

KULMINTA QOYSKA

FAMILY CIRCLE

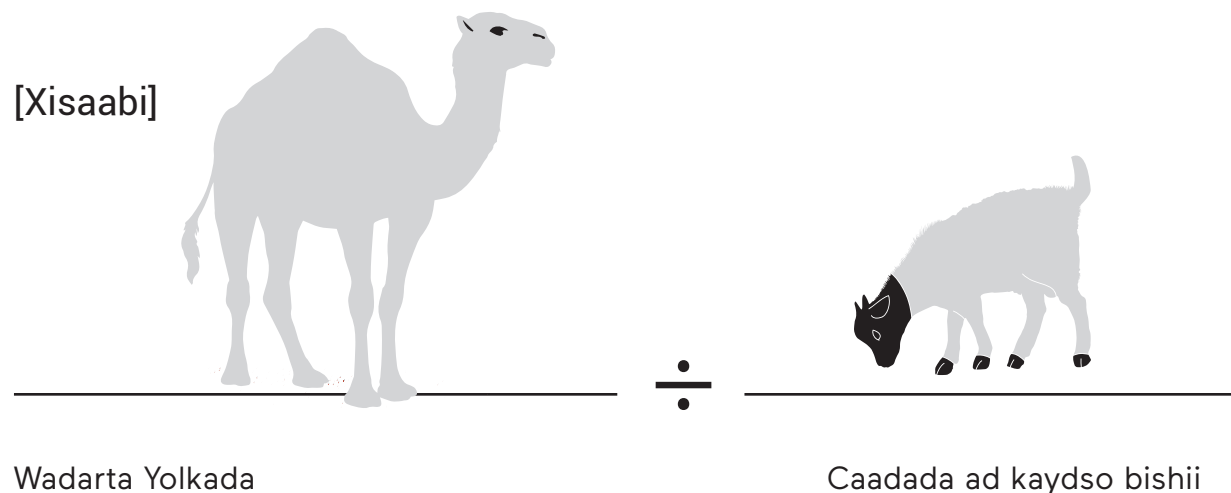


Ka feker mustaqbalkaaga qoys ahaneed.

Maxaad filaysaa ama rajaynaysaa?

Ma leedahay hadafyo gaar ah oo mustaqbalka ah, oo aad rabto inaad ku gaarto 2 sano gudahood? Maxay yihiin?

Aynu ogaanno waxa ay qaadan doonto si loo gaaro hadafkaaga, marka la eego ilahaaga dhaqaale, Waa maxay wadarta kharashyada [yoolkaaga]? / Intee in le'eg ayaad u malaynaysaa inaad kaydinkarto bishii?



Waxay u egtahay inaad hadafkaas ku gaari karto _____ bilood!
Sidee tani kuugu eg tahay?

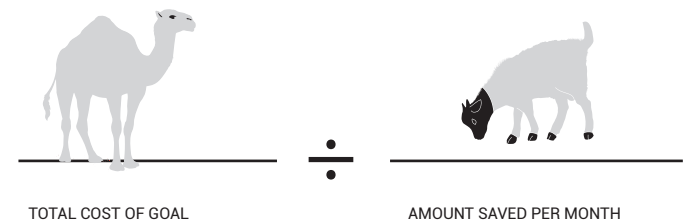
Think about your future as a family.

What do you envision or hope for?

Do you have any specific goals for the future, that you want to achieve in 2 years? What are they?

