



# Family Planning Flipchart

# Family Planning

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## Acknowledgements

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- References, unless otherwise stated, are from: Johns Hopkins University, Center for Communication Program. (2011). Family Planning: A Global Handbook for Providers. Available at: [www.fphandbook.org/](http://www.fphandbook.org/).
- International HIV/AIDS Alliance. (2002). *100 Ways to Energize Groups: Games to Use in Workshops, Meetings and the Community*. Available at [www.aidsalliance.org](http://www.aidsalliance.org).
- Icons for Games and Attendance and Troubleshooting and additional illustrations: Röhr-Rouendaal, Petra. (1997). *Where There is No Artist: Development Drawings and How to Use Them*. London, UK:Intermediate Technology Publications.
- Ministério da Saúde Moçambique, Health Delivery Support Project. (2002). Saúde Reprodutiva, Cartões de Informação, Educação e Comunicação (IEC). Available at: <http://www.m-mc.org/>
- Johns Hopkins University, Center for Communication Program and International Planned Parenthood. Planning Your Family. Available at: <http://www.m-mc.org/>

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# Lesson 1: Family Planning Introduction


**Materials:**

- 1. Attendance Registers

		
<b>1. Game: Getting to Know You</b>	<b>2. Attendance and Troubleshooting</b>	<b>3. Ask about Current Practices</b>

? Are you ready to be pregnant again?  
? If no, what are you doing or using to delay new pregnancy?  
*Let's compare your thoughts with the messages on the following pages.*

**Benefits of Delaying New Pregnancy (Picture 1.1)**

	<b>4. Share the Meaning of Each Picture</b>
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- ? What do you think these pictures mean?
- Families that delay pregnancy for two years after each birth have healthy mothers, healthy children and healthy families.
    - o Mothers are healthy during and after pregnancy.
    - o Children grow well and are sick less often than those who don't wait.
  - Mothers can breastfeed infants for 24 months which makes both the child and mother healthier.
  - Mothers have more time and energy to care for her children, husband and home.
  - Families can save money and prepare for the next child when there is more time between children.
- ? Are there other benefits for children, mothers and families when there is more time between children?



**Benefits of Delaying New Pregnancy (Picture 1.1)**



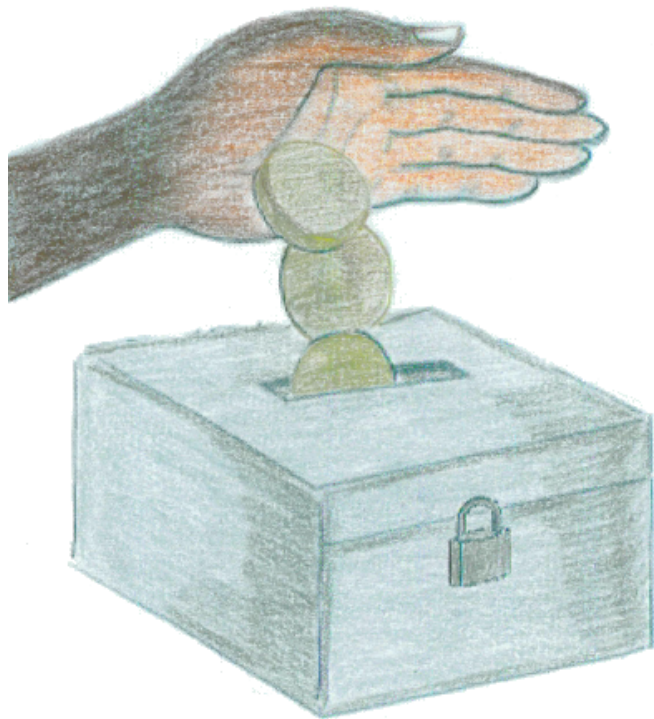
**Families that delay pregnancy for two years after each birth have healthy mothers and children.**



**Mothers can breastfeed infants for 24 months which makes both the child and mother healthier.**



**Mothers have more time and energy to care for her children, husband and home.**



**Families can save money and prepare for the next child when there is more time between children.**





## Risks of Not Delaying Pregnancy (Picture 1.2)



### 5. Share the Meaning of Each Picture

? What do you think these pictures mean?

- Families that do not delay pregnancy suffer from poor health and sickness.
    - Mothers are more likely to die.
    - Infants are more likely to die.
    - Children are born too early.
    - Children are born very skinny.
  - When a woman becomes pregnant too soon, she and her infant are more likely to die.
- ? Have you seen mothers suffer because of pregnancies that have come too soon? Tell us about them.



## Risks of Not Delaying Pregnancy (Picture 1.2)



**Families that do not delay pregnancy suffer from poor health and sickness.**



**When a woman becomes pregnant too soon, she and her infant are more likely to die.**





How long to Delay New Pregnancy (Picture 1.3)

	<p><b>6. Share the Meaning of Each Picture</b></p>
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? What do you think these pictures mean?

- Delay new pregnancy for two years after each delivery.
  - Mothers are healthy during and after pregnancy.
  - Children grow well and are sick less often than those who don't wait.
- If the baby dies in your belly (abortion or miscarriage), wait 6 months before getting pregnant again.
- Wait until age 18 before getting pregnant for the first time.

? Do you think that it will be difficult to wait two years before getting pregnant?

? What cultural practices encourage new pregnancies?

