

မိခင်နို့တိုက်ကျွေးခြင်းအကြောင်း
ရွယ်တူချင်း နှစ်သိမ့်ဆွေးနွေး
ပညာပေးခြင်း သင်တန်းသူ
လက်စွဲ



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Livelihoods and Food Security Fund



managed by UNOPS

rdi Ewda f u s j c i f t a M u m i f
& G v w c s i f E p s o d a q G a E G
y n m a y j c i f o i f w e f o l
v u p f f

a&om;ijpobol - Thelma Tun-Thein, MS, RDN, IBCLC,RLC
Registered Dietitian/Nutritionist
International Board Certified Lactation Consultant

bmomijeol - Saw Eden

o&kaZmf - a0, H faZmf(umwe,fa0, alvmi IU)

"wvkl -

'ZEFSpji f - iD creative solutions

xkwool - LEARN

Leveraging Essential Nutrition Actions to Reduce Malnutrition (LEARN) pDef
taeji f vupmtkyg owi ftcuftvufm; ugnma& tvMSvnfaumi?
pDi; a& tustjrwtwuf [w&om&n& fufm; zifvnfaumi fxyqi h
jea fons fefnkwaons uveftm; ay; yonfppmwrfrvjykboud
totrsvj/kazmifay; &efvgnf

yEfkwaonuf -

p "Breastfeeding Peer Counselling Participant Manual" vrfnefukt v&sf
ayj fki fms u& nift y& h f xmu y h LEARN (Leveraging Essential
Nutrition Actions to Reduce Malnutrition) r s& om; jyp onf LEARN
pDef uel on frefm Ekt h w f SIFT pm; ey& d m Z V& EStouarf
Orfaumi ft pD pOfm; \ tm [m& q& m tus& vm' fm; taumi f& p& ef
twu Save the Children r Saumi ft xn& zm on pDef wp& yfz p onf

ausZlwi f m

LEARN taeji ft ouarf Orfaumi f Spm; ey& d m Z V& & e f h (LIFT) Esh
vupm r n f e a& q& t v k& q& fa E y w i f y o i a y; ch u on f v k& z m a q m i z u f
r d f u f t z h p n f r m; t m; v k u k x l y i a u s Z l w i f y o n f t x l o j z i f o k w o e E S h
eremoi & p r f o y f s m; p D f a q m i & u f m w i O k f o e f y h u h D; ch u a o m Save the
Children & c h ' o t m [m& p D u f S e k r f r m; u k n f t x l y i a u s Z l w i f t y f o n f

x h j y i f o v r f n e f m t k a y a y u f m a p & e f t " d i a & o m; j y p o l T h e l m a T u n - T h e i n ?
b m o m i j e o l ; o S a w E d e n E S h u u m w e f q & m a 0 , H f a Z m f (u m w e f a 0 , a l v m i I U)
E S h v r f n e f m t k f Z h f t m; u h y o m i D c r e a t i v e s o l u t i o n s r S e k r f r m; t m; v k u k
t x l y i a u s Z l w i f t y f o n f

tykf-1 rdi EWkufurjici f

tcef1	rdi EWkufurjici fta&Budyki	09
tcef2	rdi EWkufurjici ftallumi f&g fvbsi f ESodnq&Eynmayjici fESH rdi EWkufurjici ftallumi f&g fvbsi f ESodnq&Eynmay;ofsm;	16
tcef3	&i om;rm;rsdi ENfxwfyki	21
tcef4	rdi ENpmpidwufurjici f	38
tcef5	xdiyf(EN)ESH aetxm;	47
tcef6	rdi EWkufurjici fq&sm taumi fqktavht usi fm;	56
tcef7	&i om;u&g, jci fESH ujzi h ENh&skwji f,pk&ujzi h ENh&skwji f	60
tcef8	vykfe&di f	64
tcef9	ar& uk ftav;ca&yn&om uav;	67
tcef10	rdi EWkufur&mw& f&w&om tajctaersm;	70
tcef11	rdi EWkufurjici fq&sm taumi fqktavht usi fm;	81

tykf-2 rdi EWkufurjici f tallumi f&g fvbsi f ESodnq&Eynmayjici f&f&n&sm;

tcef1	rdi EWkufurjici ftallumi f ESodnq&Eynmay; LOVEenfvrf	89
tcef2	EWkufdi ESuav;ukt ucwji fESH q&fp&v&mjici f	94
tcef3	ESodnq&E&olt&rm; tw&uftce& m;	99

tykf-3 WHO vrfn&csufsm;

tcef1	rdi ENtmi jri f&w&ufur&ESH vy&aqmi &rnftqi h&qi h	103
tcef2	azmjiflv&ESH; q&sm urm&ESH&ma&; tz&Oya' ESH jrefm&ESH&ESH	103

tykf-4 rdi ftm[m&rm;

tcef1	uk& O&aqmi ftqi fm;	107
tcef2	uk& O&aqmi foESHdi EWkufurpof tm[m&	110

tykf-1 rdi Ewduaurjici f

- tcef1 rdi Ewduaurjici ft a&buDk
- tcef2 rdi Ewduaurjici ft allumi f&g fvtsi f
Esohaq laEynmayjici f&g
rdi Ewduaurjici ft allumi f&g fvtsi f
Esohaq laEynmay; ohsm;
- tcef3 &i om; rsm; r sdi em xkwfkyk
- tcef4 rdi Ewduaurjici ft allumi f&g fvtsi f
- tcef5 xdyf (Ewduaurjici ft allumi f&g fvtsi f)
- tcef6 rdi Ewduaurjici ft allumi f&g fvtsi f
- tcef7 &i om; u&g, jci f&g u&g jci f&g u&g
pkyjzi Ewduaurjici ft allumi f&g fvtsi f
- tcef8 vkyfci f&g sdi f
- tcef9 arfo uk ftav; celjynhom uav;
- tcef10 rdi Ewduaurjici ft allumi f&g fvtsi f
- tcef11 rdi Ewduaurjici ft allumi f&g fvtsi f



tcef1 - rdi Ewduaurjici ft a&buDk

rdi Ewduaurjici ft m; jzi fuav; rsm; Eshdi fsm; \ toufuku, wi fionfrdi Ewduaurjici ft m; jzi fuav; 823,000 00 Eshdi f 20,000 00 toufsm; uk, wi Eshdi f rdi Ewduaurjici ft m; jzi fuav; rsm; onfrdi Ewduaurjici ft m; jzi fuav; rsm; xu&g q&g 16 qykm; onf

urm&g efma&g; t z (WHO) Eshdi f ma&g; Eshdi f; upm; Oefu Dmer S. Mulycsufsm;

- toufvtx ddi Ewduaurjici ft allumi f&g fvtsi f
- toufvjynvifa' oxuftm [m&g ofn fri f m; aom jzn pu p m; uk
pwi au lar&g Eshdi f touf Eshdi f Eshdi f onft x ddi Ewduaurjici ft allumi f&g fvtsi f

wpf m; q&g ftoufvtx ddi Ewduaurjici ft allumi f&g fvtsi f aom uav; 38% (WHO, 2019) &g
jrefm Eshdi f 51% (2017) &g onfuav; 100 00m; 79% onftoufvjynvifa' t&g n f
wpf m; q&g [kwft pm; t pmw p f m; aom u&g &g allumi fazm jfy onf

- toufvtx ddi Ewduaurjici ft allumi f&g fvtsi f
- a&m* jz p Eshdi f zsm; em Eshdi f s ydi f m; onf
 - aog q&g 16 qydi f m; onf
 - &n&g s f m [m&g s (t&g yf) jci f Eshdi f jci f jz p Eshdi f s ydi f m; onf

- rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

- rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- toufvtx ddi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- uav; toufvtx ddi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

toufvtx ddi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

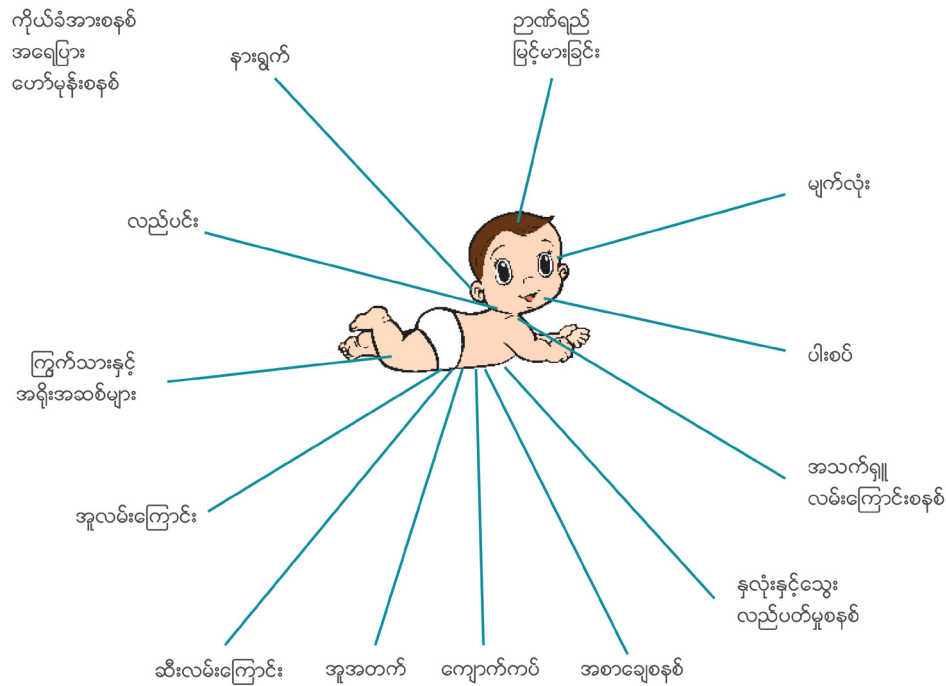
wkykjk&m; aom tpm; tpmrsm; ukuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

wpoufvpfsvwkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

a&maEwkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

toufvtx ddi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi

- 1/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 2/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 3/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 4/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 5/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 6/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 7/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 8/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 9/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 10/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi
- 11/ rdi Ewkuaujici ftallumi f&g vtsi f&g q&Elynmayjici foi fvefolvufi



rdi Ewkufuljici falumi fuav;wifaw&Saom tukausZlrm;

- tkuESuav;wifaw&Saom tukausZlrm;jici f
- tjri ftm&Skaom tukausZlrm;jici f
- uav;toufku, wif
- tpm;tpmESuav;wifaw&Saom tukausZlrm;jici f
- uk fEim? t&Skaom tukausZlrm;jici f
- t0vejci f! uk ftav;caefv&Ejci f; jzpEka&Skaom tukausZlrm;jici f
- tpmajcrESuav;wifaw&Saom tukausZlrm;jici f
- OrfysuOrfavmESuav;wifaw&Saom tukausZlrm;jici f
- Orfcsyji fESuav;wifaw&Saom tukausZlrm;jici f
- uav;b0ui qma&gukumug f
- uk ftav;caefv&Ejci f; yftarmi fESuav;wifaw&Saom tukausZlrm;jici f
- ulpujici falumi f[wfaoma&gsm;ESuav;wifaw&Saom tukausZlrm;jici f
- vra&ESuav;wifaw&Saom tukausZlrm;jici f

rdi Ewkufuljici falumi fidi ESuav;&Skaom tukausZlrm;...
 ay;pfonfrdi Ewkufuljici falumi fidi ESuav;&Skaom tukausZlrm;...
 , Unpdcryk/ky;apum uk ofeqmijci fESuav;&Skaom tukausZlrm;jici f

rdi Ewkufuljici falumi fidi ESuav;&Skaom tukausZlrm;

uav;toufku

- aoqEka&Skaom tukausZlrm;jici f
- OrfavmOrfysuESuav;wifaw&Saom tukausZlrm;jici f
- em;? tpm tESuav;wifaw&Saom tukausZlrm;jici f
- a&gsm;?&wv&ufuav;aoqEka&Skaom tukausZlrm;jici f
- BuDh;rESuav;wifaw&Saom tukausZlrm;jici f
- o& mZ0v&Skaom tukausZlrm;jici f
- emvm&Skaom tukausZlrm;jici f (qD&ESkaom tukausZlrm;jici f)
- yefem&iluyf'mwfwndi f! tcsuif qmrm;) jzpEka&Skaom tukausZlrm;jici f
- uk ftav;caefv&Ejci f; jzpEka&Skaom tukausZlrm;jici f
- toomPESuav;wifaw&Saom tukausZlrm;jici f

rdi ftwuf

- om;qujcm;jici f(r&Skaom tukausZlrm;jici f)
- rdi fuidm (om;toufku&Skaom tukausZlrm;jici f)? ESkaom tukausZlrm;jici f
- jzpEka&Skaom tukausZlrm;jici f
- rDh;rESuav;wifaw&Saom tukausZlrm;jici f
- rDh;lypdcryk/ky;apum uk ofeqmijci fESuav;&Skaom tukausZlrm;jici f

tjcm;tukausZlrm;

