## Tips

What is Family Planning?

1 Family planning helps YOU control the number of children that your family will have.

2 Family planning services include: counseling and education on how to prevent pregnancy or how to have a healthy pregnancy, prescription or referral for all available birth control methods, and sometimes includes screening exams like pap smears and testing for sexually transmitted infections.
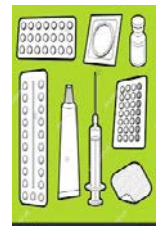
Why is it important?

1 It is important for the health of a mother and her family. A women's ability to choose if and when she becomes pregnant has a direct impact on her health and well being!

2 Planned pregnancies spaced two or more year's apart result in healthier babies and fewer medical problems for women.

Tips

Benefits of Family Planning

1 Many methods of birth control have benefits other than preventing pregnancy-they can make your menstrual period lighter, more regular, and easier to manage!

2 Many unplanned pregnancies are the result of using birth control incorrectly (such as missing a birth control pill or missing a depo provera injection). Consider "low-maintenance" methods like the Intrauterine Device (IUD) or the birth control implant. Both are totally reversible and require an easy, one-time insertion and can last for years without you having to remember anything!