

Kitabu hiki ni mali ya...

tarehe

ufuatiliaji

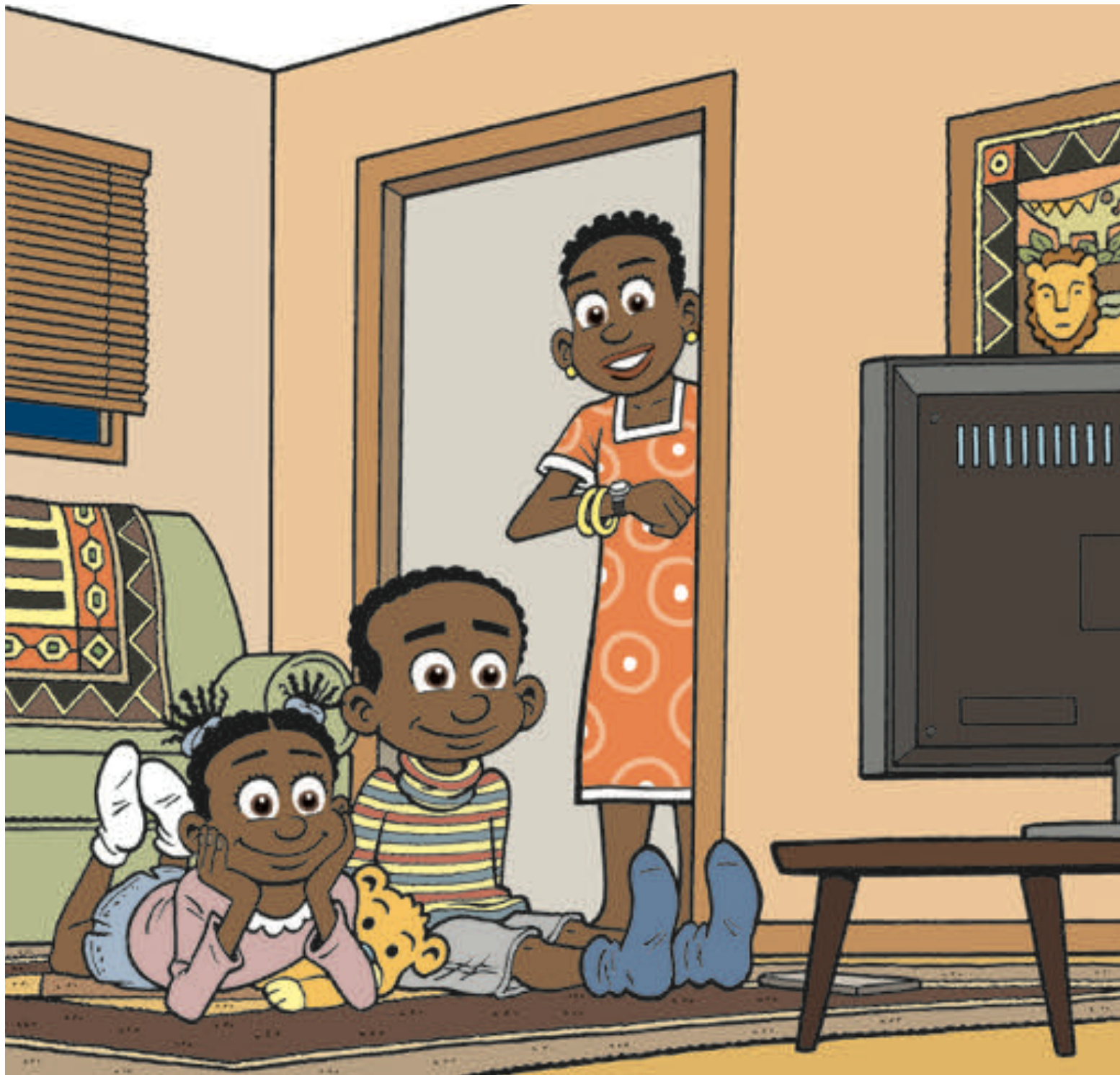
sahihi

tarehe

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sahihi

Baylor College of Medicine and Texas Children's Hospital, both located in Houston, Texas, operate a network of clinical centers that focus on child and family-centered healthcare and education in 6 countries in Africa as well as Romania.

