

NSAMBO WANGA OYAMBA



Chifukwa chiani ukhondo ndiofunikira
pa nyengo ya nsambo

Zankatimu

Nsambo oyamba Zinthu zothandiza pa nyengo ya nsambo

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Mau oyamba ochokera ku bungwe la 'Real Relief'.

Kafukufuku anasonyeza kuti atsikana ambiri amakumana ndi mavuto osiyasiyana okhudzana ndi ukhondo pamene akudutsa mu nyengo ya nsambo ku sukulu ndi kumanyumba komwe. Ena mwa mabvutowa ndi awa: kusadziwa, zikhulupiliro zolakwika zokhudza nsambo, kusowa kwa madzi okwanira, kusowa kwa zimbudzi ndi kusowa kwa zinthu zina zothandizira ukhondo wapathupi zomwe zimapangitsa atsikana kuvutika kwambiri podzisamalira pa nyengo ya nsambo.

'Nsambo wanga oyamba' ndikabuku kophunzitsira za kagwiritsidwe ntchito kabwino ka zinthu zothandizira ukhondo panyengo ya nsambo makamaka kwa atsikana amene angotha nsinkhu kumene.

Tikukhulupirira kuti kabukuka kathandizira kupititsa patsogolo zokambilana ndi kuphunzitsanso atsikana za ukhondo wabwino pa nyengo ya nsambo. Izi ndizothandiza kwa ife tonse a Malawi ndipo ndikhumbo lathu kuti atsikana akhale ndi kuthekera kodzithandiza paokha pa nyengo ya nsambo wawo ndipo adzikhalsanso ounyadila nsambou.



Anjali, Sofie, ndi Malaika angoweluka kumene kusukulu. Lero agwilizana zopita kunyumba kwa Anjali kukasangalala.



Inu anzanga, ndikufuna mukumane ndi anzanga akusukulu omwe maina awo ndi Sofie ndi Malaika. Ticheza nao limodzi masana ano.

Inu atsikana, uyu ndi m'chemwali wanga Zara ndipo uyo ndi m'chimwene wanga Tapan.

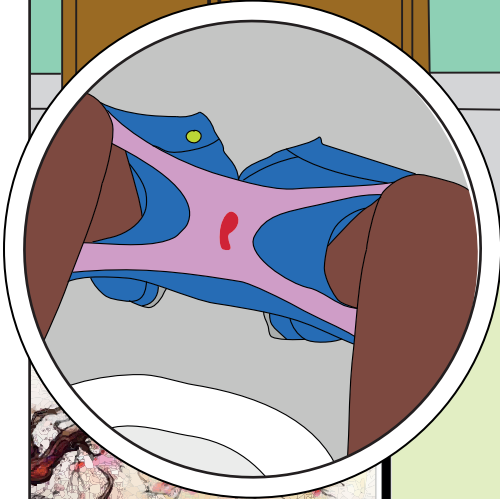
Yeeehh !!

Yeeeeehh, takulandirani kwathu kuno!!



Malaika akuonetsetsa pa chovala cha Anjali ndipo wadabwitsidwa ndikuopanso pa zomwe waonazo.

liiiiii, koma!



AnjaliAnjali..uli kuti?

Malaika naenso akuoneka okhumudwa, ndipo akumunong'oneza Zara.

Pepani, Anjali anabwelelanso kunjja kuja. Pali china chomwe ukufuna, ndikuthandize.

Eee zoonadi. Penapake zandivutadi. Ndikuona magari m'kabudula mwanga., ndiri odabwa kwambiri ndipo ndizachilendo kwa ineyo. Sindikudziwa ndingachite bwani?

Aaaaah, iwe Malaika, usadandaule choncho, palibe chovuta chilichonse apa, ndikhulupilire ineyo. Zimenezi zimatchedwa nsambo ndipo zimachitikira m'tsikana aliynse

Ooooooh, chabwino

Nsambo oyamba

Atsikana ambiri amatha nsinkhu kapena kugwa pansu kapena kukhala ndi nsambo wawo woyamba pamene afika zaka za pakati pa zisanu ndi zinai (9) ndi zaka khumi ndi zisanu nzinai (19). Pa nsinkhu umeneu pali zambiri zomwe zimayamba kusintha mmatupi mwao monga, mabele amayamba kukula, chiuno chimayamba kukula, ubweya kapena tsitsi limamela mkhwapa ndi m'malo ena obisika komanso sachedwa kukwiya chifukwa cha kusintha kwa m'thupiku. Kusambaku kumapitilira zaka zambiri. Nsambowu umadzalekelatu akadzafika zaka pakati pa makumi anayi ndi makumi asanu. Nkazi akakhala munyengo ya nsambo, amatchedwanso kuti 'akusamba' kapenanso kuti 'ali kumwezi'.

Zina zomwe zimabwera ndi nsambo

Mtsikana amayamba kutuluka madzi olimba pang'ono ndi otuwa (oyera pang'ono) kumaliseche kwake asanayambe nsambo makamaka patangotsala miyezi isanu ndi umodzi (6) kuti akhale ndi nsambo oyamba. Madzi otelewa ndi nsambo ndi zinthu ziwiri zosiyana. Madzi otuwawa amachokera muchibelekelo ndipo kalimbidwe kake kamasinthesintha komanso madziwa amakhala ndi kafungo pang'ono. Kabweledwe ka madzi amenewa kamasinthesintha zaka zikamapita. Pamene madzi otelewa ayamba kutuluka, amakhala olimbilako, ndipo panthawi imeneyi nkazi angathe kutenga mimba ngati akhala malo amodzi ndi mamuna chifukwa dzila limakhala lili pafupi.



Chikazi chopanda Matenda

Chikazi chotuluka chimakhala ndi fungo pang'ono. Mukavula kabudula wankati mumaona mtundu wothawila ku chikasu pamene pafikila chikazicho.



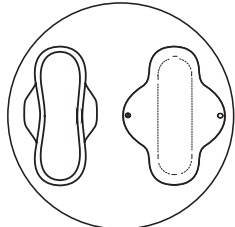
Chikazi cha Matenda

Chikazi chotuluka chimakhalandi fungo ngati nsomba, Chimakhala cha thovu, Mtundu wake umakhala wachikasu, pena wophatikizina ndi Magazi komanso Mumamva kuyabwa, ndi zizindikilo izi, thamangilani Kuchipatala.

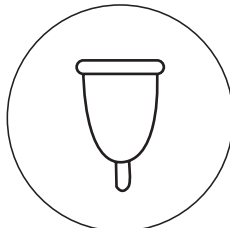


Zinthu zothandiza pa nyengo ya nsambo

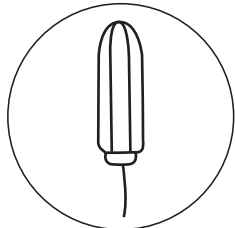
Tinsalu tophatikiza pamodzi tovala pa nyengo ya nsambo.