			
<b>7. Activity: Healthy Farms and Healthy Families</b>	<b>8. Discuss Barriers</b>	<b>9. Practice and Coaching</b>	<b>10. Request Commitments</b>



## How long to Delay New Pregnancy (Picture 1.3)



**9 Years**



**6 Years**

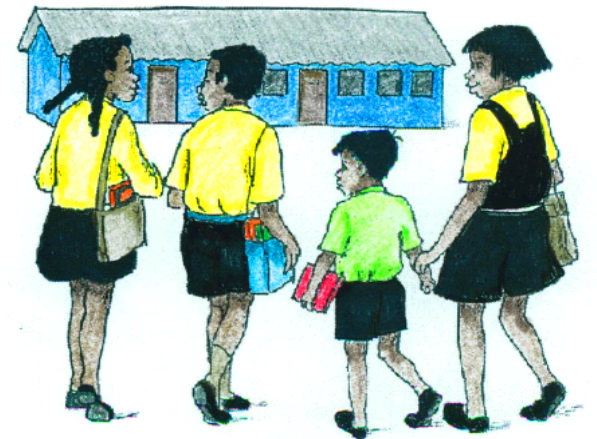
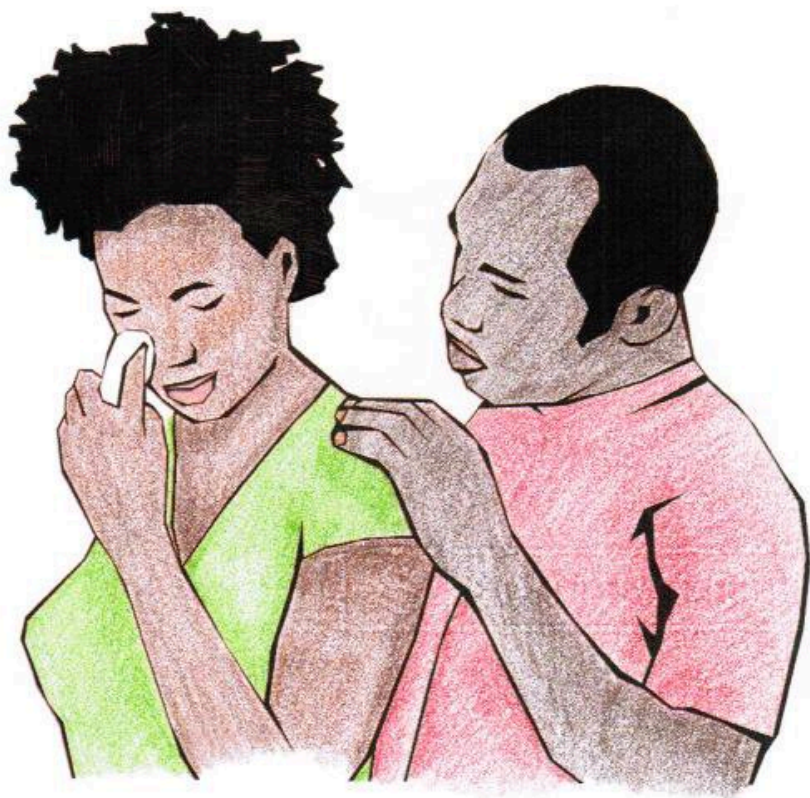


**3 Years**



**Pregnant**

**Delay new pregnancy for two years after each delivery.**



<b>If the baby dies in your belly (abortion or miscarriage), wait 6 months before getting pregnant again.</b>	<b>Wait until age 18 before getting pregnant for the first time.</b>
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# Lesson 2: The LAM Method

**Materials:**

- 1. Attendance Registers

		
<b>1. Game: Rainstorm</b>	<b>2. Attendance and Troubleshooting</b>	<b>3. Ask about Current Practices</b>

- ? How can women with children less than 6 months old prevent new pregnancy?
- ? What do you do to prevent new pregnancy after delivery?

*Let’s compare your thoughts with the messages on the following pages.*

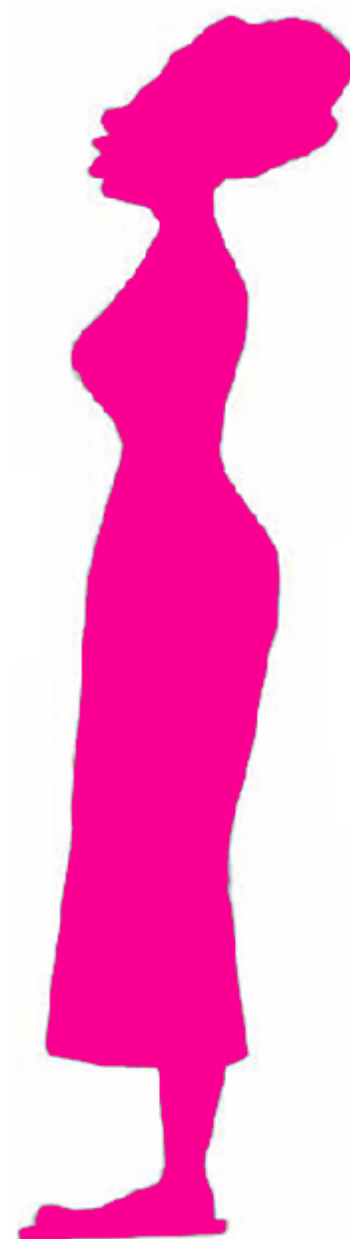
**The LAM Method (Picture 2.1)**

	<b>4. Share the Meaning of Each Picture</b>
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- ? What do you think these pictures mean?
- The LAM method delays new pregnancy for six months only if the following things are true:
  - 1. The mother never gives water, milk, fruit, porridge or other foods or liquids.
    - o If you give other foods and liquids, new pregnancy is possible.
  - 2. The woman’s monthly bleeding has not returned.
    - o Bleeding is a sign that new pregnancy is possible.
  - 3. The child is younger than six months
    - o When your baby is six months, new pregnancy is possible.
    - o These three things must be true if you want to delay new pregnancy using this method.
- ? Are you able to use this method to prevent pregnancy? Why or why not?
- ? What should you do if all of these things are not true?

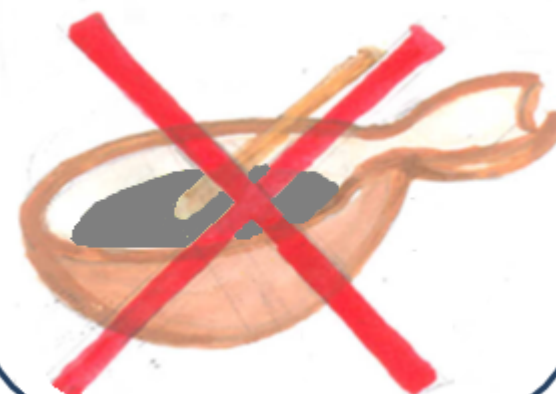
- o Talk with a health worker about other methods to delay new pregnancy.

