

Stawisha Maisha II

Baseline In-depth Interview Guide

Mwongozo wa Mahojiano ya Kina ya Utafiti wa Mwanzo

Intended Respondents: Mothers/caregivers who are PSSN recipients and Stawisha Maisha II participants

Washiriki wanaokusudiwa: Akina mama/watunzaji ambao ni wapokeaji wa "PSSN" na washiriki wa STAWISHA MAISHA II

Region: Mwanza/Arusha Mkoa: Mwanza/Arusha

District name: Jina la Wilaya

Interview date: Tarehe ya mahojiano

Name of interviewer: Jina la mhojaji

Interview time: from..... to Muda wa mahojiano: Kuanzia.....hadi.....

Socio-demographic Information: *Taarifa za Kijamii za Mshiriki*

How old are you? _____

Una umri gani? _____

How many people live in your household? _____

Watu wangapi wanaishi kwenye kaya yako? _____

How many children do you have? _____

Una watoto wangapi? _____

How many of those children are 5 years old or younger? _____

Watoto wangapi katika hao wana miaka 5 au wadogo? _____

What is the highest level of school you completed? _____

Ulimaliza kiwango kipi cha juu cha elimu? _____

What is your marital status? _____

Hali yako ya ndoa ikoje? _____

Is there a radio at your family home? YES / NO

Kwenye familia yako kuna redio? NDIO/HAPANA

How often do you listen to it?

Mara ngapi unaisikiliza?

What is your program of choice?

Ni programu ipi uipendayo?

How often do you listen to it?

Unaisikiliza mara ngapi?

Do you ever listen to the radio on your mobile phone? YES / NO

Je, huwa unasikiliza redio kwenye simu yako ya mkononi? NDIO/HAPANA

Introduction Utangulizi

Thank you very much for agreeing to talk with me today. I would like to remind you again that participating in this discussion is voluntary. I am eager to learn more about your community, what you know about food choices for yourself and your young children, where you learn about nutrition, other child health information including early childhood development, and what barriers you

perceive to getting healthy food for your family. This is an informal conversation and there are no right or wrong answers. I am interested in anything that you want to share with me to help us learn more about you and your family.

Asante sana kwa kukubali kuongea nami leo. Ningependa kukukumbusha tena kwamba kushiriki katika mahojiano haya ni hiari. Napenda kujifunza zaidi kuhusu jamii yako, unachofahamu kuhusiana na uchaguzi wa vyakula kwa ajili yako na kwa ajili ya watoto wako wadogo, wapi unajifunza kuhusiana na lishe, taarifa nyingine za afya ya mtoto ikiwemo maendeleo ya ukuaji wa mtoto, na vikwazo gani unavyoona vinazuia upatikanaji wa chakula chenye afya kwa ajili ya familia yako. Haya ni mazungumzo yasiyo rasmi na hakuna jibu sahihi au lisilo sahihi. Ninapenda mawazo yako yoyote unayopenda kunishirikisha kutusaidia kujifunza zaidi kuhusu wewe na familia yako.

1. To begin, I would like to learn about your community. How would you describe this community to me?

Kwa kuanza, ningependa kujifunza kuhusiana na jamii yako. Ungeielezeaje jamii yako kwangu?

- What do most people do in this community?
- Watu wengi katika jamii hii wanafanya nini?
- What is interesting about this community?
- Ni nini kinachovutia kuhusiana na jamii hii?
- What are the main challenges faced by people living in this community?
- Ni changamoto gani kubwa zinazowakabili watu wanaoishi katika jamii hii?
- What does a typical day look like for you? Can you walk me through it?
- Siku ya kawaida inaonekana je kwako? Unaweza kunielezea inavyoonekana kwako?

2. Perceived self-efficacy for MIYCF (maternal, infant, and young child feeding) practices
Next, I would like to ask you about your knowledge of and access to nutritional food, including for your children, antenatal care, and breastfeeding.

Mtazamo uliozoeleka wa ufanisi binafsi juu ya (mama mjamzito, mtoto mchanga, na mtoto mdogo)

Kifuatacho, ningependa kukuuliza kuhusiana na uelewa wako juu ya chakula chenye lishe na ufikiaji wake, ikiwemo kwa watoto wako, utunzaji wa ujauzito, na unyonyeshaji.

General Nutrition Information:

Taarifa ya Jumla ya Lishe:

What kind of food do you typically eat in your house? Please elaborate.

