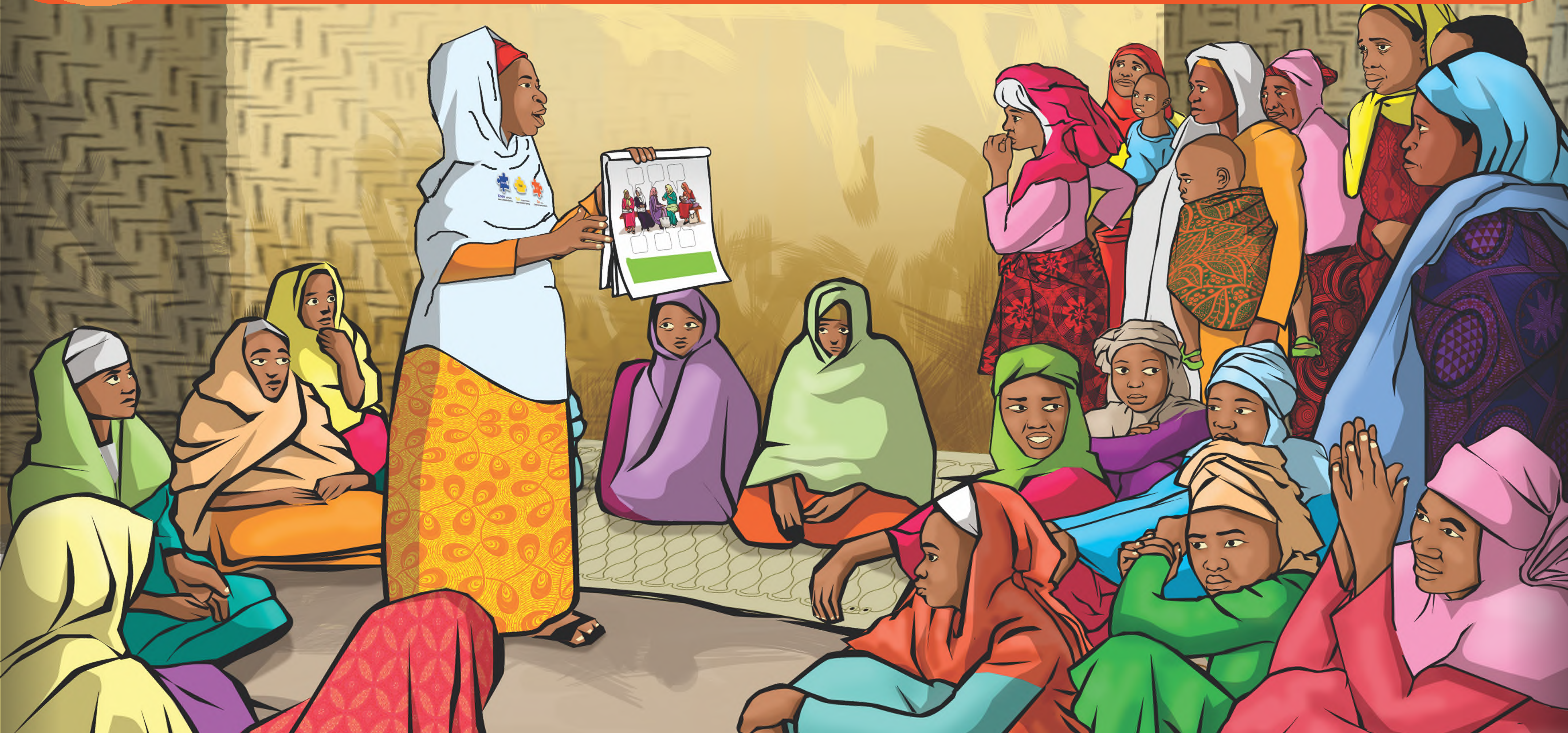
CHILDBIRTH SPACING IS GOOD FOR EVERYONE
TAZARAR HAIHUWA TANA DA AMFANI GA KOWA

Compound Meeting



USAID FROM THE AMERICAN PEOPLE

HEALTH COMMUNICATION CAPACITY COLLABORATIVE

Introduction
Gabatarwa

English

“Good morning/afternoon! My name is ___________. I am a Community Mobilizer with the HC3 project. It is a project with the overall aim to improve maternal and child health. Part of the project is going community to community to engage with men and women about the things they can do to ensure their families and communities stay healthy and thrive.”

“The first session of this meeting is asking you some questions. We want to hear from you - what issues and challenges you face related to pregnancy and delivery and what you do about them.”

“The first question I would like to ask you is...”

Hausa

“Barkan mu da war haka, sunana .... Ina aiki da wani project da ake kira HC3. HC3 project ne da yake kokarin inganta lafiyar mata da kuma kananan yara. Daya daga cikin ayyukan wannan project shine shiga cikin al'umma domin tattaunawa da maza da mata akan abubuwan da za'a iya yi don a tabbatar iyali sun samu ingantacciyar lafiya.”

“Da farko zamu fara muku wasu tambayoyi. Muna so mu ji daga gareku irin matsalolin da kuke fuskanta a lokacin da kuke da juna biyu da lokacin haihuwa da kuma abubuwan da kuke yi akan wadannan matsalolin.”

“Tambayar mu ta farko itace”

Challenges Faced By Women & Pregnant Women In The Community
Matsalolin Da Mata Masu Juna Biyu Suke Fuskanta

1A

Challenges Faced By Women & Pregnant Women In The Community
Matsalolin Da Mata Masu Juna Biyu Suke Fuskanta

English

***NOTE FOR FACILITATOR:** Ask the participants what they can see in the picture.*

Discussion Question: What are the common problems that women experience during pregnancy and childbirth?

- Briefly provide information (and numbers if available) on problems women experience during pregnancy and childbirth.
- Briefly describe the following:
  - Miscarriages
  - Convulsions in pregnancy (Eclampsia)
  - Prolonged labor
  - Excessive bleeding
  - Stillbirths
  - Babies born too early or too small

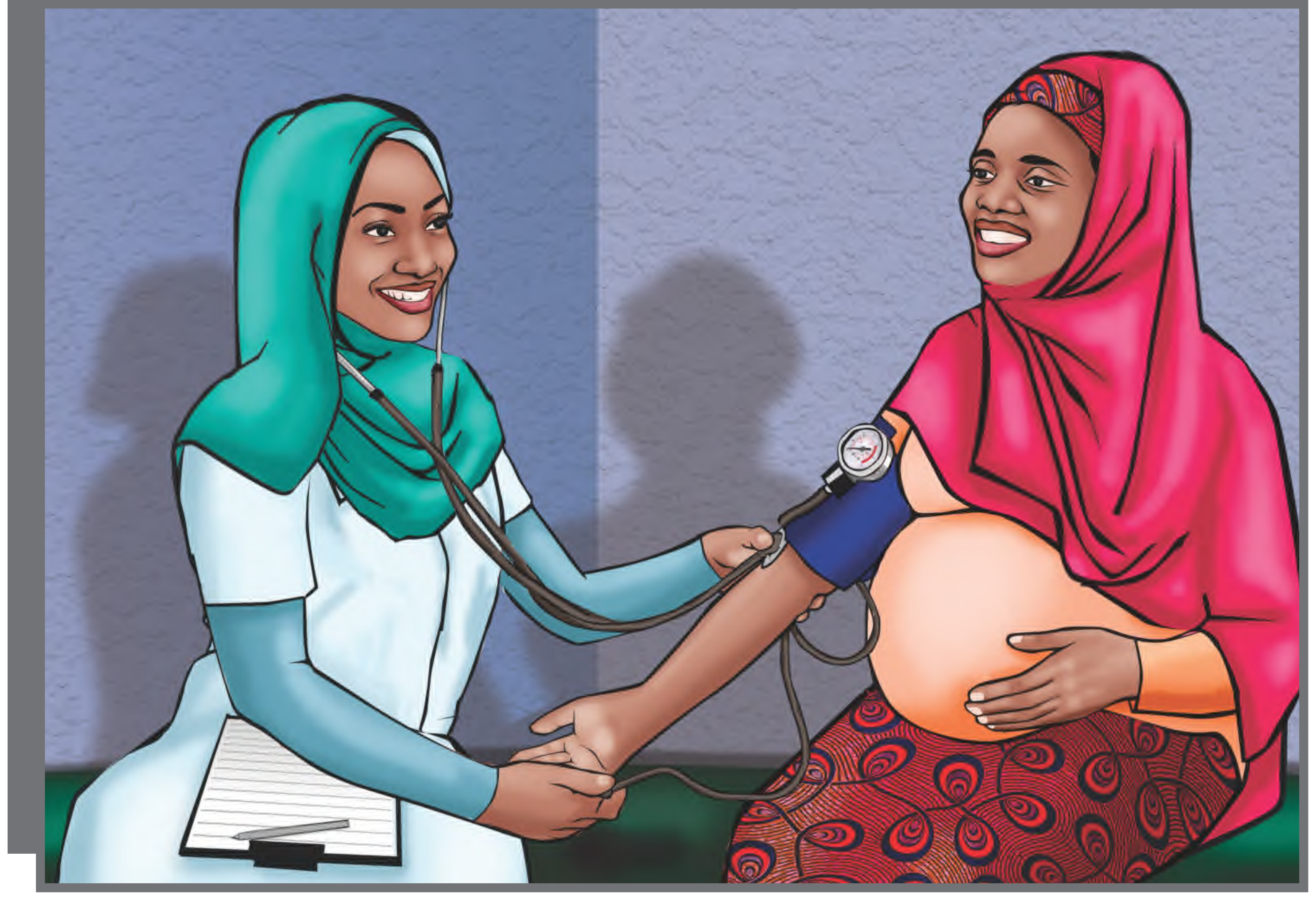
Hausa

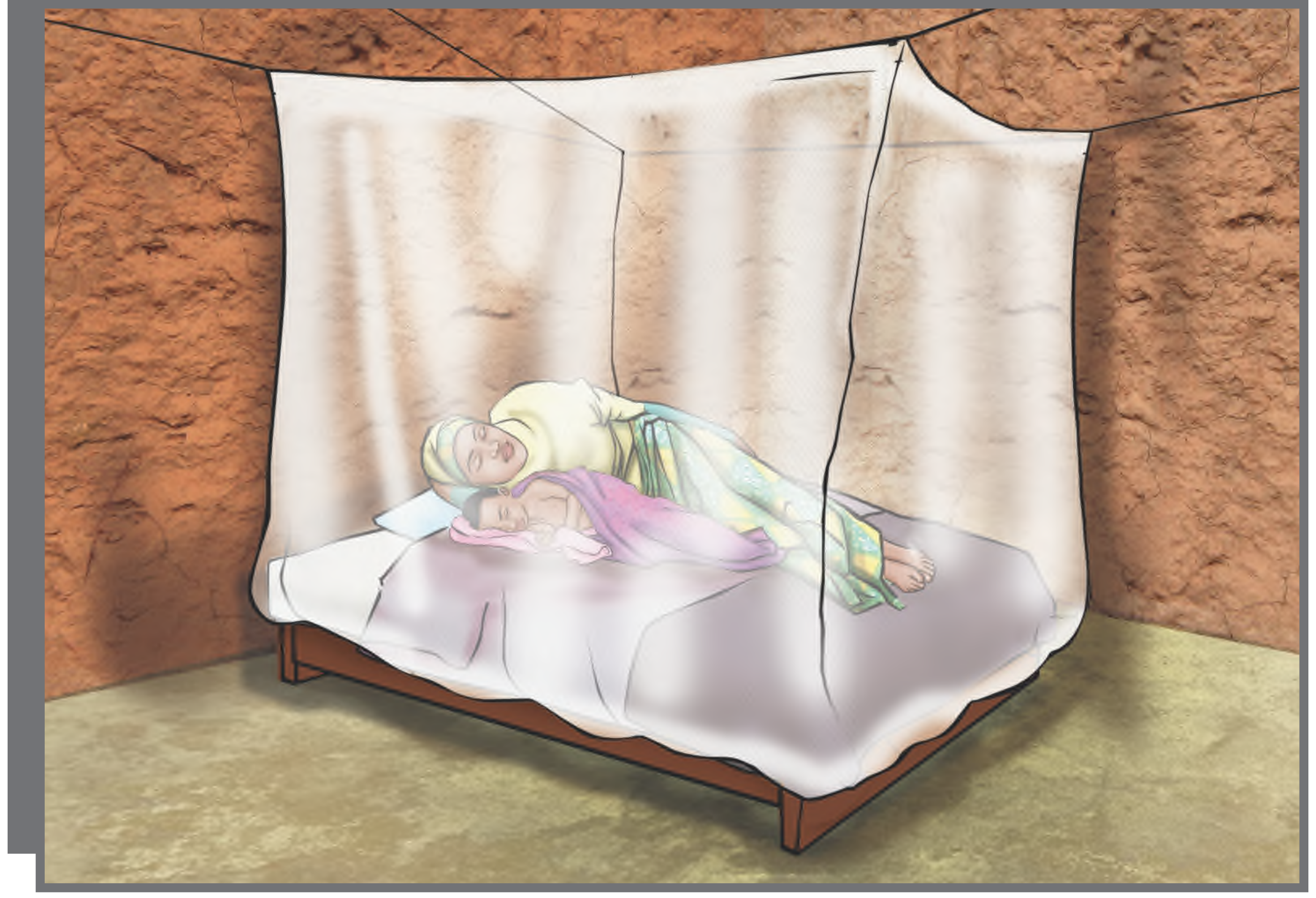
***ABIN LURA GA JAGORAN TATTAUNAWA:** Tambayi mahalarta taron abin da suka gani a wannan hoton*

Tambayar Tattaunawa: Wadanne matsaloli mata su ka fi fuskanta yayin goyon ciki da haihuwa?

- Yi takaitaccen bayani (da kididdiga in akwai) kan matsalolin da mata ke fuskanta yayin goyon ciki da haihuwa
- Yi bayanin wadannan a takaice:
  - Bari
  - Jijjiga yayin da mace ke da juna biyu (Jijjiga)
  - Doguwar Nakuda
  - Zubar da jini mai yawa
  - Haihuwar jariri ba rai
  - Ya'yan da aka Haifa kafin lokaci ko kuma 'yan mitsi-mitsi

Proven Maternal & Newborn Health Interventions
Ingantattun Hanyoyin Kare Lafiyar Mata Da Yara





Proven Maternal & Newborn Health Interventions
Ingantattun Hanyoyin Kare Lafiyar Mata Da Yara

English

***NOTE FOR FACILITATOR:** Ask the participants what they can see in the picture.

Discussion Question: What can women do to have a safe pregnancy and deliver a healthy newborn?

- Provide information on the health interventions that can help prevent problems during pregnancy and childbirth.
  - Antenatal care
  - Malaria prevention
  - Emergency preparedness
  - Recognition of danger signs
  - Breastfeeding
  - Skilled attendance at delivery
  - Postnatal care
  - Immunization
  - **CHILDBIRTH SPACING**
  - Adequate nutrition

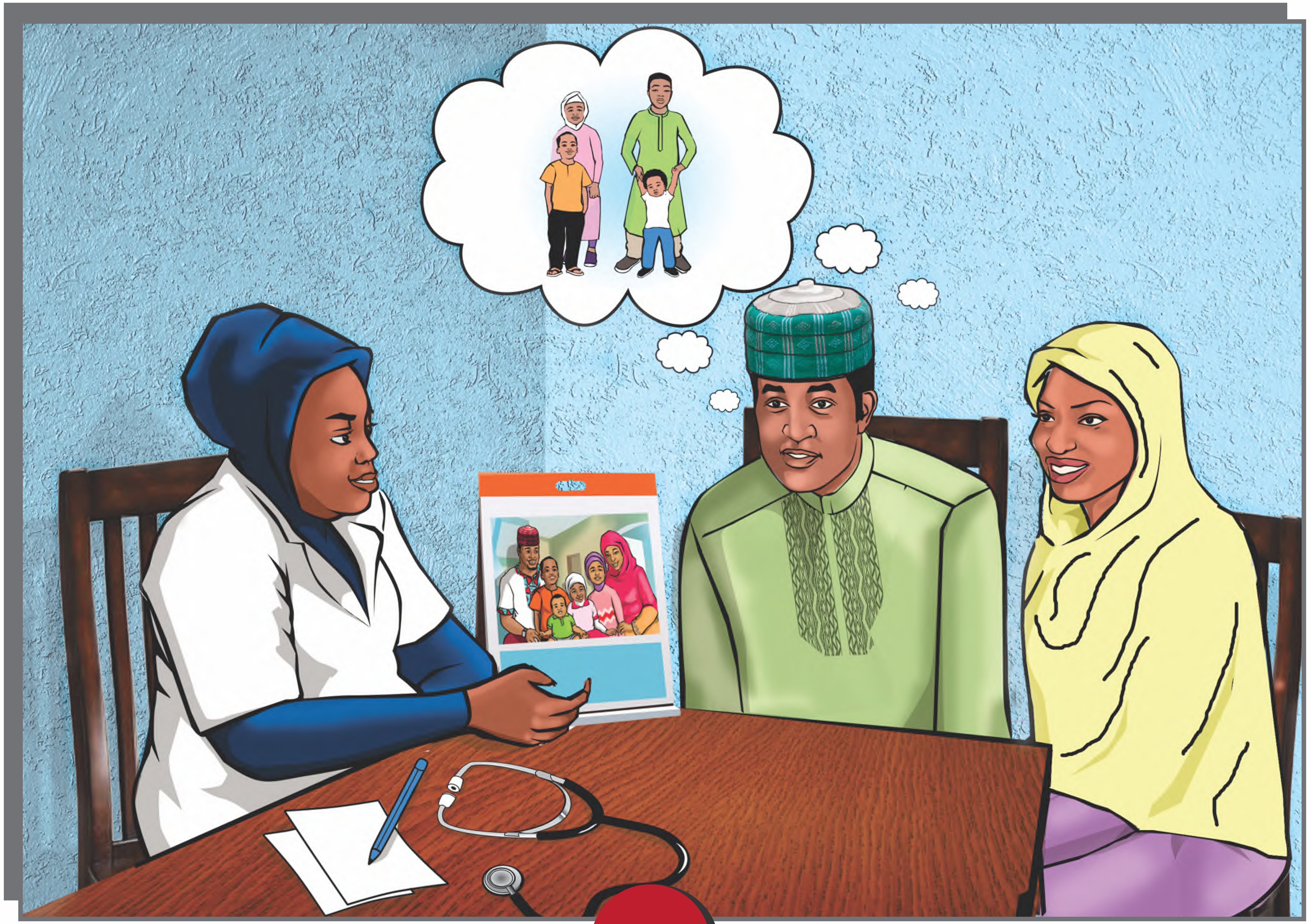
Hausa

***ABIN LURA GA JAGORAN TATTAUNAWA:** Tambayi mahalarta taron abin da suka gani a wannan hoton.

Tambayar Tattaunawa: Me mata za su yi domin samun lafiyayyen ciki da kuma haifar lafiyayyun yara?

