

## Why use this approach?

Providing family planning counseling as part of childbirth care raises awareness of the importance of birth spacing and postpartum contraceptive options. Research shows that over 90% of women during their first year postpartum want to delay future pregnancies. Postpartum family planning (PPFP) also reduces risks of adverse health outcomes for women and infants.



### **STEP 1: Determine which contact points will integrate PPFP based on country-level data**

and prioritize hospitals with a program for young parents. As adolescent pregnancies are considered high-risk, they must give birth in a hospital, which provides the opportunity to receive parental permission for contraceptives.



### **STEP 2: Prepare the facility by carrying out a facility assessment for provision of PPFP**

assessing skills, equipment, and space to offer FP services. Providers should be familiar with postpartum contraceptive options, start counseling during antenatal visits, and integrate it into every contact with a client.



### **STEP 3: Enhance capacity through whole site orientation (WSO) for all staff within facility on PPFP**

to ensure all staff understand the messages around the introduction of PPFP. Topics to address in WHO include clinical care, different contraceptive methods for the postpartum period, timing of initiation of contraception, attributes of each method, and risks and benefits of the choices.



### **STEP 4: Conduct home visits to identify pregnant adolescents and first-time, young parents**

through Barangay Health Workers (BHW) and population volunteers. They will need sensitization on benefits and barriers to PPFP, coaching on how to complete the [Target Client List](#), and provision of job aids/informational booklets.



## **STEP 5: Document immediate PFP uptake data**

at all service delivery points in a family planning register.



## **STEP 6: Identify a facility PFP champion**

and encourage them to ensure routine provision of immediate PFP and supportive supervision of health care providers who provide PFP.



## **STEP 7: Conduct monthly facility review meetings**

to strengthen the quality of services.

For more information, refer to <https://tciurbanhealth.org/courses/philippines-toolkit-service-delivery/lessons/postpartum-family-planning/>