

CHILDBIRTH SPACING IS GOOD FOR EVERYONE



KNOW - know the facts about childbirth spacing.



TALK - talk to your partner about childbirth spacing.



GO - go for a Childbirth spacing method.

Get It Together!

The right method is the one that suits you.



Modern Family Planning Methods: **Safe and Trusted**



CHILDBIRTH SPACING BETA FOR EVERYBODY



KNOW - Know wetin
childbirth spacing
dey do.



TALK - Talk childbirth
spacing wit ya partner.



GO - Waka go do
childbirth spacing.

Get It Together!

The correct method na the one wey fit you.



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O BU IHE DI MMA NYE ONYE OBULA MGBE DI NA NWUNYE NYERE OHERE TUPU HA AMUO NWA OZO



MATA - Imaa maka inye
ohere omumu.



KWUO - Gwa di gi ma
o bu nwunye gi banyere
inye ohere omumu.



GAA - Gaa maka inye
ohere omumu n'ulo
ogwu di gi nso.

Uzo kacha mma bu nke ga adi gi mma.



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TAZARAR HAIHUWA NA DA AMFANI GA KOWA



A SANI - Nemi ilimi da sanayya akan tazarar haihuwa.



A TATTAUNA - Ku tattauna da juna game da tazarar haihuwa.



A JE - A nemi hanyan tazarar haihuwa a wajen kwararrun ma'aikatan lafiya.

Akwai hanyar data dace ga kowace mace.



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