## The LAM Method (Picture 2.1)



**The LAM method prevents new pregnancy for six months only if the following things are true:**

- 1) The mother never gives water, milk, fruit, porridge or other foods and liquids.**
- 2) The woman's monthly bleeding has not returned.**
- 3) The child is younger than six months.**



## Practices to Delay New Pregnancy (Picture 2.2)



### 5. Share the Meaning of Each Picture

? What do you think these pictures mean?

- To delay pregnancy with the LAM method mothers must breastfeed whenever the child is hungry day and night.
- Breastfeed even if you or your infant is sick.
  - o If the mother does not breastfeed when the child shows signs of hunger, new pregnancy is possible.
  - o If you stop breastfeeding when you are sick, new pregnancy is possible.
- Never give water, milk, fruit, porridge or other foods and liquids to your infant before six months.

? Do you believe the LAM method works to prevent new pregnancy?  
*o If these three things are true, 99 out of 100 women using this method will not become pregnant for six months.*

## Practices to Delay New Pregnancy (Picture 2.2)



**To delay pregnancy with the LAM method, mothers must breastfeed whenever the child is hungry day and night.**

**Continue to breastfeed even if you or your infant is sick.**



**Never give water, milk, fruit, porridge or other foods and liquids to your infant before six months.**



Planning Ahead (Picture 2.3)



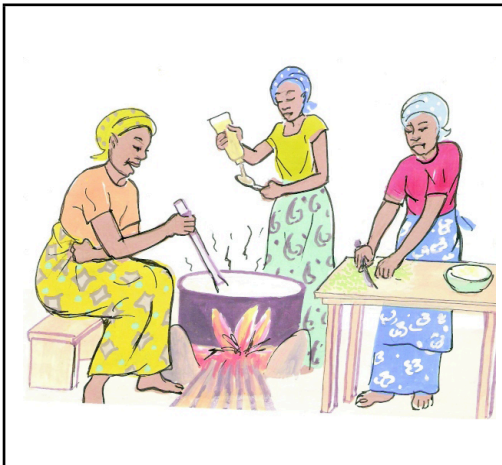
6. Share the Meaning of Each Picture

? What do you think these pictures mean?

- While still using the LAM method, speak with a health worker and choose which planning method you will use next.
  - o Monthly bleeding may return before your child is 6 months old so it is good to plan ahead.
  - o After six months, breastfeeding alone is not enough to prevent new pregnancy.
  - o The three things mentioned above must be true to delay new pregnancy. The child must be fed only breastmilk and no other foods or liquids, the mother’s monthly bleeding has not returned and the child must be less than six months old.

? What other family planning options would you consider?

- *The next lessons will cover a natural family planning method and methods available at the health centers.*



7. Activity: Four Mothers



8. Discuss Barriers



9. Practice and Coaching



10. Request Commitments





### Planning Ahead (Picture 2.3)



**While still using the LAM method, speak with a health worker and choose the family planning method you will use next.**





# Lesson 3: The TwoDay Method

## Materials:

- Attendance Registers
- Two Rocks and a tin or scrap of fabric.

		
1. Game: People to People	2. Attendance and Troubleshooting	3. Ask about Current Practices

- ? Have you ever avoided your spouse in hopes that you could prevent new pregnancy? Why or why not?
- ? Have any of you used a family planning method that tells you which days when you are most fertile (most likely to become pregnant?) Tell us about it.
















Let’s compare your thoughts with the messages on the following pages.

## Understanding Your Monthly Cycle (Picture 3.1)

	4. Share the Meaning of Each Picture
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- ? What do you think these pictures mean?
- Each month a woman has some bloody secretions and some non-bloody secretions.
  - o On this calendar, the woman has four days of bleeding at the start of the month.
  - o In the second and third week she has small non-bloody secretions.
  - o On the last day of the month her bleeding starts again.
- New pregnancy is possible today if you had non-bloody secretions today or yesterday.
  - o If you have sex today, you may become pregnant.
- New pregnancy is not possible today if you had no secretions today or yesterday.
  - o If you have sex today, you will not become pregnant.
  - o The TwoDay method helps women to know on which days pregnancy is possible.
- ? Have you noticed these non-bloody secretions before?
- ? How do your secretions compare to this calendar?

Understanding Your Monthly Cycle (Picture 3.1)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						

Each month a woman has some bloody secretions and some non-bloody secretions.



New pregnancy is possible today if you have non-bloody secretions today or yesterday.



Pregnancy is not possible if you have no secretions today or yesterday.



## Looking for Secretions (Picture 3.2)



### 5. Share the Meaning of Each Picture

? What do you think these pictures mean?