- Yi bayanin taimakon kiwon lafiya da zai taimaka wajen kare afkuwar matsaloli yayin goyon ciki da haihuwa.
  - Zuwa Awo
  - Kariya daga Zazzabin cizon sauro
  - Shirin ko ta kwana
  - Gane alamomin Hatsari ga mai ciki
  - Shayarwa
  - Kulawar kwararru lokacin haihuwa
  - Kulawar bayan Haihuwa
  - Rigakafi
  - **TAZARAR HAIHUWA**
  - Cin ingantaccen Abinci

Introduction To Childbirth Spacing
Gabatar Da Tazarar Haihuwa



Introduction To Childbirth Spacing
Gabatar Da Tazarar Haihuwa

English

***NOTE FOR FACILITATOR:** Ask the participants what they can see in the picture.

Discussion Question: What is childbirth spacing?

- Allow participants to express their opinions (negative or positive) on childbirth spacing.
- Acknowledge the negative perceptions but focus on the positive ones.

Discussion Question: Do you think childbirth spacing can help reduce the impact of these problems we have listed?

- Allow participants to express their opinions (negative or positive) on childbirth spacing.
- Acknowledge the negative perceptions but focus on the positive ones.
- Provide the benefits, listed below and in the next section.

Hausa

***ABIN LURA GA JAGORAN TATTAUNAWA:** Tambayi mahalarta taron abin da suka gani a wannan hoton.

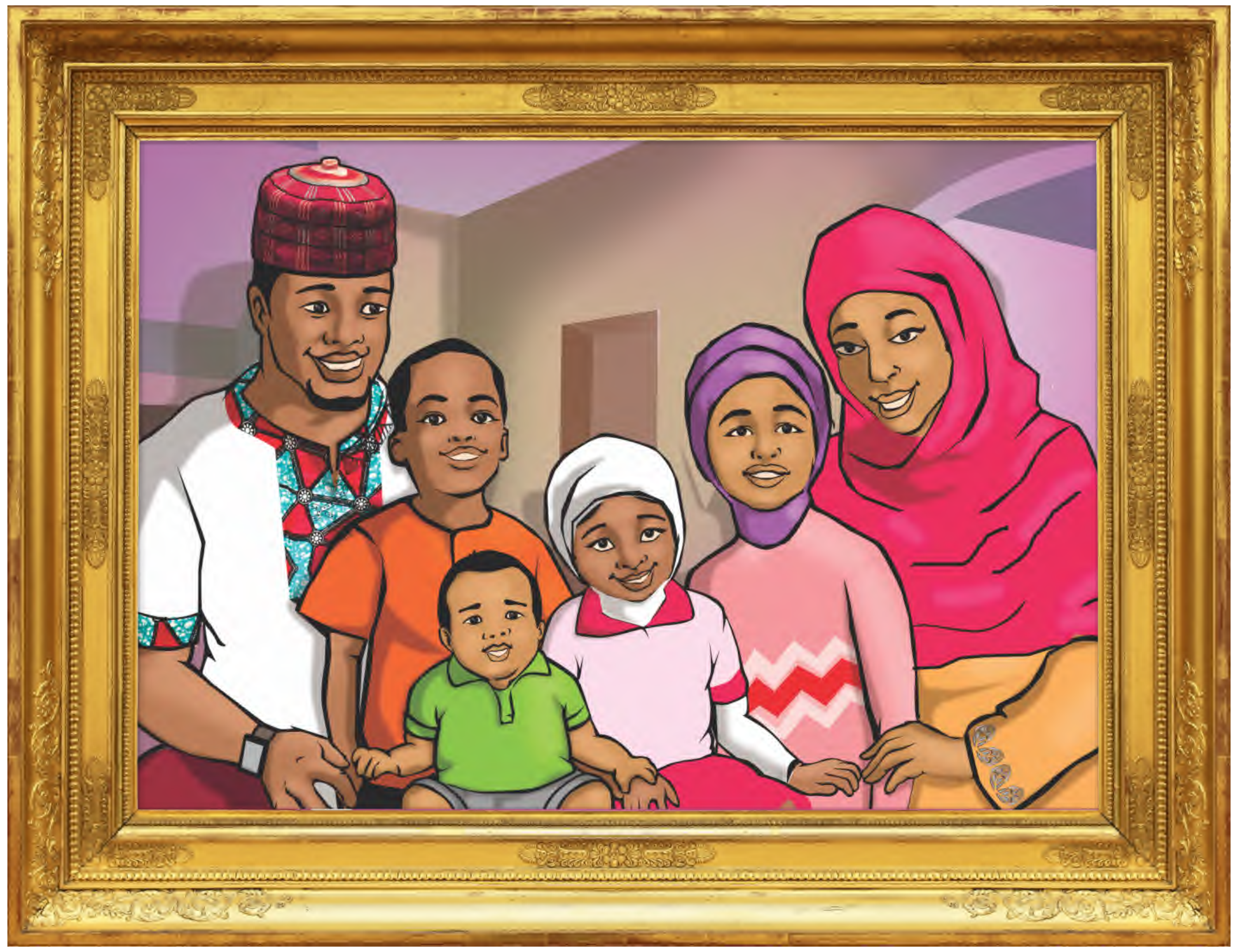
Tambayar Tattaunawa: Me ne ne Tazarar Haihuwa?

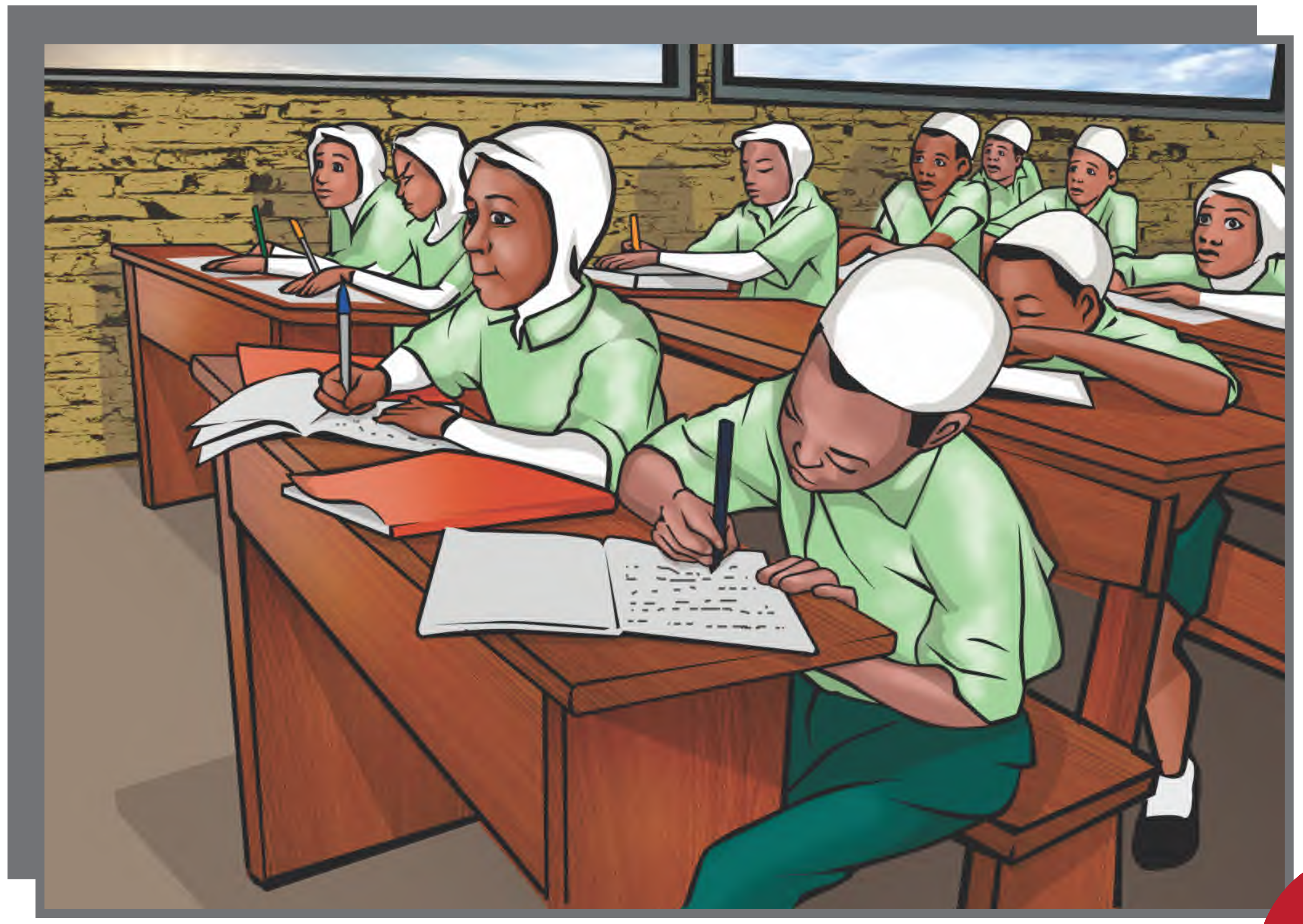
- Baiwa mahalartan dama su bayyana ra'ayin su (Kyama ko goyon baya) akan tazarar haihuwa.
- Karbi ra'ayi na kyamar amma a mai da hankalin akan ra'ayi na goyon bayan.

Tambayar Tattaunawa: Ku na ganin tazarar haihuwa zata iya taimakawa wajen rage tasirin wadannan matsalolin da mu ka lissafa?

- Baiwa mahalartan dama su bayyana ra'ayin su (Kyama ko goyon baya) akan tazarar haihuwa.
- Karbi ra'ayi na kyamar amma a maida hankalin akan ra'ayi na goyon bayan.
- Bayyana fa'idojin da aka lissafa a nan kasa da kuma bangare na gaba.

Childbirth Spacing Is Good For Everyone
Tazarar Haihuwa Na Da Amfani Ga Kowa





Childbirth Spacing Is Good For Everyone
Tazarar Haihuwa Na Da Amfani Ga Kowa

English

***NOTE FOR FACILITATOR:** Go through the content below with participants.

It is healthiest for a woman to have a pregnancy when her body is ready. A woman's body is not fully ready for the stresses of pregnancy if she has given birth less than 2 years ago, or if she is very young when she first becomes pregnant.

Women who get pregnant too soon after their last birth or at a very young age are more likely to have health problems during pregnancy and delivery, and their children are more likely to be sickly.

Spaced pregnancies are when a woman becomes pregnant at least two years after her last birth.

When families space their children, everyone can benefit.

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.

"Does anyone have any questions about what childbirth spacing means?"

"Now we will go through some of the benefits for fathers, mothers, children and communities in more depth, one group at a time. Let's begin with mothers"

Hausa

***ABIN LURA GA JAGORAN TATTAUNAWA**: Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Lafiyar mace ta fi inganta idan ta sami juna biyu bayan da jikin ta ya gama murmurewa. Maccen da bata kai shekaru biyu da haihuwa ba, jikin ta bai gama warwarewar da zai jure wahalhalun goyon wani cikin ba, ko kuma idan ta kasance tana da matukar karancin shekaru lokacin da ta sami cikin farko.

Matan da ke samun ciki da wur-wuri bayan haihuwa ko kuma da su ke da karancin shekaru suna cikin hatsarin yawan rashin lafiya yayin goyon ciki da kuma haihuwa, akwai kuma yiwuwar 'ya'yansu su kasance ma su yawan rashin lafiya.

Tazarar Haihuwa shine mace ta sake samun juna biyu, bayan akalla shekara biyu da haihuwar da ta gabata

Idan iyalai su ka bayar da tazara tsakanin haihuwa kowa zai iya 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 isasshen hutu su mayar da kuzarin su tsakanin ciki da haihuwa yadda za su fi iya kulawa da iyali.

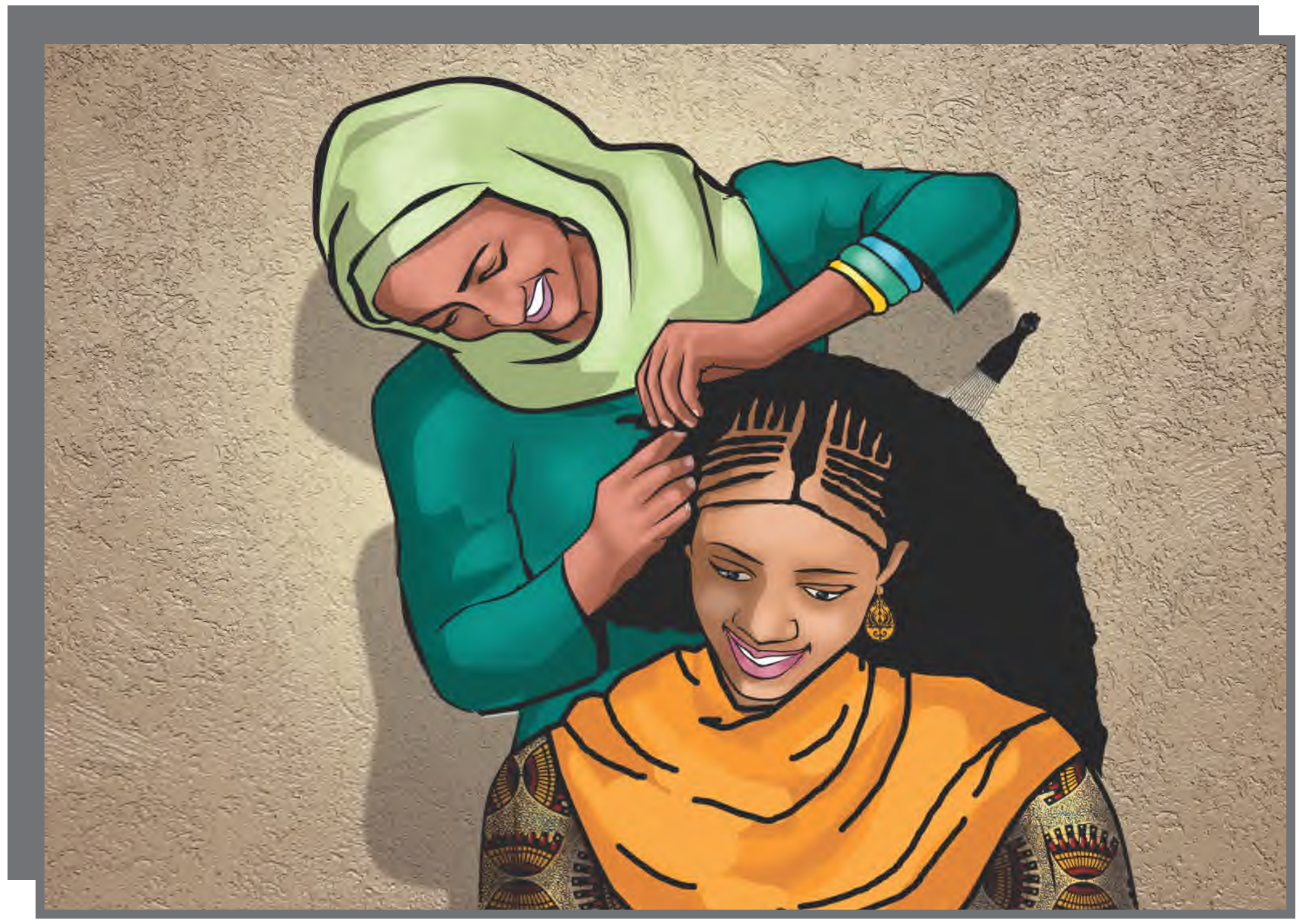
'Ya'ya za su girma cikin koshin lafiya su kasance wani bangare na lafiyayyun iyali da kuma al'umma.