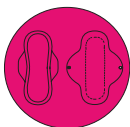
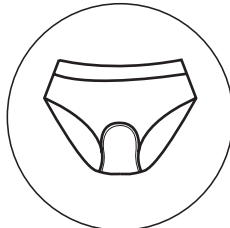
Kachibikiri kapena kapu wa nsambo



M'bulu wa thonje omwe umaikidwa nkati mwa maliseche osunga magari kuti asatuluke



Kabudula wa nkati wopagidwa kuti azivalidwa panthawi ya nsambo yokha basi



Kudzisamalira pa nyengo ya nsambo

Ngati mumagwilitsira ntchito tinsalu tophatikiza (pad pachingelezi) pa nsambo wanu, ikani tinsaluti nkati mwa kabudula wanu wankati. Musaike tinsaluti nkati mwa maliseche anu ai. Zomwe zimaikidwa nkati mwa maliseche anu ndi m'bulu wathonje kapena kachibikiri ka nsambo. Ngati magari akubwera ambiri, dzisinthani tinsalu tophatikizanati, kapena thonje kapena timapepala tofewa kwambiri maola asanu ndi amodzi (6) alionse kapena pafupi pafupi kwambiri. Khalani omasuka ndipo kambalanani ndi azimai kapena atsikana anzanu, mai anu, azakhali anu ndi ena onse achikazi za nsambo wanu momwe ukuyendera. Musaope, limbani mtima. Ndizoopsyadi kuona magari pakabudula wanu wa nkati. Koma umu ndimomwe ziyenera kukhalira pachilengedwe chanu. Ngati nsambo oyamba ukuchitikilani pa nthawi imene muli ku sukulu, fotokozelani aphunzitsi anu akazi kapena atsikana anzanu kuti akuthandizeni moyenera. Khalani onyadira za nsambou chifukwa tsopano muli kukula kuti mukhale m'tsikana wankulu

Tip!

Zinthu tatchulazi ndizofunika kusungidwa m'malo ozizira bwino komanso pamalopo pasakhale fumbi, utsi kapena mankhwala ena alionse.





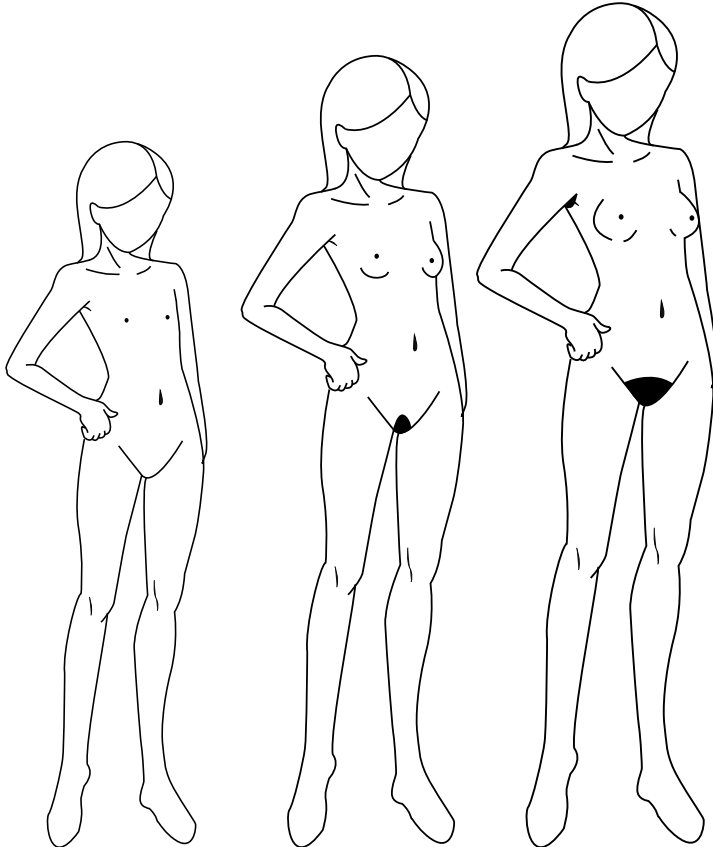


Ine ndinalandira kabuku kameneka kuchipatala. Kabuku kameneka kanandithandiza kwambiri nthawi imene ndinali ndi nsambo wanga oyamba.



Kuti timvetse bwinobwino za nsambo, ifeyo atsikana tikuyenera kuzindikira mokwanira za zimene zimachitika nkati mwa matupi athu.

Chimachitika ndi chiani m'thupi mwanu?



Pa zaka kuyambira zisanu (5) mpaka zisanu ndi zitanu (8)

kuyambira zaka zisanu ndi zinai (9) mpaka zaka khumi ndi mphambu zisanu(15)

kuyambira zaka khumi mphambu zisanu (15) mpaka zaka makumi awiri (20).

Kodi chimasintha ndi chiyani m'thupi, m'maganizo ndi muzochitika za mtsikana pamene akukula?

Zosintha muthupi: (chaka choyamba mpaka zaka zisanu ndi zitanu (8)

- Kutalika msinkhu
- Kukula thupi
- Kumela ubweya mukhwapa ndi m'malo ena obisika
- Kusintha kwa mau, kukula kwa mabele ndi maliseche
- Kuyamba nsambo.

Kusintha m'maganizidwe

- Zolakalaka/zosilira- paumoyo
- Kukhala ndi manyazi
- Malingaliro ozama

Kusintha momwe umakhalira ndi anthu ena

- Udindo
- Zofuna zakumtima kwako
- Kufuna ufulu odzipangira zinthu pawekha ndi kuyeselera zinthu zina zachilendo.