- rdi fuidm, 1 toufku
- ykbuawmi boumijzp&Skaom tukausZlrm;jici f
- rdi ftwufcaefv&Ejci f (uav;toufku tpm;tpmESuav;wifaw&Saom tukausZlrm;jici f)
- uk fEim? t&Skaom tukausZlrm;jici f (ESuav;wifaw&Saom tukausZlrm;jici f)
- zsm;emrESuav;wifaw&Saom tukausZlrm;jici f
- ai&allu;a&zpDh&Skaom tukausZlrm;jici f
- uav;ykbuawmi boumijzp&Skaom tukausZlrm;jici f
- rdi fuidm (u pu falumi f [wfaoma&gsm;jzpEka&Skaom tukausZlrm;jici f)

***om;qujcm;&efnfrfwpc&aeESuav;wifaw&Saom tukausZlrm;jici f...
 wkufuljici falumi fidi ESuav;&Skaom tukausZlrm;jici f

Hiv & somrdi x uav; on fdi Ew p f d n n f r p m v i f h i v u l p u c & E k f c y k m ; o n f t j c m ;
t & n f s m ; E S f t p m r s m ; a & m a E h a u l f a r j c i f a l l u m i f u a v ; \ t e & H t s u p l a p l y D h i v A k t y p f u
t e & f s p q i j k k ; E p h i o i a & m u f i k o b i ; o n f

u r m Q e f m a & t z u t r c b r D s m ; t m ; r d i E w k u f i f a l l u m i f u a v ; r s m ; r d i E w k u f i f a l l u m i f
n e l u m ; x m ; a o m f n r d i E w k u f i f a l l u m i f a j c t a e t c a l y o n f o y r m -

- " m w f u i f u b o r t H e a o m r d i f s m ;
- u i q m a q ; o i f r t H e a o m r d i f s m ;
- w D a m * & S D u k & a o ; a o m r d i f s m ; (u b o r t H i l y D v i f d i E w k u f u f E k b n f)
- j y e & n a l l u m t u v u f u l a p a o m A k t y p f & s o m r d i f s m ;
- u a v ; u j e f u k o r & a t m i f s u p D o k u a p a o m [D k t i f u k u e f t e z D r i f p a o m
w & m ; r o i f l , p a q ; O g o k H e a o m r d i f s m ;
- H i v & s o m r d i f s m ; (u r m Q e f m a & t z u t r c b r D s m ; t m ; r d i E w k u f i f a l l u m i f
(u k t e f a q m i p o E S n d i E w k u f u l p o f a r v a q ; E S u b o r t H f s m ; o m r d i E w p f d
w n f w k u f u f E k b n f)

tcef2 - rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay;
jci fESndi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay;
ohsm;

rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; & m w l f t j c m ; t r c b r D s m ; t m ;
rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; & e & y f o b & S d i E w k u f u l a o m ? r d i E w k u f i c i f o i f v e f
w u f a & m u l y l a o m t r c b r D s m ; u k t o h y k y o n f & y & t w l f & g f v t s i f u h d y ; & r n f z p f
a o m a l l u m i f e s o d h q a E g y n m a y ; o h s m ; o n f v h a & ? , O f u s r w u k n p o f p m ; i y w o e f u s i f
E S n O f u s r i t w m ; t q D s m ; u k m ; v n f u m r d i E w k u f u l j i c i f w e w u f e u h D r n j z p o n f

rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; jci ftm; jzi fE k f f m ; p a w l f r d i f
r s m ; p a u k l

- r d i E w i f w k u f u l f e f
- t o u b v t x d d i E w p f d n n f w k u f u l f e f
- t c e f 2 m u m r d i E w k u f u l f e f
- y k t m i j f i p a r d i E w k u f u l f e f
- u a v ; r s m ; O r f y s u O r f a v u j z p y o ; r e n f y g & e f u h D y j z p y o n f

rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; obn & y f o b & S

- r d i E w k u f u l z l o l
- t j c m ; t r c b r D s m ; t m ; r d i E w k u f u l f & m w l f u h d y ; & e p a k u b e b l
- r d i E w k u f u l j i c i f o i f v e f w u f a & m u l y l o l
- r d i E w k u f u l j i c i f E S o d h q a E g y n m a y ; o b n f a t m u f y k f e f r s m ; u k t

rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; obn fdi fsm; tm;

- u k t e f a q m i p o f r D h ; l y l a e m u f r d i E w k u f u l f a e p O f v r s m ; w l f
- t a & ; a y ; E S t a & ; a y ; r [k w a o m t a j c t a e r s m ; w l f t u l t n d y ; o n f

rdi Ewkufuljici ftallumi f&g fvtsi fESodhqaEgynmay; obn fatmu f y k f e f r s m ; u k t
aqmi & u f r d i f s m ; t m ; t u l t n d y ; y o n f

- r d i f s m ; t m ; r d i E w k u f u l f e f t m ; a y ; ? y n m a y ; ? a x m u f ? u h D n f
- r d i f s m ; t o a y ; a & g c s , f j y k y E k e f r d i E w k u f u l j i c i f o k t m r s f u e a o m
o w i f u l y ; o n f

- uav; rsm; uk\kwp/c&paESt vbi fcsjmlí EwkuāufEfaomowi fukl ay; onf
- rdi Ewkuāuf&mwifūlawāom tcutcttao; tzfsm; uuhōnf
- rdi fsm; uk\kwp/c&paESt vbi fcsjmlí EwkuāufEfaomaji &Sfrfsm; uuhōnf
- rdi onEwkuāufaeonvktcutctchsm; uuhōnf rdi Ewkuāuf&ef qufvuftm; ay; onf
- rdi fuhxmf&efom; pkm; ESt waqmi &Uōnf
- rdi qmi &Uērnābmi ftwifrdi Ewkuāuf&vkrfsm; wifuhōnf

rdi Ewkuāufjici ftallumi f&g vtsi fESōdhaqāEynmay; on wmoefowā; ESt &nf tcsi fsm; rō

- 1/ rdi fsm; rōm; pkm; ?Oefrfrsm; ESt q; uba& y* &fsm; uuhōnf
- 2/ rdi Ewkuāuf&a; owi ftcsuftvufsm; uuhōnf tsm; ay; ?ynmay; onf
- 3/ pvc&aom? tm; uuhōnf aom? , uuhōnf m; xm; &aom? ra0zeāom? uieāom? azmf&lyi āomozpōnf
- 4/ tjrwrfoem; uieāomwifpmemwōnf
- 5/ rdi Ewkuāuf&mwifūlawāom tcutcttao; tzfsm; uuhōnf
- 6/ rdi Ewkuāuf&mwifūlawāom tcutcttao; tzfsm; uuhōnf
- 7/ rdi Ewkuāufjici fqm&āomupōm; uuhōnf fsm; ajz&Sfsm; wifuhōnf
- 8/ rdi fsm; ar; aomar; cefsm; uuhōnf q; y; Ddi Ewkuāufjici fqm owi ftcsuftvufsm; uuhōnf ay; onf
- 9/ tjrwrfoem; uieāomwifpmemwōnf
- 10/ rdi āyāom t&mutjrwrfoem; axmi āy; onf
- 11/ uk\kwp/c&paESt vbi fcsjmlí EwkuāufEfaomaji &Sfrfsm; uuhōnf
- 12/ rdi Ewkuāufāomoi cefsm; uuhōnf ay; onf
- 13/ rdi fsm; rōm; q; w; c; ESt tmi f; y; r; m; P; ay; onf
- 14/ rdi fsm; \q; w; c; u; v; p; m; onf
- 15/ rdi Ewkuāufjici fqm&āomupōm; uuhōnf fsm; wifuhōnf
- 16/ rdi fuhxmf&efom; pkm; ESt waqmi &Uōnf

- 17/ vcm\ twifā& uuhōnf uum; apylxerfodfonf
- 18/ oieāomwifpmemwōnf
- 19/ sci ^rd\zuffzctpnfrsm; ESt q; ynm&Sfsm; vrfnēcsuftwifāqmi f&Uōnf
- 20/ sci refē*sm? txufu; Dsm; ESt jvnpāqmi &Uōnf
- 21/ rdi Ewkuāufjici fqm&āomupōm; uuhōnf fsm; wifuhōnf

rdi qmi &Uērnābmi ftwifrdi Ewkuāufjici ftallumi f&g vtsi fESōdhaqāEynmay; orsm; onf rōm; &rnāqmi fsm; uuhōnf ay; &rnāqmi fsm; uuhōnf

- 1/ a&m*emrnfvyjici f
- 2/ aq; buq; k&m t uuhōnf Pāy; jici f
- 3/ aq; nēf; aq; ay; jici f
- 4/ rdi Ewkuāufjici fESōdhaqāEynmay; on wmoefowā; ESt &nf tcsi fsm; rō

cu&vāxāom t ajctae tm; vuhōnf; buq; k&m ^sci ^tzctpnfrqm wmoefowā; rsm; x b b vāyimi fay; &rnāqmi fsm; uuhōnf ay; &rnāqmi fsm; uuhōnf

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t" drowif

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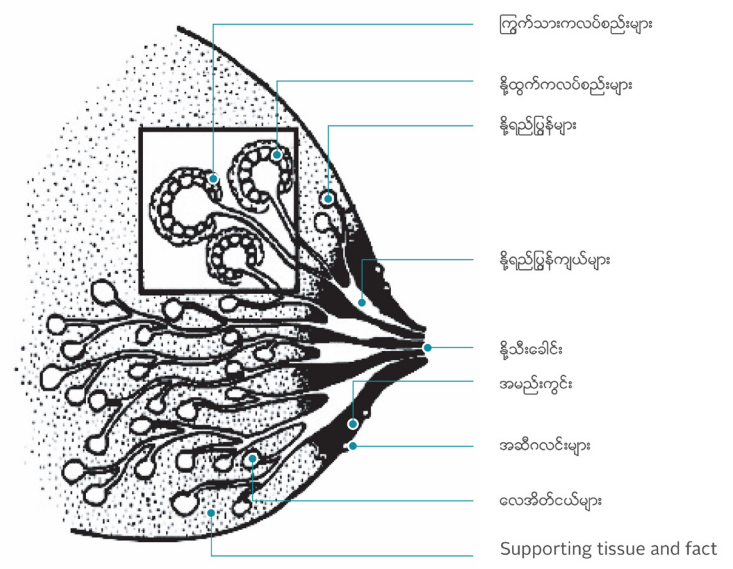
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trnful f (Ekwufuli f&g v&g n&g a&g mi &g i&g ma&g m)

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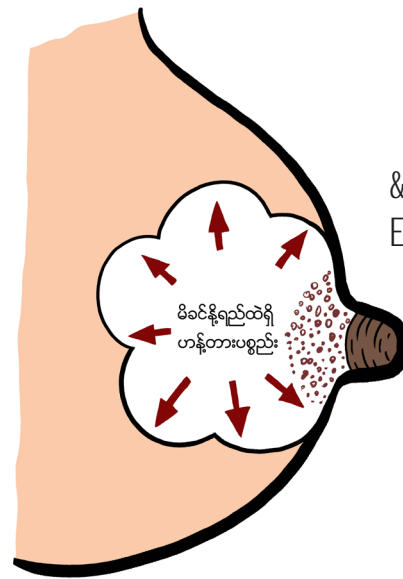
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 - o m ; t d h p j c i f
 - w p c y w p f r d i f v u u f r l a o r t p h ; & j c i f w j z p o n f
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- 10/ E& n o n f o t h & i o m ; t w l f a e o m f n f n p f k w j c i f a l l u m i f r x l u y g u a v ; p o s m x l u y o n f & i o m ; r s m ; t w l f E& n f a o m f n f r d i E& S& o m ; p i f w u E& x l u y g [k x i f w w l u y o n f

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&i o m ; t w l f E& n f y n f a e y g u E& k& u j c i f & y f v e f o t h ; o n f

E& n f & S t m i f& m ; q& D l



t "dowif

- u k& o e a q m i f v w l & i o m ; r s m ; u E& n f u k& w& y& k& o n f
- r d i h ; o n E& S& m y k l e u f E& n f u j c i f p w i l y D r d i E& n u a u f p o f w a v o n u f q u f u k& u y o n f
- r d i E& n f p p p k& u z& - 3 & u l l u m a o m f n f a r g o n f t c e f S i & i o m ; t w l f u a v ; t w l u E& n o n f a e o n f
- & i o m ; r s m ; & S& n f s m ; u k& l u m c P u k& i a t m i f y k i f t m ; j z i E& n f j y k& a o m a [m& f& e r s m ; u k& v h q m l y E& k& u f s m ; a p o n f & i o m ; r s m ; t w l f E& n f s m ; j y n f a e j c i f o n [k w E& n f i j c i f w l u E& k& u e n f a p o n f