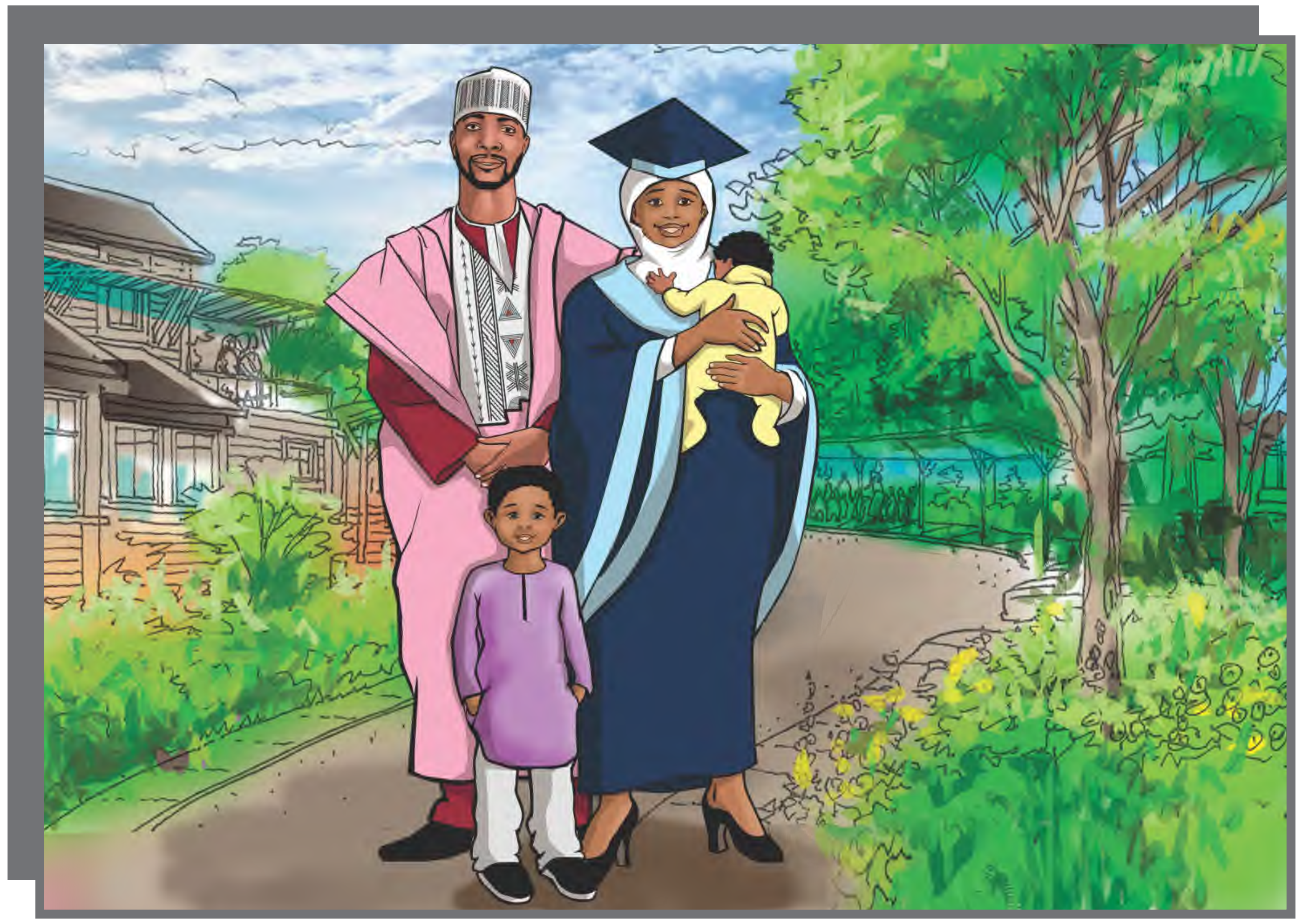
Al'umma za ta kasance mafi inganci da ci gaba idan iyalai su ka kasance lafiyayyu kuma ma su kuzari.

"Akwai mai tambaya akan abin da tazarar haihuwa take nufi?"

"Yanzu zamu yi tattaunawa mai zurfi akan fa'idojin tazarar haihuwa ga iyaye maza ga iyaye mata ga yara da kuma al'umma daya bayan daya. Zamu fara da iyaye mata"

Childbirth Spacing Benefits For Mothers
Fa'idojin Tazarar Haihuwa Ga Iyaye Mata





Childbirth Spacing Benefits For Mothers
Fa'idojin Tazarar Haihuwa Ga Iyaye Mata

English

"Now we will go through some of the benefits for mothers."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Ask participants what they think mothers benefit from childbirth spacing.
Go through the content below with participants.

When a family chooses to wait two years after the last birth before getting pregnant again, mothers have proper time to rest and can devote more of their attention to their families and themselves:

Have time to rest, heal and regain strength.
Pregnancy and delivery take a toll on a woman's body, so planning the next pregnancy for two years or more after the last birth allows a woman to rest, heal and regain strength before the next pregnancy.

Older children can help care for younger siblings.
When a family plans a longer time between pregnancies, older children can help parents by caring for younger siblings and give parents more time for other things.

Have time to plan for the next child.
Spacing pregnancies allows her to plan for and do things, like learning a trade or going to school, between pregnancies as well as have adequate time to prepare for another child.

Increase intimacy with her husband.
When a couple spaces pregnancies, they can relax and enjoy intimate moments more without worry or stress.

Better guide and support her children.
Mothers who do not have to spread their attention and care across many young children at the same time can better provide each child with the physical support and emotional guidance they need.

"Does anyone have any questions about the benefits of childbirth spacing for mothers that we just discussed?"

"Does anyone have any benefits that we did not cover and they would like to add?"

Hausa

"Yanzu zamu tattauna akan wasu daga cikin fa'idojin tazarar haihuwa ga iyaye mata"

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Tambayi mahalarta taron idan sun san fa'idojin tazarar haihuwa ga iyaye mata.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Idan ma'aurata suka yarda su jira zuwa shekara biyu bayan haihuwa kafin a samu wani cikin, iyaye mata zasu huta sosai kuma zasu mayar da hankulan su kan iyalan su da kuma su kan su.

Mahaifa za ta huta ta koma daidai, sannan matar zata samu lokaci ta murmure, ta kuma samu karin kuzari.
Goyon ciki da haihuwa suna gajiyar da jikin mace sosai, shi ya sa jinkirta sake samun ciki bayan haihuwa har sai bayan akalla shekara biyu ko fiye, na baiwa mace dama ta sami hutu ta kuma mayar da karfin ta kafin wani cikin.

Yayan da suka girma zasu taimaka wajen lura da kanen su
Idan ma'aurata suka yi tazarar haihuwa mai tsawo, yaran da suka girma zasu taimakawa iyayensu wajen kula da kannen su, wannan zai bawa iyayen lokacin yin wasu abubuwan.

Samun isashen lokacin shiryawa haihuwa ta gaba
Yin tazarar haihuwa zai bata damar tsara abubuwan da zata yi, kamar koyon sana'a ko komawa makaranta a tsakanin haihuwa da wani cikin, da kuma damar shiryawa samun wani cikin a tsanake

Karin shakuwa da mijin ta
Idan Ma'aurata suka tsara lokacin haihuwa, za su sami lokacin hutawa da samun jin dadin aure ba tare da damuwa da wahalhalu ba.

Baiwa 'Ya'yan ta cikakkiyar Kulawa da tallafawa
Iyaye mata da basa bukatar raba hankalin su kan kananan yara da yawa a lokaci guda, za su fi samun damar baiwa kowanne yaro irin kulawa da tarbiyyar da ya ke bukata.

"Akwai mai tambaya akan fa'idojin tazarar haihuwa ga iyaye mata da muka tattauna?"

"Akwai wanda yake da wasu fa'idojin da yake ganin bamu fada ba, ko kuma yake so ya kara? "

Childbirth Spacing Benefits For Children
Fa'idojin Tazarar Haihuwa Ga Yara

Childbirth Spacing Benefits For Children
Fa'idojin Tazarar Haihuwa Ga Yara

English

"Next, we will go through some of the childbirth spacing benefits for children."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Ask participants what they think **children** benefit from childbirth spacing.
Go through the content below with participants.

When a family waits for the healthiest times to have children, each child has a higher chance of growing up healthy and succeeding in the community.

Have a higher chance of surviving their first five years of life.
With the recommended spacing, children are more likely to survive their first five years of life and be healthier.

Develop well.
Longer breastfeeding and more time to give children attention contributes to their physical health and mental development.

Spend more quality time with parents.
When parents have fewer small children to care for at the same time, they can have more time to spend and bond with the children they have.

Have better health and education opportunities.
Children who are spaced by two years or more are better prepared to learn and perform better in school.

"Does anyone have any questions about the benefits of childbirth spacing for children that we just discussed?"

"Does anyone have any benefits that we did not cover and they would like to add?"

Hausa

"Yanzu zamu tattauna akan wasu daga cikin fa'idojin tazarar haihuwa ga yara"

***ABIN LURA GA JAGORAN TATTAUNAWA:** Tambayi mahalarta taron abin da suka gani a wannan hoton.
Tambayi mahalarta taron idan sun san fa'idojin tazarar haihuwa ga yara.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Idan iyali suka jira zuwa lokacin daya dace su sami yara, ko wanne yaro zai fi samun damar girma cikin koshin lafiya da ci gaba da taimakawa al'ummar sa.

Yara sun fi samun damar ketare shekaru biyar na farkon rayuwar su.
Idan aka yi tsarin da ya dace, yara sun fi samun damar tsallake shekaru biyar na farkon rayuwar su cikin sauki da koshin lafiya.

Samun kyakkyawan ci gaba
Shayar da yara nonon Uwa yadda ya kamata da kuma da kuma samun lokacin ba su kulawa, na taimakawa Girma da lafiyar jikinsu da ma kwakwalwar su.

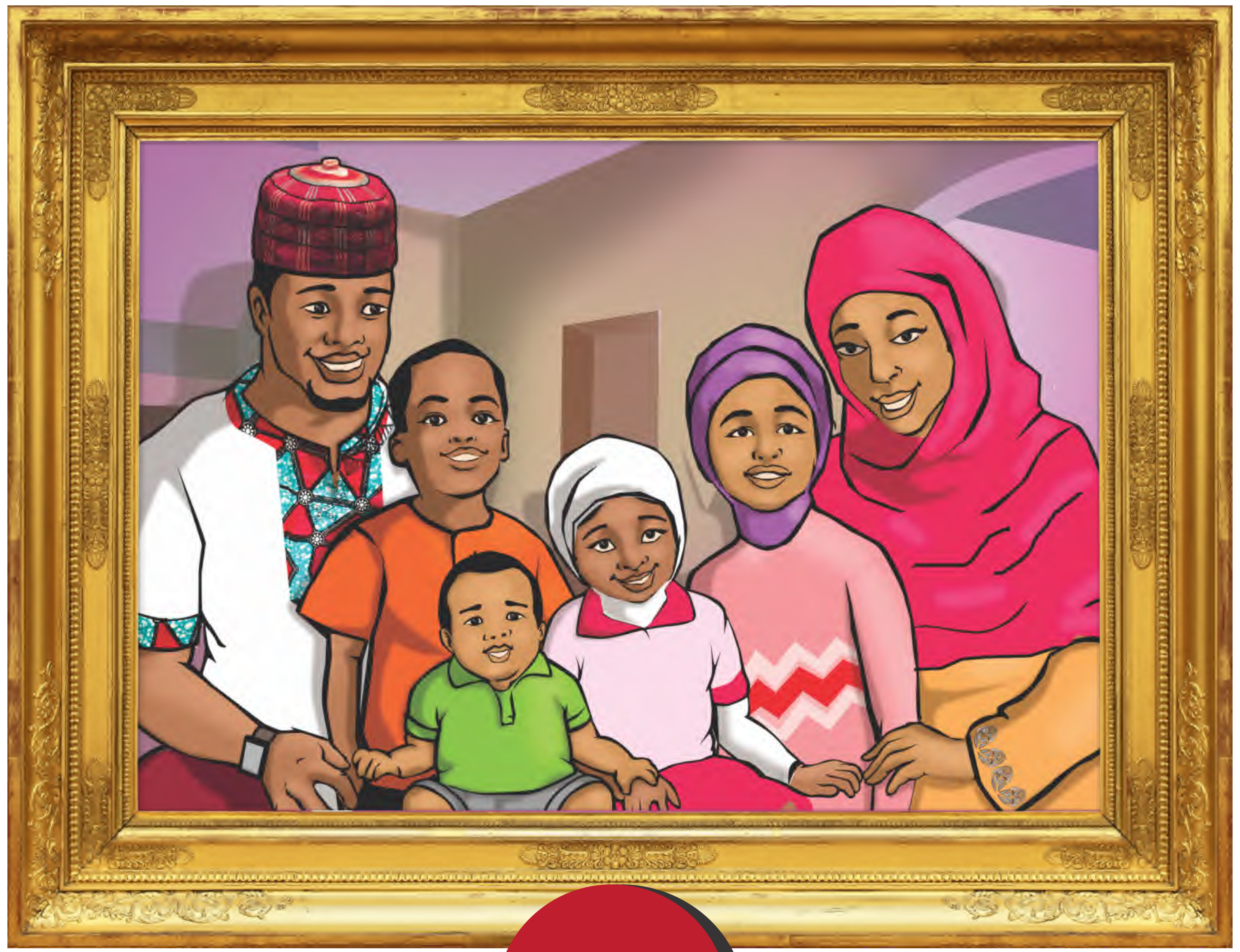
Samun cikakken lokaci mai amfani da iyaye
Idan iyaye basu da kananan yara da yawa a lokaci daya, zasu iya baiwa kowanne yaro lokacin da ya kamata da kuma shakuwa dashi.

Samun ingantacciyar lafiya da damar Ilimi.
Yaran da suka sami tazarar shekara biyu ko fiye da haka, sun fi samun juriya da kuma kwazo a makaranta.

"Akwai mai tambaya akan fa'idojin tazarar haihuwa ga iyaye mata da muka tattauna?"

"Akwai wanda yake da wasu fa'idojin da yake ganin bamu fada ba, ko kuma yake so ya kara?"

Childbirth Spacing Benefits For Fathers
Fa'idojin Tazarar Haihuwa Ga Iyaye Maza



Childbirth Spacing Benefits For Fathers
Fa'idojin Tazarar Haihuwa Ga Iyaye Maza

English

"Now we will go through some of the benefits for fathers."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Ask participants what they think fathers benefit from childbirth spacing.
Go through the content below with participants.

When a family chooses to wait at least two years after the last birth before getting pregnant again, a father can devote more attention to the family and better fulfill his role as provider.

Feel confident and proud that he is caring for his family's health and development.
He can fulfill his role as man of the family by taking the steps to have a healthy family. Each family member's needs are met and this contributes to a feeling of wellbeing among the family.

Better guide and support his children.
Fathers who do not have to spread their attention and care across many young children at the same time can better provide each child with the physical support and emotional guidance they need.

Have time to plan for the next child.
Spacing pregnancies allows him to plan for and do things between pregnancies as well as to have adequate time to prepare for another child.

His wife will be more attractive.
His wife will be more attractive when she is rested and has more energy. She will also have more time to do things for herself.

He can better provide for the family financially.
Personal savings and investments increase when working parents have fewer children to support at the same time.

"Does anyone have any questions about the benefits of childbirth spacing for fathers that we just discussed?"

"Does anyone have any benefits that we did not cover and they would like to add?"

Hausa

"Yanzu zamu tattauna akan wasu daga cikin fa'idojin tazarar haihuwa ga iyaye maza"

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Tambayi mahalarta taron idan sun san fa'idojin tazarar haihuwa ga iyaye maza.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Idan Iyali su ka amince da jinkirta sake samun ciki akalla shekara biyu bayan haihuwa, Mahaifi zai mayar da hankalin sa kan al'amuran iyalin da kuma sauke nauyin da ya rataya a wuyan sa a matsayin sa na mai nemowa.

Zai sami karfin gwiwa da alfaharin cewa yana kulawa da lafiyar iyalin sa da ci gaban su.
Zai sauke dukkan nauyin da ke kansa, a matsayin magidanci, ta hanyar daukan matakan samun lafiyayyun iyali. Kowa a cikin iyalan zai sami biyan bukatun sa, wannan zai taimaka wajen samar da kwanciyar hankali da jin dadi tsakanin iyali.

Zai samu damar baiwa 'ya'yan sa cikakkiyar kulawa da tallafawa
Iyaye mazan da basa raba hankalin su kan kananan yara barkatai lokaci guda, za su fi samun damar baiwa kowanne yaro irin kulawa da tarbiyyar da ya ke bukata.

