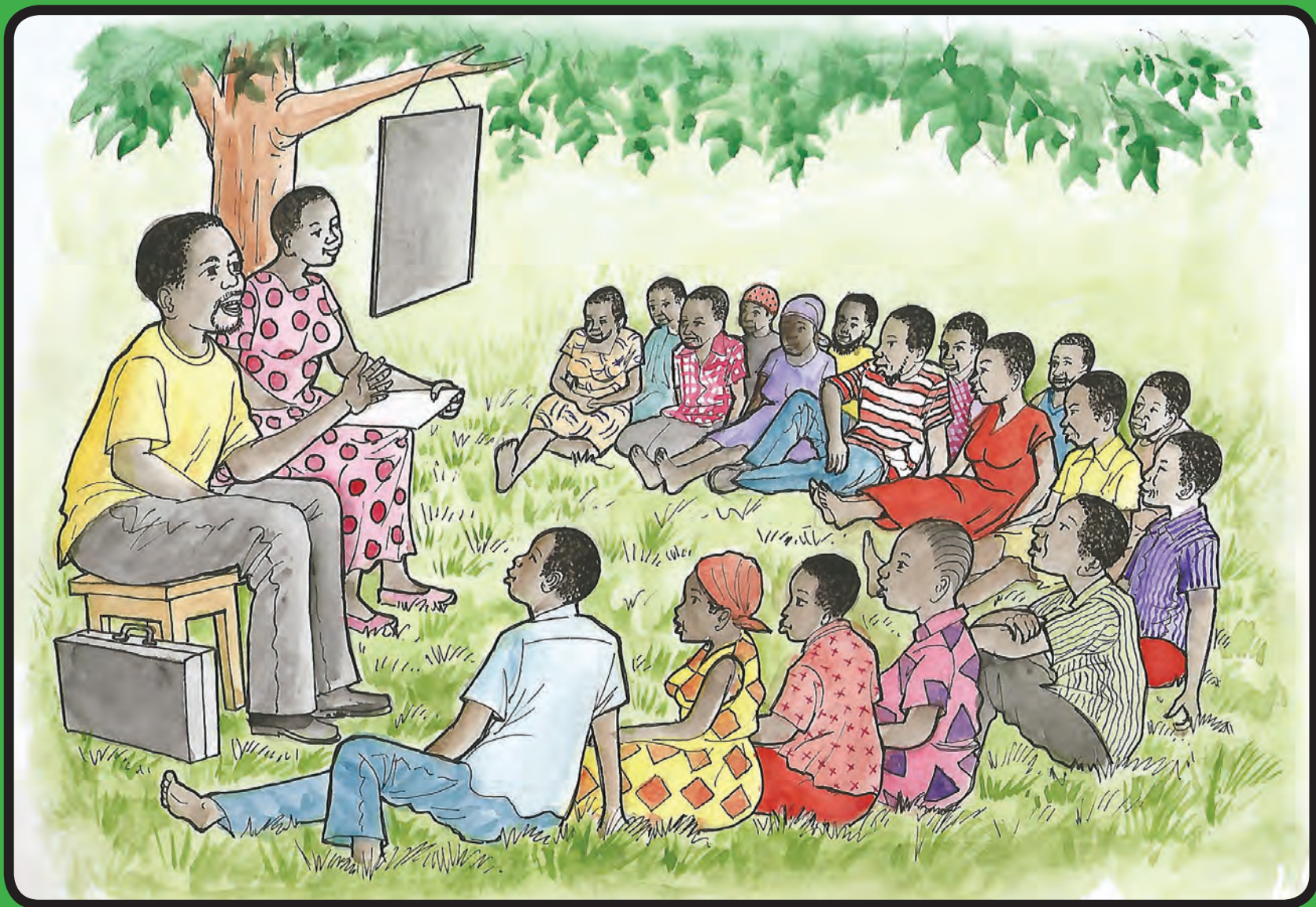


Pwonye pa dul



USAID
FROM THE AMERICAN PEOPLE



Fertility Awareness
for Community
Transformation

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This guide is being tested under the Fertility Awareness for Community Transformation (FACT) Project's Wake Ki Lago Nywal (WALAN) pilot intervention in partnership with Save the Children and is therefore unavailable for distribution.



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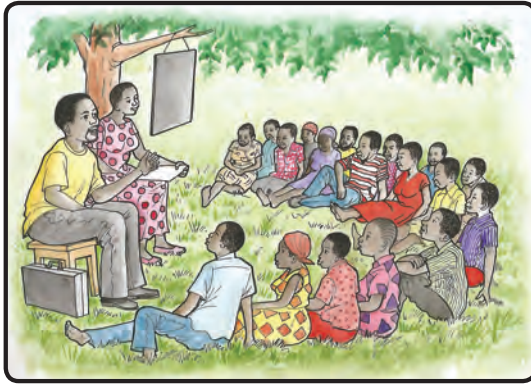


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Pwonye pa dul: Yoo kit me tic

Tyen yoo man

Buk man tye me tic kwede kare ma itye ka lok ki lwak megì onyo grup matidi I kom lagoonwal. Tye ki lok manok daki ngec ma pire tek ma konyo in:

- Wac ki lwak yoo ma pat pat me lagoonwal,
- Tit kit ma yoo man tiyo ki konyo gonyo ngec matir,
- Konyo dano me I kabedo ni me yero yoo mene me lagoonwal ma rwate kwed gi maber,
- Konyo in me ngeyo nga ma miti ki kube.

Yub me tic ki jami man

Pi kit yoo mapat pat ma tye I buk pwonye man, tye pot karatac ma tye ki cal ma lac me anyuta ki acel tye megì. pot karatac ni ni tye ki jami ma pi gi tego me awaca.

Lanyut en ni kwako jami ma pi gi tego keken.ka I loko ki joo mukene, I romo medo kun nongo I nywako matatut I kom ngo ma I tye ka loko ne mae dok I kom miti ki tam pa lwak ma I tederò.

Kwano kit tic pa buk man konyi weko I pwonyo ngec/lok ma tye I iye. Tic kwede bedo yot ka I bedo ka tic kwede.

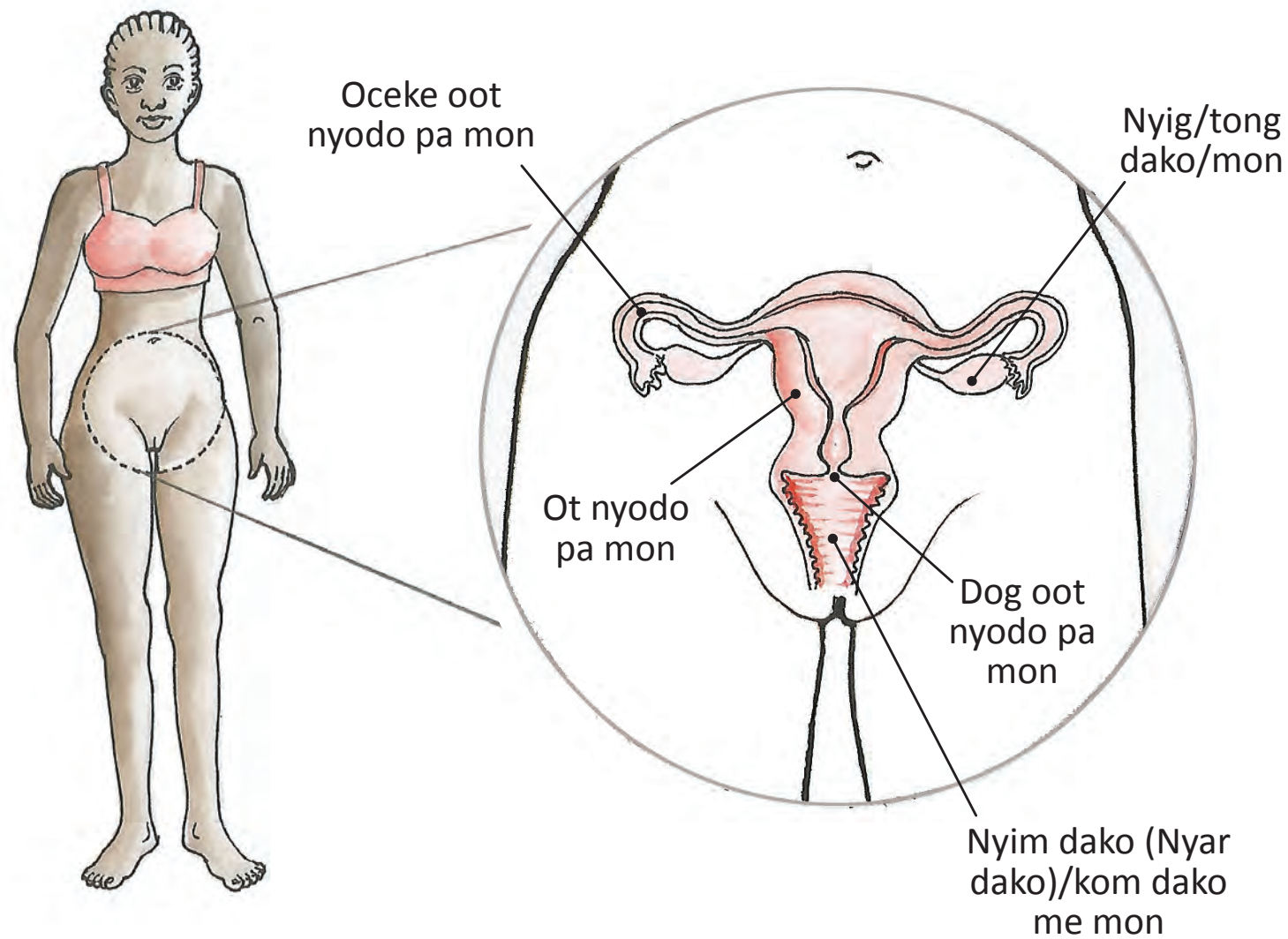
Tic ki buk man ki joo ma mito kony

- Ket buk man kama in ki joo mukene ni weng gi twero neno ne.
- Tii ki pot karatac ki lok/ngec me dul pwonye ma lbi nywako I dul keken.
- Ti ki leb ma dano weng niang maber, ka I bedo ka pwonyo tic kwede pe mite ni I bed ka kwano coc weng rek ki rek ma tye iye bot dano mukene. Gayo ne keken romo poyo wii pi lok/ngec ma myero I lok iye.

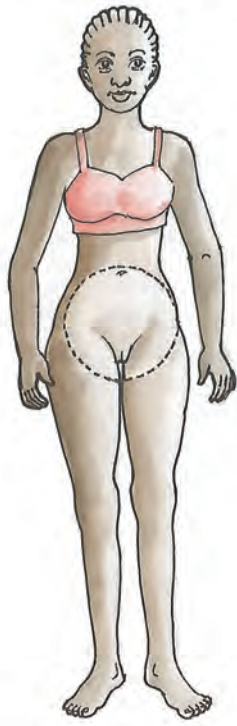
Yoo me tic ki lurem

Wot ki karatac ma ki mwono wiye ma tye ki lanyut ,lanyut, wek dano ma gi mito konyo gu nen kit ma gin nen kwede. Kun nongo iwoto ki tito ki yoo man, kun nongo I weko karatac ma iwoto kwede ni woto ki wire ikin lwak.