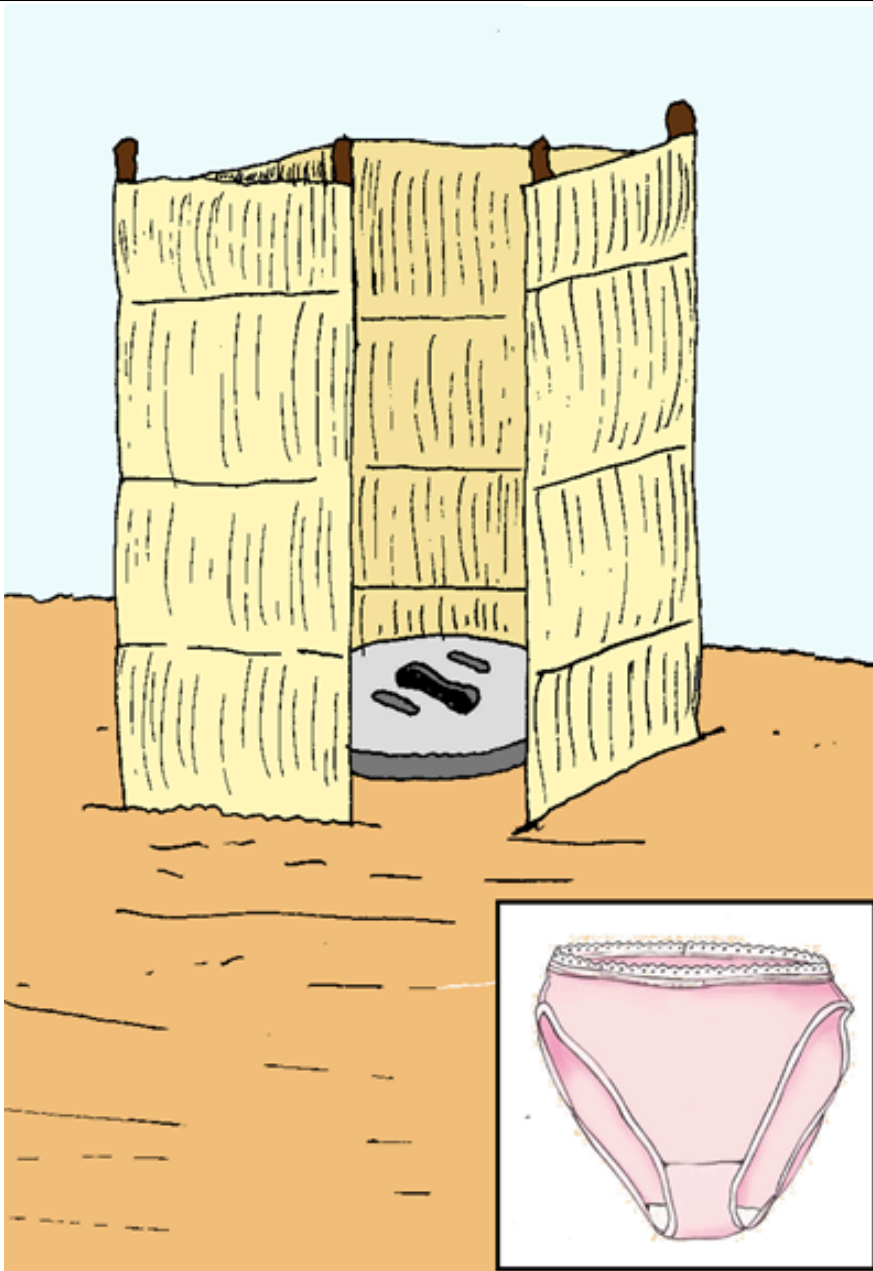
- Look for your skirt or underclothes or when you wipe yourself in the latrine.
  - Some secretions may be cloudy and sticky.
  - Other secretions may be thin and slimy.
- Some women sense (notice) wetness on days with secretions.
  - They do not need to look for secretions.
  - They can feel wetness during normal activities.
- To prevent new pregnancy, check for secretions twice each day. Check once in the afternoon and once in the evening.
  - Do not look for secretions in the morning.
  - Morning secretions may be liquids from sex.
  - Secretions may be difficult to notice if you check only once.

? How do you feel about checking for secretions this way?

? Why is it important to check twice each day?



## Looking for Secretions (Picture 3.2)



**Look for secretions on your skirt or underclothes or when you wipe yourself in the latrine.**



**Some women sense (notice) wetness during normal activities.**



**To prevent new pregnancy, check for secretions twice each day. Check once in the afternoon and once in the evening.**

Practices to Delay New Pregnancy (Picture 3.3)

	<p><b>6. Share the Meaning of Each Picture</b></p>
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? What do you think these pictures mean?

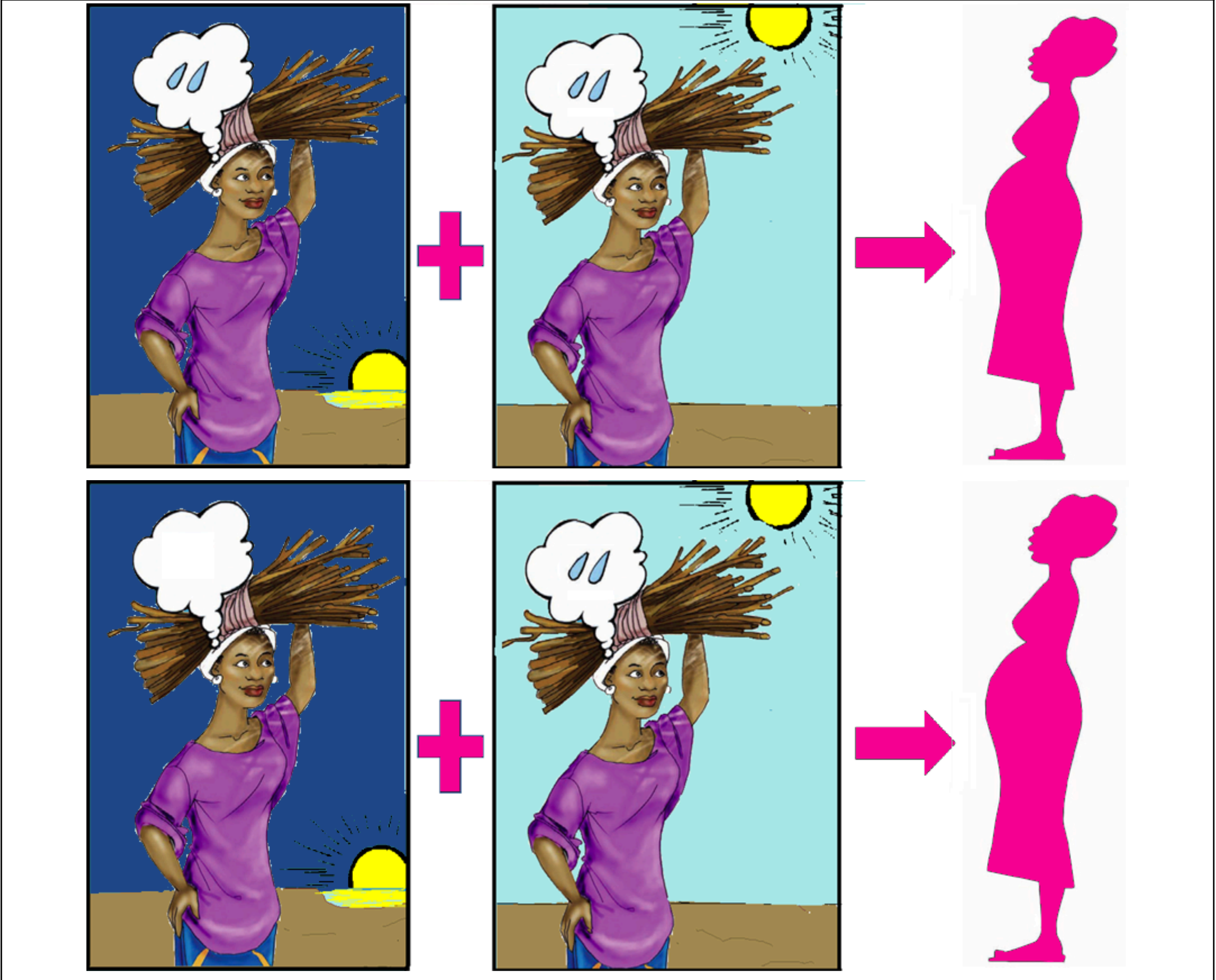
- New pregnancy is possible if you had secretions today or yesterday.
  - If you had secretions today and yesterday, new pregnancy is possible.
  - If you had secretions yesterday only, new pregnancy is possible.
  - If you have secretions today only, new pregnancy is possible.
- To delay new pregnancy, you and your partner must agree to use a condom or avoid sex on days when new pregnancy is possible.
  - This couple has agreed to delay new pregnancy in this way.