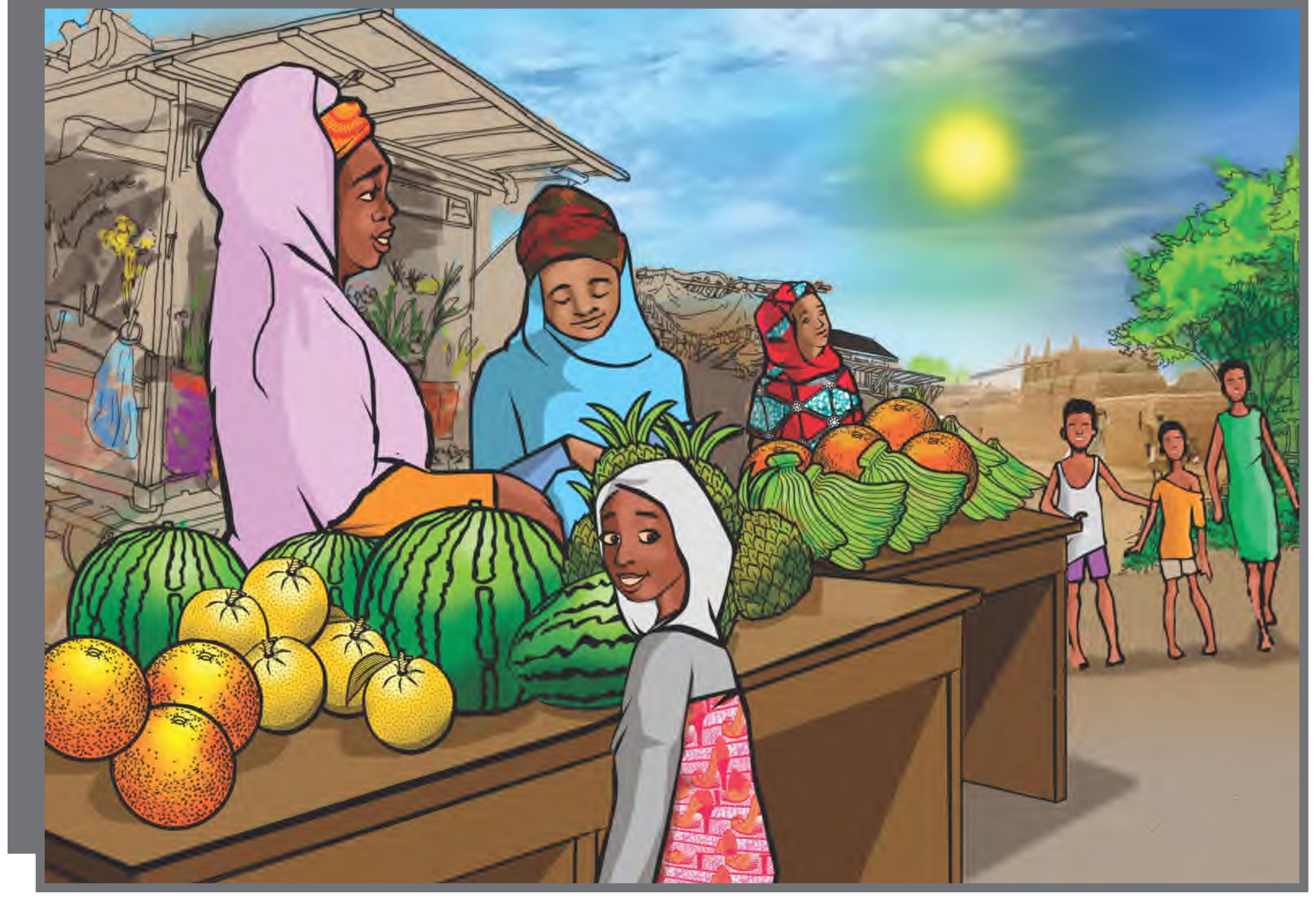
Zai samu lokacin shiryawa haihuwa ta gaba.
Tazarar haihuwa za ta taimaka masa wajen shiryawa da tsara abubuwan da zai yi tsakanin wannan cikin da wani, kuma zai samun cikakken lokacin da zai fara shiryawa wani yaron.

Matar sa za ta fi masa kyaun gani
Matarsa sai ta fi masa kyaun gani idan ta sami hutu da kuzari. Za kuma ta sami lokacin da za ta yiwa kanta abubuwa da kan ta.

"Akwai mai tambaya akan fa'idojin tazarar haihuwa ga iyaye maza da muka tattauna?

Akwai wanda yake da wasu fa'idojin da yake ganin bamu fada ba, ko kuma yake so ya kara?"

Childbirth Spacing Benefits For Communities
Fa'idojin Tazarar Haihuwa Ga Al'umma



Childbirth Spacing Benefits For Communities
Fa'idojin Tazarar Haihuwa Ga Al'umma

English

"Lastly, some of the benefits to communities when its families practice childbirth spacing."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Ask participants what they think the **community** benefits from childbirth spacing.
Go through the content below with participants.

When families in a community have children at the healthiest times, communities can be stronger, healthier, and more productive.

The more families in a community that have children at the healthiest times, the healthier and stronger the community will be.

When children and parents are better able to contribute to their community, the community, in turn, is stronger and can provide an environment where families can be productive and prosper.

This benefits families, communities and nations.

"Does anyone have any questions about the benefits of childbirth spacing for communities that we just covered?"

"Does anyone have any benefits that we did not cover and they would like to add?"

Hausa

"Daga karshe, ga wasu daga cikin fa'idojin tazarar haihuwa ga al'umma"

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Tambayi mahalarta taron idan sun san fa'idojin tazarar haihuwa ga al'umma.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Idan dukkan iyalai a cikin al'uma suka sami yara ma su koshin lafiya, al'umma za ta kara karfi da lafiya da kuma samun karuwar abin yi.

Yawan iyalan da su ke da lafiyayyun 'ya'ya a cikin al'umma shine kwatankwacin koshin lafiya da karfin ita wannan al'ummar.

Idan yara da iyayensu suka kasance musu taimakawa al'umar su, to al'umar zata kasance mai nagarta da zata iya samar wa iyalan kyakkyawan muhalli na samun ci gaba.

Wannan zai amfani iyali da al'umma da kuma kasa baki daya

"Akwai mai tambaya akan fa'idojin tazarar haihuwa ga al'umma da muka tattauna?"

"Akwai wanda yake da wasu fa'idojin da yake ganin bamu fada ba, ko kuma yake so ya kara?"

Introduction To Childbirth Spacing Methods
Gabatar Da Hanyoyin Tazarar Haihuwa

Introduction To Childbirth Spacing Methods
Gabatar Da Hanyoyin Tazarar Haihuwa

English

"Now that we have talked a lot about the many benefits for the whole family, community and country when couples practice childbirth spacing, let's talk a little about how to space childbirths."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Ask the participants what childbirth spacing/family planning methods they are familiar with.
Go through the content below with participants.

A very good way to space your children is to use a childbirth spacing method.

The next section will briefly describe the different methods available to you.

These methods are:
- Safe
- Effective
- Reversible (the woman can get pregnant again after she stops using the method)

There are different childbirth spacing methods available. A woman can choose the type of method that is best for her.

Some childbirth spacing methods need action:
- Everyday
- Only once every 1-3 months
- And only once in 5-10 years

If a couple decides they do not want to have any more children, there are permanent methods available.

The only childbirth spacing/family planning method that protects against sexually transmitted infections, including HIV, is condoms.

Hausa

"Tun da mun gama tattaunawa akan fa'idojin tazarar haihuwa ga iyali, al'umma da kasa baki daya, yanzu kuma bari mu tattauna akan hanyoyin tazarar haihuwa"

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Tambayi mahalarta taron hanyoyin tazarar haihuwa da suka sani.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Hanyar da ta fi dacewa ka sama wa yaran ka tazara shi ne bin hanyar tazarar Haihuwa

Bangare na gaba zai yi bayani ne a takaice kan ire – iren hanyoyin tazarar haihuwa da za ku samu cikin sauki.

Wadannan hanyoyin su na da:
- Sahihanci (lafiyayyu ne)
- Tasiri
- Ba dauwamammu ba ne. (Mace zata iya sake samun juna biyu bayan ta daina amfani da su).

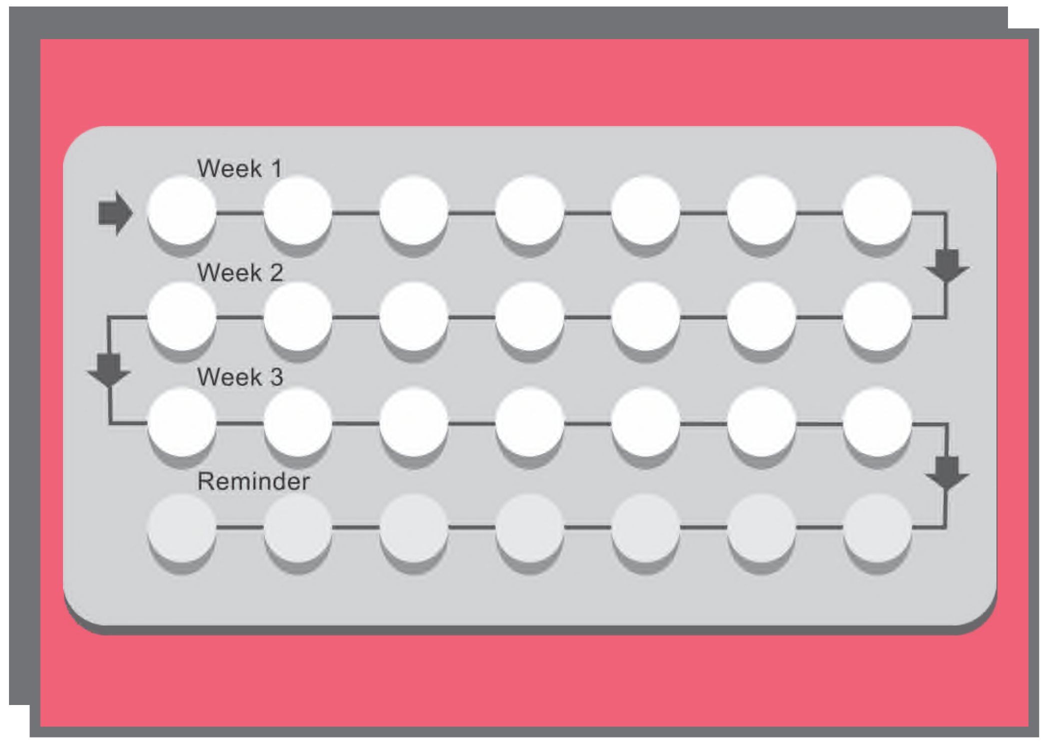
Akwai hanyoyin yin tazarar Haihuwa iri daban-daban. Mace na iya zabar tsarin da ya fi dacewa da ita.

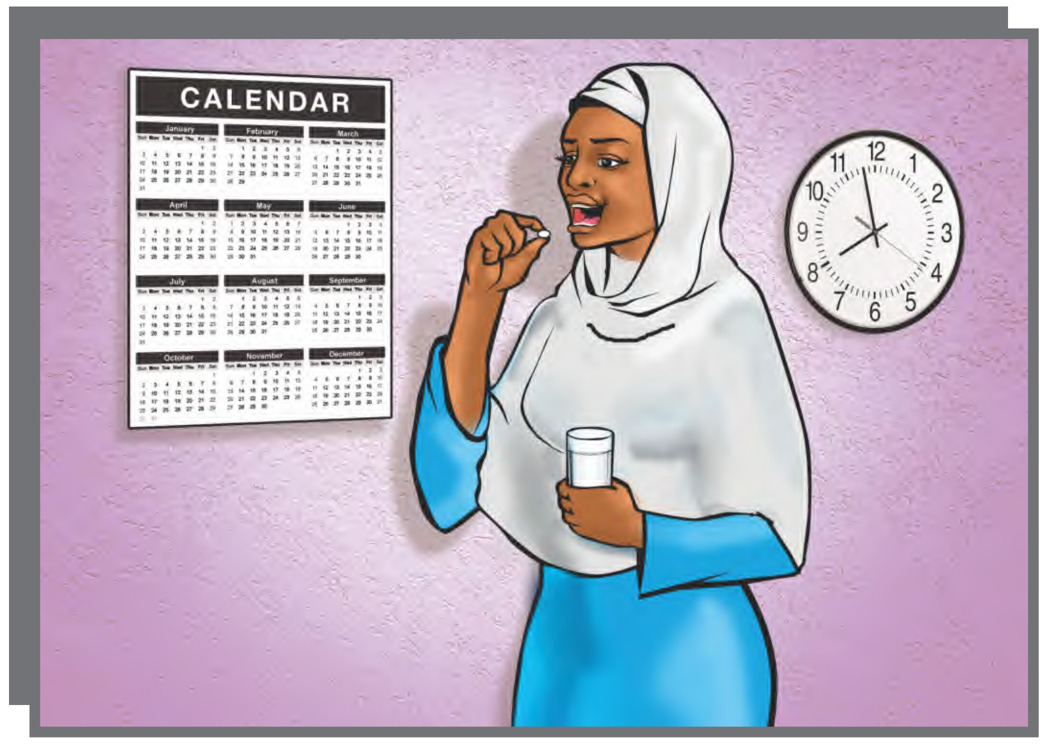
Wasu hanyoyin tazarar na bukatar yin wani aiki:
- Kowwacce rana
- Sau daya a kowwanne wata 1 zuwa wata 3
- Da kuma sau daya a shekaru 5 – 10

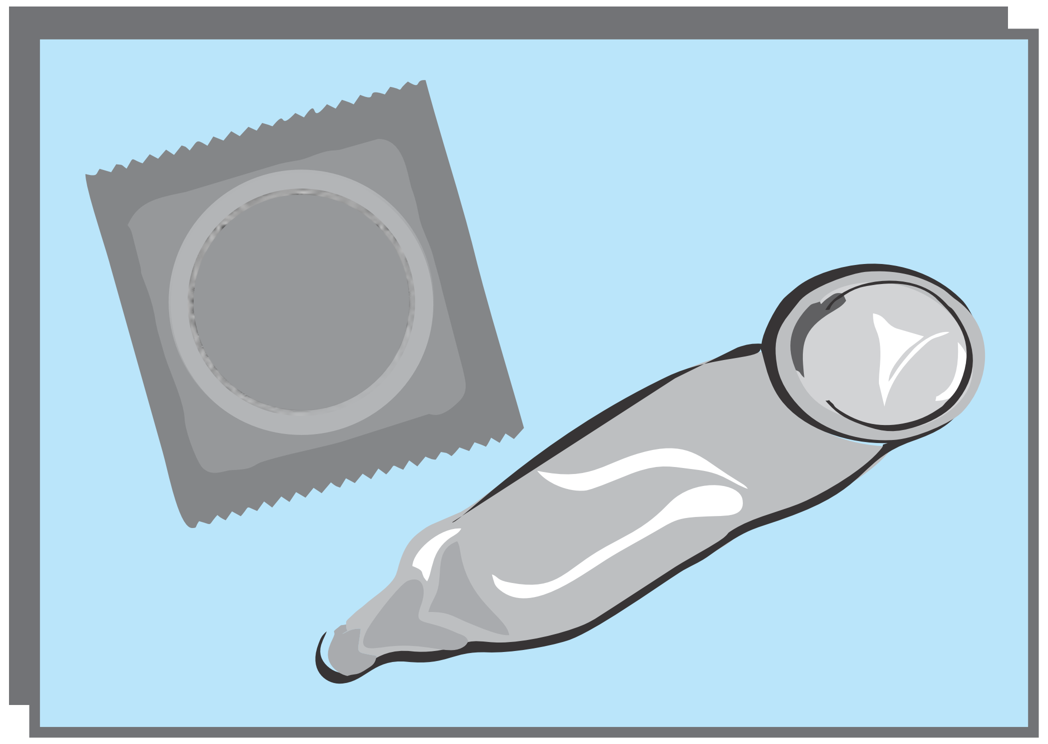
Idan ma'aurata suka yanke shawarar tsayar da haihuwa kwata-kwata, akwai hanyoyi na har abada.

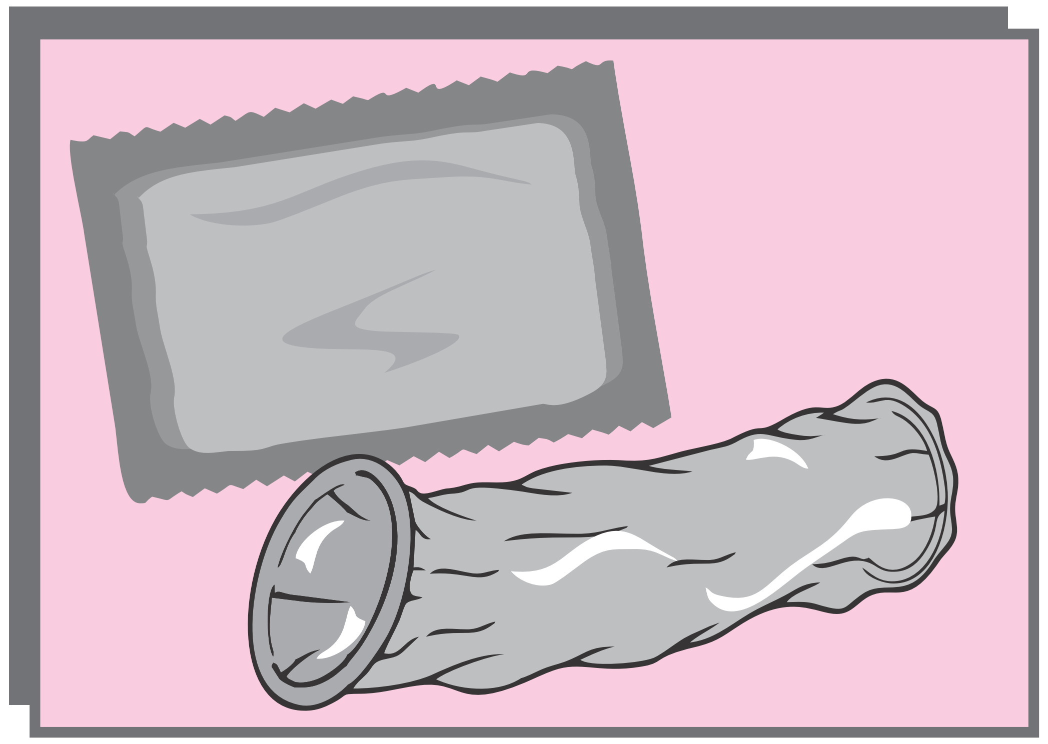
Hanya daya ta tazarar haihuwa da ke bayar da kariya daga cuttuktukan da ake samu ta hanyar jima'I har da cutar sida (HIV) shine kwaroron roba.

