

Birth Spacing Group Talk



Instructions for Use

- Provide a brief family planning group talk at **every CWC session**
- Can be given alongside longer talks on other health topics
- Brief version of group talk is only 5 minutes long: can be done when many clients, but not all, are present in waiting room
- When more time is available, give a longer version of the talk, covering topics including:
 - **Benefits** of family planning
 - **Explanation** of the different methods
 - Defusing **myths and misconceptions** about family planning

Introduction: Methods Vary

- **Birth spacing methods are safe and effective, and help prevent dangerous short-spaced births**
- You will be **able to get a birth spacing method after your appointment today** if you want to
- Different methods **work best for different people**
- If you have tried one before and did not like it, a new method **may be a better fit for you**
- If you take a method and it doesn't work out, **come back and talk to your provider**
 - There are medications that can help with some side effects (such as irregular bleeding)
 - Or, your provider can help you switch methods to find one that works best for you



Introduction

Types of
Methods

Questions &
Next Steps

Method Types



Quick return to
fertility

Many methods allow for a quick return to fertility once you stop using them. Such methods include condoms (immediate return once stopped), and the implant, combined pill, mini-pill, and IUD (fertility typically returns within a month).



Discreet

Discreet methods allow you to keep your choice private. Depending on your preference, such methods include the injectable, the combined and mini-pill.



Introduction




Types of Methods

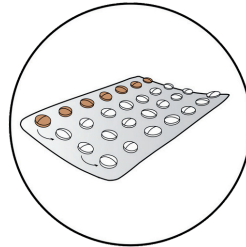


Questions & Next Steps

Method Types



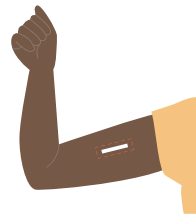
Quick return to fertility



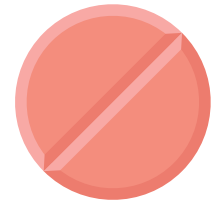
Combined Pill



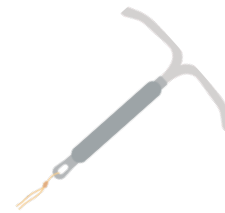
Condom




Implant



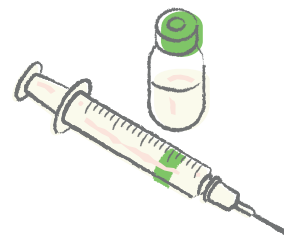
Minipill



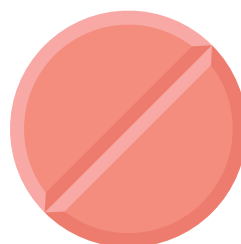
IUD



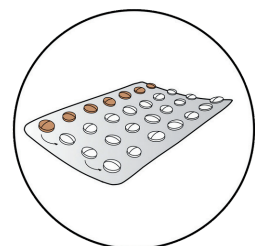
Discreet



Injectable



Minipill

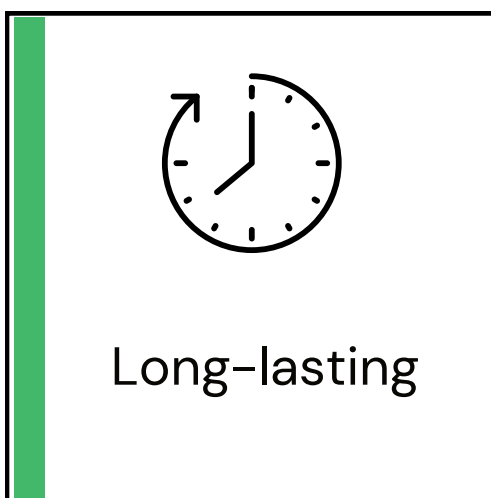


Combined Pill

Method Types



Some methods – known as hormonal methods – may affect bleeding patterns for some users. These changes are safe, and bleeding often returns to normal after several months. If you prefer a method with only limited bleeding changes, consider the combined pill. If you want a method with no chance of affecting your bleeding, consider condoms and male/female sterilisation.



Some methods are long-lasting, requiring no extra effort. They include male/female sterilisation (permanent), IUDs (10 years), implant (3–5 years), and injectable (1–3 months). IUDs and implants can be removed at any time, so you can take them out if you want to become pregnant again.

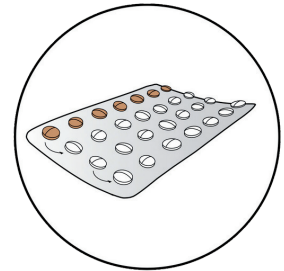
Method Types



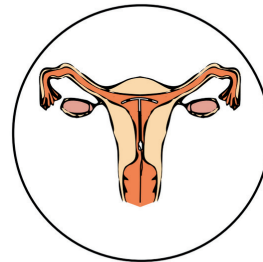
Limited or no changes to bleeding



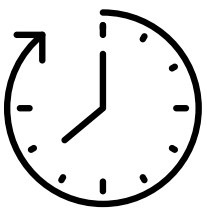
Condom



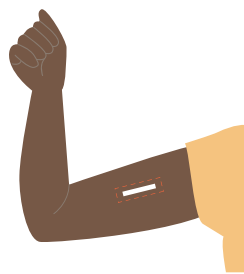
Combined Pill



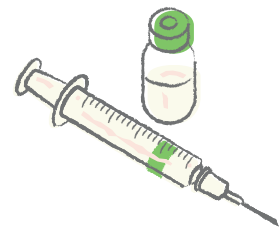
Female Sterilisation



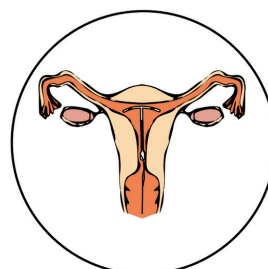
Long-lasting



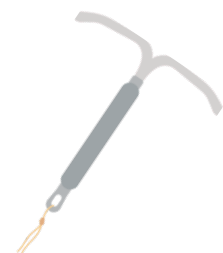
Implant



Injectable



Female Sterilisation

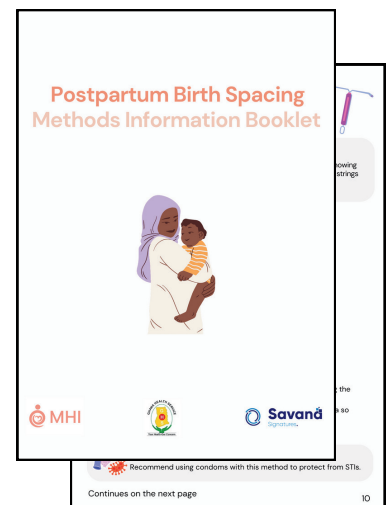


IUD

Questions & Next Steps

Every family planning talk should include questions and concerns raised by clients who are listening.

Correct any myths or misconceptions that clients raise but remember not to make them feel pressured to accept a family planning method. All opinions are welcome.



Use the Methods Information Booklet or ask a colleague if you are unsure about the correct answer to a client's question.

Remember!

Every woman should receive brief one-to-one counselling on family planning while their child is immunised

Questions & Next Steps

Encourage clients to raise opinions and concerns by asking them questions

Do you have any questions?

Do you want to learn more about any of the method types?

What concerns about family planning have you heard people share?

Tell clients: *If you want to learn more, talk to your provider while your child is immunised.*

Point out the family planning unit and remind them that they can visit at any time to get a method.

