**Kuchengetwa kwekutanga**

Unonyoresa sei nechipatara chaChiremba

Zvipatara zvanaChiremba ndizvo zvekutanga kubata kazhinji kana une dambudziko rehutano. Vanogona kurapa zvirwere zvakawanda uye kupa mazano ehutano.

Zvimwe zvirwere zvinoda kurapwa kweunyanzvi uye kuwana kurapwa uku unofanira kuendeswa naChiremba wako.

Mahara kunyoresa naChiremba. Haudi umbowo hwekero kana sitetasi yekupotera, ID kana nhamba yeNHS.

Kunyoresa, unogona:

* tarisa webhusaiti yechipatara chaChiremba kuona kana uchikwanisa kunyoresa pafoni
* fona kana kuisa imeiri kuchipatara chaChiremba uye kumbira kunyoreswa semurwere

Unogona kudhaunirodha [fomu rekunyoresa reGMS1 paGOV.UK](https://www.gov.uk/government/publications/gms1) kana ukakumbirwa kuzadzisa rimwe. Kana usina purinda, unogona kukumbira chipatara chaChiremba kopi yefomu.

Kana uchida rubatsiro nekunyoresa kana kuzadza mafomu, fonera chipatara chaChiremba uye vazivise.

Kuenda kuapoindimendi yaChiremba

Gadzira zvinyorwa zvezvinhu zvaunoda kukurukura kana zvaunoda kuzorangarira kuudza chiremba wako, semutorododo wemishonga yaunoshandisa.

Nyora pasi mashoko ezviratidzo zvako, kusanganisira pazvakatangira uye zvinoita kuti zviite nani kana kuwedzera.

Bvunza chipatara kana kunovhiyiwa kwako kuti vakupe muturikiri kana rutsigiro pakutaura kana uchirwuda.

Usatye kubvunza mibvunzo maererano nezvinhu zvaunowana zvisina kujeka. Rega nyanzvi yezvehutano ikutsanangurire kusvikira wane chokwadi chekuti wakunzwisisa.

Usati wabva, ona kuti unoziva zvichazoitika – uye rinhi. Zvinyore pasi.

Chitoro chako chemushonga chingabatsira sei

Vekukemisiti inyanzvi pamishonga vanogona kukubatsira nezvinetso zvidiki zvehutano. Vanogona kukupa mazano ekiriniki uye mishonga yekutenga yezvirwere zvidiki zvakati wandei, sekukosora, dzihwa, kurwadziwa nepahuro, kutambudzika nemudumbu nemarwadzo.

Zvitoro zvemishonga zvinovhura kusvika manheru uye nekupera kwevhiki. Haude apoindimendi.

Zvitoro zvemishonga zvizhinji zvine imba yekubvunzurudza yakavanzika kwaunogona kukurukura nyaya nevashandi vepachitoro chemishonga pasina kunzwikwa.

Zvitoro zvese zvemishonga zvinopa masevhisi anotevera:

* kupa mishonga yanyorwa nachiremba yeNHS. Mishonga yanyorwa nachiremba imhando yefomu rinozadzwa nachiremba rinoita kuti utore mushonga kuchitoro chemishonga.
* kuwana sevhisi yemishonga yanyorwa nachiremba zvakare (nechibvumirano kubva kunaChiremba wako)
* kupihwa mushonga kwechimbichimbi, zvichienderana nechisarudzo chakemisiti (ungangoda kubhadhara kupihwa kwechimbichimbi)
* mishonga isingade kunyorwa naChiremba yakaita separacetamol
* kuraswa kwemishonga isisadiwe kana yekare
* mazano pakurapa zvinetso zvidiki zvehutano uye kurarama nehutano hwakanaka

Kushanyira chiremba wemaziso

Paunoshanyira chiremba wemaziso kunoongororwa maziso, uchanoongororwa naophthalmic practitioner kana optometrist akadzidziswa kuona zvisizvo nemamiriro ezvinhu, zvakaita secataract kana glaucoma.

Vanachiremba vemaziso vanonyorera uye kugadzira magirazi ekuonesa. Kana zvakakodzera, vanokutumira kuna Chiremba kana chipatara chemaziso chekiriniki kuimwe ongororo.

