

CHILDBIRTH SPACING IS GOOD FOR EVERYONE



Get It Together!



When Families Space their Children;

Fathers can have more time, resources and energy to fulfill their roles in the family and community.

Mothers will have time to rest and regain their strength between pregnancies and will be able to care for the family.

Children can grow and develop well to become a part of healthier and stronger families and communities.

Communities can be most productive and prosperous when families are healthy and strong.



KNOW - know the facts about childbirth spacing.



TALK - talk to your partner about childbirth spacing.



GO - go for a Childbirth spacing method.

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



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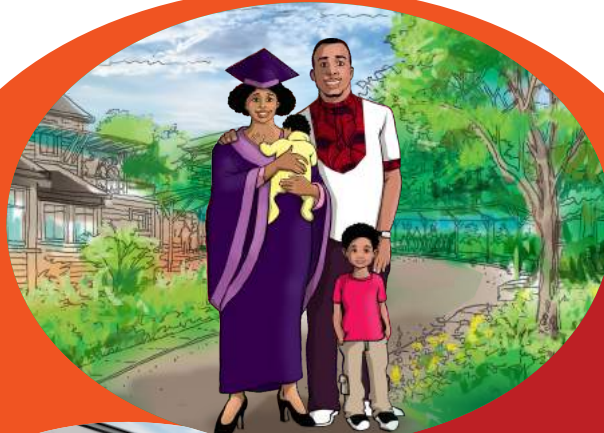
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O BU IHE DI MMA NYE ONYE OBULA MGBE DI NA NWUNYE NYERE OHERE TUPU HA AMUO NWA OZO



Mata Kwuo Gaa



Ezi na uno nye ohere tupu a muo nwa ozo?

Ndi Nna ga enwekwu ike, oge nakwa aku na uba iru oru diri ha n' ezi na ulo ha nakwa n' ime obodo.

Ndi Nne ga enwe ohere izu ike bia nwetakwa ahuike site ime umu ndi ha muru bia nwekwa ike iji lekota ezi na ulo ya anya.

Umu ntakiri ga-enwe ike ito uto otu di mma bia burukwa otu n' ime ngalaba ndi di ike ma nwekwa ahuike n' ezi na ulo na ime obodo.

Ndi obodo gana emeputa ihe ahuru anya biakwa nwee oga n' ihu mgbe ezi na ulo nwere ahuike na mgbasi ike.



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.



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TAZARAR HAIHUWA NA DA AMFANI GA KOWA



A Sani A Tattauna A je



Idan iyalai su ka bayar da tazara tsakanin haihuwa kowa zai amfana.

Iyaye Maza za su sami wadataccen lokaci, da abin masarufi, da kuzarin sauke nauyin da ya rataya a wuyan su na iyali da sauran al'umma.

Iyaye Mata za su sami isashshen hutu su mayar da kuzarin su tsakanin ciki da haihuwa yadda za su fi iya kulawa da iyali.

'Ya'ya za su girma cikin koshin lafiya su kasance wani bangare na lafiyayyun iyali da kuma al'umma.

Al'umma za ta kasance mafi inganci da ci gaba idan Iyalai su ka kasance lafiyayyu kuma ma su kuzari.



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.



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CHILDBIRTH SPACING BETA FOR EVERYBODY



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When family dem dey give gap afta den born pikin before the mama carry another belle, na everybody dey enjoy am

Papa go fit use hin time plus hin money do de tins wey hin suppose do for in family and even in community

Mama go get time rest well well and her power go don come back before anoda belle enta, and she go fit do well for her husband and pikin dem

Pikin dem no go dey sick every day and den go fit grow to do beta tins for den family and community

Community life dey beta well well wen de family dem wey dey inside am dey kampe.



KNOW - Know wetin childbirth spacing dey do.



TALK - Talk childbirth spacing wit ya partner.



GO - Waka go do childbirth spacing.

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