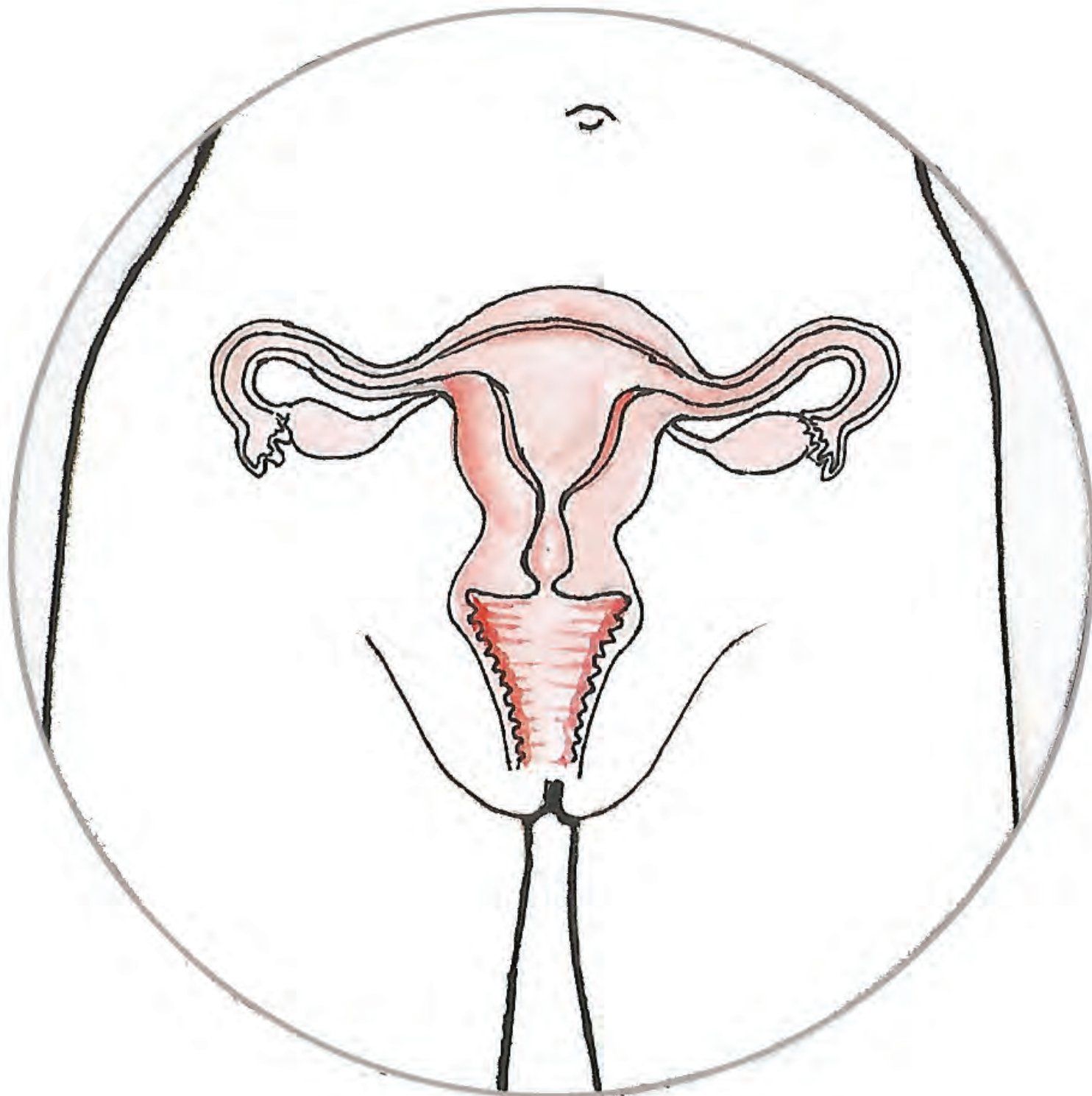
Ot nyodo pa dako



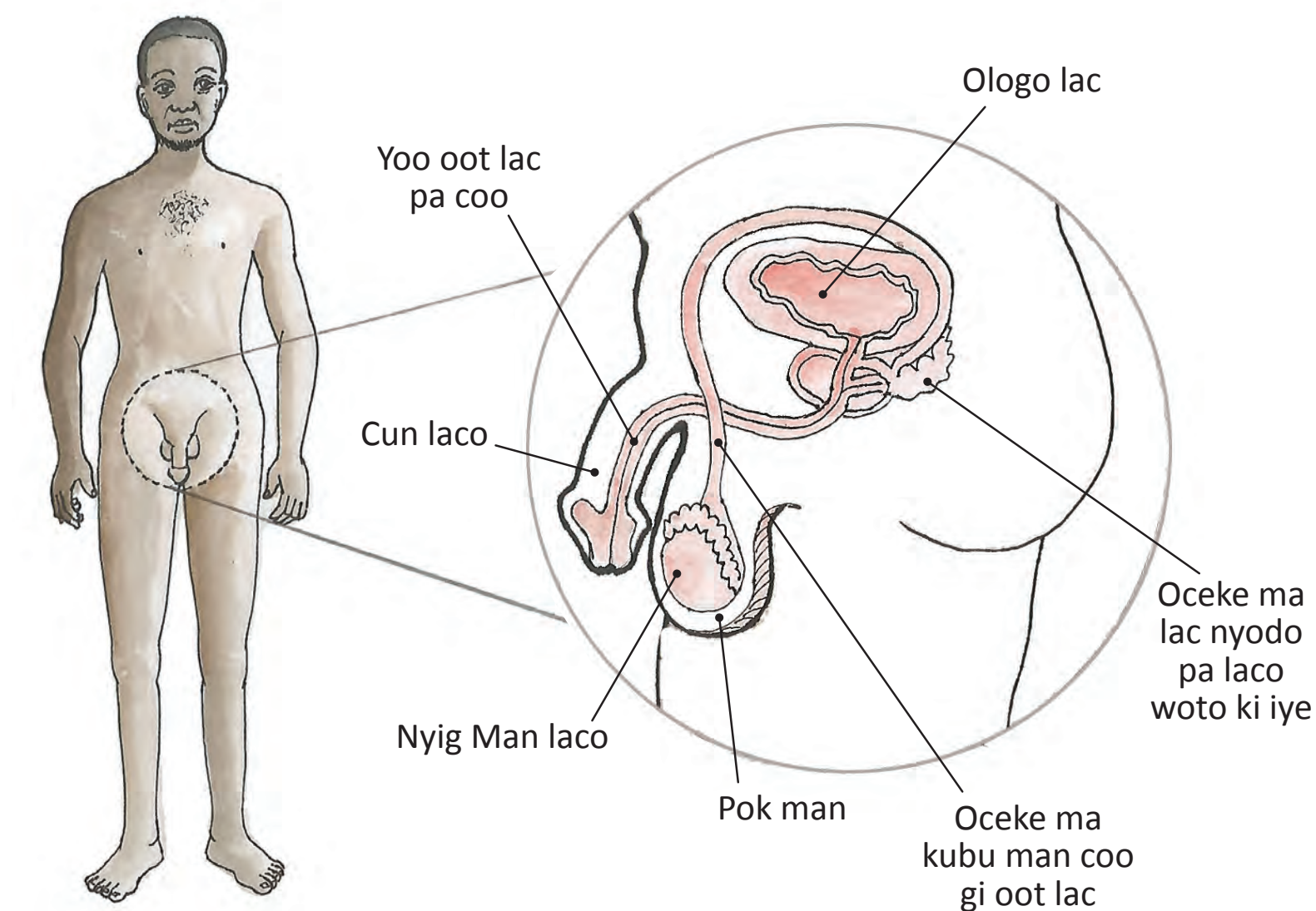
- Kicaa/opiro ma gwoko tong dako kelo pig kom ki tonge. Cake ki I kare me loke pa jami me kom, tong dako tegi I lawala weng. Dak tye ki ki kero me nongo nyodo/yacu I nino manok I kin dyere ki dyere pa lawala
- Latin dongo in oot nyodo.
- Nyim dako aye yoo ma julo cun I kare me rwate I butu. Obedo bene yoo me nywal.
- Remo kwe dwe pa mon bene mol gi inyim dako/ki I kom dako me mon.
- Oceke ot nyodo pa dako obedo yoo ma ding ma tero tong dako ki I obwo ma gwoki wa I ot nyodo.