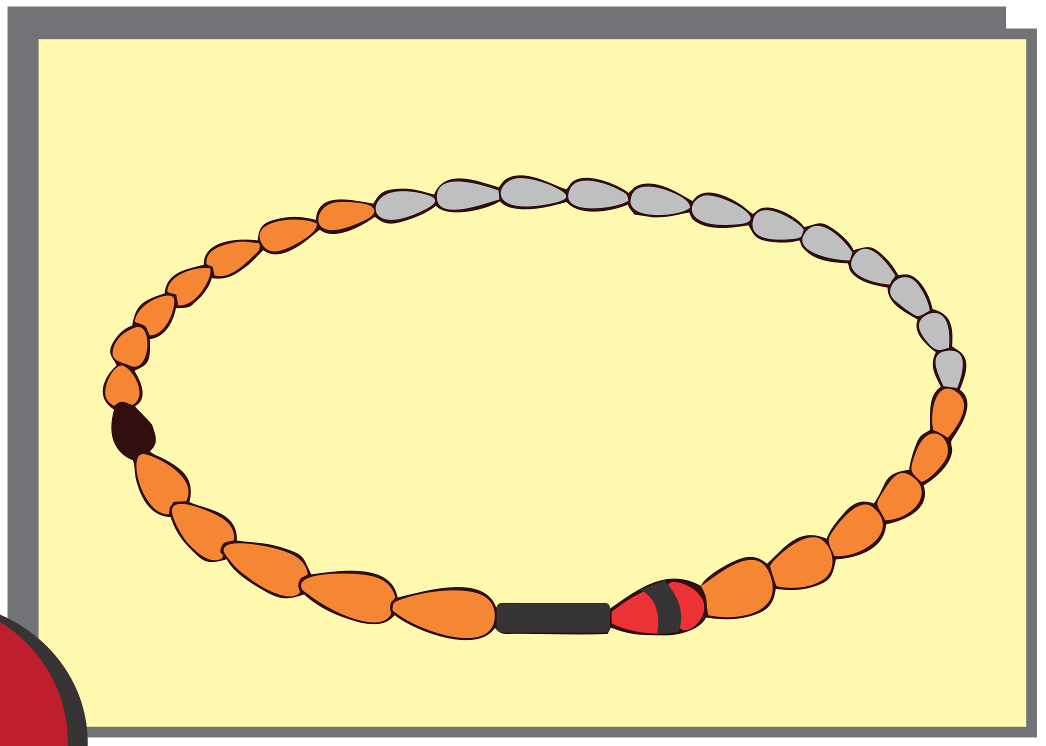
Childbirth Spacing Methods – Everyday
Hanyoyin Tazara Haihuwa – Na Kowacce Rana











Childbirth Spacing Methods – Everyday
Hanyoyin Tazara Haihuwa – Na Kowacce Rana

English

“For the purpose of this discussion, we have grouped childbirth spacing methods according to how often they require action e.g. everyday, every month, every 5 years, or once in a life time - like mentioned before.”

“Let's begin with those methods that require action by the user every day or every time they have sex.”

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Go through the content below with participants.

Pills
- A small tablet is taken by the woman at the same time every day

Condoms
- There are male and female condoms
- Rubber sheaths placed on the penis or inside the vagina
- Prevents pregnancy as well as sexually transmitted infections (including HIV)

Standard Days Method
- Women track the days of the month that they can become pregnant by using cycle beads or a calendar
- Women can learn how to do this from a trained person

Exclusive Breastfeeding For 6 Months After Birth
- An effective method if the woman's monthly bleeding has not returned since baby's birth, the baby is under 6 months of age AND the baby is breastfed by the mother with breastmilk only (no other foods or liquids, even water)

NOTE: All these methods require correct and consistent use to be effective.

Hausa

“Domin wannan tattaunawar mun kasa hanyoyin tazarar haihuwa gida-gida bisa yanayin yadda za'a yi amfani da su, misali akwai na kowacce rana, akwai na wata-wata, akwai na shekaru biyar zuwa sama, akwai na dindindin.”

“Bari mu fara da hanyar da take bukatar yin wani abu a kowacce rana ko kuma duk lokacin da za'a yi jima'i. “

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Kwayar magani
- Mace tana shan wannan kwayar magani kowacce rana a (kaiyadajjen) daidai wani lokaci

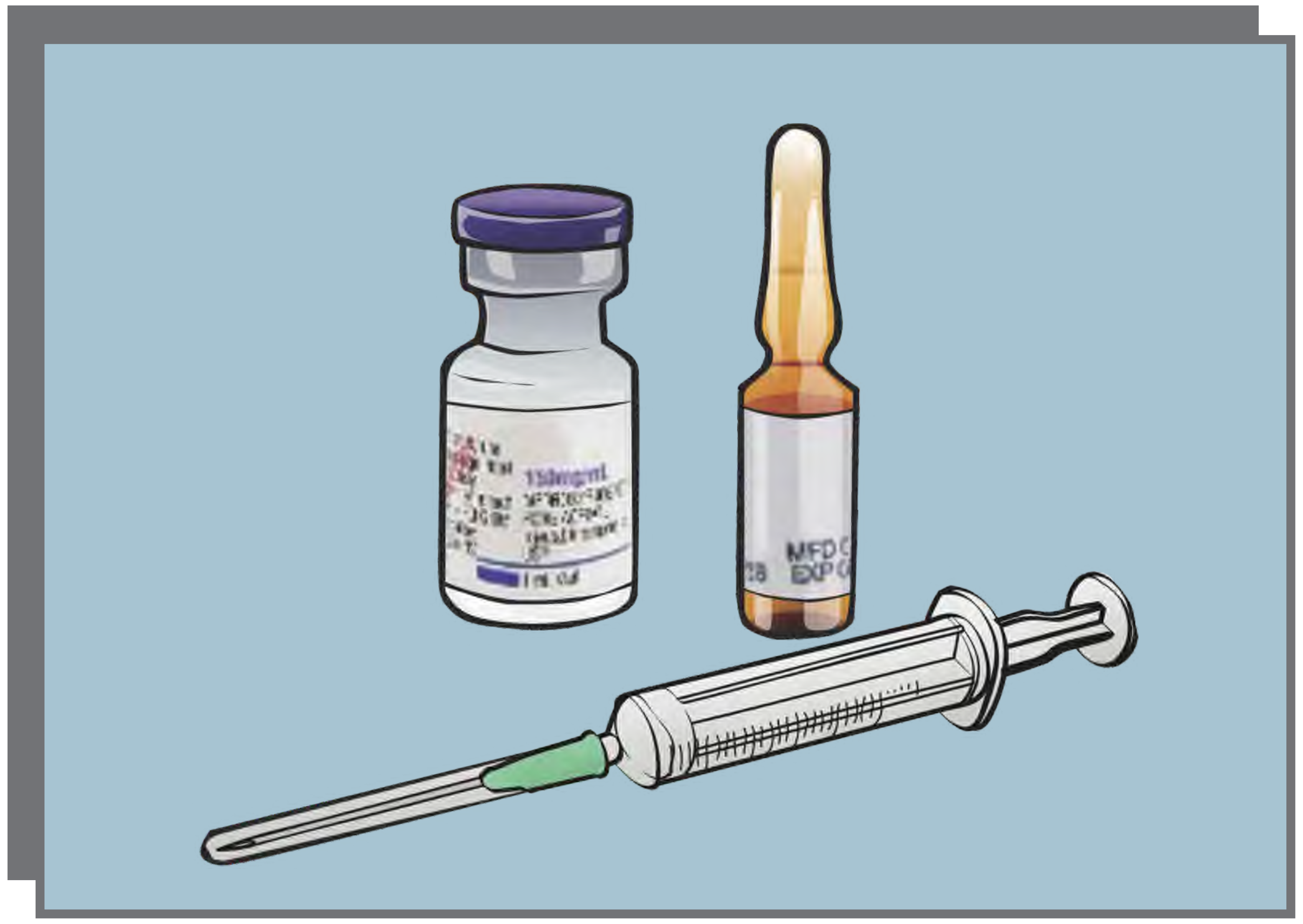
Kwaroron roba
- Akwai kwaroron roba na maza da na mata
- Kwaroron roba na maza ana zura gaba ne a ciki, na mata kuma ana zura shi ne a cikin Matanci.
- Ya na kare afkuwar ciki da kuma cututtukan da ake dauka ta hanyar jima'I (har da SIDA (HIV)

Hanyar Lissafa Kwanaki
- Mata na bibiyar lissafin ranakun da za su iya daukan ciki ta hanyar lissafin kwanakin wata da duwatsu ko kalanda.
- Mata na iya koyon yadda ake bin wannan hanyar a wajen wanda ya sami horo na musamman kan hakan.

Shayar da Nonon Uwa zalla tsawon wata 6 bayan haihuwa.
- Wannan hanya ce mai tasiri matukar Al'adar mace bata dawo mata ba tun lokacin da ta haihu, jaririn bai kai wata shida ba, kuma jaririn na tsotson nonon uwa zalla (ba'a bayar da wani abinci, ko abin sha, ko ruwa)

ABIN LURA: Idan ana son wadannan hanoyoyi su yi tasiri sosai sai an yi amfani da su yadda ya dace kuma a kodayaushe.

Childbirth Spacing Methods For 1-3 Months
Hanyoyin Tazarar Haihuwa – Na Wata Daya (1) Zuwa Wata Uku (3)



Childbirth Spacing Methods For 1-3 Months
Hanyoyin Tazarar Haihuwa – Na Wata Daya (1) Zuwa Wata Uku (3)

English

"Next are the methods that require action by the user every 1-3 months."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Go through the content below with participants.

Injectables

- There are 3 different types:
  - One that lasts one (1) month
  - One that lasts two (2) months
  - One that lasts three (3) months
- Given by a trained health provider

NOTE: The injection must be taken when due to continue being effective.

Hausa

"Na gaba sune hanyoyin da suke bukatar daukan wani mataki kowanne wata daya zuwa wata uku"

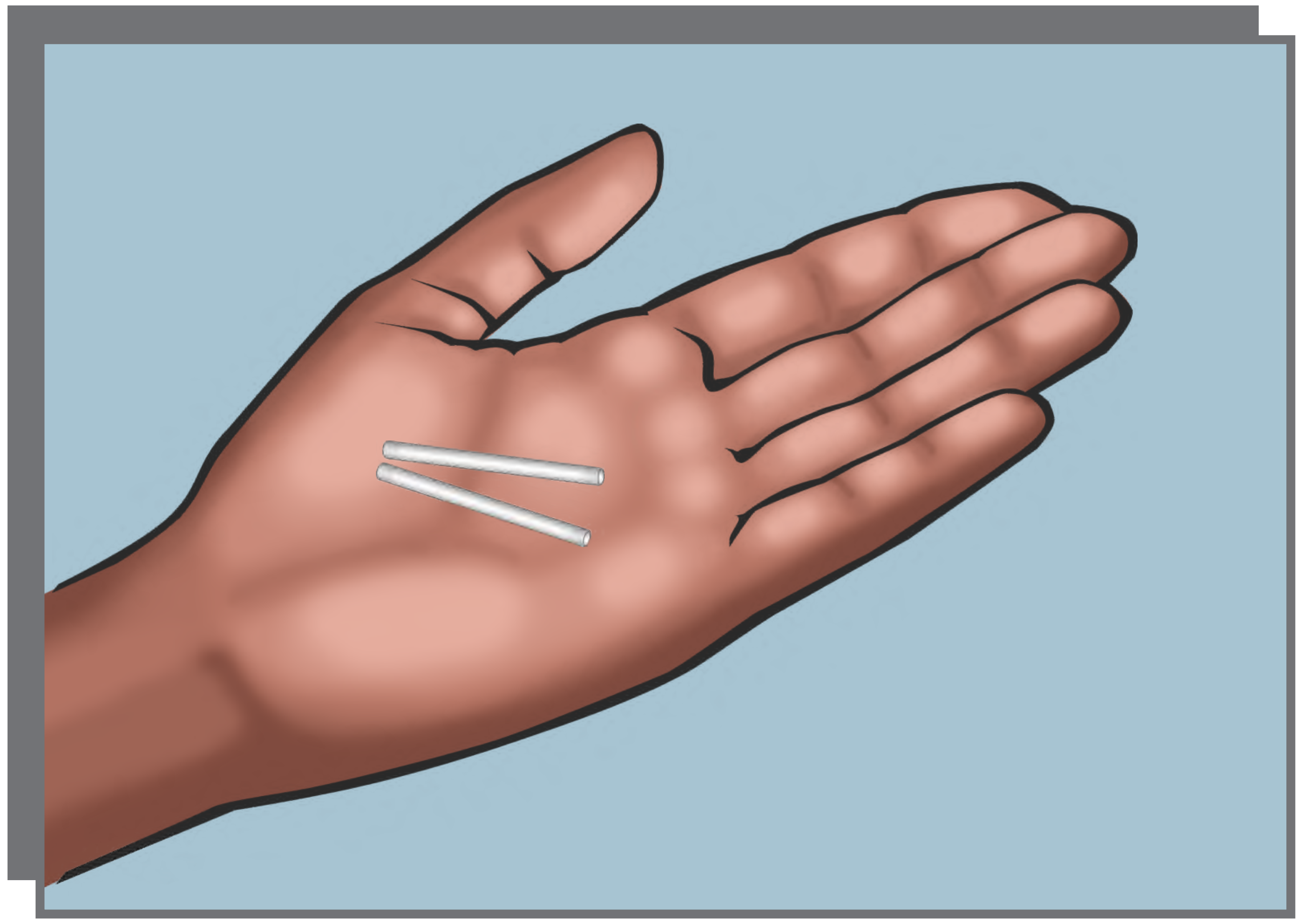
***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

