

KUWONEERA NKEREMBE

Katabbu ka Kubanza
Kwemeta nda na Kubyala

Kamweĭ ku Butabbu Busatu



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Lugungu

Health

KUWONEERA NKEREMBE

Katabbu ka Kubanza: Kwemeta nda na Kubyala

BABY CARE

Book One: Pregnancy and Birth

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Lugungu

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Ndagiiro gya Kitabbu

Ba mugi gwa yogo mukali bensei baakobiri nti, “Bya dakitaali biyaabaziri nti, mukali wa nda akusobora kudya nyama za bisolo kandi nihabba hataloho kintu kyensei kibiibi kizikoori hali mwana, kara byalingi bya mananu.”

Bantu bakukira ha 40,000 mu Uganda, babaza Lugungu niluli lukobo lwaḅu lunyakubabyala. Bagungu bakukira ḅunene beicala nagwa ha mitanda mya matemba geitaka lya mwita Nzige. Beitu kandi, bandi beicala hakyendi wa kikonko nagwa magyenda Hoima na magyenda Masindi. Mu ḅuhangwa ḅwaḅu, Bagungu beicala ba-ḅiigi, balobi, kandi balimi. Bagungu baliisya nte mu ḅunene, kandi de, nibasuḅura na bantu ba ndimi zibahereeri.

Kuruga nibagumya kitabbu kyolokya mahandiikire ga Lugungu mu mwaka gwa 2005, Bagungu banene, hataati bali na bihika bya kusoma Lugungu. Mwa kubaha gugwo mugisa gwa kulusoma, bitabbu binene hataati bilimukuhandiikwa. Kiki kyokweti, kili kimweji mubyo. Tukwenihiza nti, kiki kitabbu kikugyenda kukusemeera kukisoma, kandi de nti, okugyenda kutwala gugu mugisa kugula bitabbu bindi, nabyo obisome.

LUBITLA

Preface

The Lugungu language is spoken as mother-tongue by more than 40,000 people in Uganda. The Gungu people primarily live along the North-East shores of Lake Albert with some also in areas above the escarpment towards Hoima and Masindi. Traditionally hunters, fishermen and cultivators, they now keep many cattle and are engaged in trade with neighboring people.

Since the orthography was stabilized in 2005, many Gungu people are now eager to read Lugungu. To facilitate this, a series of books are now being produced. This is one that you are now holding. We hope that you enjoy reading this book and that you take the opportunity to purchase others and read them also.

LUBITLA

KATABBU KA KUBANZA:
Kwemeta Nda Na Kubyala

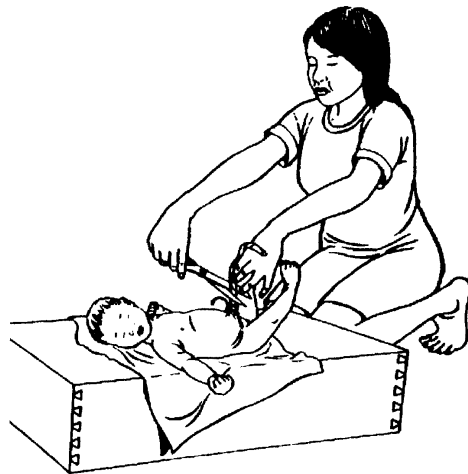
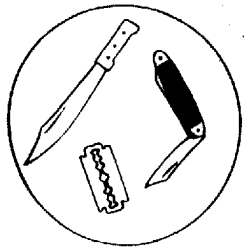


Kihanuuro kiki, kikubaza ha muḡi gunyamaani kandi gwomi kurungi. Guli muḡi guli na baana bagezi kandi beekambi. Nyineeka na mma bonse bali basemereeru hoi haḡwa baana baḡbu basatu baḡwo. Baana Baḡwo, booboo: Kwehunya, Byaruhanga na nkerembe gitakabbeeru kubyalwa. Kyo kihanuuro kiki, kikukira kubaza maani maani ku nkerembe gyogi gya maagyo akwetekaniriza.



Mwana abyalirwe kyonkei kandi ali kwahi mukooto swa yaatyo. Kandi, ali kwahi de na busyo nka hwa kisololo nka bantu kubeiceeri nibagoba-gobya yogo mukali nti, yaakadya nyama za bisololo, akwiza kubyala mwana mukooto swa yaatyo kandi akwiza kubba na busyo nka hwa kisololo. Mwana waamwe tali mubbeebbe kandi de, tali musyanuruuru. Kyonkei, ali mwana munyamaani kandi mwomi kurungi mali. Haḡwaki okunihira mwana ali munyamaani kandi mwomi kurungi? Haḡwakubba, maawe buyaalingi na nda, yaadyengi bidyo birungi bya mukali wa nda asemereeri kwo mali kudya. Bidyo bibyo, byobyoby byaheeri kya mu nda kye kuhanda kurungi. Hati muḡi gwensei guli mu kusemererwa.