NHS inokurudzira vanhu vakuru vanofanira kuongororwa maziso avo makore 2 ega ega. Ongororo yekuona yeNHS haibhadharwe kana uri murimwe remagurupu akakodzera uye ongororo yacho inoonekwa seinodiwa nekiriniki. Kana uine matambudziko nemaziso ako ongororo yemaziso ako inotevera isati yasvika, haufanirwe kumirira uye unogona kutariswa maziso ako zvakare.

Kutevera kuongororwa kwemaziso ophthalmic practitioner wako anodiwa nemutemo kuti akupe mushonga wako wemaziso wakanyorwa nachiremba kana chirevo chekutaura kuti waendeswa kunoongororwazve.

Unotsvaga sei chiremba wemazino weNHS

Unogona [kutsvaga chiremba wemazino weNHS](https://www.nhs.uk/service-search/find-a-dentist) pasaiti apa.

Ingotsvaga chipatara chemazino chakakunakira, kungave pedyo nekumba kwako kana kubasa, uye wovafonera kuti uone kana paine chero maapoindimendi eNHS aripo.

Unogona kujoina mutorododo wekumirira, kutsvaga chiremba wemazino akasiyana ari kutora varwere vatsva veNHS, kana kuonekwa wega (izvo zvinogona kudhura).

Kana uchifunga kuti unoda kutarisirwa nekukurumidza, taura nachiremba wako wemazino wenguva dzese sezvo zvimwe zvipatara zvichipa nguva yemazino yechimbichimbi uye zvinokupa rubatsiro kana zvachidikanwa nekiriniki.

Unogona kubata NHS 111, inogona kukuita kuti ubatane nesevhisi yemazino nekukurumidza.

Ndeapi masevhisi emazino anowanika paNHS?

NHS ichapa chero kurapa kunodiwa nekiriniki kuti uchengetedze muromo wako, mazino ane hutano uye asina kurwadziwa.

Chiremba wako wemazino anofanira kujekesa kuti ndekupi kurapwa kunogona kupihwa paNHS uye ndekupi kunongopihwa zvakavanzika, uye mari inobatanidzirwa.

Chiremba wako wemazino anofanira kukupa chirongwa chakanyorwa chekurapa cheBand 2, Band 3 kana musanganiswa weNHS uye kurapwa wega.

Chirongwa chako chekurapwa chinotsanangura kurapwa kwemazino kwataurwa uye mari inobatanidzwa.

Kurapa kwemazino kwakajairika kunowanikwa nekubhadhara paNHS kunosanganisira:

* Macrowns nemabhiriji
* Tsvina yemumazino
* Mazino ekuisira (mazino ekunyepera)   
  Utano hwemazino
* Kurapa midzi yemazino
* Kukwesha mazino uye kuanakisa
* Kubvisa mazino emukatikati memukanwa
* Kuzadzisa mikana yemumazino

**Kuva nepamuviri**

Kana ukasvika muUK wakanhumburika, kana kuti ukufunga kuti wakunozvara uye hauna nyamukuta, kana hauzive kuti unobata sei nyamukuta wako, unogona kuwana sevhisi yekuzvara yemunharaunda [apa](https://www.nhs.uk/Service-Search/other-services/Maternity%20services/LocationSearch/1802).

Vananyamukuta vanopa rubatsiro uye rutsigiro kuvakadzi nemhuri dzavo pavanenge vaine pamuviri, panguva yese yekusununguka uye mushure mekuberekwa kwemwana.

Vananyamukuta ndivo vanowanzo kutungamira paunyanzvi dzehutano uye kubatana nemunhu ane pamuviri, uye vanopa mashoko ane humbowo uye vanokubatsira kuita zvisarudzo zvine ruzivo nezve zvisarudzo uye masevhisi anowanikwa paunenge une pamuviri pako.

Rwendo rwako rwepamuviri rweNHS

Ona nyamukuta kana Chiremba paunongoziva kuti wane pamuviri. Izvi zvinodaro kuti vagokwanisa kunyoresa pamuviri pako (pamuviri) uye kuve nechokwadi kuti wawana ruzivo rwese nerutsigiro rwaunoda kuti uve nepamuviri pane hutano.

Apoindimendi yako nanyamukuta inofanira kuitika pamuviri pasati pasvika mavhiki 10. Zvinotora nguva inenge awa uye nyamukuta wako achabvunza mibvunzo kuti ave nechokwadi chekuti wawana kutarisirwa kwakakunakira.