Ot nyodo pa dako

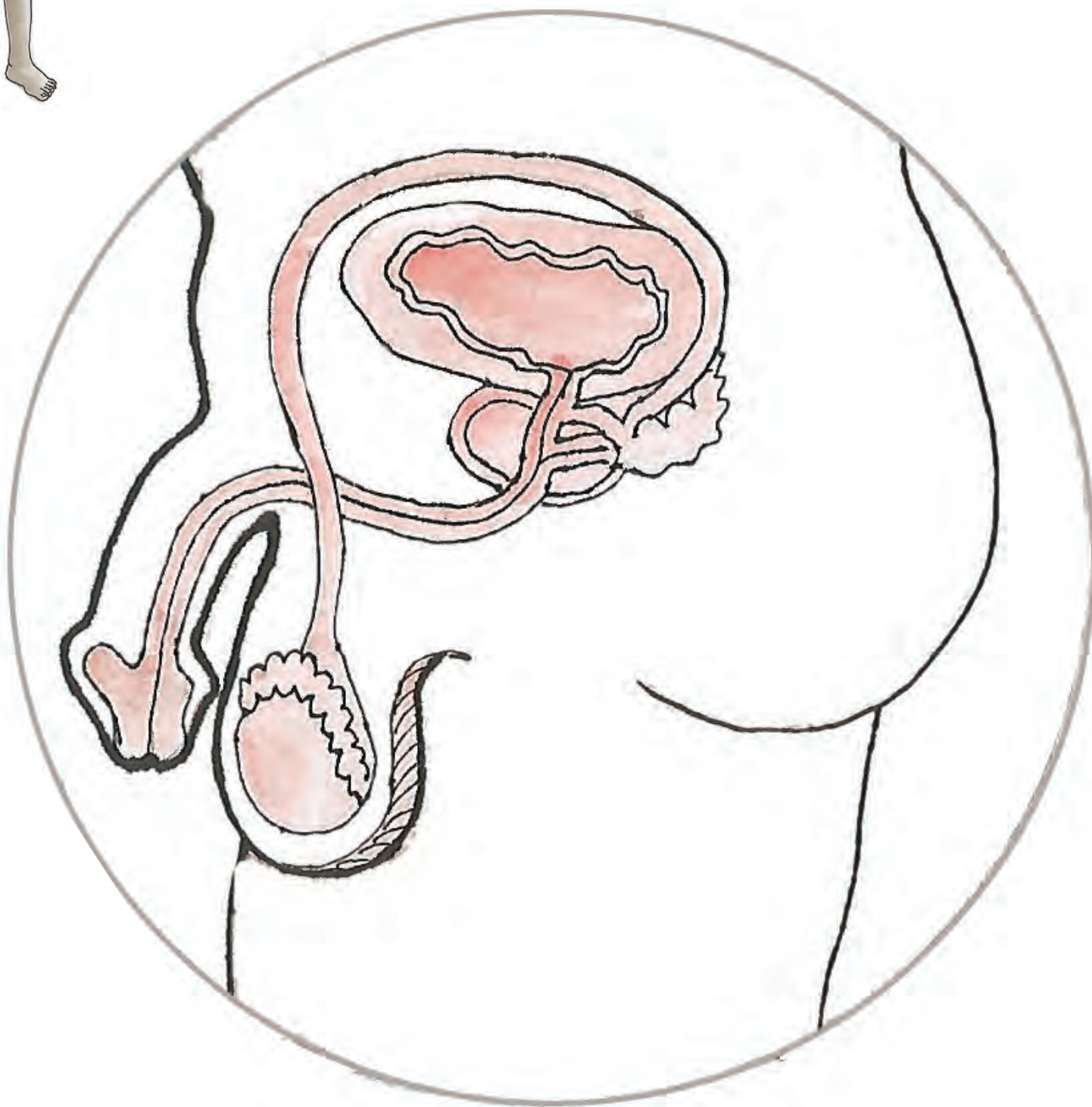
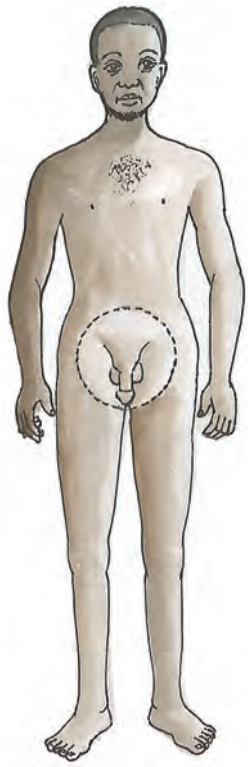


Dul kom laco me nyodo

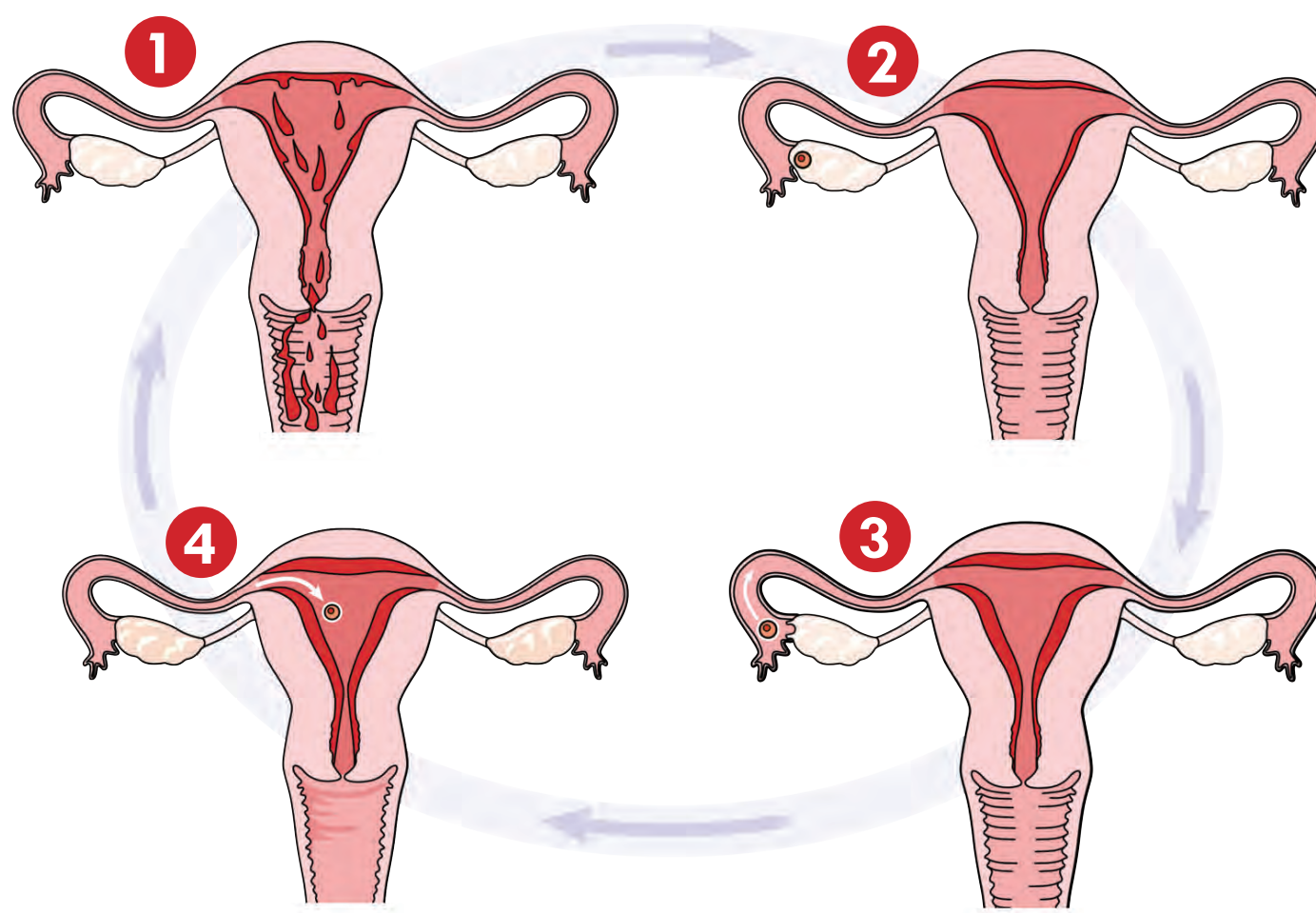


- Ni cake ma dwon laco loke, lac nyodo (tong laco) mede gi yube I man. Laco bedo ki nyodo nino weng.
- Tong laco aye moko nyodo pa latin, anyaka nyo awobi.
- Pig kom laco me nyodo mol kato ki **Oceke lac nyodo pa laco** ka ribbe ki pig kom mukene me yubu pig kom laco me nyodo.
- **Cun/Bol** obedo kom laco me nyodo kama Lac onyo lac nyodo kati gi iye.
- **Lac nyodo pa laco** woto ki ii cun laco ka kato woko ki yoo ot lac pa laco.
- **Yoo lac pa laco** aye kama oyabe I kom laco ma lac nyo pig kom laco me nyodo kato iye.

