

Promoting Maternal Health through Healthy Birth Spacing

What is birth spacing?

Birth spacing is the gap between two live births. Maintaining an **18-month interval** between pregnancies reduces health risks for mom & baby.



Benefits of birth spacing include:

- **Reducing the risk of poor maternal health outcomes** by providing time to optimize physical and mental well-being.
- **Lowering the risk of poor infant health outcomes**, including preterm birth, low birth weight, birth defects and infant death.
- **Supporting overall family well-being** by allowing time for readjustment and bonding postpartum, decreasing the risk of child maltreatment, and furthering economic stability.

How can I support my client with healthy birth spacing?

- **Screen clients** for contraceptive needs and desires/pregnancy intention to support their reproductive well-being.
- **Educate clients** on their birth control options. Many methods are safe and available immediately post-birth, including IUDs, the arm implant, tubal ligation, or for male partners, a simple outpatient vasectomy. If clients are interested in a tubal ligation, ensure their delivery hospital does not have religious restrictions for providing contraception.
- **Connect clients to their birth control of choice** by referring them to a provider that offer all methods without financial barriers.

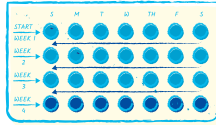
Connect your client to a health center offering all birth control methods at low or no cost:



Person-Centered Reproductive Well-Being Assessment



Preconception, pregnancy planning, infertility



Contraception for pregnancy prevention or spacing



Contraception for STI/HIV prevention, medical reasons

Use reflective strategies: ASK, LISTEN, and SUMMARIZE

Regardless of which [PATH](#), facilitate shared decision-making with open-ended, probing questions, validation, and affirming/confirming words. It sounds like:

- What I'm hearing you say is...
- Many clients think that and ...
- I would like to be sure I understood what you said...
- I can see why this is concerning and...
- Yes, you are right and...

Client Information

First /Preferred name: _____

Last name: _____

Pronoun(s): _____

DOB: _____

Pregnancy History: G ___ P ___

Q1: Do you think you might like to have (more) children at some point?

Yes () Don't Know/Not sure () No ()

Q2: When do you think that might be?

Now/Sometime soon () Not Now/Not Soon () Not Ever ()

If applicable, list events, milestones, or dates that are important when thinking about pregnancy:

Q3: How important is it to you to prevent pregnancy (until then)?

Very Important () Somewhat important () Not important ()

Q4: What else is important to you in your birth control method? (circle responses)

Remember that barrier methods/condoms are the only method that can decrease the risk of STI's and HIV!

- Confidential/private
- Stops/decreases monthly bleeding
- Start/stop on my own
- Helps with heavy periods
- Helps with medical condition
- No hormones (especially estrogen)
- Helps with bad cramps
- Hassle-free (no daily/weekly reminder)
- Protection from STIs, HIV
- Other: _____

Since you said [Q1 + Q2 response] about having (more) children and it is [Q3 response] important to prevent pregnancy and [Q4 response] is important, let's talk about your options.

Past birth control method(s): _____ Preferred birth control method(s): _____

Scan the QR code to refer your client to a trusted provider who can help them get preconception care OR their preferred birth control method at low or no cost.

Use our Birth Control Options page and Birth Control Quiz to help your clients understand their options at www.ican4all.org.