Kana wava nepamuviri panodarika mavhiki 10 uye usati waona Chiremba kana nyamukuta, bata Chiremba kana nyamukuta nekukurumidza. Vanokuona nekukurumidza uye vokubatsira kutanga kutarisirwa kwepamuviri (antenatal) pako.

NHS muEngland ichakupa:

* Maapoindimendi 10 epamuviri (7 kana wakamboita mwana) kutarisa hutano uye kukura kwako nemwana wako
* kuongorora kuti vaone kana pane mukana wekuti mwana wako ane nemamwe mamiriro, akaita seDown's syndrome
* kuongororwa ropa kutarisa syphilis, HIV uye hepatitis B
* kuongorora zvirwere zvemuropa (sickle cell uye thalassemia)

Uchapihwa mamwe maapoindiments kana iwe kana mwana wako achimada. Maapoindimendi ako anogona kuitikira kumba, kumuzinda wevana, kuchipatara chaChiremba kana kuchipatara.

Maapoindimendi ako epamuviri

Uchava nemaapoindimendi akati wandei paunenge une pamuviri pako, uye uchaona nyamukuta kana dzimwe nguva chiremba wezvekuzvara (chiremba anonyanya kuona nezve pamuviri).

Vachatarisa hutano hwako nehwemwana wako, vokupa mashoko anobatsira uye kupindura chero mibvunzo.

Apoindimendi yako yekutanga inofanira kutora nzvimbo kana une pamuviri pane mavhiki ari pakati pe8 ne12 uye nyamukuta wako kana chiremba anofanira:

* kukupa manotsi ekubata uye hurongwa hwekutarisirwa
* kuronga kutarisirwa kwauchaitwa paunenge wakazvitakura
* kuyera hurefu neuremu hwako, uye verenga body mass index (BMI) yako
* kuyera BP yako uye ongorora weti yako kuti uone mapuroteni
* kutsvaga kana uri panjodzi yakawedzera yegestational diabetes kana pre-eclampsia
* kukuita ongororo uye kuva nechokwadi chekuti unonzwisisa zvinobatanidzwa usati wasarudza kuita ipi zvayo
* kubvunza nezve manzwiro ako kuti uongororwe hutano hwako hwepfungwa

Zvakakosha kuudza nyamukuta wako kana chiremba kana:

* uri kunetsekana nezvechero chinhu kana kuti hausi kunzwisisa chero chinhu chakarongwa pakutarisirwa kwako
* pakanga paine chero matambudziko kana hutachiona pakubata pamuviri kwakapfuura kana kusununguka, sepre-eclampsia kana kuzvara nguva isati yakwana
* uri kurapwa chirwere chava nenguva refu, sechirwere cheshuga kana BP yakakwira
* iwe kana chero munhu mumhuri menyu akamboita mwana ane dambudziko rehutano (semuenzaniso, spina bifida)
* pane nhoroondo yemhuri yechirwere chinosiiranwa (semuenzaniso, sickle cell kana cystic fibrosis)
* unoziva kuti iwe - kana baba vemwana wako wekubereka - muri vatakuri vezvirwere zvinosiiranwa zvakaita sesickle cell kana thalassemia
* wakambowana kurapwa kwekubereka kana kupihwa zai kana hurume
* hausi kunzwa kuchengeteka kumba uye unoda kutaura nemumwe munhu waunovimba naye

Apoindimendi iyi mukana wekuudza nyamukuta wako kana chiremba kana uri panjodzi kana kuti uchida rumwe rutsigiro.

Izvi zvinogona kunge zvichikonzerwa nekushungurudzwa mudzimba kana mhirizhonga, kushungurudzwa pabonde kana female genital mutilation (FGM).

**mavhiki 8 kusvika 14:** ultrasound scan yekufungidzira panosvika mwana wako uye kutarisa kukura kwemwana wako

**mavhiki 18 kusvika 20:** ultrasound scan kutarisa kukura kwemwana wako. Ongororo yeHIV, syphilis uye hepatitis B ichaitwa zvakare.

**mavhiki 28:** nyamukuta wako kana chiremba achayera saizi yechibereko chako uye kutarisa BP neweti yako. Vachakupa dzimwe ongororo uye kurapwa kwako kwekutanga kweanti-D kana uri rhesus negative.

