

MAZOEZI KWA WATOTO MIAKA 1-3:
JINSI YA KUMUONGOZA MTOTO WAKO WAKATI
WA UKUAJI
HOW TO CONDUCT AND ACTIVATE YOUR CHILD TO DEVELOP



UTUNZAJI WA MTOTO WAKO NA KUMUONGOZA

CONDUCT AND ACTIVATE YOUR CHILD DURING PLAYING

Watoto wanahitaji ukaribu zaidi na watu ambao wanawatunza na kuwapatia ushirikiano mwingi ambao utawanafanya kujifunza kuwasiliana, kutambaa, kutembea wenyewe, kutumia mikono yao wenyewe na kufafanua jinsi ya ukuaji katika maisha.

The children need good contact with adults who are taking care of them and plenty of different stimulations to learn to communicate, to move and to use hands and develop emotional life.

Mpumzishe mtoto kwa kumnyoosha mwili, mikono na miguu kila siku.

Relax her/him by stretching the extremities and body every day.

KWA:

- ☺ **KUTUMIA MIKAO TOFAUTI**
- ☺ **KUONGEA NAYE**
- ☺ **KUCHEZA NAYE**
- ☺ **KUIMBA NAYE**

BY:

- ☺ Using different positions
- ☺ speaking to her/him
- ☺ playing with her/him
- ☺ singing to her/him

MAZOEZI YA KWENYE MTO MAALUMU

TRAINING ON THE WEDGE CUSHION

MTOTO ALALIE MGONGO

CHILD ON HIS BACK

Mshike mtoto juu ya mto miguu ikiwa imekunjwa dhidi ya kifua.

Hold the child on cushion legs bent against your chest.

Muangalie usoni ukiwa unaongea nae taratibu.

Look at his eyes, keep on talking gently



Mguse kifuani na chezesha mikono yake kwenda juu na chini.

Touch his chest moving your hand slightly up and down

Shika mikono yake na ibanani na mwili wake polepole.

Hold his arms and pat by them on his body gently

Ipeleke mikono mbele ikiwa imebadwa pamoja na inyooshe kuelekea pande zote mbili za mikono.

Move his hands forward by clapping together then straighten his arms to his sides

Ipeleke mikono juu na chini kwa kugeuza.

Move his arms up and down by turns

Shika mapaja.

Hold his thighs

Kunja na kunjua miguu kwa kugeuza.

Flex and extend his legs up by turns

Nyoosha mwili wake katikati, muangalie na ongea nae.

Look at his eyes, talk to him and straighten his body to the midline

LENGO ni mtoto awezi kuweka mikono na kichwa katika unyoofu.

Ni rahisi mtoto kukufuatilia, kuangalia na kutumia macho na mikono kwa pamoja.

Purpose is that child is able to hold his head and hands in the middle.
It is possible to the child to be in contact, look at you and use eyes and hand together.

MTOTO ALALIE MGONGO

CHILD ON HIS BACK



Iweke mikono ya mtoto kwenye miguu, kunja na refusha miguu juu na chini kwa kumgeuza. Umbembeze mtoto kutoka upande mmoja na mwingine huku ukimwuangalia machoni.

Bring the child's hands to his feet, flex and straighten legs up and down by turns. Swing him gently from side to side looking at his eyes at the same time.

**Lengo: Kusisimua misuli ya mbele iwe katika hali yake.
Kumwezesha kugeuka.**

Purpose: To activate his frontside muscles in the middle.

To assist turning.

MTOTO ALALIE TUMBO

CHILD ON STOMACH



Mgeuze mtoto upande wa kulia ukiwa unamuangalia machoni.

Move child to right side and peep (have a look) at him at the same time.

Lengo : Mtoto aweke uzito pande zote na aweze kutambaa.

Purpose: To practise holding weight on both side and to crawl

MTOTO ALALIE TUMBO

CHILD ON STOMACH



Tikisa juu mkono vizuri au mikono vizuri na nyoosha mikono, fungua vidole na msaidie kuongeza uzito mikononi.

Shake up tenderly hand/hands and straighten arms, open fingers too and help him to support weight on arms.

Lengo: Kulegeza mabega, pande zote za mwili.

Ziwe sawa na kukaza shingo.

Mshike mikono na msaidie kuchezea michezo.

Purpose: To relax shoulders, get symmetrical midline and improve head control
Helps him to support hands and play by toys

MTOTO ALALIE TUMBO

CHILD ON STOMACH



Usaidie mikono ya mtoto kufikia michezo/ midoli na kuhamisha midoli upande mmoja kwenda mwingine.