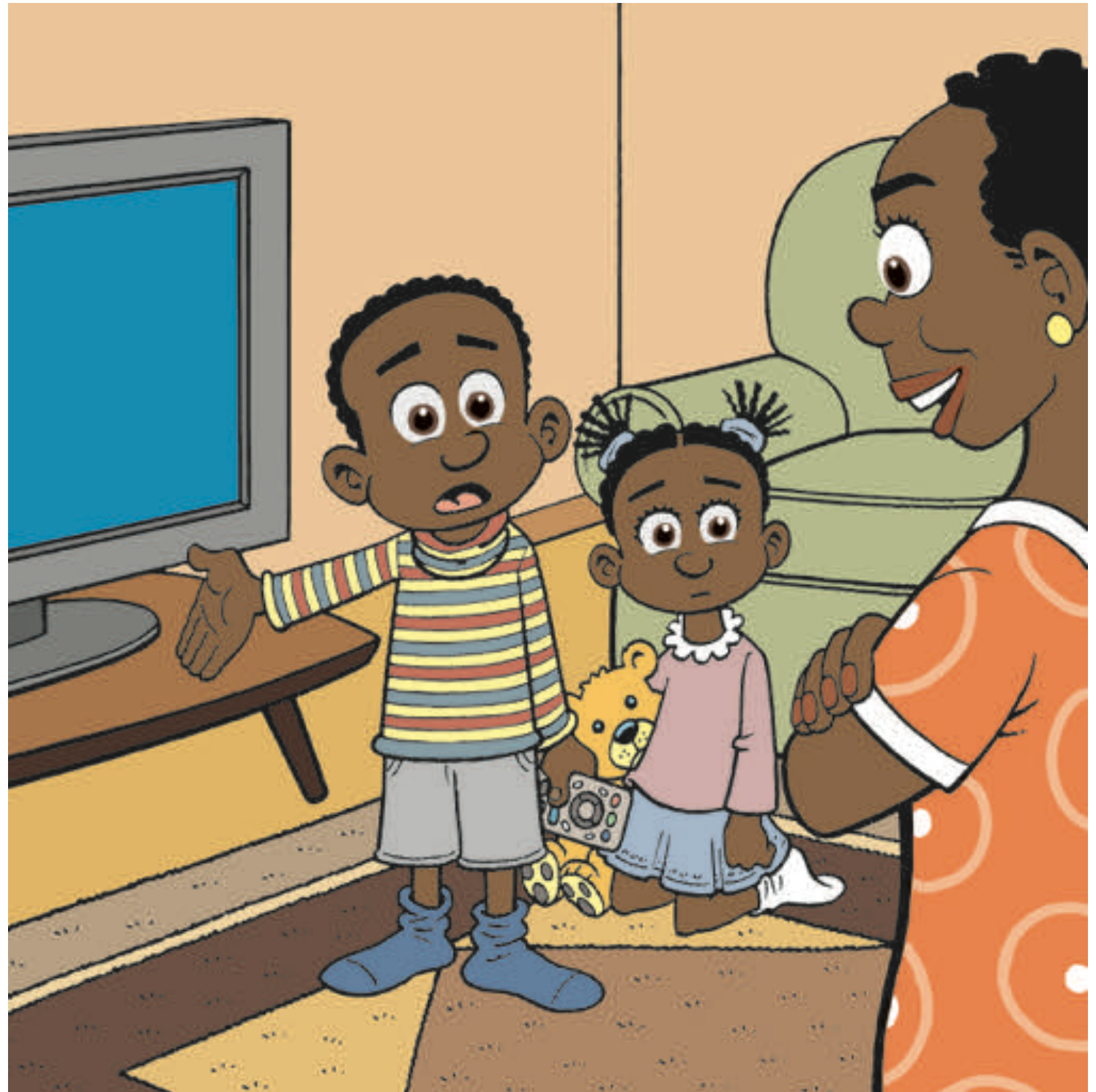


“Agness, Jonathan
–zimeni TV. Ni
muda wa kulala.”

“Lakini mama, tunaweza kuendelea kuangalia kidogo?” alisema Jonathan, akionyesha wasiwasi kidogo.

Mama akatabasam. “Kijana wangu,” alisema “unajua saizi ni saa mbili usiku ni muda wa kulala. Mnatakiwa mlale ili kesho mujiandae kwa kuwahi shule.”

“Saizi ni muda wa kuswaki, kuosha uso na kunywa dawa,” alisema hayo kwa kutabasam, “haya twendeni.”