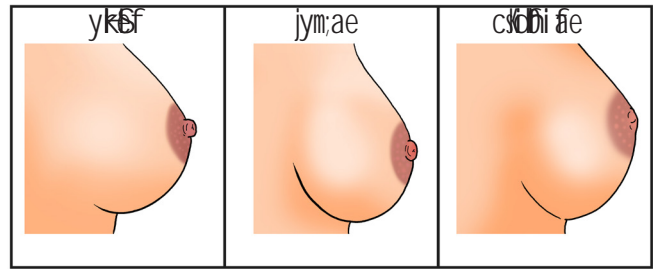
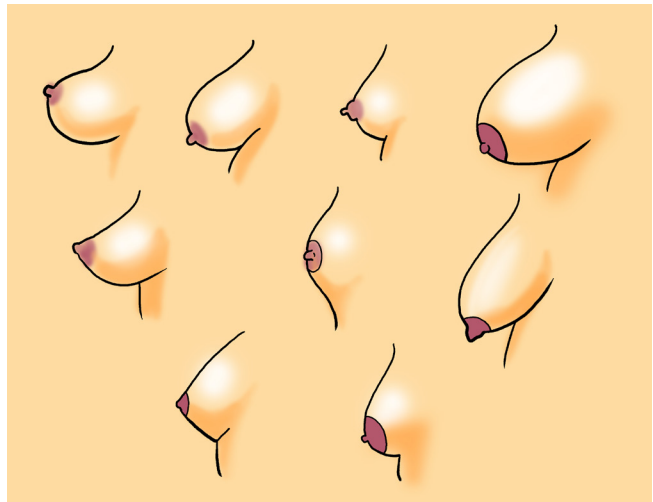
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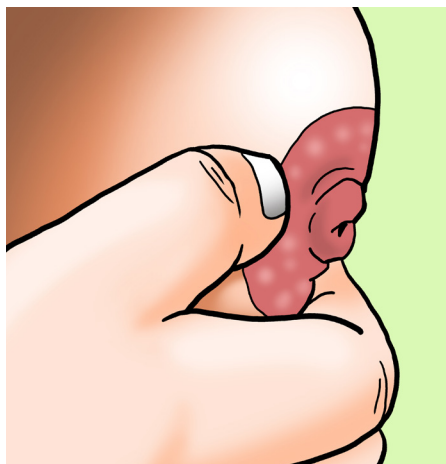
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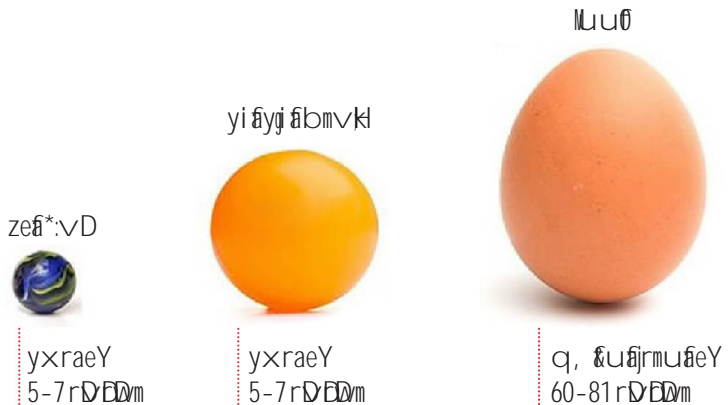
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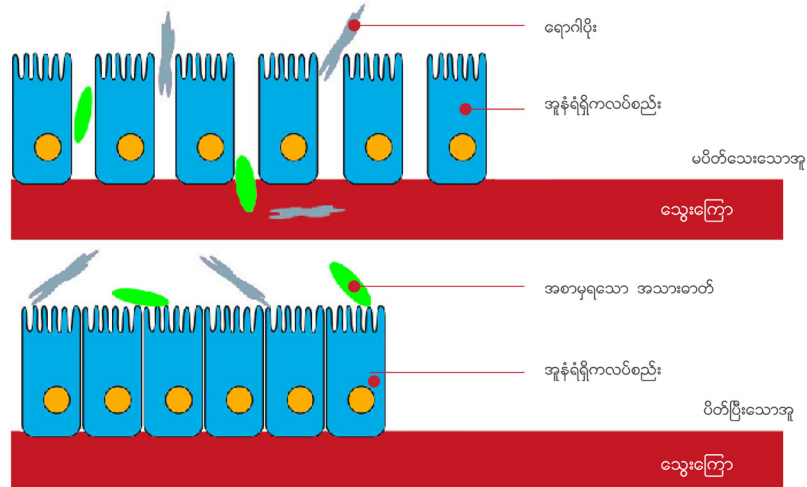


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- Ewv dō p hā fci ft allmi fā g f vbi fē sō dā qā Elyn may jci fci f vefok vufi
- Ewv dō p hā fci ft allmi fā g f vbi fē sō dā qā Elyn may jci fci f vefok vufi

toufvtxuEStoufvatmuuav;\ tē u h k t y f dt EAm, &Eom bufvD m;ylsm; rō i ā t m i f u m u G a y ; o n f

- tapmyk f u f m ; t w i f t e h w i f o m * y k t m ; E s t P k D y t h f r s m ; O i ā m u f j c i f r s m u G f e f t e u h k t y f d t E A m ; a y ; o n f
- toufvrw k f d e f s t i j c m ; t p m ; t p m r s m ; w u a u f r v i f t p m ^ t o m ; " m w f w b n f t e h w i f o m q i f a o f a l l u m x b o i ā m u f y D ' m w f w n j i f ' y e f e m & i l l u y f w u k p ā y ; a p E k b n f
- rdi E k & g t m f d q u e & k u f o l u m ; v i t u t E A m , & E o m b u f v D m ; y l s m ; r o i ā m u E k ā t m i d e f e u m u G a y ; o n f



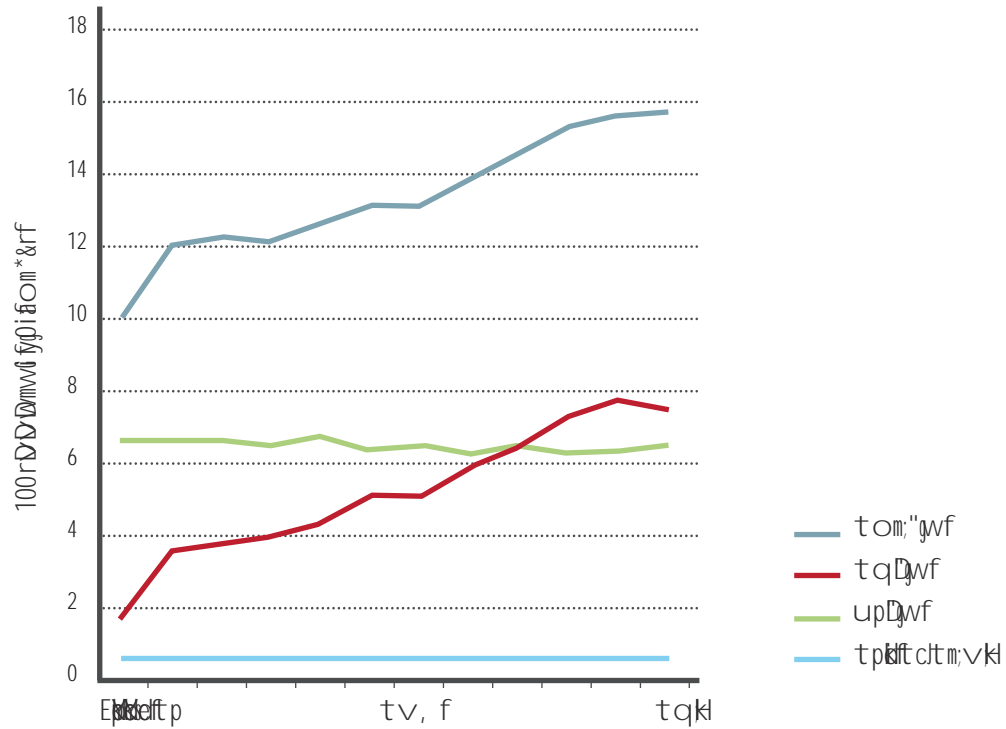
toufvtxuEStoufvatmuuav;\ tē u h k t y f dt EAm, &Eom bufvD m;ylsm; rō i ā t m i f u m u G a y ; o n f

uav;\ v k y f c s u f u j n b n f e f t a j c t a e a y ; r w n f y D d i E b n ā j m i f v b e o n f r d i E m n f x l w i f y o i ā o m t m [m & " m w f m ; z p n f y o i f b n f v p b r w f n f j z p ā e o m f n f a t m u f y g t c s u f s m ; u r d i E m n f p n f r i t a y ; t u k b u f ā m u f & b n f

- uav;touf touf u D m a v t q q o i f y k m ; v m a v j z p b n f
- Ewv dō p hā fci ft allmi fā g f vbi fē sō dā qā Elyn may jci fci f vefok vufi uav? t q q o i f y k m ; v m a v j z p b n f o b o m f t o m ; " m w E s t u p D n w f y g o i f b n f ā j m i f v j l w h p i q u e & b a e o n f
- Ewv dō p hā fci ft allmi fā g f vbi fē sō dā qā Elyn may jci fci f vefok vufi uav? t q q o i f r s m ; a v j z p b n f
- a e y o m [k w h t c e f
- u s m ; ? r
- r d i p m ; a o m t p m (t k D t q D) p m ; a o m u ā o m t p m ; t p m a y ; r w n f E m n k & g t q D r s t p m ; u j y m ; E k b n f
- a e f a p h v r a p a r f v i f y x r v w i f t o m ; " m w f y o i f r s m ; o n f
- t & o m E s t e b n f r d i k t p m ; t a o m u ā y ; r w n f ā j m i f v b n f
- t a & m i b n f d i p m ; a o m u ā o m t p m ; t p m E s a q ; O g a y ; r w n f ā j m i f v b n f
- u a v ; z m ; e m v o i f a & m * g k u a k u f e f y # g p o n f y k U f r m l y D t a & m i ā j m i f v l o h i ; o n f

uav;\ v k y f c s u f u j n b n f e f t a j c t a e a y ; r w n f y D d i E b n ā j m i f v b e o n f r d i E m n f x l w i f y o i ā o m t m [m & " m w f m ; z p n f y o i f b n f v p b r w f n f j z p ā e o m f n f a t m u f y g t c s u f s m ; u r d i E m n f p n f r i t a y ; t u k b u f ā m u f & b n f

uav; E k u f u p b n E s t r t o m ; " m w f y o i f E s t q q o i f b n f y k m ; v m a l l u m i f a t m u f y g z m ; & g y f o f u a z m j y o n f t u , f r d i f u E m n k & g o m ; " m w f t q D n w f y g o i f r s m ; v m r D & i f o m ; w p z u f s e m u f v p z u b u l a j m i f i e w k u f y u u a v ; \ u k l f t a v ; c e f v u f l y e s u g E k b n f r d i b n f i f o m ; w p z u f u k f s e m u f v p z u b u l a j m i f i E w k u b i b n f u p D n w f y g o i f l o n E p w i p e l f s p e l f q i k f t x o p b r w f n f t w w j z p ā e o n f



rdi EM w k u f

- ✓ rdi EM w k u f t a m i e s t e f r n o m i & g a p ? E M w k u f t n f t a o g o n a u m i f r e f y o n f
- ✓ E M w k u f b n f a t ; o n f i a j m a v o s n f E M w k u f t y c e b o n u k c E m i t y c e f i j z p o n f
- ✓ u a v ; o n f E M w k u f p c p w i & i b m ; w p z u v n f u b o m p y u E m e f t q k w i f t q D w f u y o n f (& y k l u n f y)
- ✓ r d i E M w k u f b n f r d i u a v ; v k t y c u f r s m ; t w u f v k u m u j y n p k l u m i f r d i f s m ; u p w c a p y g
- ✓ r d i E M w k u f a & y o i f r s m ; a o m a l u m i f u a v ; o n f a a o m u e f v k t y g

rdi EM w k u f u m u g a & t n f t a o g

rdi EM w k u f c E m i o n f r d i E M w k u f a & m * y k t s m [k w f w o f e f u s i f i t E a m , & o m y k t i r s m ; u k x m u f v f o g u o h \ a o g z l o r s m ; o n f y # q o n f r s m ; u k w i k w f y k l D y # q o n f r s m ; o n f E M w k u f b n f a & m u f u a v ; u k a & m * y k t s m ; E S r s m ; e m i c i f r s m ; r s u m u g a y ; o n f x # q o n f r s m ; o n f z s m ; e m r l u p a y ; a p a o m y k t ; u k w u p w u k u b o n f r d i E M w k u f b n f u a v ; r s m ; u k o w n y w o f e f u s i f i t y k t i r s m ; a & m * y k t s m ; z s m ; e m i c i f r s m ; r s u m u g a y ; o n f

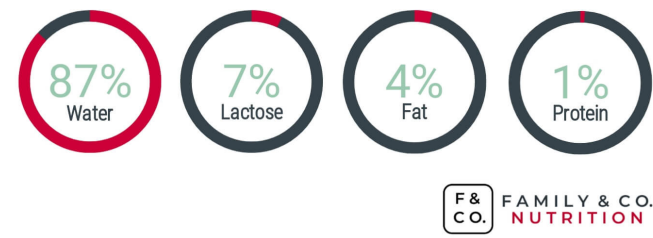
a & m * y k t s m u g j c i f

- 1/rdi EM w k u f a & m * y k t s m [k w f w o f e f u s i f i t i r s m ; & o n f
- 2/a o g z l o r s m ; u y # q o n f r s m ; u k w i k w f y k l a y ; o n f
- 3/a o g z l o r s m ; u & i b m ; q D w f u y # q o n f r s m ; u k w i k w f y k l a y ; o n f
- 4/E M w k u f y # q o n f r s m ; y g v m l y D u a v ; u k u m u g a y ; o n f

rdi EM w k u f w k b f r h

rdi EM w k u f y o i a o m t m [m & " m w f s m ; ? Z D E L u m ; y p o n f r s m ; E S r j c m ; y o i e m r s m ; o n f u a v ; u k l t a u m i f q k u D o n ; ? z k a p l y D a E s u f u k n f t a u m i f q k u k a p i u k c H m ; p e p f u k n f w n a q m u a y ; o n f t j c m ; E M w k u f s m ; ? E M w k u f s m ; w i f u a v ; v k t y a o m a & m * u m u g y p o n f p p p f r s m ; ? " m w f s m ; r y o i f y g