Ni aina gani ya chakula unachokula hasa nyumbani kwako. Tafadhali fafana.

- Please tell me about how your household obtains food? [*Probe: on any other ways they get food after first response*]
- Tafadhali nielezee jinsi kaya yako inavyopata chakula? [*Dodosa: juu ya njia zingine wanazopata chakula baada ya jibu la kwanza*]
- Follow up questions – Maswali ya kufuatilia
 1. When you have to buy food, what types of foods are typically purchased?
Mnapanunua chakula, ni aina gani ya vyakula mnavyonunua hasa?
 2. Where are these purchased?
Mnanunua wapi?
 3. How far away is this market and how often do you go there?
Soko hili liko mbali kiasi gani na mnaenda mara nyingi kiasi gani?
 4. What types of foods does your household grow for consumption?

Ni aina gani ya vyakula kaya yako hulima kwa ajili ya chakula?

- How does your household decide the types of food to buy and how much is needed?
- Kaya yako huamuaje aina na kiasi cha chakula kinachohitajika kununuliwa?
- How much of your household income is allocated for groceries?
- Ni kiasi gani cha kipato cha kaya kinachotengwa kwa ajili ya manunuzi ya chakula?
 - Follow up questions – Maswali ya kufuatilia
 1. Who makes these decisions?
Nani hufanya maamuzi haya?
 2. Are these decisions made together (and by whom), or does one person decide without discussion?
Je, maamuzi haya hufanywa kwa pamoja (na nani), au je, mmoja huamua bila majadiliano?
- What difficulties does your household have getting food? [*Probe: access to food – transportation, seasonal availability, etc.*]
- Ni ugumu upi kaya yako ilionao wa kupata chakula? [*Dodosa: ufikiaji wa chakula, usafirishaji, upatikanaji kwa msimu, n.k.*]
- What happens in your household if there is not enough food and no money to buy it?
- Nini hutokea kwenye kaya yako inapokuwa hakuna chakula cha kutosha na pesa ya kununua chakula?
 - Follow up questions – Maswali ya kufuatilia
 1. Who takes priority in terms of distribution of food?
Nani hupewa kipaumbele kuhusiana na usambazaji wa chakula?
Probe: Who gets first, second and third priority?
Dodosa: Nani hupewa kipaumbele cha kwanza, cha pili na cha tatu?
 2. What experience do you have of some household members skipping meals or eat less to ensure there is enough food for the children? Who does that?
Una uzoefu upi wa baadhi ya wanajamii kutokupata milo au kula kidogo ili kuhakikisha kuna chakula cha kutosha kwa ajili ya watoto? Nani hufanya hivyo?
- What do you do for a child less than 5 years old when there is not enough food?
- Mnafanya nini kwa mtoto mwenye umri chini ya miaka 5 kunapokuwa hakuna chakula cha kutosha?
- What happens to your breastfeeding practices when there is not enough food?
- Nini hutokea kwenye tabia yako ya unyonyeshaji kunapokuwa hakuna chakula cha kutosha?
- *What difficulties does getting water or lack of sufficient water cause in your household?*
- Je, upataji maji au ukosefu wa maji ya kutosha husababisha matatizo gani kwenye kaya yako?
- How does a lack of food or water or ways to procure food or water impact your marriage/partnership?
- Ukosefu wa chakula au maji au njia za kununua chakula au maji unaathirije ndoa yako/ushirikiano wako?
 - In general, what kind of challenges do you face when feeding your young children? [*Probe: is there enough food, do you think the food is nutritious enough, other issues such as clean water, etc.*]

Kwa ujumla, ni changamoto gani unazopata unaponyonyesha watoto wako wadogo? [*Dodosa: kuna chakula cha kutosha, unafikiri chakula ni chenye lishe ya kutosha, masuala mengine kama vile maji safi, n.k.*]

3. **Maternal Health and nutrition**

Afya ya Mama Mjamzito na Lishe

I would now like to discuss about maternal health and nutrition.

Ningependa sasa tujadili kuhusiana na afya ya mama mjamzito na lishe.

- What does nutritious foods mean to you?
- Je, vyakula vyenye lishe inamaanisha nini kwako?
- In your experience, what is nutritious food for a pregnant woman?
- Kwa uzoefu wako, chakula chenye lishe kwa mwanamke mjamzito ni nini?
- How confident do you feel about you getting enough nutritious food? Tell me more.
- Unajisikiaje unavyojiamini kuhusiana na wewe kupata chakula chenye lishe cha kutosha? Nielezee zaidi.

