

Fact Sheet:

Timing Births



Key Messages: What every family and community has a right to know

1. Pregnancy before the age of 18 or after the age of 35 increases the health risks for the mother and her baby.
2. For the health of both mothers and children, a woman should wait until her last child is at least 2 years old before becoming pregnant again.
3. The health risks of pregnancy and childbirth increase if a woman has had many pregnancies.
4. Family planning services provide men and women of childbearing age with the knowledge and the means to plan when to begin having children, how many to have, how far apart to have them and when to stop. There are many safe, effective and acceptable methods of planning for and avoiding pregnancy.

Both men and women, including adolescents, are responsible for family planning. Both partners need to know about the health benefits of family planning and the available options.



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