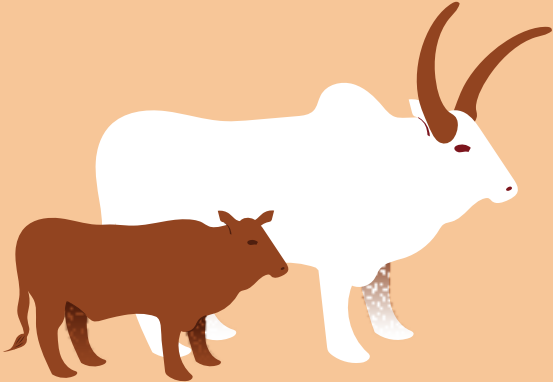
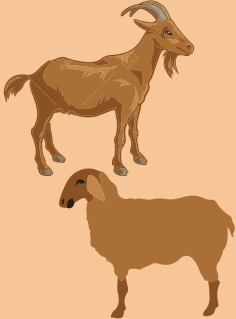
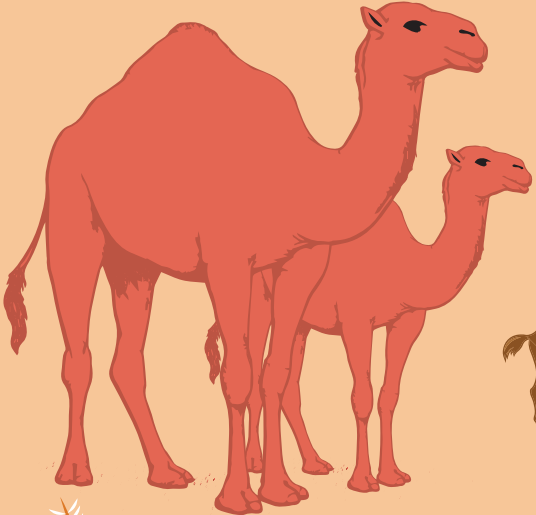
Let's figure out what it would take to achieve your goal, given your resources. What are the total costs of [your goal]? / How much do you think you can save per month?

[CALCULATE]



It looks like you could achieve this goal in _____ months! How does this sound to you?

HADAF



Aan ka hadalno sida aad u bilaabi karto kaydinta lacag si aad u gaarto hadafkaaga.

Waxaad awoodi kartaa ...

1.In dakhliga lagu kordhiyo:

- Qaadashada shaqo dheeraad ah
- Samaynta waxyaalo lagu iibiyo suuqa

2.Kharashka ku dhimo:

- Goynta kharashyada
- Dib u dhigista ilmahaaga xiga

Xeeladahaan keebaad qorshaynaysaa

si aad u isticmaasho si aad u gaarto hadafkaaga?

Waa maxay caqabadaha aad la kulmi karto?

Let's talk about how you could start saving money to put towards achieving your goal.

You could...

1.Increase income by:

- Taking an extra job
- Making things to sell at the market

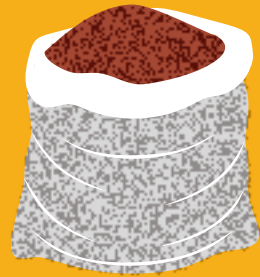
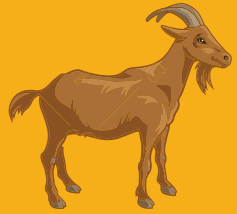
2.Decrease costs by:

- Cutting expenses
- Delaying your next child

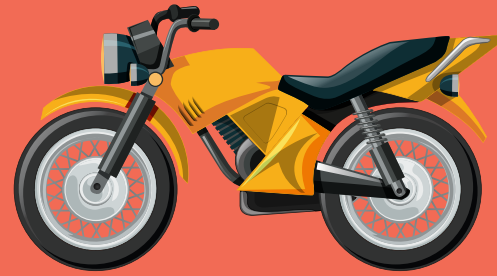
Which of these strategies are you planning to use to achieve your goal?

What barriers might you encounter?

DAKHLI



KHARASH



WEYDII: Maxaad ku aragtaa halkan?

[Sug jawaabaha oo si habboon uga jawaab.]

DHEH: Kala fogeynta carruurtaada sidoo kale waxay muhiim u tahay caafimaadka hooyada iyo dhallaanka. Marka ilmuhu aad ugu dhashaan midba midka kale, waa inaad ku fidisaa kheyraadkaaga daryeelka dhammaan.

Haddii aysan jirin ilo ku filan inta lagu jiro uurka iyo dhalmada kadib, hooyada iyo ilmuhu ma heli karaan cunto ku filan. Tani waxay carruurta iyo hooyada gelisaa halis nafaqo -xumo iyo istaagid, waxayna ku adkayn kartaa hooyada inay nuujiso ilmaha.

Marka ilmuhu helaan daryeel ku filan, cunto, iwm, waxay noqon doonaan kuwo faraxsan oo caafimaad qaba! Kala fogeynta dhalashada waa caqli iyo mas'uuliyad; waxay muujinaysaa inaad adigu masuul ka tahay nolosha iyo caafimaadka adiga iyo qoyskaagaba. Waxaa jira siyaabo kaa caawin kara inaad meel dhigto dhalmadaada oo aan ka hadli karno.

