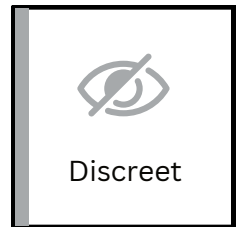
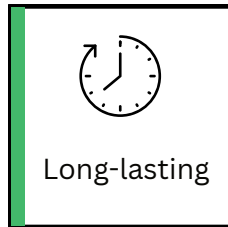


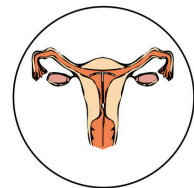
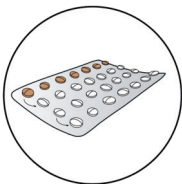
CWC Birth Spacing Card

Use to counsel every CWC attendee

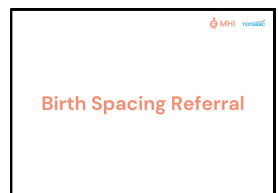
You should **consider using modern contraception** to space your births: it's safe and effective. Except for permanent methods, methods have **no long-term fertility impacts**. There are many methods with different effects:



Would you like to know more about any of these categories or what methods are available?



Would you like a referral card to learn more or get a method from the family planning unit?





Method options: Condoms, LAM, Implant, Combined Pill, Minipill, IUD.

Clients may prefer a quick return to fertility once they stop using a method. Fertility return is immediate after stopping using condoms or LAM, but can take a month for the other methods.



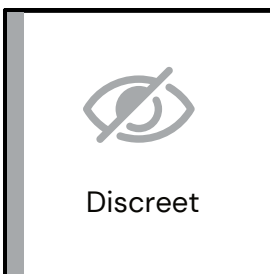
Method options: Injectable, Implant, IUD, Male or Female Sterilisation.

Longer lasting methods are convenient and low-effort for clients. Remind them that IUDs and implants can be removed at any time if they wish.



Method options: Condoms, LAM, Male or Female Sterilisation, Combined Pill.

Hormonal methods often affect bleeding patterns. These changes are safe, and bleeding often returns to normal after several months, but it depends on the method. The combined pill is the hormonal method with the least bleeding changes.



Method options: Injectable, Combined Pill, Minipill.

Discreet methods allow women to keep their choice private.

Remember: Always offer the client a birth spacing referral.