**mavhiki 34:** nyamukuta kana chiremba wako achakupa mashoko nezvemarwadzo ekuzvara uye kuzvara, kusanganisira kuziva marwadzo kana asvika, zvekuita nemarwadzo pakuzvara, uye chirongwa chako chekuzvara. Vachakurukura zvinobuda paongororo chero uye votarisa BP neweti yako.

**mavhiki 36:** nyamukuta kana chiremba wako anofanira kukupa mashoko nezvekuyamwisa, kutarisira mwana wako achangozvarwa, vitamin K uye kuongorora mwana wako achangozvarwa, hutano hwako mushure mwana wako azvarwa, ''baby blues'' uye kuora moyo mushure mekuzvara.

**mavhiki 38:** nyamukuta kana chiremba wako achatsanangura zvisarudzo maererano nezvinoitika kana pamuviri pako pakadarika mavhiki anodarika 41.

**mavhiki 41:** nyamukuta kana chiremba wako anofanira kuyera saizi yechibereko chako, otarisa BP yako uye oongorora weti yako kana ine mapuroteni, okupa membrane sweep uye kukurukura nezvezvisarudzo zvepainduction yekusununguka.

Kana apa pari pamuviri pako pekutanga, uchapihwa maapoindimendi pa **mavhiki 25**, **mavhiki 31** uye **mavhiki 40** uko nyamukuta kana chiremba wako achayera saizi yechibereki chako kana kutarisa BP kana weti yako.

Kana usati wazvara mwana wako mumavhiki 42 uye wakasarudza kusazvara neinduction, unofanira kupihwa kuongororwa kwemwana kwakawedzerwa.

Matanho emarwadzo ekuzvara uye kuzvara kwacho chaiko

**Danho rekutanga remarwadzo ekuzvara**

Pakutanga kusununguka, chibereko chako chinotanga kupfava kuti chikwanise kuvhurika. Iri danho rinonzi latent phase uye unogona kunzwa marwadzo akasiyana-siyana Rinogona kutora maawa akawanda, zvichida mazuva, usati wanyatsosvika pamarwadzo ekuda kuzvara

Bata chikwata chavananyamukuta vako kana:

* marwadzo ako ava kugara achiitika uye uchiita marwadzo anosvika 3 mumaminitsi 10 ega ega
* chevakuru chinobvaruka mvura yotanga kubuda
* marwadzo ako akanyanya uye unonzwa uchida zvinopedza marwadzo
* uri kunetseka nechero chinhu

Nyamukuta wako achaongorora nhengo yesikarudzi yako nguva nenguva kuti aone mafambiro ekusununguka kwako. Kana usingadi kuongororwa, haumanikidzwi.

Muromo wechibereko chako unofanira kuvhurika masendimita 10 kuti mwana wako akwanise kupfuura nepo. Uku ndiko kunonzi kunyatsovhurika.

**Danho rechipiri remarwadzo ekuzvara**

Nyamukuta wako achakubatsira kuti uve nechimiro chakasununguka chekuzvara nacho. Kana chibereko chako chanyatsovhurika, mwana wako achafamba achidzika nemunzira yake achienda kumuromo wesikarudzi yako. Unogona kuwana chido chekupusha.

Kana musoro wemwana wangobuda, kushanda kwakanyanya kwapera. Muviri wese wavo unozozvarwa mumarwadzo anotevera 1 kana 2.

Kazhinji unozokwanisa kubata mwana wako nekukurumidza uye kunakidzwa nenguva yekurezvana nemwana wako.

Unogona kuyamwisa mwana wako nekukurumidza sezvaunoda. Sezvineiwo, mwana wako achawana chikafu chake chekutanga mukati meawa 1 yekuzvarwa.

**Danho rechitatu remarwadzo ekuzvara**

Danho rechitatu remarwadzo ekuzvara rinoitika mushure mekunge mwana azvarwa, kana chibereko chadzora uye placenta yobuda kuburikidza nesikarudzi yemukadzi.

**Kuzvara kwekuita zvekuchekwa dumbu**

Kuzvara kwekuita zvekuchekwa dumbu, kana C-section, ioparesheni yekusunungutsa mwana wako kuburikidza nekuchekwa padumbu kana chibereko chako. Kuchekwa kunowanzoitwa padumbu, pazasi pemutsara webikini yako.