Conduct child support on hands, to reach out for toys. Move the place of the toy from side to side.

Lengo: Kubadirisha uzito wa upande mmoja na mwingine.

Umsaidie kutumia mkono mmoja kwa wakati na kujifunza kutambaa.

Purpose : Child must change the weight from side to side.

Helps him/her to use one hand at the time and learn to crawl.

MAZOEZI YA KUTAMBAA

CRAWLING

Kaa kama picha inavyoonesha mtoto mbele yako miguu imekunjia upende mmoja.

Uzungushe mwili kuelekea upande mmoja.

Sit as in picture child in front of you sitting legs bent to the side, body rotates. Change the side.

Lengo: Kurefusha misuli ya mapaja, kugeuka na kukaza mwili.

Purpose: To straighten muscles of hips, activate rotation and body control.



Mkao wa hapo juu unamuwezesha mtoto kuinamia kwenye mapaja akiwa amekalia takomoya.

From position above help the child to lean on your thigh still sitting on one buttock.

MAZOEZI YA KUTAMBAA

CRAWLING



Msaidie akaemkao wa kutambaa kwenye mapaja yako.

Msaidie na umchezeshe kwenda nyuma na mbele kwa kutumia mapaja yako.

Assist him to crawling position on your thigh.

Support and swing him by your thigh.

Msaidie akuangalie machoni kwa kubadilisha uzito wa upande mwingine

Assist him to peep at your eyes by changing weight on his opposite side



MAZOEZI YA KUTAMBAA

CRAWLING



Anapotambaa msaidie kwa kumshika mikononi.

While crawling activate him to support weight on arms.



Kuinua tumbo, mshike polepole kwa mkono.

To keep belly up, tap it gently by your arm.



Msaidie kuweka uzito upande mmoja na mkono mwingine kupeleka mbele.

Assist him to support weight on other side and reach by other arm.

MAZOEZI YA KUTOKA MKAO WA KUTAMBAA KWENDA KUKAA

FROM CRAWLING TO SIT



Fanya kama picha inavyoonesha:

Kutoka mkao wa kutambaa kwenda kukaa.

Do like the picture: From crawling to sitting like here.



MAZOEZI YA KUKAA NA KUREFUSHA MISULI

SITTING AND STRETCHING



**Kama picha inavyoonesha msaidie
akalie makalio mgongo umenyooka na
apindie mbele kidogo.**

As in picture, assist him to sit on buttocks back
straight bent a bit forward.

**Lengo: kunyosha vizuri sehemu ya juu ya
mwili na mapaja**

Purpose: To get good stretching to the upper
body and thighs.

**Kama picha inavyoonesha, msaidie
akalie makalio mgongo unyooke, apindie mbele
kidogo na miguu imekunjwa.**

As in picture, assist him to sit on buttocks back
straight bent a bit forward and his ankles flexed.



**Kama picha inavyoonesha mtoto
akuangalie na nyoosha miguu yake chini ya
miguu yako..**

Sit as in picture child facing you, his legs are
straightened under your legs.

**Shika mikono yake ikinyoosha upande wa
chini wa mikono. Vuta polepole. Mgeuze ili
kubadiri uzito upande moja kwenda
mwingine.**

Hold his forearms in supine straightened and
pull gently, Turn him to change weight from
side to side.

MAZOEZI YA KUWEKA UZITO KWENYE MIGUU NA MIKONO

WEIGHT BEARING ON FEET AND ARMS

Kaa ukiwa umekunja nyonga na miguu.

Sitting hips and legs flexed



Msaidie kuinamia mbele na kuweka uzito kwenye mikono.

Assist him to lean forward and support weight on arms

MAZOEZI YA KUSIMAMA KWA MSAADA

STANDING SUPPORTED

Kaa ukiwa umekunja nyonga na miguu.

Sitting hips and legs flexed.



Weka mchezo/mdoli juu ya kiti. Tumia mwili wako kumsaidia mtoto ainamie mbele wakati huohuo afuate mchezo/mdoli kwa mikono na umsaidie kuweka uzito kwenye kiti.

Place a toy on the chair. Use your own body to assist him to lean forward at the same time reaching the toy and supporting his weight on the chair.



Msaidie asimame kwa kumuinua taratibu kutoka mapaja, makalio, miguu kwenye sakafu.
Assist him to get up standing by lifting him gently from thighs and buttocks, feet on the floor





Njia mojawapo ya mazoezi ya kumsaidia mtoto kusimama.