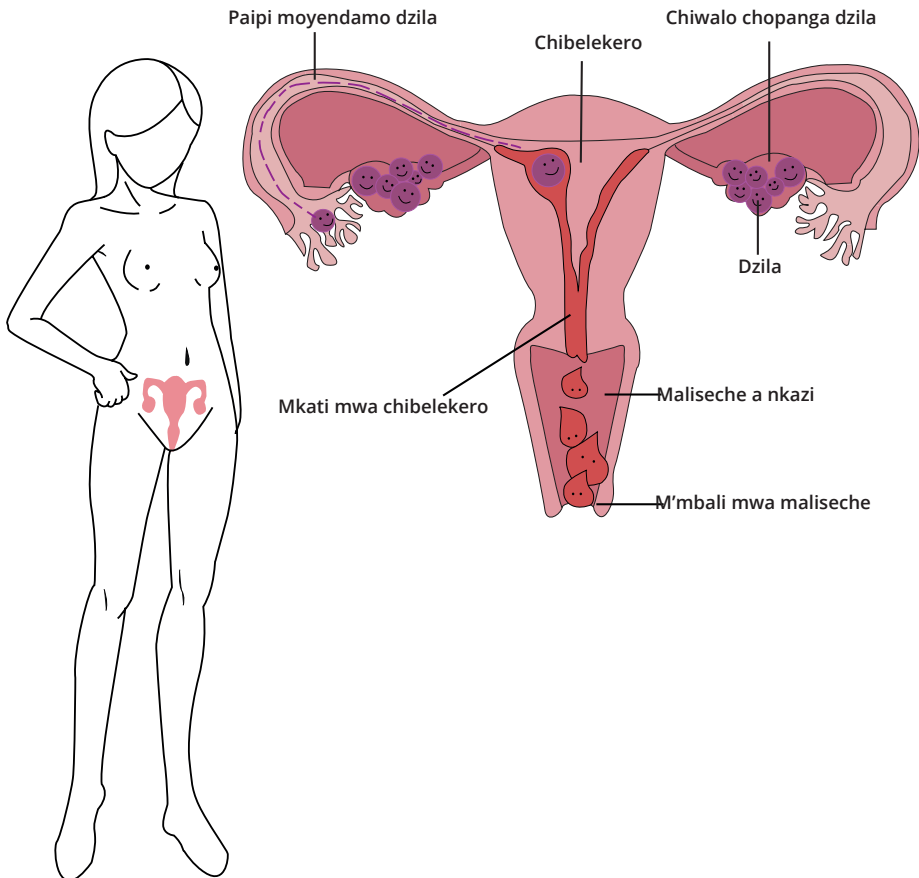
Kodi magazi a nsambo ndi chiani ndipo amachokera kuti?

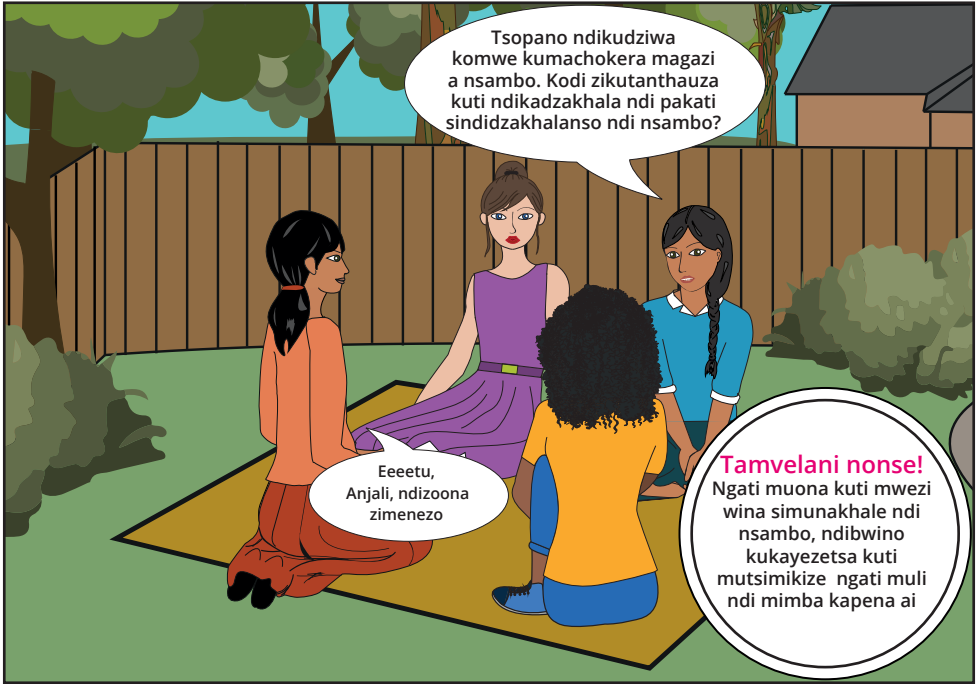
Nsambo ndi magazi pamodzi ndi madzi ochokera muchibelekero omwe amatuluka ku maliseche mwezi ulionse (Komwe kunachokera dzina loti 'kumwezi'). Chibelekero chimapeleka zakudya ndi zofunika zonse ku dzila ndiponso kukamwana kamene kangopangidwa kumene m'mimbamo.

Pamene dzira lilipafupi kufika, chibelekero chimakonzekera dzila lomwe lakumana ndi umuna pokungika ndikulimbitsa nkati mwake kuti dzilalo lisachoke.

Koma ngati dzila silinakumane ndi umuna, dzilalo pamodzi ndi madzi a mkati mwa chibelekero, zonse zimatulukira limodzi ku maliseche ngati nsambo.

Ziwalo zokhudzana ndi nsambo:



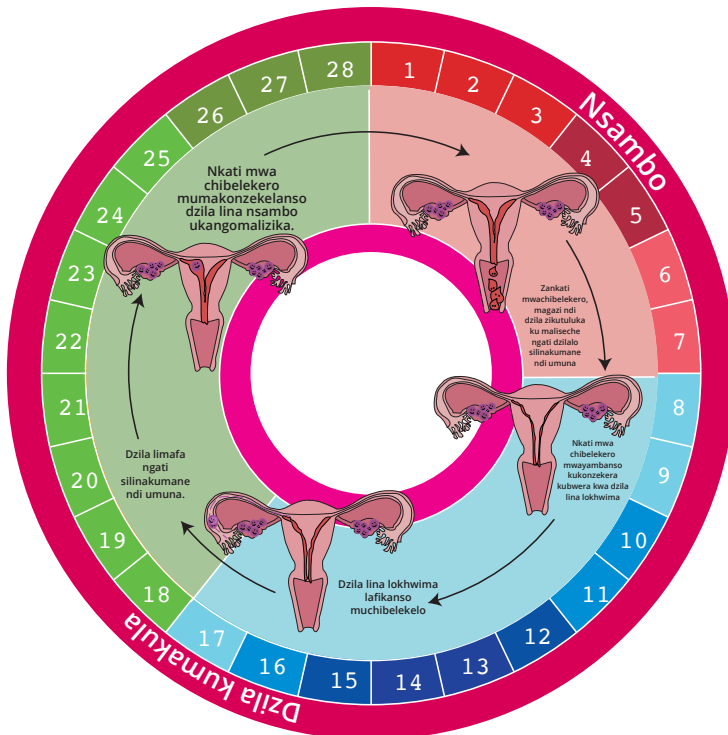


Chilengedwe ndi ziwalo zonse zokhudzana ndi kubeleka mwa nkazi

Nsambo ukayamba ndipo ukamalizika, kuti udzachitkenso pamapita masiku okwanila makumi awiri mphambu zisanu nzitatu (28). Akazi ambiri akamaliza nsambo, kuti nsambo wina uchitkenso pamayenera kupita masiku makumi awiri mphambu limodzi (21) kapena mpaka kufika masiku makumi atatu mphambu zisanu (35). Nkati mwa nkazi muli chiwalo chomwe chimapanga dzila nthawi yake ikakwana. Nthawi zonse nsambo umayamba ndi dzila lomwe limayenda mu paipi kuchokera muchiwalochi kufikira muchibelekero. Ndipo nthawi yomweyo zankati mwa chibelekero zimayamba kukungana pamodzi ndi magari kuti dzila lija likumane ndi umuna. Ngati dzila lija silikumana ndi umuna, zankati zonse, magari pamodzi ndi dzila lija zimatulukira ku maliseche a nkazi ngati nsambo. Nsambowu umatha kuchitika masiku awiri basi kapena kupitilira apo, mwinanso mpaka kufika masiku asanu ndi awiri (7). Magazi amabwera ambiri masiku ena ndipo ochepa masiku enanso. Masiku amene nsambo umachitikira pa mwezi amakhala akusinthasintha mwa nkazi wina aliyense makamaka zaka ziwiri zoyambilira.

