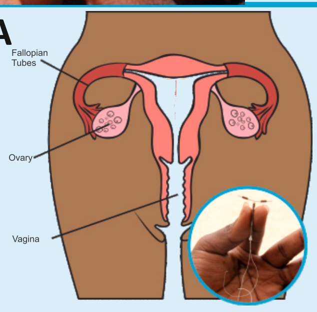
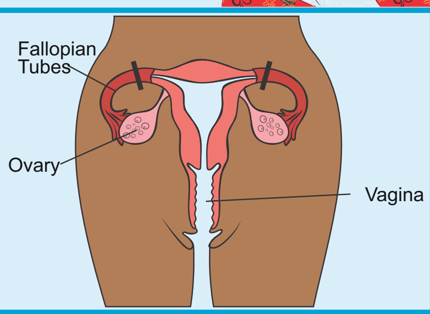
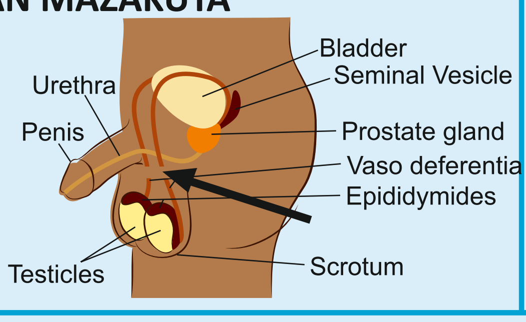
Me ka sani game da Dabarun Tazarar Haihuwa?

DABARU/HANYOYI	CIKKAKEN BAYANI	LOKUTAN INGA-NCIN SU
KWAYOYIN MAGANIN TAZARAR HAIHUWA NA SHA	• 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	• 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	• 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 	• 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 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	Dogon Lokaci
KWORORON ROBAR MAZA	• 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: - Kariya da ga daukar ciki - Kariya daga kamuwa da cututtukan sanyi da kwayar sida	Gajeren lokaci
KWORORON ROBAR MATA	• 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: - 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	• Hanya ce mai inganci idan mace ta tsare wadannan ka'idoji guda uku: - 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 	• Ingantacen hanyar tazara na mata masu bukatan tsayar da, ko kuma daina haihuwa	Na Dindindin
JUYAN MAZAKUTA 	• Ingantacen hanyar tazara na maza masu bukatan daina, ko kuma tsayar da haihuwa	Na Dindindin

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TUNTUBI JAMI'AN ASIBITI KAN DABARU TAZARAN HAIHUWA

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