

**An elderly man gestures towards a man on a bike carrying his family: child spacing and family planning in Nigeria. Colour lithograph by Federal Ministry of Health, ca. 1996.**

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**Idan baka daidaiata tsakanin  
yaran da kake haihuwa ba,  
jin dadin rayuwa zai gagara**



**Domin kaunar da kake yi ma iyalinka, zabi daidaita haihuwa tsakanin yaranka yau.**



**Ziyarci asibitin tsara iyali da daidaita haihuwa wanda yafi kusa da kai.**



**FEDERAL MINISTRY OF HEALTH**

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