

Ibadan Radio Program: Ireti Eda (Man's Hope)

9. Family Planning Improves Wife's Life and Saves Lives

1. **SFX:** THEME MUSIC AND FADES UNDER THE HOST'S VOICE
2. **YINKUS:** My good and ever happy people I welcome you to today's exciting episode of your radio program, *Ireti Eda*. I am Olayinka Owoyemi a.k.a Yinkus the Iyalode of your Yoruba airwaves and with me is the ever cheerful upcoming fuji star, Bosun a.k.a Da Boss together we shall take you through today's edition of the program.
3. **BOSUN: (NOT CHEERFUL)** Hello my people I also welcome you to today's edition of the program.
4. **YINKUS:** What is the problem Da Boss? You're not yourself today.
5. **BOSUN:** Iyalode in fact! I have problems. You know Shade has been reminding me that it's one year since we've been dating and she told me she wants me to show her I'm not wasting her time. I promised to do something. Now I'm hearing word from home that my younger ones need this and that. You know how it is...
6. **YINKUS:** Ah well! Unfortunately for your babe, it's like it's the family matter you'll have to deal with first. You know how it is when you're from a very large family, even if you yourself are struggling, you still have to meet up to that responsibility.
7. **BOSUN:** Ah Iyalode true talk o. I sent the money home yesterday and I'm wiped out. I don't know how I'll eat this month, talk less of pay my rent or my transport. Before even considering what I will tell Shade.
8. **YINKUS: (LAUGHS)** Ah what did you want to tell Shade? You'll explain the situation to her now. Look Bosun, as you've said you have bigger problems than that.
9. **BOSUN:** Iyalode you're right. When I'm honest with Shade and don't try to "form," she is more understanding and we have a better relationship. It's just that I don't want her to think my family problems are too much or that if we are serious in future, I won't be able to provide for her because I have all these responsibilities.
10. **YINKUS:** Ah well Bosun, from experience, I can tell you honesty is the best policy in relationship matters so that there's no misunderstanding down the line. Anyway o it's time to go over to our drama. Last time on the drama, Mr. Animashaun confirmed his hatred of Oyemade and everything to do with the Ojo family, to his son Bello; Ajani confronted Ashake about her treatment of his wife now that they've moved to the family house; and Iyabo revealed her true colors to Wosilat after Wosilat confronted her about breaking Abokede's head. Ok let's see what will happen this week. Over to drama.

11. **DRAMA:** **CUE IN DRAMA EPISODE- 12 MINUTES**
12. **BOSUN:** Hmmm Yinkus, thank God Wosilat has removed Abokede from Iyabo's clutches before that woman kills the girl o.
13. **YINKUS:** Well Bosun, it's good but how are they going to manage in Ajani's family house with one more person? Ajani raised some very good points to Wosilat. You know they were already finding things tight over there.
14. **BOSUN:** Iyalode, it's true o. And then with the way Wosilat and Ajani are gambling with having another child whenever they're together, what will they do if Wosilat becomes pregnant again right now to add to the situation.
15. **YINKUS:** Hmmm Da Boss! That's why I've been saying for some weeks that she and Ajani need to adopt family planning. It will really reduce their stress and help them organize and plan for the future. God please send someone to tell them.
16. **BOSUN:** Hmm see the way Tayo told Iyabo that she cannot take over all the chores when she has younger ones in the house doing nothing.
17. **YINKUS:** Da Boss, that Tayo sef, she has a strong mind o, for her to say that to Iyabo!
18. **BOSUN:** Well Yinkus, the way she has chosen to look for a husband at night parties, I hope she's being responsible and using that strong mind to use a family planning method to prevent unplanned pregnancy and sexually transmitted infections.
19. **YINKUS:** True talk o. Anyway, let's go for our music break. Abeg Bosun, play us a nice one. Listeners enjoy.
20. **MUSIC:** **MUSIC BY A POPULAR YORUBA ARTISTE (2 MINS MAX)**
21. **BOSUN:** That was the song "*Odun Ikore*" by *Ayefele*. Ladies and gentlemen, you know what time it is. Right now in the studio with us is our favourite big aunty to answer all your questions. She is a midwife, marriage counselor and respected person in the community. Please join us in welcoming Madam Adunni to the studio.
22. **SFX:** **FANFARE AND SHEKERE SOUND**
23. **M. ADUNNI:** Thanks as always for that wonderful welcome. I'm glad to be with you today. And may I add, the drama is getting really interesting. I was listening to it outside just now and hmmm, I was enjoying it!