Nutrient breakdown of breast milk



rdi EM w k u f y o i a o m t m [m & " m w f s m ; a & 87%? v u v f y p o l u m ; 7%? t q D w f ? t o m ; " m w f f %

rdi EM w k u f u l i c i f t a l l u m i f

& G w t s i f e s o d a q a e f y n m a y ; o r s m ; o n f r d i E M w k u f a & t r s m ; p k (87%) y o i a l u m i f & m o D y a o m a e r s m ; w i f i f u a v ; o n f a & r v k t y a l u m i f r d i f s m ; t m ; o w a y ; o i b o n f t o u f v r j y n h D a v ; u k a w k u f y u a & m * y k t s m ; E S r f y s u o r f a v o j z p E k a c y k m ; j y m ; o n f

rdi EM w k u f y o i e m r s m ; o n f w k b f r j z p o n f u a v ; \ t m [m & E S r u s e f r m a & ; v k t y c u f u k j z n b n f m w i f u a v ; \ u k c H m ; p e p f u k n f a q m u e m w i f r d i E M w k u f b n f t e m u r l E d f , S r r y g

ypifom t& m rsm;	rdi Ew f	azmjflvm^Ew f
tom;"mw f	v& fup& tpmacs Ew f D y k f Ew f tpmacs& cul y Dt pmra Lu? onftaumi f& Bu D& ritwuf & i j n f i f u, f y p Ew f onf tom;"mw f r d t pm; t r k a f & f onf	
tqD	v& fup& tpmacs Ew f D y k f Ew f r u k v p D y k f m; aom q D m;? j r s v i Ew f onf O a E w f u Bu D& z H u, f v p D n y k f r u k v m h z k h t w u f t a & ; u a o m t q D m; e n f a p a o m t k f q D j z p b n f	
AD m r i f s m;	v& fup& tpmacs Ew f D y k f Ew f t w k t y j y k v k f m; o n f p k f o n f	
ow A m w f s m;	l y D n p k o m t r k t p m; E S y m P	j r i f m; p h y p i f u a v; \ a u m u f y f t w u f t v e f m a l u m a e /
t a & ; u a o m t q D m;	O a E w f E S t j r i f t m & k k r t w u f a n E S n o m; r S u v k t y f o m t q D m;	j y k v k f m;
u k u p x a m t q D	O a E w f u k k a p & e f	ry p i f y g
v b m; t w u f u m i f a o m o u & b u f v D m; r s m;? t k & t u k y k a m; r s m; u k u B u D& ; a p a o m t p m r s m;	u k f H m; p e p f u k m k a p o n f a u m i f a o m b u f v D m; r s m; u k v m y p o n f z p l y D x a m u f E w f y g	ry p i f y g
"m w f u y p o n f s m;	t m [m & " m w f s m; u k k a u m i f r e p o n t p m a c s E w f E S p k f E w f e a c z u f t p m a c s e f y a u c b n f a y; o n f	ry p i f y g
a [m f k f s m;	B u D& ; z k k r u t s v i a y; o n f u a v; u k f E m & p e p f s m; y k k u m i f r e p o n t v k f k a p o n f	ry p i f y g
t y f i f E k i f u p e f u k x e f n o m a [m f k f	u a v; u k y a m a t m i f u h D n f	ry p i f y g

B u D& ; a p a o m y p o n f s m;	u a v; \ u k f E m t * f s m; u k u D r y p i f y g x o; a t m i f u h a y; o n f	
u i q m w u k f u f o m q m f r s m;	u i q m u k u m u k f o n f	ry p i f y g
u k f E m; y p o n f s m;? y # p o n f s m;	A k f y p f b u f v D m; r E S u y y g a u m i f s m; u k u k u f u y D	ry p i f y g
t a & m i f t w k s m; ? p l v e f a p a o m y p o n f s m; ? t e h & o m	ry p i f y g	r s m; p h y p i o n f
a &	y k b w l y D	j y i q i f e f o e f S f c e l v i f b u f v D m; y k s m; O i o n f; E w f o n f

zsm; emaepOfdi Ewku fci f

rdi Ew; emygu

- rdi Ew u f u w u k u f u f e f v k t y o n f
- zsm; em r u k u k e f a q; O g r s m; E S y w b u l y D a q; b u f q k k m t l u y k s u f u k
em; a x m i f y g
- t e m; , l y D t p m; t p m E S t & n f s m; u k u k v m u p o n p m; a o m u f y g

uav; zsm; emygu

- y k k r l u m c P r d i E w k u f u f y g
- u a v; r s m; o n f d i E w k k v k t y f m o n f
- a & m * y k u k u f e f y # p o n f y k m; r s m; u k d i f s k v k o n f
- t e n f o k e y w f t x d i E w k u f e f & p k u f y g u a v; y k t o u l u a v ? z s m; e m l y D
a e m u f t p m y p m; z k t y a v j z p o n f

uav; E S n d i q u o b f & ; v k t y f k l

uav; u r d i E i o m; w l f E w o m t c g u a v; \ y g p y k l w l f a v [m e, f v p f j z p f a y; v m l y D
x k v [m e, f v l u a v; \ w a w f E S n f v k m o n; o n f x k u w f E S n f t a & m u E w d a c g f
q D m & m u f S D d i f u k f E m u a v; t w u f y # p o n f x k w a y & e f v l u m i f o u f o n f 4 i f u k
u a v; w a w f a e m u j y e f t o a y; , E a m; [k c: o n f u a v; u k i o m; w l f E w k u f i f o n f t a u m i f
q k t a v l t x j z p o n f e k E S t j c m; t p m; t p m r s m; p m; a o m u f o m u a v; r s m; w l f d i E S t q k
q u o b f f h s t & E w f y g

tcef4 - rdi Ewkufuljici ftallumi f&g vtsi f&g d&g laElynmayjici foi fvefolvufi

rdi Ewkufuljici fonf

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taumi f0k0h0n0f0r0j0z0p0n0f
- rdi 0nf0E0e0f0m0en0f0r0f0u0b0i0f &r0n0f
- aumi f0e0f0m0t0u0l0n0E0S0x0m0u0f0r0w0j0i0f0d0i0f0m0;on0â0t0m0i0j0i0l0u0n0f

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on0f
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y0k0m0;ap0n0f

tom;csi fxdyji f tuskau;Zlrm;

tom;csi fxdyji f alumi fuav; && & tom tuskau;Zlrm;

- ✓ uav; u&Eax&aponf
- ✓ O&E&uf&aponf
- ✓ a&m*y&u&puji f r&smu& &nf
- ✓ u& &Hm; pep&u& &pe&f&aponf
- ✓ u& ft av; c&v&v&uji f y&lumi faponf
- ✓ ES&k&j&i f y&lumi fonf
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- ✓ uav; tou&S&lumi faponf
- ✓ y&klumi fr&pe&N&d&u&aponfz&pd&av&men&faponf
- ✓ rdi ES&uav; o&H& mZO&y&km; aponf

tom;csi fxdyji f alumi fidi f&& tom tuskau;Zlrm;

- ✓ rdi fu&v&t; aponfz&pd&av&men&faponf
- ✓ r&D&h; jci f r&smve&x&ap? ou&bmays&mu&fi faponf
- ✓ rdi E&klumi fr&pe&w&u&E&aponf
- ✓ y&kl&mp&pe& &ku&aponf&E&m; rsm; x&u&aponf
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- ✓ rdi f& ar&G&h; y&D&v&usa0' emjzp&E&f&c&s&u&v&nc&ay; onf
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t&apm& &uf&sm; w&l& fuav; t&m; a&? y&sm; &n&fac&xm; aomxri f&xri& &nf&vu&zu& &n&bo& [kvf t&jcm; t± t&pm&ES&t& &nf&sm; w&ku& f u& jci f

x&k&m&tav& t&x&j&v&j& fci f r&S

- y&sm; &n&nf&fuav; u&ef&ma&; tw&uft&u& & &nf& k& k&u& jci f
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- uav; on&f&ar& y&D&xr&uf&sm; w&l& f rdi E& &mru& a&? t&pm&w&u& &ty&bnf& k& , k&u& jci f
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- rdi E&n&tuskau;Zlrm; p&Bi&f&sm; ^oi& , c&si&f&sm; u&ro& & & i&f
- E&v& u&ef&ma&; t&E&am& , f&sm; ES&nci& E&w&u& jci f t&E&am& , f&sm; u&km; r&v&n&j&i f w&lumi f&p&bnf

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- ✗ E&n&nf&u& & &vr&f&alumi& f&u& &i&y& &g&f
- ✗ t&y&j&i f? y&e& &k&j&i f&ES&ao&q&j& &j& p&E&f&cs&w& &sm; aponf
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- ✗ E&ku& &em&u&f& jci f
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- ✗ tom; "mw&fu& &u&f& &j&li& f&a& &gr&wn& j&li& f&ES&ci

- E& &E& &E&am& , f&sm;
- ✗ q& &omb&u& &v& &D& m; rsm; Bu& &D& r&Lu& & m; ay; onf
- ✗ u& & &Hm; pep&u& & m; aym& aponf
- ✗ t&pm&rall&u& & i& j&n& &ai& fu, f&p& aponf
- ✗ E&ku& &av&men& faponf
- ✗ rdi E&w&u& jci f u& &E&uf& & &bnf
- ✗ zsm; em&r&E& &sm&*g&sm; j&p&E&f&cs&sm; aponf

- x Ewacj fuZaOZojzpaonf
- x twktyppöfrsm;pbüyöiönf

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ouöfr;NyDrdi Ewefji iqeEönfEwEwacj fuZaOZojzpaonf
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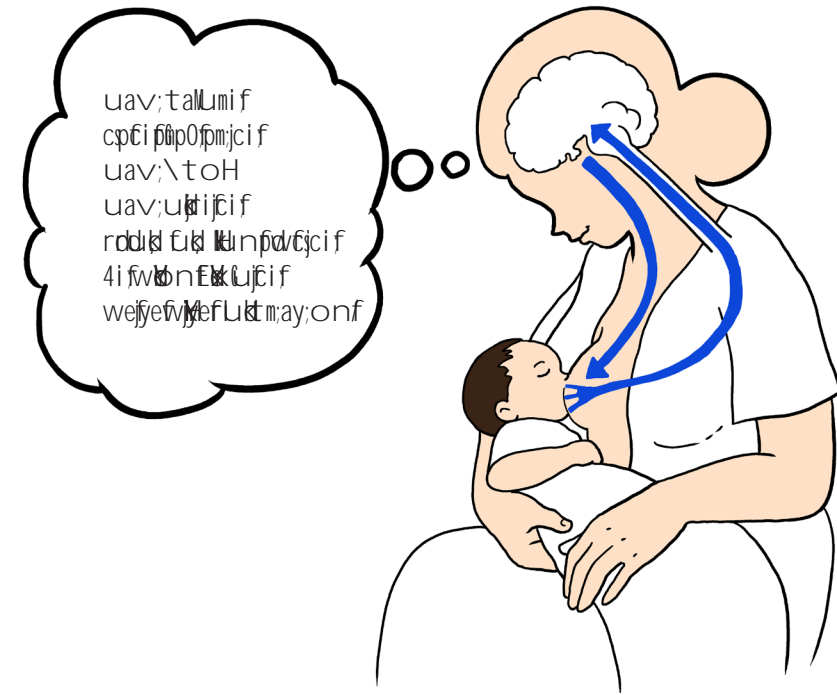
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rdi Ekwfjci f&Ewacj f

- a e a & m n y g r l u m c P E w k u f i f i f o m ; r s m ; r S k u k a p j i c i f
- E w k E S h w k u f t a e t x m ; r e S u e j i c i f

q m a v m i f l v u P m r s m ;

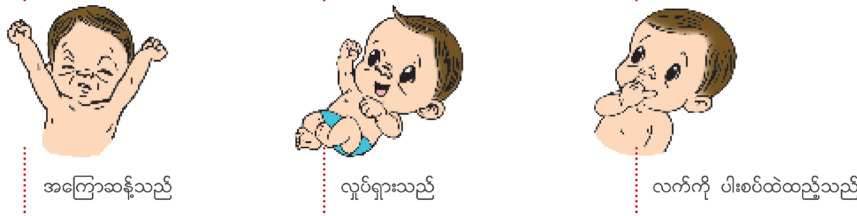
u a v ; r s m ; o n f l u m c P E w k u f i f i f o m ; o n f u a v ; \ q m a v m i f l v u P m r s m ; u b o s e f t a & ; u b o n f E w k u f u a v ; i b o n f x o a p m i f y E S h u a v ; q m r q m o d e f u a v ; \ r s u E S v u E S h y f e s r w u k a p m i f u n f y A u f q m a o m u a v ; o n f v u b o d k f m ; i A u f a o m u a v ; o n f v u b o z o n f i d u a f o m u a v ; o n f u o m ? a ' p x u a f o m u a v ; x u f d i E w u k l o n f