WEYDII: Adigoo ka fikiraya qoyskaaga, tirada qoyskaaga, ilahaaga, iyo mustaqbalkaaga, haddii aad hadda uur yeelatay, sidee taasi u beddeli doontaa qorshooyinkaaga?

WEYDII: Ma u furan tahay inaad yeelato dood ku saabsan sida aad u xakamayn karto markaad uur yeelato si aad u gaadho qorshahaaga?

ASK: What do you see here?

[Wait for answers and respond appropriately.]

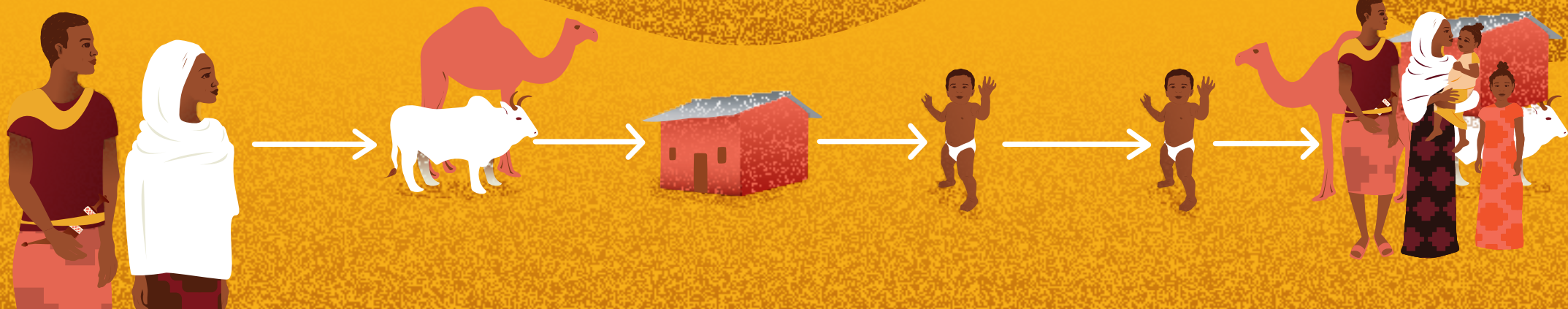
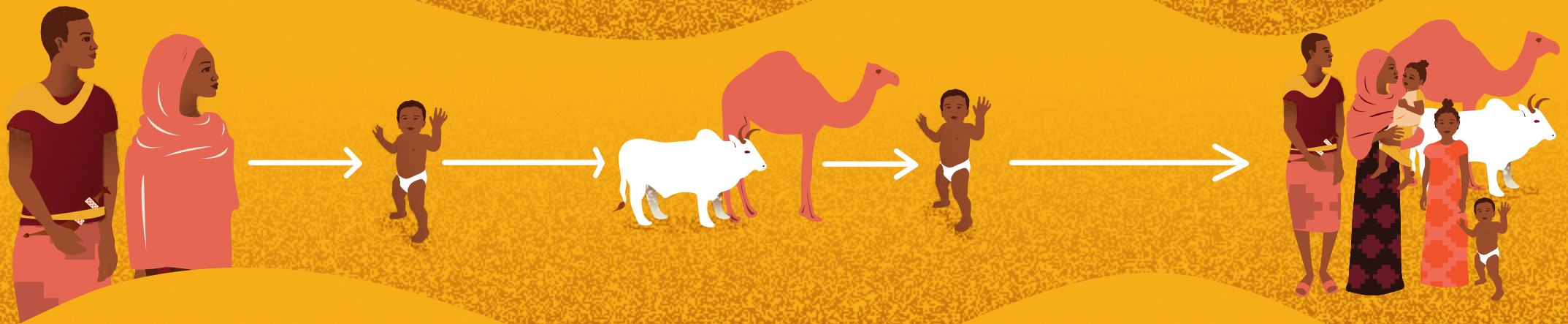
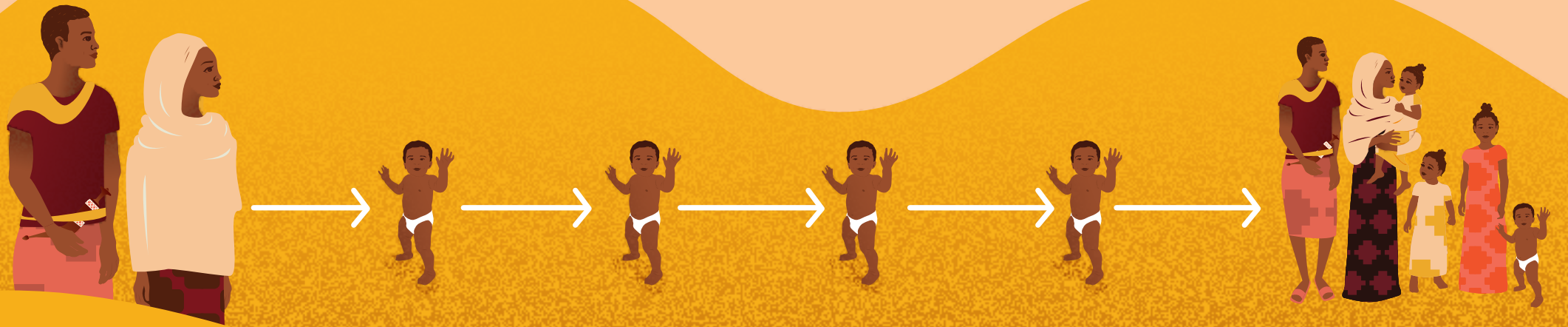
SAY: Spacing your children is also important for the health of the mom and baby. When babies are born too close to each other, you will have to stretch your resources across caring for all of them.