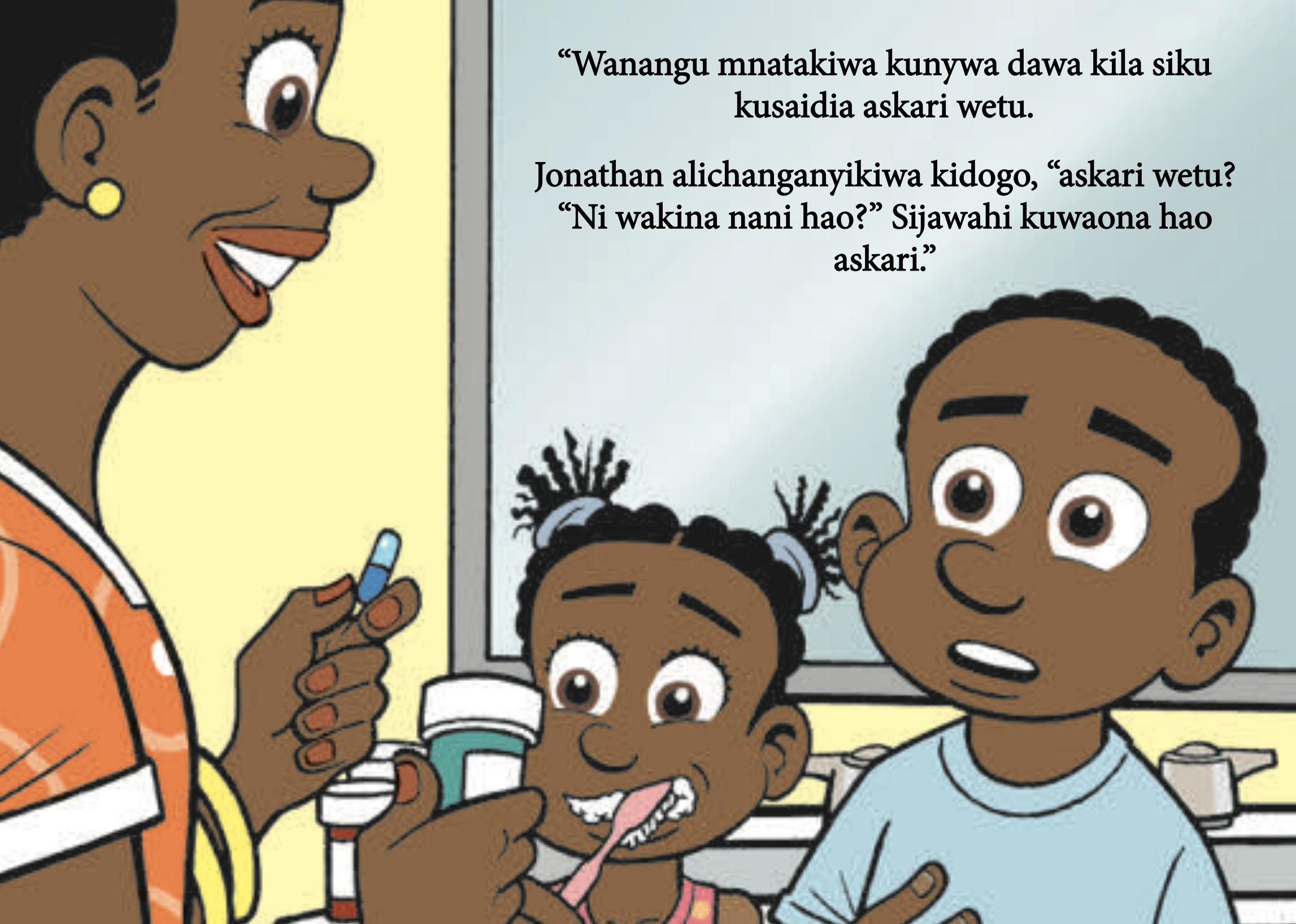
“Mama, naomba nikuulize swali?” alisema Agness akipiga mswaki.

“Niulize mwanangu, ni kitu gani?” aliuliza mama Agness.