Zochitika m'thupi chifukwa cha nsambo

Pamene alipafupi kuyamba kapena akangoyamba nsambo, akazi ambiri amakumana ndi mavuto osiyanasiyana monga awa; nsana kupweteka, mutu kupweteka, chisanzo –sanzo, m'mimba kupweteka, kumva kutopa ndi zina zotere. Amathanso kukhala okhumudwa, okwiya nsanga kapena osasangalala, koma izi zimachitika mosiyana pakati pa akaziwa ndipo izi zimasintha zaka zikamapita.

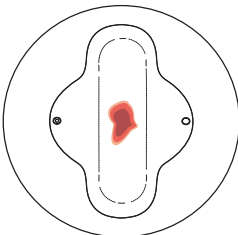


Nsambo umasiya nzimai akakwanitsa zaka kuyambira makumi anai mphambu zisanu (45) kufikira zaka makumi asanu mphambu zisanu (55).

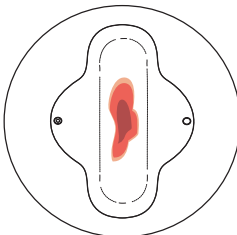


Kodi nsambo ndi magari zidzi kapena ai?

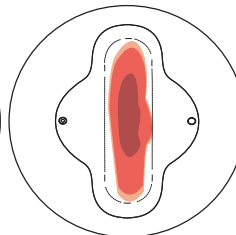
Nsambo simagazi okha ai, koma zosakanikilana za magari, za nkati mwa chibelekero ndi zina zotaidwa nkatimo. Zonse za nsambo zotaidwa pa mwezi umodzi tingazifanizire ngati kuyambira masipuni anai mpaka masipuni khumi ndi awiri, ndipo kuyendelera kwa nsambo wa nkazi pa mwezi tingauyelekezere muyeso wa gawo limodzi mwa magawo asanu ndi atatu a botolo la fanta (30/40 ml). Kupitilira magawo awiri otelewa zingatanthauze kuti nsambo otele ukutaya magari ambiri. Masiku oyambilira nsambo umataya magari ochepa, kenaka ochuluka pang'ono ndipo masiku omalizira magari amakhalanso ochepa ngati poyamba pomwe. Mtundu wa magari umasinthanso kuchokera kofiira pang'ono (brown) koyambilira kupita kofiira kwambiri kenaka kofiira pang'ono pomaliza



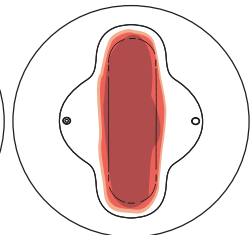
Timagazi tochepa
Timagazi topakika pa kansalu kanu pang'ono chabe (1 inch) pa nthawi yokwana ola limodzi.



Magazi ochepa
Timagazi topakikako pang'ono nditihu pa kansalu Kanu motalikilako pang'ono (4 inches) pa nthawi Yokwana ola limodzi



Magazi ochuluka pangono
Magazi opakika pa kansalu kanu motalikilako Pang'ono (osapitilira 6 inches) pa nthawi yokwana Ola limodzi.



Magazi ambiri
Magazi kuyendelera pa kansalu konse pa nthawi Yokwana ola limodzi.





Eya, inenso ndinamva zimenezo koma sizoonna ai. Nsambo ndi nkhanani yovuta kwa anthu ambiri ndipo imaleta zambiri kwa atsikana ndi azimai. Koma siziyenera kukhala choncho ai. Nsambo ndi chinthu chabwinobwino ndipo chimayenera kuchitika chifukwa ndi umoyo wabwino wa nkazi.

Kodi choletsedwa pachikhalidwe chathu ndi chiani?

Choletsedwa pa chikhalidwe ndi china chilichonse chomwe anthu safuna kuchikamba poyera, ndipo safuna kumachitichula akamacheza nthawi zambiri. Chimodzi chokhudza nsambo ndikuti nsambo umakhumudwitsa ndipo mtsikana wa nsambo amam'ganizira kuti ndiosadzisamala panthawi ya nsambo wake. Izi sizoonna mpang'onong'ono pomwe ai. Nsambo ndi chilengedwe chosachititsa manyazi konse ai.

Zikhulupiliro zokhudza amai pamene akuchita nsambo

Amai ambiri ndi opondedezedwa pa moyo wawo wa tsiku ndi tsiku. Zina mwazikhulupilirozi ndi zabodza. Ena amati nkazi pa nyengo ya nsambo, asamachite izi



Asamapite ku chalichi



Asaphike chakudya



Asapite ku sukulu.



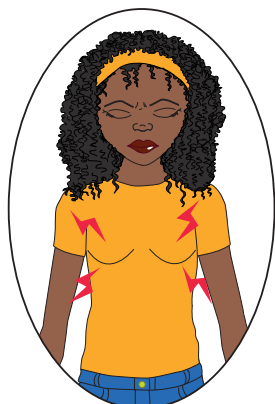
Asakhudzane ndi mamuna



Asadye zakudya zina

Kodi nkazi amamva zotani m'thupi mwake nsambo ukamayandikira?

Pakatsala masiku ochepa kuti nsambo uyambe, nkazi amamva zosiyanasiyana m'thupi mwake monga izi ; Kumva kupweteka kapena kulemera kwa mabele ndipo mimba yake imafufuma. Amamvanso mutu ndi nsana kupweteka, kumva ngati wadwala komanso amakhala ndi khumbo la tizakudya tosiyanasiyana. Chifukwa chakuthamanga kwambiri kwa magazi m'thupi mwake, nkazi pa nthawi imeneyi amatha kukhala wokhumudwa kapena waukali kusiyana ndi m'mene amkhalira nthawi zonse.



