kusa.
- Zamu iya rage yawan yoyon fitsari a al’ummarmu ta hanyar.
- Tattaunawa da mutanen gari akan daina aurad da yara mata kafin suyi kwari. A dinga bari sai kugunsu yayi kwarin daukan ciki.
- Karawa mata masu ciki kwarin gwiwan zuwa awo.
- Karawa mata masu ciki kwarin gwiwan zuwa asibiti saboda samun wadatacciyar kulawa.
- Al’umman gari su tallafawa mata masu cikin farko musamman masu shekaru kasa da ashirin wanda ciwon yoyon fitsari yafi kamawa da su haihu a asibiti domin samun kulawa ta musamman.
- Ayi gaggawa kai mace mai doguwa nakuda asibiti.

## AMFANI DA TSASSAN JIKI DAN NUNA ALAMOMIN CIWON SANYI

A FADA	AMFANI DA SASSAN JIKI
kice kuraje Da kaikayi a Nono da sassan jikinmu na haihuwa	-Zaki motsa hannayan ki a hankali a wajen nonon ki, ki Saukar da hanunki a hankali ta gabanki yayi “v” Sai ki mayar da shi baya ta kugunki.
Kice ciwo, ciwo a mara ciwo yayin fitar da fitsari	-Zaki bata fuska kamar kin ji ciwo Zaki kama mararki kid an durkusa kina bata fuska kamar kina jin ciwo.
Kice fitar jinni a tsakankanin al’ada da bayan sa duwa.	-Zaki bude kafa kamar kina fitsari kuma ki bata fuska kamar ki na jin ciwo. -Ki hada cinyoyinki kidan karkace.
Kaikayi	



## MATAKAN DAUKA DAN TSAFTACE KANKI

<b>MATAKAI</b>	<b>DALILAI</b>
Yin wanka akalla sau daya a rana	Wanka da ruwa kawai ba sabulu bai yi ba. Saboda sabulu na kashe kwayoyin cuta na fata. In kika tsabtace jikin ki da kyau ba kya shakkan shiga ko'ina
Ki saka kaya mai tsabta	Zaki burge yan uwa da abokan arziki in kina da tsabta.
Wanke baki da aswaki ko magogin baki kullum.	Yana hana warin baki. Yana kashe kwayoyin cuta dake lalata hakori.
Wanke gashin ki a kalla sau biyu a wata.	Yana hana kwarkwata Yana sa kai yayi kyau da tsabta.
Aske gashin hammata dana gaba	Yana hana warin jiki Yana sa ki ji dadin jikin ki.
Canza rigar nono, fatari da bante kullum.	Yana tsabtace gaba da hana kwayoyin cuta zama a gabanki Yana hana kwayoyin cuta zama Yana hana wari da kaikaiyi Yana hana jini ya bata maki jiki
In kina da ciki kiyi shirin tsabtataccen haihuwa.	Yana da amfani wajen kare uwa da jariri daga kwayoyin cuta.
Kisa rigar nono mai tsabta in kina shayarwa.	Don ki kare kanki daga cutar nono. Kuma ki kare jaririn ki daga kwayoyoin cuta.
Wanke hannun ki kafin ki shayar	Saboda da kare jariri daga cuta
Wanke hanayen ki kafin ki zuzzuba abinci iyali	Kare kanku daga cuttuka.
Wanke hannayen ki dana yara bayan kun shiga ba haya	Kare kanku daga cuttuka.

## **SHAFI NA BIYU**

### **2.1 INGANTACCIYAR HANYAR TAZARAN HAIHUWA**

#### **MENENE TAZARAR HAIHUWA?**

Tazarar haihuwa tsari ne da yake taimakawa mata ko kuma mu ce iyali wajen bada tazara tsakanin haihuwa. Saboda a samu sakamako mai kargo dangane da yara, iyaye mata da jarirai.