If there aren't enough resources during the pregnancy and after the birth, the mom and baby may not get enough to eat. This puts babies and mom at risk of malnourishment and stunting, and can make it hard for the mom to breastfeed the baby.

When babies get enough care, food, etc, they will be happy and healthy! Spacing births is smart and responsible; it shows that you are taking responsibility for the life and health of you and your family. There are ways that can help you space your births that we can talk about.

ASK: Thinking about your family, your family size, your resources, and your future, if you got pregnant right now, how would that change your plans?

ASK: Would you be open to having a discussion about how you can control when you get pregnant so that you can achieve your plan?



WEYDII: Maxaad ku aragtaa halkan?

DHEH: Gabdhaha da'doodu ka yar tahay 20 sano ayaa halis weyn ugu jira inay dhintaan xilliga dhalmada. Halkan ka daawo sawirrada qaar. Waxay muujinayaan khataro kala duwan oo ay gabdhaha iyo haweenku la kulmi karaan xilliga uurka iyo dhalmada.

1. Ilmaha dhicisoobay: waa xaalad marka ilmuhu dhasho goor hore, ka hor intaan 37 toddobaad ee uurka la dhammayn. Marka hore ee ilmuhu dhasho, ayay sare u kacdaa halista dhimashada ama naafada daran. Dhallaanka nool waxay yeelan karaan arrimo neefsasho, dhibaatooyin dheefshiidka (dheefshiidka), iyo dhiig maskaxda ku dhaca.

2. Dhiigga dhalmada ka dib iyo geerida: Dhiigbaxa dhalmada ka dib ayaa ka dhiig badan sidii caadiga ahayd dhalmada ka dib.

3. Dillaaca Uur -ku -jirta: Dillaacidda makaanka waa dhif iyo naadir ilmo -galeenka oo dhib ah oo dhici kara xilliga dhalmada. Waxay sababtaa in ilma -galeenka hooyadu dillaacdo sidaa darteed ilmaheedu caloosha ayuu ku dhacaa. Tani waxay hooyada u keeni kartaa dhiig -bax aad u daran waxayna ku cabbiri kartaa ilmaha.

4. Dhicis: waa marka ilmuhu ku dhinto caloosha (makaanka) kahor 28 toddobaad ee uurka. Dhicinta badankoodu waxay dhacaan saddexda bilood ee ugu horreeya toddobaadka 12aad ee uurka.

5. Dhimista birta iyo nafaqooyinka kale: Inta aad uurka leedahay, waxaad u baahan tahay labanlaab tirada birta iyo nafaqooyinka. Haddii aadan haysan bakhaarro ku filan birta ama aad hesho bir ku filan inta aad uurka leedahay, waxaa kugu dhici kara dhiig -yaraan dhiig -yaraanta.

