

## **UKRI GCRF Life-Saving Lullabies: Reducing adolescent maternal and neonatal deaths in Zambia**

Song composed by St John Zambia based at Chunga: Jane Masango, Oteri Saili, Marvis Zulu, Bridget Malwa, Enala Mbewe, Racheal Mutale, Maple Nankolongo, Pamela Mwanza. Song is sung in Nyanja.

### **Song lyrics: Danger Signs in Pregnancy**

Women we are asking you to start ante natal early  
You will find benefits when you start ante natal early  
Women we are asking you to start ante natal early  
You will find benefits when you start ante natal early  
Women we are asking you to start ante natal early  
You will find benefits when you start ante natal early  
Mmmmmmmmmmm mmmmmmmmm mmmmmmmmm  
Mmmmmmmmmmm mmmmmmmmm mmmmmmmmm  
Women we are asking you to start ante natal early, you will find benefits in starting ante natal early  
Women, when you have a headache do not just sit at home, no, you have to go to the hospital, those are danger signs  
Women, when your feet, hands and face are swelling do not just sit at home, assuming that you are expecting twins, no, you have to go the hospital to find out what exactly is happening, there are not twins, no, those are danger signs  
Women, when you have smelly discharge from your vaginal and/or bleeding, you have to rush to the hospital  
Mmmmmmmmm mmmmmmmmmmm mmmmmmmmm  
Women we are asking you to start ante natal early  
You will find benefits when you start ante natal early  
Women we are asking you to start ante natal early You will find benefits when you start ante natal early  
Mmmmmmmmmmm mmmmmmmmm mmmmmmmmm  
Mmmmmmmmmmm mmmmmmmmmmm mmmmmmmmm  
Women, we are asking you, when you see that you are pregnant you need to go to the hospital as early as possible, when you go to the hospital, they will test you for HIV, when you are testing for HIV and you are found positive, you need to start treatment early, we do not want the baby in the womb to contract the disease  
When you also go early to the hospital you will be given the medication that prevents the child in the womb to contract the disease, you will be given folic acid and they will give you Fassidar. Fassidar prevents the child from malaria because we want the child to be born health, fassidar also helps you to have strength and also gives you iron, so you need to go the hospital early And when you are pregnant you are not supposed to take any medication anyhow, when you have a headache you must go to the hospital, do not prescribe yourself any medication.  
Women have you heard?  
Mmmmmmmmmmmmm mmmmmmmmm mmmmmmmmm  
Women we are asking you to start ante natal early  
You will find benefits when you start ante natal early

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Song composed by St John volunteers based in Chunga and Matero: Racheal Mutale, Bridget Malwa, Ronah Beene, Pamela Mwanza, Peggy Karumba & Enala Mbewe. Song is sung in Nyanja.

### **Song lyrics: Male Involvement**

Power power power  
Indeed indeed male involvement is power  
Power power power  
Indeed indeed male involvement is power  
They take their women for antenatal, they take their women for antenatal  
Indeed indeed male involvement is power  
They take their children for under five clinic, they take their children for under five clinic  
Indeed indeed male involvement is power  
They take their women for family planning, they take their women for family planning  
Indeed indeed male involvement is power  
They take their children for male circumcision, they take their children for male circumcision  
Indeed indeed male involvement is power  
Power power power  
Indeed indeed male involvement is power  
Power power power  
Power power power

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by St John volunteers based at Kayosha: Lenty Musolomoki, Getrude Kumamwa, Joyce Lubesha, Anastasia Laishi, Felistus Kasonde, Manase Phiri, Matilda Chibuluma.

**Song lyrics: Lullaby for Lullaby 2**

The reason why you should sing songs for babies  
It increases the bond between the baby and the mother  
The reason why you should sing songs for babies  
It increases the bond between the baby and the mother  
Between the baby and the mother  
To reduce sorrow, sadness and pain  
Singing also reduces pain to mother when in labour  
Singing also reduces pain to mother when in labour

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### **Song lyrics: Lullaby for Lullaby 1**

These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee  
If the baby in the womb is not shaking eee  
Let us sing for them eee  
When the baby is resisting to eat eee  
Let us sing for them eee  
When the baby is having trouble sleeping eee  
Let us sing for them eee  
When the baby is resisting to take a bath eee  
Let us sing for them eee  
When the baby is sick and they are giving you trouble eee  
Let us sing for them eee  
These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee  
These songs really help, Let us sing for them eee

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by St John volunteers based in Chunga and Matero: Enala Mbewe, Stella Phiri, Milika Zulu, Odrine Kekelwa, Oteria Saili, Peggy Kalumba. Song is sung in Nyanja.

