



SWYC: Miezi 12

Miezi 12, siku 0 hadi miezi 14, siku 31
12 months, 0 days to 14 months, 31 days
V1.08, 9/1/19

Jina la Mtoto:

Child's Name:

Tarehe ya Kuzaliwa:

Birth Date:

Tarehe ya Leo:

Today's Date:

HATUA KUU ZA UKUAJI (DEVELOPMENTAL MILESTONES)

Watoto wengi katika umri huu wanaweza kufanya baadhi ya mambo (lakini si yote) ya kiukuaji yaliyoorodheshwa hapa chini. Tafadhali tuambie mtoto wako anafanya kila moja ya mambo haya kwa kiasi gani. TAFADHALI HAKIKISHA UMEJIBU MASWALI YOTE.

	Bado Not Yet	Kidogo Somewhat	Sana Very Much
Huchukua chakula na kukila	①	①	②
<i>Picks up food and eats it</i>			
Hujivuta hadi kusimama.....	①	①	②
<i>Pulls up to standing</i>			
Hucheza michezo kama vile "peek-a-boo" au "pat-a-cake"	①	①	②
<i>Plays games like "peek-a-boo" or "pat-a-cake"</i>			
Hukuita "mama" au "dada" au jina lingine sawa.....	①	①	②
<i>Calls you "mama" or "dada" or similar name</i>			
Huangalia huku na kule unaposema kitu kama "Chupa yako iko wapi?" au "Blanketi lako liko wapi?"	①	①	②
<i>Looks around when you say things like "Where's your bottle?" or "Where's your blanket?"</i>			
Hurudia sauti unazotoa.....	①	①	②
<i>Copies sounds that you make</i>			
Hutembea kwenye chumba bila kusaidiwa	①	①	②
<i>Walks across a room without help</i>			
Hufuata maelekezo - kama vile "Njoo hapa" au "Nipe mpira"	①	①	②
<i>Follows directions like "Come here" or "Give me the ball"</i>			
Hukimbia	①	①	②
<i>Runs</i>			
Hutembea akipanda ngazi akisaidiwa.....	①	①	②
<i>Walks up stairs with help</i>			

ORODHA YA KUTHIBITISHA DALILI ZA AFYA YA MTOTO (BPSC) (BABY PEDIATRIC SYMPTOM CHECKLIST (BPSC))

Maswali haya yanahusu tabia za mtoto wako. Fikiria kuhusu kitu jambo ambalo ungetarajia kutoka kwa watoto wengine wa umri sawa, na utuambie kila kauli ni sahihi kwa mtoto wako kwa kiasi gani

	Hata kidogo Not at all	Kidogo Somewhat	Sana Very Much
Je, mtoto wako hutatizika kujumuika na watu wageni?	①	①	②
<i>Does your child have a hard time being with new people?</i>			
Je, mtoto wako hutatizika kuyafahamu maeneo mapya?	①	①	②
<i>Does your child have a hard time in new places?</i>			
Je, mtoto wako hutatizika kuzoea mabadiliko?	①	①	②
<i>Does your child have a hard time with change?</i>			
Je, mtoto wako huogopa kushikwa na watu wengine?	①	①	②
<i>Does your child mind being held by other people?</i>			

Mtoto wako hulia sana? <i>Does your child cry a lot?</i>	①	①	②
Je, mtoto wako hutatizika kujituliza? <i>Does your child have a hard time calming down?</i>	①	①	②
Mtoto wako huwa na hasira au ghadhabu? <i>Is your child fussy or irritable?</i>	①	①	②
Je, ni vigumu kumfariji mtoto wako? <i>Is it hard to comfort your child?</i>	①	①	②
Je, ni vigumu kumuwekea mtoto wako ratiba au utaratibu fulani? <i>Is it hard to keep your child on a schedule or routine?</i>	①	①	②
Je, ni vigumu kumlaza mtoto wako? <i>Is it hard to put your child to sleep?</i>	①	①	②
Je, ni vigumu kupata usingizi wa kutosha kwa sababu ya mtoto wako? <i>Is it hard to get enough sleep because of your child?</i>	①	①	②
Je, mtoto wako hutatizika kulala? <i>Does your child have trouble staying asleep?</i>	①	①	②

