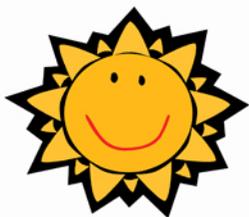


# POST PARTUM FAMILY COUNSELING JOB-AID



Postpartum Family Planning and Birth Spacing saves lives!



Wait 'til TWO, It's better for YOU, and your babies!

- Birth spacing is the time interval from one child's birth date until the next child's birth date
- Couples should wait **at least 2 years** after the birth of their last baby before **trying to conceive**

## Postpartum Family Planning Timeline



Ante Natal



Intra Partum



Postpartum

FP/Child Spacing interntions

LAM IUCD BTL

**48 hours**

LAM IUCD FS Vasectomy Progestin only if not BF)

**2 weeks**

LAM Vasectomy Condoms Progestin only if not BF Plan for combined hormonal at 3 weeks if not BF

**6 weeks**

LAM IUCD FS Vasectomy Hormonals (prefer progestin only if BF) Condoms & other barriers Natural FP methods ( non BF) once menses pattern established

**8 months**

LAM transition IUCD FS Vasectomy Hormonals Condoms & Other barriers Natural FP methods once menses pattern established

**1 Year**

IUCD FS Vasectomy Hormonals Condoms & other barriers Natural FP methods. once menses pattern established



**LAM 1-2-3**  
The Foundation of Postpartum Family Planning

1. Breastfeed exclusively on demand (at least 8 times a day)
2. Periods have not yet returned
3. Infant is less than six months old

If any of these 3 factors change, continue breast feeding and select another method of family planning