

Birth Spacing Conversation Guide

For use with every woman who receives postnatal care

1. Explain the benefits of birth spacing methods

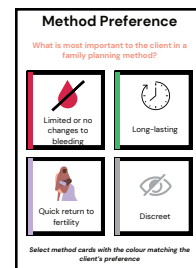
- Spacing of more than 2 years gives her body time to recover

2. Ask about her experiences with birth spacing methods

- Has she used a method before?
- Which did she like or dislike and why?

3. Ask her what is most important to her in a method

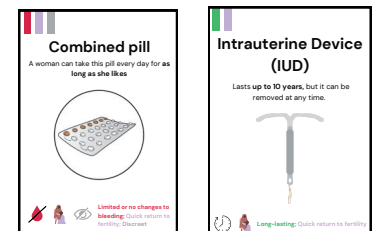
- Select the methods recommended for her preference using the back of the card



Place the **Method Preference Card** in front of the client

4. Talk to her about the methods that fit her preferences

- Read her the information on the back of the remaining cards on the table
- Ask if she has questions and answer them



Lay the relevant **Method Cards** on the table

5. Help her select a method or encourage her to return

- Assess her medical eligibility using the wheel
- Explain how to use the method, its side effects and how to manage them
- Provide the method or a referral
- If she does not want to take up a method today, encourage her to return at any time



Medical eligibility wheel



Referral card