WASIWASI WA MZAZI (PARENT'S CONCERNS)				
	Hapana, Hata Kidogo Not At All	Kidogo Somewhat	Sana Very Much	
Je, una wasiwasi wowote kuhusu uwezo wa kujifunza au kukua kwa mtoto wako? <i>Do you have any concerns about your child's learning or development?</i>	☐	☐	☐	
Je, una wasiwasi wowote kuhusu tabia ya mtoto wako? <i>Do you have any concerns about your child's behavior?</i>	☐	☐	☐	
MASWALI KUHUSU FAMILIA (FAMILY QUESTIONS)				
Kwa sababu wanafamilia wanaweza kuwa na athari kubwa katika ukuaji wa mtoto wako, tafadhali jibu maswali machache yafuatayo kuhusu familia yako:				
			Ndiyo Yes	Hapana No
1 Je, mtu yeyote anayeishi na mtoto wako huvuta tumbaku? <i>Does anyone who lives with your child smoke tobacco?</i>			☐	☐
2 Je, katika mwaka uliopita, umekunywa pombe au kutumia dawa za kulevywa zaidi ya <i>In the last year, have you ever drunk alcohol or used drugs more than you meant to?</i>			☐	☐
3 Je, umehisi unataka au unahitaji kupunguza unywaji pombe au utumiaji dawa za kulevywa katika <i>Have you felt you wanted or needed to cut down on your drinking or drug use in the last year?</i>			☐	☐
4 Je, unywaji pombe au utumiaji dawa za kulevywa wa mwanafamilia umewahi kumwathiri mtoto <i>Has a family member's drinking or drug use ever had a bad effect on your child?</i>			☐	☐
	Si kweli Never true	Ni kweli wakati mwingine Sometimes true	Ni kweli mara nyingi Often true	
5 Katika miezi 12 iliyopita, tulikuwa na wasiwasi kwamba tungeishiwa na chakula kabla ya kupata pesa za kununua kingine <i>Within the past 12 months, we worried whether our food would run out before we got money to buy more.</i>	☐	☐	☐	
Katika wiki mbili zilizopita, umesumbuliwa na mojawapo ya matatizo yafuatayo ni mara ngapi? <i>Over the past two weeks, how often have you been bothered by any of the following problems?</i>	Hata kidogo Not at all	Siku nyingi Several days	Zaidi ya nusu ya siku zote More than half the days	Karibu kila siku Nearly every day
6 Kupungukiwa na hamu au furaha ya kufanya mambo? <i>Having little interest or pleasure in doing things?</i>	☐	☐	☐	☐
7 Kuhisi ukosefu wa uchangamfu, kuwa na dhini au kukosa matumaini? <i>Feeling down, depressed, or hopeless?</i>	☐	☐	☐	☐
8 Kwa ujumla, unaweza kusema uhusiano wako na mpenzi/mchumba wako ni wa hali gani? <i>In general, how would you describe your relationship with your spouse/partner?</i>	Hakuna mzozo No tension	Kuna mzozo kiasi fulani Some tension	Kuna mzozo mkali A lot of tension	Si hoja Not applicable
9 Je, utasema hali yako na mpenzi wako ya kusululisha mizozo ni ya hali gani: <i>Do you and your partner work out arguments with:</i>	Hakuna ugumu No difficulty	Ugumu kiasi fulani Some difficulty	Ugumu mkubwa Great difficulty	Si hoja Not applicable
10 Katika wiki iliyopita, wewe au wanafamilia wengine walimsomea mtoto wako kitabu siku ngapi? <i>During the past week, how many days did you or other family members read to your child?</i>	0 1 2 3 4 5 6 7			