One way to assist child to practise standing



Njia ya kumsaidia mtoto kutembea:

Simama nyuma ya mtoto. Tumia mikono yako kushika mwili wa mtoto na kumgeuza polepole kutoka upande mmoja na mwingine. Wakati huohuo msaidie kupiga hatua kwa miguu yako, kama inahitajika.

One way to assist walking:

You stand behind the child. Use your hands by holding his body from sides and turn gently and slowly the weight from side to side. At the same time assist stepping by your own legs if needed.

KWA NINI KUFANYA KAMA HIVI?

Why to do like this.

Mtoto anataka mawasiliano, kutembea, kutumia mikono, kuongea na kadhalika lakini kwa yeye ni vigumu kufanya kwa usahihi kwa sababu mtoto anashida ya ufahamu na maendeleo yake ni ya pole pole.

Your child wants to get contact, move, use hands, speak and so on, but has difficulties to do it in good way because of baby reflexes have not disappeared and child's development is slow.

Mijongo ni mikali na haiwezi kupotea kwa kua ubongo umeathirika.

Reflexes are stronger and do not disappear because of the brain damage.

Unamsaidia mtoto wako kwa jinsi utakavyo mbeba kwa maelekezo haya.

You can influence the situation by handling your child just like demonstrated here.

Uwezo wa ubongo wa mtoto unanyumbulika na unaweza kusaidia maendeleo yake kadiri ya ulemawu wake.

Baby's brains are elastic and you can support your child's development within the limits of her/his handicap

**VIFAA VYA WATOTO
WALEMAVU**

MTO MAALUM

WEDGE CUSHION

Unaweza kutengeneza ya ukubwa tofauti/kata kutoka kwenye godoro matumizi.

Different sizes easy to make / cut from foam, uses:

Kulalia mgongo:

- Kwa kufanyia mazoezi na inapunguza kujinyosha zaidi hasa kunyoosha shingo
- kama inawezekana toboa shimo kwenye godoro kuweka kichwa katikati



To lie on back:

- Assists to do exercises and reduces increased hyper extension especially straightens neck
- If needed it is possible to cut a low hollow to foam to keep head in midline

Kulalia tumbo:

- inasaidia kwenye mazoezi ya kukaza shingo
- kuwekea mikono na kutumia mikono
- kufanyia mazoezi ya kupumua

To lie on belly:

- Helps to practise head control
- To support on hands and to use hands
- For breathing exercises



VIATU MAALUM

SUPPORTING SHOES

- **viatu maalumu vya ngozi ni vizuri kwa " balance", kurekebisha kutembelea vidole na kuweka miguu vizuri**
- **kama hakuna, viatu vyovyote vigumu venye kisigino kifupivinaweza kutumika**
- **viatu visiwe vikubwa au vidogo sana, vichunguze mtoto anapokuwa amesimama**
- **kama anumia kifaa maalumu cha kusimamia. Inashauriwa mtoto avae viatu unapo msimamisha**
- special leather orthopedic shoes are good for balance, to correct tip toe walking and position of feet
- if not available any good firm shoes with low heel could be used
- shoes should not be either too big or tight, check the size while child is standing/supporting weight
- if standing frame is used it is recommendable to use shoes while standing



KUSIMAMA KWA MSAADA

STANDING SUPPORT

- ni vizuri kuanza mtoto akiwa na umri wa mwaka 1 -1 6/12 kama hawezi au hasimami vizuri
 - ni jukumu la mtaalamu wa mazoezi ya viungo kupima na kuangalia na fundi vifaa kuhakikisha kifaa cha kusimamia kinafaa kwa mtoto husika
 - wazazi waoneshwe jinsi ya kumsaidia mtoto kusimama kwenye kifaa cha kusimamia: Miguu imenyooka na haijabanana, inaagalia mbele na kisigino chini
 - ni jukumu la mtaalamu wa mazoezi ya viungo kumueleza mzazi/wazazi jinsi ya kutumia ipasavyo kila siku kwa kuanza na dakika 20-30 na kuongeza taratibu hadi dakika 60. Unaweza kumsimamisha mtoto mara mbili kwa siku.
 - kama mtoto amechoka, mtoe mtoto kwenye kifaa cha kusimamia
 - mvishe mtoto viatu au vifaa bandia vya viungo kama vipo unapomsimamisha
 - mpe motisha ya kusimama kwa kumpa michezo juu ya meza, na mpe kitu cha kula. Mjumuishe mtoto na wengine au mweke mtoto sehemu nyingine kama jikoni, sebuleni, uwanjani nakadhalika
-
- It is good to start using it at 1—1 ½ year age if child is not able to stand or standing is some how abnormal. For instance if muscle tone is increased or low, child is not moving at all or is very abnormal way (cerebral palsy).
 - It is therapists duty to measure and check with the technician, that standing frame is suitable to this child
 - Demonstrate the parents how the child is standing supported by the frame: Legs slightly aparted and feet pointing straight forward and heels down
 - It is therapists duty to explain to parents how to use it like every day starting from 20—30 minutes gradually increasing the time up to 60 minutes. Standing can repeated twice a day
 - If the child looks tired, remove from the frame
 - Use shoes or orthosis while standing if available
 - Motivate the child to stand by giving toys on the table, something to eat. Take the child in or out to the company or other place like kitchen, sitting room, playground, and so on