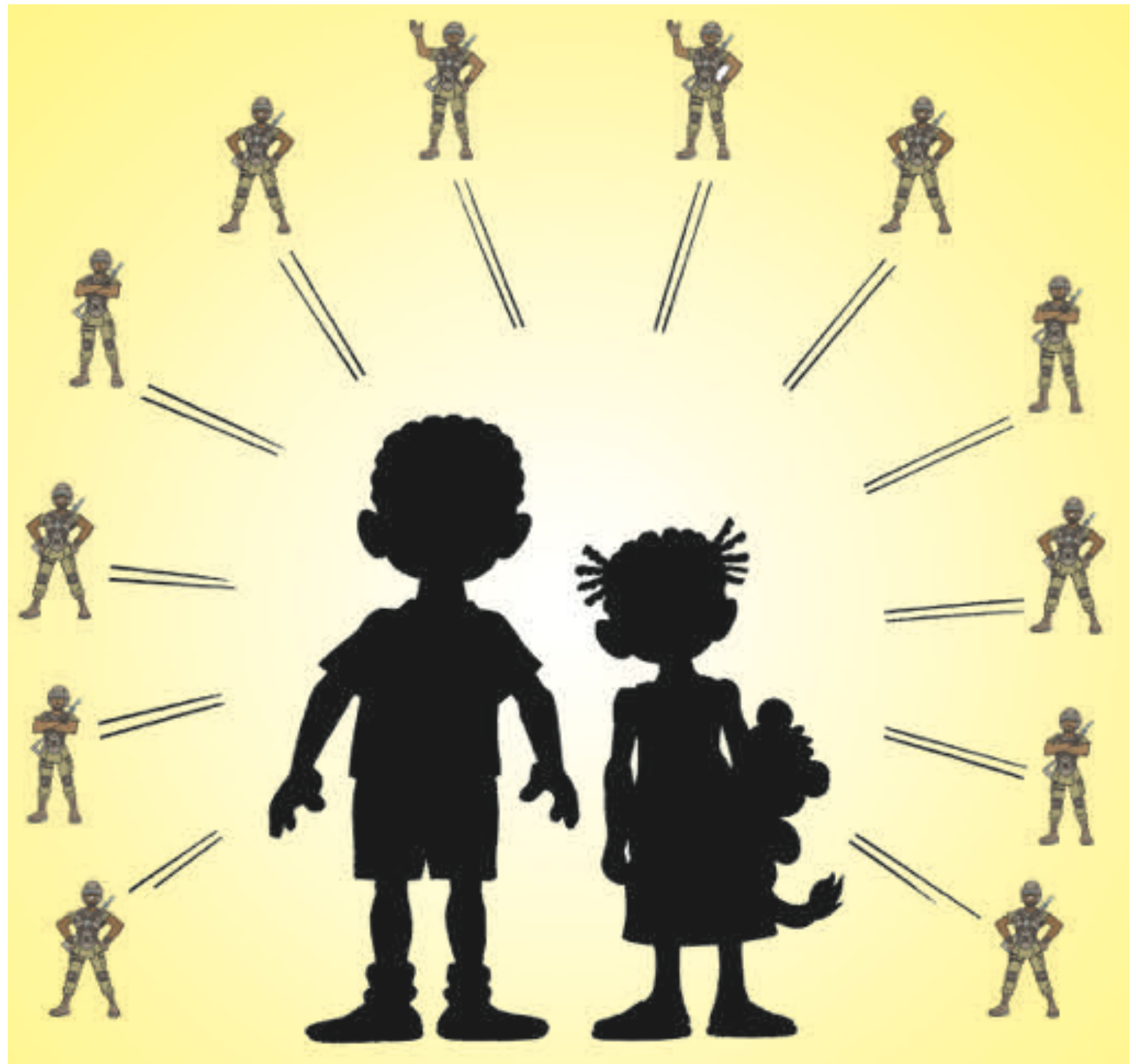
“Kila siku jioni kabla ya kwenda kulala, tunakunywa dawa. Ni kwanini tunatakiwa kufanya hivi?”

“Wanangu mnatakiwa kunywa dawa kila siku
kusaidia askari wetu.

Jonathan alichanganyikiwa kidogo, “askari wetu?
“Ni wakina nani hao?” Sijawahi kuwaona hao
askari.”

