# BY'OSUBWA NGA TOWEREKEDDE MUKYALA WO OW'OLUBUTO OKUNYWA EDDAGALA

## Asiika Obulamu

Bya PETER SSUUNA

EDDA, omusajja teyawerekeranga mukazi ewa mulerwa okunywa eddagala ng'ali lubuto. Wabula embeera bwe yagenda ekyuka abakyala ne batandika okujjumbira amalwaliro amanene abasawo baakubirizanga abaami okuwerekera bakyala baabwe okulaba abasawo babalambike ku ky'okukola ku lw'omukyala okuzaala obulungi ate omwana omulamu.

Dr. John Bosco Mudaka.

Dr. John Bosco Mudaka, omukugu mu kuzaalisa okuva mu ddwaaliro e Lubaga, annyonnyola ebirungi omusajja by'asubwa bwe yeewala okubeererawo mukyala we ng'ali lubuto. Agamba nti:

1 Bamaama ababa bazze okweteekateeka okuzaala, beetaagira ddala okuyambibwako naddala omuntu ow'oku lusegere mu ffamire ekisobola okumugunyaa ate okuzaala nga teyeeraliikira.

2 Olw'okuba waaliwo embeera y'okutaasa abakyala b'embuto obutalwa mu nnyiriri, singa abeera azze ne bba bamuyisaawo mangu. Abakazi baatandika okupangisa aba boda boda oba mikwano gyabwe ne babatwala mu ddwaaliro basobole okubakolako amangu ekintu ekirimu okusoomooza eri bba.

3 Omusajja yenna ng'ateekateeka olugendo lw'okunywa eddagala ne mukyala we, wabeerawo ebintu ebyetaagisa okumanya, okugeza: Obujjanjabi obubaweebwa ababiri, singa mubeera mulina endwadde ate eyinza okukosa omwana ali munda.

4 Wabaawo okunnyonnyolwa olw'ekyo ekisuubirwa mu leeba, omusajja ky'ateekeddwa okutegeera n'ebintu ebiteekeddwa okukolebwa ng'omukazi agenda okusumulukuka. Okugeza omukazi w'ateekeddwa okuzaalira n'embeera gy'anaazaaliramu.

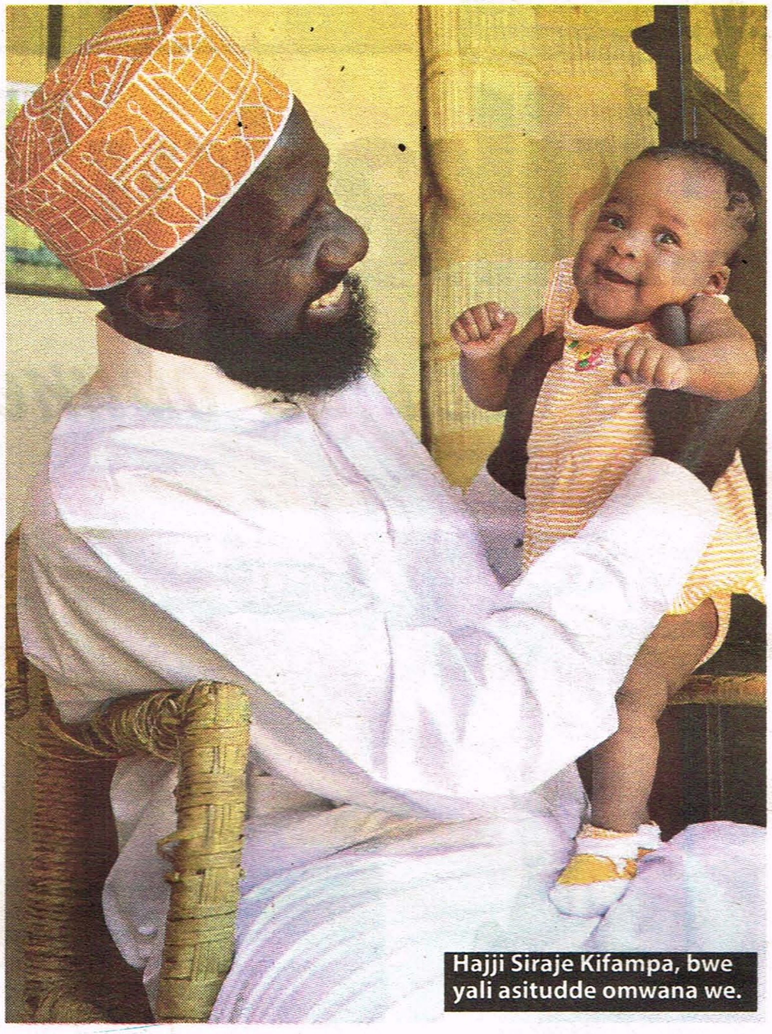
5 Omukazi asobola okutya okukubuulira ensonga z'asanze mu ddwaaliro, ekyokulabirako nti, asobola okukeberebwa ne kisangibwa ng'omwana munda aliko obulemu n'atakubuulira ne kikukosa ng'azaaliddwa kyokka nga kyalibadde kyewalika.

6 Ebiseera ebisinga omukazi ajja n'omwagalwa we, batuuzibwa ne bannyonnyolwa ku lugendo olw'emyezi omwenda egy'olubuto. Muno mubaamu, emirimu gy'ateekeddwa okukola, by'ateekeddwa okulya n'okunywa, bye yeewala n'ebirala. Omusajja naye abuulirirwa by'ateekeddwa okukola ekibataasa entalo mu maka olw'omu obutategeera munne.

