

EARLY INTERVENTION SERIES



FAMILY PLANNING



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**Early Intervention to IUGR Children At risk for
Developmental Delays**

TIMING BIRTHS

Birth spacing is one of the most powerful ways of improving the health of the women.

1. Pregnancy before 18 or after 35 years is risk for both mother and child.
2. Less than 2 years space between births increases the chance of complications in the mother.

PRIME MESSAGES FOR FAMILY PLANNING

Family planning gives her choice of when to begin having children, how many to have, how to space and when to stop.

Family planning refers to the practices that help the couple:

1. To avoid unwanted pregnancy.
2. To limit the family size.
3. To increase the spacing between two pregnancies.
4. It can be a temporary procedure to increase spacing or a permanent one to limit the family size.

Family planning advice to mother having 1 or 2 children : (Temporary Method)

Ideal - After delivery if there are no local infections and no contra indications, to opt for Intra Uterine Device (IUD) like - CuT.

Advise for mother regarding Intra Uterine Device (IUD):

1. IUD is simple, needs no hospitalization and can be inserted at the time of discharge from hospital after the delivery.
2. IUD can be safely left in place for 3 years.

3. Continue breast feeding.
4. To have regular checkup with doctor.

(If not advisable to mother, husband can use condoms)

Family Planning advice to couple intending to limit the family : (Permanent Method)

Mother : Tubal Ligation

Father : Vasectomy

Addresses of the centres :

1. Government Hospitals
2. Family Welfare Centres.
3. Voluntary organisations working for Mother and child welfare programmes.
4. Maternity Centres.
5. Family Planning Centres.
6. Primary Health Centres.

Your local referral centres :

- 1.
- 2.
- 3.