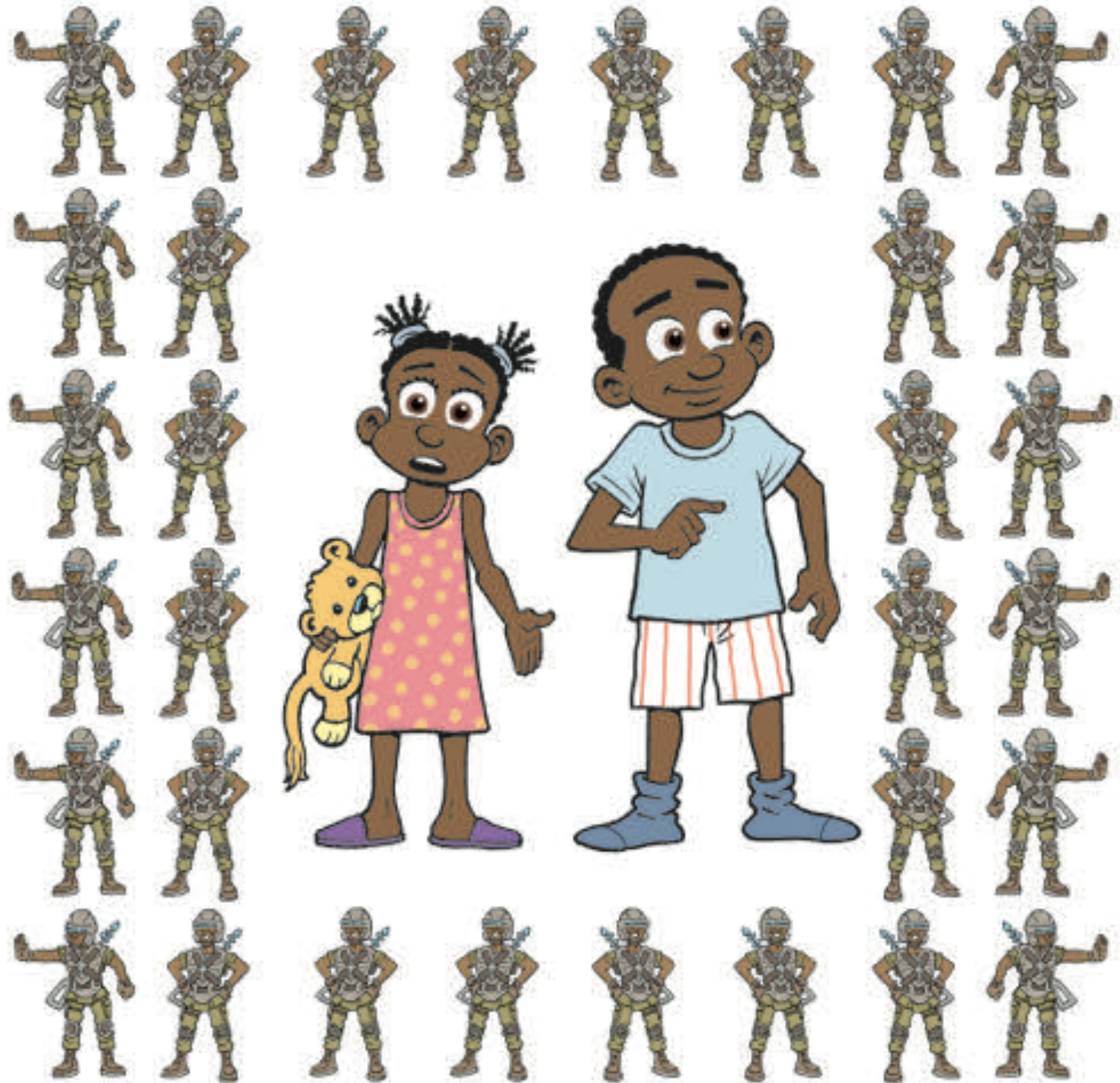


“Uko sahihi,
Jonathan,” alisema
mama yao.
“Huwezi kuwaona
hao askari kwa
sababu ni wadogo
wadogo sana.”