Probe: if you are not getting nutritious food, what do you think is preventing you from doing so? How else have you tried to get nutritious food?

Dodosa: kama hupati chakula chenye lishe, unafikiri ni nini kinakuzuia kufanya hivyo? Ni mara nyingi kiasi gani umejaribu kupata chakula chenye lishe?

- During your current/last pregnancy, what did you do if there was not enough food?
- Wakati wa ujuzito wako wa sasa /uliopita, ulifanya nini kulipokuwa hakuna chakula cha kutosha?
- Where do you and other community members get most of your knowledge/information on a specific diet about maternal nutrition and health from?
- Je, wewe na wanajamii wengine mnapata wapi maarifa/taarifa zaidi kuhusiana na chakula maalumu kuhusiana na lishe na afya ya mama mjamzito?
- *Probe: other mothers, your own mother, mother-in-law, clinic staff, NGOs, other village members, radio program*
- *Dodosa: akina mama wengine, mama yako mzazi, mama mkwe, mfanyakazi wa klinik, Asasi zisizo za Kiserikali, wanakijiji wengine, programu za redioni*
- Please describe the information you get about nutrition, maternal and child health from these sources.
- Tafadhali fafaua taarifa unazopata kuhusiana na lishe, afya ya mama na mtoto kutoka kwenye vyanzo hivi.
- Of all these, what is your most trusted source of maternal diet/nutrition?
- Katika hivi vyote, chanzo chako kinachoaminika cha taarifa kuhusiana na chakula maalumu /lishe ya mama mjamzito ni kipi?
- What makes this information source reliable/unreliable to you?
- Ni nini kinachofanya chanzo hiki cha taarifa kutegemewa au kutokutegemewa?
- How often do you listen to the radio, and where do you listen? Please elaborate.
- Mara ngapi unasikiliza redio na unasikiliza wapi? Tafadhali fafaua.

I would now like to hear your ideas and experience about antenatal care.

Ningependa sasa kusikia mawazo na uzoefu wako kuhusiana na huduma ya mama mjamzito.

- What do you think is the right time for others to know when a woman is pregnant?
- Ni wakati upi sahihi kwa wengine kujua iwapo mwanamke ni mjamzito?
 - *Probe: Who should know? At what stage of the pregnancy should they know?*
 - *Dodosa: Nani anapaswa kujua? Wanapaswa kujua katika hatua ipi ya ujuzito?*
- Please tell me what you know about antenatal care.
- Tafadhali nieleze unachofahamu kuhusiana na huduma ya mama mjamzito.

- In your knowledge/experience, why do you think it is important for pregnant women to seek antenatal care?
- Kwa uelewa/uzoefu wako, kwa nini unafikiri ni muhimu kwa mama mjamzito kupata huduma ya mama mjamzito?
- How comfortable do you feel in asking questions of a health care worker or going to the clinic if you have concerns about your or your child's health?
- Unajisikiaje kuuliza maswali kuhusiana na m hudumu wa afya au kwenda klinik ikiwa una maswali kuhusiana na afya yako na ya mtoto wako?
- What are some barriers that may prevent you from seeking timely antenatal care? [*Probe: cost, distance to facility, superstition, lack of trust of doctors, husbands controlling medical care, too busy with other children at home etc.*]
- Ni vikwazo vipi baadhi vinavyoweza kukuzuia kutafuta huduma ya mama mjamzito kwa wakati? [*Dodosa: gharama, umbali wa huduma, ushirikina, ukosefu wa imani kwa madaktari, waume kudhibiti huduma ya afya, kuhangaikia watoto wengine nyumbani, n.k.*]
- Follow up question – Swali la kufuatilia
 1. Please share an experience you or someone you know faced to make you feel mistrustful or uncomfortable with a nurse or other medical staff?
- Tafadhali shirikisha uzoefu ambao wewe au mtu mwingine unayemjua alipitia kukufanya ujisikie kutoamini au kujisikia vibaya kuhusiana na muuguzi au wafanyakazi wengine wa afya?

