



Ministry of Health



After the baby is born...

1. Decide how you plan to feed the baby in a way that is affordable, feasible, available, safe and sustainable. Exclusive breastfeeding is recommended for the first six months.
2. **Practice family planning for a healthier and better future. Choose a method that is suitable for you and your partner.**
3. Take the baby for immunization.
4. Know the signs and symptoms of when your baby is not doing well. Seek medical attention at the health facility.
5. **Wait at least two years before you become pregnant.**
6. **Have only the number of children you can afford to support.**
7. **If you've had the desired number of children you want, use a long acting or permanent method of family planning.**

During delivery...

1. Know the danger signs for both mother and baby during delivery. Ask your service provider for more information about these.
2. Be sure to initiate breastfeeding within 30 minutes after delivery.
3. **Start on your family planning method of choice immediately after delivery. Ask your service provider for more information about this.**
4. Ensure you have the resources needed for the health and wellbeing of the mother and baby after delivery.
5. Plan to return to the health facility for your 1st postpartum visit in four to six weeks, unless there is a complication.

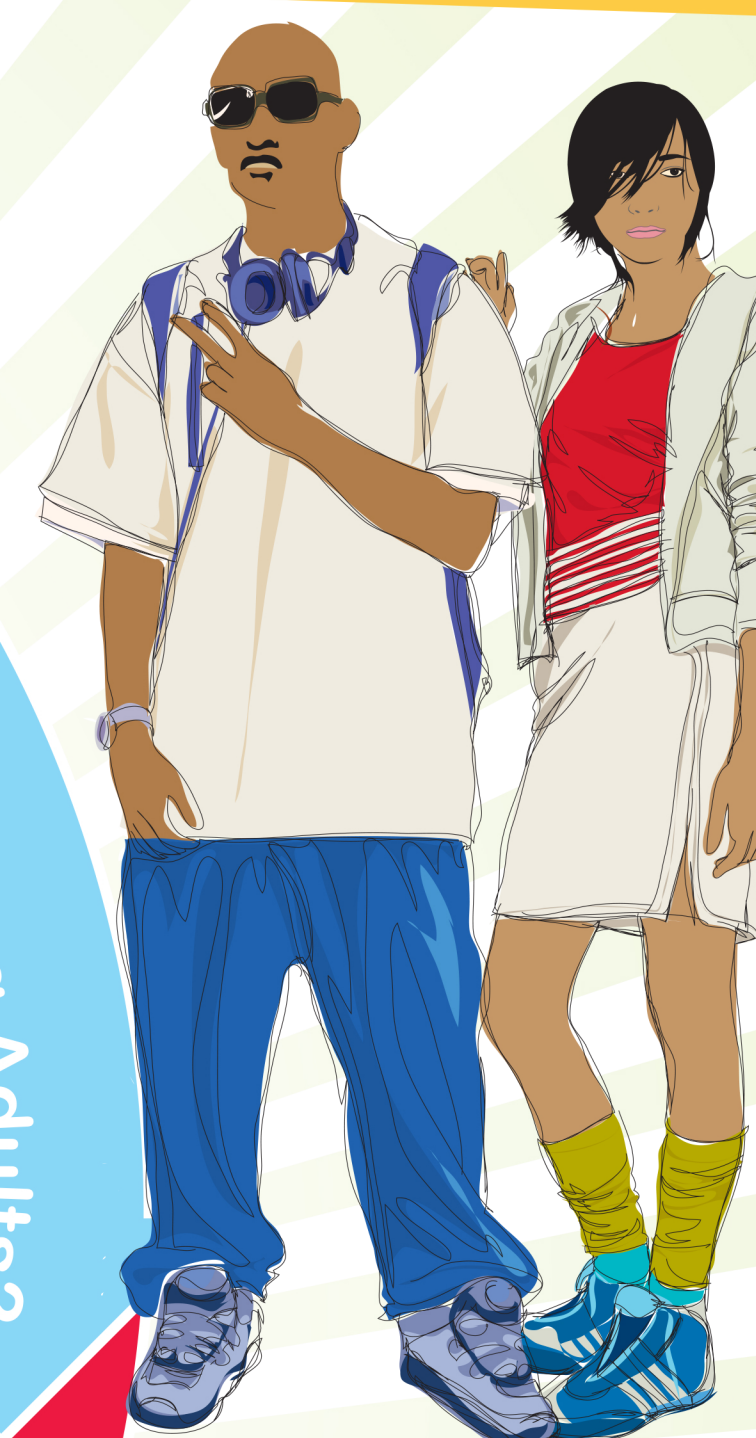
Are you pregnant?

1. Immediately you think you are pregnant, attend ANC at least four times during your pregnancy.
2. There are many health benefits for the pregnant mother in attending the ANC clinic.
3. Plan to deliver in a health facility.
4. Develop a birth preparedness plan with your partner.
5. **Think about which family planning method you will use after delivery. Discuss your family planning options with your service provider.**



Finished child bearing?

1. If you've had the desired number of children you want, use a long acting or permanent method of family planning.
2. Talk to your relatives, friends and neighbours about the benefits of family planning. Be a family planning champion.
3. Go for regular yearly reproductive health checkups.
4. Remain good friends with your partner and enjoy growing old together.



Adolescence or Young Adults?

1. Focus on your goals, your career and your future.
2. **Abstain from sex until you have finished school or college.**
3. Say no to alcohol and drugs. Do not give in to peer pressure.
4. **It's your right to have reproductive health information and services.**
5. Protect yourself against an unwanted pregnancy, STI and HIV.
6. Build a healthy relationship through communication with your partner before you make a commitment

Newly Married

Newly Married?

1. Talk to your partner about family planning.
2. Plan for the number of children you can afford to raise and when you want to have them.
3. Family planning is easy to start and to practice. There are many methods of family planning you can choose from.
4. Family planning is good for the health and wellbeing of the mother and baby.
5. A small well planned family is better able to share and utilize the family resources.



Celebrate Life!
Use Family Planning



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Finished Child Bearing?

Adolescents or Young Adults?

During Delivery...

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