Family Planning UNMET NEED
The Nurse Mildred Radio Talk Shows

**TOPIC:** Religious leaders’ support for family planning

**Guests:**
- Nurse Mildred
- Nurse Betty

**Objectives of the programme:**

- To inform listeners that family planning does not go against the teachings of religion
- To inform the listeners that using natural methods such as the moon beads is acceptable by all religions
- To create a positive (and desired) image of people who use modern family planning methods.
- To encourage listeners to seek more information about family planning.

**Questions for the interviewer:**
1. Nurse Mildred, is it true that religions are supportive of the use of modern family planning methods?
2. What are some of the religious teachings on family planning?
3. What are some of the methods that are encouraged and supported by the church?
4. What are the benefits of family planning?
5. **How** can listeners ask about the family planning services to get more information? (What should they ask? To whom? Where? When? Why should they ask – give reasons to motivate seeking more information)

**Key Points – Religious leaders’ support for family planning**

1. Religions support the social and economic development of communities, and planning one’s family is a vital part of that. Therefore, most religions
encourage their followers to have families that they can care for properly. This means that they support family planning.

2. Natural family planning methods such as Moon Beads are encouraged and supported by the Catholic church. Unlike other methods, Moon Beads do not involve any hormones or physical barriers to prevent pregnancy, but instead rely on periods of abstinence during ovulation.

3. Natural methods such as the Mood Beads are accepted by all religions, including Catholics. Other modern family planning methods are also accepted by Protestants, Moslems, and Pentecostals.

4. It is however necessary that both partners be involved and dedicated to practicing the natural methods as they involve monitoring of body changes.

5. The Catholic Church approves condom use – even outside marriage as a responsible act to preserve life and prevent HIV infection.

* These are questions related to religious leaders’ support for family planning. If you are asked one of these questions, you should make a clear concise response, and then if appropriate refer them to a medical provider.

**Frequently Asked Questions about religious leaders’ support for family planning.**

Q  Does using family planning go against religious teachings?
A  No, religions support the social and economic development of communities, and planning one’s family is a vital part of that. Therefore, most religions encourage their followers to have families that they can care for properly.

Q  What are some of the religious teachings on family planning?
A  According to the Fatwa teaching in Islam:
   - Family planning is birth spacing and its practice is in accordance with the teachings of Islam. Birth spacing is important to ensure the health of mother and child and therefore enables the couple to
ensure the well being of the family, education of the children, and quality life.

- All methods of birth spacing are allowed as long as they are safe, legal, in accordance with the Islamic Shariah, and approved by a credible physician, preferably a Muslim, for the benefit of both mother and child.
- If the well being of children, born or expected, is considered to be put at risk because of the mother having to bear another child, then family planning should be practiced. Muslims are wished by their creator good and light things, not heavy burdens (Quran. 2:185).

Q What are some of the methods that are encouraged by the church?
A Natural methods such as moon beads are encouraged by the church because they do not involve any hormones or physical barriers to prevent pregnancy, but instead rely on periods of abstinence during ovulation.

Q What are the benefits of family planning?
A To the mother:
- Family planning gives a mother time to fully recover from her previous pregnancy.
- It gives her time to look after her children and gives her time to bond with them.

To the father:
- It helps the father plan financially for each family member.
- It improves the quality of life of the family.

To the child:
- There is full enjoyment of love from both parents.
- There is normal and physical development of children.
- There are adequate resources for school fees and medical care and shelter for the children.
To the community:
- It improves the social and economic standards in society by reducing competition for resources such as food, schools, health services etc.

Q Where can I get more information about family planning for family planning?
A From a health facility with the sign of the rainbow over the yellow flower or call the national hotline on at 0312 500 600 or 0 800 200 600. Or send her an SMS at: Type FP (leave Space) Write comments or questions and send to 8198.