ကနဦးလက္ခဏာများ
“ခိုက်ဆာနေပြီ”



အနည်းငယ်လူးလွန်သည် ပါးစပ်ဟသည် ခေါင်း ဘယ်/ညာလှည့်သည်

အလယ်အဆင့်
လက္ခဏာများ
“တကယ်ခိုက်ဆာနေပြီ”



အကြောဆန့်သည် လှုပ်ရှားသည် လက်ကို ပါးစပ်ထဲထည့်သည်

နောင်ပိုင်း
လက္ခဏာများ
“စိတ်ဆိုးလာပြီနော်
ကျေးဇူးပြုပြီးကျေးဇူးပါတော့”



ငိုသည် ဒေါသထွက်သည် မျက်နှာနီရဲလာသည်

t c e f 5 - x d i y f (E w k) E S h a e t x m ;

r e S u e f o m x d i y f (E w k) E S h a e t x m ; o n f

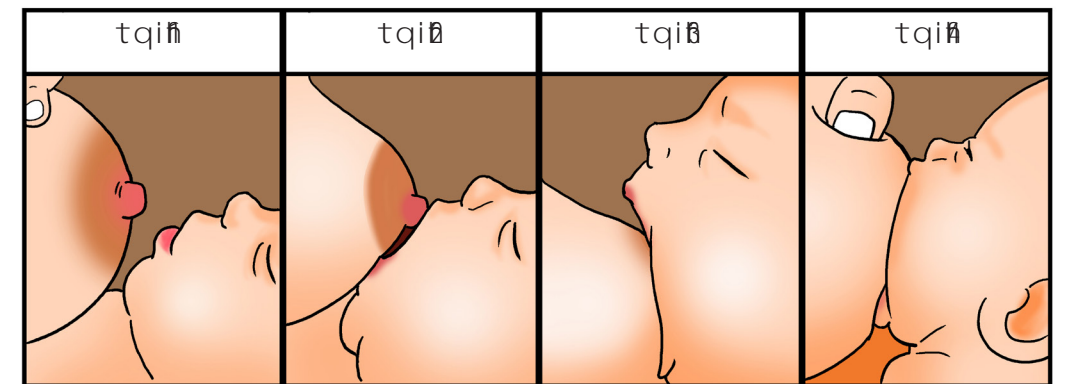
- a t m i j i f i p o r d i E w k u f u e k e f t a & ; u b o n f
- E w k u f s m ; a p o n f
- u a v ; \ u k f t a v ; c e l f w u e n f a p o n f
- E w k a c j i f u l c i f i E w k a c j i f e m u s i j i f u b o y o e m r s m ; u d u m u g b o n f
- E w i j i f i f o s E w k m i f y a j i f i e a m i f r j i f v u d u m u g b o n f

r e S u e f o m x d i y f (E w k) E S h a e t x m ; o n f

- r d i f u l m u s i f y D o u f o m j z p a p u m E w k u f y f u E k a p o n f
- E w k u e n f a p o n f
- u k f t a v ; c e l f w u e n f a p o n f
- E w k a c j i f e m u s i f y u f l a p o n f
- E w i f r E S h j c m ; j y o e m r s m ; u k p a p o n f

r e S u e f o m E w k E S h r e S u e f o m t a e t x m ; w E S h w k u f i f r d i b o n f o u a w m i f u b o m E S h a y s m & ; T p o E w k u f u e k e f t a e m u s i f i z p D u i f r a o m t a w t u u u e k a p o n f x d i y f (E w k) E S h t a e t x m ; t a u m i f q l e n f v r f r s m ; u k d i f t m ; E s o d i q a E f o r s m ; u j y o o i f y D r d i f k f E w k u f e p o f d i f a e m u f a u m u k k a k m u f x m ; e f i o c m a p & r n f

& i f o m ; w i f u a v ; t m ; x d i y f (E w k)



u a v ; \ E w a c j i f u l d i f E w k a c j i f q D l m y g	u a v ; \ E w a c j i f u l d i f E w k a c j i f E S h x o u f o m t c g u a v ; \ y g p y b n f u s ; E s ; f i f m o n f E w D a c j i f u l u a v ; \ t m a c j i f c e l f g l y D u a v ; u k d i f & i f o m ; q D t f M e f y g	u a v ; u e k e f t a e m u s i f f & ; y g	x d i y f r e f r e p p a q ; y g
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rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

oi f a w m f o m r s u e b n f t a e t x m; o D e f i r & y E s o d h q a E g o r m; u r d i f m; t m; o w E s o w u a v; t w u f t a u m i f o k t a e t x m; a w E s t m i f u h a y; E b n f

o u a w m i b u o m E w u E k f d i b n f w f w k k l y D e m u a u s m b u w i f c k a x m u f x m; i t a & s u k f r a e & y g

r s / s u f

u a v; u t E p i f x k m; j i f u a v; v u f u l u f t o p y k m; j i f o n f u a v; e p h i f u k t a E u f t, S i a y; o n f u a v; t y e p o b m t E s s y k y u a v; u t E p i f x k m; j i f z i f x a & m u a f o m E k u p a p l y; D u u b n f t a e t x m; u E s i f h S i y p n f

E s o d h q a E g o r m; u r d i f t m; r s u e b n f t a e t x m; w u v u p m r m; u E s i y a y; & r n f r d i b p f m; t m; r d i f u u a v; u b m; j r w k q e u s i b u & s u E s h y D s i y x r q l o i a y; l y D r d i b n f o m; & u a y E n f u l u s i b m; & a t m i f y l y i f o n f u a v; u r d i f o m; j r w f u k q u r d i f u E n f u k k k v f y e k y r n f

rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

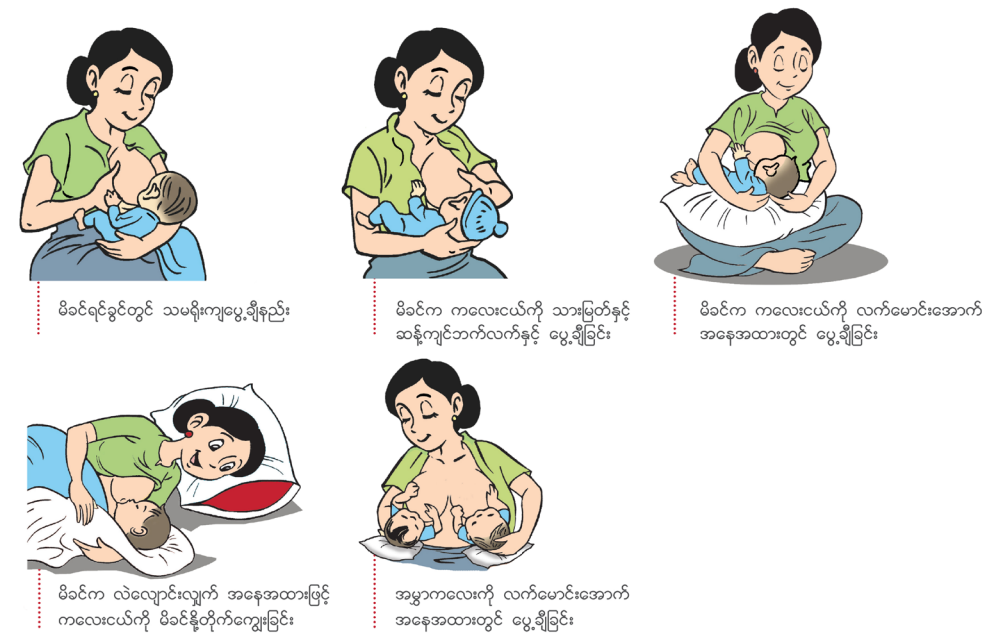
rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

o u a w m i b u o m E w u E k f d i b n f w f w k k l y D e m u a u s m b u w i f c k a x m u f x m; i t a & s u k f r a e & y g

r s / s u f

u a v; u t E p i f x k m; j i f u a v; v u f u l u f t o p y k m; j i f o n f u a v; e p h i f u k t a E u f t, S i a y; o n f u a v; t y e p o b m t E s s y k y u a v; u t E p i f x k m; j i f z i f x a & m u a f o m E k u p a p l y; D u u b n f t a e t x m; u E s i f h S i y p n f

E s o d h q a E g o r m; u r d i f t m; r s u e b n f t a e t x m; w u v u p m r m; u E s i y a y; & r n f r d i b p f m; t m; r d i f u u a v; u b m; j r w k q e u s i b u & s u E s h y D s i y x r q l o i a y; l y D r d i b n f o m; & u a y E n f u l u s i b m; & a t m i f y l y i f o n f u a v; u r d i f o m; j r w f u k q u r d i f u E n f u k k k v f y e k y r n f



rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

rdi f m; ES uav; r m; tw u f m; r m; p h & s o m f n f r d i f v p a, m u p d w l u f

x&mu p Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

rdi Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

- arny Di fuav; u ddi Est om; csi fx d y f m; yg
- apm Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- x d y f i (Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod)
- ay Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- t u d f a r s m; Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- (w p f u f i f t e n f q 8-12 u d f a e x m n y f Ekwu fumi faeap&fyk&efod)
- Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- r d i Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- o m; j r w f p z u f Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- u a v; Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- r d i f n f t e m; , h l t m [m & j y n f t p m; t a o m u f v d l v m u p n f & & i f n f

uav; Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

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- 3/ uav; \ Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod
- 4/ arny D x r a e n f i u a v; \ 0 r f q d o n f t u d f a w d l v m o n f
- 5/ arny D & u f 5 & u f v i f p i f t a m i f n f t e u f a m i f u f S O g a m i f n j y m i f v l v m l y D r f y k m; v m o n f
- 6/ uav; q d k m; r s m; o n; v m l y D q D t a m i f n f t O g a z m a m i f z p o n f
- 7/ uav; o n Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

	ဆီးသွားသည်အကြိမ်ရေ (တစ်ရက်လျှင်)	ဝမ်းသွားသည်အကြိမ်ရေ (တစ်ရက်လျှင်)
ပထမနေ့ (ပထမ ၂၄ နာရီ)	၁-၂ ကြိမ်	(၁) ကြိမ် အမည်း၊ စေးကပ်
ဒုတိယနေ့ (ဒုတိယ ၂၄ နာရီ)	၂-၃ ကြိမ်နှင့်အထက်	၁-၂ ကြိမ်နှင့်အထက် အညိုရင့်၊ အစိမ်းရင့်
တတိယနေ့ (တတိယ ၂၄ နာရီ)	၃ ကြိမ်နှင့်အထက်	၃-၄ ကြိမ်နှင့်အထက် အဝါဖက်သန်းသော အစိမ်းရောင်
စတုတ္ထနေ့ (စတုတ္ထနေ့ ၂၄ နာရီ)	၄ ကြိမ်နှင့်အထက်	၃ ကြိမ်နှင့်အထက် အဝါအစေ့ကလေးများ၊ တစ်ခါတစ်ရံအရည်
ပဉ္စမနေ့မှ ရက်(၃၀) အတွင်း	၆ ကြိမ်နှင့်အထက်	၃ ကြိမ်နှင့်အထက် (၂)ပတ်ကြာပြီးသည့်အခါ မကြာခဏသွားမည်။ တစ်ခါအစားပြီးတိုင်း။
ဆရာဝန် (သို့) ကျန်းမာရေးဝန်ထမ်းကို ခေါ်ရန်	ကလေးသည် (၆)ရက် ကြာပြီးသည့် အထိ တစ်နေ့လျှင် ဆီး (၄)ကြိမ်နှင့် အောက်သာ သွားခဲ့လျှင်	(၆)ရက်ကြာပြီးသည့်အထိ ကလေးဝမ်းသည် အညိုရင့်ရောင် (သို့မဟုတ်) အမည်းရောင် ဖြစ်နေလျှင်

y Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

r Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

- a t m u f g t a j c t a e r s m; j z p a y y g u a q; b u f i k e m t m u j m c s u f u k a z y g
- uav; o n f i d o n; ? 0 r f r o n; a o m t c g
 - uav; r p i f n f t r n f a m i f m j z p a e l y D t a m i f a j y m i f a o m t c g o m l k v f a e m u f k f w p c e f e v i f p i f t a m i f n f t e u f a m i f z p o n; a o m t c g
 - uav; o n f i d o n; e n f v m l y D q D t a m i f t v e i f o m t c g
 - uav; Ekwu fumi faeap&fyk&efod Ekwu fumi faeap&fyk&efod

