



USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

Prototype 4B: Commitment Card Guidance and Monitoring Form

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Note: Commitment Cards are included in a separate document.

Kumazwido achibelesyo eechi

Chibelesyo eechi chakabambilwa kugwsya babeleki bakabunga kaCare mukulipeda kuchita machitilo mabotu naa ayeede. Machitilo alangililwa aboneka mukkadi lyakulipeda. Mukuyanda kubelesya kkadi, bakabunga kaCaregiver batamba bamwi bamumyunzi yabo kuti babe basikulipeda babo. Eezi zipa mweenya wakunjiza milawu yakwiya kwabapati kubikkiliza kulipeda kutobeleyza masikkiluzi mapya, kusungiliza kwiiya kwabo kwiindila mukwaabilana luzibo akuyiisa bamwi, kwiiya akuchita antoomwe akuba akuzwidilila kuzibikene. Kweendelezya chiitiko chakulipeda, mamama aLead bakonza kubelesya chibelesyo eechi kugwsya bakabunga kaCaregiver mutubunga twabo kukubelesya kkadi lyakulipeda akwiita bamwi babo balipedelede kuzobagwasilizya.

Chibelesyo eechi chakasumpulwa kakubelesegwa mazembe aazwa kumasimayakilane mamama abaCaregiver, amamama aLead abasumpuli bakabunga kaCare bagwasilizigwa aba Amalima Loko muzilikiti zyaTsholotsho, Lupane aBinga. Chilatondeezya buyumuyumu amyeenya yakugwasilizya kusandula machitilo abandawukidwe akutobeleyzegwa mumbuzisisyo yawumwi awumwi antoomwe ayamumiswaangano yachilikiti. Buyumuyumu oobu amyeenya ibikkilizya chibambwe chakabambwa chisumpukide chilamasikkiluzi mabotu akati kamamama aLead antoomwe achiyandisyo chakukomezya myeenya yakugwasilizya basimayakilane mamama. Muzipanzi ziyingi ziyobambwa, batubunga ootu

bayobuzigwa lyoonse kuti binkilile aanembo kubamba akubambulula nzila yoonse yachibelesyo eechi kuti chikabe chikoloondo akutondeezya ziyandwa abasikuchita.

Nzibeelede kutobeleyza kukubelesya kkadi lyakulipeda

Kuyiisigwa kwamamama aLead

mamama aLead bayotambula manjililo akupandulwidwa kkadi muchiindi chakuiisigwa (kuti chaba chiindi chakuchita zibambilwe, kukonza kuchitwa muswaangano uumbi usiyene ayooyu). Muchiindi chakuiisigwa, zilimukkadi zyeelede kupandululwa loko kuchitila kuti mamama aLead amvwisisye bupanduluzi bwazyimikilila zimwi amakanzeakkadi.

Inzila zyakulijatazyo zyambidwe muCard.	Kunyonsya mwana munzila ilinjiyo Kunyonsya mwana luzutu Kulyisya mwana mutete chamaanu Kulya kupegwa mwana unyonka	Bulondosi bwamwana Kusambaa maboko Kumulanga zidontonkene Kugwasizya kwakabunga kaCaregiver
Makanze aCard.	Kutondezya kulipeda kulakati amama wamukabunga awumwi walipeda wamumpuli kusandula maponeno abo. Muciindi camuswangano, muzululi wakabunga ulako kunolanga maCard amamama amukabunga kalokulanga nzibalokucita atala anziba kalipeda kusandula mumaponeno abo.	
Mabeleseyo aCard eli.	<p>Kuzibisyza Card.</p> <ol style="list-style-type: none"> 1. Mama waLead uzibisyza mama wamukabunga mumuswangano atala aCard eli. 2. Mama waLead ulazibisyza basimunzi atala aCard nabaswaya kwecibili (Home Visit #2) asikukwiite mama wamukabunga ayoyo sikulipeda wakwe kuti basale nzibayanda kucinca atala akupona kwabo. <p>Kubelesya iCard.</p> <ol style="list-style-type: none"> 3. Mama wamukabunga uleeta iCard lyakwe kumuswangano wakabunga azoyizye atala azezyo zyakacita kunganda/ kumunzi wakwe. 4. Bika kwechu/Maka iCard zitondezya kuti ezi zyacitwa kabotu kusandula maponeno akwe <p>Kumanisizya ICard.</p> <ol style="list-style-type: none"> 5. Mama waLead ulasayina (sign) iCard kana munsandu wakoneka kana kuti wacitwa. 	