- 24. YINKUS:** Yes Ma, it's true. Em, Madam Adunni, in our drama we have Lami who's just delivered her second child. We saw that she was tired during her pregnancy with a very young child to look after already and now with her new baby, there's a chance that she could get pregnant again soon if she again doesn't use anything. Aunty, we were thinking today would be a good day to get into the benefits of family planning for wives and mothers.
- 25. BOSUN:** Yes Ma, in fact some time ago we received this very touching text message from Kunle who wrote: *My wife recently passed away during delivery of our third child, who also died. We have two other children aged 2 and 1 and lost a pregnancy last year. I've since learned that it could be because she was pregnant every year since we married four years ago. I feel so bad that I didn't have this knowledge. That's why I want to appeal to other people out there to avoid having their children too close to each other. They need to give gap so as avoid experiencing what I am going through now. It's not easy at all.*
- 26. M. ADUNNI:** Oh dear. First of all Kunle, please accept our sympathy for your loss. I know it can't be easy taking care of 2 very small children alone without their mother and that is why today's topic is so important. Thank you for sharing your painful experience and you are right, having children too close together does not favour the woman. Couples should plan to have a family they can manage, that way the children are properly spaced. Please note; women who have had too many pregnancies too close together, can develop problems during pregnancy and delivery because their bodies are already weak and unable to take the strain of pregnancy and delivery. Such women may lose their lives and their babies in the process...
- 27. YINKUS:** Please o Kunle, take heart and accept our condolences. Next we have another SMS from Abidemi who wants to understand how family planning can improve the lives of women and children.
- 28. M. ADUNNI:** Family planning improves a woman's life by ensuring that her body has enough time to recover from the strains of one pregnancy before embarking on another. Pregnancy comes with a lot of stress for the woman: this is because the baby shares her blood, body fluids and nutrients as well as energy. You may remember that Lami from our drama, told Abokede that she was often tired and found it really difficult to keep up with looking after her young child, the house and herself, whilst being pregnant. This could be because she had not given her body adequate time to rest before getting pregnant again. Now that she's just had a second child, getting started with family planning will help her and Umar put off having another child till they're ready by which time her body would have had time to recover and she'll be better able to look after herself, her children and her husband as a result.

29. **BOSUN:** Madam Adunni we have time to take one quick call from Aminat who is waiting to ask her question. Aminat go ahead.
30. **INSERT:** **(AMINAT’S VOICE VIA PHONE)** *Madam Adunni, please my husband believes pregnancy is a normal thing and that me and women should just be able to cope. I know he’s listening so please could you explain how pregnancy exerts physical and mental stress on a family?”*
31. **M. ADUNNI:** Well Aminat and Aminat’s husband, moving around with the weight of another human being for nine months is a burden that is difficult to describe. During delivery, the woman is said to be between life and death until baby comes out. She also loses blood. This process takes a toll on the health and well-being of a mother which in turn exerts a lot of pressure on the family when she has less energy to look after her babies and her home and actually has to be taken care of instead. Family planning’s benefits are there for all to see...when a couple practices FP and uses it to space their children for example, the wife will have more time for herself, recover fully from the last pregnancy and so she’ll feel and look stronger, healthier, happier and younger ...
32. **YINKUS:** Ah Madam Adunni, you’ve really tried for us today. We’re grateful, Ma. Well viewers I hope you enjoyed having Madam Adunni here with us today. Right now we’re going to take a short music break, but we’ll be right back. Stay tuned.
33. **MUSIC:** **MUSIC BY POPULAR NIGERIAN ARTISTE (MAX. 1.1/2 MINS)**
34. **BOSUN:** **(EXCITED)** Eh eh eh! Iyalode! Yinkus! See dance steps. Hmmm after you’ll teach me that one. Listeners I hope wherever you are you enjoyed that song **“Action Film”** by **M.I.** Unfortunately we’ve come to the end of today’s edition of the program. As always to thank you for being a part of the show, we’re giving 5 lucky listeners a chance to win one of our fantastic prizes in our quiz. Today’s quiz question is:
- ***Name 2 benefits for women if they space their children.***
35. **YINKUS:** Listeners, please send your answers via SMS to this number
If you would like to know where you can access family planning services in your area, you can call ##### (same number). Or go to a clinic, pharmacy or PMV with a sign that says “Get it Together” and has a blue, yellow and orange puzzle pieces logo.
36. **BOSUN:** And of course, you know you can also connect with us on Facebook at **the** “Get it Together Ibadan/Illorin” page. Listeners, thanks for hanging out with us. Until next time, I’m Bosun “DA Boss!”

37. **YINKUS:** And of course I remain your Yinkus! O da booo! (Till next time).

38. **MUSIC:** **THEME MUSIC UP & UNDER PROGRAMME SPONSORSHIP & BY-LINE (GET IT TOGETHER, PLAN YOUR FAMILY)**