7 Wabaawo enkebera ey'ekikugu ku bombi okugeza, okukebera kabootongo mu bakyala era bw'azuulwamu, mwenna muteekeddwa okufuna obujjanjabi. Oluvannyuma bonna bafuna okubangulwa okw'enjawulo okusinga omu okutegeeza ku munne ataliiwo ayinza obutakkiriza singa naye aba alagiddwa okutandika eddagala.

•Endwadde ezisinga okukeberebwa mulimu: Kabootongo, Hepatitis B, akawuka ka siriimu (HIV), omukyala bamukebera omusujja gw'ensiri, endwadde eziyita mu muwaatwa omuyita omusulo, n'ebirala.

Omusawo agamba nti, endwadde singa zizuulibwa, abaagalana bafuna obujjanjabi. Ekyokubabirako singa omukazi azuulibwamu Hepatitis B, afuna obujjanjabi ate omusajja n'aweebwa eddagala ery'okumugema.



Hajji Siraje Kifampa, bwe yali asitudde omwana we.

### Abantu kye bagamba

**Naava Abbey : Nze nandyagadde baze okumperekera alabe n'ebizibu bye tusanga ng'abakazi abali embuto okusinga ye okusigala awaka n'alindirira omwana.**

**Jamir Isiko : Emirembe gyakyuka, kati omusajja ateekeddwa okutuukiriza obuvunaanyizibwa okuva ng'omukazi ali lubuto era eky'okumuwerekera mu ddwaaliro kikulu kuba mutondawo enkolagana.**

**Gertrude Nabukeera: Abasajja abamu bw'omugamba okugenda naawe okunywa eddagala abamu bayomba ng'agamba ye talina kimutwalayo so nga kirungi ffembi okumanya bwe tuyimiridde.**

Okunoonyereza kuno omusawo kw'akola kuyamba n'okumanya ekikula ky'omwana ababiri gwe balindiridde, embeera gy'alimu, oba ebitundu byonna ebimufuula omuntu byatondebwa, bw'aba tabirina okugeza alina ekituli ku mutima mukola mutya.

Kino kikulu okumanya, kuba wabaawo enjogerezeganya wakati wammwe n'omusawo okubabudaabuda n'okubalung'amya ku ngeri gye muteekeddwa okwetegekera omwana ono okusinga okubagwako obugwi.

Wabaawo abakyala ab'okulongoosa n'asobola okusindika omwana naye nga waliwo by'ateekeddwa okukola. Bino omwami olina okubimanya.

8 Olugendo lw'okweteekerateekera okuzaala. Omusajja onnyonnyolebwa ku bisale by'eddwaaliro. Mulimu abakyala abalimba abasajja ku miwendo gy'okuzaala mu linnya ly'okubakolamu ssente, kyokka singa omwami obeerawo, bino byonna obyewala.

9 Omusajja afuna obukugu obw'enjawulo bw'akozesa singa omukyala amutabukako mu kaseera k'okusumulukuka, kubanga bw'ogenda naye mu ddwaaliro kikuwa omwagaanya okwogera n'omusawo amukolako n'obaako ne by'omubuuza singa embeera gy'otategeera etuukawo.

#### OMUSAJJA YAALIGENZE NE MUKAZI WE EMIRUNDI EMEKA MU DDWAALIRO

Omukazi yenna yaalibadde anywa eddagala buli kiseera omusawo ky'amuwa okuddayo oba ng'alina ky'awulidde ekitali kya bulijjo awamu ne musajja we.

Kino bwe kiri kuba buli mulundi guliko okusomesebwa n'okukeberebwa okw'enjawulo okukolebwa.

Dr. Mudaka agamba nti, ekitono gendayo emirundi ena era emyezi egisooka esatu fuba okugendayo emirundi ebiri okutegeera embeera omwana gy'alimu.

Mu myezi egisembayo esatu nagyo waakiri ogendeyo emirundi ebiri kuba giba gya kweteekerateekera engeri y'okuzaala.

Ku lunaku lw'okuzaala omusajja kikukakatako okubeerawo kubanga wabaawo ensonga nnyingi eziyinza okukwetaagisa okusalawo nga taata w'omwana.

Ekyokulabirako nti omusawo bw'agamba nti, omukazi yeetaaga ccupa ya bisa, waliwo abeetaagisa okulongoosa nga mu kaseera ako omukazi tasobola kusalawo okuggyako ggwe omusajja aliwo okussaako omukono.

Omukazi kimuwa obuvumu ng'akulabawo.

Ng'oggyeeko omusajja okuwaayo ssente, tekimala byonna kiba kikwetaagisa okubeerawo mu bulamu bw'omwana ono kuba oluusi abamu bejjusa nti, kale singa naliwo ate ng'akaseera kaayita dda.

Omusawo agamba nti, omusajja asobola okubeerawo mu ngeri ez'enjawulo okugeza; okubeera mu kasenge ng'omukazi asindika omwana bw'abeera omugumu, oba okubeera mu ddwaaliro ng'asobola okutuukikako amangu singa wabeerawo embeera yonna eyeetaagisa obuyambi bwe.

Omukazi aweebwa ebbeetu okusalawo ani gw'ayagala okubeera mu kasenge ng'azaala, okugeza omusajja ayinza okuba ng'ayinza okumutiisa n'asalawo nnyina okubeerawo oba muganda we, wabula singa omusajja yabeerawo mu kunywa eddagala, ebiseera ebisinga omukazi gw'alonda.