



SWYC: Miezi 6

Miezi 6, siku 0 hadi miezi 8, siku 31
6 months, 0 days to 8 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 ni kiasi gani mtoto wako anafanya kila mojawapo ya mambo haya. TAFADHALI HAKIKISHA UMEJIBU MASWALI YOTE.

	Bado <i>Not Yet</i>	Kidogo <i>Somewhat</i>	Sana <i>Very Much</i>
Hutoa sauti kama "ga," "ma," au "ba" <i>Makes sounds like "ga," "ma," or "ba"</i>	0	1	2
Huangalia anapoitwa kwa jina lake <i>Looks when you call his or her name</i>	0	1	2
Hujibongirisha <i>Rolls over</i>	0	1	2
Hupitisha midoli kutoka mkono mmoja hadi mwingine <i>Passes a toy from one hand to the other</i>	0	1	2
Hukutafuta wewe au mlezi mwingine anapokasirika <i>Looks for you or another caregiver when upset</i>	0	1	2
Hushikilia vitu viwili na kuvigonganisha <i>Holds two objects and bangs them together</i>	0	1	2
Huinua mikono ili abebwe <i>Holds up arms to be picked up</i>	0	1	2
Hujiketisha bila usaidizi <i>Gets into a sitting position by him or herself</i>	0	1	2
Huchukua chakula na kukila <i>Picks up food and eats it</i>	0	1	2
Hujivuta hadi kusimama <i>Pulls up to standing</i>	0	1	2

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

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

	Hata kidogo <i>Not at all</i>	Kidogo <i>Somewhat</i>	Sana <i>Very Much</i>
Je, mtoto wako hutatizika kujumuika na watu wageni? <i>Does your child have a hard time being with new people?</i>	0	1	2
Je, mtoto wako hutatizika kuyafahamu maeneo mapya? <i>Does your child have a hard time in new places?</i>	0	1	2
Je, mtoto wako hutatizika kuzoea mabadiliko? <i>Does your child have a hard time with change?</i>	0	1	2
Je, mtoto wako huogopa kupakatwa na watu wengine? <i>Does your child mind being held by other people?</i>	0	1	2

Mtoto wako hulia sana?	0	1	2
<i>Does your child cry a lot?</i>			
Je, mtoto wako hutatizika kujituliza?	0	1	2
<i>Does your child have a hard time calming down?</i>			
Mtoto wako huwa na hasira au ghadhabu?	0	1	2
<i>Is your child fussy or irritable?</i>			
Je, ni vigumu kumfariji mtoto wako?	0	1	2
<i>Is it hard to comfort your child?</i>			
Je, ni vigumu kumuwekea mtoto wako ratiba au utaratibu fulani?	0	1	2
<i>Is it hard to keep your child on a schedule or routine?</i>			
Je, ni vigumu kumlaza mtoto wako?	0	1	2
<i>Is it hard to put your child to sleep?</i>			
Je, ni vigumu kupata usingizi wa kutosha kwa sababu ya mtoto wako?	0	1	2
<i>Is it hard to get enough sleep because of your child?</i>			
Je, mtoto wako hutatizika kulala?	0	1	2
<i>Does your child have trouble staying asleep?</i>			
WASIWASI WA MZAZI (PARENT'S CONCERNS)			
	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>	☐	☐	☐