Dul kom laco me nyodo

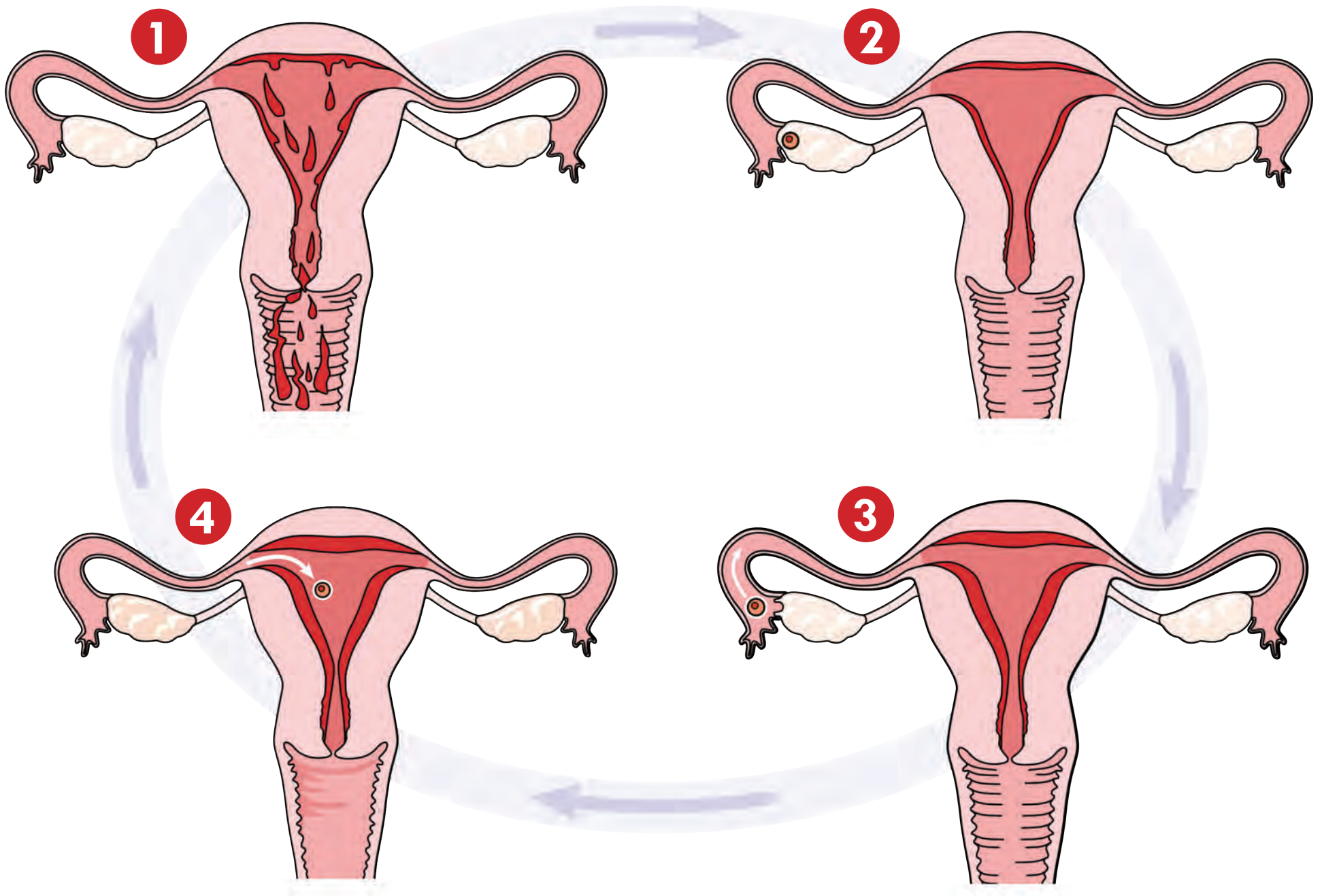


Neno ruk/Kwe dwe pa dako

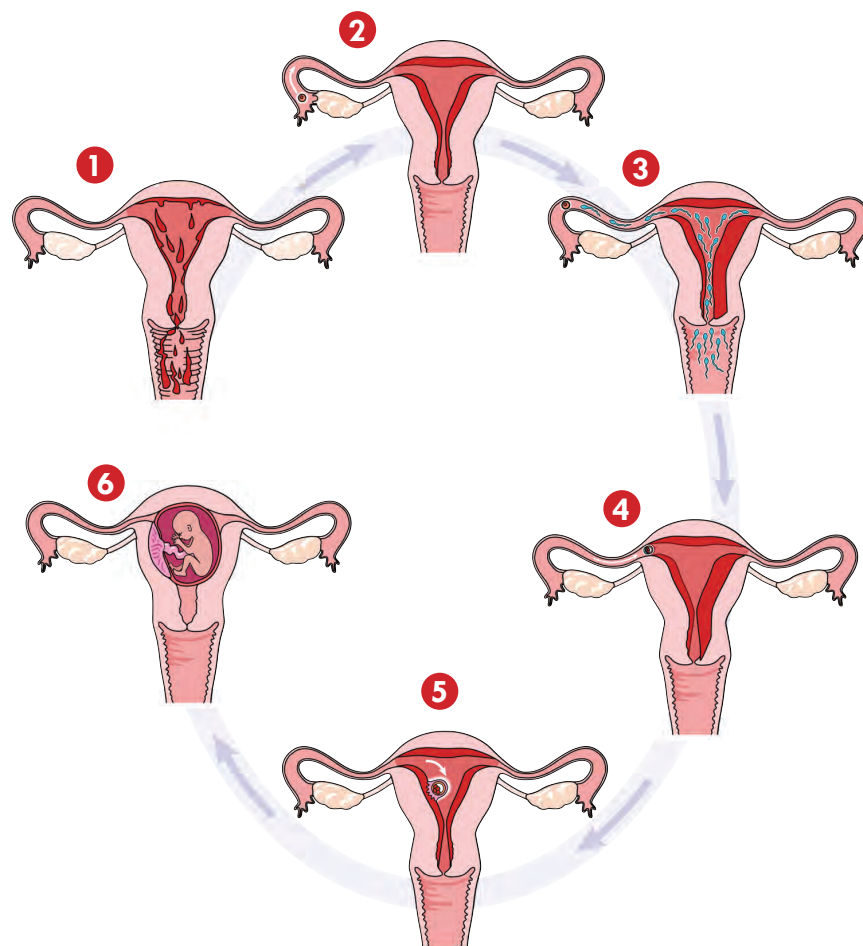


- 1.** Kwe cake I acaki nino ma dako neon kwede remo dwe ne (rok).
I kare me neno dwe remo ma tye I ot nyodo mol kato woko ki I kom dako me mon ni (nyar).
- 2.** Tog dako cako tegi ki I obwo me tonge.
- 3.** I kin dye lawala me dwe, tong dako aa ki I obwo ne, man ki lwongo ni Ovulation.
Tong dako wok ki oceke me ot nyodo ka kany aye tong dako romo rwate iye ki pig kom laco me nyodo (Kit me nongo Nyodo).
- 4.** Ka tong dako pe orwate ki nyodo pa laco, ci lwoke woko ki it nyodo kun kato ki I ruk/dwe.

Neno ruk/Kwe dwe pa dako

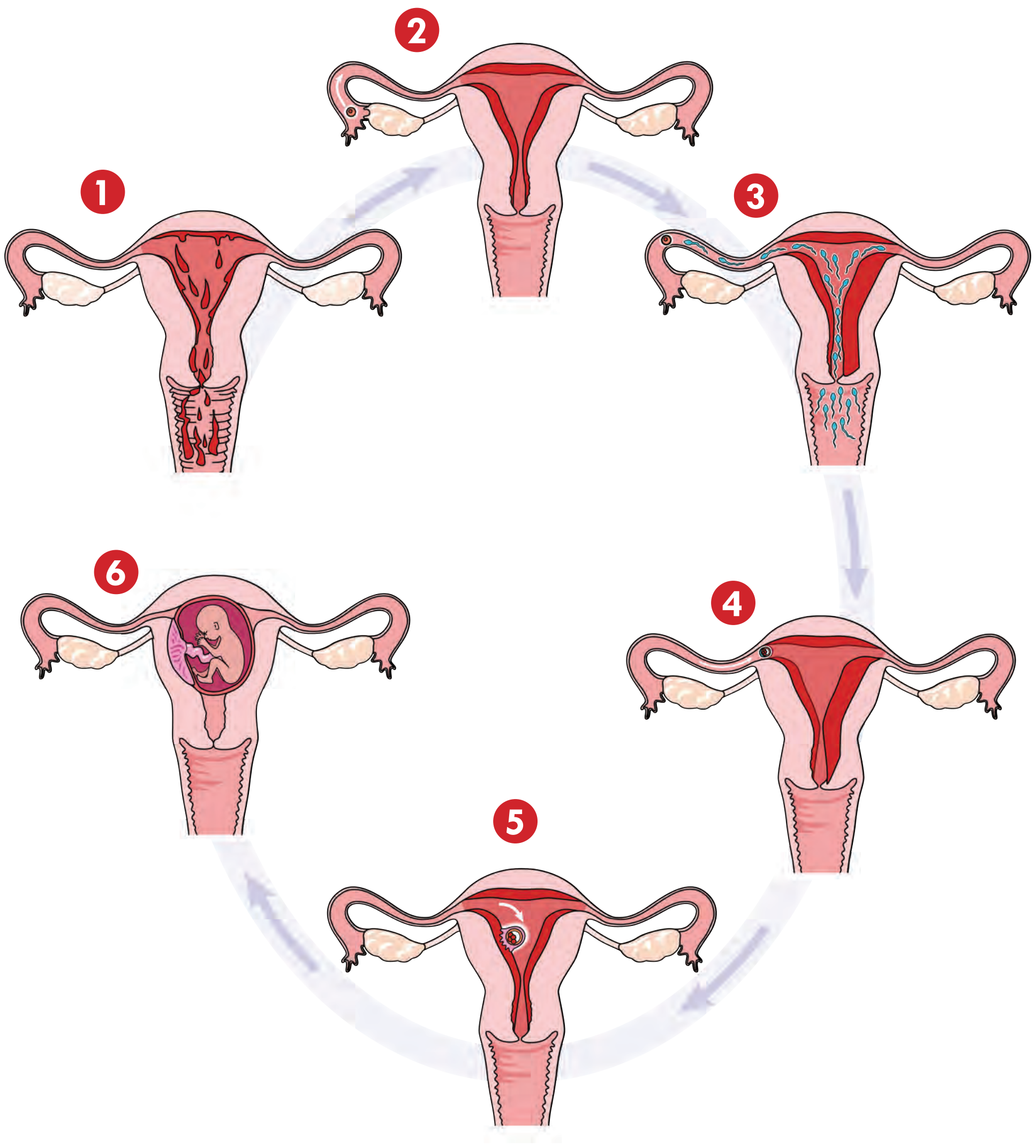


Lawala me ruk/dwe ki nongo nyodo/yauc

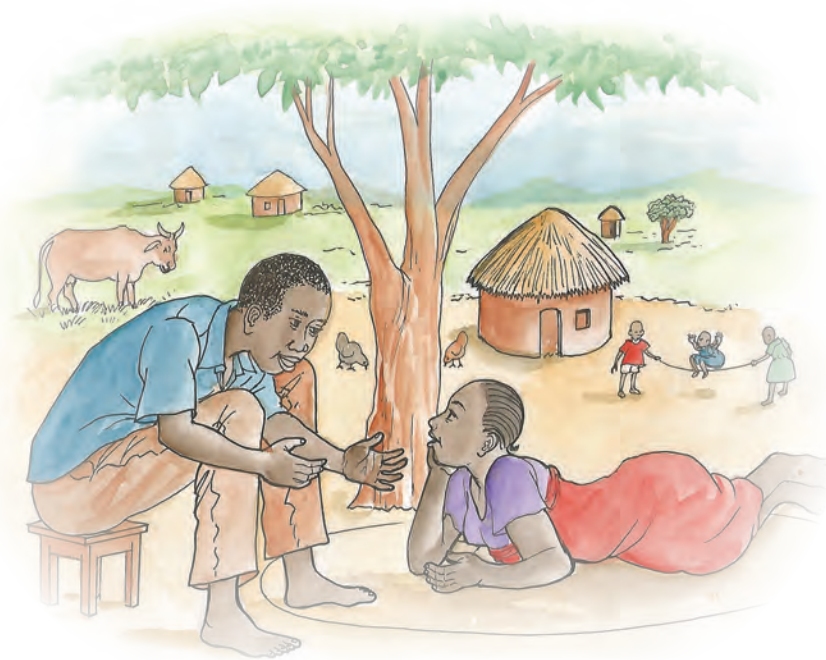


- 1.** Lawala cake ki inino me acel me ruk / neno dwe pa dako. I kare me neno ruk, remo ma tye I kom ot nyodo mol kato woko ki I kom dako me mon (nyare). Man enni ruk/dwe twero tero nino 2 nyo 7 kulu.
- 2.** Tong dako cako tegi ki I obwo I kin dyere ki dyere pa lawala me ruk, tong dako aa ka bino ka rwate ki nyodo pa laco. Man ki lwongo ni Ovulation.
- 3.** Tong dako wok ki I oceke me ot nyodo. ka kany aye kama tong dako rwate iye ki nyodo pa laco. Ka tong dako uriber ki tong laco ci nyodo nongo (yacu).
- 4.** Ka yacu otime ci tong dako mede ki wot dok piny ki I oceke me ka cito I ot nyodo.
- 5.** Ka yacu otime tong dako mwone I kom ot nyodo.
- 6.** Ka dong yaco otime tong dako dongo kelo latin.