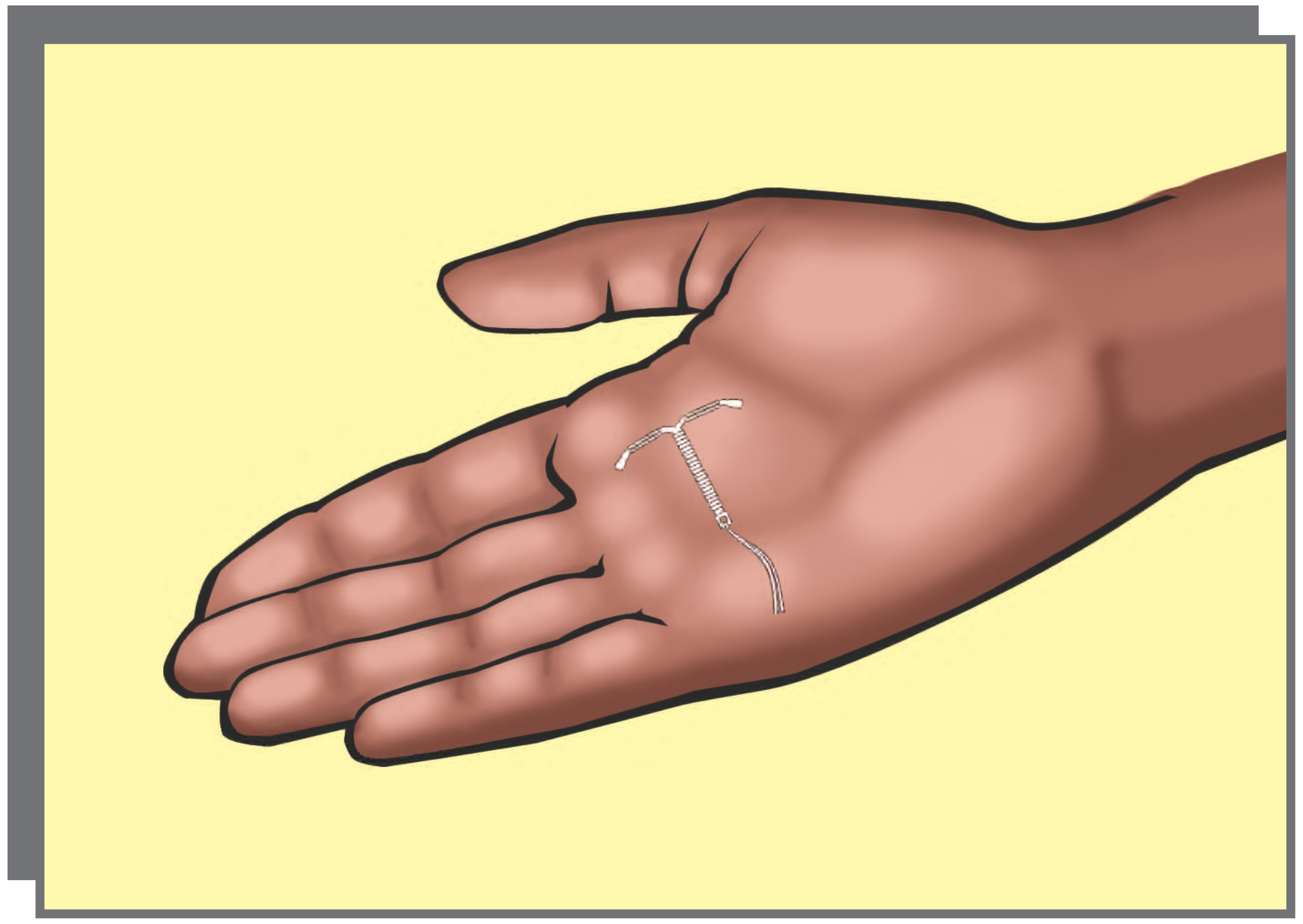
Allurai

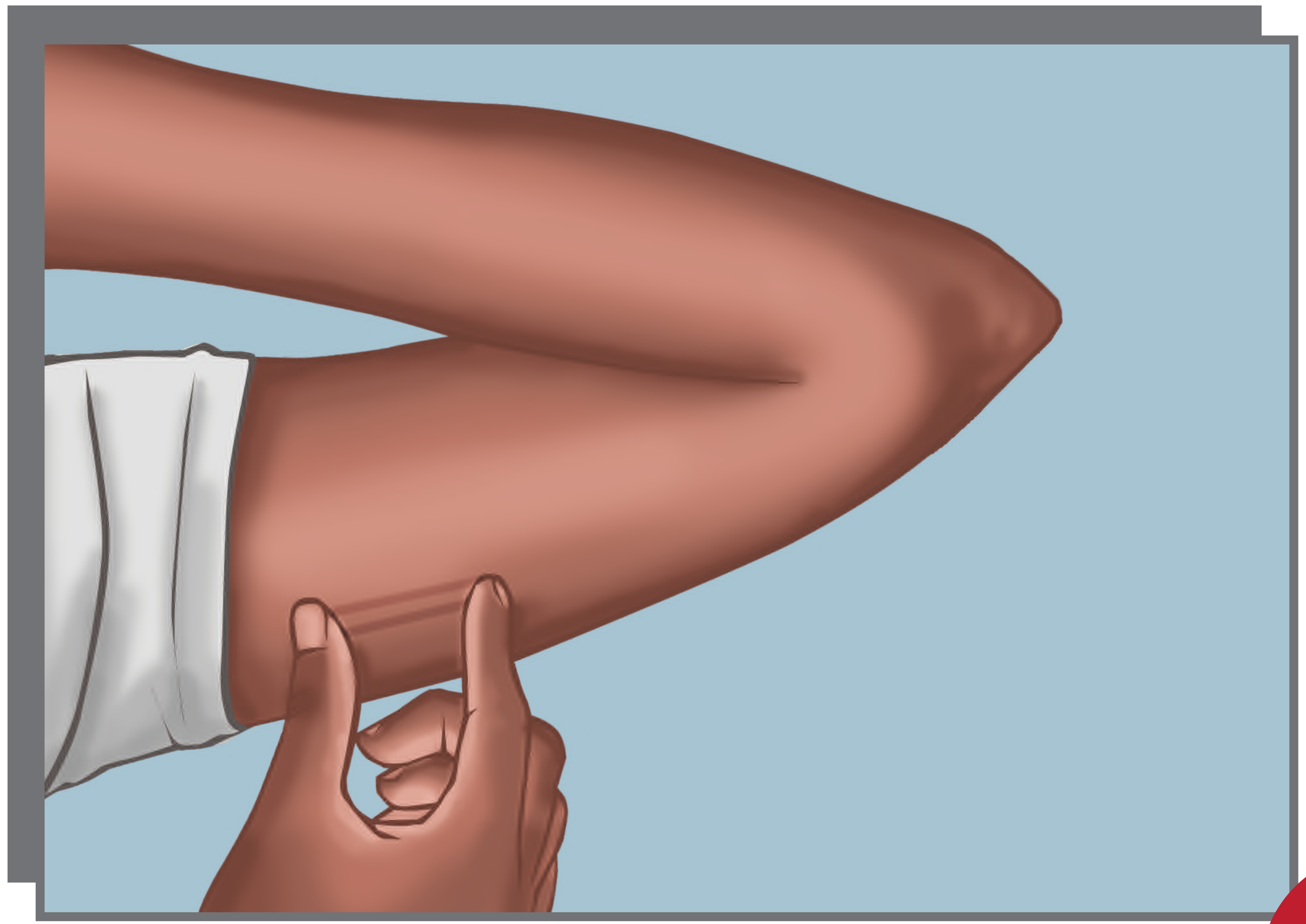
- Akwai Nau'I guda uku daban-daban:
  - Wacce ta ke amfani na wata daya (1)
  - Wacce ta ke amfani na watanni biyu (2)
  - Wacce ta ke amfani na watanni ukku (3)
- Kwararren jami'in lafiya ne ke yin su.

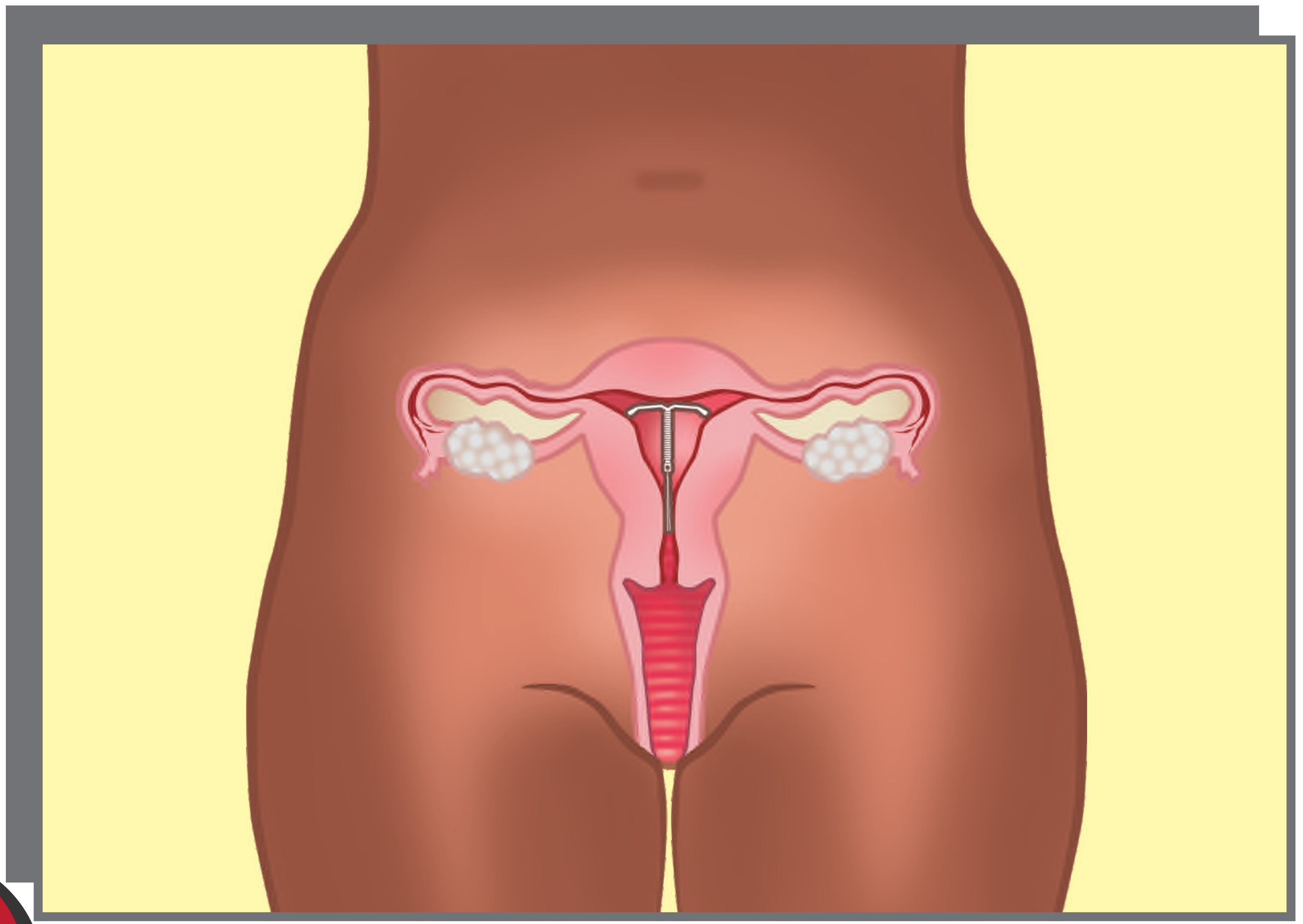
ABIN LURA: Wadannan allurai suna bukatar a yi su lokacin da ya kamata idan ana so su ci gaba da tasiri.

Childbirth Spacing Methods For 3-10 Years
Hanyoyin Tazarar Haihuwa – Shekaru Uku Zuwa Shekaru Goma

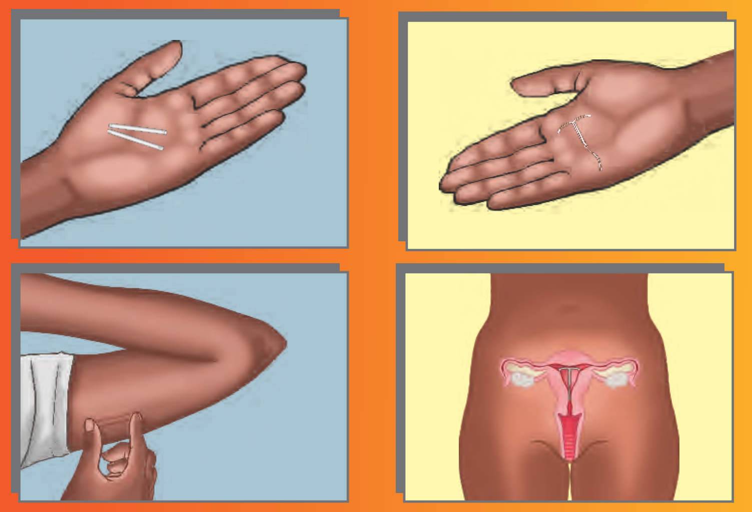








Childbirth Spacing Methods For 3-10 Years
Hanyoyin Tazarar Haihuwa – Shekaru Uku Zuwa Shekaru Goma



English

“This next section of methods last longer than the previous ones. Once a woman receives one of these methods, it will last 3-10 years and does not require any further action from her during that time.”

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Go through the content below with participants.

Implants
- Two flexible sticks usually inserted in the upper arm of the woman.
- Lasts for 3 to 5 years.
- Can be removed any time the woman wants to get pregnant.
- A trained health provider must insert and remove it.

IUD (Intra Uterine Device)
- Small device placed in the woman's womb.
- Lasts for 10 years.
- Can be removed any time the woman wants to get pregnant.
- A trained health provider must insert and remove it.

Hausa

“Wadannan hanyoyin suna dadewa sama da wadanda aka bayyana a baya. Idan mace ta yi amfani da daya daga cikin wadannan hanyoyin zasu kai tsawon shekaru uku zuwa goma, kuma ba'a bukatar daukar wani mataki a cikin wannan tsawon lokacin”

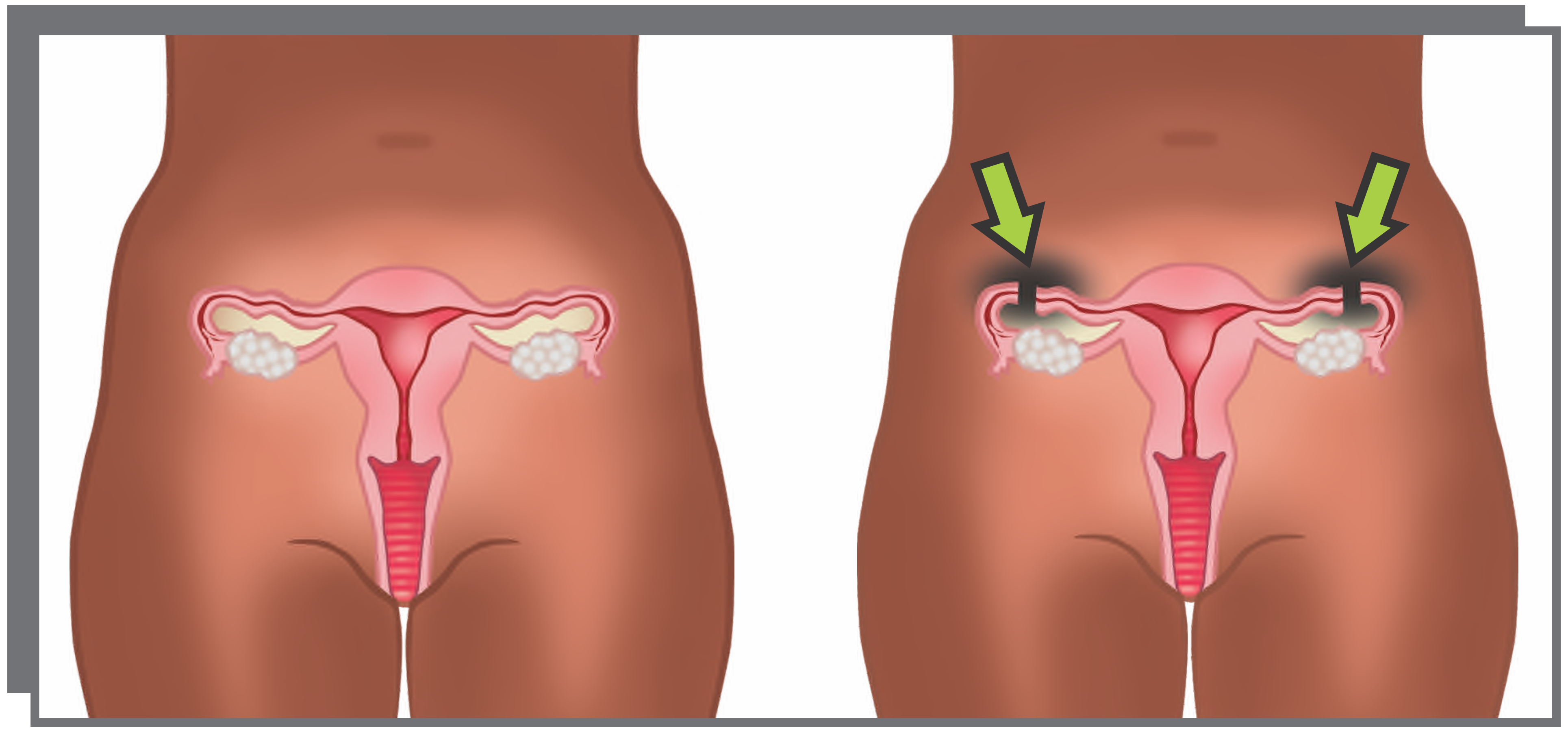
***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Ashanan Fata (Implants)
- Wasu tsinkaye ne guda biyu masu laushi da ake sakawa a hannun mace.
- Suna tasiri tsawon shekaru uku zuwa biyar
- Ana iya cire su duk lokacin da mace ke bukatar daukan ciki.
- Dole ne mai sakawa ko cirewar ya zama kwararren jami'in lafiya.

Robar Mahaifa (IUD)
- Wani dan karamin abu ne da ake saka shi a cikin Mahaifa.
- Yana tasiri tsawon shekaru goma (10)
- Ana iya cire shi duk lokacin da mace ke bukatar daukan ciki.
- Dole ne mai sakawa ko cirewar ya zama kwararren jami'in lafiya.