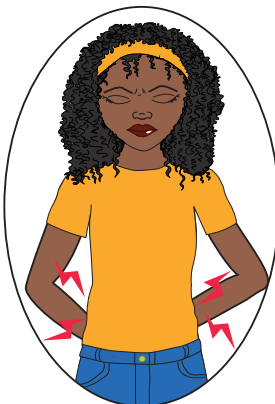
Mabele kupweteka



M'mimba kupweteka



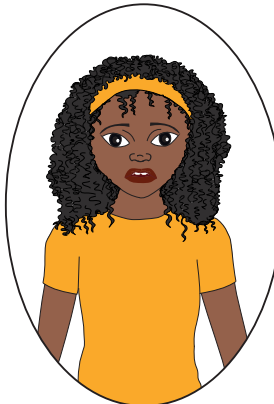
Mutu kupweteka



Nsana kupweteka



Ziphuphu zimatuluka kumaso



Kukhala wokhumudwa kapena waukali mosinthatintha.



Kodi njira yodziwira masiku a nsambo wanu ndi yotani ndipo chifukwa chiyani tikuyenera kuigwilitsa ntchito?

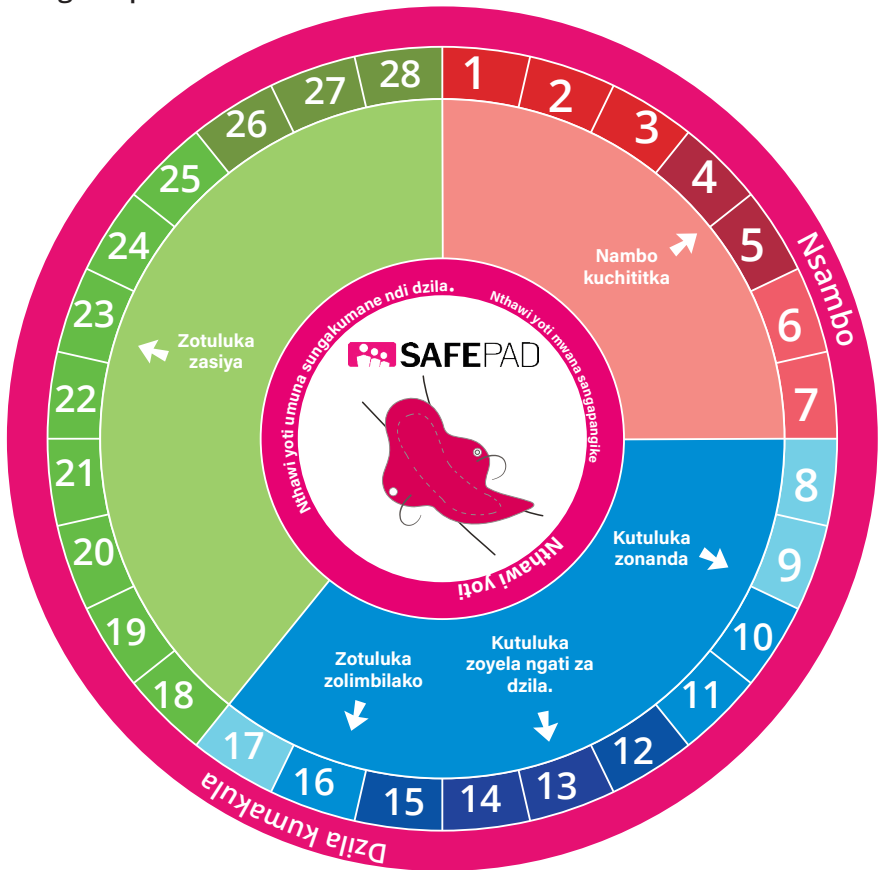
Njira imeneyi ndi kalendala kapena manambala amene amakuthandizani kuwelengetsera kuti mudziwe masiku a nsambo wanu kutengera ndi kuchuluka kwa masiku a nsambo wanu. Kalendalayi kapena manambalawa amakuthandizani kudziwa masiku a nsambo wanu kuti muzitha kuukonzekera bwino lomwe osati nsambo uzibwera mokudzidzimutsani ayi. Mudzadziwa ndithu masiku enieni omwe nsambo wanu umayambira ndipo mudzidzaukonzekera mokwanira pokhala ndi zofunikira zonse zomwe mumayenera kugwilitsira ntchito pa nsambo wanu. Pachifukwa ichi mudzakhala odzidalira ndi kudzikhulupilira podzisamalira bwino pa masiku a nsambo wanu.

Chitsanzo: Pakati pa tsiku lomaliza nsambo wanu ndi tsiku loyambira nsambo wina pakupita masiku ochuluka bwanji? Mukapeza masikuwo, sankhani nokha masiku anuwo ndipo m'musi mwakemo mupeza kuchuluka kwa masiku a nsambo wanu.

Kuchuluka kwa masiku pakati pa nsambo wanu umodzi ndi unzake:	Masiku a nsambo wanu akhala motete:
22	6 mpaka 8
24	8 mpaka 12
26	10 mpaka 14
28	12 mpaka 16
30	14 mpaka 18
32	16 mpaka 18
34	18 mpaka 24
36	20 mpaka 24
38	22 mpaka 26
40	24 mpaka 28
42	26 mpaka 30

**Tingawelengetsere bwanji masiku a pa mwezi a nsambo wathu?
Kuti mudziwe tsiku lodzayambira nsambo wina ukatha nsambo
uno muyambire tsiku loyamba la nsambo uno.**

Dziwani kuti tsiku loyamba la nsambo wanu ndi tsikunso loyamba
kuliwengera pa mwezi onse kuti mudzachitenso nsambo wina.



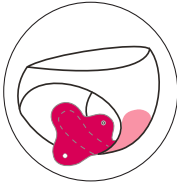
Chitsanzo:

Mwayamba nsambo wanu tsiku la 4 march ndipo nsambo wanu umachitika masiku asanu (5). Ngati tsiku la nsambo wanu winawo ukudzayamba pa 2 April , ndiye kuti masiku anu pa mwezi wonse kuti muyambe nsambo wina muwelengetsere kuyambira 4 March mpaka 1 April. Masiku amenewa ndi 29. Izi zikutanthauza kuti inuyo mukamaliza nsambo wanuwu papita masiku 29 kuti muyambenso nsambo wina.

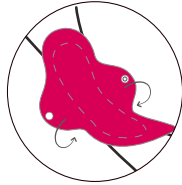


Kugwiritsa ntchito kansalu kopinda bwino pa nthawi ya nsambo.

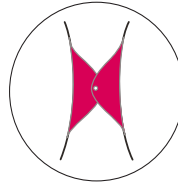
Kansaluka kamavalidwa limodzi ndi kabudula wa nkati



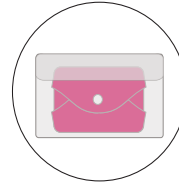
Poyamba ikani kansaluka nkati mwakabudula wanu wa nkati musanamuvale



Kansaluka kamakhala ndi mabatani mbali ziwiri. Pindani mbali ziwilizi za kansaluka kuseli kwa kabudula.