**Song lyrics: Breast Feeding 1**

Breastfeed the child, breastfeed the child  
Breastfeed the child you mother, breast milk is the best, mothers  
Breastfeed the child, breastfeed the child  
Breastfeed the child you mother, breast milk is the best, mothers  
Mothers when breastfeeding the child do not think too much  
Concentrate your mind on breastfeeding this child  
Breast milk is not bought with money, we move with it all the time, breastfeed the child you mother  
Breastfeed the child, breastfeed the child  
Breastfeed the child you mother, breast milk is the best, mothers  
Mmmm mmmmmm mmmmmmmmmm mmmmmm  
Mothers, breast milk is not bought with money but we have it and move with it as mothers, that is why  
when breastfeeding the baby do not be worried, you need to pay attention as you breastfeed the  
child, do not spend most of your time on whatapp, facebook, breastfeed the child more often  
Mmmm mmmmmm mmmmmmmmmm mmmmmm  
Breastfeed the child, breastfeed the child  
Breastfeed the child you mother, breast milk is the best, mothers  
Breastfeed the child, breastfeed the child  
Breastfeed the child you mother, breast milk is the best, mothers

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by mothers based in Chunga and Matero. Song is sung in Nyanja.

**Song lyrics: Lesa Amipale**

God bless you our parents  
For the sympathy and love that you have  
He should add more days and protect you everyday  
He should bless you  
We are thankful  
God bless you  
God bless you our parents  
For the sympathy and love that you have  
God bless you our parents  
For the sympathy and love that you have  
He should add more days and protect you everyday  
He should bless you  
We are thankful  
God bless you  
He should add more days and protect you everyday  
He should bless you  
We are thankful  
God bless you

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by St John Volunteers based at Kayosha: Barbara Kabwe, Lenty Musolomoki, Gertrude Kumamwa, Joyce Lubesha, Anastasia Laishi, Felistus, Kasonde, Manase Phiri.

**Song lyrics: Breast Feeding 2**

Mothers breastfeed your children  
Mothers breastfeed your children  
Mothers breastfeed your children  
Mothers breastfeed your children  
No feeding bottles  
Mothers breastfeed your children  
No feeding bottles  
Mothers breastfeed your children  
Throw away the jiggies  
Mothers breastfeed your children  
Throw away the jiggies  
Mothers breastfeed your children  
Throw away the biscuits  
Mothers breastfeed your children  
Throw away the biscuits  
Mothers breastfeed your children  
Throw away the lollipop  
Mothers breastfeed your children  
Throw away the lollipop  
Mothers breastfeed your children  
Breast milk is the child's food  
Breast milk is the child's food

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by St John Volunteers based in Chunga and Matero. Song is sung in Bemba.

**Song lyrics: Comforting Song 1**

You are wonderful God  
You are wonderful father  
In good and bad, you are wonderful God  
When I delivered you, you brought my happiness  
Now I have tears, it is really sad my child  
You are wonderful God  
You are wonderful father  
In good and bad, you are wonderful God  
You have left me in tears, you have left me in tears  
In good and bad, I will love you my child  
Even if you are gone today, it is Gods wish  
In good and bad, I will love you my child  
You are wonderful God  
You are wonderful father  
In good and bad, you are wonderful God



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Song composed by St John Volunteers based in Chunga and Matero; Enala Mbewe, Stella Phiri, Milika Zulu, Odrine Kekelwa, Oteria Sali, Peggy Kalumba. Song is sung in Bemba.

**Song lyrics: Rejoice Song**

Rejoice rejoice  
I am happy  
Rejoice rejoice  
I am happy  
I suffered  
I suffered  
I am happy  
But today I am happy  
I am happy  
Today I am happy  
I am happy  
Today his/she's born  
I am happy  
He/she has brought joy  
I am happy  
He/she has brought joy in my house  
I am happy  
Joy joy  
I am happy  
Joy joy

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Song composed by St John Volunteers based at Kayosha: Barbara Kabwe, Lenty Musolomoki, Gertrude Kumamwa, Joyce Lubesha, Anastasia Laishi, Felistus, Kasonde, Manase Phiri.