Lawala me ruk/dwe ki nongo nyodo/yauc



Lago Nywal

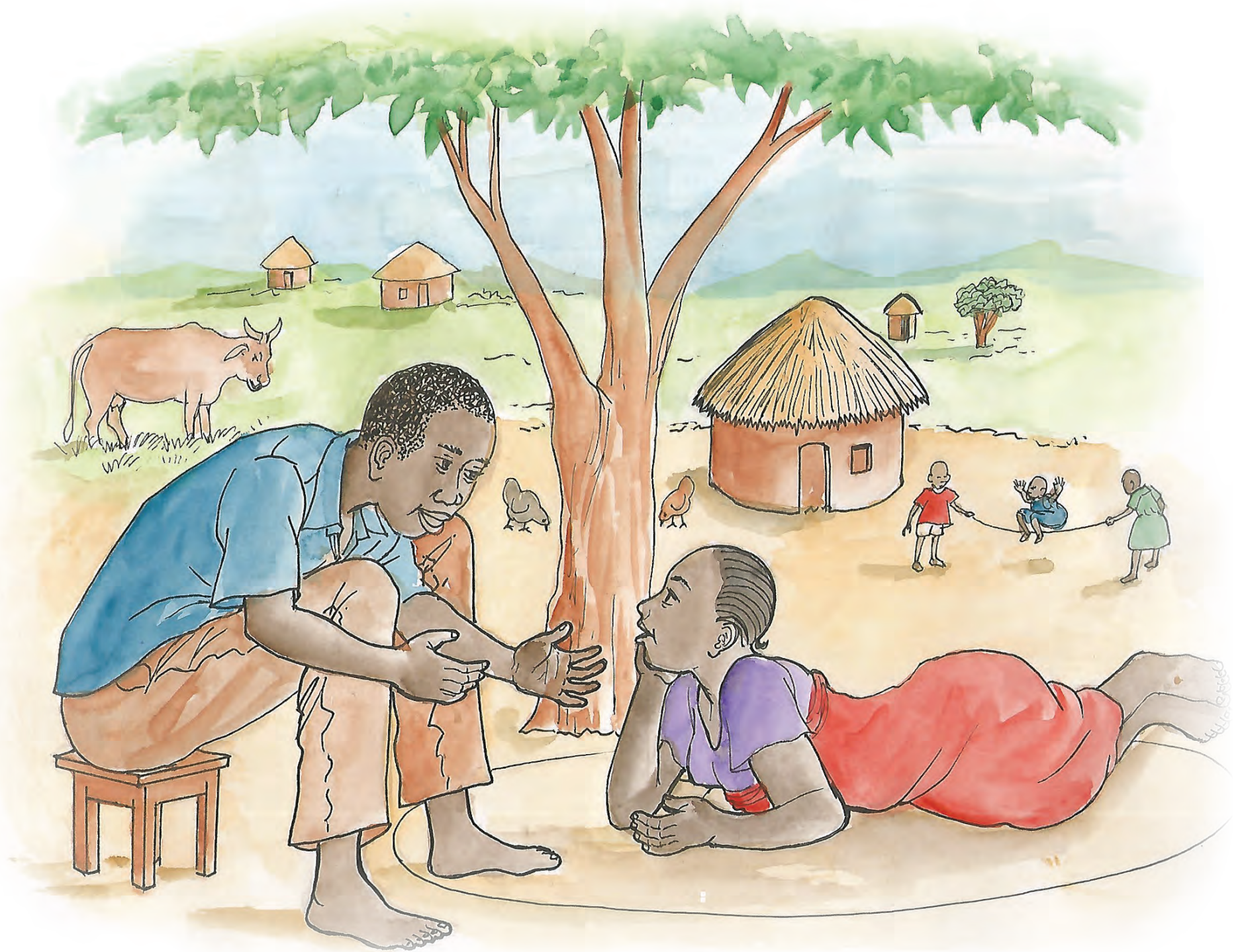


Laco gi dako tye ki twero me neno lutino adii ma gi romo bedo kwede gi dong awene.

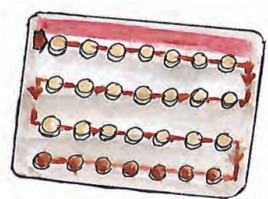
Lago nywal konyo nining?

- Kom mon gi lutino bedo yot ka gengo yacu atura. Yac ma pe attire en aye ma no dako pwod tidi onyo yaco labongo lago ne.
- Lutino manok I gang tere ni cente gi cam tye pi gin weng.
- Lunyodo bedo ki cawa madwong me tic ki bedo ki dano ma gang/lutino gi.
- Rii me nongo yacu me acel nyo aryo miyo kare ki mon ki coo me bedo I cukul tyeko kwan maber.

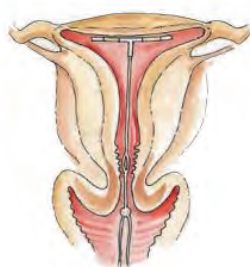
Lago Nywal



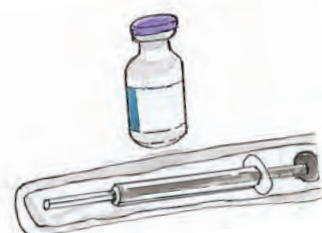
Yoo me lago nyal



Yat amunya



IUD



Yat Atuca



Yat a keta I kom



Yoo me lago
nywal pi
mon ma dot



Roc Bol
pa coo



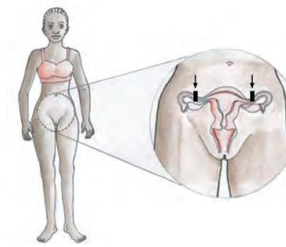
Roc Bol
pa mon



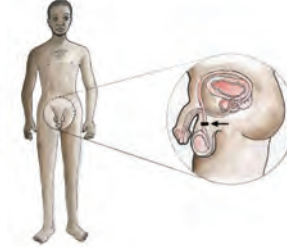
Yoo me
Nino Aryo



Yoo me tic ki
nino dwe ma
atiri



Ngolo ot nyodo
pa dako



Ngolo ot nyodo
pa laco

Yoo mapol me iromo kwanyo me tic kwede.

- Mogo tiyo maber loyo mukene.

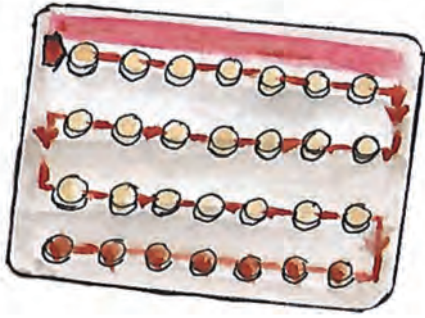
Yoo ma lupwonye me grup romo miyo:

- Roc Bol
- Yoo me lago nywal pi mon ma dot
- Tiko Kwe
- Yoo me Nino Aryo

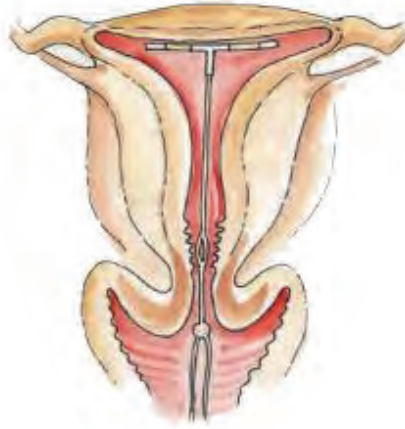
Yoo ma lutic yot kom miyo onyo I gang yot kom:

- Yat amunya
- Yat atuja
- Yat a keta I kom
- IUD
- Ngolo ot nyod pa dako
- Ngolo ot nyod pa laco

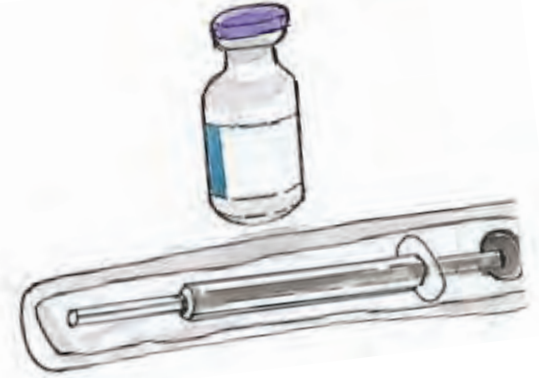
Yoo me lago nyal



Yat amunya



IUD



Yat Atuca



Yat a keta
I kom



Roc Bol
pa coo



Yoo me lago
nywal pi mon
ma dot



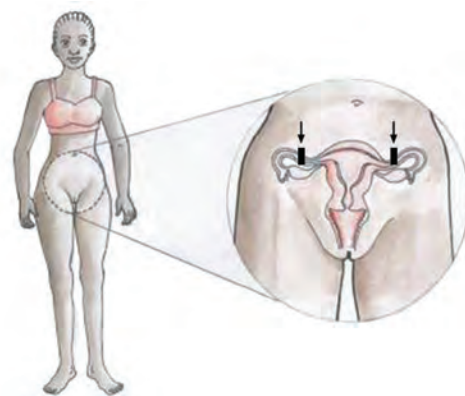
Roc Bol
pa mon



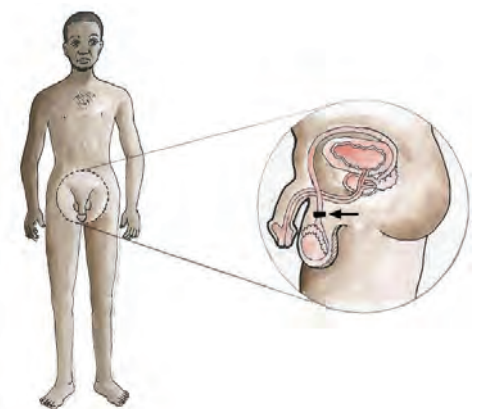
Yoo me
Nino Aryo



Yoo me tic ki
nino dwe ma
atiri



Ngolo ot nyodo
pa dako



Ngolo ot nyodo
pa lacoo

Yoo me lago Nywal pi mon ma dot, Yoo me Nino Aryo, gi Roc Bol

Rwate ki lador yub me group me
YIELD pi nongo ngec ki nywako tam
i kom yoo magi.



**Yoo me lago Nywal pi
mon ma dot,
Yoo me Nino Aryo, gi Roc Bol**



Kit ma Yoo man tiyo



Dot kare ki kare juku tong dako me tegi ci juko kwe dwe/ruk.

- Dot pa latin cwalo ngec I ya dam me juku tong dako me tegi daki juko kwe dwe.
- Kwe man Lwore I kin cak kor, adam, gi pok tong dako.
- Cam mukene ma pat gi dot, juko lok/ kubo ngec man. Bene time ka min latin bedo be cawa 4 labongo doto latin.
- Kace ngec man ocod, tong dako cek daki cako neon kwe. Dako bedo gi kero me yodo daki romo yac.

Yoo adek me LAM

1



Ony pa remo I kit me ruk/dwe pud pe odwogo ma I nywal kwede.

- Ka I cako kwe ni, I tye kero me nyodo daki. I romo camo icc/yac kadi I mede gi dot.

2



Mon doto lutino dye ceng gi dye woo keken daki pe gi miyo cam, pii onyo gin mamata.

- Ka latin obedo ki kero me nongo cam moo keken , pii nyo gin amata mo keken ma mede I kom cak adota, latini pe obe doto dot kit ma mite tere tere ni. man weko dok in I bedo ki kare me nongo yacu dok aye kadi itye ka doto latin.

3



Latin pwodi pe oo dwe 6

- Kace latini oo dwe abicel I tye gi kero me nyodo. I romo yac, kadi I mede gi dot.



Kace yoo 3 magi weng poke, cak tic gi yoo mukene cut. Cak tamo yoo ma pat kace LAM pe tye ka konyi lago nywal. Lok gi latic yot kom I kom yoo maber me lago nywal ca ma in pwod itye ka dot.