### **2.2 MENENE MATSALOLIN DAKE DANGANE DA RASHIN TAZARAR HAIHUWA?**

- Yawan haihuwa ba hutu
- Haihuwa da karanci shekaru
- Haihuwa bayan mace ta tsufa
- Haihuwa da yawa
- Haihuwa da rashin lafiya ko talauci

### **2.3 SUWAYE AKE SARAN ZASUYI MAGANA AKAN TAZARAR HAIHUWA?**

- Mata da iyali mata
- Miji da iyaye maza
- Gwoggonni da kawunnai
- Yayye maza da mata
- Surukai
- Abokai/kawaye

Ta yaya suke taimawa?

Suna zaune da ita matar saboda haka in sunga tana lalacewa da ita da yayanta saboda yawan haihuwa sun iya bata ko su bawa mai gidanta shawarar su fara tazarar haihuwa.

## **2.4 WAKE DA HAKKIN YIN TAZARAR HAIHUWA?**

### **TATTAUNAWA**

- Mata da miji

## **2.5 MAHIMMANCIN TAZARAR HAIHUWA.**

- Iyali suna samun shakuwa na musamman
- Uwa da da suna samun ingantaccen lafiya
- Mata da miji suna yanke shawara tare
- Mata da miji suna samun ishasshen lokacin yin sana'a da ayyukansu
- Iyali da alumma zasu samu ci gaba
- Kudin da mata da miji suke samu zai ishesu tafiyar da rayuwar iyalinsu
- Talauci zai ragu
- Nauyi zai ragu akan alumma
- Alumma zasu samu cigaba da wadata

## **2.6 IRE-IREN HANYOYIN TAZARAR HAIHUWA**

- Kororon roba na maza da na mata
- Allura
- Kwayoyin magani
- Daga fata ko ashanan mata

- Maganin da ake sha bayan an sadu har zuwa awa saba'in da bakwai bayan nan.

## **2.7 AKWAI WANDA BA SAI ANJE ASIBITI BA IRIN SU:**

- Janyewar namiji a yayin saduwa.
- Amfani da kwanan wata
- Charbi ko jigida
- Rashin saduwa

## **2.8 YAUSHE YAKAMATA AYI TAZARAR HAIHUWA?**

- Mata da miji suje asibiti in sun yanke shawarar tazarar haihuwa
- Shawarar yin tazarar yana tsakanin mata da miji
- In mata bata da lafiya/ karfi
- In yara basu da lafiya/karfi
- In miji naso ya kyade iyali

## **2.9 A INA IYALI KE ZUWA YIN TAZARAR HAIHUWA?**

- Bayan mata da miji su yanke shawarar tazara
- Sai suje asibiti
- Sai a tura su shashen tazarar haihuwa.

## **SHAFI NA UKU**

### **3.1 INGANTACCIYAR HANYAR SADARWA**

#### **GABATARWA**

Zamuyi Magana ne akan sadarwa, zamuyi Magana kan yadda zamu tattauna da mutane daban daban da yanda zamu saurari wasu. Sadarwa abune mai muhimmanci daya kamata mu koya kuma mu iya.

### **3.2 ME YASA SADARWA TAKE DA AMFANI A RAYUWAR MU? AMSOSHI DA ZA'A IYA SAMU.**

- Dan yin Magana ba tare da shakka ba
- Dan iya Magana da mutane
- Dan in san yanda zan tattauna da Surakarta
- Dan in fahimci wasu sosai
- Dan yima yayana bayani
- Dan wasu su fahimce ni sosai

### **3.3 DAWA ZANYI MAGANA?**

Magana a kungiyance

Zamu rabu gida hudu ko biyar

Zamu tattauna akan dawa zamuyi Magana cikin sauki kuma me yasa, da kuma wanda yake da wahalar Magana, kuma me yasa?

Muna da minti biyar dan tattaunawa

Labari

### **3.4 BAMBANCIN TATTAUNAWA GABATARWA**

Zan karanta muku labarin kuma inaso ku saurara sosai.

