


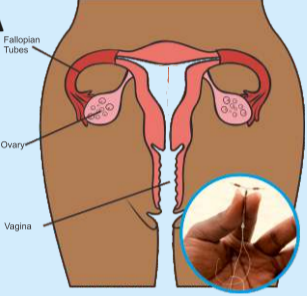



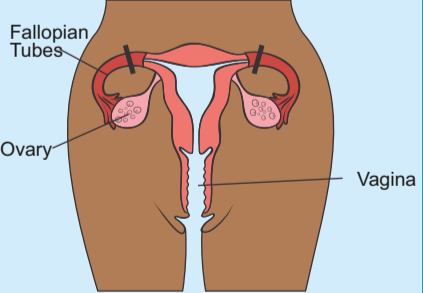
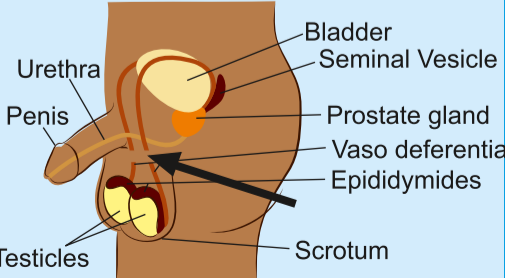


Me ka sani game da Dabarun Tazarar Haihuwa?

| DABARU/HANYOYI | CIKKAKEN BAYANI | LOKUTAN INGA-NCIN SU |
|--|--|----------------------|
| KWAYOYIN MAGANIN TAZARAR HAIHUWA NA SHA  | <ul style="list-style-type: none"> • Ingantancen kwayoyin tazara wanda ake shan kwaya daya a kowace rana • Ba su da hadari ga mata komin shekarun su ko matan da ba su taba haihuwa ba • Ba su da hadari ga mace mai shayarwa | Gajeren lokaci |
| ALLURAR  | <ul style="list-style-type: none"> • Ingantacen hanyar tazarar haihuwa ta gajeren lokaci cikin wata biyu ko uku • Ba su da hadari ga mata komin shekarun su ko matan da ba su taba haihuwa ba • Ba su da hadari ga mace mai shayar da jaririn da ya dare sati shida | Gajeren lokaci |
| ASHANAN FATA MAI SINADARI  | <ul style="list-style-type: none"> • Ingantaciyar hanyar tazarar haihuwa ta dogon lokuta cikin shekaru uku zuwa biyar • Ba su da hadari ga mata komin shekarun su ko matan da ba su taba haihuwa ba • Ba su da hadari ga mata masu shayarwa | Dogon Lokaci |
| ROBAR MAHAIFA  | <ul style="list-style-type: none"> • Ingantacen hanyar tazarar haihuwa ta dogon lokuta cikin shekaru biyar zuwa goma • Ba su da hadari ga mata komin shekarun su ko matan da ba su taba haihuwa ba • Ba su da hadari ga mata masu shayarwa <p>Ana iya saka robar mahaifa a lokacin da mace ta haihu (bayan fitowar mabiya zuwa kwana biyu 48 hour) ko bayan sati 4 na farko bayan haihuwa</p> | Dogon Lokaci |
| KWORORON ROBAR MAZA  | <ul style="list-style-type: none"> • Ingantacen hanyar tazarar haihuwa ta gajeren lokaci wanda ake amfani da shi a lokacin jima'i • Da zaran an bi dokokin amfani da kwororon roba, za ta bada: <ul style="list-style-type: none"> - Kariya da ga daukar ciki - Kariya daga kamuwa da cututtukan sanyi da kwayar sida | Gajeren lokaci |
| KWORORON ROBAR MATA  | <ul style="list-style-type: none"> • Ingantacen hanyar tazarar haihuwa ta gajeren lokaci wanda ake amfani da shi a lokacin jima'i • Da zaran an bi dokokin amfani da kwororon roba, za ta bada: <ul style="list-style-type: none"> - Kariya da ga daukar ciki - Kariya daga kamuwa da cututtukan sanyi da kwayar sida • Babu hadari ga mata masu shayarwa | Gajeren lokaci |
| SHAYAR DA NONON UWA ZALLA-LAM  | <ul style="list-style-type: none"> • Hanya ce mai inganci idan mace ta tsare wadannan ka'idoji guda uku: <ul style="list-style-type: none"> - Mace tana shayar da jaririn nono zalla (dare da rana) ba tare da bayar da ruwa ko wani abinci ba - Mace tana da jariri kasa da wata shida da haihuwa - Idan bata ga jinin al ada ba tun bayan haihuwa | Gajeren lokaci |
| DAURE MAHAIFA  | <ul style="list-style-type: none"> • Ingantacen hanyar tazara na mata masu bukatan tsayar da, ko kuma daina haihuwa | Na Dindindin |
| JUYAN MAZAKUTA  | <ul style="list-style-type: none"> • Ingantacen hanyar tazara na maza masu bukatan daina, ko kuma tsayar da haihuwa | Na Dindindin |