

A Healthy Postpartum Recovery Includes...

- Nutritious meals
- Regular exercise
- Plenty of fluids
- Breastfeeding
- Avoiding alcohol, tobacco and drugs
- Discussing birth control with health care providers



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Baby Blues and Postpartum Depression

Some mothers develop health problems such as postpartum depression during the year after the birth of their baby.

Mothers may feel sad, scared, angry, alone or tired. You also may have trouble sleeping or eating. For these symptoms contact your health care provider.

If you have thoughts of hurting yourself or your baby dial 211 immediately.

Highly Effective Birth Spacing Options

Discuss highly effective birth control* options to postpone pregnancy for at least 18 months.

Long Acting Reversible Contraception (LARC) options are 99% effective and low maintenance.

LARC Examples include...

- **Implants**- Placed by a healthcare provider in the arm that lasts up to 3 years.
- **IUDs**- Placed by a health care provider into the uterus:
 - ◊ Non-hormonal copper IUD lasts up to 10 years.
 - ◊ Hormonal IUDs last 3-5 years.

**Condoms should always be used along with your preferred birth control method to prevent sexually transmitted infections.*

For more information call:
330-270-2855 ext. 142 or visit
www.mybabys1st.org

This brochure is not intended as a substitute for your health professional's opinion or care.

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Birth Spacing... Why Wait?



Taking the Time to Build a Strong Healthy Family





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A Strong and Healthy Family Takes Planning

Family planning means deciding on the number of children you want and when you want to have them.

Talk to your healthcare provider to learn how to plan a pregnancy when you and your family are ready to have another baby.

How Soon Is Too Soon?

Healthy Birth Spacing is waiting at least 18 months after giving birth or 6 months after miscarriage* before trying to get pregnant again.

**Source: World Health Organization*

Why Wait at Least 18 Months?

- Improved health for the mother and baby
- Better nutrition and development of each child
- Consider the cost of healthcare and childcare

Benefits to the New Baby After Waiting at Least 18 Months

- The baby has a better chance of being born on time and not too early.



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- The baby has a better chance to have a healthy weight and be strong at birth.
- Babies that are born too early or underweight face a higher risk of disabilities.
- Planning enough time between pregnancies allows the mother to breastfeed for a longer period of time.



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Benefits to the Family After Waiting at Least 18 Months

- Women who wait until their child is at least 18 months old before becoming pregnant make a healthier choice for their baby.
- Mothers will have time to recover from pregnancy and childbirth.
- Fathers will have time to provide emotional, educational and financial support to their children.
- Parents have more time to provide the loving attention to each child.