6. Nafaqo -xumo: Marka ilmuhu dhasho aad isugu dhow yihiin, waa inaad ku fidisaa kheyraadkaaga daryeelidda dhammaantood. Haddii aysan jirin kheyraad ku filan xilliga dhalmada, ilmuhu ma heli karo cunno ku filan. Tani waxay halis gelisaa dhal-laanka nafaqo -xumada iyo suuxdinta

WEYDII: kani miyey dhibaato ku tahay beeshaada?

ASK: What do you see here?

- 1. Premature Baby:** it is a condition when a baby is born too early, before 37 weeks of pregnancy have been completed. The earlier a baby is born, the higher the risk of death or serious disability. Babies who survive can have breathing issues, intestinal (digestive) problems, and bleeding in their brains.
- 2. Post-partum bleeding and death:** Postpartum hemorrhage is more bleeding than normal after the birth of a baby.
- 3. Uterine Rupture:** Uterine rupture is a rare, but serious childbirth complication that can occur during vaginal birth. It causes a mother's uterus to tear so her baby slips into her abdomen. This can cause severe bleeding in the mother and can suffocate the baby.
- 4. Miscarriage:** is when a baby dies in the womb (uterus) before 28 weeks of pregnancy. Most miscarriages happen in the first trimester before the 12th week of pregnancy.
- 5. Depletion of iron and other nutrients:** During pregnancy, you need double the amount of iron and nutrients. If you do not have enough iron stores or get enough iron during pregnancy, you could develop iron deficiency anemia.
- 6. Malnutrition:** When babies are born too close to each other, you will have to stretch your resources across caring for all of them. If there are not enough resources during birth, the baby may not get enough to eat. This puts babies at risk of malnourishment and stunting malnourishment and stunting.

ASK: Is this a problem in your community?



Ilmaha dhicisobay



Dhiigga dhalmada kadib



Dillaaca Uur -ku -jirta



Dhicis



Nafaqo -xumada dhallaanka



Dhimista birta iyo nafaqooyinka kale

Dheh: Marmar dadka af -soomaaliga waxay dhahaan ma jecla fikradda ka -hortagga uurka maxaa yeelay waxay yiraahdaan waa mid casri ah oo aan u ahayn bulshadeena.

Weydimo : Maxaad u malaynaysaa fikraddaas? Ma jiraan waxyaalo kale oo af -soomaali ah oo dibadda ka yimid? Sidee bay u beddeleen hab -nololeedkeenna?

Tusaale ahaan (Tus sida ay bulshadu u qaadatay hab -nololeedka casriga ah iyo aaladaha lid ku ah hab -dhaqankii hore ee wax -qabadka)

1. Dhaqanka FP (Naas -nuujinta oo ah hab lagu kala fogeeyo carruurta) _____ Ka -hortagga uurka ee casriga ah/FP
2. Isku imansho ayay semayn jiren-Telefoonka ay kuwada xididhan.
3. Laambad _____ Nalalka qorraxda

Dheh : Waxaa jira waxyaabo kale oo Soomaali ah oo dibadda ka yimid oo beddelay habkaaga iftiinka. Hal tusaale oo wanaagsan waa iftiinka qorraxda. Iftiinka qorraxdu waa hab nololeed casri ah oo laga soo qaatay meel kale. Intaas waxaa dheer, dadka Soomaaliyeed waxay adeegsanayeen hababka kala -fogeeynta carruurta ee soo jireenka ah ilaa waqti dheer. Si kastaba ha ahaatee, hababkaani had iyo jeer waxtar ma laha waxaana laga yaabaa inay u baahdaan in ninka iyo xaasku kala fogaadaan. Haddaba, waxaan rabnaa inaan soo bandhigno hababka Fasaxa Carruurta casriga ah si lammaanuhu ugu noolaadaan nolol farxad iyo caafimaad leh.

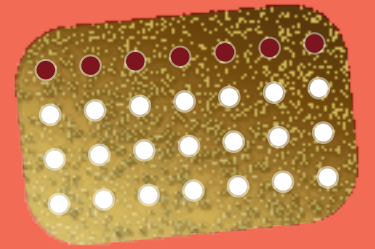
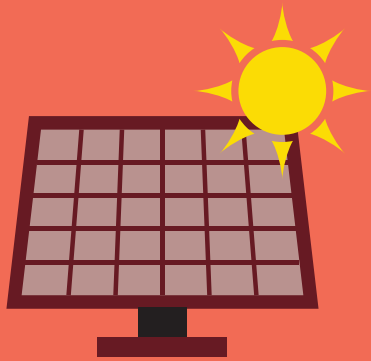
SAY: Sometime people in Somali say they don't like the idea of contraception because they say it is modern and not for our society.