Bintu bindi bisala, otoorihho makaasi, de bikusobora kubba nibikoresebwa kusala mukondo gwa mwana. Kyonkei, kintu kyensei kyocwirimwo kugusalisya, kikusemeera kubba kyecumi kurungi. Otalikoresya kintu kyensei kya matali rundi kili neicuucu. Kakubba kintu kyokusalisya obba omaari ku kicamura mu meezi, otakikwata ku kidi kipandi kisala. Olinakwerinda hoj habwa butabunia kukwatisya burofu makaasi rundi nsone rundi kintu kyensei kya kusalisya heinyuma gya kukicamura mu meezi gahyo, kandi otakabbeeru kukisalisya mukondo gwa mwana. Kakubba makaasi gagwo rundi nsone gyekunda ku kintu kyensei heinyuma gya kugicamura mu meezi, busiisa budooli bwotakusobora kuwona na meiso, bukwiza kugyehomaho, buhimbye mwana.



Yo mukali buyaakyategeriize nti yeemetiri, kintu kya kubanza kiyakoori, kyalingi kugyenda kwirwaru.

Kwirwaru, dakitaali yaamupimiri mwa kwetegereza yogwo mukali yaakabba nali mwomi kurungi. Heinyuma gya kumupima, dakitaali yaamuweereeri alinakudyanga bidyo kandi nameranga na bijuma bikongera ibbanga mu mubiri. Kwongera ha kikyoo, dakitaali yaamuweereeri nti, heicalaho madaara gasatu gahandu ga nkerembe girabamwo mu kuhanda kwagyo. Kandi mu gagwo madara gasatu gensei, kudya kurungi giicala nsonga gihandu hoj.

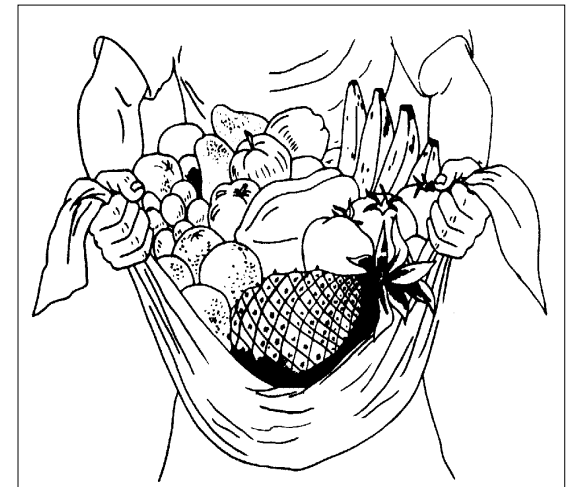


Idaara lyakubanza, lyolyo lya nkerembe gibba nigicakahandira mu nda gya maagyo; gitakabbeerī kubyalwa.

Idaara lyakabiri, lyolyo caali nkerembe gibba nigikwonka.

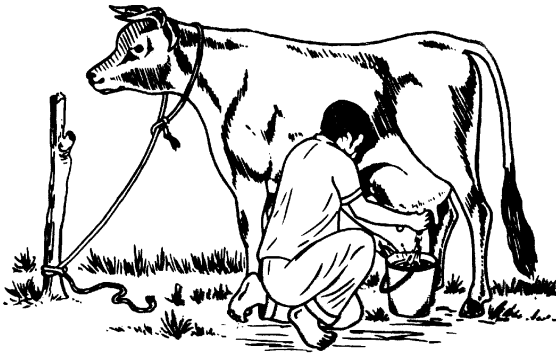
Mukali yogo yo de akyegiri nti, bijuma bya musaali nabyo bibba bya mugasu. Nahabwakikyo, abidya huli kiro. Adya micungwa, nanaasi, mapeera, hutunda, miyembe, vakedo, mizabbibu na bijuma bindi byensej bibba nibikuzooka ha kasumi kakwo.