? If a couple wanted to get pregnant, how could they use this method to become pregnant?

			
<b>7. Activity: Reminders and Techniques</b>	<b>8. Discuss Barriers</b>	<b>9. Practice and Coaching</b>	<b>10. Request Commitments</b>



Practices to Delay New Pregnancy (Picture 3.3)



New pregnancy is possible if you had secretions today or yesterday.



**To delay new pregnancy, you and your partner must agree to use a condom or avoid sex on days when new pregnancy is possible.**

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# Lesson 4: Health Facility Options

## Materials:

- Attendance Registers

		
<b>1. Game: Rainstorm</b>	<b>2. Attendance and Troubleshooting</b>	<b>3. Ask about Current Practices</b>

- ? Have you ever used pills or injections from the health facility? Tell us about it.
- ? Are any of you using one of these methods now? Why did you choose this method?

Let’s compare your thoughts with the messages on the following pages.

## Meeting with a Health Worker (Picture 4.1)

	<b>4. Share the Meaning of Each Picture</b>
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- ? What do you think these pictures mean?
- Meet with a health worker to discuss the different options with your partner.
  - o The health worker can give advice and answer questions.
  - o If you are unhappy with one method, try another one.
- Ask the health worker about the danger signs of each method.
  - o These methods may cause headaches, nausea, and changes in monthly bleeding.
- Return to the health center if you don’t feel well.
- Use condoms to protect yourself from HIV/AIDS.
  - o Other methods to delay and prevent pregnancy do not protect you from HIV/AIDS.
- ? Would you be willing to go to a health center to discuss methods to delay pregnancy? Why or why not.
- ? Would your partner be willing to go with you? Why or why not.

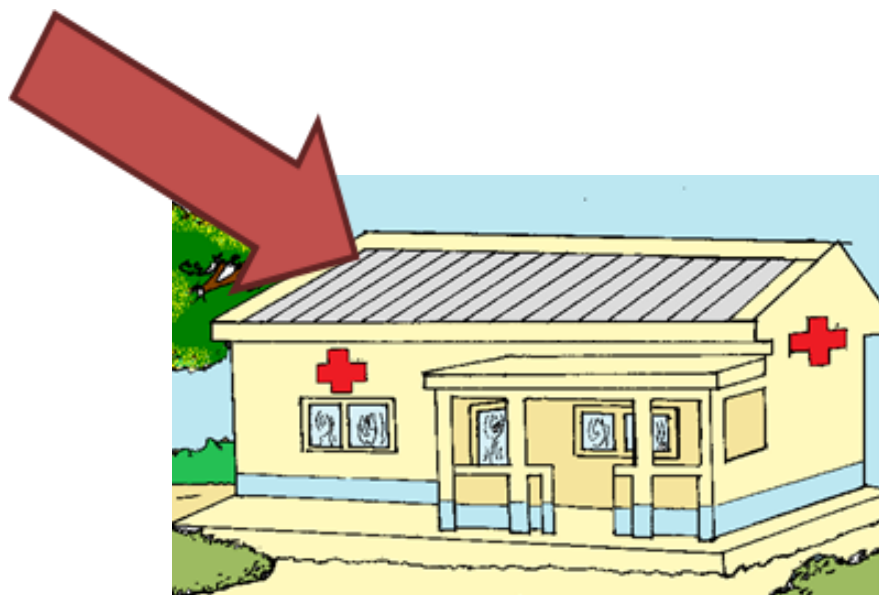
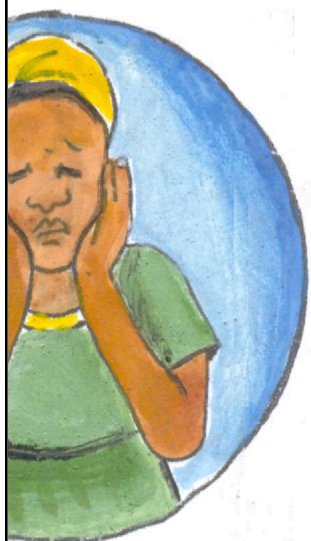




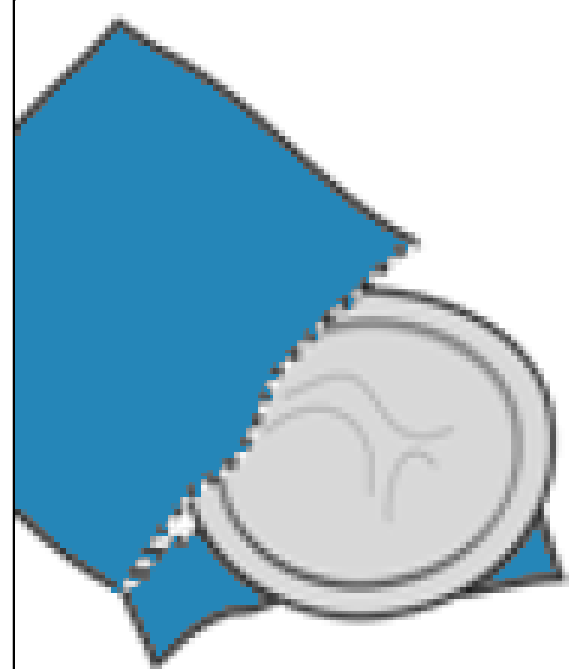
## Meeting with a Health Worker (Picture 4.1)