#### **LABARIN AMINA.**

Amina yarinya ce yar shekara sha tara, kuma tana da diya yar shekara biyu da ake kira maya.kuma tana dauke da ciki na wata takwas da rabi, ciki na biyu ta taba zuwa awo sau hudu.kamar yadda aka gaya mata a tattaunawar su cikin kauyen kuma ungozoman ta fada mata diyarta tana zaune yanda yakamata kuma komai lafiya.

Ranar laraba ne mijin ta ya fita da wuri don zuwa kasuwa.amina ta sauka daga gado ta shirya maya ta toya kosai dan karya wasannan ta goya maya a bayan ta sannan ta tafi gona tana cire ciyawa tasan cewa be kamata ba tayi aiki maikarfi ba a wannan lokacin goyon cikin. mijinta kuma wanda ya halarci tattaunawa na maza a majilisa shima ya bata goyon baya, bayan awa daya da yin haka Amina ta tashi don ta cire wasu ciyayi sai taji ciwo a cikin ta sai ta manta dashi,ana nan bayan minti kadan sai ya sake daga nan sai ta lura jini ya fara zubar mata ta san cewa alama ne na haihuwa, sai tayi maza ta koma cikin kauyen sai ta samu unguwanzoma ta fada mata matsalarta, ita kuma ta tafi ta kira matar da aka tanadar dan gudanar da irin wannan aiki na gaggawa, zafi yatsanan ta wa Amina,amma tayi kokarin nemo kanwar mijin ta wadda zata kula mata da maya, kuma ta dauki kayan yarinyar da abinda za'a bukata. Bayan minti sha biyar ungowozoma ta dawo tare da mai taimaka mata, wadda zata raka Amina asibiti.

Tafiyar awa daya ta dauke su zuwa asibiti, kuma aka yi sa'a akwai ma'aikaciyar lafiya na nan, da su kaje asibitin, jinin ya tsaya amma ta fahimci Amina na cikin nakuda. da taimakon ma'aikaciyar lafiyar Amina ta haihu lafiya cikin minti arba'in.

### **3.5 ME KUKA FAHIMTA A BAMBANCIN LABARIN?**

- Akwai bambancin a labarai, wasu suna zurfafa bayani, lokaci da sauransu, wasu kuma ba'aiba
- Wasu gajerukan wasu
- An samu canji a wani wurin

### **3.6 ME YASA KUKA TUNANIN AKWAI BAMBANCIN LABARAI?**

Amsoshi da za'a iya samu

- Masu bada labarin suna da bambancin fahimta
- Abinda suka lura ya ta'allaka kan abu mai amfani a garesu.
- Abinda suka fahimta ya ta'allaka kan abinda yafi kusa dasu, ko kuma ya faru dasu.
- Basu sauraro da kyau.

### **3.7 HANYOYI BIYAR DA ZA'ABI DON SAMUN INGANTACCEN SADARWA**

1. Bayyana ra'ayi cikin natsuwa da abinda kake son fadi acikin zuciyar ka tukunna.
2. Girmama abokin Magana da kuma ra'ayin sa yana da amfani ka girmama na gaban ka musamman idan kana Magana dana gaba dakai.
3. A saurari abinda dayan zaifada.
4. Ya bama ra'ayinsu ko matsayinsu.
5. Fadin ra'ayi cikin natsuwa yadda za'a fahimta kada a rikice da amsoshin daya bangaren.

## **KAMMALAWA**

Daidaito yana wanzu ne kan wannan hanyoyi biyar, kuma bukatan yin tunani game da daya bangaren da zai amfana da wannan hadaka. (yarjejeniya).

Misali kiyi hadakan da wani kan zai kulamata da yara bayan kai ka tafi asibiti, to za'a dada abinci ga iyalin gaba daya.