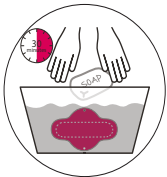


Mangani mabataniwa kuseli kwa kabudulayo ndipo muvaleni tspano.

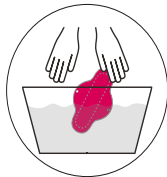


kakwana nthawi yosintha, sungani kabudulayu kudikira kumuchapa pamodzi ndi kansalu kaja.

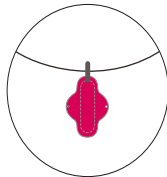
Kachapidwe ka kansalu kovala pa nsambo komwe kamavalidwa mobweleza-bweleza.



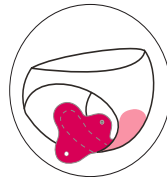
Viikani kansalu kakudako m'madzi ozizira ndipo mukapake sopo.



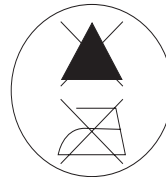
Kachapeni ndi madzi oyera bwino



Yanikani kansaluko pa malo popita mphepo bwino.

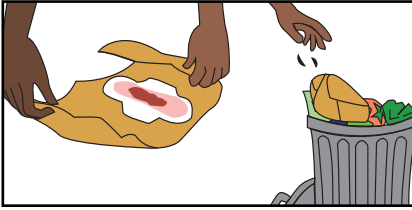


Kagwilitseniso ntchito pamene kauma bwino.



Onetsetsani kuti musasite kansaluka (ndi nsimbi) kapena kukachapira ndi mankhwala ena alionse ochapila koma chapilani sopo basi.

How to dispose of sanitary pads



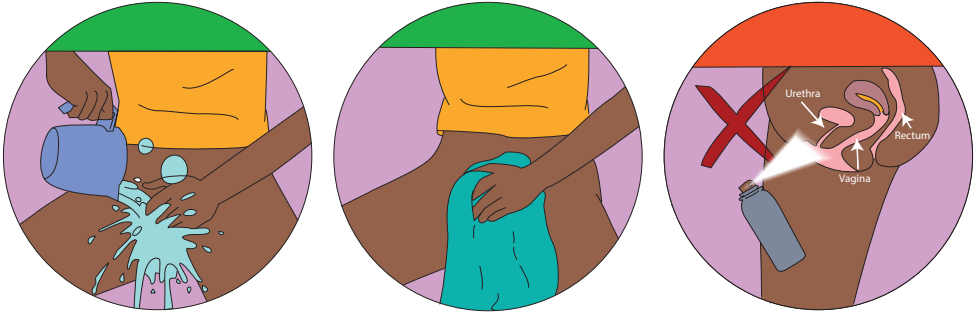
Kansalu kovala pa nsambo komwe kamagwiritsidwa ntchito kamodzi kokha ndikofunika kukataya mukagwilitira ntchito kamodzi kokha ndipo muhoza kukataya chimodzimidzi ngati zotayidwa zina zonse zapakhomo.



Kansalu komwe kamagwiritsidwa ntchito mobweleza bweleza kangathe kumachapidwa ndikumavalidwa mobwelezanso kambirimбири ngakhale kokwanira zana limodzi. Kansaluka katayidwe pamene katha ntchito kwenikweni.



Kodi mungadzisamalire bwanji pa nyengo ya nsambo?



Dziwani kuti azimai ndi atsikana akuyenera kudzisamalira kwambiri ndikukhala aukhondo makamaka pa nyengo ya nsambo.

1. Momwe mungasamalire maliseche anu.

Panyengo ya nsambo, magazi amalowelera pakhungu ndiponso m'mbali mose mwa maliseche anu ndi kochitira chimbudzi. Muonetsetse kuti muzisamba kuyambira kumaliche kukamalizira kochitira chimbudzi osati kuchokera kochitira chimbudzi kupita kumaliseche ayi chifukwa tizirombo toyambitsa matenda tingathe kuchokera kochitira chimbudzi kupita kumaliseche.

Muonetsetse kuti mwasamba mokwanira musanasinthe kansalu kovala pa nyengo ya nsambo. Ngati nkosatheka kusamba musanasinthe kansalu, onetsetsani kuti mwadzipukuta mokwanira ndi timapepala ta kuchimbudzi totchedwa 'toilet tissue' pachingelezi.

2. Onetsetsani kuti m'mphechepeche mwanu muli mouma bwino.

Yesetsani kuti m'mphechepeche mwanu mukhale mouma bwino kuti tizilombo toyambitsa matenda tisafikemo

3. Musagwiritse ntchito sopo kapena mankhwala ochapira posamba nkati mwa maliseche anu.

Nkati mwa maliseche muli tizilombo tabwino ndi toipa tomwe ndipo timathandizana kuti nkatimo muzisamalika. Mukagwilitsira ntchito sopo kapena mankhwala ochapira, tizilombo tabwino tija timafa ndipo nkati muja mungathe kuyambika matenda mosavuta. Pofuna kutsukamo nkati mwa malisechewo, gwiritsani chabe madzi otentha pang'ono .

Sambani ndi sopo kunja kwa maliseche anu osati nkati mwa maliseche ayi ndipo musayelegeze kupopelamo mafuta opha fungo loipa nkati mwa maliseche anu.



Kodi mumamva kupweteka nthawi ya nsambo? Nthawi yomwe ndinali ndi nsambo wanga woyamba ndinamva kupweteka m'mimba koma tsopano kupweteka kunasiya.

Kumva kupweteka pa nyengo ya nsambo sichinthu chachilendo ayi. Atsikana ambili amamva kupweteka alipafupi kuyamba nsambo kapena nkatikati mwa nsambo ndipo izi zimawachitikira- nthawi zambiri.



Kodi pa nyengo ya nsambo ungate kukasevera kapena kupita kusukulu?



Zara atamva funsoli anayamba kumwetulira mowonetsa kuti akumvetsa bwino za nkhanayi

Zarayu anati; 'Eya ungate kukasevera kapena kupita kusukulu chifukwa ichi ndi chilengedwe chabe. Ngati zomwe wanena Malaika, nthawi zina utha kumva kupweteka nthawi ya nsambo. Ine ndikudziwa kuti nthawi zina utha kuchepetsa kupwetekaku pochita timasevera tolimbitsa thupi.

Kodi chomwe chingathe kuchepetsa kupweteka panyengo ya nsambo ndi chiyani?

Pali zambiri zomwe zingathandizire kuchepetsa kupweteka ndikupangitsa kuti m'thupi mukhale bwino pa nyengo ya nsambo. Zina mwa njira zodziwika bwino ndi izi;

Zakudya zopatsa thanzi



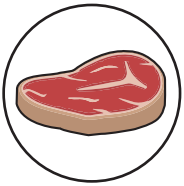
Ntedza uli ndi mafuta ambili ndipo ungakupangitseni kukhala bwino m'thupi mwanu pa nyengo ya nsambo.



