

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

Prototype 4B: Commitment Card Guidance and Monitoring Form

Table of Contents

Kumazwido achibelesyo eechi.....	1
Nzibeelede kutobelezwa kukubelesya kkadi lyakulipeda.....	2
Kuyiisigwa kwamamama aLead.....	2
Manjililo akupandulula kkadi.....	3
Kubelesya Kkadi.....	4
kumanisizwa kkadi.....	4
Ifomu lyakulanga Insanduko yabawo Iya Muzululi wakabunga.....	5

Note: Commitment Cards are included in a separate document.

Kumazwido achibelesyo eechi

Chibelesyo eechi chakabambilwa kugwasya babeleki bakabunga kaCare mukulipeda kuchita machitilo mabotu naa ayeede. Machitilo alangilwa aboneka mukadi lyakulipeda. Mukuyanda kubelesya kkadi, bakabunga kaCaregiver batamba bamwi bamumyuzi yabo kuti babe basikulipeda babo. Eezi zipa mweenya wakunjizwa milawu yakwiya kwabapati kubikkiliza kulipeda kutobelezwa masikkiluzi mapya, kusungilizwa kwiiya kwabo kwiindila mukwaabilana luzibo akuyiisa bamwi, kwiiya akuchita antoomwe akuba akuzwidilila kuzibikene. Kweendelezwa chiitiko chakulipeda, mamama aLead bakonzwa kubelesya chibelesyo eechi kugwasya bakabunga kaCaregiver mutubunga twabo kukubelesya kkadi lyakulipeda akwiita bamwi babo balipedeleda kuzobagwasilizwa.

Chibelesyo eechi chakasumpulwa kakubelesegwa mazembe aazwa kumasimayakilane mamama abaCaregiver, amamama aLead abasumpuli bakabunga kaCare bagwasilizwa aba Amalima Loko muzilikiti zyaTsholotsho, Lupane aBinga. Chilatondezwa buyumuyumu amweenya yakugwasilizwa kusandula machitilo abandawukidwe akutobelezegwa mumbuzisyo yawumwi awumwi antoomwe ayamumiswaangano yachilikiti. Buyumuyumu oobu amweenya ibikkiliza chibambwe chakabambwa chisumpukide chilamasikkiluzi mabotu akati kamamama aLead antoomwe achiyandisyo chakukomezwa myeenya yakugwasilizwa basimayakilane mamama. Muzipanzi zyiingi ziyobambwa, batubunga ootu

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

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

Nzibeelede kutobelezwa kukubelesya kkadi lyakulipeda

Kuyiisigwa kwamamama aLead

mamama aLead bayotambula manjililo akupandulwidwa kkadi muchiindi chakuyiisigwa (kuti chaba chiindi chakuchita zibambidwe, kukonzwa kuchitwa muswaangano uumbi usiyene ayooyu). Muchiindi chakuyiisigwa, zilimukkadi zyeede kupandululwa loko kuchitwa kuti mamama aLead amvwisise bupanduluzi bwazyimikilila zimwi amakanze akkadi.

Inzila zyakulijatazwo zyambidwe muCard.	Kunyonsya mwana munzila ilinjiyo	Bulondosi bwamwana
	Kunyonsya mwana luzutu	Kusambaa maboko
	Kulyiswa mwana mutete chamaanu	Kumulanga zidontokene
	Kulya kupegwa mwana unyoka	Kugwasizya kwakabunga kaCaregiver
Makanze aCard.	Kutondezwa kulipeda kulakati amama wamukabunga awumwi walipeda wamumpuli kukusandula maponeno abo.	
	Muciindi camuswangano, muzululi wakabunga ulako kunolanga maCard amamama amukabunga kalokulanga nzibalokucita atala anziba kalipeda kusandula mumaponeno abo.	
Mabelesezo aCard eli.	Kuzibiswa Card.	
	1. Mama waLead uzibiswa mama wamukabunga mumuswangano atala aCard eli.	
	2. Mama waLead ulazibiswa basimunzi atala aCard nabaswaya kwecibili (Home Visit #2) asikukwiite mama wamukabunga ayoyo sikulipeda wakwe kuti basale nzibayanda kucina atala akupona kwabo.	
	Kubelesya iCard.	
	3. Mama wamukabunga uleeta iCard lyakwe kumuswangano wakabunga azoyize atala azezo zyakacita kunganda/ kumunzi wakwe.	
	4. Bika kwechu/Maka iCard zitondezwa kuti ezi zycitwa kabotu kukusandula maponeno akwe	
	Kumanisizya iCard.	
	5. Mama waLead ulasayina (sign) iCard kana munsandu wakoneka kana kuti wacitwa.	

kutondezwa kulipeda kwaabila kwamama simayakilane abamwi bakwe mbakkalaabo kukwiiya aatala akuchita machitilo ayeede. Mukumaniswa kkadi, mama simayakilane weede kwaabila bamwi nzyakayiya mukabunga kaCare asikulipeda wakwe. Sikulipeda wakwe weede kulanga bbokisi lilamutwe wamakani weendelezwa akabunga kaCare muchibaka chabo kuti kakutegwa batambula makani mabotu kuzwa kuli mama simayakilane akuzumina kugwasizya umwi mukuchita

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

machitilo ayeede. Makkadi amaninide atondezwa luzibo akugwasizwa kwamaCaregiver-“kuti twajitana toonse tulazwidilila”

Kuti mama simayakilane naa sikulipeda wakwe waba amubuzwo aatala amachitilo ayandikana, bakonzwa kweeta mubuzwo ooyo kuli mama waLead kuti bakonzwe kuzuwa akuzwaansandulo.

