

# Stay Beautiful

I love myself  
and choose to  
stay beautiful

## I stay beautiful because:

- I am healthy and happy
- My family is blossoming
- My career/business is growing
- My partner and I make smart family planning decisions, with no surprises

## How do I stay beautiful after having a baby?

- I get family planning information from the health provider after delivery
- I discuss the family planning methods with my partner
- I choose to space my pregnancy and take up a family planning method immediately after delivery
- I eat well and exercise
- I choose to plan my future and live a fulfilled life



**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

# Do you think you are protected from pregnancy because you are breastfeeding?

You can get pregnant soon after delivery, even if you are breastfeeding. For breastfeeding to be an effective form of natural family planning, “3” conditions MUST be met:

- \* your monthly period must not have returned
- \* the baby must be exclusively breastfed day and night
- \* the baby must be less than six months

If you do not meet all the criteria or baby is six months, go for another family planning method.

## ***Family planning methods safe for breastfeeding women include:***

- \*Injectable
- \*Intra-uterine Device (IUD)
- \*Implant
- \*Pills
- \*Condoms
- \*Tubal ligation
- \*Exclusive Breastfeeding (Lactational Amenorrhoea Method)

## ***When is the best time to discuss using a family planning method?***

Today is the best time; even before your baby comes. Find out the facts from a family planning provider to discover what method best suits you.

## ***Do modern family planning methods have side effects?***

Some women may experience side effects, these are temporary and can be managed. Get the facts from a family planning provider.

## ***Can I have more children after using a family planning method***

Family planning methods are safe and once discontinued, return to fertility is almost immediate depending on the individual.

## ***Places to get family planning information or services.***

Visit any registered hospital with the green dot logo to speak with a family planning provider today.