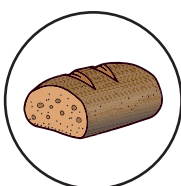
Idyani kwambiri zipatso zongothyoledwa kumene pamene mukuyandikira nsambo wanu kuti zakudya zizigayika mokwanira m'mimba mwanu



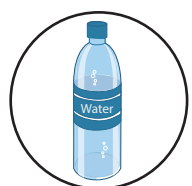
Ndiwo za masamba obiliwira. Idyaninso ndiwo za masamba obiliwira chifukwa zimakhala ndi mchere ndi mavitamini ofunikira ndipo zimathandiziranso kugaya bwino chakudya m'mimba



Idyani nyama yofiira monga ya ng'ombe chifukwa imakhala ndi mchere wobwezeletsa magazi omwe mumataya pa nyengo ya nsambo.

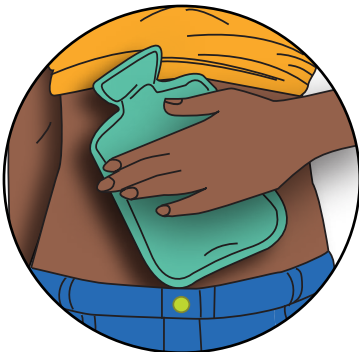


Kudya m'gaiwa kumathandizanso kuti chakudya chizigayika bwino m'mimba mwanu pa nyengo ya nsambo.



Madzi; Ndi bwino kwambiri kumamwa madzi okwanira chifukwa amathandiza kuchapa m'thupi mwanu.

Kumatenthetsa kansalu kanu.

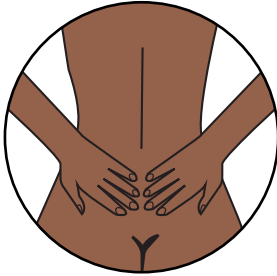


Kumbukirani izi!

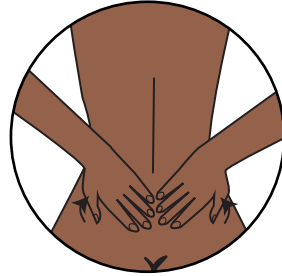
Ngati mukumva kupweteka pena paliponse mopitiliza, pitani kuchipatala kuti mukathandizike

Malo ena pathupi pathu omwe tikadinikizapo, ululu opweteka m'thupi umaleka

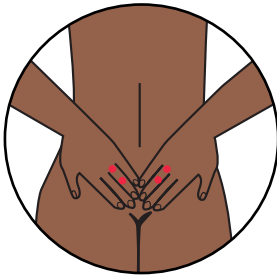
Malo amenewa tingawadziwe bwanji ndikuwagwiritsa ntchito kwake?



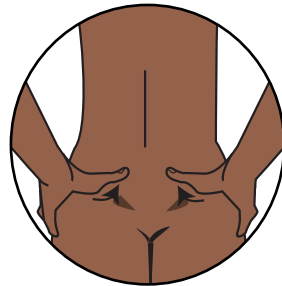
1. Pititsani dzanja lanu kumbuyo kwa nsana wanu ndipo khudzitsani dzala dzanu dza pakati m'munsi mwa nsanawo motalikilana.



2. Yendetsani dzaladzo motsitsa mpaka pamene dzikakhudzane.



3. Mupeza malo awiri otelewa; malo awiliwa ndi popindira pawiri pa chala chachiwiri kwa chala chomaliza kudzanja limene mwakhudzira kunsana kwanu.



4. Dinikizani m'malo awiri amenewa molekeza lekeza kenaka ndi kudinikizanso mosalekeza mpaka mphindi zisanu kapena khumi. Kupweteka kumasiya nthawi yomweyo. Mukadinikiza kopitilira apa, kupweteka kumalekanso nthawi yotalikilapo ndithu

Kumbukilani!

Malo amenewa ndi pamene mitsempha inakumana. Malo amenewa amakhala ofewa kwambili kuposela malo ena aliwonse kunsana kwanuku ndipo mungawadziwe mosavuta konse

Kodi malo okumanilana mitsempha ndi otani?

Awa ndi malo amene mitsempha yambiri inakumana ndipo ndi ambiri mu thupi lanu. Malo amenewa mukadinikizapo, magazi amayamba kuyenda kudzela mumitsempha ija ndipo kupweteka m'thupi lanu kumayamba kuchepa.

Zochita zolimbitsa thupi

Zochita zolimbitsa thupi zimachepetsa kupweteka kobwera ndi nsambo.



kuima ngati nsomba
kuima kotele moongoka
kumathandiza kuongola
nsana, khosi ndi miyendo
ndipo kumachepetsa
kupweteka komwe
kumabwela ndi nsambo.



Kuima mowelama ngati uta
kuima mowelama
kumachepetsanso mavuto
obwera ndi nsambo monga
kupweteka kwa nsana,
kumva kutopa ndi nkhwawa.
Kuima koteleku kumaongola
kutsogolo kwa thupi lanu.



Kuima ngati ngamila
Kuima kotele
kumachepetsanso mavuto
a nsambo monga kupweteka
kwa nsana komanso
kumathandiza kuti thupi
likhale lomasuka bwino



Kupotoza thupi
Kudzipotoza thupi
kumathandiza kuongola
mitsempha ya kumbuyo,
akatumba ndi pamimba.
Kumachepetsanso kupweteka
kwa kumbuyo konse mpaka
m'musi



5.Kugunditsa mutu pa bondo
Kuima kotele kumathandiza
kuongola nsana, m'mbali
mose mwa thupi lanu ndi
m'mapewa. Kuima kotele
kumathandizanso kuchepetsa
mavuto a nsambo monga
kumva kutopa, kukhumudwa
ndi mutu kupweteka.

Kumbukilani kuti
Ngati kupweteka kukupitilira, kumbukilani kupita kuchipatala kuti akakupatseni mankhwala
oletsa kupweteka



Yaaaah! Atsikana tsopano mukudziwa zambiri za nsambo ndiponso momwe mungadzisamalire pa nyengo ya nsambo.