Manjililo akupandulula kkadi

...Kukabunga kaCare.

Mama waLead ukonzwa kunjila akupandulula kkadi kukabunga kaCare muchiindi chachibaka chakabunga kaCare. Weede kutalika akubapa maCard. Ngabazibe kuti nikwamana chibaka chakabunga ulawatola lubo ma Card aya alubo uzobapa nowazosika kumyuzi yabo nozobaswa kwacibili (Home Visits #2). Awo nazobaswa uzoba siila ma Card.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi, antoomwe amakanze akkadi lyoonse. Kuti takwe mibuzwo yabuka muchiindi chamanjililo akupandulula kkadi, mama waLead weede kubuzwa mibuzwo kubaswiilila. Ngabazibise amakanze amabelekelo aCard.

...Kulibabo Bakala asimayakilane.

Mucindi mama wa Lead naswa kwacibili (Home visit #2), weede kwambula atala aCard lyakulipeda akuti libesegeba bweni kubantu bakkala amama wamukabunga. Chalutani, pa mama wamukabunga iCard. Zibisa mama simayakilane ayoyo ulokumwiminina kuti iCard eli balacala alyo. Mama waLead ulakonzwa kulanga “muchibeseyo cha Mama waLead” (Lead Mother Training Section” kuti ababuze atala aCard lyakulipeda. Weede kutalika kubambila amakanze anzila yakubeseya iCard eli.

Kwindila mukwaamba bupanduluzi bwachimikilila chimwi achimwi ambuzinjililana ansanduko njibayanda kucita. Zumizwa kuti mama simayakilane asikwiminina kuti babuze mibuzwo kucitila kuti bamvwise kabotu etala eCard. Mucindi chakuswa amuchibaka chakabunga mama wamukabunga uyobeseya iCard eli kunobona nziblokucita atala azezo zibakalipeda. Mama waLead ulako kubeleka amama wamukabunga bamwi bakumuuzi wakwe kuti balipede kwiiya akugwasizwa kuchita machitilo ayeede. Kuti ukonzwe kumvwa kulipeda, simayakilane mama asikulipeda wakwe beede ‘kuzilinga” kusule kwakkadi akutondezwa cheelelo chakulipeda kwasikuchita kuli mama simayakilane. Sikulipeda mweenzinyina weede kutondezwa mitwe yamakani njibakamvwa akuzumina kugwasizwa simayakilane mama mukubeseya amukuchita (e.g. langakwechu , initials, x, etc.) kabbokisi kalazyendelana amutwe yamakani. Mama waLead ulako kubeseya ifomu lyakulanga nsanduko (Monitoring Form) munzila yakupona kwabo.

Na kuti wonse mabhokesi abikwa kwechu akuti bachita zyonse nzila zilimu Card, mama wa Lead weede kusayina (sign) kutondezwa kumanisa zyonse.

Langisisya: Muciindi cakubumba akutesita eli Kkadi, umwi wabasikulipeda wakabzwa kuti oyo ukala amama simayakilane weede kuza na kuzoswanana abamwi mumiswangano yakabunga na. Basikwiminina balumulimo mupati loko kukugwasizwa basimayakilane, pele tensi mbamwi bakabunga ka Care group, cikako tabelede 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 chaciiyo (module), mama simayakilane ulayizya ape bamwi iCard lyakwe balange lyakwe kucitila kuti bamugwasye, anguwe ambe ezyo nzyalokucita akuzwidilila kwakwe. Muchiindi chakweendelezya, mama waLead ukonzya kubuzya 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 wamakani 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 mumyuunzi (zyabatusuwa luzutu) alimwi zigwasya mama simayakilane mukwaabilana mizeezo naa kumanisya mapenzi ngibalawo mutusuwa twabo.

kumanisizya kkadi

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

Makkadi amanide ayeelede kuzumininwa (acknowledged) abamugundu naa aba Amalima Loko bakabambila ziitiko eezi.

Ifomu lyakulanga Insanduko yabawo Iya 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 lilimunsi, litondezwa buyumuyumu buswananwa amama wakabunga asikwiminina ngibamba mucindi nibaswayigwa, kakulangisigwa anzila yamaponeno yomwe achindi chomwe. Inkilila kunembo kusikila muunzi oyu wakonzwa kusandula maponeno abo munzila itambulika antomwe akwinkilila kunembo kabagwasigwa. Weelede kubelesya kulembedwe “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	☐			☐
Kunyonsya mwana luzutu	☐			☐
Kulyisya mwana mutete chamaanu	☐			☐

USAID Advancing Nutrition Peer Groups Implementation Research in Zimbabwe

Inzila yakupona	Kweezya	buyumuyumu	Inzila yakusongola buyumuyumu	zyakacitwa
Kulya kupegwa mwana unyonka	☐			☐
Bulondosi bwamwana	☐			☐
Kusamba maboko	☐			☐
Kumulanga zidontonkene	☐			☐
Kugwasizya kwakabunga kaCaregiver	☐			☐



USAID ADVANCING NUTRITION

Implemented by:
JSI Research & Training Institute, Inc.
2733 Crystal Drive
4th Floor
Arlington, VA 22202

Phone: 703-528-7474
Email: info@advancingnutrition.org
Web: advancingnutrition.org

December 2023

USAID Advancing Nutrition is the Agency's flagship multi-sectoral nutrition project, addressing the root causes of malnutrition to save lives and enhance long-term health and development.

This document is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of JSI Research & Training Institute, Inc. (JSI), and do not necessarily reflect the views of USAID or the United States government.