**Meet with a health worker to discuss the different options.  
Ask the health worker about the danger signs of each method.**



**Return to the health center if you do not feel well.**



**Use condoms to protect yourself from HIV/AIDS.**





## Pills to Delay Pregnancy (Picture 4.2)



### 5. Share the Meaning of Each Picture

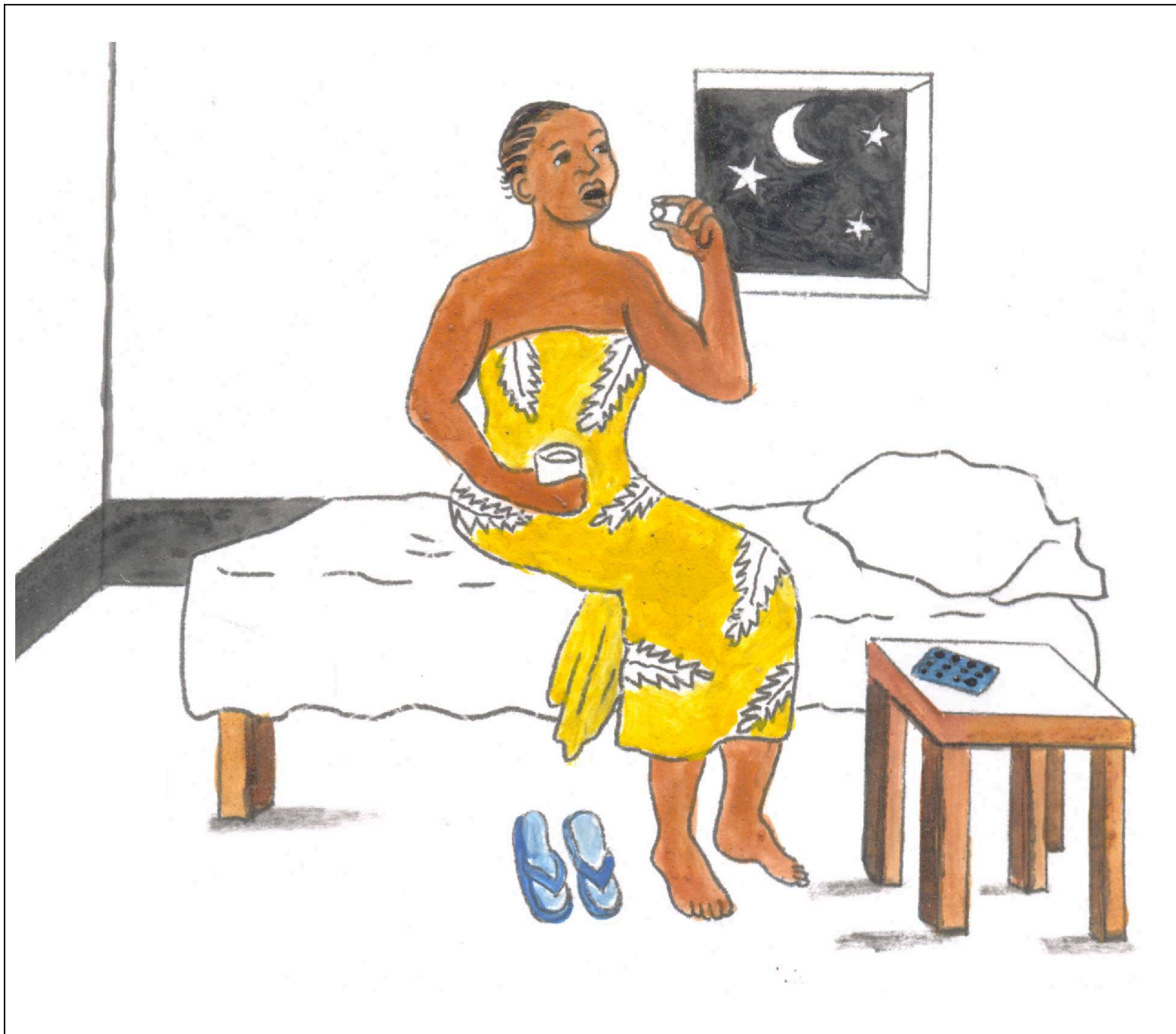
? What do you think these pictures mean?

- Contraceptive pills can be taken each day to prevent new pregnancy.
  - Take one pill each day.
  - Take the pill at the same time each day.
  - When you skip a day or miss a pill, new pregnancy is possible.
  - It is common for women to have changes to their monthly bleeding when using pills. This is not harmful.
- To delay new pregnancy, use one package of pills each month.
  - Return to the health center and get more pills before you run out, so you do not miss any days.