Yoo maber me doto latin ki cak kor dako

Cak doto latin I kin cawa me acel ma I nywal kwede.



Ket latin obut I kom mi cut cut I cawa ma I nywal, omyero obed del kum del ikin min latin gin ki mine inge nywal.

Dot latin ki cak me acel ma tye ki moc cam madwong.

Cak kor keken aye latini mito me dongo maber ma kome yot i acaki dwe abicel.

Dot latin teke mite, dye wor wa dyceng weng.



Dot latin tere tere kit ma latin tye ka mito ne kwede onyo I nge cawa aryo me oo I cawa angwen.

Pe I imii kwayi cam moo keken onyo gin amata mo keken kadi pii amata, kadi bed ngat mukene aye tye ka gwoko latin.



Nen ni latin obedo ki miti I dot dok obed cok ki cak.

Latin omyero obed atir kun nongo wiye odok angec.

Latin omyero oyab doge ma lac , dog cak weng omyero odony I dog latin.



Mede ki dot kadi bed in min latin komi lit onyo latin aye kome lit.



Cak kelo kwai cam mukene I med I kom cak nongo dong latin oo dwe abicel 6.



Kit ma Yoo man tiyo

Yoo adek me LAM

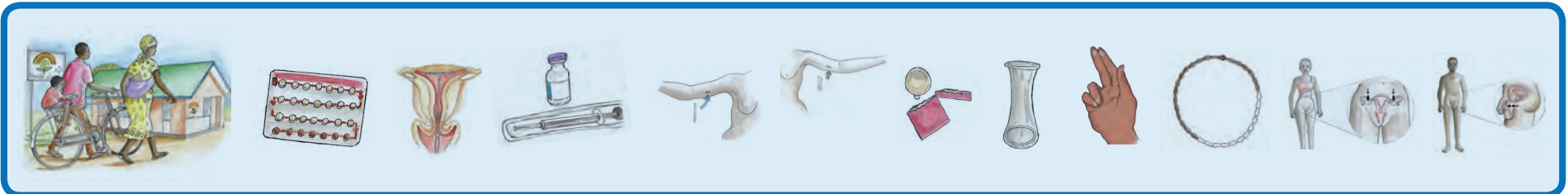
1



2



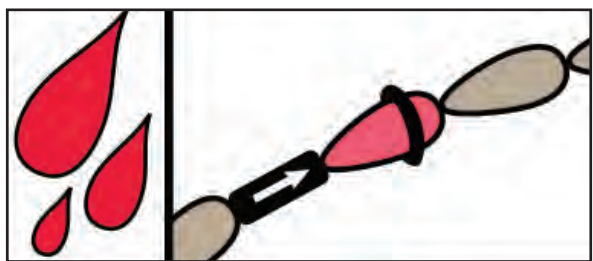
3



Yoo maber me doto latin ki cak kor dako



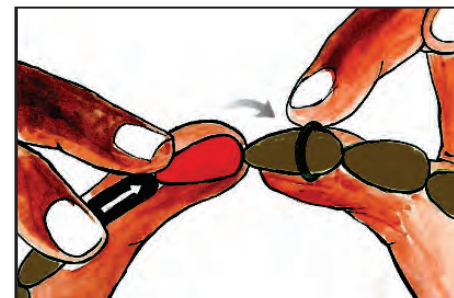
Tiko me kwe pa mon



Nino ma I cako kwe, di lagit kama tiko ma KWA.

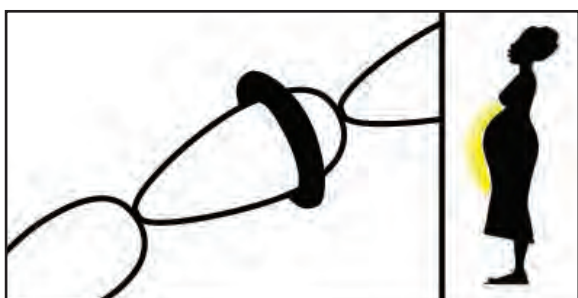


Gwet nino ne I Kalenda.

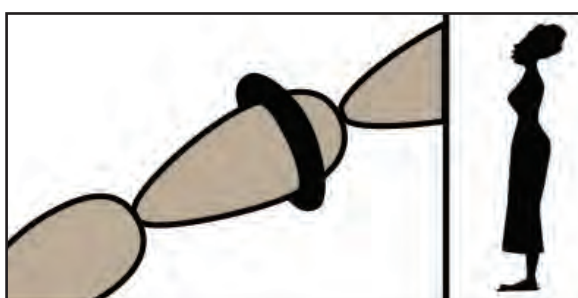


Di lagit tiko acel nino acel acel. Mede gi ngiko kadi me itye ka neon kwe ni.

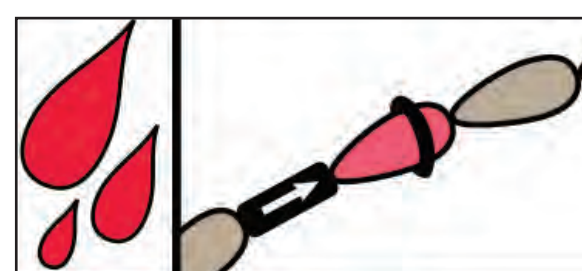
Di I tung kama atero cimo.



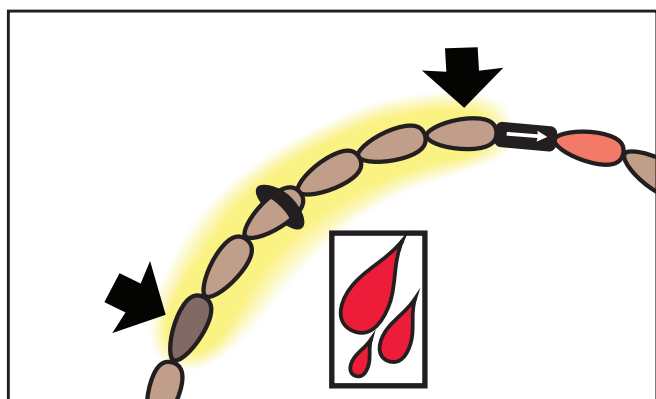
Juk rwate gi Laco I butu ka lagit oo I tiko MATA ka pe I mito yac.



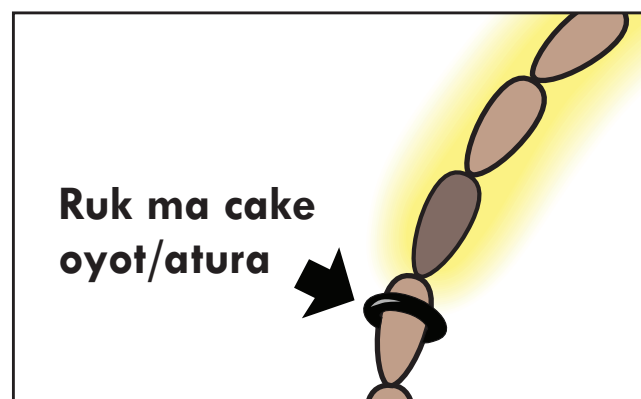
I romo rwate I yoo me butu ka lagit oo I tiko ma COL KWA KWA. Pe bedo gi kero yac I nino man.



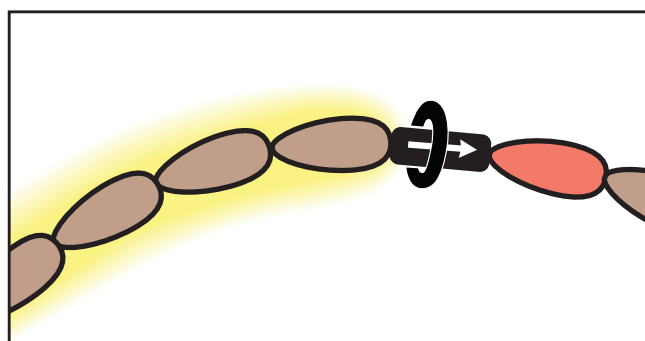
Di lagit kama tiko ma KWA ka daki kwe ni ocake Kal tiko mo keken ma tye tung acam.



Me tic ki tiko me dwe, ruk/dwe omyero ocake I akina tiko ma col ki me agiki ma brown.



Ka ruk/dwe ni cake ma pud pe oo I tiko ma col kwa kwa nongo ocake con/nyo atura.



Ka ruk/dwe ni pe ocake I nino ma lawala tye I kala tiko ma col kwa kwa, nongo ocake lacen.

Tiko me kwe pa mon



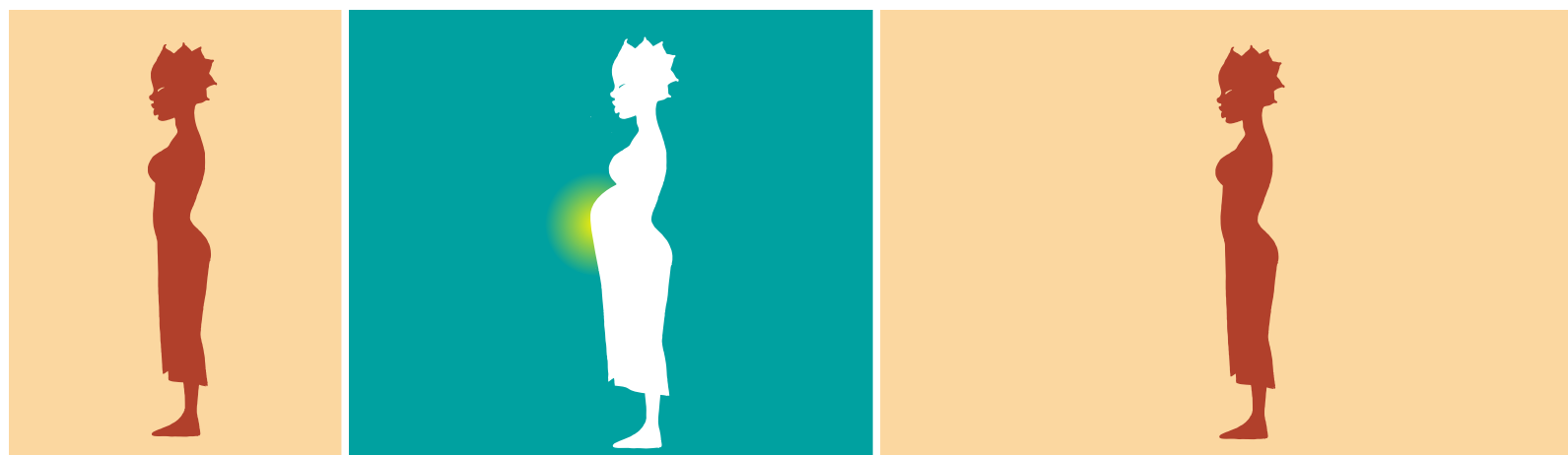
- Konyo weko ingeyo nino mene I kin dwe ma I romo yac.
- Wek pe i gam ic, gwoke ki rwate ki laco iyoo me butu onyo tii ki roc bol I kare meno.
- Mon ma kwe gi pe cod twero tic kwede.
- Laco gi dako onyero gu tic roc bol onyo wek rwate I butu.