Breastfeeding: *Unyonyeshaji*

I would now like to hear our thoughts and experience about breastfeeding:

Ningependa sasa kusikia mawazo na uzoefu wako kuhusiana na unyonyeshaji:

- In your opinion, what are some of the benefits of exclusive breastfeeding?
- Kwa maoni yako, ni yapi baadhi ya manufaa ya unyonyeshaji wa maziwa ya mama pekee?
- How long should babies be breastfed without supplementing with water or other foods?
- Ni kwa muda gani watoto wanapaswa kunyonyeshwa bila kupatiwa virutibisho vyenye maji au vyakula vingine?
- What are some challenges about exclusive breastfeeding?
- Ni nini baadhi ya changamoto kuhusiana na unyonyeshaji wa maziwa ya mama pekee?
- What has been your experience with exclusive breastfeeding? Please tell me about this...
- Ni nini umekuwa uzoefu wako kuhusiana na unyonyeshaji wa maziwa ya mama pekee? Nielezee kuhusiana na hili.
 - Follow up questions – Who supported you when you were exclusively breastfeeding? [*Probe: other mothers, your own mother, a nurse*]
 - Maswali ya kufuatilia-Nani alikusaidia ulipokuwa ukinyonyesha maziwa yako pekee?
 - *What kind of support did you get? (with breastfeeding, support with chores and household tasks)*
 Ulipata msaada gani? (msaada kwenye unyonyeshaji, msaada wa kusaidiwa majukumu na kazi za nyumbani)
- What challenges did you experience with exclusive breastfeeding?
- Changamoto gani ulipitia katika unyonyeshaji wa maziwa yako pekee?
- What did you do when these challenges occurred?
- Ulifanya nini changamoto hizi zilipotokea?
- How many months old was the baby when you started giving him/her anything other than breastmilk?
- Mtoto alikuwa na miezi mingapi ulipoanza kumpatia chakula kingine zaidi ya kumnyonyesha?

- What made you start giving other food or liquids?
- Nini kilikufanya uanze kumpatia chakula kingine or vimiminika?

Child Mtoto

- Where did you learn about nutrition and feeding your children? Tell me more. [*Probe: did you learn from family, in-laws, friends, health care workers, the radio?*]
- Ulijifunza wapi kuhusiana na lishe na kulisha watoto wako?Nielezee zaidi.
- [*Dodosa: ulijifunza kutoka kwenye familia, kwa wakwe, marafiki, wahudumu wa afya, redioni?*]
- From the information you received, what is considered nutritious food for young children?
- Kutokana na taarifa ulizopata, nini kinachukuliwa kuwa chakula chenye lishe kwa ajili ya watoto wadogo?
- How do you know what kind of food to give your young child/children?
- Unajuaje aina ya chakula cha kuwapa watoto wako wadogo?
 - Follow up question – Swali la kufuatilia
 1. How does this differ for different ages of children?
Hii inatofautianaje kwa watoto wa umri tofauti?
- Who else makes decisions about what food to give your young child/children? [*Probe: e.g., your mother, mother-in-law, husband*]
- Nani mwingine hufanya maamuzi kuhusiana na chakula cha kumpa mtoto/watoto wako wadogo?
[*Dodosa: kwamfano, mama yako, mama mkwe,mume wako*]
- Where does the information about making these decisions come from? [*Probe: the radio, doctor, other village members, generational knowledge*]
- Taarifa kuhusiana na kufanya maamuzi haya zinatoka wapi? [*Dodosa: redioni, daktari, wanakijiji wengine, maarifa ya kizazi*]
- What kinds of food would you like to prepare for your young child/children? [*Probe: How did you learn to prepare these types of food? How do these foods differ for the difference ages of children? Please elaborate*]
- Ni aina gani ya chakula ungependa kuandaa kwa ajili ya mtoto/watoto wako wadogo? [*Dodosa: Ulijifunzaje kuandaa aina hizi za chakula? Namna gani vyakula hivi vinatofautiana kwa watoto wa umri tofauti? Tafadhali fafana*]
- Who is involved in feeding young children in your household? (Are males and females engaged?)
- Nani anahusika kwenye kulisha watoto wadogo katika kaya yako? (*Je, wanaume na wanawake wanajihusisha*)
- Do you feel like your young children are eating enough nutritious food on a regular basis? [*Probe: if they are not, what do you think is preventing them from doing so?*]
- Je, unajisikia kwamba watoto wako wadogo wanakula chakula chenye lishe cha kutosha mara kwa mara?
- What kind of challenges do you face in feeding your young children nutritious food?
- Ni aina gani ya changamoto unazokutana nazo katika kuwalisha watoto wako wadogo chakula chenye lishe?
- What resources are available in this community related to nutrition and feeding young children? [*Probe: information sessions, plumping nuts at health facilities, school feeding programs, etc.*]
- Ni rasilimali zipi zilizopo katika jamii hii zinazohusiana na lishe na ulishaji wa watoto wadogo? [*Dodosa: vipindi vya taarifa, karanga za kunyunyiza kwenye vituo vya afya, programu za ulishaji mashuleni, n.k.*]

Feelings of affiliation Hisia zenye muunganiko

Now, I would like to get an idea of what your community is like and how it influences your knowledge and decision-making about nutritional food and overall health for your family. I would like to understand your community and how community members might influence your knowledge and decision-making.