Mwana abyalwa heinyuma gya kumala myeri mwenda mu nda gya maawe. Ha kubyalwa kwa mwana, mukali yogo akitwala nka nsonga gihandu kuwona nti, huli kintu kili kyecumi kurungi. Kandi na kintu kindi kyakora, kibba kusala mukondo gwa mwana. Makasi gaakoresya kusala mukondo, aganaabya kurungi kimwei kandi nagacamura-nakugacamura mu meezi gahyo. Kiki kibba kihandu hoj habwa hwomi huringi hwa mwana. Kubba kitangiza nseeri nka murarama, na zindi zikusobora kubba nizirumba mwana waamwe, mu biro nka musanju kuraba mu gagwo makaasi kakubba gabba garofu.



Mate nigakusobora kuzooka, gabba garungi hoj. Haḅwakubba go mate, gabbamwo bidyo bikoonyera kutatiirya makuha na kubimba mubiri kurungi. Kandi, gabba garungi hoj haḅwa ḅwomi ḅwa mukali wa nda hamwej na kya mu nda kye. Mate gagwo, gabba ga nte rundi ga mbuli gabacakamiri-ḅukami. Kyonkei, kakubba gagwo gabba gatakusobora kuzooka, muntu okusobora kugula ga mu mikebe rundi gagwo gabba nka ḅukooro.

Tikibba na nsonga mulingo kyani gugalimwo, kubba gensej, gabba ga mugasu gwogwo gumwej ku ḅwomi ḅwa muntu.



Kandi idaara lyakasatu, lyolyo caali nkerembe gitandika kudya bidyo bindi kwongera ku mate ga maagyo.

Hati katuwone nka mukali kuyeeteekaniriza kubyalwa kwa mwana. Mukali abba akyegeeri nka kimwei nti, nkerembe gyamwe tigili na bidyo bindi byensej bigyadya mwa kuhanda kurungi otoooho yo nka maagyo byakudya. Nahabwakikyo, alinakudya bidyo bya bantu babiri—byamwe na bya nkerembe gyamwe.

Kiki kili kihandu hoj ba mugj gugwo bensej bakyetegereze. Kandi bawone nti, yogwo mukali wa nda ali na bidyo birungi binene byakudya.



Bidyo bya mukali wa nda adya, biisana nka byensei bigyenda-bugyendi hali nkerembe gyamwe. Nahabwakikyo, kwongera ha kumeranga bijuma bikongera ibbanga mu mubiri, asemereeri eicalenge nadya bidyo bili na kyakudya kya nkerembe gyetaaga mwa kuhanda nigili gyomi kurungi. Bimwei ha bidyo bya mukali wa nda byasemereeri kwicala nadyanga byobyobyo bibi:



nti, kyokukoba kikyo, gali kwahi mananu. Buli bugobya. Gili mbe nzikiriza gikadei. We geryaho odyo nyama, okwiza kuwona we hamwei na nkerembe gyamu nka kumukwiza kubba banyamaani.”

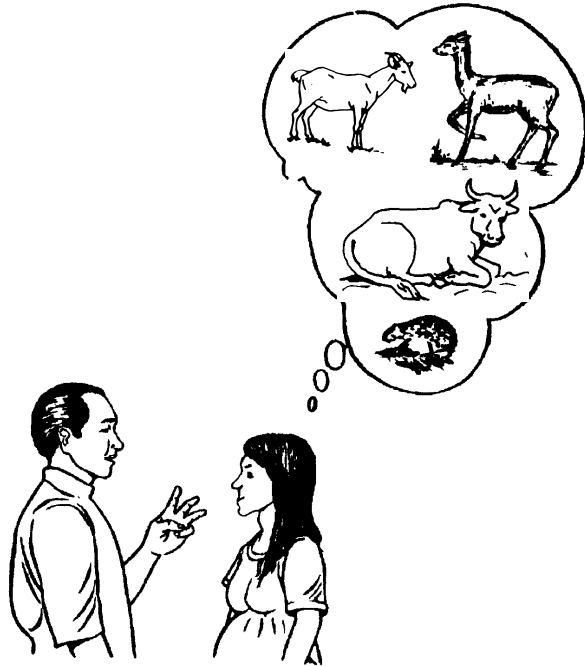
Mukali yeikiraniize na bya dakitaali yaamuweereeri, yaatandika kudya buli kika kya nyama. Ha murundi gugu, yeezagiirye atacakasyaniira nka kukyamubbeeru buyaalingi na nda gya mwana waamwe wa kubanza. Kya kwicala niyeezegwa nali mujwahujwahu buli bwire, de kitakamubbeho. Kandi mwana giyaabyeri, yaali mwana nka baana bensei kubabba. Kandi, yaali mu mbeera girungi gya bwomi.

Hati ku nda gya mwana waamwe waakasatu, akudya nyama gya buli kika. Ali munanuku nti, nyama gya buli kika,



gili gya mugasu ku bwomi bwamwe, hamwei na nkerembe gye. Kandi, tigili na kintu kibiibi kyensei gikikubakola.