Kuzvara kuita zvekuchekwa dumbu ndiyo oparesheni hombe inotakura njodzi dzakawanda, saka inongoitwa kazhinji kana iriyo nzira yakachengetedzeka kwauri nemwana wako. Anenge mukadzi 1 pavakadzi 4 vane pamuviri muUK anozvara nekuita zvekuchekwa dumbu.

Kuchekwa dumbu kunogona kukurudzirwa senzira yakarongwa kana kuitwa zvechimbichimbi kana zvikaonekwa kuti kuzvara nesikarudzi kunenge kwava nenjodzi.

Kuzvara kuita zvekuchekwa dumbu kwakarongwa kunowanzoitwa kubva muvhiki rechi39 repamuviri.

**Mushure mekuzvara kwako uye kuchengetwa mushure mekusununguka**

Kusangana ganda neganda nemwana wako pakarepo mushure mekusununguka kunogona kubatsira kuti arambe achidzirwa uye zvinogona kubatsira kutanga kuyamwisa. Vamwe vana vanotanga kuyamwa pakarepo mushure mekuzvarwa uye vamwe vanotora kanguva.

Vananyamukuta vachakubatsira kana ukasarudza:

* kuyamwisa
* kupa mukaka wemumagaba
* kusanganisa mukaka wekuyamwisa kana wemubhodhoro

Chiremba wevana (paediatrician), nyamukuta kana mukoti wemwana achangozvarwa (neonatal) achaona kuti mwana wako ane hutano uye omuongorora muviri wake mumaawa 72 ekuzvarwa. Zvakajairika kuti vana vadzikire huremu mumazuva mashoma ekutanga mushure mukuzvarwa. Kuwedzera uremu zvishoma nezvishoma mushure meizvi chiratidzo kuti mwana wako ane hutano uye ari kudya zvakanaka.

**Ongororo uye kutariswa kwemwana wako**

Pazuva rechi5 kusvika rechi8 mushure mekuzvara, uchapihwa ongororo 2 dzemwana wako:

* ongororo yekunzwa yemwana achangozvarwa
* ongororo yekubuda kweropa
* kana mwana wako ari mukutarisirwa kwakakosha, ongororo idzi dzichaitirwa ikoko. Kana mwana wako ari kumba, ongororo dzichaitwa kumba kwako nechikwata chananyamukuta chemunharaunda.

Mumazuva ekutanga, nyamukuta achatarisa kana mwana wako ane zviratidzo zve:

* jaundice
* utachiona hweumbilical cord kana maziso
* mapundu mumukanwa

**Iwe mushure mekuzvara**

Vashandi vanoona nezvekuzvara vachatarisa kuti uri kupora here mushure mekuzvara. Vachatora tembiricha yako, kufamba kweropa neBP. Vachabatawo dumbu rako (abdomen) kuva nechokwadi chekuti chibereko chako chiri kudzokera pasaizi yakajairika.

Vamwe vakadzi vanonzwa kurwadziwa mudumbu kana chibereko chichiderera, kunyanya pavanenge vachiyamwisa. Izvi zvakajairika.

**Kuona nyamukuta kana muenzi wehutano**

Kana wazvarira muchipatara kana kuna nyamukuta uye iwe nemwana wako mune hutano, munokwanisa kuenda kumba mumaawa 6 kusvika ku24 mushure mekuzvarwa kwemwana wako.

Vananyamukuta vachabvumirana newe hurongwa hwekushanya kumba kana kumuzinda wevana kusvikira mwana wako ava nemazuva 10. Izvi zvinoitirwa kutarisa kuti iwe nemwana wako mune hutano uye kukutsigira mumazuva mashoma ekutanga.

**Zvaunonzwa**

Unogona kunzwa kusuruvara, kuchema, kana kunetseka muvhiki yekutanga mushure mekusununguka. Izvi zvakajairika. Kana manzwiro aya akatanga pava paya kana kuvapo mumavhiki anodarika 2 mushure mekusununguka, chinogona kuva chiratidzo kuti une kuora moyo mushure mekuzvara.

Kuora moyo mushure mekuzvara kana kunetseka zvinhu zvakajairika, uye zvinorapika. Taura nanyamukuta wako, Chiremba, muenzi wehutano paunongofungira kuti unogona kunge une kuora moyo kana kunetseka.