Sasa, ningependa kupata mawazo kuhusiana na jinsi jamii yako ilivyo na namna gani inaathiri maarifa na ufanyaji wako wa maamuzi kuhusiana na chakula chenye lishe na afya ya familia yako kwa ujumla. Ningependa kuelewa jamii yako na jinsi wanajamii wanavyoweza kuathiri maarifa yako na utoaji maamuzi.

General community relationships and sense of belonging

Uhusiano wa jumla wa jamii na hisia za uhusikaji

- How do people get along in this community?
- Ni namna gani watu katika jamii hii wanashirikiana?
 - Follow up questions – Maswali ya kufuatilia
 1. How do you get along with the people in this community?
Ni namna gani unashirikiana na watu katika jamii hii?
 2. How do you think people in this community view you?
Unadhani watu katika jamii hii wanakuonaje?
 - Could you tell me about any groups, clubs, or organizations that exist in your community?
 - Je, unaweza kunielezea kuhusiana na kikundi chochote, vilabu, au asasi zisizo za kiserikali zilizomo kwenye jamii yako?
 - Follow up questions – Maswali ya kufuatilia
 1. How do you participate in these groups/organizations/clubs?
Unashirikije kwenye vikundi/asasi/vilabu hivi?
 2. What form of help have you or any member of your household ever received help or support from them? Tell me about this...
Ni aina gani ya msaada wewe au mwanakaya wako aliwahi kupokea kutoka kwao? Nielezee kuhusiana na hili.
 - Which activities have you participated in to help others in your community? Tell me about this.
 - Ni shughuli zipi uliwahi kushiriki kuwasaidia wengine kwenye jamii yako? Nielezee kuhusiana na hili.

Community influence on decision-making

Athari za jamii kwenye ufanyaji maamuzi

- Who influences the decisions you make for yourself and your children? [*Probe: peers, your own family*]
- Nani huathiri maamuzi ufanyayo kwa ajili yako na ya watoto wako? [*Dodosa: wanarika, familia yako mwenyewe*]
- Who else in the community or your family influences decisions about antenatal care or feeding your child?
- Nani mwingine kwenye jamii au familia yako huathiri maamuzi kuhusiana na huduma ya mama mjamzito au ulishaji wa mtoto wako?
- How do you think you influence people around you to make decisions? [*Probe: do your friends look up to you for information, do you have a peer group that leans on each other for support?*]

- Unadhani unaathirije watu wanaokuzunguka kufanya maamuzi? [*Dodosa: Marafiki zako wanakutafuta ili wapate taarifa, una kundi rika linalotegemeana kwa ajili ya msaada?*]
- Who are you most likely to seek support or information from regarding caring for your child(ren) or yourself during pregnancy? Why? [*Probe: who do you count on for support in your community? e.g., support with child care, someone you can turn to for family advice, who can help you with food or money if you are having trouble*]
- Unaweza kutafuta msaada au taarifa kwa nani zaidi kuhusiana na kutunza mtoto/watoto wako au wewe mwenyewe wakati wa ujauzito? Kwa nini? [*Dodosa: Ni nani unayemhesabu katika kukusaidia katika jamii yako? Kwa mfano, msaada wa utunzaji wa mtoto, mtu unayeweza kumuona kwa ajili ya ushauri wa kifamilia, nani anayeweza kukusaidia kuhusiana na chakula au pesa unapopata shida*]
- If you disagree with someone about how to care for your child, or yourself during pregnancy, how do you address the situation? Please elaborate.
- Kama hukubaliani na mtu kuhusiana na jinsi ya kutunza mtoto wako au wewe mwenyewe wakati wa ujauzito, unashughulikiaje hali hiyo? Tafadhali fafanua.