Idan ana tambayi maigida izinin zuwa makarantar Islamiya za'a iya fada misali cewa abinda za'a koyo zai taimake ka a wurin tafiyar da kasuwanci kuma hakan zai amfani iyalin.

A karshen wannan daidaito, sai a tabbatar da yarjejeniya.

### **3.8 HANYOYI BAKWAI NA INGANTACCEN SADARWA**

1. Bayyana ra'ayi cikin natsuwa tare da tsara abinda kake son fadi a zuciyar ka tukunna.
2. Girmama abokin Magana da kuma ra'ayinsa.
3. A saurara idan dayan na Magana
4. Ya bama ra'ayinsa da kuma maganarsu.
5. Yi bayanin ra'ayi ncikin natsuwa yadda za'a fahimta, kada kaji tsoron wasu .
6. Saurara abinda dayan zai fadi
7. Tabbatar da yarjejeniya



## SHAFI NA HUDU

### 4.1 YANKE SHAWARA

- Akwai nauyi da yawa akan Matasa a yau, sannan akwai nauyi daga bangarori daban daban (miji, suruka, iyaye da kuma yara). Kokarin nuna bukatun ka da kuma dai daito abune mai amfani.

Dukkan mu muna yanke hukunci a kullum, kai zabi guda daya ko fiye, muna da bukatar yin shawarwari a cikin rayuwa kuma wadannan shawarwarin zasu amfane mu har karshen rayuwar mu.

Abu mafi muhimmanci a shawarashine dubikan me ke iya faruwa idan kayi abun (wane irin kalubale za'a iya fuskanta) idan kana shawara to aikin ka zai yi kyau

### 4.2 SHAWARAN RAKIYA

Rakiya tanada zabi mai wahala da za tai an gayyaceta taje makarantar islamiyya. Tana da ra'ayin san yin karatu, kodayake tana da ayyuka da yawa da zata yi a gida. Kula da yaranta, girki da yin abincin saidawa a kasuwa.

Rakiya tanada zabi guda uku, zaman gida da cigaba da aikinta na gida sauran ayyuka; samun lokaci dan zuwa makaranta ko kuma tayi kolkari ta koya wurin wasu mata na unguwarsu da suke zuwa makarantar islamiyya. Da Kanwar mijinta. Ta tafi wurin kawarta do suyi shawara Akan wannan matsalar, kawarta ta saurare tada kyau, Rakiya tace idan ta zauna gida, maigidanta zaifi son haka don zatai kulawa da gida da kulawa da yaranta sosai wanda hakan yana da kyau. Zata kuma samu lokaci ta kula da kasuwancinta. saboda haka zai Zama cigaba mai kyau. Idan ta zauna gida zai Zama abu ne mai sauki, sannana lokaci ba zai mata karanci ba. ko dayake ba zata girma ta

Zama kamar mutum ba. Idan tayi kokarin koyo kwuri kanwar mijinta zata samu lokacin Zama da ita amma bazata maida hankali idan ana surutu a Gidan, zai zama abu mai wahala.

Makaranta awoyi kadanne kowanne sati, saboda haka barin Unguwan bazai zama matsala ba. Kawar Rakiya ta fada mata cewa matan dasuke unguwar su wato makwabtansu zasu kula mata da kananan yaranta na wannan karamin lokacin. mijinta zai taimaka, tana da tabbaci.

Rakiya tayi dubi ga shawaranta ta kowanne lungu, bayan wani lokaci ta yanke hukunci tana son taje makaranta. Ta tafi wajen mijinta saboda su tattauna wannan batun dashi. Taji dadi kuma ta tabbatar wannan shawarar itace dai dai.

## **SHAFI NA BIYAR**

### **5.1 TATTALIN KUDI**

Dalilin wannan tattaunawa shine don koyar da mata matasa yadda zasu yi tanadin kudi don su taimaki Kansu a kullun, sannan su kasance cikin shirin samun dama da kuma hidiman gaggawa.

