



TM
SWYC:

Miezi 36

Miezi 35, siku 0 hadi miezi 46, siku 31

35 months, 0 days to 46 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
Huzungumza hivi kwamba watu wengine wanaweza kumuelewa mara nyingi . <i>Talks so other people can understand him or her most of the time</i>	0	1	2
Hunawa na kukausha mikono bila usaidizi hata ukifungulia maji <i>Washes and dries hands without help (even if you turn on the water)</i>	0	1	2
Huuliza maswali yanayoanza na "kwa nini" au "vipi" kama "Kwa nini hakuna biskuti?..... <i>Asks questions beginning with "why" or "how" - like "Why no cookie?"</i>	0	1	2
Hueleza sababu za mambo, kama vile kuomba sweta wakati wa baridi..... <i>Explains the reasons for things, like needing a sweater when it's cold</i>	0	1	2
Hutaja angalau sehemu 5 za mwili - kama pua, mkono, au tumbo..... <i>Names at least 5 body parts - like nose, hand, or tummy</i>	0	1	2
Hulinganisha vitu - kwa kutumia maneno kama "kubwa zaidi" au "fupi zaidi" .. <i>Compares things - using words like "bigger" or "shorter"</i>	0	1	2
Hujibu maswali kama "Utafanya nini unapohisi baridi?" au "...unapohisi usingizi?" <i>Answers questions like "What do you do when you are cold?" or " ...when you are sleepy?"</i>	0	1	2
Huchora maumbo rahisi - kama mduara au mraba <i>Draws simple shapes - like a circle or a square</i>	0	1	2
Husema maneno kama "miguu" kumaanisha zaidi ya mguu mmoja na "wanaume" kwa zaidi ya mwanamme mmoja <i>Says words like "feet" for more than one foot and "men" for more than one man</i>	0	1	2
Hutumia maneno kama "jana" na "kesho" kwa usahihi <i>Uses words like "yesterday" and "tomorrow" correctly</i>	0	1	2

ORODHA YA KUTHIBITISHA DALILI ZA AFYA YA WATOTO WA CHEKECHEA (BPSC) (PRESCHOOL PEDIATRIC SYMPTOM CHECKLIST (PPSC))

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... <i>Does your child...</i>			
Anaonekana kuwa na wasiwasi au hofu? <i>Seem nervous or afraid?</i>	0	1	2
Anaonekana kuwa na huzuni au kukosa furaha? <i>Seem sad or unhappy?</i>	0	1	2
Hukasirika ikiwa mambo hayafanywi kwa njia fulani? <i>Get upset if things are not done in a certain way?</i>	0	1	2
Hutatizika kuzoea mabadiliko? <i>Have a hard time with change?</i>	0	1	2
Hutatizika kucheza na watoto wengine?	0	1	2

	<i>Have trouble playing with other children?</i>			
	Kuvunja vitu kwa makusudi?	0	1	2
	<i>Break things on purpose?</i>			
	Hupigana na watoto wengine?	0	1	2
	<i>Fight with other children?</i>			
	Hutatizika kumakinika?	0	1	2
	<i>Have trouble paying attention?</i>			
	Hutatizika kujituliza?	0	1	2
	<i>Have a hard time calming down?</i>			
	Hutatizika kumakinikia shughuli moja?	0	1	2
	<i>Have trouble staying with one activity?</i>			
Je, mtoto wako...	Ni mjeuri?	0	1	2
(Is your child...)	<i>Aggressive?</i>			
	Anacheza na vitu au kushindwa kuketi tuli?	0	1	2
	<i>Fidgety or unable to sit still?</i>			
	Hukasirika?	0	1	2
	<i>Angry?</i>			
Je, ni vigumu...	Kumpeleka mtoto wako hadharani?	0	1	2
Is it hard to...	<i>Take your child out in public?</i>			
	Kumfariji mtoto wako?	0	1	2
	<i>Comfort your child?</i>			
	Kujua anachohitaji mtoto wako?	0	1	2
	<i>Know what your child needs?</i>			
	Kumuwekea mtoto wako ratiba au utaratibu fulani?	0	1	2
	<i>Keep your child on a schedule or routine?</i>			
	Kumwezesga wako akutii?	0	1	2
	<i>Get your child to obey you?</i>			

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 kulevya 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 kulevya 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 kulevya 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			