kutondeezya kulipeda kwaabila kwamama simaykilane abamwi bakwe mbakkalaabo kukwiya aatala akuchita machitilo ayeede. Mukumanisya kkadi, mama simaykilane weeleda kwaabila bamwi nzyakayiiya mukabunga kaCare asikulipeda wakwe. Sikulipeda wakwe weeleda kulanga bbokisi lilamutwe wamakani weendelezegwa akabunga kaCare muchibaka chabo kuti kakutegwa batambula makani mabotu kuzwa kuli mama simaykilane akuzumina kugwasizya umwi mukuchita

machitilo ayeede. Makkadi amaninide atondeezya luzibo akugwasizya kwamaCaregiver-“kuti twajatana toonse tulazwidilila”

Kuti mama simayakilane naa sikulipeda wakwe waba amubuzyo aatala amachitilo ayandikana, bakonzya kweeta mubuzyo ooyo kuli mama waLead kuti bakonzye kuzuwa akuzwaansandulo.

Manjililo akupandulula kkadi

...Kukabunga kaCare.

Mama waLead ukonzya kunjila akupandulula kkadi kukabunga kaCare muchiindi chachibaka chakabunga kaCare. Weelede kutilika akubapa maCard. Ngabazibe kuti nikwamana chibaka chakabunga ulawatola lubo ma Card aya alubo uzobapa nowazosika kumyunzi yabo nozobaswaya kwacibili (Home Visits #2). Awo nazobaswaya uzoba siila ma Card.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi, antoomwe amakanze akkadi lyoonse. Kuti takwe mibuzyo yabuka muchiindi chamanjililo akupandulula kkadi, mama waLead weelede kubuya mibuzyo kubaswiilila. Ngabazibisyen amakanze amabelekelo aCard.

...Kulibabo Bakala asimayakilane.

Mucindi mama wa Lead naswaya kwacibili (Home visit #2), welede kwambula atala aCard lyakulipeda akuti libelesegwa bweni kubantu bakkala amama wamukabunga. Chalutanzi, pa mama wamukabunga iCard. Zibisya mama simayakilane ayoyo ulokumwiminina kuti iCard eli balacala alyo. Mama waLead ulakonzya kulanga “muchibelesyo cha Mama waLead” (Lead Mother Training Section” kuti ababuzye atala aCard lyakulipeda. Welede kutilika kubambilila amakanze anzila yakubelesya iCard eli.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi ambuzinjililana ansanduko njibayanda kucita. Zumizya kuti mama simayakilane asikwiminina kuti babuzye mibuzyo kucitila kuti bamvvisisyen kabotu etala eCard. Mucindi chakuswaya amuchibaka chakabunga mama wamukabunga uyobelesya iCard eli kunobona nzibalokucita atala azezyo zibakalipeda. Mama waLead ulako kubeleka amama wamukabunga bamwi bakumuunzi wakwe kuti balipede kwiya akugwasizya kuchita machitilo ayeede. Kuti ukonzye kumvwa kulipeda, simayakilane mama asikulipeda wakwe beeleder ‘kuzilinga’ kusule kwakkadi akutondeezya cheelelo chakulipeda kwasikuchita kuli mama simayakilane. Sikulipeda mweenzinyina weelede kutondeezya mitwe yamakani njibakamvwa akuzumina kugwasizya simayakilane mama mukutobeleya amukuchita (e.g.langakkwechu , initials, x, etc.) kabbokisi kalazyendelana amutwe wamakani. Mama waLead ulako kubelesta ifomu lyakulanga nsanduko (Monitoring Form) munzila yakupona kwabo.

Na kuti wonse mabhokesi abikwa kwechu akuti bachita zyonse nzila zilimu Card, mama wa Lead welede kusayina (sign) kutondeezya kumanisya zyonse.

Langisisya: Muciindi cakubumba akutesita eli Kkadi, umwi wabasikulipeda wakabzya kuti oyo ukala amama simayakilane welede kuza na kuzoswanana abamwi mumiswangano yakabunga na. Basikwiminina balamulimo mupati loko kukugwasizya basimayakilane, pele tensi mbamwi bakabunga ka Care group, cikako tabledelede kwinka kumiswangano yakabunga.

