

# NDOLEELELA YA BAANA

Kimui haa bitabo bika<sub>n</sub>iye

**Kitabo kyokudubha**



*... A library in every language!*

Lubwisi

Health





Mwana akubyaluwagha aneetiye bhyani. Akubyaluwagha ali muntu asemeeye. Abhonganuuwe kubyaluwa ali na maani kandi ali mwomiili. Ekikulekagha mwana abyaluwa ali na maani ni nanga nina wee aaliyagha kulungi kandi eyonjiye obu aabaagha anakuliye. Kandi bantu baa ka bakukundagha mwana oghu.

Mukali akuliye abhonganuuwe kuliya nyama nanga tasikumulwaliya. Baadokita boona bakubughagha kuwo.

## **NDOLEELELA YA BAANA**

**Kitabo kyokudubha**

**Kukuliya kandi kubyala**

Baby Care, Book 1: Pregnancy & birth

Translated by:

Rev. Timothy Bandirana

Edited by:

Musinguzi Charles & Hannington Bahemuka

Lubwisi

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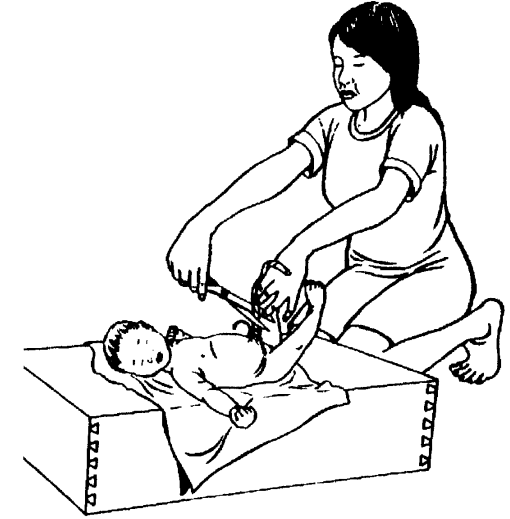
WA(UK),  
7, Conwy Street,  
Rhyl,  
Denbighshire,  
LL18 3ET,  
UK

eghi ekughaghanaliyagha bikiya, ndwala eghi ekukwatagha  
mukali abyaye haanuma ya bilo musanju abyaye.

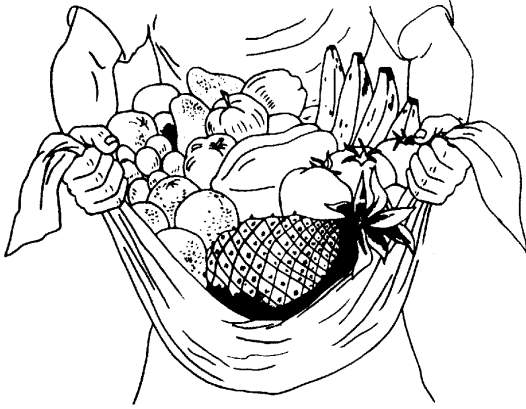
Na byoma binji, nankabha ghatali makasi, nabyo bikugubha  
kukola haa kujomba luleela lwa mwana. Bhaatu kintu kyona  
eki okukoleesiya

kibhonganuuwe  
kuba kili kintu  
ekibbeniye.

Otakoleesiya kintu  
kyona ekimamiye,  
kedha kintu kyona  
eki bantu bakweta-  
kwete, kedha kintu  
kyona kyelaghuuye.  
Kintu kyona eki  
okujombiya luleele  
obhonganuuwe



