CONFIDENT CARE FOR KIDS

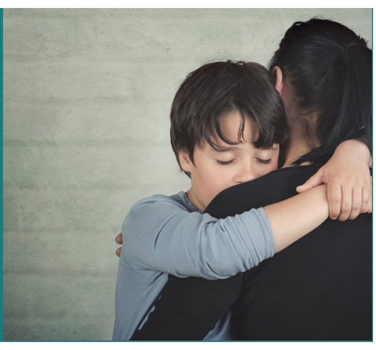
UTUNZAJI WA KUJIAMINI KWA WATOTO

SWAHILI

Aupo hapa ili kusaidia kuunda matembezi ya chanjo panapo mkazo mdogo.

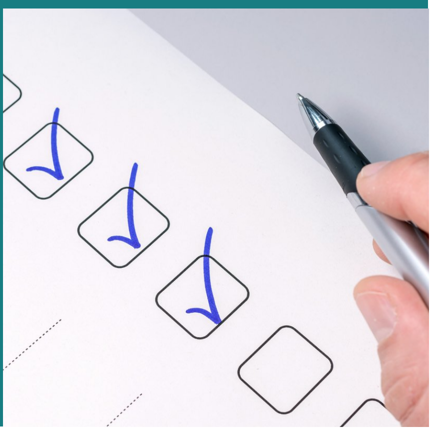
Tunataka watoto wote walindwe dhidi ya COVID-19 ili wawe salama pamoja na familia, marafiki na wanajamii wengine.

Baadhi ya watoto wenye ulemavu au mahitaji ya hisi wanaweza kuwa na wakati mgumu sana kupata chanjo.



Yafuatayo ni baadhi ya mambo ya kuzungumza na daktari wa mtoto wako:

- Fanya-mpango na daktari wa mtoto wako. Waulize kama wanashiriki katika Utunzaji wa Kujiamini kwa Watoto. Zungumza kuhusu kile ambacho kinaweza kumsaidia mtoto wako anapomwona daktari kwa chanjo na mahangaiko yoyote uliyo nayo.



- Zungumza kuhusu kile ambacho kimekuwa sawa au hakijakuwa sawa hapo awali kwa chanjo ya mtoto wako.
- Zungumza kuhusu jinsi unavyoweza kumshikilia mtoto wako wakati wa kupiga chanjo na kutumia vinyago vinavyoweza kumwondoa katika shughuli na kumfariji.

- Zungumza kuhusu chumba: Je, kinang'aa sana? Au ni baridi sana? Ni nini kinachofaa zaidi kwa mtoto wako?
- Waulize kama wana kifaa cha kuchezea cha Buzzy Bee ambacho kinaweza kusaidia kupunguza maumivu ya chanjo.
- Uliza kama wana zawadi maalum kwa ajili ya mtoto wako baada ya kupata chanjo yao.

Vermont Family Network

This project was supported, in part by grant number 2001-VTSCDD, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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