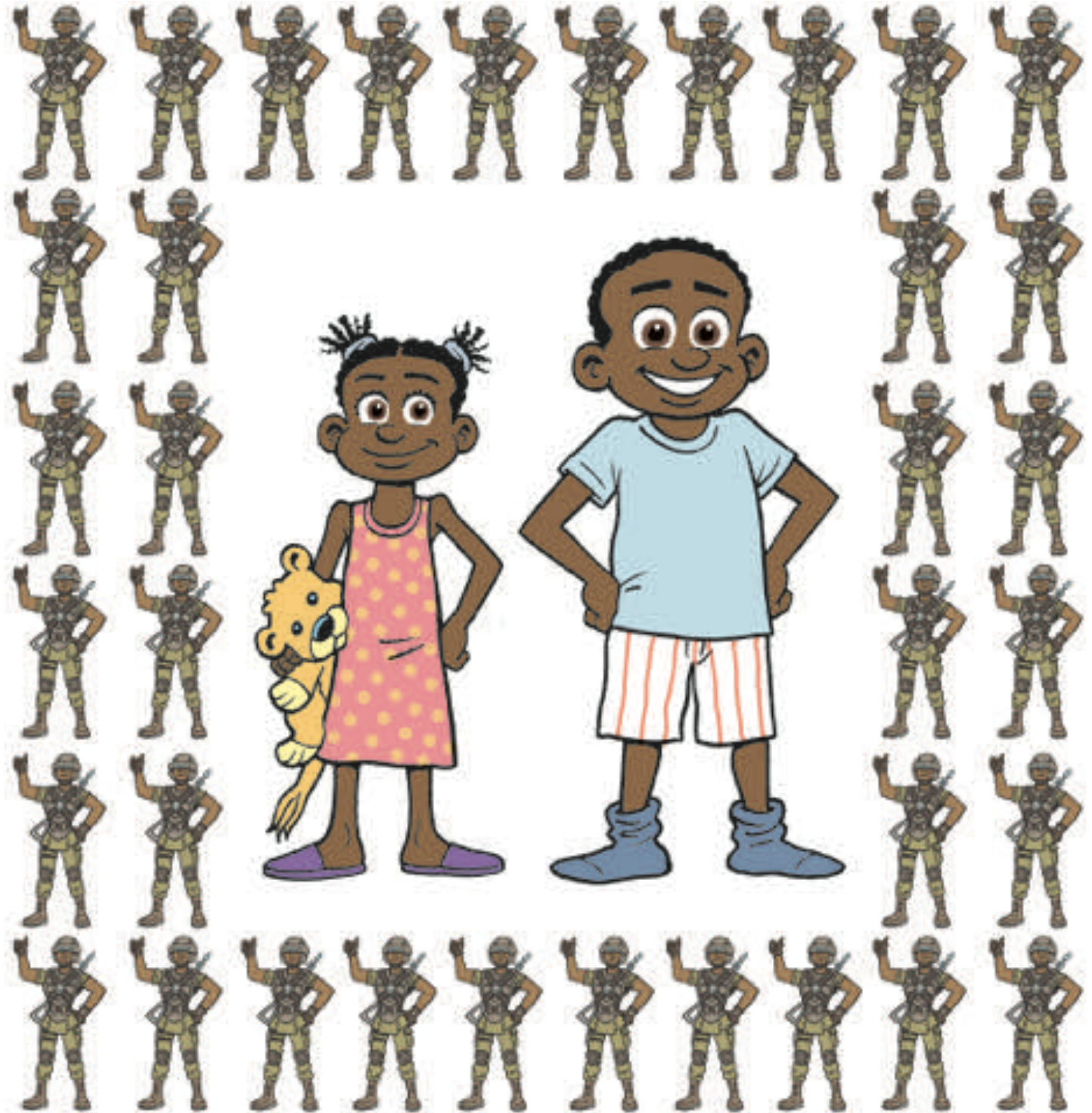
“Ndani ya miili yetu kuna askari wengi wadogo wadogo. Haijalishi unaenda wapi unafanya nini lakini wapo kwa ajili ya kukulinda wewe.”