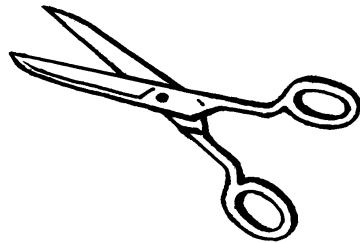
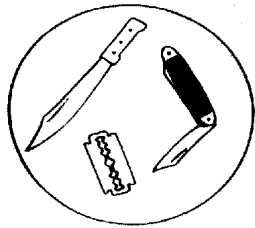
ookalaghe okiteekiye mu maasi ghatuumiye, niikuwo okibiike  
kihole. Otakwata-kwata kaawembe akawaamaliye kusambula  
haabwa kujomba luleela. Nuwaamaliye kuteeka makaasi  
kedha kyoma kinji kyona mu maasi ghatuumiye, ebinde  
kulungi niikuwo biteelaghula otakajombeeiy luleela. Ni  
byaneelaghuuye haanuma ya kumala kubiteeka, bikulwaliya  
mwana oghu bakuba babijombeiy luleela luwe.



Mukali akuliiye  
abhonganuwe  
kumanya ati kuliya  
bighuma ni kintu  
kikulu munu-munu,  
nahabweki  
abhonganuwe  
kuliyaagha bighuma  
buli kilo.  
Eeyambiisiyaghe

Micunguuwa, Nanansi, Mapeela, Butunda, na bighuma binji  
ebibonekiye mu bwile bwabiyo nga Miyembe Bipaapaali na  
bighuma binji.

Bwile bwa kubyala bukaakuhika, haanuma ya meeli mwenda,  
nina mwana abhonganuuwe kukola mulimo ghunji ghwa  
maani nanga bwomiili bwa mwana oghu akubyaluwa. Ti  
mwana naabyauwe babhonganuyuwe kukoleesiya makaasi  
kujomba lulele lwa mwana. Babhonganuuwe kukoleesiya  
makaasi agheeliye agha banabiye kulungi kandi agha



bateekiye mu maasi ghatuumiye. Kini mukali akukikolagha  
nanga akimaniye ngu kisobola kutanga ndwala esyangukwata  
mwana oghu abyayuwe, Naye kutunga ndwala nga ndwala

## Kwanjula

Babwisi bakuukalagha mu Disitulikiti ya Bundibughiyo  
mu Uganda. Bahikiye nga mitwalo ekumi, n'etano  
obaliiyemu n'abali Kongo (DRC).

Okisome bhyani okyetagheeleliya kandi oleng'o kukola  
ebi bakuhanuliye kukola mu kitabo kini. Otaabululuwa  
kusaba Luhango oghu akahanga bintu byona, oghu  
akutuhagha baana nga bisembo. Omusabe akukoonele  
kubyala baana aba kandi kubakuliya mu mulingo  
oghukuhutiya Luhanga.

## Preface

The Babwisi people live in Bundibugyo District,  
western Uganda. They number about 150,000 people.

This book will help the Babwisi people understand  
more about child birth. Read it carefully, let the advise  
enter your mind, and then practice the things that are  
being advised. Don't forget to also ask God, who is the  
creator of all things, to help you with birthing and raising  
your children in a way that will bring Him honor.

## Kitabo 1 Kukuliya kandi kubyala



Kighano kini kibughiy'o  
ka ya maani kandi eghe  
yeeloleeye kulungi. Ka  
eghe ni eghe eli na magheji  
kandi eghe eli na baana  
beekambi mu buli kintu.  
Babyaye bani  
bakuukalagha  
badheedheeuwe haabwa  
baana baabo.  
Abakudheedhuwagha ni  
Ese na Nina mwana. Bali  
na kweteekanija haabwa

mwana oghu atakabyauwe. Kighano kyatu kibughiy'o  
mwana oghu nina wee anakuliye.

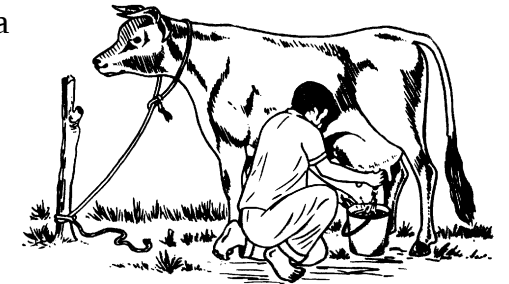
Mukali naakimaniye ngu akuliye, kintu kyakudubha kukola  
ni kucuwamu kughenda mu sipaatala kumukebela.