B̄ȳeemet̄ir̄i nda gya mwana waamwe waakabiri, yeehanwize hali dakitaali yaamuweera, “Nkwezegwa n̄ink̄ut̄iina kudya nyama.” “Nsobora kubyala lyana likooto nka lisolo, libiibi, kandi lya ngesu z̄ibbol̄u. Nkunihira kili kirungi kudya ns̄u na nyama za b̄inyoni.”

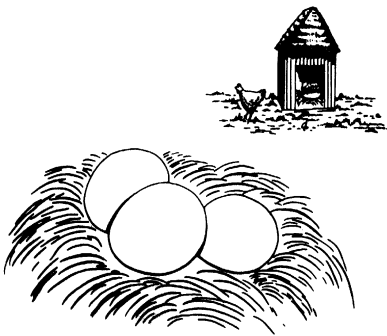


Dakitaali yaamw̄ir̄imwo yaamuweera, “Maama wange kili kwahi yatyo!” “Bo bantu bakukira b̄unene kwokwo bateekereza yatyo. Bēit̄u twe badakitaali, t̄utoolereerye hoj̄i ku ḡigyo nsonga gyokukoba. Kyonkei twadoor̄i ha kukyetegeza

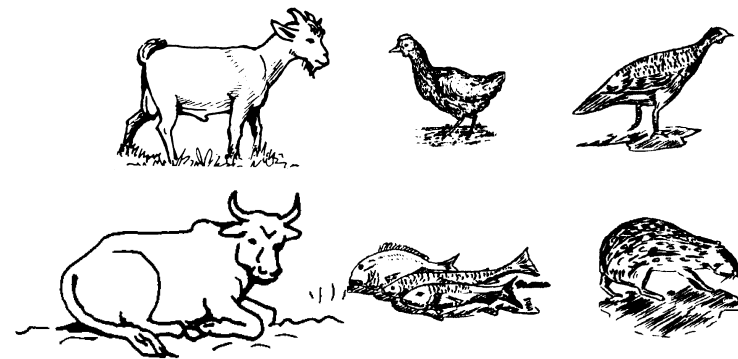
B̄uli kiro, m̄ukal̄i wa nda asemereeri kudya nyeni liiraguru. Nyeni liiraguru likoonyera makuha na meino kuhanda kurungi. Kandi na kindi, liikoonyera kwongera ibbanga mu mubiri. Gwo muḡi gugu, gwanguhirwa hoj̄i kutunga nyeni liiraguru hamwei na bimera bindi bikongera ibbanga mu mubiri haɓwakubba mu musiri gwagwo, bibi bimera baabilimiri mu b̄unene. B̄imwei ku bimera b̄ibaalimiri byo mbibi: b̄inyangahu, b̄icooli, byata, nyaanya, mwongi, njagi, bingura, na bimera bindi binene. Kandi na bijuma bya misaali b̄ubibba byeriri, nabyo de babikoresya hoj̄i.



Yo mukali yogo, magina ga nkoko, mbaata, na ga binyoni bindi nka masekoko, de agadyambe. Magina agadya habwakubba akyegiri nti, magina gabba bidyo birungi hoj habwa nkerembe kuhanda kurungi na habwa bwomi bwamwe yo yankei. Magina agadya, kidooli hoj, mirundi misatu mu buli sabbiti.



Nyama gibisi bili bidyo bindi bya mugasu hoj byalwanisya kuwona nti adiiri buli kiro. Nyama gigi, gibba gya bisolo na binyoni. Nsu nazo, zibba zirungi.



Mukali yogo biro byamwe byakwejuna bubyesumiri, atakadye nyama za bisolo. Habwakubba, bantu baamuweerengi nti, kibba kya mugisa gubiibi kudya nyama za bisolo. Bantu baamuweerengi nti, “Waakadya nyama za bisolo, mwana gyokwiza kubyala, akwiza kubba na kisisani nka kya kisolo.” “Bundi waakadya nyama gya kisolo kikooto, mwana akwiza kubba mukooto kyakalasanu olemwe kumubyala.” Yo nka muntu, bigambu bibyo byamutiinisiirye. Nahabwakikyo, yaadyengi nsu zisa; na bwire bundi nadya nyama za binyoni. Bwire hwa kubyala buhwadoori, yaali amaari kusyaniira pelele; saaha zensei niyeezegwanga nali mujwahu. Mwana munyakubyalwa yaali mubbeebbe kandi njwahe gya mwana.