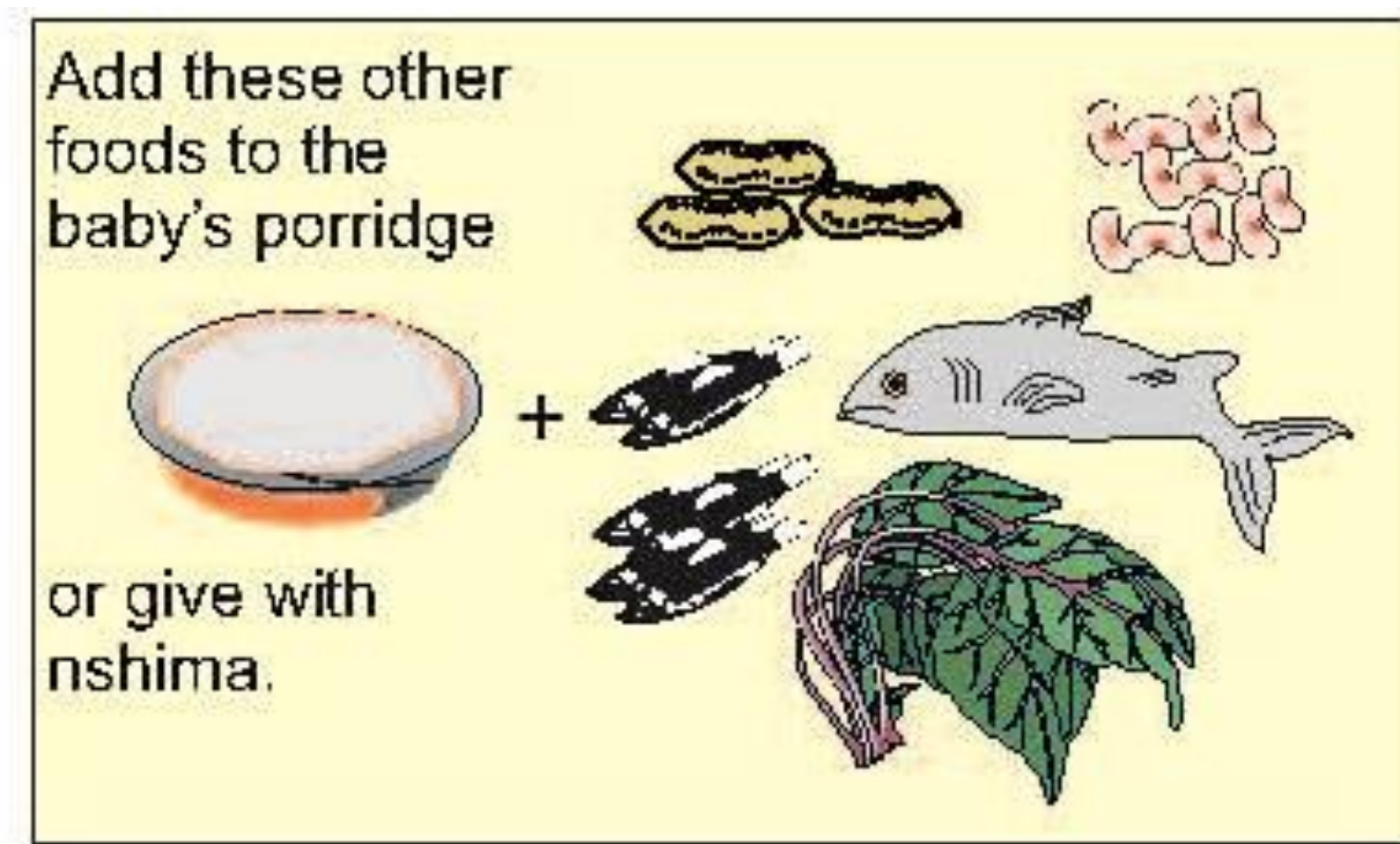


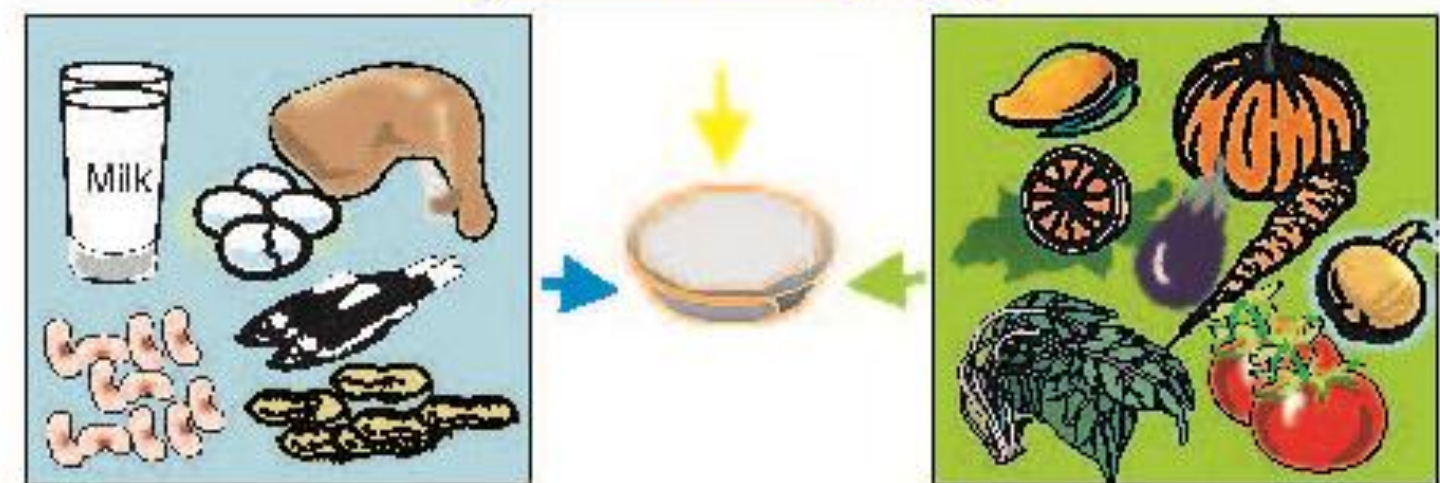
Satilani kakulidwe ka mwana kuti afike pa muyeso wake



Sebenzesani zakudya zosiyana-siyana zomwe zipezeka kuno kwanu monga ndiwo za masamba, kapenta, kayela, shawa, kachamba, chinangwa, mapila, mpunga, mkaka wa fresh kapena mawisi, zipaso ndi mafuta ophikila.

Kumbukani:

- Nthawi zonse muyenera kusewenzesa ufa wa mgaiwa kudyesa mwana wanu
- Mwana wa thanzi ayenera kudya kanai kufikira kasanu (4-5) pa tsiku
- Ana a thanzi ndi mphavu ayenera zolimbitsa thupi, zomwe apezamo muzakudya monga nsomba, nyama, mazira kapena soya beans



9 months



1 year



1 year
3 months



1 year
6 months



1 year
9 months



2 years



2 years
3 months



2 year
6 months

Ngati mwana wanu ali mugawo lofiira, chonde pitani naye ku chipatala chili pafupi ndi inu kapena munga tume lamya ku IPA Zambia pa nambala iyi 0976703901.