#### **MANUFA**

A karshen wannan tattaunawan anasan mata su fahimci,

1. A gane amfanin tanadi
2. Anasan yadda za'a ci riban tanadi da kuma hanyoyin tanadi.
3. A samu Karin fahimta tanadin na mutum daya ko a kungiyance.

### **5.2 TSARIN TATTAUNAWA**

#### **TATTAUNAWA**

1. Barka da zuwa wannan tattaunawa, a matsayinmu na mata matasa ya kamata mu tattauna yadda za'akula da kudi. a wannan zama da kuma na gaba, zamu koyi yadda zamu maida hankali kuma mu kasance masu wayau akan kudin mu sannan muyi tunani domin gaba.
2. Yau zamu yi Magana ne kan menene amfanin tanadi, yadda zamu tsara tanadin, da kuma hanyoyi daban daban na tanadin kudi.

### **5.3 BARI MU FARA WASA AKAN NIDA KUDINA**

Ki mike tsaye idan abinda nafadi ya shafeki.

1. Ni ina dakudi
2. Ni ina son kashe kudi
3. A satin da ya wuce ban san ko nawa na kashe ba
4. Ni bani da kudi
5. Ni inafatan samun kudi
6. A tunani na kudi yana sani fada da iyalaina
7. A tunani na tanadi na da wahala
8. Ni bana tanadi

### **5.4 TATTAUNAWA GABA DAYA KUNGIYA**

**ME YA SA MUKE TUNANI TANADI YANA DA MAHIMMANCI?**

#### **AMSOSHIN DA ZA'A IYA SAMU**

- Ina tanadi don in taimaki iyalaina
- Ina tandi don sayan kayan yara
- Ina tanadi don in bada bashi ga yan'uwana da abokaina
- Ina tanadi don ilimin dana
- Ina tanadi don in sai ma kai na kaya
- Ina tanadi don in taimaki wasu

### **5.5 ME YASA MUKE TUNANIN TANADI YANA DA WUYA**

#### **AMSOSHIN DA ZA'A IYA SAMU**

- Don kudin bazai isheni ba
- Don mu talakawane
- Yan uwana sun cika tambayana bashi
- Inasan in kashe kudin yanzu

- Banda wurin mai kyau da zan adana kudina

### **KAMMALAWA**

Tanadi yana da muhimmanci saboda dalilai da dama

Tanadi yana da wahala, koda yake akwai nauyi da yawa akan iyali

Amma duk da haka za'a Iya adana ko kadan ne, abin bukata shine mafarkin abin da kuma tsari.

### **5.6 WASA AKAN MEYASA AKE TANADI**

Yanzu zamu yi Magana akan me yasa ake tanadi, da farko zan fadi wani abu.

1. Mata matasa iri na suna tanadi don, duk wacce na taba kafadarta zata maimaita farkon jimlar, sannan ta karasa.
2. Misali: mata matasa irina suna tanadi don surinka soye soye
3. Wanda yayi Magana zai dafa kafada wata sannan a karasa Magana
4. Zamu cigaba saboda kowa ta kawo na ta ra'ayin.

### **KAMMALA**

Akwai dalilai da dama da yasa mata matasa tanadi.

1. Wasu mata matasa suna tanadi don su sai abinci, tufafi, magani, wadannan su ake bukata yanzu.
2. Wasu suna tanadi don shirin ko ta kwana
3. Wasu kuma suna tanadi don gaba

## 5.7

### **BURIN HAFSAT GABATARWA**

Hanyoyin bada labari ingantacciya

1. Yin Magana a hankali, yanda za'ayi sannan ayi bayani sosai
2. Kadun ga kallon idanun mutane
3. Yi amfani da gabobin jiki kamar damtse sannan ana zagaye dakin
4. A tabbatar ana canza murya da sauri sauri a wasu wurin kuma ayi a hankali ayi amfani da murya mai nuna farin ciki ko bakin ciki
5. Yi tunani akan hafsar a matsayin jigon, shin ita me mafarkice? Ko kuma mace mai jarumta da jindadi? Shin ita mai tunani ce da rashin hayaniya? Yi tunani akan abinda kake so ta zama.