“Wanatulinda sisi kwa ajili gani?” aliuliza kwa wasiwasi Jonathan.





Mama yao alitabasam na kuendelea kuwaelekeza. “Kila siku, mnapoenda shule na mnavyocheza nje, kuna wadudu wadogo wadogo kama kupe na virusi wanaokufanya uumwe. Askari wako wanasaidia kukulinda. Muda wote wanafanya virusi na kupe wakukimbie wewe ili wasikudhuru.”



“Askari wako
wanaposhinda
unajisikia vizuri
na mwenye afya
na nguvu.”



“Lakini kuna virusi ambavyo vinaweza vikashambulia askari wako,” aliongeza mama yao. “Ikitokea kupe na viruisi vinaweza vikashambulia askari wako na kushinda vita.”

“Usipotumia
dawa vizuri,
askari wako
watashindwa vita
na matokeo yake
utaumwa.”

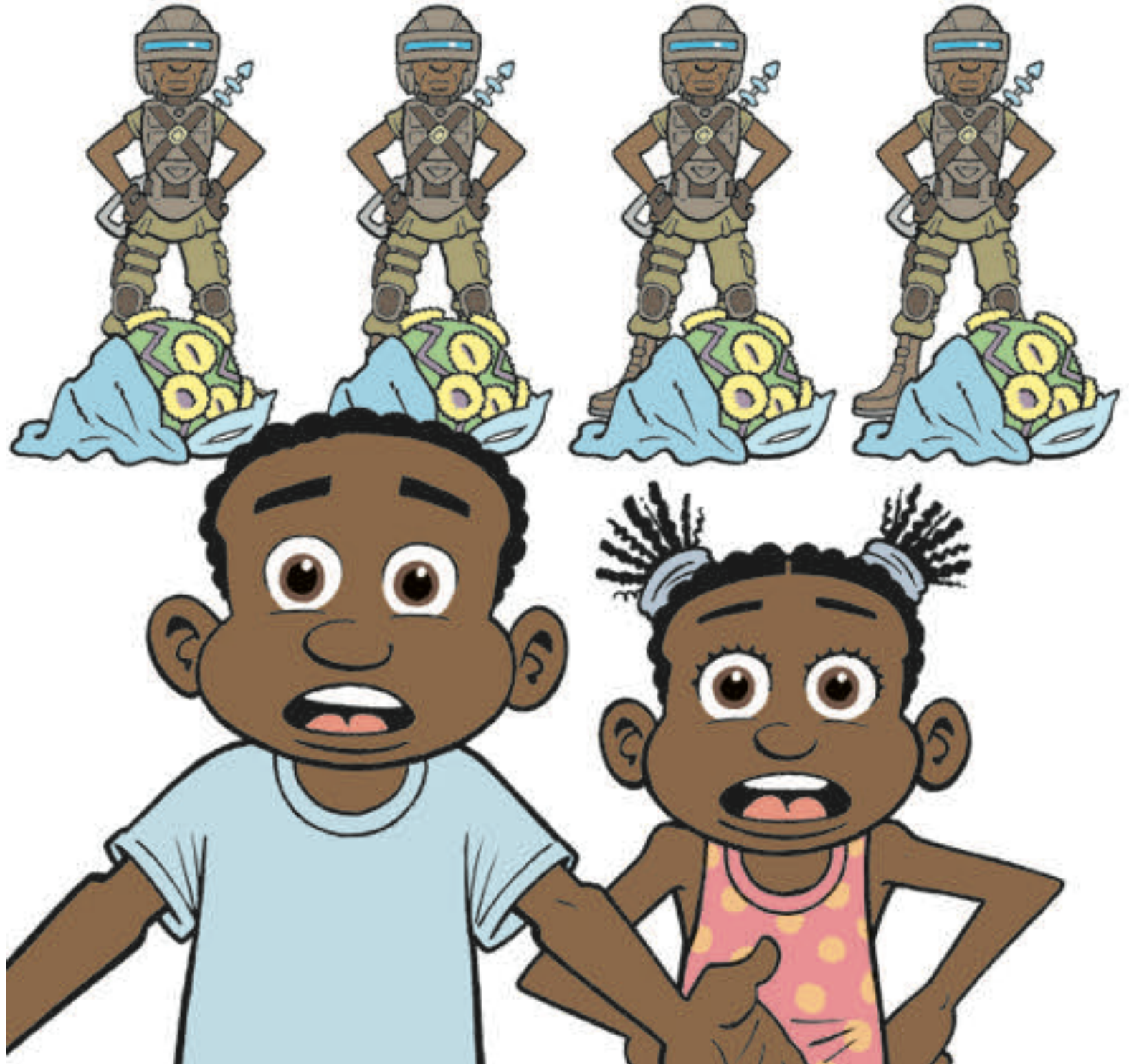


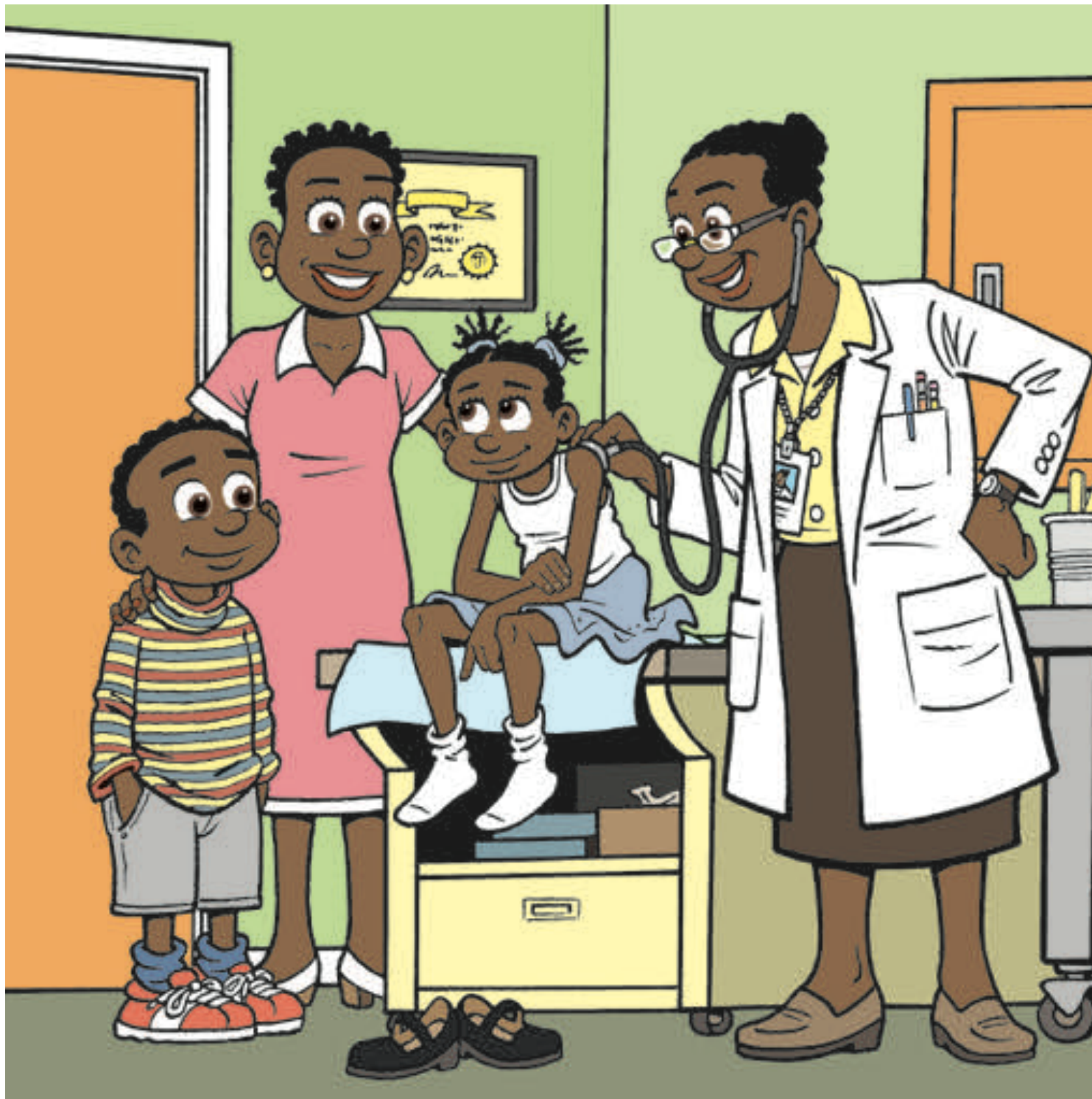


“Ukinywa
dawa vizuri,
virusi vinakuwa
vimelala kila
wakati na askari
wako wanakuwa
na uwezo
na nguvu za
kukulinda.”

“Lakini mama,
mimi sipendi
kunywa dawa.
Zinanifanya nilale
na kuniumiza
tumbo.”

“Ndio,” alisema
Jonathan “Muda
mwingine
napata upele na
zinanifanya nisikie
kizunguzungu!”





“Wanangu,” alisema mama yao. “Mko sahihi. Muda mwingine vidonge vinaweza vikawafanya mjisikie vibaya, ndio maana tunatakiwa kwenda kumuona daktari kwa ajili ya uchunguzi, ndio maana madaktari wanatubadilishia dawa.”

“Unaweza kumwambia au kumuuliza daktari chochote,” alisema mama yao. “Daktari ni rafiki yako.”

“Lakini mnatakiwa kunywa dawa kila siku kuwasaidia askari wenu,” alisema mama yao. “Siku zingine wazazi/walezi wakisahau kuwapa dawa mnatakiwa muwakumbushe ikitokea wamesahau wawape dawa.”





“Mama,
nimechanganyikiwa.
Rafiki zangu wengi
mbona hawanywi
dawa kama mimi