Yoo me lago nywal me Nino Aryo: Kit ma pig kom me nyodo nyute



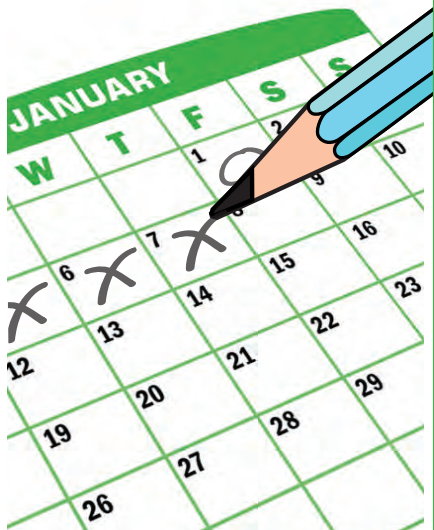
- Pig kom lanyut ni komi romo gamo nyodo. Tere ni iromo yac.
- Nino ma kwe ni otum, I romo bedo nino manok labongo pig kom.
- Ci pig kom nen manok. Omyero I bed ki diro me neno gi onyo me bongo ne.
- Ka nino woto gi kato, pig kom bene woto gi mede , weko neno ne gi bongo ne doko yot.
- Ka ocake, pig kom mede pi nino ma pol.
- I nge nino mapol, dwong pa pig kom woto ki dok wang ma orweny weng.
- Pig kom pe tye rom pol kare. Nino ma woto, gi nen daki I bongo pat.
- Pig kom mo keken cimo ni I romo yac.
- Ka iceto ka lwok rot pig komi I karatac, pali onyo lwet cingi.

Yoo me lago nywal me Nino Aryo



Kit me gwoko ngec me pig kom

Gwet dye wor weng ma ineno onyo I bongo.



Ka pig komi okati pi nino ma pe oo abic malube, ci omyero I nen latic me kin gang.

Yoo me lago nywal me Nino Aryo: Kit me coyo I kalenda kwe pa mon me nino aryo.

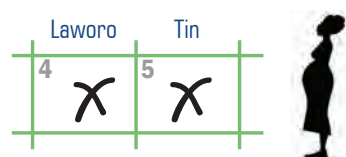
Nino weng, gwet lanyut acel:

Pi kwe , gwet 

Pig kom ma peke yutu , gwet 

Pig kom nyutu , gwet 

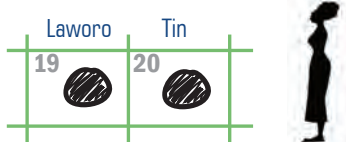
I tye ki kere me nongo yacu I nino weng ki pig kom ma tye ka kato.



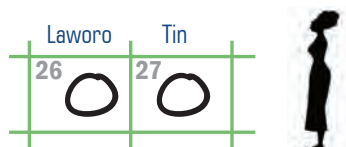
Wun weng I wu tye ki kare me nongo yacu ki pig kom tye ka kato, kadi bed pig kom peke tin.



Pe ki kero me nongo yacu ka I ruk/ neno dwe/kare.



I pe ki kare me nongo yacu ka I pe ki pig kom ma tye ka kato ki I kom me mon calo laworo ka pe I nongo pig kom tin.

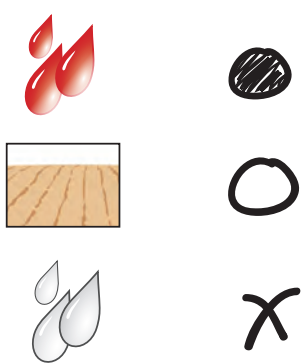


- Rot pig komi idye ceng ki otyeno.
- Dye wor weng ma pud pe I cito ka nino, gwet lanyut ma atir I kalenda.
- Nino me acel me itiyo ki yoo man, nge ni itye gi nyodo. Ti ki roc bol onyo gwoke ki i butu wek I geng yaco.
- Wii opoo ni iromo yac tin ka pig komi tin tye, onyo ka pig komi obedo laworo.

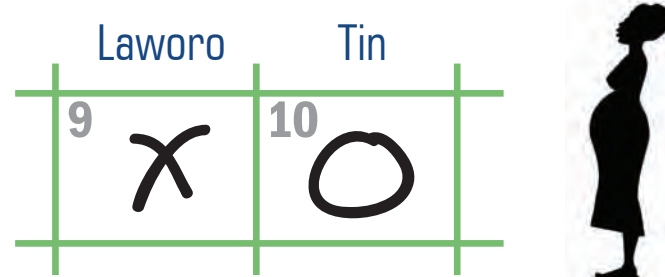
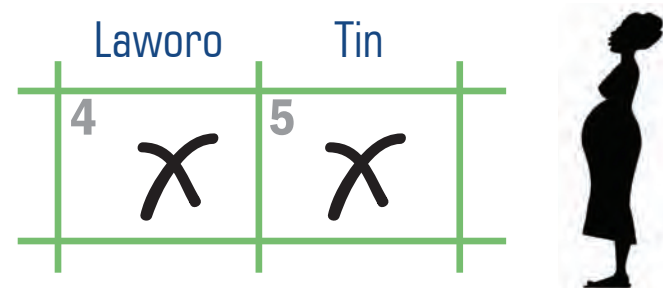
**Yoo me lago nywal me Nino Aryo:
Kit me coyo I kalenda kwe pa mon
me nino aryo.**



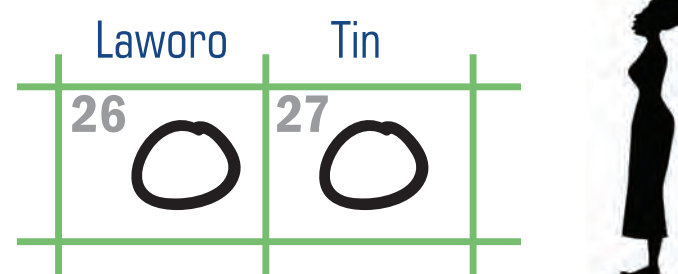
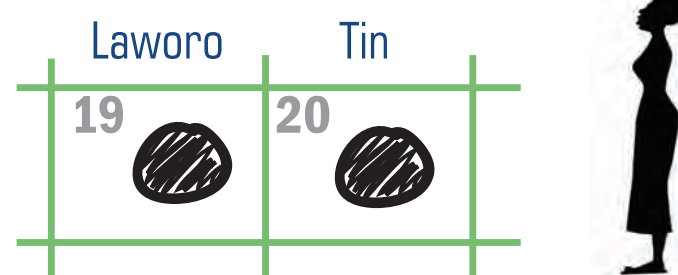
**Nino weng, gwet
lanyut acel:**



Pregnancy



No pregnancy



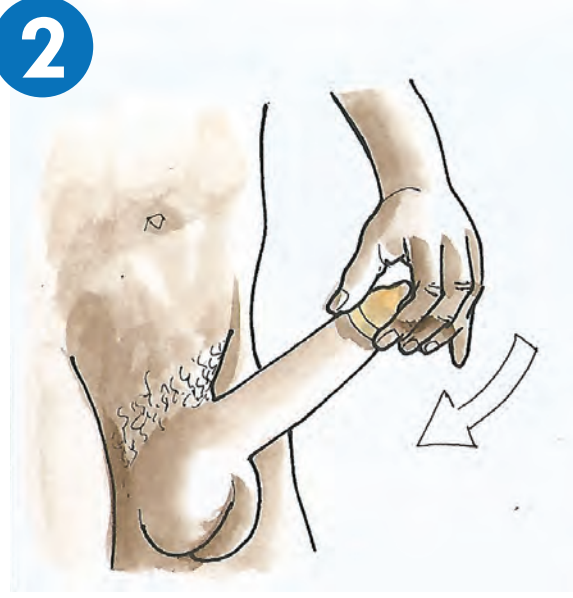
Kit me tic ki roc bol pa coo

1



Ti ki roc bol mayen pi butu weng.

2



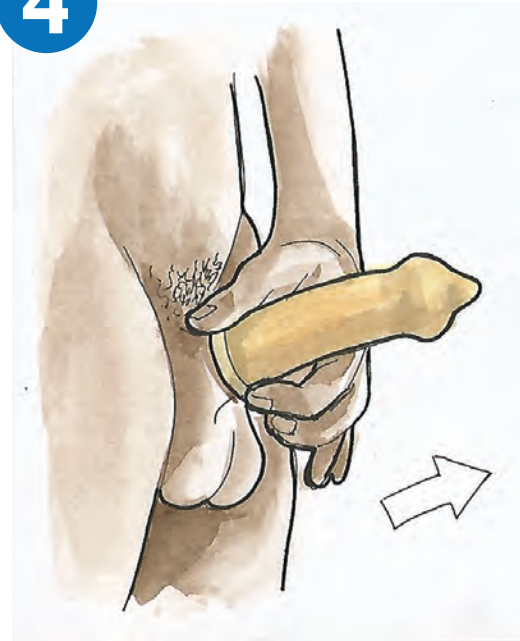
Ma pe l rwate, ket roc bol l wi cun ma otelo ma ki ngilo tenge.

3



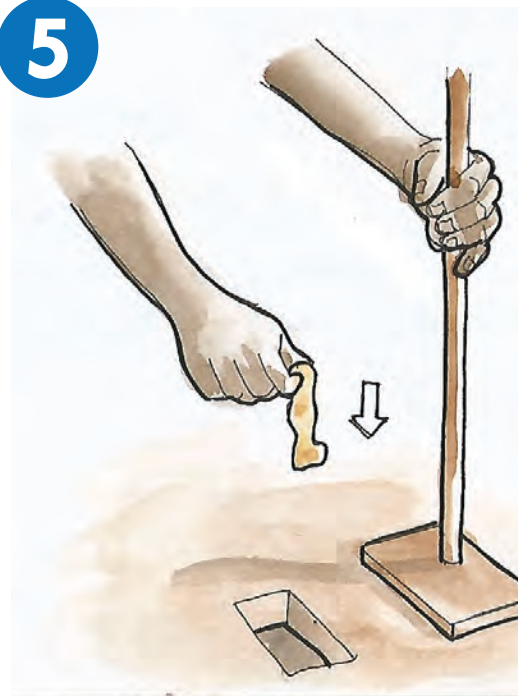
Ngil roc bol wek oo l te cun.