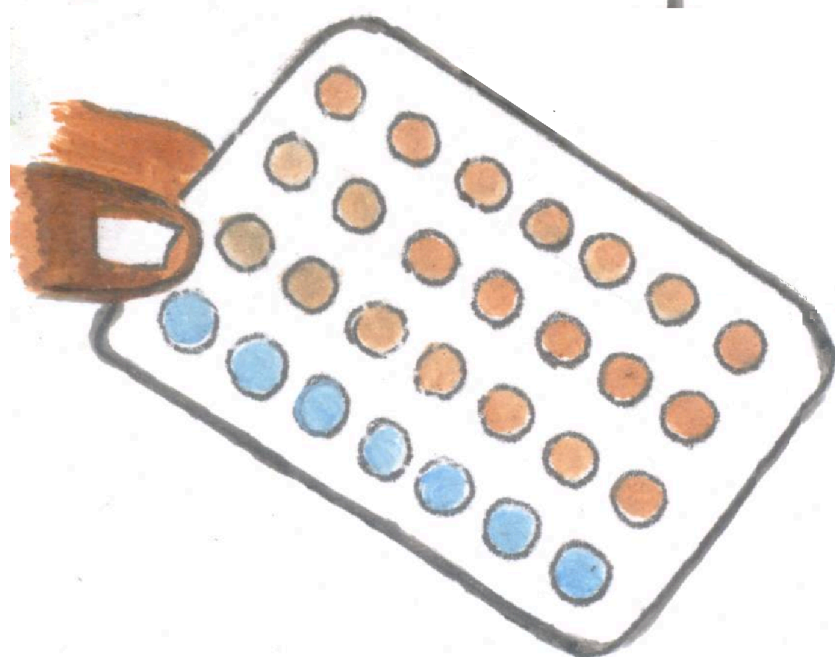
? Would you be willing to try pills to prevent new pregnancy?

? Why or why not?

## Pills to Delay Pregnancy (Picture 4.2)



**Contraceptive pills can be taken each day to prevent new pregnancy.**



**To delay new pregnancy, use one package of pills each month.**

**Injections to Delay Pregnancy (Picture 4.3)**

	<p><b>6. Share the Meaning of Each Picture</b></p>
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? What do you think these pictures mean?

- Injections prevent pregnancy for three months (13 weeks).
  - o For three months, new pregnancy is not possible.
  - o To delay new pregnancy, return every three months (13 weeks) for a new injection.
  - o It is common for women to have changes to their monthly bleeding when using injections. This is not harmful.
  - o It is also common for women to gain weight when using injections.
  - o What a women stops taking injections, it can take 3 to 6 months to become pregnant.

? Would you be willing to try these methods to prevent new pregnancy? Why or why not?

			
<b>7. Activity: Reminders and Techniques</b>	<b>8. Discuss Barriers</b>	<b>9. Practice and Coaching</b>	<b>10. Request Commitments</b>



## Injectons to Delay Pregnancy (Picture 4.3)



**Injectons prevent new pregnancy for three months (13 weeks).**



# Lesson 5: Long Acting Health Facility Options

**Materials:**

- 1. Attendance Registers

		
1. Game: Who is the Leader?	2. Attendance and Troubleshooting	3. Ask about Current Practices

- ? If a family decides not to have any more children, what can they do to prevent all future pregnancies?
- ? Are you any of you using a permanent method to prevent new pregnancy? What method are you using?

Let’s compare your thoughts with the messages on the following pages.

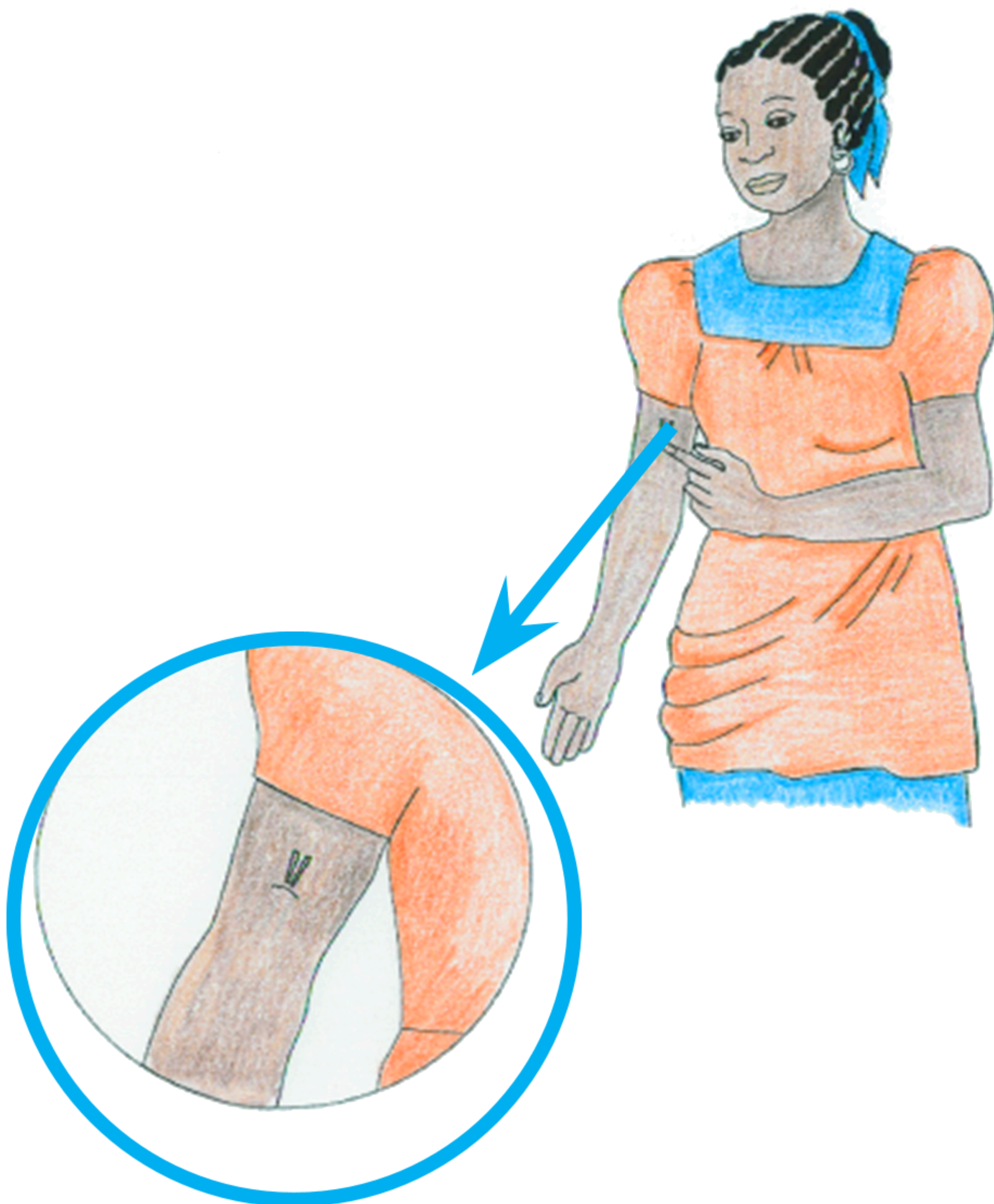
## Implants to Delay Pregnancy (Picture 5.1)

	4. Share the Meaning of Each Picture
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- ? What do you think these pictures mean?
- Implants are small plastic sticks or rods that inserted under the skin on a woman’s arm to prevent new pregnancy for up to five years.
  - o The sticks much be put in and removed by a trained health provider.
  - o When the sticks are removed, new pregnancy is possible immediately.
  - o To delay new pregnancy, return every five years for a new implant.
  - o It is common for women to have changes to their monthly bleeding while using implants. This is not harmful.
- ? Would you be willing to use this procedure to prevent new pregnancy? Why or why not?