ASK: What do you think about that idea? Are there other things in Somali that come from outside? How have they changed our way of life?

For example (Show how the community adopted modern way of life and tools contrary to traditional way of doing things)

1. Traditional FP (Breast feeding as a way of spacing children) _____ Modern contraceptives/FP
2. Human Messengers _____ Mobile phone
3. Lamp _____ Solar light

SAY: There are other things in Somali that come from outside that changed your way of life. One good example is solar light. Solar light is modern way of life adopted from other place. In addition to this, Somali people have been using traditional child spacing methods since long time. However, these methods are not always effective and may require that the husband and wife stay apart. Thus, we want to introduce modern CHILD SPACING methods so that couples lead a happy and healthy life.



Dhab ahaantii, waxaa jira dhaqan soo jireen ah oo ah in carruurta la kala fogeeyo af Soomaaliga mar hore.

Maxay yihiin siyaabaha hore loogu yaqaanay beeshan si dib loogu dhigo dhalashada ilmaha xiga?

Sii tusaalaha naas -nuujinta: Naasnuujintu waa hal hab Sax?

Weydii: Waa maxay faa'iidooyinka habkan?

Weydii: Maxay yihiin qaar ka mid ah cilladaha hababkaan?

In fact, there is a long tradition of spacing children in Somali already.

What are some ways that are already known in this community to delay the birth of the next child?

Give the example of breastfeeding:
Breastfeeding is one method Right?

Ask: What are some benefits of this method?

Ask: What are some of the drawbacks of these methods?





1. Kiniinka ka hortagga uurka ee afka la isku daray (combined oral contraceptive pills)

- Wax ku ool ah oo dib loo rogi karo iyada oo aan dib loo dhigin
- Qaado hal kaniini maalin kasta oo bilow baakadaha cusub waqtigii loogu talagalay waxtarka ugu weyn
- Dhiig ama dhibco lama filaan ah ayaa dhici kara, gaar ahaan marka hore. Waxyeello ma leh. Dhiigga billaha ah wuxuu noqdaa mid fudud oo joogto ah dhawr bilood kadib
- Dumarka qaarkood waxay leeyihiin madax -xanuun fudud, miisaanka oo is -beddela, calool -xanuun, gaar ahaan marka hore. Kuwani badanaa way baxaan.
- Ammaan u ah ku dhawaad haween kasta. Dhibaatooyinka halista ah aad bay dhif u yihiin.
- Waxaa la isticmaali karaa da 'kasta iyo haddii haweeney carruur dhashay iyo in kale
- Caawinta ka hortagga xanuunka caadada, dhiig -bax culus, dhiig -yaraan iyo xaalado kale.



2. Ka -hortagga uurka ee la isku duro (injectable contraceptive)

• Wax ku ool ah oo nabdoon

- Hal duritaan 3dii biloodba mar
- Waxaa suuragal ah in lagu durayo meel ka baxsan rugta caafimaadka, bulshada dhexdeeda.
- Dhiig -dhibco iyo dhiig -bax aan caadi ahayn ayaa badanaa dhaca dhowrka bilood ee ugu horreeya, ka dibna badiyaa joogsashada dhiig -baxa billaha ah. Miisaanka oo si tartiib tartiib ah u kordha, madax xanuun fudud. Waxyeello ma leh.
- Si gaar ah. Qaar kale ma sheegi karaan in haweeney isticmaalayso.
- Waxaa la isticmaali karaa da 'kasta iyo haddii haweeney carruur leedahay iyo in kale.
- Marka cirbadaha la joojiyo, haweeneydu mar kale way uuraysan kartaa. Muddo 3 bilood ah kadib waxay qaadan kartaa dhowr bilood oo dheeraad ah.
- Ammaan marka naas -nuujinta, laga bilaabo 6 toddobaad dhalmada kadib.
- Waxaa la heli karaa cirbadaha bilaha ah. Iyada oo la isku duro bil kasta sida cyclo-fem, dhiigbaxa bishii ayaa caadi ahaan noqda mid fudud oo gaaban ama soo noqnoqda. Bar -baro iyo dhiig -bax aan la filayn ayaa dhici kara.