Kubelesya Kkadi

...Muchibaka chakabunga: Mama waLead ulako kuyubulusya mamama amayakilane kuti baze amaCard abo kumiswangano yabo. Kana kabalanga kucinca kwenzila yakupona kwabo azezyo zibakacita mucindi chaciyo (module), mama simayakilane ulayizya ape bamwi iCard lyakwe balange lyakwe kucitila kuti bamugwasye, anguwe ambe ezyo nzyalokucita akuzwidilila kwakwe. Muchiindi chakwendelezya, mama waLead ukonzya kubuza simayakilane mama aatala anzibakaswaanana aazyo kabaambuula abasikulipeda babo kuti:

- kwakali biyeni kwaambuula abasikulipeda bako?
- Ni zyakacita kuti bazumine kana kuti batazumini kukwiminina kukusandula maponeno?
- Niinzi chakakunonezya kunsandulo zyakalikupa sikulipeda wako aatala amutwe wamakanzi ngumwakali kuzuwa?
- Mamama alimukabunga anga alakugwasizya bweni kuti sikukwiminina wako azumine kukusandula maponeno akwe?

Kwiinda mukubuzisisya kuli simayakilane mama aatala anzyakaswaanaazyo zikonzya kugwasizya mama waLead kuzwa abuyumuyumu mbwakonzya kuswaanaabo nayobuswaya bantu mumyunzi (zyabatuswa luzutu) alimwi zigwasya mama simayakilane mukwaabilana mizeeo naa kumanisyia mapenzi ngibalawo mutusuwa twabo.

kumanisizya kkadi

Makkadi amanide ayeede kuzibikana mukabunga kaCare amamama aLead kutondeezya kuzwidilila akubotelwa. Eezi zyeelede kuba akudundilizya kujatika kwamama simayakilane wakachita manguzu aakwe kwaabila luzibo amasikkiluzi abasikulipeda bakwe naa ayimbi nzila yakutambula zyakachitwa kuti zizibikane.

Makkadi amanide ayeede kuzumininwa (acknowledged) abamugunu naa aba Amalima Loko bakabambilila ziitiko eezi.

Ifomu lyakulanga Insanduko yabawo lya Muzululi wakabunga

Printila muntu wonse wamukabunga eli fomu.

Izina lyamama wakabunga:	Buzuba nowakalitambula:
Izina lyamwiminini:	Buzuba Nowakamanisya:

Buludilano amuntu walipeda kukwiminina:

Mulumi Mamazyala Tatazyala Umwi: _____

Itebbulu lilumuni, litondezya buyumuyumu buswananwa amama wakabunga asikwiminina ngibamba mucindi nibaswayigwa, kakulangisigwa anzila yamaponeno yomwe achindi chomwe. Inkilila kunembo kusikila muunzi oyu wakonza kusandula maponeno abo munzila itambulika antomwe akwinkilila kunembo kabagwasigwa. Weelede kubalesya kulembewde “Mabambe akusongola buyumuyumu” kulemba inzila/ mabambe abikwa amama wamukabunga amwiminini kukusongola buyumuyumu mbibalokuswanana abo mukusandula maponeno abo. Maka mukondo “zyakeezwa” (tried) awo mama wamukabunga amwiminini wakwe nzibazumina kuyocita.

Inzila yakupona	Kweezya	buyumuyumu	Inzila yakusongola buyumuyumu	zyakacitwa
Kunyonsya mwana munzila ilinjiyo	<input type="checkbox"/>			<input type="checkbox"/>
Kunyonsya mwana luzutu	<input type="checkbox"/>			<input type="checkbox"/>
Kulyisya mwana mutete chamaanu	<input type="checkbox"/>			<input type="checkbox"/>

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Inzila yakupona	Kweezya	buyumuyumu	Inzila yakusongola buyumuyumu	zyakacitwa
Kulya kupegwa mwana unyonka	<input type="checkbox"/>			<input type="checkbox"/>
Bulondosi bwamwana	<input type="checkbox"/>			<input type="checkbox"/>
Kusamba maboko	<input type="checkbox"/>			<input type="checkbox"/>
Kumulanga zidontonkene	<input type="checkbox"/>			<input type="checkbox"/>
Kugwasizya kwakabunga kaCaregiver	<input type="checkbox"/>			<input type="checkbox"/>



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