**Kunyoresa kuzvara**

Kuzvarwa kwese muEnglandd, Wales uye Northern Ireland kunofanira kunyoreswa mumazuva 42 ekuzvarwa kwemwana.

Unofanira kuita izvi kuhofisi yekunyoresa yemunharaunda kunzvimbo yakazvarirwa mwana kana kuchipatara usati waenda. Chipatara chichakuudza kana uchikwanisa kunyoresa kuzvara ikoko.

Kana usingakwanisi kunyoresa kuzvara munzvimbo yakazvarirwa mwana, unokwanisa kuenda kuimwe hofisi yekunyoresa uye vachatumira mashoko ako kuhofisi chaiyo.

Bvunza nyamukuta wako, muenzi wehutano kana Chiremba mazano maererano neizvi kana usina chokwadi.

**Hutano hwepfungwa**

Masevhisi ehutano hwepfungwa ndeemahara paNHS. Hutano hwako hwepfungwa hwakakosha uye unofanira kuwana rubatsiro kana uchida.

Unowana sei masevhisi ehutano hwepfungwa eNHS

**Taura naChiremba wako**

Unogona kutaura naChiremba wako nezvehutano hwako hwepfungwa uye vanogona kukubatsira kuwana sevhisi yehutano hwepfungwa yakanaka yakakodzera zvaunoda. Izvi zvinozivikanwa sekutumirwa naChiremba.

**Kutumirwa kwehutano hwepfungwa kunoshanda sei**

Paunotaura naChiremba wako nezveutano hwako hwepfungwa vachakuteerera, vanokupa mazano uye vokuzivisa sevhisi yehutano hwepfungwa yavanofunga kuti ichanyanya kukubatsira.

Masevhisi aya anogona kubva kuchipatara chaChiremba wako, kunzvimbo yezvehutano yekwaunogara kana nzvimbo yemunharaunda, kiriniki inoona nezvehutano hwepfungwa kana chipatara.

Chiremba wako anogona kukuendesa kune sevhisi yekurapa nekutaura kana kune nyanzvi yehutano hwepfungwa kuti uwane mamwe mazano kana kurapwa. Kurapwa uku kunogona kuitwa uri wega kana mugurupu rine vamwe vane matambudziko akafanana. Kurapa nekutaura kunogona kusanganisira vabatsiri nemhuri dzimwe nguva.

**Kuzvizivisa wega kunanachiremba**

Kune mamwe masevhisi ehutano hwepfungwa aunogona kushandisa pasina kutaura naChiremba wako.

Unogona kutsvaga wega kurapwa kwekutaura kuburikidza sevhisi inonzi [Improving Access to Psychological Therapies (IAPT](https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/)).

Masevhisi aya anopa:

* kurapwa kwekutaura, kwakadai secognitive behaviour therapy (CBT), kuraira, kumwewo kurapa, uye kuzvibatsira wega uchitungamirirwa
* rubatsiro rwematambudziko akajairika ehutano hwepfungwa, akaita sekufunga zvakanyanya nekuora mwoyo

**Rubatsiro rwekukurumidza rwehutano hwepfungwa**

Runhare rwekubatsira nekukurumidza rwekwaunogara rweNHS nderwevanhu vemazera ese muEngland. Unogona kufona chero nguva yezuva kuti uwane mazano ako, emwana wako kana mumwe munhu waunotarisira kubva kunyanzvi dzehutano hwepfungwa. Tsvaga runhare rwekubatsira nekushanyira [webhusaiti iyi](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline).

Kana uchida rubatsiro izvozvi, uye usina chokwadi kuti woita sei, enda pa 111.nhs.uk kana kufonera 111.

Kana uchifunga zvinoda chimbichimbi, enda kuA&E iri pedyo kana kufonera 999.

**Pfungwa Dzese Dzakakosha**

Aya matanho ari nyore aunogona kutora kutarisa hutano hwako hwepfungwa.

[Webhusaiti yePfungwa Dzese Dzakakosha](https://www.nhs.uk/every-mind-matters/) inopa mazano eunyanzvi kukubatsira kuvandudza kugara kwako zvakanaka, pamwe nemazano anoshanda pakurara, kubatana nekunetsekana nemari uye kuzvitarisira.