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x&dyf(E&B) ES&h&ae uav; \&ar; ap&on&f&di f&om; jr&w&ES&ka&eonf
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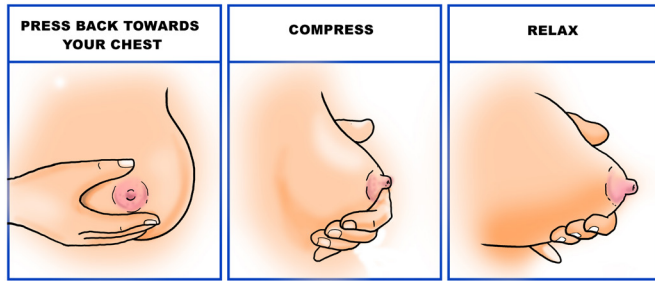
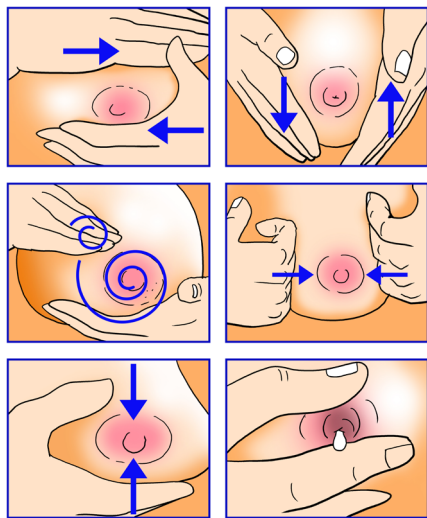
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Enfu bu jzi h& k w Eufk

- 1/ rdi fu k v k k w w a t m i b o i a y y g
- 2/ v u f u i y i m a w a c o c m a q a l l u m y g
- 3/ o u a w m i b u b m x k a p y g o n k w y a p y g o e S a o m c u f u b m j r w f e D w i f u k m a p y g
- 4/ o m j r w a z k m r m a o m a e m r s m w i f n i b m p o z a y j c i f z i b m j r w e s u f k u k E s e a p y g
- 5/ o r \ v u f u b r o m j r w e b a c j f t r n f u i f t x u w i f n f a u m i f o r \ v u h u b a c j f t r n f u i f a t m u w i f n f a u m i f x m a p y D o m j r w f u k o r \ v u a c m i f r m E s i f x m a p y g
- 6/ o r \ v u f e s r u h u k w i f o u i b w q D m a p y g
- 7/ t v e t r i r z o i f y x o k u E y e f u g w a p E k o n f
- 8/ o r \ v u f e s r u h u m E b a c j f t r n f u i f t a e m u b u b o m j r w f u k n p y g
- 9/ z o n p y g a v o n j y e f k y g

Enfu ku a e s i v i b o m j r w e s e i f a e m u f v p i u d E n j y e h s k w y g



Enfu b d q n f o l v i j i f

- Enfu b e s a o m c u f u i f x n h t z k h y D t l r b d q n f y g o n k w E n f o b v i a i o m t x l c u j i f o d q n f y g
- t c e f \ t a t q k e m w i f x m y g
- (Myanmar c i Y C F t &) 6-8 e m & D w i f w k u a u l y g (w h o t &) 4-5 e m & D w i f w k u a u l y g
- a & c h o w \ t a t q k e m w i f (M y a n m a r c i Y C F t &) 1-3 & u f t x o b a v i f x m E k o n f (w h o t &) 4-5 & u f t x o b a v i f E k o n f
- E n f u k n o n f t c r o b u k e s h
- t & n a y m i y D o m E n f u k n o n f t c r o b u k e f r a t c y e s h



tce f8 - v k f e c i & d i f

t v k f c i f o m ? t v k f e c i f o m r d i f m ; o n f d i E w k u f a u f r n f t p d p o f m ; t a l l u m i f u k t e a q m i p o f t v k f e c i f o i f a q l a e g o i b n f v k f e c i o i f d i f m ; p h o n f r d i E w k u f a u f a u m u o n f r d i E w k u f a u f a o m r d i f m ; t w u f a u m i f u t r m ; r s

- uav; t w u f u k c p f t m ; a y ; E k c i f
- uav; z m ; e m r e n f c i f
- r d i E S t a v ; o a t m z o f u f u l u d m ; a e j c i f
- uav; u e f r m a o m a l l u m i f n d i f t v k f e c i f
- t u k f t u s o u b n j c i f p o n f v k f e c i f

v k f e c i o i f e f n o i f a m u p o f r d i E w k u f a u f e f n b n f v r f r m ; u k t d i f a w e e s o d n a q l a e g o r m ; u u h a y ; & r n f

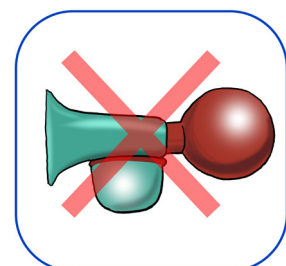
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- uav; a r z o l y d o n E S t a v u e i o m ; E g e , y e s v u j i E m n h s k w f w u k o i f y g
- uav; E s t w & p o f d i E w p f k w n f r m u m c P w u f y g
- t d f s x u f c h r E s t d o y e f n a m u e g d c e f m ; w i f t c e f y l y d r d i E w k u f a u f y g
- t d f s x u f c h r D i a v ; t w u f E m n h s k w f c h y d y p k p m i f a s u b r s u a v ; u k w k u f a u f a p y g
- uav; \ t a 0 ; u k m u f a c e c e v i E m n f u t o d q n f E k b n f v k f n s k w f x m ; y g x o w y c i f z i E m n f u t u f v u k u f e a p v d n f
- j y p k p m i f a s u b o l t m ; E m n f u t e s a o m c u f t z k w i n s u e p h o a v e i f o d q n f y k h o i l u m ; a y ; y g
- j z p E k f u i j y p k p m i f a s u b E s t w l u a v ; u k t v k b a c : v m y g o m [k w f w p a , m u a , m u f t m ; u a v ; u k c : v m a p l y E w k u f a p y g
- r d i f m ; o n f t v k f v i f e m & D p l u d e m n h s k w f l y p a v e s p h o d q n f i t o y e f l m o i b n f u k t e a q m i c e l u n f u r d i b n f v k f e c i f y e o i c e f w i E w k u f e p w i f y i q i f m ; o i b n f

v u n s p k c u E S t v p p o E m s p k c u f u k t o k y l c i f

E m s p k c u f u k t o k y l m w l i a t m u f y w u k s v o m ; & y g r n f

- v u n s p k c u E S t v p p o E m s p k c u f t r k t p m ; r s m ; p h & E k b n f
- r n b n p k c u f q l a p s E e f r n f & s u a v ; p o u b o k a m u f r & u y g
- t c y p o f r m ; p h o n p k f l t m ; t m ; e n f l u l y D d i u E m n f & [k p h ; & a p o n f
- o e f r b n f t a & ; u d o n f r e s u e p h o e p i j c i f * & p u j c i f o n f t a & ; u d o n f
- p k c u f u k o k t l r w r f & i o m ; t m ; E g e , l y d v u j i E m n h s k w f y g
- p k c u f u k t c e f u s m f e f o k l y g E s t e m & D p l u d f w p c g k v i f t r m ; q k t e p f 2 0 o m o k y g
- a q ; b u f k e m u l f u s i o r m ; u r n e t l u m ; y l a r d y x r t y w f t e n f i , w i f E m n h s p k c u f u k o k y E s t a r d y x r t y w f t e n f i , w i E m n h s p k c u f u k t o k y l u E w i j c i f E m l u m i f y d j c i f j z p E k b n f
- E m n h s p k c u f m ; u k r e s u e p h o t o k y l c i f p k c u f m ; t & f t p m ; r o i f a w m i c i f p k c u f m ; u k a p m a p m p D o k i d i f t c e f u s m f e o k i d i f w a l l u m i f a l l u m i f y a v i c i f E w i j c i f E w l a c j i f y s u p j c i f & i o m ; e m u s i j c i f e w l a c j i f a m i j c i f p a o m E w k u f a u f i c i f q k e m j o e m r m ; u k t p a y ; a p E k b n f

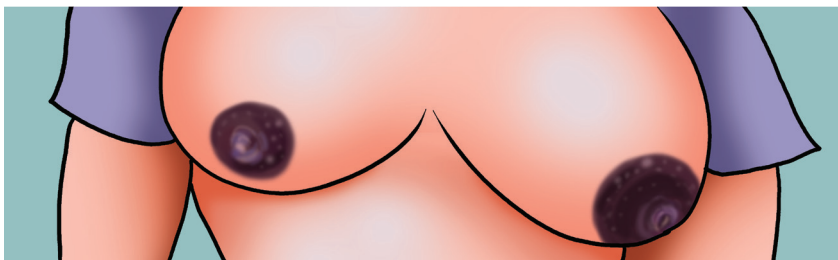


y k p k c u f t r k t p m ; o n f u e f r m a & ; E s t n D w f y g E m l u m i f y d j c i f u k r n f j z p a y ; a p E k b n f

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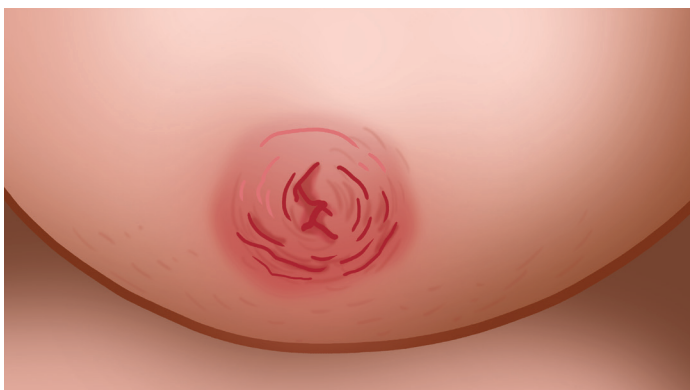
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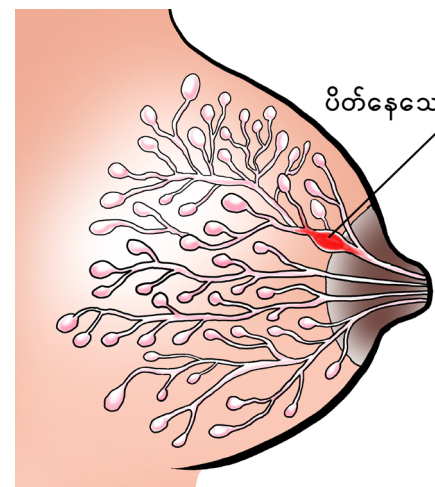
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j y n f v n e m r j z p a t m i f u m u G & e f E u f v u f w u f y j y n f v n e m o n f a m * y l o i j c i f j z p o n f
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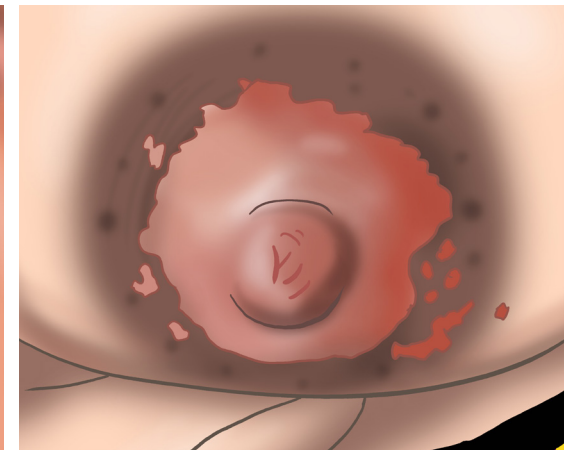
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t a & j y m ; , m ; , E n f o m ; j r w f m ; w i f l e m u s i b n f o m ; j r w f m ; w i f a j y m i f e o n f u a v ; \\
 y g p y f ^ v o n w l f t j z l a & m i f t p u f m ; a w & E o n f u a v ; \ y g p y f p l c i f - a q ; u b r t h l y g
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y k o w f q ; r m ; a o m u o l e i f a l l u m i f p l c i f j z p f w w o n f

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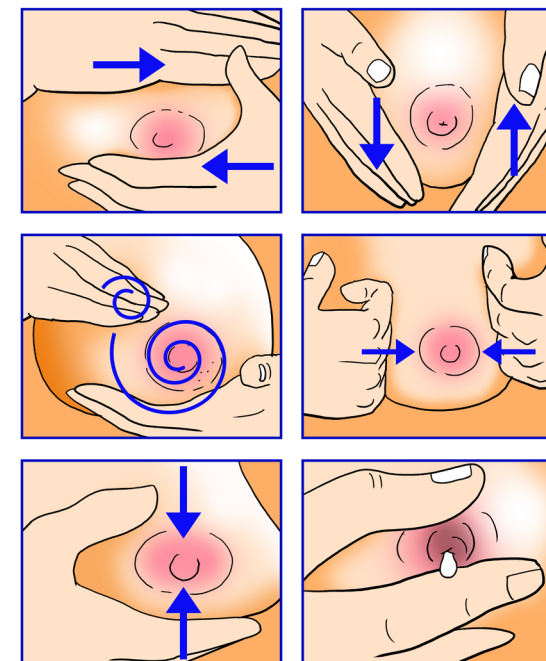
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rdi f&em;on&ft&ok&i&allumi f&v&v&ci f&
ow&j&ef

a*:z&v&v&ci f&ok&em;E&v&v&ci f&ay&pa&q;allum&y&E&v&v&ci f&trn&ful f&ua&*z&v&v&ci f&x&ap&ea&*z&v&v&ci f&
tv, v&v&ci f&ay&u&az&mu&yg& 10-15 rep&om;jr&w&ay;w& f&uy&x&m;yg& 2-3 bud&f&ok&v&v&ci f&E&v&v&ci f&
a&om&v&n&ft&bud&ft&v&ef&em;pa&uy&v&oi f&E&v&v&ci f&on&f&ok&on&f