6. Kiniinka ka hortagga uurka ee degdegga ah (emergency pills)

- Caawinta ka -hortagga uurka marka lagu qaado 5 maalmood gudahood ka dib galmo aan la ilaalin ama qalad ka dhacay habka qorsheynta qoyska.
- Ammaan u ah dhammaan dumarka.
- Ma carqaladeeyaan uurka ama waxyeello uma geystaan ilmaha haddii qof dumar ahi hore uur yeelatay.
- Hababka qorsheynta qoyska ee joogtada ah ayaa ka waxtar badan. Fadlan tixgeli hab joogto ah.



4. Rakibayaasha/maqaar galaha (implant)

- Mid ama dhowr ulood oo yaryar ama kaabsal ayaa la geliyaa maqaar-ka gacanta sare ee haweeneyda. Wax yar ayaa la sameeyaa marka maqaar -galaha la dhigo.
- Mid kasta oo shaqeynaya 3 ilaa 7 sano, taas oo ku xidhan maqaar -galaha.
- Waxaa la isticmaali karaa da 'kasta iyo haddii haweeney ilmo dhashay iyo in kale.
- Haweeneydu waxay heli kartaa bixiye tababaran oo ka soo saara maqaar -galaha mar kasta. Markaas ayay uur yeelan kartaa iyada oo aan dib u dhac lahayn.
- Dhiig -bax aan la filayn ama dhibco ayaa dhici kara, ama dhiig -bax bille ah ayaa joogsan kara. Waxyeello ma leh.
- Ammaan marka naas -nuujinta, laga bilaabo 6 toddobaad dhalmada kadib.



5. Qalabka gudaha makaanka laagashtoo (IUD)

- Qalab yar oo dabacsan oo leh naxaas ama hormoon, oo la geliyay gudaha ilmo -galeenka.
- Aad waxtar u leh, dib u noqon kara, muddo dheer. Copper TCu-380A IUD waxaa la isticmaali karaa ugu yaraan 12 sano.
- Copper IUD ayaa la gelin karaa isla marka dhalmada kadib, iyo sidoo kale waqtiyo kale.
- Xanuun xoogaa ah marka la gelinayo. Iyada oo leh naxaas IUD dhiig -bileedku wuxuu noqon karaa mid ka culus oo ka dheer, gaar ahaan marka hore. IUD hormoon ahaan ma laha dhiig bax aad u culus waxayna kaa caawineysaa ka hortagga dhiig -yaraanta.
- Dhibaatooyin halis ah waa dhif. Infekshinka miskaha ayaa marmar dhacda haddii haweeney ay leedahay cudurro galmada lagu kala qaado marka IUD la geliyo.
- Iskeed ayaa u soo bixi kara, gaar ahaan marka hore.
- Haweeneydu waxay uuraysan kartaa iyada oo aan dib u dhac lahayn marka IUD laga saaro.



3. Cimjir/kondoom (condom)

- Ka caawi ka hortagga uurka iyo qaar ka mid ah cudurra-da galmada lagu kala qaado, oo ay ku jiraan HIV/AIDS, marka si sax ah loo isticmaalo mar kasta.
- Si looga badbaado STIs/HIV, lamaanayaasha qaarkood waxay isticmaalaan kondhom iyo hababka kale ee qorsheynta qoyska.
- Way fududahay in la isticmaalo iyada oo la adeegsanayo wax yar
- Wax ku ool ah haddii si sax ah loo isticmaalo mar walba. Badanaa lama isticmaalo mar walba, si kastaba ha ahaatee
- Dadka qaar ayaa diida in kondhomku joojiyo galmada, yareeyo dareenka, ama ceebeeyo. La -hadalka lamaanaha ayaa ku caawin kara.

Maxaad ku aragtaa halkan?

