



4

Planning Your Family

Space Your Births

- Birth Spacing refers to the amount of time between births or pregnancies.
- There are many things to consider in deciding what is the best amount of time between pregnancies.



Why Space Births?

- Much evidence shows that **2 ½ years to 3 years between births is usually best** for the well being of the mother and her children.
- Planning enough time between pregnancies increases the chances that moms and babies will be healthy.
- When births are spaced 2 ½ years to 3 years apart there is less risk that the baby or child will die. There is also lower risk of the baby being underweight.
- Too little time between births can also be bad for mother's health. There is a greater risk of bleeding in pregnancy, premature rupture of the bag of waters and increased risk of death of the mother.
- It is also recommended that a mother waits six months or more after finishing breastfeeding to become pregnant again so she can rebuild her body's nutritional stores.



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Planning For Your Pregnancy

- When you are ready to have another baby, planning ahead will help you and your baby to have the healthiest start.
- Get help for any health problems, review the safety of any medications you are taking, be up to date on your immunizations, be tested for any sexually transmitted diseases and find out if you have any medical conditions that could affect the pregnancy.
- If you experiencing violence or abuse or high levels of stress, seek help to resolve those issues before you get pregnant.
- Eating healthy, exercising, taking a vitamin which contains folic acid, staying away from chemicals and hazardous materials and stopping smoking will help you to have a healthier pregnancy and newborn baby.
- If you have had a miscarriage or lost a child, you may need time to grieve. Talk to your health care providers about the problems you may have with a future pregnancy and work through your fears and anxieties before considering a future pregnancy.



Building Healthier Babies

612-673-3048



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