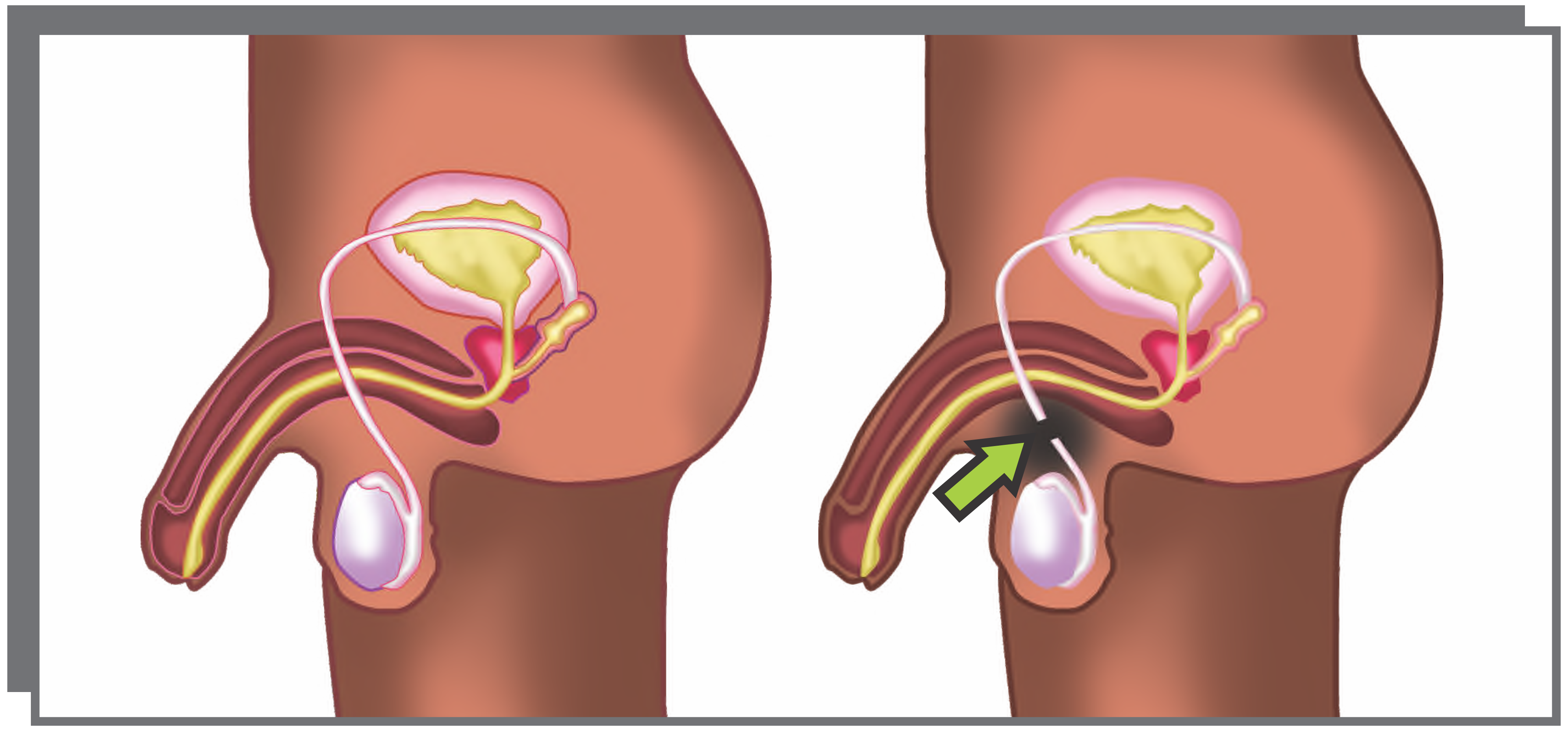
Family Planning Methods – Permanent
Hanyoyin Tsayar Da Haihuwa

FEMALE



BEFORE AFTER

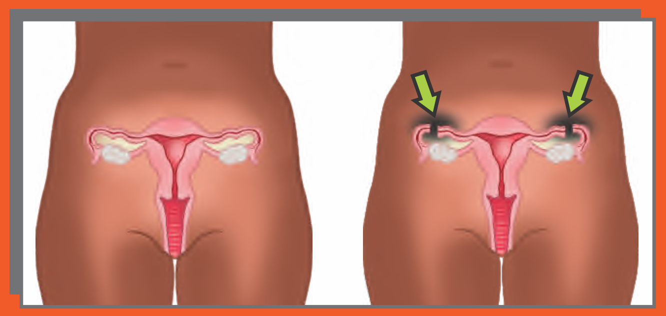
MALE



BEFORE AFTER

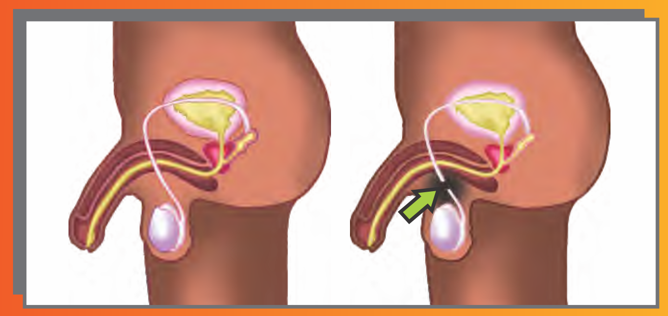
Family Planning Methods – Permanent
Hanyoyin Tsayar Da Haihuwa

FEMALE



BEFORE AFTER

MALE



BEFORE AFTER

English

"This last section covers two methods that do not require any further action after the method is adopted."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Go through the content below with participants.

After a woman or man receives the sterilization procedure, they will not have to worry about becoming pregnant again.

These methods are permanent and irreversible, so they are only for families that do not want any more children.

Female Sterilization

- An operation where the tubes connected to the womb are cut and blocked.
- Women will look and feel the same after the operation.
- Women will still have menstrual periods until menopause.

Male Sterilization

- An operation where the tubes connected to the testicles are cut and blocked.
- Men have the same strength and sex drive after the operation.
- Men can still have an erection and ejaculate like before the operation.

Hausa

"Wannan sashi na karshe ya kunshi hanyoyi guda biyu da basa bukatar daukan wani mataki idan aka yi su."

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.

Bayan mace tayi amfani wannan hanyar ba zata kara samun ciki ba. Haka shi ma namiji ba zai kara bayar da ciki ba.

Wadannan hanyoyi ne na har abada da ba a warware su bayan anyi, don haka suna da kyau ne kawai ga Iyalan da ba sa son sake haihuwa.

Tsayar da Haihuwa na Mata

- Ana yin tiyata a toshe jijiyoyin da kwai ya ke isa mahaifa.
- Ba abinda ke canzawa a jikin mace bayan yin aikin.
- Mata na ci gaba da ganin al'adar su har Izuwa lokacin daukewar ta gaba daya.

Tsayar da Haihuwa na Maza

- Ana yin tiyata a toshe jijiyoyin da ke hade da marainan namiji.
- Maza kan ci gaba da samun sha'awa da karfin jima'in su kamar yadda su ke kafin ayi tiyata.
- Aikin baya hana gaban Namiji mikewa ko fitar da maniyyi kamar yadda ya ke yi kafin tiyata.

Some Concerns About Childbirth Spacing Methods
Wasu Damuwa Game Da Hanyoyin Tazarar Haihuwa

Some Concerns About Childbirth Spacing Methods
Wasu Damuwa Game Da Hanyoyin Tazarar Haihuwa

English

***NOTE FOR FACILITATOR:**
Ask participants what they have heard previously about side effects of childbirth spacing/family planning methods.
Go through the content below with participants.
Do not provide any information on side effects that is not included in this section.

We know many men and women have concerns around side effects of childbirth spacing methods. It is good to ask questions to make sure you are comfortable with the method you choose and know what to expect.

Because there is a lot of misinformation shared among people about side effects, next we will talk about a few of the main concerns we have heard from people.

- Some persons may experience some minor side effects when they start to use a childbirth spacing method.
- Not all persons will experience side effects.
- Side effects differ from person to person because of their biological make-up.
- Side effects are manageable and will go away with time.
- If there are concerns, see your health provider

Weight Change
- Most childbirth spacing methods do not cause weight change (gain or loss). People tend to naturally gain some weight over time as they age.
- Some women using injectables and implants may gain some weight; however, this is not true for all women.

Hausa

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka taba ji akan kalubalen tazarar haihuwa.
Yi bayanin abubuwan da ke kasa ga mahalarta taron.
Ka da a bayar da wani bayani akan kalubalen da za'a iya fuskanta a kan tazarar haihuwa idan baya cikin wannan sashi.

An san cewa maza da mata da yawa suna nuna damuwa akan kalubalen da za'a iya fuskanta idan aka yi amfani da wasu hanyoyin tazarar haihuwa. Yana da kyau a yi tambaya akan hanyar da mutum ya zaba da abin da zai iya faruwa, domin a samu kwanciyar hankali.

Saboda ana samun bayanan da ba daidai bane akan kalubalen hanyoyin tazarar haihuwa, yanzu zamu yi magana akan wasu daga cikin kalubalen da muka ji daga wajen mutane.

- Wasu mutane na iya fuskantar wasu kananan matsaloli a lokacin da suka fara amfani da wani hanya na tazarar haihuwa.
- Ba kowanne mutum ne ke fuskantar matsala ba.
- Matsalolin na iya bambanta tsakanin wani da wani saboda bambancin yanayin halittar su.
- Matsalolin Masu saukin sha'ani ne kuma wasu suna tafiya da kan su bayan wani lokaci.
- In har akwai damuwa, sai a koma wajen Jami'an lafiya.

Karin Kiba
- Mafi yawancin hanyoyin tazarar haihuwa basa kara kiba ko sa rama. Mutane su kan kara kiba yayin da shekarun su ke karuwa.
- Wasu matan da suke amfani da hanyayoyin tazarar haihuwa na allura da kuma wanda ake sakawa a karkashin fata suna iya kara kiba, amma ba duka mata bane.

Some Concerns About Childbirth Spacing Methods (Continued)
Wasu Damuwa Game Da Hanyoyin Tazarar Haihuwa

Some Concerns About Childbirth Spacing Methods (Continued)
Wasu Damuwa Game Da Hanyoyin Tazarar Haihuwa

English

Bleeding

- Some childbirth spacing methods can cause changes in monthly bleeding patterns. However, not all women experience this.
- Some childbirth spacing methods can cause irregular bleeding or prolonged monthly bleeding. This is not harmful and stops after a few months.
- Some childbirth spacing methods may cause women to not have their monthly bleeding. This is not harmful and does not mean the woman has become infertile.
- Childbirth spacing methods that do not cause changes to a woman's bleeding include: female and male condoms, standard days method, exclusive breastfeeding for 6 months after delivery, and female and male sterilization.

Infertility

- Childbirth spacing methods do not make a woman infertile, even those used for many years.
- Sexually transmitted infections (STIs) are a major cause of infertility.
- It is important to treat STIs and other infections early to reduce the chances they will cause infertility.

If you have additional concerns that we do not cover in this meeting, we encourage you to talk to a health provider. They will be able to answer your questions and give you information to help you decide if and which childbirth spacing method is right for you.

Hausa

Wasa da jinin al'ada

- Wasu daga cikin hanyoyin tazarar haihuwa suna iya canza yanayi al'adar mace. Amma ba kowacce mace ke samun wannan canjin ba.
- Wasu daga cikin hanyoyin tazarar haihuwa suna iya sa wasa da lokacin ganin jinin al'ada ko kuma su kara kwanakin jinin al'ada. Wannan ba ya cutarwa kuma wannan wasan yana tsayawa bayan 'yan watanni
- Wasu hanyoyin tazarar haihuwa suna iya dakatar da jinin al'ada, wannan bashi da matsala kuma ba zai jawo tsayar da haihuwa ba.
- Hanyoyin tazarar haihuwa da basa wasa da jinin al'ada sun hada da; Kwaroron roba na maza da mata, hanyar kidaya kwanaki, shayar da yaro zallar nonon uwa na wata shida bayan haihuwa da hanyoyin hana haihuwa na dindindin.

Tsayar da Haihuwa

- Hanyoyin tazarar haihuwa suna hana daukar ciki ne kawai, amma basa tsayar da haihuwa. Idan mace tayi amfani da hanyoyin tazarar haihuwa zata iya dawowa ta ci gaba da haihuwa duk lokacin da take da bukata, ko da bayan shekaru masu yawa
- Cututtukan da ake samu ta hanyar jima'I sune kan gaba wajen kawo matsalar da zai iya hana haihuwa gaba daya.
- Yana da kyau a yi maganin cututtukan da ake samu ta hanyar jima'I da wuri domin kare matsalolin da zasu iya hana haihuwa gaba daya.

Idan kuna da wata damuwa wacce bamu tattauna akanta ba to zaku iya zuwa wajen ma'aikatan lafiya. Zasu amsa tambayoyinku kuma zasu baku shawara akan zabar hanyar da tafi dacewa da ku.

How To Choose The Best Method For You
Yadda Zaki Zabi Hanyar Da Ta Fi Dacewa Da Ke

How To Choose The Best Method For You
Yadda Zaki Zabi Hanyar Da Ta Fi Dacewa Da Ke

English

"Next, we're going to talk about some common things people want from a childbirth spacing/family planning method and, based on those desires or preferences, what method might work best for them."

***NOTE FOR FACILITATOR:**
Ask participants what they desire from a childbirth spacing/family planning methods.
Go through the content below with participants.

Every person's body, desires, and relationships are different. Women and men may like or want different things in a childbirth spacing/family planning method.

There are many reasons and we cannot cover all of them now, so it is best to talk to your health provider to decide which method is best for you.

Hausa

"Yanzu Za mu yi Magana akan wasu daga cikin abubuwan da mutane su ka fi so a Tazarar haihuwa ko Tsarin Iyali da kuma hanyar da ya dace su yi nazarin wadda za ta fi dacewa da su".

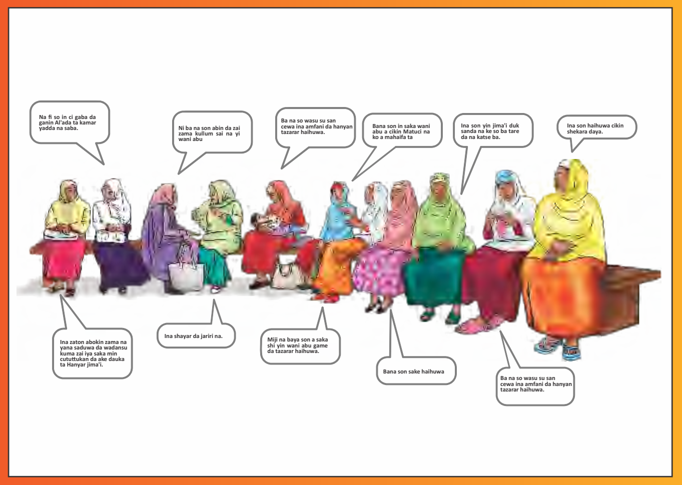
***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta abinda suke bukata ga hanyoyin tazarar haihuwa.
Yi bayanin abubuwan da ke kasa ga mahalarta taro.

Ko wane mutum yana da irin yanayin halittar sa da bukatun sa da kuma yadda ya ke tafiyar da al'amuransa. Mata da Maza na iya so ko sha'awar abubuwa dabam dabam a cikin hanyoyin Tazarar Haihuwa

Akwai dalilai ma su yawa kuma ba zai yiwu mu kawo su gaba daya ba yanzu, don haka zai fi kyau ku tuntubi jami'in kiwon lafiyar ku don zabar tsarin da ya fi dacewa da ku.

How To Choose The Best Method For You
Yadda Zaki Zabi Hanyar Da Ta Fi Dacewa Da Ke

How To Choose The Best Method For You
Yadda Zaki Zabi Hanyar Da Ta Fi Dacewa Da Ke



English

I want to keep having normal monthly bleeding.
Consider: Male or Female Condom, Standard Days Method

I do not want to have to do something every day.
Consider: IUD, Implants, Injectables

I do not want others to know I am using a childbirth spacing method.
Consider: IUD, Implants, Injectables

I do not want to put things in my vagina or my womb.
Consider: Implants, Pills, Male Condom, Standard Days Method

I want to be able to have sex anytime without interruption.
Consider: IUD, Implants, Injectables, Pills

I want to have a child within a year.
Consider: Injectables, Pills, Male or Female Condom, Standard Days Method

I think my partner has sex with others and may infect me with a sexually transmitted infection.
Consider: Male or Female Condom

I am breastfeeding my baby.
Consider: Male or Female Condom, Implants, Pills

My husband does not want to be involved in using a childbirth spacing method.
Consider: IUD, Implant, Pills, Female Condom

I do not want any more children.
Consider: IUD, Implants, Injectables, Female Sterilization, Male Sterilization

"Are there other things that you would like in a childbirth spacing method that we have not covered? What are those?"

Hausa

Na fi so in ci gaba da ganin Al'ada ta kamar yadda na saba
Kina iya zabar: Kwaroron roba na Maza ko Mata, ko kuma Tsarin Lissafin kwanaki.

Ni ba na son abin da zai zama kullum sai na yi wani abu
Kina iya zabar: Abin da ake sakawa a cikin mahaifa, (IUD), ko na Karkashin fata (Implants), ko kuma Allura.

Ba na so wasu su san cewa ina amfani da hanyan tazarar Haihuwa.
Kina iya zabar: Abin da ake sakawa a cikin mahaifa, (IUD), ko na Karkashin fata (Implants), ko kuma Allura.

Bana son in saka wani abu a cikin Matuci na ko a mahaifa ta
Kina iya zabar: abin da ake sakawa a karkashin fata (implants) ko kwayar magani, ko kwaroron roba na maza ko kuma tsarin lissafin kwanaki

Ina son yin jima'i duk sanda na ke so ba tare da na katse ba.
Kina iya zabar: abin da ake sakawa a cikin mahaifa ko wanda ake sakawa a karkashin fata ko allurai ko kwayar magani.

