



## Post Pregnancy Family Planning

# CONDUCTING IN-CLINIC MOBILIZATION

## HOW-TO-GUIDE

**Post Pregnancy Family Planning** is an approach to reach women during pregnancy and in the post-pregnancy period with the information and services they need to begin using family planning.

Getting adequate information on Family Planning during this period is important because the woman is thinking about herself and unborn baby and open to information and discussions that will improve the well being of her baby and her family.



### In-clinic mobilization

This is an activity conducted in the health facility during antenatal, post-natal and immunization clinics to increase family planning use by reaching women and couples with family planning information and messages during pregnancy and after delivery.

Family planning should be discussed with every newly delivered client before discharge from the hospital

### Steps to conducting in-clinic mobilization

Ensure adequate supply of FP handbills and leaflets in the waiting area before, during and after the health talks

Provide health talks on maternal and child wellbeing/family planning during the clinics, using the talk points as a guide

After discussions, refer prospective clients to a trained FP Provider for balanced counselling and method provision

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**The health worker on duty is responsible for providing comprehensive family planning information to the clients by giving health talks during MCH clinics**

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## **Talking points during MCH clinics**

### **Beliefs and attitude**

- Modern family planning methods are safe and there is a method that suits you.
- You can use a modern family planning method immediately after delivery, they are safe for breastfeeding mothers and their babies.
- You can talk to your health provider whilst pregnant to decide on the modern family planning method to use after delivery.
- Your fertility will return to its normal state after discontinuing a method.
- Undesired effects are normal but temporary.

### **Building the clients confidence to use family planning**

- By using modern family planning you will be healthy and able to give your children and family the best love and care.
- There are many benefits of family planning for you, your children, and your family.
- Your religion does not disapprove of childbirth spacing.
- It is not shameful to admit that you are using modern family planning. It is a thing of pride, and tells of your desire for optimal health and to take better care of your family.

### **Spousal discussion on Family Planning:**

- Discuss family planning early with your partner to allow you to make a decision on when you want to start having children and how much time you need to rest in between births.
- Visit a family planning clinic with your partner to get all your questions answered, you will be rest assured and empowered to use modern family planning.

### **The behaviour and support from friends and family**

- Many people including your friends and family have benefitted from using family planning, this has enabled them to pursue their careers and business.
- Your friends and family use family planning to be healthy, space their pregnancies and have healthy babies.
- Share your experiences and recommend family planning to a friend today.