E&ci f&ci f&om&rdi f&ku&h&ki

E&v&v&ci f&om;jr&wf&ok&ae&E&ow&v&vi f&ay;ly&om;jr&wf&ok&E&E, ay;yg
rdi f&E&v&v&ci f&em;PE&v&v&ci f&ce&f&ok&um&um&w&v&v&ci f&
E&v&v&ci f&ep&of&u&av; \ar;aph&v&ou&v&t&zk&bu&v&E&v&v&ci f&e&D&ke&mae&om&v&u&ap&ci f&zi f&t&zk
t&bu&v&E&v&v&ci f&v&v&ci f&
r&um&c&PE&v&v&ci f&ce&f&um&um&E&v&v&ci f&j&zp&on&f&ou&v&v&ci f&E&v&v&ci f&
24-em&D&w& f&rou&om&y&u&ok& kw&v&v&ci f&yg&u&ne&fy&yg
***E&v&v&ci f&u&v&v&ci f&om&uy&v&n&on&ft&w& f&H&u&v&em;r&ow&ef&di f&ok&w&ay;yg

E&mi f&om&rdi f&ku&h&ki

vu&P&mr&em;- E&ci f&ci f&E&v&v&ci f&wa&om&v&n&f&ok& f&t&ye&v&v&ci f&f&cs&f&ve&ci f&fy&v&ci f&t&e&ci f&
w&ka&u&E&v&v&ci f&wa&om&uk&v&v&ci f&em;uk&v&n&f&em;&on&f
E&v&v&ci f&ok&v&mr&E&mi f&ci f&qu&v&u&j&zp&on&f&ww&on&f
aq;uk&r&uk&u&ci f&H&yg
rdi f&E&v&v&ci f&ci f&ok&ay&v&ve&v&ci f&on&f&di f&t&w&u&ae&? uav;t&w&v&v&ci f&zp&D&j&zp&ap

on fjp Ewufu Ewufu fve fci fuku mu; & Ewufu musif bu f& map & Ewufu f& k w f q & m 0 e f
ay; aom aq; u d o m u b k q a q ; l r D v k m ; u k o k y f S f a q ; l r D v k m ; o n f y i f x e a o m a & m * y k l
0 i j c i f E w u f u e f r m a ; j y o e m r s m ; j z p a y ; a p E k b n f a & m i f e a o m a e & m u k z y f S f a & m i f e a o m a e & m
t a y ; & t a & j y m ; u k c y E S f

jynfvn& somrdi fuku h&k

aq; u b r t u c i f c H y g j y i f x e a o m a & m * g t a j c t a e j z p o n f r d i E w u f u v u f u f u y g
aq; l r D v k m ; u k o k y f S f a q ; l r D v k m ; o n f y i f x e a o m a & m * y k l i j c i f E w u f u e f r m a ; j y o e m r s m ;
j z p a y ; a p E k b n f a & m i f e a o m a e & m t a y ; & t a & j y m ; u k c y E S f j y n f v n e m j z p a e a o m a e & m u k
r x y f S f n n o n f t & m u k r v d y f E S f

Ewufu v& muji f

rdi f m ; E w u f u c i f u y j c i f o m [k w f t j c m ; t p m ^ t & n f m ; w u a u f u j c i f t r m ; q k t a l l u m i f
& i f w p c k s E w u f [k b l u j c i f j z p o n f u a v ; u v t y b r l r d i E w u f m ; v k u & s e o n f v k f
rdi E S f o m ; p i f m ; E w u f v & m u f [k b w w l u o n f

E w u f u q a E g o r s m ; t a e S f d i f m ; r n o b p i ; a e & o n f u k m ; v n f e f t y b u b l p c e l v n f
w i f S e u f o m o w i f t c s u f t v u f m ; u a y ; & e f t o i e s e & r n f E w u f v & m u j c i f a c k f k f
a o m v u p m r s m ; S f n c k v k o m v u p m r s m ; u k d i f t m ; E w u f u q a E g o r s s f y E k b n f

Ewufu v& muji f ckf& bmvu p m r s m ;

u k f t a v ; c e f t w u e n f c i f
w p f v u i 5 0 0 * & r a t m u a v s m e n f c i f
a r t y 2 y w f v i f a r p a y i c e f t m u a v s m e n f a e j c i f
q d o n e n f c i f
w p f u b u d a t m u e n f c i f (q d o n f t e m i f o y b o n f q r s m ; l y D t a & m i f e i f a e j c i f)

E w u f v & m u j c i f a j z p E k b o m t a l l u m i f i f m ;

- uav; on Ewufu demufa&mi f& jci f
- uav; tvefki f
- uav; onftvefnumcPEwufi f
- Ewufu umjci f
- rdi f& k w a f o m t c g E w u f u c i f
- uav; u Ewufu i f q e j c i f

- uav; \rpi b n f m i a j c m u l y D t p d f a & m i j z p a e j c i f
- uav; on f l u m r l u m o r f t r m r s m ; o b i j c i f
- u k l o e a q m i p o E S a r g z b ; l y D e m u f o m ; j r w f t & g f t p m ; r l u D v m j c i f
- E w u f x u f m j c i f

rdi kaemua&mu&E, ay; jci fzi fndi f& Ewufu uatmi fuh&Di f



E w u f u e n f o n f k x i j r i f b a e a o m r d i f m ; o n f t j c m ; E w u f d i f m ; \ a x m u f r t
t u l t n D v t y o n f o w u d u h e f v k a q m i E k f m r s m ; p i & o n f

uav; i d o m r d i f u k h & k

uav; i k u r d i f a & m u a v ; y g p v s u l y D y i l u y o n f i a l u j c i f o n f u a v ; r s u b o g p u m ;
a j m a o m e n f v r j z p a o m a l l u m i f u a v ; i j d i f o n f y k e o m j z p o n f r d i f m ; r o d v u a v ; r s m ;
i a l u f u j c i f t a l l u m i f i f m ; u k m ; v n f p & e E w u f u q a E g o r s m ; u u h E w u f o n f

uav; i& jci ft allumi f m ;	
roufom jz p j c i f	q m a v m i j c i f ? a t j c i f ? a o ; p i f ? y j c i f ? 0 w f x m ; a o m t 0 w f m ; v e f j c i f
yi f e j c i f	{ n o n f m ; v e f j c i f
z m ; e m j c i f e m u s i j c i f	z m ; e m o n f t c f E w u f u s i b n f t c g i o n f a w p c g w p & H a j y m i f v b n f
w [k k l u D o j c i f	rdi E w u f k r s m ; r s m ; p e f t y a o m a l l u m i f k k m a v m i f w w f v m o n f a r t y 2 y w f 4 y w E S v w u i j z p f w b n f
rdi k t p m ; t p m	rdi f u a v ; w p o E s i f w p o D w l u y g t p m ; t p m x & t c u y g o i f a o m t & m r s m ; o n f r d i E k b o m u & g D u a v ; u k l u a r m u f i r j z p a o n f t c u a v ; r s m ; w l f k q w f w f x o c j z p f w b n f r d i a & s i f r n f t x l t p m ; t p m [i r & g / E o ; E k s o n f t o m ; " m w f y l p y f o w b n f k j o e m r s m ; u k l j z p a y ; a p w w b n f E k b o m u f S u d v k i f u f i f n f E o ; E k o m ; " m w f m w f w n f i f u j z p a y ; a p w w b n f

rdi f a o m a q ; r s m ; ^ a q ; v g f x k t & m r s m ; o n f u a v ; u a r m u f u r j z p a p w w b n f
a o m u j i c i f p d u & u a o m u j i c i f

e n f t x u f y d i c i f E n f t x u f y d i c i f
a t m i f v h q m b n f E n f e f x u f r s m ; a o m a l l u m i f i
u a v ; u e p m y f u b n f
r d i f u o m ; j r w f v p z u f S v p z u b h j y m i f a y ; a o m t c g
t a p m y k e n f y d i c i f u a p l y D a v x j c i f r p i f t a & m i f o f
j c i f e s t u a v ; \ u k f t a v ; c e f t w u e n f j c i f j z p a p e k f
o n f

avx k a v a t m i j i f r n b n f t a l l u m i f i f r s & q u a v ; i b n f
a e v k f w h a o m t c e f v i f k w b n f
3 & u l l u m l y D e m u f y e a u m i f o b i ; o n f

v d i y c u f s m ; a o m u a v ; x u a v ; r s m ; o n f y k a y d y ; & e f r d i e s t c e y k m ; r s m ;
x m ; & e f v k t y b n f



rdi E s t o m ; p k i f s m ; u u a v ; \ t r t u s i f m ; u k m ; v n f m ; v l i f r d i E w k u f u l l i m w l i f z p d i
y e h f a p o n f t r s m ; t m ; j z i E n f t x u f y d i c i f a o m a l l u m i f u a v ; i b n f k i f v w l l y D t j c m ; t a l l u m i f i f
r s m ; u k p o f m ; r l l y g

avx k a e a o m o k [w f k a e a o m u a v ; u k b u o m a p E k f k i

i k a e a o m ; a v x k a e a o m u a v ; u k b u o m a t m i f v k e f e n f v r f r s m ; p h & o n f e D u y p h a y d
x m ; j c i f n i o m p h v y a y j c i f o r f a k u f u h i o m p h z a y j c i f w m i f u a v ; u k b u o m a p l y D a v s
v j e h u k p h ; & a p o n f u a v ; u k b , a w m h s c y e s t o e s u y s u p d u p a y ; a p o n f

- 1/ x k f D u a v ; u k b N a y j i f a y ; w l f a r s u f s u f t y a p l y D u a v ; \ a u s m u k w b y f
a y ; y g
- 2/ x k f D u a v ; u k b N a y j i f a y ; x k f i u k f m ; y g u a v ; \ o r f a k u f u h i o m p h z a y ; y g
u k f m ; l y D r a k u f u h i o m p h z a y ; y g

- 3/ u a v ; u k b i f w a y ; w l f v n f v n f y d i c i f D u a v ; o l a c j i f u k b i f w a y ; w l f o m ;
a p u m w w l v w f w h i o m p h i D a v ; o a y ; i u a v ; \ a u s m u k i o m p h y w b y f
a y ; y g



u a v ; u k m ; l e s o b n f r s m ; u k d i e s h o m ; p k i f s m ; t m ; j y o j c i f o i f l u m ; a y ; j c i f w m i f o m ; p k
r s m ; u a v ; u k b u m i f r e p h a p m i f a s u e k e f u h a y ; E k f o n f

E n f i f i f q e a o m u a v ; r d i f u k h a y ; E k f k

w p c w p f u a v ; r s m ; o n f E n f i f i f q e l y D r d i f u p a a o m u a & m u a p ? p a y l e a p ? t j i f y , f
c k b n f k p h ; & a p E k f o n f

r d i f t m ; t m ; a y ; j c i f y l e a o m u a j a z a z m u a y ; j c i f r d i e s t w a q m i f u j c i f w m i f t a j c t a e u k
a j z & s e k f o n f

E n f i f i f q e f i c i f t a l l u m i f i f r s m ; t c u a v ; r s m ; o n f r n b n f t a l l u m i f y
c s u f s & e p h e f i f q e f w l u o n f

z m ; e m j c i f e m u s i j c i f f a q ; o g r s m ; a o m u f m ; j c i f a & m * y o i a m u j c i f
a r g z h ; p o f x d k u f d e m u s i a e j c i f (o l a c j i f
w l f e f y b d k i f c h i f)
e n a c j i f y a v f t o u f & e k f i f
y g p y a m i j c i f (r p i c i f o h ; a y u j c i f)

r d i E w k u f u b o n f n f r s m ; w l f t c u a w e E m r s m ; t o l y k i f a l l u m i f n d i E o l a c j i f u k
j c i f Z a o z o j z p l y D o s i f

r d i E w k u f u b o n f r x u j c i f
r d i f u u a v ; \ o l a c j i f a e m u f s j d i f
r d i f u o m ; j r w f u k j c i f
r d i f u E w k u f u b o n f w j c i f
E n f t x u f s m ; l y D y e f x u a o m a l l u m i f i
u a v ; v e j z e b i j c i f
u a v ; o n f t v k u o i E m w l f t c u a w e
a e j c i f

12-23v

t p m t r t p m ; - r o m ; p k t p m u E k E p i f a j c x m ; a o m t p m r s m ;
t u d f & - w p f u f v i f - 4 u d E S o i ; & n p m 1 - 2 u d f
y r m P - w p f a u f v i f 2 5 0 r D D m q e u f a v ; y k k S
w p f u f k t x d
u a v ; w p f u f v i f p o n f t p m p m ; y k w h u y g a e p o f
p m ; a o m u f k r n f u b j c m ; u o n f
a c m j n l i * & p k u f u f y g

