Taarifa kuhusu huduma za afia ya mama na mutoto katika Eneo ya Greater Shepparton

Huduma ya Afya ya Mama na Mtoto ni huduma ya bure kwa wazazi na watoato wao wenye Umri wa kuanzia miaka sufuri hadi sita. Wakati mwangine huduma hii huitwa MCH.
Huduma ya MCH ni huduma muhimu na itakupatia wewe na mutoto wako taarifa muhimu kuhusu afya na maendeleo ya mutoto.

Muuguzi wa afya ya mama na mutoto atakuona wewe na mtoto wako katika kila miadi.Atapima Uzito na urefu wa Mtoto wako,na ata zungumuza nawe kuhusu ratiba za usingizi wa mutoto wako,malisho,chanjo na michezo. Anaweza pia kukuambia kuhusu huduma au mipangilio nyingine ambazo unaweza kuvutiwa nazo,kama vile vikundi vya kucheza na chekechea. Muuguzi wa MCH yuko hapo kuku Saidia wewe na mutoto wako,na kujibu maswali yoyote uliyo nayo,hawako hapo kwa ajili yaku kuhukumu

MCH(Huduma ya Afia ya mama na Mutoto)ni tofauti na Kwenda kwa daktari.Unaenda kwa Daktari ikiwa wewe au mtoto wako ni mugonjwa. Huduma ya MCH ni kwa ajili ya wototo walio na afya njema,na hutoa taarifa kwa wazazi ili kuwasaidia katika kukomaa na ustawi wa Watoto wetu.

Kuna ziara maalumu za MCH ambazo wewe na mtoto wako mnapaswa kuhudhuria. Ziara ya kwamza hufanyika nyumbanimuda mfupi baada yam toto wako kuzaliwa.Ziara zingine hufanyika mtoto wako anapofika umri Ufuatao:

- Wiki Mbili
- Wiki Ine
- Wiki Nane
- Myezi Ine
- Myezi Nane
- Mwaka Mmoja
- Myezi Kumi na Nane
- Miaka Mbili
- Miaka tatu naNusu

Muuguzi wa Afya ya Mama na Mtoto anaweza.

Huduma ya Afya ya Mama na Mtoto (MCH) itaandaa mkalimani kwa ajili ya miadi yako ikiwa utamhitaji. Huduma hii ni ya bure.

Kuhudhuria huduma ya Afya ya Mama na Mtoto pamoja na mtoto wako ni muhimu sana na itasaidia kuhakikisha mtoto wako anakua, anaendelea na kujifunza ipasavyo.

Ili kuweka miadi ya huduma ya Afya ya Mama na Mtoto, tafadhali piga simu 5832 9312.

Bonyeza au skani msimbo wa QR ulioko ukurasa wa pili ili kusikiliza taarifa hii kama ujumbe wa sauti kwa Kiswahili.

Greater Shepparton CITY COUNCIL

Information about the Maternal and Child Health service in Greater Shepparton

The Maternal and Child Health service is a free service for parents and their children aged from 0 to 6. It is sometimes called MCH.
MCH is a valuable service and will provide you and your child with important health and development information.

A Maternal and Child Health nurse will see you and your child at each appointment. She will weigh and measure your baby, and will talk to you about your child's sleep routines, feeding, immunisation and play. She can also tell you about other services or programs that you may be interested in like playgroups and kindergarten. The MCH nurse is there to help you and your baby, and to answer any of your questions – they are not there to judge you.

MCH is different from going to the doctor. You go to the doctor if you or your child is sick. The MCH service is for children who are healthy and gives information to parents to help with their child's development and wellbeing.

There are 10 special MCH visits that you and your child should attend. They include a home visit soon after your baby is born. The rest happen when your child is the following age:

- 2 weeks
- 4 weeks
- 8 weeks
- 4 months
- 8 months
- 1 year
- 18 months
- 2 years
- 3.5 years

The Maternal and Child Health nurse can see you and your child at a MCH centre close to where you live, or she can visit your house.

The MCH service will organise for an interpreter for the visit if you need one. This is also free.

Attending the Maternal and Child Health service with your child is really important and will help ensure they are growing, developing and learning as they should be.

To book an appointment for the Maternal and Child Health service please call 5832 9312.

Click on the QR code over page to listen to this information as an audio message in Swahili.

Greater Shepparton CITY COUNCIL