



Family planning

Family Planning is using birth control. Using birth control allows you to choose how often you get pregnant and the number of babies you have.



Are you thinking of having another child?

Remember to wait at least 18 months after your last delivery to get pregnant. Talk to your provider to find out what birth control method is best for you.

Why is spacing your pregnancies important?

- Spacing the time between a birth and the next pregnancy affects more than how close your children are in age. It can also affect your health and your baby's health.

What is a good space between pregnancies?

- Research shows waiting at least 18 months after a birth before getting pregnant again can improve your and your baby's health.

What if I get pregnant again too soon?

- Your body has not had enough time to recover from the stress of your last pregnancy. Delivery and breastfeeding can lower your iron and folate (Vitamin B) levels. Your body needs time to replace these nutrients. A pregnancy that is sooner than 18 months after the last delivery can have a higher risk of preterm labor. This can cause your baby to be born too soon or be too small.
- If you are pregnant less than 18 months after your last baby was born, talk to your doctor about what you can do to lower your risks.

Questions?

Call out 24-hour Nurse Advice Line.
We are here to help you.
(800) 606-9880 TTY/TDD: 711