



Fathers can care for the health of their families!

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*How can **MEN WORKERS** take care of their families?*

!

RAISE *without violence*

- **CREATE A PEACEFUL LIFE FOR YOURSELF AND YOUR FAMILY**
- **RESOLVE ARGUMENTS PEACEFULLY**
- **PLAY AND SPEND TIME WITH YOUR CHILDREN**
- **SHOW RESPECT TO THE MOTHER**

Talk to a health care provider you trust at your workplace or in your community

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