

Tsatirani ndondomeko za masiku obweranso ku chipatala kudzaonetsa mwana.



A chipatala azidzayesa mwana wanu kuti adziwe ngati pali vuto kapena ayi, komanso kuti aone mmene mwana akukulira.

Ndondomeko yoikira mwana pa kangaroo



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Chisamaliro Cha Ana Obadwa Masiku Osakwana komanso Obadwa ndi Sikero Yotsika



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Kuteteza mwana ku matenda.



- Sambani mmanja ndi sopo:
 - ♦ Musanagwire mwana.
 - ♦ Musanam'mwetse komanso mukamaliza kummwetsa mwana mkaka.
 - ♦ Musanasinthe komanso mukakamaliza kusintha thewera.
 - ♦ Mukachoka ku chimbudzi.
- Mwana azigona mu ukonde usiku uliwonse.
- Mwana alandire katemera mwandondomeko.

Khalani aukhondo ndikusamala pakhomo panu nthawi zonse.

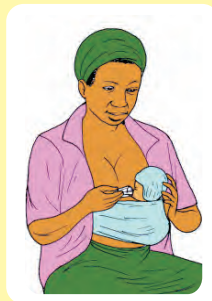


Onetsetsani kuti mwana ali malo ofunda/otenthera bwino nthawi zonse.



Mkaka wammawere ndicho chakudya chabwino kwa mwana.

- Chongani pepala la chisamaliro cha mwana nthawi iliriyonse imene mwana wayamwa/wamwa mkaka wammawere.
- Ngati mwana wanu akuvutika kuyamwa, mu mwetseni mkaka wammawere pogwiritsa ntchito kapu.



Khalani tcheru ndi zizindikiro zoopsa kwa mwana.



KULEPHERA KAPENA KUKANA KUYAMWA



KUZIZIRA KAPENA KUTENTHA THUPI KWAMBIRI



CHIKASU KUTULUKA MAGAZI KAPENA MAFINYA PA MCHOMBO, MANTHONGO MMASO KAPENA ZILONDA PA KHUNGU



KUVUTIKA KUPUMA



KUFOOKA



KUKOMOKA

- Chongani pa pepala lachisamaliro cha mwana mukamuona mwana wanu ngati ali ndizizindikiro zoopsa kwa mwana kapena ayi.

Thamangirani kuchipatala ndi mwana ngati iye awonetsa chimodzi mwa zizindikiro zoopsa kwa mwana wa khanda.