4



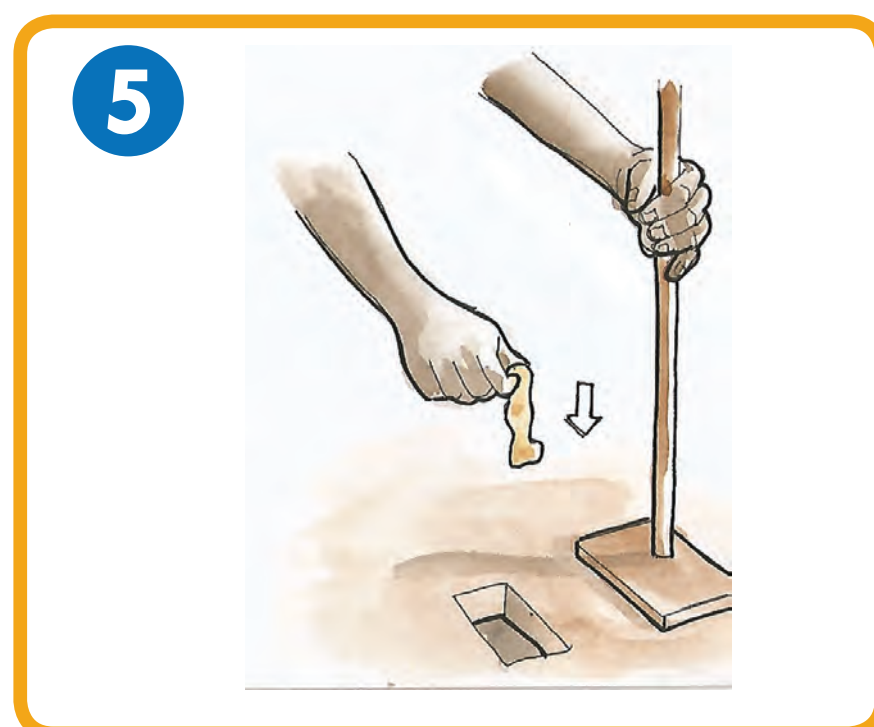
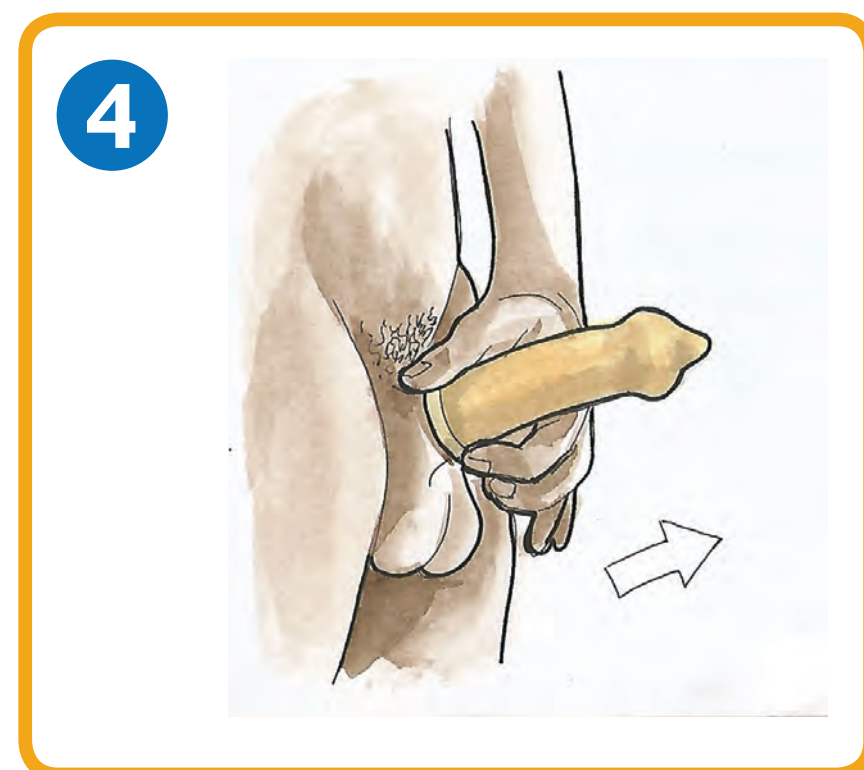
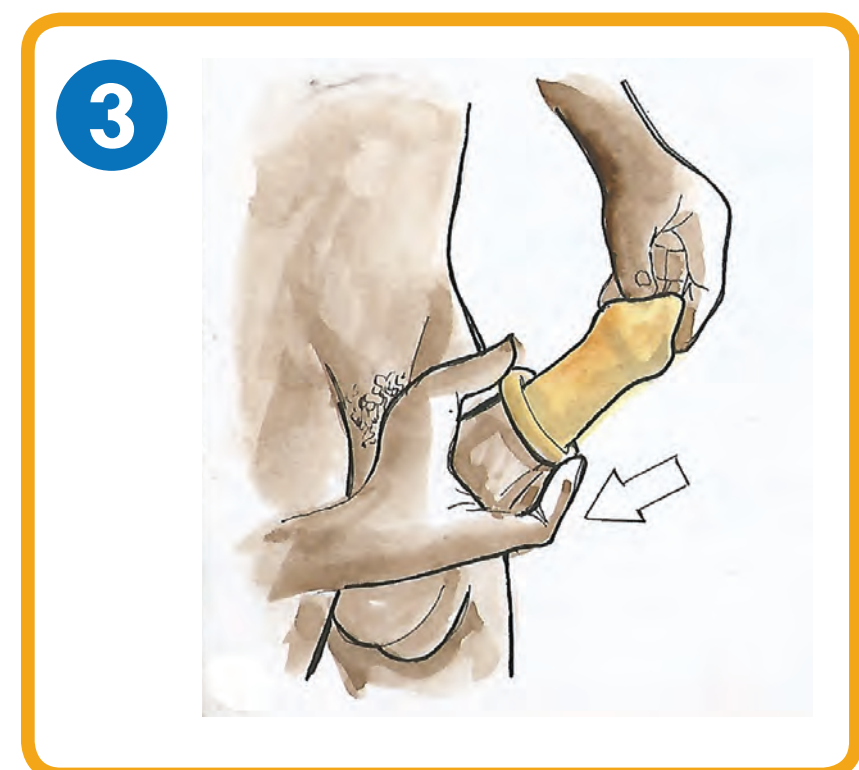
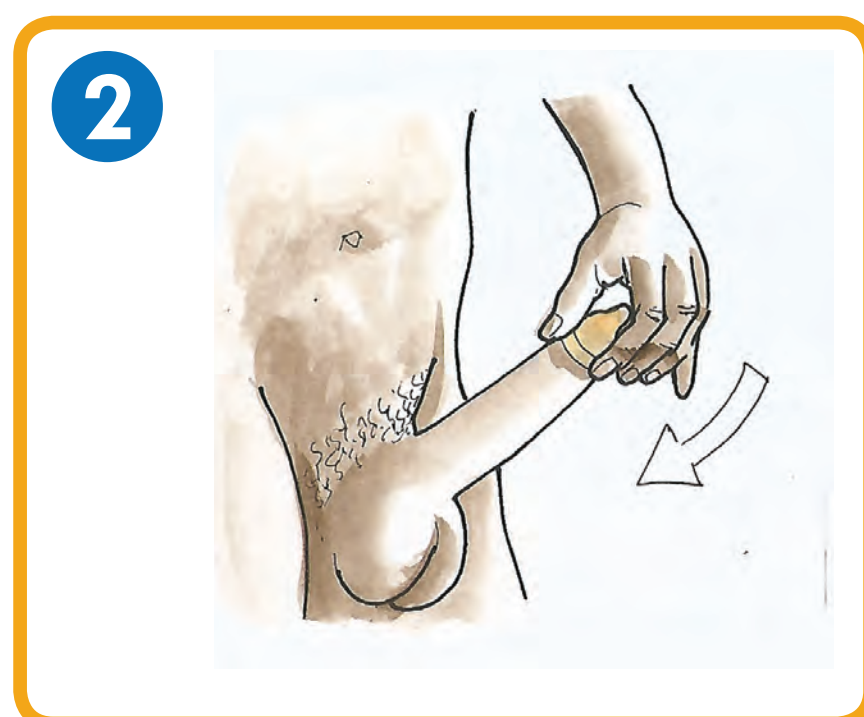
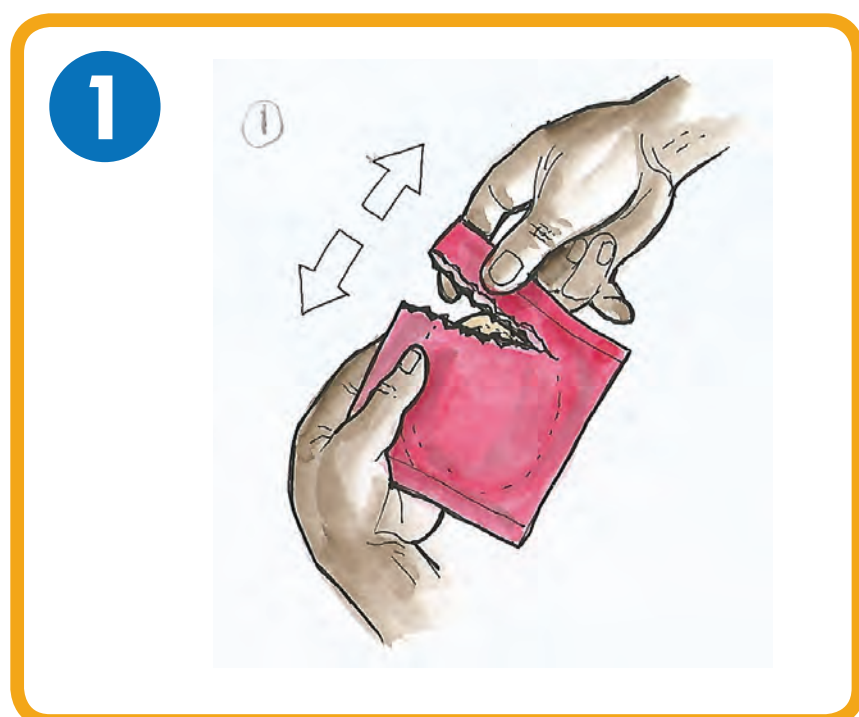
l nge lac nyodo, mak lawala me roc bol, ci l wot cun ma pud l telo.

5



Ti kwede ki cel. Ka l tyeko ket kama be.

Kit me tic ki roc bol pa coo



Kit me tic ki roc bol pa mon



1

Yea kama l winyi tye a gonya.

2

Kwiny lawal me l dyere, tung a giki.

3

Rwak mot lawala me l dyere in nyim dako mot.

Rwak nyik cingi ma ladeyere l roc bol, ci l coo lawala me l iye malo ka romo gik

Omyero l nen ni lawala ma woko odong pe odonyo inyim dako gi roc bol me odwanye/dwone

Bed ki gin ni cun odonyo in roc bo, daki obedo l nyim dako l kare me buto.

4

Me kwanyo, dwo lawal ma woko ci l tel mot.

5

Bol roc bol ma ki tiyo kwede ka maber.

Kit me tic ki roc bol pa mon



1



2



3



4



5