FAIDA ZA KUSIMAMISHA MTOTO

BENEFITS OF STANDING WHILE STANDING

- mtoto anaona zaidi na anapata taarifa nyingi
- anahamasika kufikia hatua za kukaa na kusimama
- kuboresha mifupa kuweza kubeba uzito
- inazuia kulemaa na kuvunjika kwa viungo na uti wa mgongo
- anapumua kwa urahisi
- kuimarisha misuli
- kukaza shingo na mwili
- ni rahisi kutumia mikono
- kuboresha ushirikiano wa jicho na mikono
- kuboresha mwili na taswira ya mtoto

- Child sees more and gets more information
- Gets courage to try to reach up to sitting and standing
- Bones develop well to carry weight
- Prevents joint and backbone deformities and fractures
- Breathing is easier
- Muscle tonus improves
- Head and body control develop
- It is easier to use hands
- Eye- hand co-operation develops
- Body and self image develops

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KIFAA CHA KUTEMBEZA MTOTO

WALKING FRAME

- kama inawezekana, kutembeza kwa kifaa cha kutembezea mtoto akiwa anakaribia miaka 2- miaka 3
- kuna vifaa vya kujitembeza na kutembezwa kutegemeana na ulemavu wa mtoto
- kwa kifaa cha kujitembeza, mtoto anaweza kujifunza bila msaada
- katika kifaa cha kutembezwa kuna uwezekano wa kukaa kama misuli haijalegea au mtoto amechoka na ni salama kumsaidia kwa mielekeo yote na asianguke



- If possible, try walking frame latest 2—3 years age
- Walking frames are active or passive depending of child's handicap
- By active walking frame the child is able to learn to walk independently
- In passive walking frame there is possibility to sit if muscle balance fails or child gets tired and it is safe by giving support in all directions and does not fall down

KITI MAALUMU SPECIAL CHAIR

- kukaa kwenye kiti maalumu kunamwezesha kuinuka na kutembea
- mtoto anaona na kupata taarifa zaidi
- kuboresha ushirikiano wa jicho na mkono
- ni rahisi kumlisha mtoto, akiwa amekaa akitazamana na msaidizi
- ni rahisi kula mwenyewe
- kula na michezo ni njia za kujijamiisha, ongea nae, subiri jibu; kuna boresha mawasiliano kwa kuongea
- mtoe mtoto nje walipo watu akiwa kwenye kiti
- katika mikao mzuri, makalio(matako) yana kaa, akiegemea nyuma ya kiti, mgongo umenyooka, nyonga ipo nyuzi 90, magoti yamekunjwa nyuzi 90, na miguu juu ya kikanyagio, kisigino chini
- kama inahitajika tumia mkanda/mikanda kumbania asidondoke
- ni jukumu la mtaalamu wa mazoezi ya viungo na fundi vifaa kupima
- kiti kimtoshe na kama kipo tayari, angalia mkao wake
- kama inawezekana mvishe viatu maalumu miguuni au vifaa bandia miguuni unapomkalisha

- To sit in special chair encourages the child to get up and move
- Child is able to see more and gets more information
- Head and body control develops
- Eye- and hand control improves
- It is easier to feed the child while child is sitting opposite to caretaker
- Feeding by himself is easier
- Feeding and playing is socializing, talk to him, wait for response; speech communication will improve
- Take the child sitting on chair out where there are the other people
- In good sitting position the child's buttock rests leaning to back of the chair, his back straight hips flexed 90 °, knees flexed 90° and feet resting on footrest, heels down.
- If needed use belts to support body
- It is therapists duty to measure with the technician
- the chair to be suitable and when ready, check the position
- If possible use shoes or orthoses on feet while sitting



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