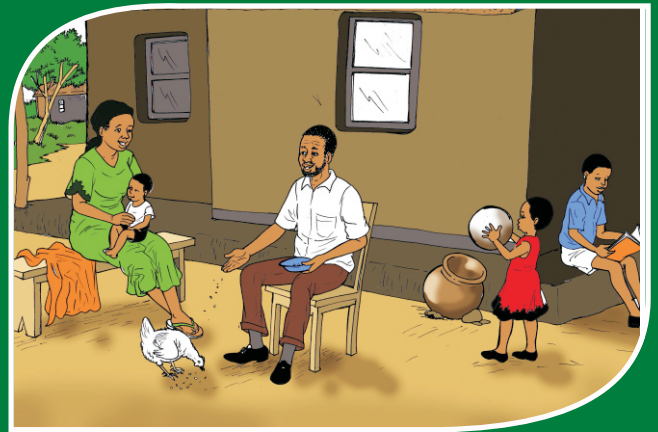


CHIKHIRISITU PA NKHANI YA KULERA M'BANJA

Zalembedwa ndi mabungwe a Mgwirizano wa Mipingo m'Malawi (Malawi Council of Churches, Evangelical Association of Malawi, Seventh-Day Adventist) mogwirizana ndi Health Policy Project



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Funso 1: Kulera ndi chiyani?

Yankho: Kulera ndi udindo umene banja limakhala nawo woganizira ndi kupanga chisankho za nthawi imene akufuna kukhala ndi mwana, kuchuluka kwa anawo, kutalikira kwa nthawi mwana wina asanabadwe komanso kusamalira ndikuyang'anira ubwino ndi umoyo wa banjalo ndinso dziko lonse.

Funso 2: Kodi Baibulo limatilimbikitsa kubereka ana ambirimбири?

Yankho: Chipembedzo chimagwirizana ndi nkhani ya kulera pofuna kuchepetsa vuto la kuchulukana kumene kukuopseza umoyo wa a Malawi makamaka amayi ndi ana. M'bukhu la Genesis 1 Ndime ya 28 imati: Mubalane, muchulukane, mudzaze dziko lapansi. Mulungu amalankhula ndi Adam ndi mbewu yake kuti adzaze dziko la panso osati iye yekha. Sizingatheke munthu kuusenza udindo umenewu payekha. Kukhala ndi mwana mmodzi kukhoza kukwaniritsa udindo umenewu.

Funso 3: Kodi cholinga cha banja si ndiye kubereka ana?

Yankho: Zoona, chimodzi cha zolinga za banja ndi kubereka ana, komabe si cholinga chokhacho cha banja. Cholinga china ndichakuti anthu akhale pa ubwenzi ndi chikondi ngati thupi limodzi monga Yesu Khristu anakonda mpingo nadzipereka iye mwini. Pakuti chipangano cha ukwati chikufanizira umodzi wa Yesu Khristu ndi Mpingo wake. (Aefeso 5:2a, 25-32). Mu Genesis 2 ndime 18, Mulungu anati, “*Sikwabwino kuti munthu akhale yekha, Ndidzampangira womthangatira iye.*” Choncho anthu analengedwa akazi ndi amuna osati kuti adzingobereka ana basi komanso kuti alumikizane muchikondi ngati abwenzi.

Funso 4: Tilelerenji pakuti Mulungu adzawasamala anawo?

Yankho: Mulungu amapereka ana ndikuwasamala kudzera mwa makolo awo. Kulephera kulingalira bwino za chisamaliro cha ana ndikulephera kuwasamala ana omwe tabereka ndikupepusa ntchito ya Mulungu Mlengi ndipo ndikuchimwa ndithu. I Timoteo 5 ndime ya 8 akuti: “*Koma ngati wina sadzisingiratu mbumba yake ya iye yekha, makamaka iwo a m'banja lake wakana chikhulupiliro iye, ndipo aipa kuposa wasakhulupilira.*”

Funso 5: Ubwino wakulera ndi uti?

Yankho:

- Umoyo wabwino kwa mai ndi mwana ndi kuchepetsa imfa;
- Kupewa kutenga pakati posakonzekera;
- Maphunziro abwino kwa ana;
- Banja la chikondi ndi losangalala;
- Zachilengedwe monga malo okhala, mitengo, madzi zimakhala zokwanira bwino kwa aliyense;
- Kuchepetsa vuto la ana amasiye ngati mayi amwalira kaamba kobereka pafupipafupi

Funso 6: Kodi ndi njira ziti za kulera zimene zilipo?

Yankho:

Njira ya chilengedwe yotsatira masiku a pamwezi omwe mayi angathe kutenga pathupi monga:

- kugwiritsa ntchito mkanda wolelera (cycle beads)
- kuyang'anira kusintha kwa chikazi cha mthupi la mai

Njira za makono monga:

- Mapilisi
- Jakisoni
- Lupu
- Nolopulanti/jadelo (implants)
- Kondomu ya mai kapena ya abambo amene ali m'banja
- Kutseka kwa a bambo (vasectomy)
- Kutseka kwa amai (tubal ligation)

Dziwani mfundo zofunika izi:

- ❖ Kulera ndi kwabwino komanso kovomerezeka ndi mpingo;
- ❖ *Kubereka ana motalikirana ndikwabwino ngakhale pamene sikukhudza nkhani ya kuchepetsa chiwerengero cha anthu;*
- ❖ Kulera ndi anthu awiri, kambiranani ngati banja ndi kufunsa nzeru kwa alangizi a za kulera a mdera lanu;
- ❖ Atsogoleri onse a chipembedzo ali ndi udindo wokhala iwo eni zitsanzo komanso wolangiza mabanja za ubwino wokhala ndi ana omwe banja lingathe kuwasamala.