Dokita akumukebela niikuwo alole akaakuba ali kusemeeye.  
Aamughambile ati abhonganuuwe aamele bijuma bya  
kiliisiya na bijuma binji haabwa bwomiili buwe kuukala  
busemeeye. Kwongela h'ekila, Dokita akamughambila ati  
aliyo bintu bya milingo esatu mu bwomiili bwa mwana  
kandi ngu mu milingo esatu eni, ndolelela esemeeye niyo  
esaahiyo byona.

Mukali oni  
niibuwo aanihila  
kubyala etundu  
lyakasatu,  
akuliyaagha  
milingo ya  
nyama syona.  
Amaniye nyama  
syona, sisemeeye  
haabwa  
bwomiili buwe  
na bwa mwana,  
niikiyo kilekiye bataaba na kijibu kyona.



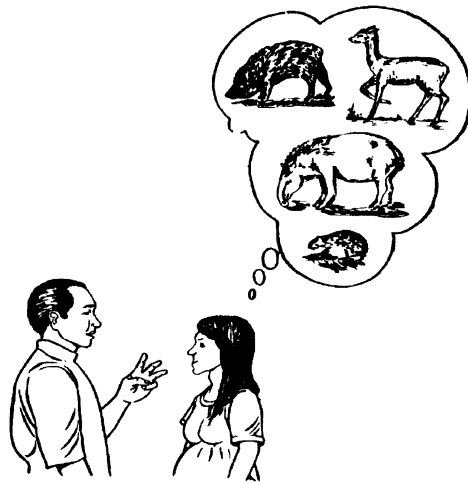
Mata ngabaaye ghaliyo, mata  
mbiliyo bilimu kiliisiya.  
Ghalimu ebikugumiyagha  
makuwa, na ebikuleetaga  
maani mu mubili. Mata  
ngalungi haa bwomiili bwa  
mwana na nina wee. Mata  
ghabhonganuuwe ghabe ghaa nte kedha ghaa mbuli. Bhaatu  
ataabaayo mata ghabisi, okugubha kughula ghaa mu mikebe,  
kedha ghaa nsiyano hambali bakughaghulilagha. Mata  
ghoona mighaso yagho ni ya maani mu bwomiili bwa muntu.



Obu ananihilagha kubyala mwana waakabili, mukali oni aasobololoho Dokita kijibu kiye. Aaghila ati, “Nkuughuwagha neeyungililiye kuliya nyama” aamughila ati, “Manawanje asobola akubyaluwa ali kintu kitiyo-kitiyo. Takili kulungi kuliya munoku ghwa nsui kedha nyama, kedha nkoko.”

Dokita aamughila ati, “Bbaa. Bantu bakaniye niikuwo bakwelilikanagha batiyo.” Baadokita bakaba mbaamupiimiye kukaniye, baamughila bati, “Tukimaniye ngoku ebi

waabughiye ghatali majima; egghi ni nteekeleja y’ambebe. Oleng’o weenini, niibuwo okubona ngoku uwe na mwana waawe mukuba na maani nuwaatandikiye kuliya nyama”.



Obu mukali oghu aaghuuye eki, aatuwamu kukola ebi Dokita aamughambiiye kukola. Aatandika kuliya milingo yona ya nyama, dumbi bwile obu aatandika kwehighuwa ali kulungi kand mwana oghu aatodhiye kubyala, aabyaluwa ali kulungi kandi ali na maani.



Edhaala lyokudubha ni lya mukali anakuliye, atakabyaye.

Edhaala lyakabili, ni obu mwana akubaagha nonka.