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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 ulivyokusudia? <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 mwaka uliopita? <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 wako? <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>	☐	☐	☐	
6 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 ugumu ☐ No tension	Ugumu kidogo ☐ Some tension	Ugumu mkubwa ☐ A lot of tension	Si hoja ☐ Not applicable
7 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 tension	Ugumu kidogo ☐ Some tension	Ugumu mkubwa ☐ A lot of tension	Si hoja ☐ Not applicable
8 Katika wiki iliyopita, wewe au wanafamilia wengine walimsomea mtoto wako kitabu siku <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			
MABADILIKO YA KIHISIA BAADA YA KUMPATA MTOTO MGENI** (EMOTIONAL CHANGES WITH A NEW BABY**)				
Kwa kuwa una mtoto mgeni katika familia yako, tungependa kujua jinsi unavyohisi sasa. Tafadhali chagua jibu linalokaribiana zaidi na jinsi ulivyohisi KATIKA SIKU 7 ZILIZOPITA, sio tu jinsi unavyohisi leo.				
Katika siku saba zilizopita... (In the past seven days...)				
1 Nimeweza kucheka na kuchekeshwa na mambo ya maisha <i>I have been able to laugh and see the funny side of things</i>				
① Kwa kadri sawa na kawaida <i>As much as I always could</i>	① Si sana hivi sasa <i>Not quite so much now</i>	② Bila shaka si sana sasa <i>Definitely not so much now</i>	③ Hata kidogo <i>Not at all</i>	
2 Nimetazamia mambo yajayo kwa furaha <i>I have looked forward with enjoyment to things</i>				
① Kwa kadri sawa na kawaida <i>As much as I ever did</i>	① Kidogo kuliko awali <i>Rather less than I used to</i>	② Bila shaka kidogo kuliko <i>Definitely less than I used to</i>	③ Sio sana <i>Hardly at all</i>	

3* Nimejilaumu bila sababu mambo yalipoharibika

<i>I have blamed myself unnecessarily when things went wrong</i>			
③ Ndiyo, mara nyingi	② Ndiyo, wakati mwingine	① Si mara nyingi	① Hapana
<i>Yes, most of the time</i>	<i>Yes, some of the time</i>	<i>Not very often</i>	<i>No, never</i>

4 Nimekuwa na wasiwasi au kujali sana bila sababu

<i>I have been anxious or worried for no good reason</i>			
① Hapana, hata kidogo	① Sio sana	② Ndiyo, wakati mwingine	③ Ndiyo, mara nyingi
<i>No, not at all</i>	<i>Hardly ever</i>	<i>Yes, sometimes</i>	<i>Yes, very often</i>

5* Nimehisi hofu au woga bila sababu

<i>I have felt scared or panicky for no good reason</i>			
③ Ndiyo, sana	② Ndiyo, wakati mwingine	① Hapana, sio sana	① Hapana, hata kidogo
<i>Yes, quite a lot</i>	<i>Yes, sometimes</i>	<i>No, not much</i>	<i>No, not at all</i>

6* Mambo yamekuwa yakinilemea

<i>Things have been getting on top of me</i>			
③ Ndiyo, wakati mwingi sijaweza kuyakabili hata kidogo	② Ndiyo, wakati mwingine sijaweza kuyakabili kama kawaida	① Hapana, nimeweza kuyakabili vizuri sana	① Hapana, nimeweza kuyakabili vizuri kama kawaida
<i>Yes, most of the time I haven't been able to cope at all</i>	<i>Yes, sometimes I haven't been coping as well as usual</i>	<i>No, most of the time I have coped quite well</i>	<i>No, I have been coping as well as ever</i>

7* Nimekosa furaha kiasi kwamba nimeshindwa kulala

<i>I have been so unhappy that I have had difficulty sleeping</i>			
③ Ndiyo, mara nyingi	② Ndiyo, wakati mwingine	① Si mara nyingi	① Hapana, hata kidogo
<i>Yes, most of the time</i>	<i>Yes, sometimes</i>	<i>Not very often</i>	<i>No, not at all</i>

8* Nimehisi huzuni au kukata tamaa

<i>I have felt sad or miserable</i>			
③ Ndiyo, mara nyingi sana	② Ndiyo, mara nyingi	① Si mara nyingi	① Hapana, hata kidogo
<i>Yes, most of the time</i>	<i>Yes, quite often</i>	<i>Not very often</i>	<i>No, not at all</i>

9* Nimekosa furaha kiasi kwamba nimelia

<i>I have been so unhappy that I have been crying</i>			
③ Ndiyo, mara nyingi sana	② Ndiyo, mara nyingi	① Mara chache tu	① Hapana
<i>Yes, most of the time</i>	<i>Yes, quite often</i>	<i>Only occasionally</i>	<i>No, never</i>

10* Wazo la kujiumiza limenijia

<i>The thought of harming myself has occurred to me</i>			
③ Ndiyo, nyingi	② Wakati mwingine	① Sio sana	① Hapana kamwe
<i>Yes, quite often</i>	<i>Sometimes</i>	<i>Hardly ever</i>	<i>Never</i>

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