### **BURIN HAFSAT**

Hafsar nada burin yaranta su kasance masu koshin lafiya da cigaba.

Hafsar tayi dubi zuwa rayuwarta, koda yake ta taso a cikin iyali masu kula da kuma taimakawa, akwai wahalhalu data fuskanta, rashin kudi ya hana ta kamala karatun ta.

Hafsar ta yi tunani akan mata ma'aikatan lafiya da suke asibitoci na karkara har tana mamakin ya zai kasance idan mutum yana wannan aiki mai muhimmanci, a taimaki wasu kuma a ceci rayuwa, takanyi murmushi idan ta tuna wa'innan matan. Kwarai suna kawo canji.

Tana fatan ta kasance cikin su, ganin marasa lafiya, bada magani yiwa mara lafiya kalma maidadi da murmushi mai kyau idan be kasanceba, ko ta yaya zata yi iya kokarinta don ganin ta taimaki yayanta su sami ingantaccen aiki.

Tana da yanmata uku watakila daya daga cikinsu ta kasance ma'aikaciyar lafiya komai karbar haihuwa? Tunani mai kyau. Hafsar ta fara tunani akan meya kamata tayi don ta taimaki yayan ta su cimma burinsu ya kamata yaran su bada himma ita da maigidan ta yakamata sun sami ingantaccen kula da abincin mai kyau sannan su taimaki yayansu. Tana bukatar tasami

kudi dan ta ciyar da yayanta da kyau saboda su kasance masu kwazo a makaranta. Akwai tanadin yau da kullum da yakamata ta sa acikin lissafi.

Yakamata ita da mijinta suyi tanadin gaggawa. Ta tuna rayuwarta a lokacin da take karama, sanda annoba ta farwa kauyensu an rasa rayuka da yawa, ta tuna abinda ya faru da kawunta alokacin da yayi hatsari baya iya zuwa gona na shekaru da dama, iyalinsa sun wahala wajen zama da yunwa na tsawon lokaci. Ta sake tunawa da abinda ya faru da makocinsu da aka sace masu awakinsu da kajinsu, ya kasance basu da abinda zasu sayar su Sami kudi.

Ya kamata mu kasance cikin tanadi na gaggawa saboda abubuwan dake iya tasowa na bazata.

Ita da mijinta yakamata suyi tanadi na ko ta kwana, in suna so yaransu su karasa karatun har su zama ma'aikatan asibiti zasu bukaci kudin makaranta da kayan makaranta, da kudin zama malaman asibiti akwai bukatsu da yawa, yakamata a fara tanadi tun yanzu saboda kudin ya bunkasa nan gaba, Hafsat tayi murmushi tace wannan shine burina, babban buri ne. Amma zan daura damaran cimma burina. Hafsat Zatayi tanadi koda zai kasance da takura saboda yayanta su kasance masu ceton rayuka.

A FADA	AMFANI DA SASSAN JIKI
<p>Tanadi na daya  Tanadi na biyu  Tanadi na uku  Tanadin yau da kullum  Tanadin gaggawa  Tanadin ko ta kwana</p>	<p>Ku gaya ma masu koyo su daga hannunsu na dama su riƙe ko su daura karamin yatsansu akan babban dan yatsa su bar ukun tsakiya, su kirga yatsunsu na tsakiya na fadin tanadi na daya, tanadi na biyu, tanadi na uku, sai a fara kirga sauran yatsu ukun da aka bari na tsakiya ana cewa tanadi nay au da kullum, tanadin gaggawa, tanadin ko ta kwana.  A maimaita har sai kowa ta riƙe.</p>