Zikomo kwambiri Zara. Ndiri okondwa kwambiri kuti sindinali ndekha pamene ndimaphunzira za nsambo

Zikomo kwambiri nzanga Malaika



Ndichabwino
kwambiri kudziwa za nsambo.
Ndikukhulupilira kuti ine ndikanadzaopa
kwambiri kuona magazi pakabudula wanga
wankati pamene sindikudziwa chilichonse
cha nsambo

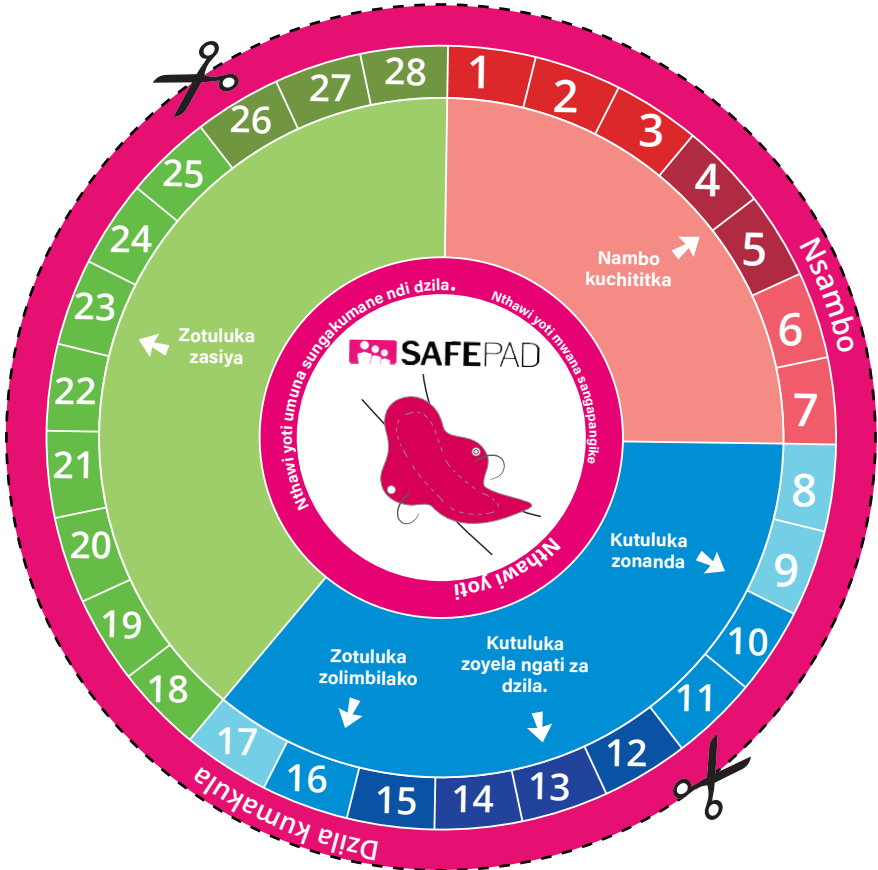
Eeeeh, inenso
ndionetsetsa kuti ndawafotokozera
anzanga onse za nsambo, kuti naonso
asadzaope nthawi yao ikadzakwana ya
nsambo oyamba.

Palibe chilichonse choopsya kapena kuchititsa manyazi chokhudza nsambo ai.

Ngakhale nsambo ndi chilengedwe chabwinobwino komanso chimaenera kuchitika ndithu pa moyo wa munthu wa nkazi, anthu ambiri amaona ngati ndi chinthu chovuta kuchikambilana poyela komanso chochititsa manyazi ndi kukhumudwitsa kumapangitsanso azimai ndi atsikana kukhala umoyo onyozeka ndi odzipatula. Mwachitsanzo, azibambo omwe ali ndi masitolo kapena ma golosale angathe kukhala opanda chidwi chosunga tinsaluti mwinanso angathe kumatibisa kumene chifukwa aziganiza kuti atsikana azichita manyazi kufunsa za tinsaluti. Azimai naonso akhoza kukhala ndi manyazi kapena kukhumudwa kuti aziwafotokozera atsikana za tinsaluti chifukwa cha kukhudzana kwa tinsaluti ndi ubeleki. Chimodzimidzi aziphunzitsi naonso akhoza kuletsedwa kuphunzitsa atsikana za chilengedwe cha matupi awo. Tiyeni tipange nsambo kukhala chilengedwe chabwinobwino, chosachititsa manyazi ndikuchikambirana momasuka. Tikatelo tidzathetsa m'chitidwe wonyoza nsambo ndipo azimai ndi atsikana adzakhala osangalala ndi onyadira pamene ali pakati pa nsambo.

**#Tisakhale chete koma tikambilane za nsambo.
#Masiku ano, nsambo si chinthunso choopsya kukambilana ai.**


Cycle calculator



Nfundo zisanu za ukhondo pa nyengo ya nsambo



Nfundo zisanu zofunikira kwambiri pa nyengo ya nsambo ndi izi

1. Valani kabudula wa nkati wochapa bwino ndipo muzisintha kabudula pafupi pafupi.
 2. Muzisintha kansalu /thonje lovalira kumodzi ndi kabudula wankati pafupi pafupi (pakatha maola asanu ndilimodzi).
 3. Tsukani maliseche anu ndi madzi opanda sopo mukangochokera kuchimbudzi kapena mukatha kukodza kapena ngati palibe madzi pukutani bwinobwino malisechewo ndi kapepala kofewa bwino kotchedwa 'toilet tissue' pachingelezi.
 4. Yesetsani kupukuta m'mphechepeche mwanu kuti muzikhala mouma nthawi zonse kuti mupewe matenda
 5. Dziwani kuti muchilengedwe maliseche anu anapangidwa kuti amadzitsuka okha ndi madzi am'thupi momwemo ndipo pachifukwa ichi ndibwino kuti mukamawatsuka ndi madzi musagwilitsire ntchito sopo kapena mankhwala ena aliwonse.
- 

Khalani otetezedwa kumatenda, khalani omasuka.

Kulondoloza nsambo wanu.

Chaka: _____

Jan	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
Feb	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			
Mar	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
Apr	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	
May	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
Jun	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	
Jul	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
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Dec	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

Chaka: _____

Jan	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
Feb	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			
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Dec	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

LUMIKIZANANI NDI IFEYO NDIPO LONJEZANI NDI KUTITSIMIKIZIRA ZOCHITA PA MAKEYALA AWA

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Kabukuka kakusonyeza kudzipeleka kwathunthu kwa anthu ogwira ntchito mu bungwe lathuli lotchedwa 'Real Relief' ndi magulu otiimilira, mabungwe ndi aphunzitsi onse pa dziko lonse la pansu.

Ndithokoze kwambiri anthu awa omwe tiri nawo limodzi mu bungwe lathu la 'Real Relief' chifukwa chodzipeleka mwapadela pa ntchito yolembe kabukuka; Trine Angeline yemwe ndi mtsogoleri wa bungweli ndi Rachel Kerubo

Chiganizo cha ntchito imeneyi anakonza ndi Trine Angeline Sig pamodzi ndi Rachel Kerubo Olemba nkhani mkabukuka ndi awa; Malgorzata Walczak, Janet Sturis & Fia Thrane Okonza maonekedwe akabukuka ndi Fia Thrane

(Translated to Chichewa by CBCI, Likunmi, Lilongwe, Malawi.)

Design concept & layout: Fia Thrane

MA - 01.12.2022



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