Openness/barriers to change and future aspirations

Uwazi/vikwazo vya mabadiliko na matarajio ya baadae

Last, I'd like to understand what things might help or hinder your ability to make decisions about feeding yourself and your young children, and how you access food.

Mwisho, ningependa kuelewa vitu gani vinaweza kusaidia au kuzuia uwezo wako wa kufanya maamuzi kuhusiana na kujilisha mwenyewe na watoto wako wadogo na jinsi unavyofikia chakula.

- How well do you trust yourself/how confident are you in your decision-making surrounding nutrition for yourself and your young child(ren)?
- Unajiaminije katika kufanya maamuzi kuhusiana na lishe kwa ajili yako na kwa ajili ya mtoto/watoto wako wadogo?
- What do you see as the biggest challenge related to *maternal, infant, and young child feeding practices* affecting your family right now? [*Probe: lack of access to food, not knowing where to obtain healthy food, not understanding which foods are healthy, lack of autonomy/decision-making in the household*]
- Ni changamoto ipi kubwa zaidi unayoona inayohusiana na tabia ya ulaji kwa mama mjamzito, mtoto mchanga na mtoto mdogo inayoathiri jamii yako kwa sasa? [*Dodosa: Ukosefu wa ufikiaji wa chakula, kutokujua wapi pa kupata chakula chenye afya, kutokufahamu ni vyakula gani vyenye afya, ukosefu wa uhuru/kufanya maamuzi katika kaya*]
- What would you need to ensure that your young children receive proper nutrition at every stage of development from 0-5 years? [*Probe: more financial stability, accessibility to clean water & sanitation, better decision-making power at home, more education about nutrition, access to food*]
- Ungehitaji nini kuhakikisha kwamba watoto wako wadogo wanapata lishe sahihi katika kila hatua ya ukuaji kuanzia miaka 0-5? [*Dodosa: hali nzuri kifedha, ufikiaji wa maji safi na usafi, nguvu ya maamuzi mazuri nyumbani, elimu zaidi kuhusiana na lishe, ufikiaji wa chakula*]
- What barriers do you face to providing enough nutritious food to yourself and your young child(ren)?
- Ni vikwazo gani unapitia kupata chakula chenye lishe cha kutosha kwako mwenyewe na kwa mtoto/watoto wako wadogo?

Follow up questions – Maswali ya kufuatilia

1. What skills/information do you possess to overcome these barriers?
Ni ujuzi au taarifa gani uliyo nayo ya kutatua vikwazo hivi?

2. What else you need to overcome these barriers *in adapting maternal, infant, and young child feeding practices*

Unahitaji nini zaidi kutatua vikwazo hivi katika kuzoea tabia ya ulaji kwa mama mjamzito, mtoto mchanga na mtoto mdogo?

- From which age do you need to take your child to the clinic?
- Unahitaji kumpeleka mtoto wako kliniki katika umri upi?
- What would prevent you from taking your child to the clinic?
- Nini kingekuzuia kumpeleka mtoto wako kliniki?
- Follow up questions – Maswali ya kufuatilia
 1. Have your family or friends ever made you question decisions about your child caring?) Please elaborate.
Je, familia yako au rafiki zako waliwahi kukufanya utilie mashaka maamuzi kuhusiana na utunzaji wa mtoto wako? Tafadhali fafana.
 2. Have your family or friends ever made you question decisions about your health?
Je, familia yako au rafiki zako waliwahi kukufanya utilie mashaka maamuzi kuhusiana na afya yako? Tafadhali fafana.
- What do you think is the most important thing you can do to make sure your young child(ren) grow up healthy? [*Probe: eat well, go to school*]
- Unafikiri kipi ni kitu muhimu zaidi unachoweza kufanya kuhakikisha mtoto/watoto wako wadogo wanakua kwa afya? [*Dodosa: kula vizuri, kwenda shule*]

Other personal concerns that may hamper the adoption of MIYCF practices

Wasiwasi nyingine binafsi zinazoweza kuzuia uasiliji wa tabia ya ulishaji kwa mama mjamzito, mtoto mchanga, na mtoto mdogo)

- Can you share with me any other concerns you may have about how you feed yourself or your child(ren)?
- Je, unaweza kunishirikisha wasiwasi nyingine unazoweza kuwa nazo kuhusiana na jinsi unavyojilisha na kumlisha mtoto/watoto wako?

Do you have any questions?

Je, una swali lolote?

Thank you for your time!

Asante kwa muda wako!