

GIVE THEM



»» WHAT IS BIRTH SPACING?

Birth spacing is waiting at least 18 months between giving birth and getting pregnant again.

WHY 18 MONTHS?

Your body needs **time**. It needs time to heal and recover from the physical and emotional stress of pregnancy and birth. You need that time to get ready for the next pregnancy.

It gives your body **time** for key nutrients such as folic acid and iron to be replaced. *(Folic acid helps your baby's brain grow.)* Your baby has a greater chance of being born at the right time and at a healthy weight. If your baby is born too soon that is called premature. If your baby is born too small that is called low birth weight. Both have a greater chance of long term health problems, development issues, and even infant death.

»» HOW TO BIRTH SPACE

Start using effective contraception to give your body the time to recover. Talk with your health care provider about family planning and birth control options.

bedsider.org

Make or update your Life Plan. It will help you decide what choices are best for you and the life that you want including if and when you want more children.

dethrives.com/mlmpw/life-plan



»» BENEFITS FOR MOM

Having a baby can be a huge change *physically and emotionally*. Birth spacing can provide time for these benefits:

- Restore key vitamins and nutrients
- Return to healthy weight with exercise and healthy eating
- Heal, recover, and regain energy
- Adjust to stress and new demands of parenting

Connect with your OB/GYN for your **postpartum visit** to talk about ongoing health conditions or any concerns you have.



»» BENEFITS FOR BABY

Birth spacing can help to give your baby the best start in life with these benefits:

- Increase the chances of baby being born at the right time and a healthy weight
- Increase bonding time
- More time to breastfeed if mom chooses
- Increase interactions and play time
- Children are better prepared to begin kindergarten and perform better in school



»» BENEFITS FOR FAMILY

Having a baby can be a huge change within your family and home. Birth spacing may provide these added benefits:

- Parents and other family members will have a chance to bond with the new baby
- Older children will have time to adjust
- Parents will have time with each other
- Decrease financial stress
- Increase family time

SOME SPACE!



18 MONTHS

is how long you should wait between giving birth and getting pregnant again!

GIVE YOUR BABIES SPACE!

Waiting 18 Months Between Pregnancies Is Good For Mom, Good For Baby And Good For Family!

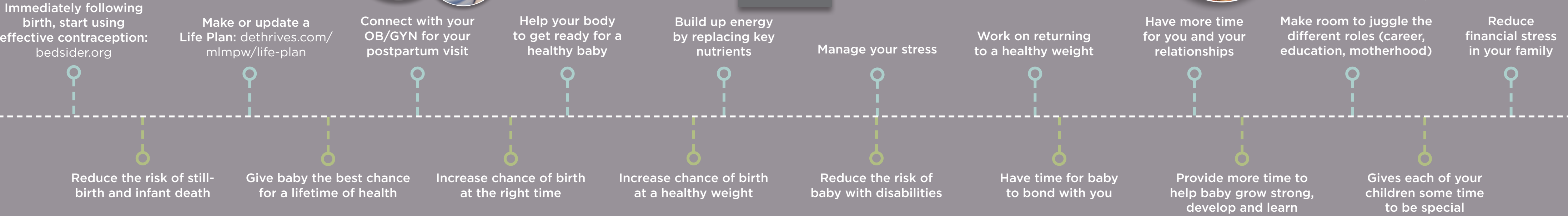
So, why is that? Mom's body needs to rest following a pregnancy. She needs time to bond with her new baby. Babies do best when they have mom's focused attention in their earliest years. And, families have a chance to grow strong together before welcoming another baby. Waiting also helps to avoid some serious health risks to mom and baby.

DID YOU KNOW?
Your postpartum visit is your time to talk about how you feel, address any concerns you may have, and discuss plans for future children. This is your time to take care of you!



DID YOU KNOW?
Using birth control can help you decide when the time is right to have a baby. There are many types of birth control, and even some that are available at no cost if you are eligible.

MOM



BABY



DID YOU KNOW?
Birth spacing could save your life, or the life of your baby. Many serious birth risks go way down when a woman chooses birth spacing. Be a life saver, choose to wait 18 months between pregnancies.

DID YOU KNOW?
You can learn more about birth spacing and many other health topics by liking DE Thrives on Facebook, following us on Twitter and visiting us online at DEThrives.com



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