Ina son haihuwa cikin shekara daya
Kina iya zabar: allurai ko kwayar magani kwaroron roba na maza ko mata ko tsarin lissafin kwanaki

Ina zaton abokin zama na yana saduwa da wadansu kuma zai iya saka min cututtukan da ake dauka ta Hanyar jima'i
Kina iya zabar: kwaroron roba na maza ko mata

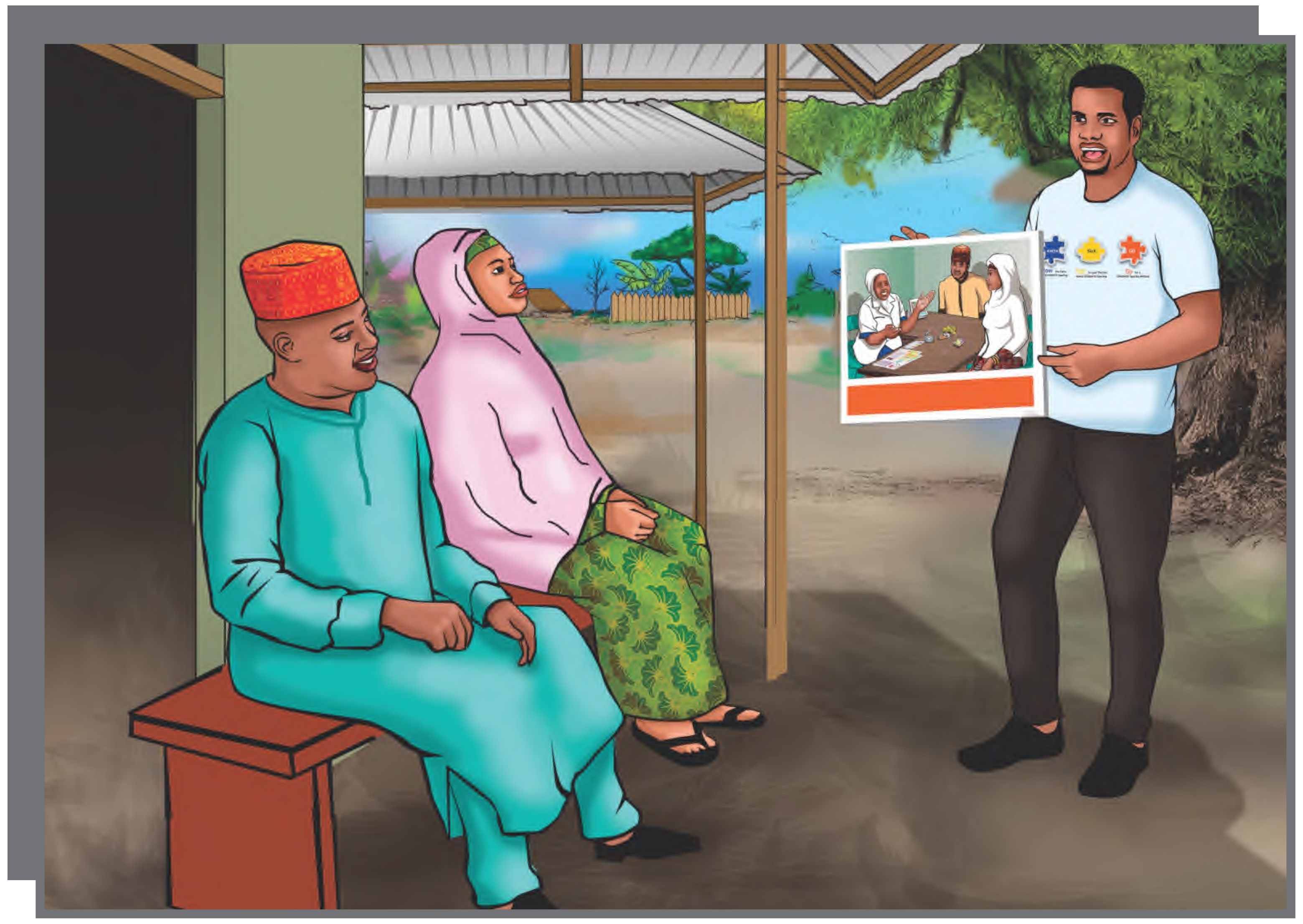
Ina shayar da jariri na.
Kina iya zabar: kwaroron roba na maza ko mata, abin da ake sakawa a karkashin fata (implants) ko kwayar magani.

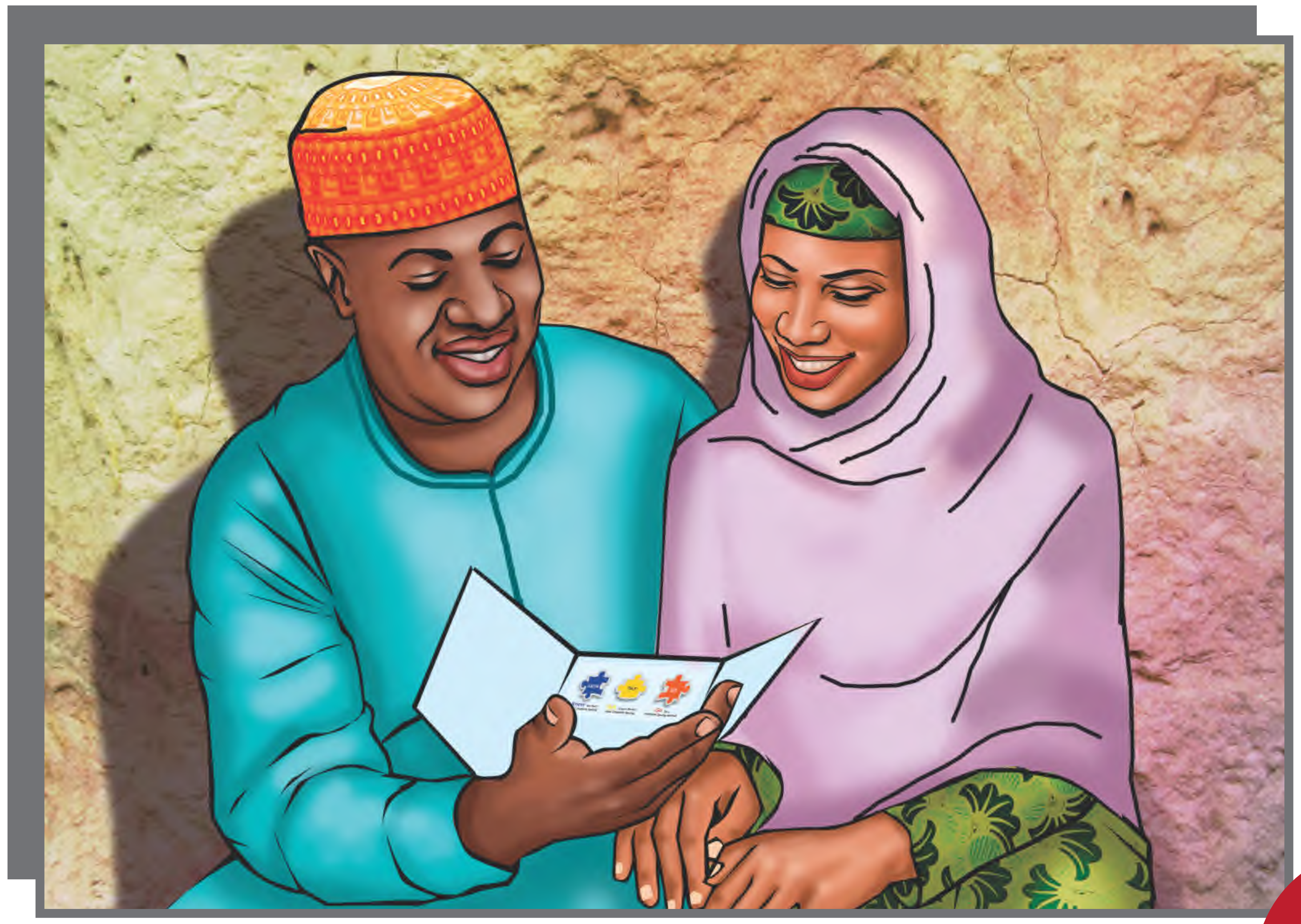
Miji na baya son a saka shi yin wani abu game da tazarar haihuwa.
Kina iya zabar: abin da ake sakawa a cikin mahaifa ko wanda ake sakawa a karkashin fata ko kwaryar magani ko kwaroron roba na mata.

Bana son sake haihuwa
Kina iya zabar: abin da ake sakawa a maihaifa, ko wanda ake sakawa a karkashin fata, ko allurai, ko tsayar da haihuwa na mata ko tsayar da haihuwa na maza

"Ko akwai wasu abubuwan da kuke so game da tazarar Haihuwa amma ba mu ambace su anan ba? Kamar me?"
.

Call To Action – "KNOW" "TALK" "GO"
Matakan Da Za'a Dauka – "A SANI" "A TATTAUNA" "A JE"





Call To Action – “KNOW” “TALK” “GO”
Matakan Da Za'a Dauka – “A SANI” “A TATTAUNA” “A JE”

English

“We have learned a lot today so far! Let's all give each other a round of applause.”

“Before we end today, we want to talk about how we can put all the information we have learned today into action, action that will help our families, our communities and all of Nigeria to be healthier and stronger.”

“There are three call to actions we will briefly cover.”

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.
Go through the 'KNOW' 'TALK' 'GO' content in the next few pages with participants.

Hausa

“Mun karu sosai a wannan tattaunawa da muka yi yau, ya kamata mu tafawa kanmu.”

“Kafin mu kammala, muna so mu yi Magana akan yadda zamu yi amfani da wannan ilimi da muka samu a yau, wajen taimakawa iyalan mu, da al'ummar mu da kuma kasa baki daya domin samun al'umma ingantacciya.”

“Akwai matakai guda uku da ya kamata mu bada karfi akai”

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.
Yi bayanin “A SANI” “A TATTAUNA” “A JE” da zai biyo baya ga mahalarta taron.

Call to Action - KNOW
Matakan Da Za'a Dauka – A Sani

Call to Action - KNOW
Matakan Da Za'a Dauka – A Sani

English

The first is "KNOW".
"KNOW" is for "Know the facts about childbirth spacing."

Learn about the benefits of childbirth spacing and the methods that can help you space your children.

Ask your health provider if you have any questions.

Do not be afraid to ask for more information.

The more you know about childbirth spacing and the ways you can achieve it, the better you can decide what is best for you and your family.

Hausa

Na farko shine "A SANI".
"A SANI" na nufin "Sanin gaskiya game da tazarar haihuwa."

Fahimtar Fa'idojin tazarar Haihuwa da hanyoyin da za su taimaka mu ku kan samar da tazara tsakanin yaran ku.

In kuna da wata tambaya sai ku tuntubi Jami'in lafiya.

Kar ku yi fargabar neman Karin bayani.

Yawan abin da ku ka sani game da tazarar haihuwa da hanyoyin yin ta, shine zai taimaka muku sosai wajen yiwa kan ku da iyalan ku ingantaccen zabi.

Call to Action - TALK
Matakan Da Za'a Dauka – A Tattauna

Know the Facts About Childbirth Spacing

Talk to your Partner About Childbirth Spacing

Go for a Childbirth Spacing Method

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

Talk to your Partner About Childbirth Spacing

A Tattauna – Ku tattauna da juna game da tazarar haihuwa

Call to Action - TALK
Matakan Da Za'a Dauka – A Tattauna

English

The second call to action is “TALK”. “TALK” is for “Talk to your partner about childbirth spacing.”

Talking with your partner helps you to understand each other's goals and aspirations for yourselves and your family.

Talking with your partner helps you to decide together when you want to have children.

Talking with your partner helps you to consider and identify which method works best for you as a couple.

Hausa

Na biyu shine “A TATTAUNA” “Tattaunawa” na nufin “Ma'aurata su tattauna kuma su yi shawara junansu kan tazarar haihuwa.”

Yin Magana tsakanin ma'aurata na taimakawa a fahimci bukatun juna da abin da kowa ke so ma kan kansa da iyalan sa.

Magana tsakanin ma'aurata na taimakawa su zartar da shawara tare akan lokacin da su ke son haihuwa.

Yin Magana tsakanin ma'aurata na taimakawa su zabi tsarin da ya fi dacewa da su a matsayin ma'aurata.

Call to Action - GO
Matakan Da Za'a Dauka – A Je

Know the Facts About Childbirth Spacing

Talk to your Partner About Childbirth Spacing

Go for a Childbirth Spacing Method

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

Go for a Childbirth Spacing Method

A Je – A nemi hanyan tazarar haihuwa a wajen kwararrun

Call to Action - GO
Matakan Da Za'a Dauka – A Je

English

"The third call to action is – can you guess it?" "GO" is for "Go for a childbirth spacing method."

Go to a clinic or see your health provider for a childbirth spacing/family planning method.

There are several options for methods to help you space your children and plan pregnancies for the times you want them.

If you are still not sure which method you would like, your health provider can provide you with information and things to consider so that you can make the best decision.

If you try a method and there is something about it that you do not like, it is okay to try another method. Find the one that is best for you.

Hausa

Na uku shine "A JE" "A JE" yana nufin "ZUWA neman Tazarar Haihuwa."

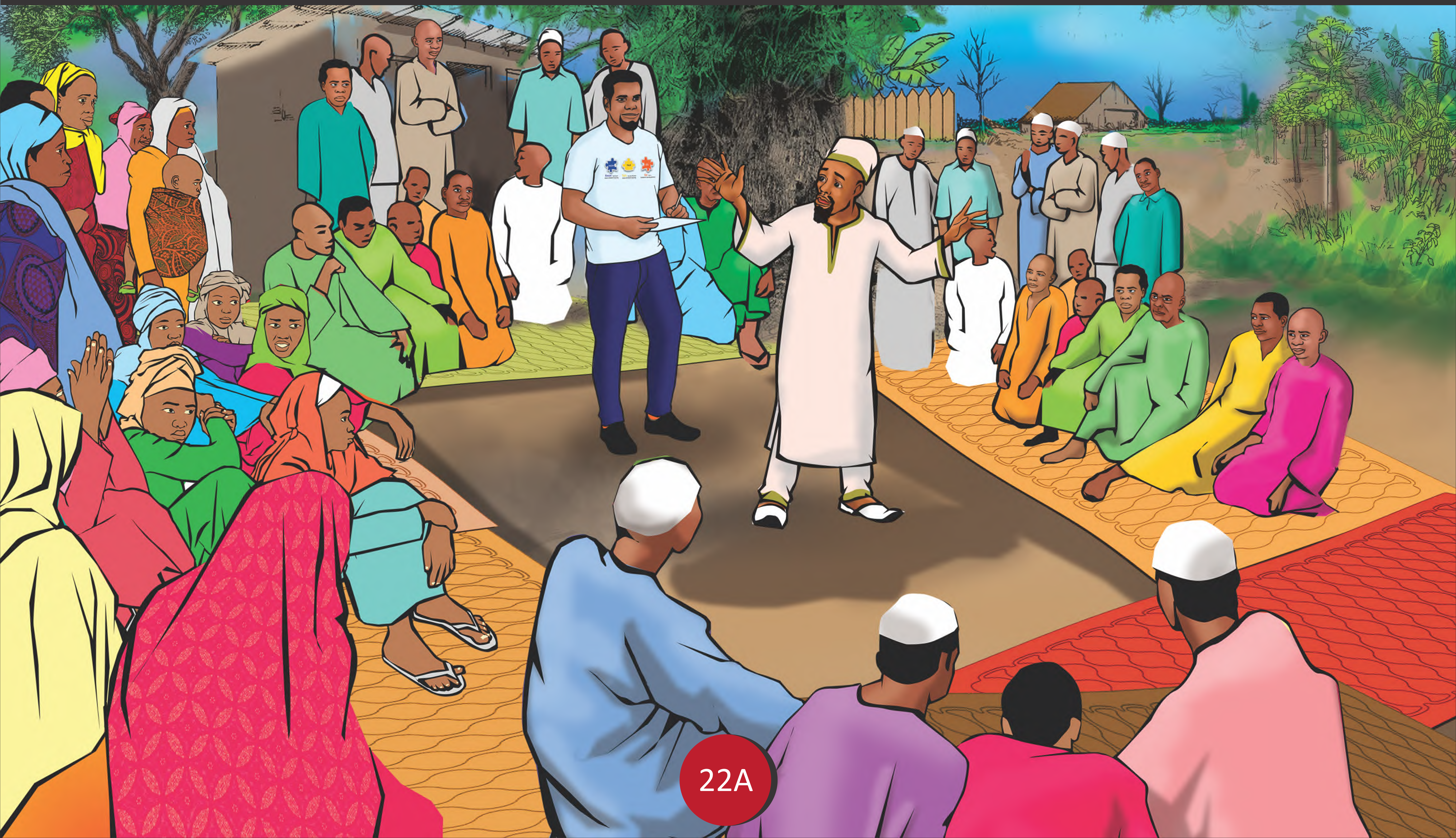
Ku je asibiti ko wurin jami'in kiwon lafiyar ku don samun hanyar tazarar haihuwa.

Akwai zabin hanyoyi da yawa da za su taimaka muku wajen samar da tazara tsakanin yaran ku, da kuma tsara samun juna biyu a lokacin da kuke so.

Idan ba ku tabbatar da hanyan da ku ke so ba, jami'an kiwon lafiya zasu ba ku bayanai da abubuwan da za ku yi la'akari da su yadda za ku yi kyakkyawan zabi.

Idan kun jarraba wata hanyan tazarar haihuwa ku ka fahimci akwai abin da ba kwa so a cikin sa, kuna iya canja zuwa wani hanyan daban. Ku zabi wanda ya fi dacewa da ku.

Commitment to Action by Compound Meeting Participants
Kudirin Daukan Mataki Daga Bakin Mahalarta?????



Commitment to Action by Compound Meeting Participants
Kudirin Daukan Mataki Daga Bakin Mahalarta?????

English

"To wrap up today's discussion, let's go back to what we talked about at the very beginning of our meeting."

***NOTE FOR FACILITATOR:**
Ask the participants what they can see in the picture.

Discussion Question: I will like each of you here to give examples of what you can do in your homes to prevent or reduce the impact of the problems faced by pregnant women we have been discussing.

- Allow participants to state what they can do in their homes
- Encourage:
  - Use of maternal and newborn health services
  - Learning about childbirth spacing methods
  - Couples communication
- Provide referrals as required

"Thank you very much for your time today. We appreciate your interest and participation."

Hausa

"Kafin mu rufe wannan tattaunawar mu yi waiwaye akan abubuwan da muka ambata a farkon tattaunawar mu."

***ABIN LURA GA JAGORAN TATTAUNAWA:**
Tambayi mahalarta taron abin da suka gani a wannan hoton.

Tambayar Tattaunawa: Ina so kowa a cikin ku anan ya ba mu misalin abin da zai iya yi a gidan sa don karewa ko rage tasirin matsalolin da mata masu juna biyu ke fuskanta wadanda muka tattauna akai.

- Baiwa mahalarta dama su bayyana abin da za su iya yi a gidajen su.
- Karfafa:
  - Yin amfani da ayyukan kula da lafiyar Mata da kananan Yara.
  - Neman sani kan hanyoyin Tazarar Haihuwa
  - Tattaunawa da juna tsakanin ma'aurata
- Tura mutane wajen jami'an kiwon lafiya.

"Madalla mun gode kwarai da lokacin da kuka bamu, Mun ji dadin yadda kuka nuna sha'awarku da hadin kai da kuka bamu."