**Song lyrics: Importance of Family Planning**

I have suffered, I have suffered I have suffered on my own  
I have suffered, I have suffered I have suffered on my own  
On my head, luggage  
On my shoulders, a child  
On my back, a child In front, a pregnancy In the middle, the father In the bedroom, the two of us In labor, I am on my own  
I have suffered, I have suffered I have suffered on my own  
I have suffered, I have suffered I have suffered on my own  
On my head, luggage  
On my shoulders, a child  
On my back, a child In front, a pregnancy In the middle, the father In the bedroom, the two of us In labor, I am on my own  
Mmmmmmm mmmmmmmmm mmmmmmmmmmm  
This is a woman who doesn't know about family planning She lacks knowledge on family planning  
When she goes to the garden, she carries luggage on her head On her shoulders she carries a child, on her back a child, in front she carries a pregnancy In the night, her husband wants to have sex, and yet in labor she is all alone  
This woman has suffered, let us go for family planning  
Mmmmmmmmm mmmmmmmmmmm mmmmmmmmmmm  
I have suffered, I have suffered I have suffered on my own  
I have suffered, I have suffered I have suffered on my own  
On my head, luggage  
On my shoulders, a child  
On my back, a child In front, a pregnancy In the middle, the father In the bedroom, the two of us In labor, I am on my own  
I have suffered on my own

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by St John Volunteers based at Kayosha: Barbara Kabwe, Lenty Musolomoki, Gertrude Kumamwa, Joyce Lubesha, Anastasia Laishi, Felistus, Kasonde, Manase Phiri.

**Song lyrics: Attending ANC for a safer pregnancy and delivery**

Going to the hospital is good  
Let us go with the children to the hospital  
Going to the hospital is good  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy Let us go with the children to the hospital  
Monday has arrived Let us go for family planning  
Monday has arrived Let us go for family planning  
Tuesday has arrived Let us take the children for weighing  
Tuesday has arrived Let us take the children for weighing  
Wednesday has arrived Let us go and register our pregnancies  
Wednesday has arrived Let us go and register our pregnancies  
Thursday has arrived Let us go and have our pregnancies examined  
Thursday has arrived Let us go and have our pregnancies examined  
Friday has arrived Let us go and receive life  
Friday has arrived Let us go and receive life  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital

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Going to the hospital is good  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy Let us go with the children to the hospital  
Monday has arrived Let us go for family planning  
Monday has arrived Let us go for family planning  
Tuesday has arrived Let us take the children for weighing  
Tuesday has arrived Let us take the children for weighing  
Wednesday has arrived Let us go and register our pregnancies  
Wednesday has arrived Let us go and register our pregnancies  
Thursday has arrived Let us go and have our pregnancies examined  
Thursday has arrived Let us go and have our pregnancies examined  
Friday has arrived Let us go and receive life  
Friday has arrived Let us go and receive life  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital  
Us we should not be lazy  
Let us go with the children to the hospital

## **UKRI GCRF Life-Saving Lullabies: Reducing adolescent maternal and neonatal deaths in Zambia**

Song composed by St John Zambia volunteers based at Chunga: Mable Nankolongo, Jane Masango, Pamela Mwanza, Marvis Zulu, Oteri Saili, Enala Mbewe and Racheal Mutale.

### **Song lyrics: Coronavirus**

Mother can you help with this disease that has come  
Father can you help with this corona virus  
Mother can you help with this disease that has come  
Father can you help with this corona virus  
Mother can you help with this disease that has come  
Father can you help with this corona virus  
Corona eee corona eee corona eee corona eee corona has killed  
Corona eee corona virus corona corona has killed corona eee  
Corona virus corona virus  
It's a deadly disease it's a killer disease  
It's a deadly disease it's a killer disease  
Corona virus corona virus corona virus  
It's a deadly disease it's a killer disease  
It's a deadly disease it's a killer disease  
Corona virus BUT  
We can overcome it we can overcome it  
If we keep ourselves safe  
I say wash your hands  
Regularly aha regularly aha regularly aha regularly  
Don't touch your face  
Anyhow aha anyhow aha anyhow aha anyhow  
Corona virus corona virus  
It's a deadly disease it's a killer disease  
It's a deadly disease it's a killer disease  
Corona virus  
My brothers and sisters, family and friends, Corona virus is real don't shake hands, always remember  
to keep a social distance, stay safe  
Corona virus  
It's a deadly disease it's a killer disease  
It's a deadly disease it's a killer disease  
Corona virus

