



Counselor Fact Sheet

Family Planning

Benefits of Family Planning (FP)

- FP gives a mother's body time to recover between births, allowing her to be stronger, and healthier.
- Babies can breastfeed longer, which helps them to be stronger and healthier.
- FP removes the fear of having an unplanned pregnancy.
- FP means you can better plan how many children you and your partner can provide for.
- Smaller families mean more and better quality food, clothes and education for everyone.
- With a small family, children will be more likely to go to school longer, improving their chances of getting a well paying jobs.
- Husbands and wives can have more time for each other.
- Girls under 18 years old are at greater risk of having complicated pregnancies and/or deliveries because their bodies are not yet fully developed. Family planning can reduce these risks.
- Women who are over 35 years old are at greater risk of having babies with severe problems. Family planning can reduce this risk.
- Condoms and abstinence not only prevent unwanted pregnancy, but also prevent HIV and other sexually transmitted infections.
- All methods of birth control can have possible side effects and it is important to try different kinds until you find the method best suited for you and your partner's needs.
- Hormone-based birth control often comes with side effects. Some of the common side effects reported by women on birth control include:
 - Headache
 - Dizziness
 - Breast tenderness
 - Nausea
 - Breakthrough bleeding or spotting
 - Decreased libido
 - Mood swings
- 990 Talkline callers who report experiences of any of the side effects listed above while on birth control should be advised to talk to a health care provider about it

