



I am Supportive

I provide for my loved ones

I understand the benefits of using family planning soon after delivery

I discuss with my partner the modern family planning methods available after delivery

I support my partner to space our next pregnancy

I know that a family planning provider is a reliable source of information

Without using a family planning method after delivery, my partner can get pregnant

I know that some women may experience side effects, these are temporary and can be managed. I will support my partner if she experiences side effects.

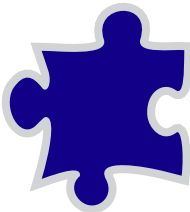
FAMILY PLANNING METHODS AVAILABLE AFTER DELIVERY

- ▶ Exclusive Breastfeeding (Lactational Amenorrhoea Method)
- ▶ Implants
- ▶ Pills
- ▶ Tubal ligation
- ▶ Condoms
- ▶ Intra-uterine Device (IUD)
- ▶ Vasectomy

There is a family planning method that best suits you.

Upon discontinuation of a chosen family planning method, a woman returns to her own fertility.

Family Planning Providers are capable and reliable sources of post pregnancy family planning information



KNOW *the facts about family planning during pregnancy*



TALK *with your partner and health provider about family planning during pregnancy*



GO *for a modern family planning method soon after delivery*