

FAMILY PLANNING

Introduction

- ❖ Family planning is a conscious decision by individuals or couples to choose for themselves when to start having children, how many children to have, how to space them or when to stop having children by using contraception and natural methods.
- ❖ There are several ways by which family can plan its family.



Role of AWW



- ❖ Counsel women about family planning methods.
- ❖ Explain to them about the duration of protection of Intra Uterine Contraceptive Devices and its benefit and limitations.
- ❖ Educate women on natural family planning methods and its limitations.
- ❖ Talk about benefits of family planning to couples and individuals, boys and girls at different occasions.
- ❖ Include information about prevention of RTIs/HIV/AIDS also.
- ❖ Dispel any rumours or mis-conceptions about contraceptives in villages.
- ❖ Help nurse didi to contact women wanting to have a Copper-T insertion.
- ❖ Promote male participation in family planning.

Benefits of Family Planning

Mother



- Improves the health of the mothers and children through child spacing.
- Older women have more problems during childbirth.
- Girls less than 18 years of age are more likely to have complications or can die during childbirth.

Children



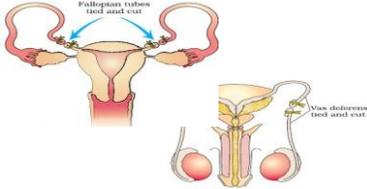
- If a woman has children too close i.e. less than 36 months interval, her own health and her children's health suffer.
- Family with fewer children will be able to take better care of them, including their educational attainments, growth and development.
- The baby can be breastfed for longer time.

Other benefits



- Condoms help in protecting against genital tract infections.
- Oral pills are good to regulate irregular bleeding from uterus, and regularizes menstrual cycle.
- This allow women to exercise their right over their own bodies.
- Save more money for health services and recreations.

Different Family Planning Methods

METHODS	BENEFITS	LIMITATIONS
Oral Contraceptive Pills 	<ul style="list-style-type: none"> * The pill is safe and very effective * The pill can be taken by most women from menarche to menopause * When a woman wants to get pregnant, she stops taking the pill * It is reversible and return to fertility is rapid 	<ul style="list-style-type: none"> * Require daily intake * Have common side effects, such as headaches, dizziness, nausea, breast tenderness * Provide no protection from STI/HIV
Intra Uterine Contraceptive Device (IUCD) 	<ul style="list-style-type: none"> * Safe and effective * Can be inserted right after delivery or within the first 48 hours after delivery * Can provide protection for 5-10 years, but when removed fertility return without delay. * Has no effect on breast feeding 	<ul style="list-style-type: none"> * First few cycles of bleeding may be heavier, more painful than usual * Does not protect against STIs, including HIV/AIDS * Requires a trained provider to insert and remove.
Emergency Contraceptive Pills(ECPs) 	<ul style="list-style-type: none"> * Safe for all women * Can prevent pregnancy, if taken within 72 hours after unprotected sexual intercourse * No delay in return of fertility after stopping 	<ul style="list-style-type: none"> * Not as effective as most of the regular contraceptive methods * Does not protect against STIs, including HIV/AIDS
Condom 	<ul style="list-style-type: none"> * Can protect against pregnancy and some sexually transmitted infections, including HIV * Can be used after delivery as soon as couple resumes intercourse * Safe and effective for everyone * No side effects 	<ul style="list-style-type: none"> * Must be used correctly * It interrupts sexual activity * Condoms may break or slip off
Female Sterilization (Tubectomy) & Male Sterilization (Vasectomy) 	<ul style="list-style-type: none"> * Provides permanent protection * Simple procedure, with no side effects. * Can be done anytime 	<ul style="list-style-type: none"> * Irreversible and expensive * Does not give protection from STIs, HIV/AIDS * Possible side effects are pain and discomfort during and after the procedure. * Vasectomy is not effective for the first 3 months after the procedure. During that time, couples should use contraception, such as condoms or pills