### Counseling benefits of postpartum family planning and birth spacing

**What is the CHW doing in the picture??**
Providing information to a mother who recently delivered baby about benefits waiting at least 24 months after last birth before becoming pregnant and by using birth spacing methods

**Discussion:**
- Why CHW should visit household before and after delivery?
- In which household visits do CHW discuss about birth spacing?

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**Remember:**

- Counseling and household visits of CHW before and after delivery make delivery safe and reduce maternal and neonatal deaths.
- CHW should provide information to women and families on birth spacing methods in her all household visits especially in those visits take place at late pregnancy and 40 days after delivery.
02. At least more then two years spacing among children can grantee the health of mother and baby

<table>
<thead>
<tr>
<th>What do you see in this picture?</th>
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<tbody>
<tr>
<td>• A healthy mother with her baby</td>
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<table>
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<tr>
<th>Discussion:</th>
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<tr>
<td>• How can you help to have a healthy mother and child?</td>
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<td>• What do we need if we want to have a healthy mother and baby?</td>
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<tr>
<td>• A healthy mother deliver healthy baby to the society if she:</td>
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<tr>
<td>• Spaces her next pregnancy at least two years after her last birth.</td>
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03. Delivery either in the **health facility or at home and immediate breastfeeding**

**What do you see in the picture?**
- A mother who delivered baby at home, she gives her breast milk to her baby immediately
- A mother who delivered baby at clinic or hospital, she gives her breast milk to her baby immediately

**Discussion:**
- What is the benefit of immediate breastfeeding to a neonate
- What will happen if the baby is not breastfed immediately after delivery?

**Remember:**
- Babies should be brought close to mother after delivery (skin-to-skin contact) starting breastfeeding immediately as soon as possible
- Colostrums is the best and complete food for the baby,
- Colostrum has proteins and vitamins specially vit A., Vitamins can support immune system of the baby against illnesses.
Mothers! If your baby releases your breast give the other breast until both breasts are emptied.

<table>
<thead>
<tr>
<th>What is the difference between these two pictures?</th>
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<tr>
<td>• Picture One: first mother breastfeed her baby through right breast</td>
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<td>• Picture Two: second mother breastfeeding her baby through left breast</td>
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<td>Why is it important to breastfeed your baby on both breasts?</td>
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Remember:
- Breastfeeding on both breasts each time of breastfeeding results in emptying both breasts.
05. Mothers should eat variety of food and drink more liquids during lactation:

What do you see in this picture?
- A mother whose child is less than 6 month
- The mother is eating a variety of healthy meals that include animal protein, vegetables, grains, fruits, and fluids

Discussion
- Why mothers need different meals and more liquids during lactation

Remember:
- Using different meals and more liquids during pregnancy and lactation will improve growth and health of baby and will improve health of mother. During first six months exclusive breast feeding baby does not need food and artificial milk.
- Examples of meals, liquids, and fruits: Beans, rice, vegetables, eggs, fish, water, non-alcoholic drinks, tea, watermelon, melon, apple, banana, etc.
06. Breastfeed your child even if you or your child is sick

What do you see in the picture?
- A mother who is sick and breastfeeds her child
- A baby who is sick and rejects feeding, but the mother gives her breast milk.

Discussion:
- Why is it important to continue breastfeeding even if the mother or her child is ill?

Remember:
If breastfeeding is discontinued:
- The child will lose weight
- Recovery from illness will take more time than usual
- Possibility of decreasing mother milk.
07. Lactation Amenorrhea method is the best contraceptive method for the six month after child birth

What do you see in the picture??
- A mother whose menses is not returned
- A mother whose baby is less than 6 months
- A mother who is breastfeeding her baby according to the baby desire during night and day.

Discussion: Do you think LAM could be as a birth spacing method until 6 months your baby
- In which conditions breast feeding is safe?

Remember:
You can protect yourself from becoming pregnant up to 6 months after delivery if:
- Only give breast milk to your baby on demand during the day and night.
- Your menses has not returned
If one of the above conditions in not applicable, so the mother must use one appropriate contraceptive method
08. Usage of Contraception method after six months during postpartum

What do you see in the picture??
- Different methods of contraception
- The mother breastfeed her baby which is more than six month.

Discussion:
- If the baby is more than six months what kind of methods should the mother use?

Remember:
- The efficacy of LAM is decreasing After six months so in this case the mother should continue her breast milk and the mother can use one of the following methods according to her own choice:
  - Pills
  - Injection
  - Condoms
  - Loop (IUD)
9. Usage of contraceptive methods after 40 days (6 weeks) of delivery

What do you see in the picture??
Different methods of contraception:
- Progestin only pills
- IUD or loop
- Injection

Discussion:
If a mother is not willing or not able to use LAM, what kind of contraceptive method she can use?

Remember:
If a mother is not willing or not able to continue breastfeeding after delivery, she can start the following methods of contraception after forty days (six weeks) of her delivery:
- Progesterone only pills (POP)
- Injections
- Loop (IUD)
10. Usage of condom-

What do you see in the picture?
- Condom

Discussion:
- When condom can be used after delivery
- What are the benefits of condom?

Remember:
- Condom can be used easily every time after delivery
- Condom can prevent sexual transmitted infections (STI/HIV/AIDS)
11. Breastfeeding mothers: Use COC after six months of delivery

What do you see in the picture?
A woman who has a baby older than six months can use COC for contraception

Discussion:
If a woman has a child less than six months can she use COC as a contraceptive? If not why?

Remember:
You cannot use COC if your child is less than 6 months because:
- COC decreases production of milk
12. Visit health facility for more information

What do you see in the picture??
- A couple in a health facility whom child is more than six months and want to use one of the birth spacing method.

Discussion:
- What to do when you need more information about birth spacing methods and where do you go?

Remember:
- Whenever you had a concern regarding contraceptives and birth spacing after counseling with CHW go to the nearest HF in order to obtain more information and solutions.