



Module 7 Family Planning

① Families that delay new pregnancy for two years after each birth have healthy mothers and healthy children.

- Children grow well and are sick less often when the parents wait for two years after birth for a new pregnancy.
- Families that do not take action to delay new pregnancy often suffer from poor health and sickness.

② Fathers, encourage your wife to exclusively breastfeed for six months to delay new pregnancy.

- Only if your wife's bleeding has not returned, the child is younger than six months, and the child is never given other foods or liquids, will this method work to delay new pregnancy.
- If one of the statements is not true, new pregnancy is possible.

③ Talk with your wife and a health worker about options for delaying new pregnancy.

- Visit the health center within three months after delivery.
- Discuss which method is best for you and your wife.
- Many family planning options are free of charge.

④ For couples who agree to abstain or use condoms for about twelve days each month, discuss Cycle Beads and the Two Day Method.

- These methods help to identify the twelve days when new pregnancy is possible.
- If couples refrain from sex or use condom on these days, they will avoid new pregnancy.
- These methods are best for women who have had at least four menstrual cycles (periods) after delivery.
- Talk to a health worker to see if this method will work for you.

⑤ For couples who want to delay new pregnancy for a short period of time (weeks or months), discuss pills, spermicides, diaphragms and injections with the health worker.

⑥ For couples who agree to delay new pregnancy for five to ten years, discuss IUDs, implants and surgery with the health worker.

- The IUD and implant are inserted into the woman's body.