

FAMILY PLANNING METHODS

<p>Lactational Amenorrhoea Method</p>	<p>Male Condom</p>	<p>Female Condom</p>
<p>Pill</p>	<p>Implant</p>	<p>Injectable</p>
<p>IUD</p>	<p>Tubal Ligation</p>	<p>Vasectomy</p>

FAMILY PLANNING METHODS

<p>Lactational Amenorrhoea Method</p>	<p>Male Condom</p>	<p>Female Condom</p>
<p>Pill</p>	<p>Implant</p>	<p>Injectable</p>
<p>IUD</p>	<p>Tubal Ligation</p>	<p>Vasectomy</p>

FAMILY PLANNING METHODS

<p>Lactational Amenorrhoea Method</p>	<p>Male Condom</p>	<p>Female Condom</p>
<p>Pill</p>	<p>Implant</p>	<p>Injectable</p>
<p>IUD</p>	<p>Tubal Ligation</p>	<p>Vasectomy</p>

FAMILY PLANNING METHODS

<p>Lactational Amenorrhoea Method</p>	<p>Male Condom</p>	<p>Female Condom</p>
<p>Pill</p>	<p>Implant</p>	<p>Injectable</p>
<p>IUD</p>	<p>Tubal Ligation</p>	<p>Vasectomy</p>

Ngirotin ngulu kiretakin et ka alatanakin aur

- Ejokak ngirotin ngulu latanakin et ngidwe ka akiretakin apot.
- Egelegyelaaka ngirotin ngulu elatanakinere aur. Ani kicamit iyong akisitiya edio rot, itemokino totam epite ngolo kisitiyaet ngolo ikijoikinit iyong.
- Ipedori alosit neni a VHT kori lodakitar ikitatami ngirotin ngulu latanakin et aur.
- Ani isitiyae ngirotin ngulu latanakin et aur, totupite ngakiciket ejok. Kisitiyae erot ngolo iseu iyong ejok ikotere epedorit akitiya aneni kon ejok.

Ngirotin ngulu kiretakin et ka alatanakin aur

- Ejokak ngirotin ngulu latanakin et ngidwe ka akiretakin apot.
- Egelegyelaaka ngirotin ngulu elatanakinere aur. Ani kicamit iyong akisitiya edio rot, itemokino totam epite ngolo kisitiyaet ngolo ikijoikinit iyong.
- Ipedori alosit neni a VHT kori lodakitar ikitatami ngirotin ngulu latanakin et aur.
- Ani isitiyae ngirotin ngulu latanakin et aur, totupite ngakiciket ejok. Kisitiyae erot ngolo iseu iyong ejok ikotere epedorit akitiya aneni kon ejok.

Ngirotin ngulu kiretakin et ka alatanakin aur

- Ejokak ngirotin ngulu latanakin et ngidwe ka akiretakin apot.
- Egelegyelaaka ngirotin ngulu elatanakinere aur. Ani kicamit iyong akisitiya edio rot, itemokino totam epite ngolo kisitiyaet ngolo ikijoikinit iyong.
- Ipedori alosit neni a VHT kori lodakitar ikitatami ngirotin ngulu latanakin et aur.
- Ani isitiyae ngirotin ngulu latanakin et aur, totupite ngakiciket ejok. Kisitiyae erot ngolo iseu iyong ejok ikotere epedorit akitiya aneni kon ejok.

Ngirotin ngulu kiretakin et ka alatanakin aur

- Ejokak ngirotin ngulu latanakin et ngidwe ka akiretakin apot.
- Egelegyelaaka ngirotin ngulu elatanakinere aur. Ani kicamit iyong akisitiya edio rot, itemokino totam epite ngolo kisitiyaet ngolo ikijoikinit iyong.
- Ipedori alosit neni a VHT kori lodakitar ikitatami ngirotin ngulu latanakin et aur.
- Ani isitiyae ngirotin ngulu latanakin et aur, totupite ngakiciket ejok. Kisitiyae erot ngolo iseu iyong ejok ikotere epedorit akitiya aneni kon ejok.