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### **Song lyrics: Coronavirus**

Corona virus is there for real  
Corona virus is there for real  
This corona disease is there for sure  
This corona disease is there for sure  
My brothers let us look after ourselves  
My brothers let us look after ourselves  
We should be washing our hands frequently  
We should be washing our hands frequently  
We should be separating ourselves from groups of people  
We should be separating ourselves from groups of people  
We should separate ourselves for fourteen days  
We should separate ourselves for fourteen days  
Corona virus is there for real  
Corona virus is there for real  
This Corona disease is there for sure  
This corona disease is there for sure  
When you have a headache, go to the hospital  
When you have a headache, go to the hospital  
A sore throat, go to the hospital  
A sore throat, go to the hospital  
Coughing, go to the hospital  
Coughing, go to the hospital  
Even sneezing, go to the hospital  
Even sneezing, go to the hospital  
My brothers let us go to the hospital  
My brothers let us go to the hospital  
My brothers let us go to the hospital  
My brothers let us go to the hospital  
Corona virus is there for real  
Corona virus is there for real  
This Corona disease is there for sure  
This corona disease is there for sure

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**Song lyrics: Coronavirus 4**

In this world, this world eee  
Corona virus has troubled us  
In this world, this world eee  
Corona virus has troubled us  
In this world, this world eee  
Corona virus has troubled us  
They have given us instructions to follow, let us follow eeh  
Let us avoid to shake hands, Let us avoid to shake hands  
Let us avoid to shake hands, Let us avoid to shake hands  
Let us avoid touching our face  
Let us avoid touching our face  
Let us avoid touching our face  
Let us avoid touching our face  
Let us wash our hands every time  
Let us wash our hands with soap  
Let us wash our hands every time  
Let us wash our hands with soap  
Let us wash our hands every time  
Let us wash our hands with soap  
When coughing, let us close our month  
When coughing, let us close our month  
When coughing, let us close our month  
When coughing, let us close our month  
Corona virus corona eee  
Corona virus has troubled us  
Corona virus corona eee  
Corona virus has arrived  
Mothers and fathers corona virus is an illness that has reached our country, not only in our country but the whole world, and it is a very bad disease, it is not a good disease, and this disease kills, and how do we know that this illness has reached us, when we have a headache, chest pains, sore throat, having a fever, high body temperature, when we feel all these symptoms we need to go to the hospital, if we are failing to breathe, let us go to the hospital or quickly call the numbers that we were given so that we could be assisted quickly. And also let us follow what we were told to do, let us wash our hands with soap frequently, let us avoid handshakes or being close to each other, let us follow this because this disease is bad and can kill, thank you.  
Mmmm mmmmm mmmmm mmmmm  
Corona virus corona eee  
Corona virus has troubled us  
Corona virus corona eee  
Corona virus has troubled us  
Corona virus corona eee  
Corona virus has arrived

**UKRI GCRF Life-Saving Lullabies:  
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Song composed by young mothers based in Kapila.

**Song lyrics: Ziko ya ma tends Song**

It is a world of diseases that we all live in  
It is a world of diseases that we all live in  
It is a world of diseases that we all live in  
It is a world of diseases that we all live in  
Women  
It is a world of diseases that we all live in  
Men  
It is a world of diseases that we all live in  
There is family planning  
It is a world of diseases that we all live in  
There is Corona [virus]  
It is a world of diseases that we all live in  
Let us get tested  
It is a world of diseases that we all live in  
Do not be afraid  
It is a world of diseases that we all live in



**UKRI GCRF Life-Saving Lullabies:  
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Song composed by young mothers from Kayosha.

**Song lyrics: Mwana Alila Song**

When the baby is crying, do you know what is causing the baby to cry?  
When the baby is crying, do you know what is causing the baby to cry?

The baby is hungry  
The baby wants to sleep  
The nappy is wet

The baby is hungry  
The baby wants to sleep  
The nappy is wet