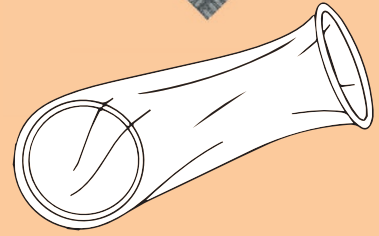
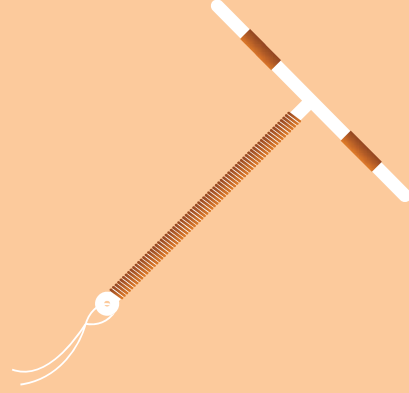
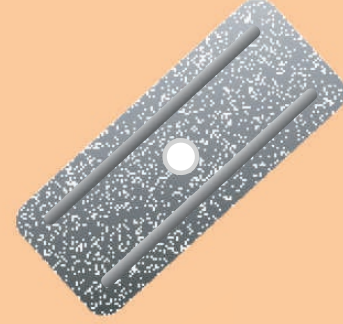
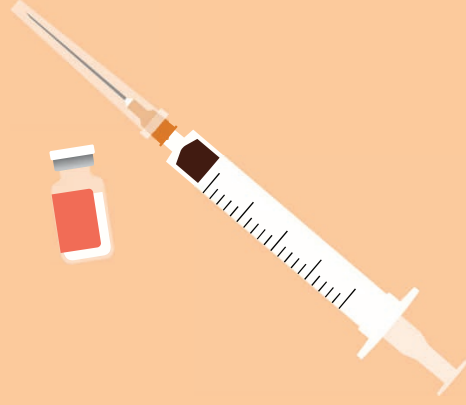
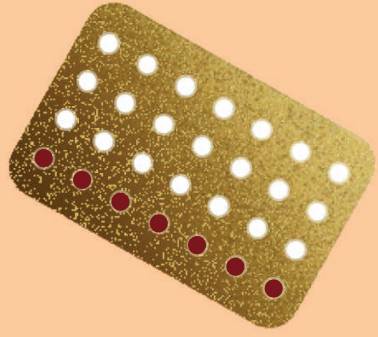
Haa, sida ay meelaha kale ee casriga ahi uga jiraan habab kale, waxaa jira siyaabo casri ah oo carruurta loogu meeleeyo. Ma taqaan mid ka mid ah kuwan?

U sharax 1 1.

"What do you see here?"

Yes, just like there are modern conveniences in other areas, there are modern ways to space children too. Do you know any of these?

Explain them 1 by 1.



Miiska doorashada

Dad badan ma yaqaaniin hababka ay u kala duwan yihiin iyo saamaynta kala duwan ee jirka. Waxaad igala hadli kartaa baahiyahaaga iyo si wada jir ah, waxaan ku heli karnaa habka saxda ah ee ku saleysan waxa adiga kuugu muhiimsan. Tusaale ahaan, hababka qaar ayaa aad u fududeeya in aad isu dhowaato. Hababka qaarkood, marka la saaro ama la dhammeeyo, isla markiiba uur yeelo halka kuwa kale ay sababi karaan xoogaa daahitaan ah. Qaar waxay baddashaan dhiigaaga kuwa kalena wax badan ma bedelaan. Dhammaantood waxay ku jiraan waqtiyo kala duwan sidoo kale!

Ma jiraa hab aad jeceshahay inaad hadda wax badan ka maqasho?
[Dhex mari walxaha marka loo baahdo

Choice table

Many people don't know what methods are different and different effects on the body. You can talk to me about your own needs and together, we can find the right method based on what is most important to you. For example, some methods make it very easy to be intimate. Some methods, once removed or finished, let you become pregnant again right away while others might cause some delay. Some change your bleed a lot and others not much at all. They all last for different periods of time too!

Is there any method you'd like to hear more about now? [Go through the elements as needed]

Miiska doorashada

Habka kala fageynta ilmaha						
Isku dhawaansho	Saameyn ma lahan	Saameyn ma lahan	Saameyn ma lahan	Saameyn Yar	Saameyn Yar	Saameyn Yar
Ku noqo bacriminta	Degdeg	Degdeg	Qaar baa dib u dhiga	Degdeg	Degdeg	Degdeg
Dhiigga oo isbedela	Isbeddel yar	Isbeddel yar	Yarayn/jooji	Isbeddel yar	Isbeddel Majiro	Isbeddel yar
Muddada	Muddo -dheer	Muddo -dheer	Muddo -gaaban	Muddo -gaaban	Muddo -gaaban	Muddo -gaaban



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