kila siku, kwani
wako tofauti na
mimi? Au, mimi
hali yangu ni mbaya
tofauti na watoto
wengine ndio maana
natakiwa kunywa
dawa kila siku?”

“Watoto wengine wanakunywa dawa kusaidia askari na wengine hawanywi, lakini watoto wote duniani ni sawa.”



“Kama unakunywa dawa zako vizuri askari wako watafanya kazi zaidi, sio tu kuzuia virusi na kupe, watasaidia kukufanya ufikie malengo uliyojipangia katika maisha yako.”



“Ukiwa shuleni askari wako watakusaidia kusoma vizuri na kukua vizuri.”



“Unapokuwa kwenye mashindano ya mpira wa miguu, askari wako watakuwepo kukusaidia kufunga magori.”



“Unapomaliza
elimu yako ya chuo
kikuu, askari wako
wataherekea pamoja
na wewe.”

“Haijalishi unafanya
nini kwenye
maisha yako, askari
watakusaidia kufikia
malengo na ndoto
zako.”

“Labda siku moja
utakuwa mwana
muziki maarufu. Na
kama ikiwa hivyo,
askari watakuwa
pamoja kufurahi na
wewe.”





“Labda siku moja utakuwa mwigizaji maarufu, kama ikiwa hivyo askari watakuwepo unaporekodi filamu yako.”

“Labda siku moja utakuwa msanifu maarufu wa majengo marefu, kama ikiwa hivyo askari watakuwepo kukusaidia.”





“Labda siku moja
utaoa/utaolewa
na utakuwa na
watoto wako,
kama ikiwa hivyo
askari watakuwepo
kuilinda familia
yako.”



“Askari wako ni ufunguo wa maisha mazuri, na ndio sababu unatakiwa kunywa dawa kila siku.”

“Sasa tumeelewa
kwa nini
tunatakiwa
kunywa dawa,”
alisema Agness na
kuchukua dawa
zake. “Hizi dawa
zinasaidia askari
wangu, na askari
ndio wanoatufanya
tuwe na afya nzuri
na furaha.”



“Usiku mwema,
watoto wangu,”
alisema mama
yao. “Mlale salama
mkijua askari wenu
wapo kuwalinda.”