1 E p f S E p f

rdi Ekiufu vki ftaumi f& vtsi f& q& Eynmayjci foi fvefolvufi
y k r m a o m r o m ; p k t p m r s m ; u k u f u f d r q u a u f a r f y g
E o ; E w o p m a E m ; u p w i v k u f u f y g
a e p o f u , a v ; y o f t p m r s m ; a u f y g
t o m ; ^ i g ? y l o p o D v H i f o D i f & u f s m ; y o i a p y g
o i a w m a o m t y p f t u E S t p m t r s t a u f y g
o i a w , a o m y r m P E S t u d f & t w k f a u f y g
t c S t o i f t p m ; t p m r s m ; u k u e f w y g

tykf-2

rdi Ewkaufici f
tallumi f& vtsi f
E& d& q& aEynmay; jci f
p& f& n& f& m;

tcef1 rdi Ewkaufici ftallumi f
E& d& q& aEynmay; Love& n& f& v& r& f
tcef2 Ewkaufici f& v& u& v& ; u& k& t& u& b& w& jci f& f& s& h
q& e& f& p& a& v& k& m& jci f



tcef1-rdi Ewkaufici ftallumi f& d& q& aEynmay; Love& n& f& v& r& f

E& d& q& aE& o& b& n& f& jci f& v& r& u& k& v& k& b& i& z& p& l& y& D& r& di f& m& ; E& s& r& o& m& ; p& b& i f& m& ; r& s& v& k& v& u& a& o& m& t& j& y& k
t& r& w& p& c& o& m& ymi f& v& j& r& & m& w& i& f& i& f& v& k& u& n& f& m& ; x& m& ; & a& o& m& w& p& p& k& w& p& o& ; z& p& o& n& f& E& s& d& q& aE& o& l
r& m& ; o& n& f& jci f& v& z& h& r& e& f& y& ; jci f& o& k& [k& w& a& w& m& i& f& q& i& f& r& o& [k& v& j& l& t& u& y& jci f& t& m& ; jzi f& t& j& c& m& ; o& l
r& m& ; t& m& ; a& j& ymi f& v& e& k& e& f& u& n& d& e& f& o& n& f& x& m& u& m& i& f& r& di f& m& ; b& u& l& a& w& e& & a& o& m& t& w& m& ; t& q& D& r& m& ; u& k&
e& m& ; v& n& i& y& E& s& d& q& aE& i& f& p& r& & n& f& u& k& o& y& k& o& w& t& m& ; u& h& a& y& ; & e& f& t& a& ; b& u& o& n& f

L=Listen and learn em; a& x& m& i& y& D& i& f& l
O=Observe a& v& k& m

V=Value mother/validate her feelings rdi f& c& p& h& ; c& s& u& f& m& ; u& k& v& e& z& k& m& ; ^a& o& c& m& o& d& t& m& i& f& k& f
E=Empower and educate v& k& i& c& i& f& t& c& i& f& m& P& m& a& y& ; l& y& D& y& n& m& a& y& ;

- E& s& d& q& aE& o& b& n& f& di f& k& a& & c& s& ; f& E& s& v& t& y& c& u& f& m& ; u& k& x& r& o& p& m& ; a& y& ; & n& r& n& f
- E& s& d& q& aE& i& f& o& n& f& t& m& u& f& g& t& a& e& r& m& ; w& i& f& t& x& a& & m& u& f& i& z& p& o& n& f
- x& a& & m& u& a& o& m& E& s& d& q& aE& y& e& h& f& v& r& f& m& ; u& k& v& n& a& q& m& u& l& y& a& o& m& t& c& q
 - rdi E& s& i& f& E& m& ; v& n& f& & a& o& m& t& c& q

- pdv&v&u&f&em;axmi f&om t&cg
- oi ft ult n&D&i f&di f&n f&od& f&uk& f&un f&wn&aq&mu&f&om t&cg

E&D&iaE&oh&sm;onf

- rdi E&D&i f&E&D&m;vnf&wn&aq&mu&f&n f
- rdi f&om v&f&rn&f&aj&my&g t&u&ay;onf
- em;axmi f&D&di f&cp&h;csu&f&em;vn&at&mi f&uk±onf
- rdi f&sm;uk& f&w&f&a&f&cs; f&at&mi f&uh&D&n f
- rdi f&sm;\q&f&w&f&csu&f&v±onf

uk& f&e&f&rt , m&zi f&u&b&g j&ci f&uk& f&ok&ij&ci f

- ar&f&zi;ly&f&em&u&f&v&f&cp&h;rb&f&em&z&dt&m;rsn;
- ar&f&zi;ly&f&em&u&f&um; E&D&ur&f&ym&i f&vr&f&sm;
- rb&av&mi f&vp&f&f&z&p&f&mj&ci f&f&j&yn&f&a&om&cp&h;csu&f
- rd&om;p&f&i f&sm;u&E&f&v&f&w&f&[kw&E&f&sm;ok&f&eft&ysu&f&ab&m&z&dt&m;ay;jci f
- uav;t&w&u&f&em&f&v&mu&f&ray;E&f&f& p&f&D&f&um&u&f&

E&D&iaE&oh&sm;oi f& f&rn&f&f&n f&2&y&f&g&onf

pf&n&f& - tult n&D&pa&om uk& f& e&f&rt , m&zi f&u&b&g j&ci f&uk& f&ok&ij&ci f

- uk& f& e&f&rt , m&zi f&u&b&g j&ci f& - pum;aj&my&ci f&f&v&f&g t&j&em;en&f&vr&ft&m;v&ku&f& e&f&rt , m&?v&u&f&rt , mu&f&D&rd& oab&x&m;uk& f&z&mj&ci f&z&p&f&n f&x&u&b&g f&bn&p&um;v&f&em;xu&f&uk& p&f&xu&b&n f
- oi f&ok&ij&ci f&E&f&di fuav;ap&mi f&f&u&b&N&O&f&ci f&uk& f&v&f&ay;n&D&m;y&g (ow&u&f&um&u&f&en&fy&g&onf)
- rdi f&aj&mon&f&em;axmi f&g& (rdi f&ft&m;we&f&em;allumi f&cp&h;ap&onf)
- rdi f&E&f&di f&um;w&f&n&f&n&f&wm;t&q&D&m;uk&f&f&e&f&v&f&v&f&ay&g (y&f&ri f&a&om&qu&b&g f&)
- t&ce&f& y&g (oi f&f&u&f&allumi f&ow&f&f&e&f&)
- rsu&f&f&si f&un&f&ay&g
- oi f&u&E&f&rt , m&?uk& f&rt , m&^v&f&f&rt&to&f&w&f&teu&b&n f t&j&f&oab&mj&z&p&f&e&f&ow&f&em;y&g

pf&n&f& - t&zi f&ar;ce&f&sm;uk&f&ay&g

t&zi f&ar;ce&f&sm;ar&jci f&zi f&E&D&iaE&oh&sm;onf&di f&f&f&csu&f&v&u&f&em;rsn;uk&f&u&onf rdi f&ft&m;rd&f&cp&h;csu&f&sm;uk&f&ym&e&f&v&f&f&v&f&rt&csu&f&v&u&f&em;rsn;uk&f&or&E&f&eft&aj&t&ae&uk& jz&p&ay&ap&onf

- t&zi f&ar;ce&f&sm;- b, f&v&f&f&bm&v&f&b, f&t&ce&f&f&b, f&e&f&mv&f&bm&allumi f&v&/
- ty&v&ar;ce&f&sm;- [kw&f&v, f&f& [kw&f&f& [bn&f&f&aj&z&sm;uk&f&m&apa&omar;ce&f&sm;

Oyrm/

t&zi f&ar;ce&f&-

- t&p&fuav;u&f&w&f&w&mb, f&v&f&f&v&/
- t&p&fuav;u&f&b, f&t&ce&f&f&w&f&v&/

ty&v&ar;ce&f&

- rdi E&f&w&f&w&u&f&ab&mus&ov&m;/
- t&p&fuav;u&f&w&f&ov&m;/

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- x o b y m q i f o n b o r p a y a e o n f u b i e m; v n a l l u m i f o r c p h; c s u f r m; u b i e m; v n a l l u m i f a z m f y o n f
- O y r m / " u a v; u b, a v m u l u m w p e g e p h / u a v; u k v p j e m; b m a w g a u l a e a o; v l' p a o m j z p e y f e a r; c e f r m; u b i a r; l y D v e j e y u o i f x y w l c p h; a e j c i f r [k v a w m y g

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- l u n p r f u a v; u y g p y b, a v m u f t u s, l u d x m; w m u k
- u a v; & a u q m w k u p e m a w l u k t p f o x m; w m a u m i f v u f v m / [i a j y m q e h o n f

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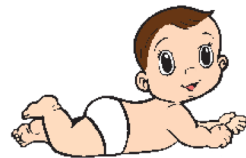
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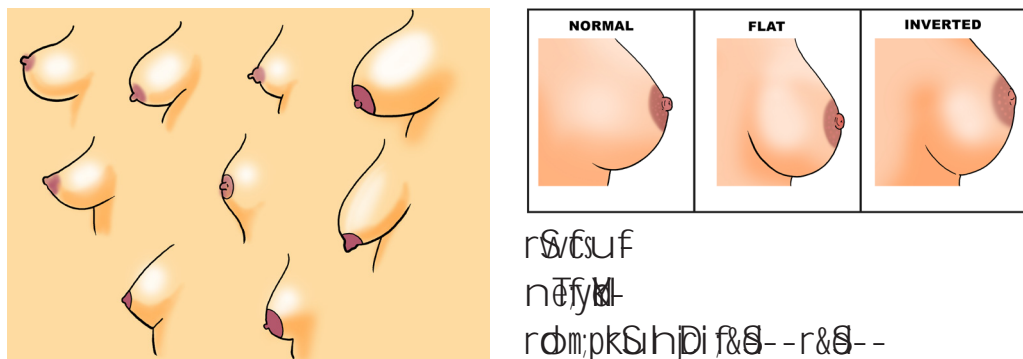
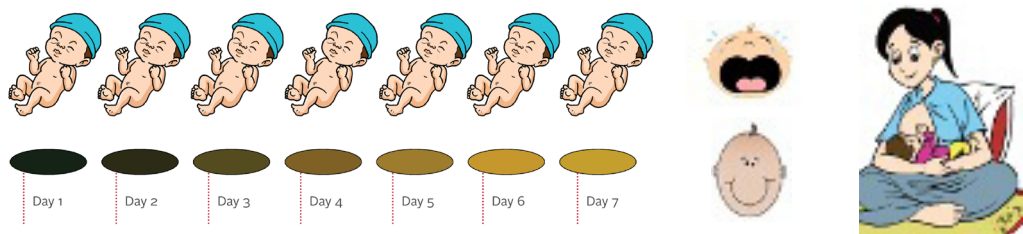
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uav;u d d i f i b w a y : w i f t o m ; c s i f x o k m ; y g a u m i f
a o m x d y f f E w k E S f t a e t x m ; ? a p m p D i r d i E k w i f
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u d w u j i f) ? r d i E k U m c P w u j i f (a e a & m n y g w p a e Y
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E k m i f y d j i f ? E m h f v k u l j i f) / E m k u f m ; a p j i f
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y l e a o m u u d j a z m u f a y ; l y D p a t ; a e a p y g o m ; q u f
j c m ; j i f t a l l u m i f u d u s e f r m a & ; a p m i h & s u f a y ; o e S h
a q i a e f a p y g j y o e m & s u c u f s i f n e f y g

6 v t x d

B u D m a o m u a v ; t c u f t c h & S i E k o n f t a e t x m ;
a j m i f v b a y ; & e f e S o d i q i a e f o r S u k m ; o i f y u a v ;
t o u f v j n f e l f d i u a j m i f v b a y ; z w k t y o n f t & m
r m ; t w u f d i f u j i q i f a y ; y g u a v ; t o u f v j n f e l f
w l f v p & u f l j z n f u p m 2 - 3 b u d a u l f a p y g (x r i f ! y !
[i f o t i f & u f t o t e S s v o p m a f u] t p m t r k t u d
w p j z n j z n f w u a u l j a p y g r d i E k u f u v u l f
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6 v ? 2 E p e S h y a e m u f

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rdi Ewdufufjici fufumu; fjr Svi faxmuf&efl 991 c&g fWHO ESh UNICEF Wdu uav; rsm; ESh f&g Domaq; &g Pmrajv Sf (Baby-friendly Hospital Initiative) Uq Wif aqmi &g ucbonfaq; &g cefsm; twufvrfnEcfm; ukvkvuap&ESh di Ewdufufjici f&g mwf rdi fsm; uduerfma&; apmi f&g Sufb&g rshdy; Ebf&g rdi Ewdufufjici fatmijri f&a; t qifn 10 qifu 2018 c&g p&g p&g fzwcbnf

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USAID
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Canada



NEW ZEALAND
MINISTRY OF FOREIGN AFFAIRS
Aid Programme



Irish Aid
Rialtas na hÉireann
Government of Ireland



Norwegian Ministry
of Foreign Affairs

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