Edhaala lyakasatu, ni obu mwana akutandikagha kuliya byokuliya.



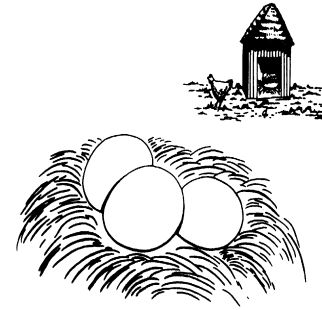
Nahabweki tukughenda kulola ngoku mukali akuliye abhonganuuwe kwetwalikaniya niikuwo mwana wee abyaluwe ali kulungi. Abhonganuuwe kukimanya ngu taaliyo byokuliya binji ebyanguleka mwana wee akula kulungi kuuy’o ebi akwete kuliya. Nahabweki mukali naabaaye akuliye, maliya abhonganuuwe kuliya biliyo bya bantu babili— ebiye na bya mwana wee.

Nkilungi bantu baa ka yaawe yona kwetegheeleliya kintu kini, kandi olole ngu nina baana ali na bintu bisemeeye bikaniye bya kuliya.



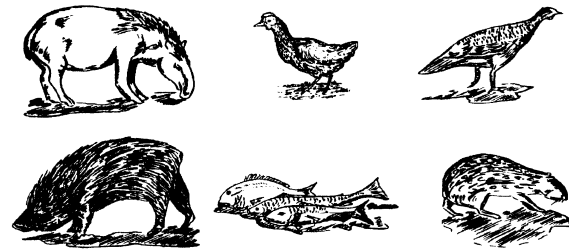
Kisusiye ng'oghu oti byokuliya ebi mukali akuliyaagha anakuliye bikughendagha mu etundu lya mwana. Nahabwekii, dhaani hatali hambali mukali akumelegha bijuma bya kiliisiya na bijuma binji, abhonganuuwe kuliya biliyo ebilimu mighaso yona niikuwo mwana abyaluwe ali na maani.

Buli kilo abhonganuuwe kuliyaagha bulaala. Bulaala obu bulimu kiliisiya kya maani ekikukoonelagha makuwa, maano, na saghama kukola kulungi mu mubili. Eka eni eyo eli nabiyo nanga ekalima byobha, mukusa, biitakuli, nya anya, mighobe, biibilingani, bikoole, bingbanga, hamui na bulaala bunji. Na bighuma binji ebi bakukobhagha mu bwile bwabiyo obu bikwelelaghamu.



Mukali oni akuliyaagha mahuli. Aghakulughagha mu binoni nga nkoko biilibhata na binji n'ebinji kedha kulugha mu bisolo binji nga mpiyo. Mukali oni akakimanya ngoku bili biliyo bisemeye haa kukula kwa mwana, kandi naa buwe.

Byokuliya binji bya maani ebi aalengag'o kuliya buli kilo ni nyama esi bakulugha kusala. Nyama sya nte kedha bisolo binji binamulito, kedha nyama sya nkoko, biilibhata, biisikuuku, na binoni binji, kedha nsui mbisi-mbisi.



Obu aanabaagha akuliye etundu lya mulighaaso, mukali oni taaliyagha nyama sya bisolo nga nte na bisolo binji bbaa, nanga

bantu baamughilagha bati kuliya nyama sya bisolo takisemeeye. Baamughilagha bati, "Niwanaliiye nyama ya kisolo kyona, okubyala mwana asusiye haaliiso kisolo. Kedha niwaanaliye kisolo kinamulito, mwana akukuneetela munda dumbi takugubha kubyaluwa".

Makulu ng'agha ghakwobahililiyagha mukali, dumbi aatandika kutaliya nsui sibisi-bisi na nyama syona. Obu bwile buwe bwa kubyala bwahikiye, akaaghuwa aluwakakiye, kandi mwana akabyaluwa ali mukee bhaatu atali muceke.