## Implants to Delay Pregnancy (Picture 5.1)



**Implants are small sticks or rods inserted under the skin on a woman's arm to prevent new pregnancy for five years.**





## Intrauterine Device (IUD) to Delay Pregnancy (Picture 5.2)



### 5. Share the Meaning of Each Picture

? What do you think these pictures mean?

- An IUD is a small object put inside the womb (uterus) to prevent pregnancy for twelve years.
  - o The IUD is in the shape of a T (or cross) and made of plastic and metal.
  - o It is placed in the womb (uterus).
  - o The IUD does not travel outside the womb (uterus).
  - o The IUD must be put in and removed by a health worker.
  - o When the IUD is removed, new pregnancy is possible immediately.
  - o It is common for women to have changes in their monthly bleeding when using an IUD. This is not harmful.

? Would you be willing to try this procedure to prevent new pregnancy? Why or why not?

## Intrauterine Device (IUD) to Delay Pregnancy (Picture 5.2)



**An IUD is a small object put inside the womb (uterus) to prevent pregnancy for twelve years.**





Permanent Methods to Prevent Pregnancy (Picture 5.3)

	<p><b>5. Share the Meaning of Each Picture</b></p>
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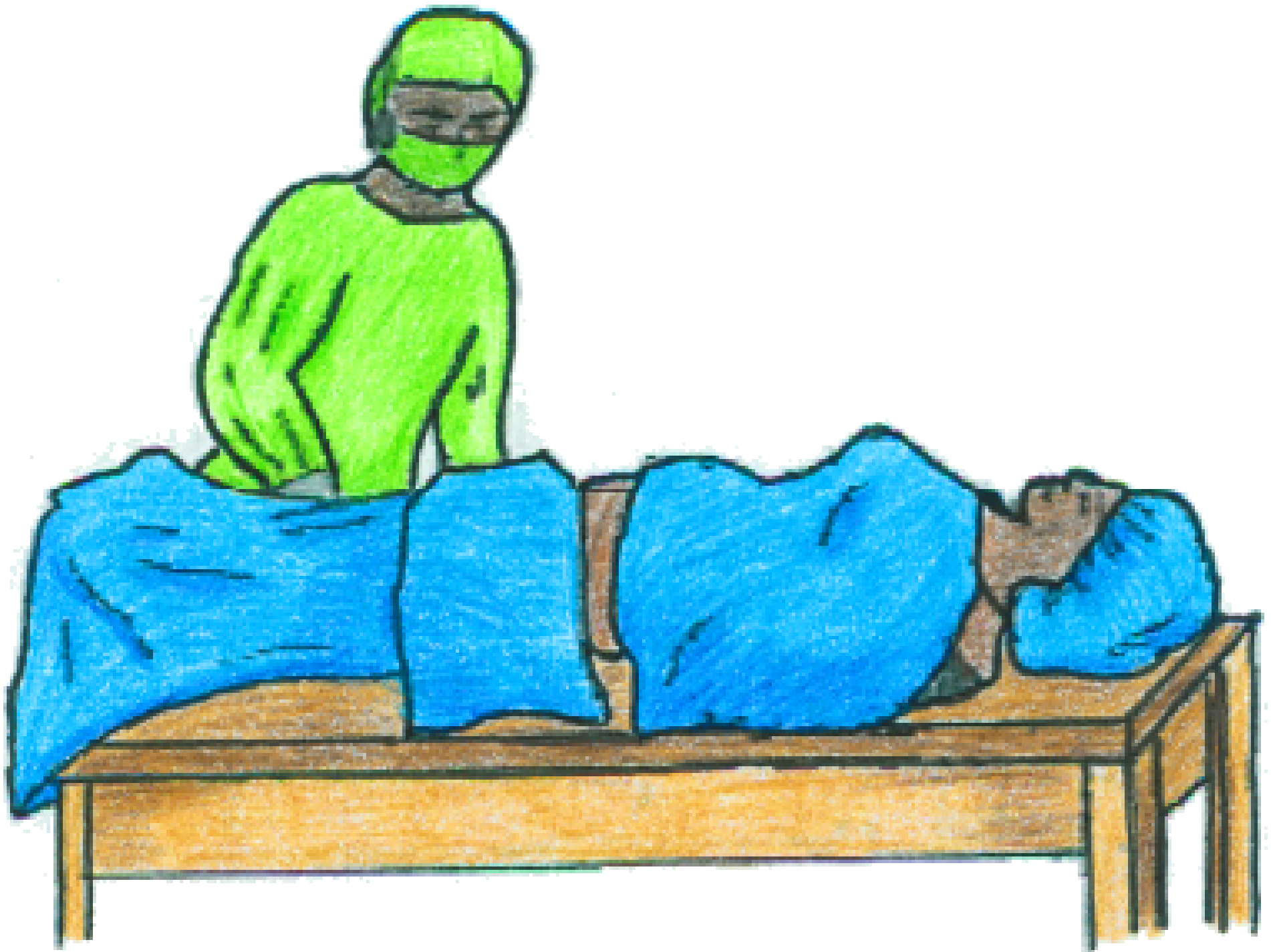
? What do you think these pictures mean?

- Men or women can have surgery to prevent all pregnancies forever.
  - In women, the method is called "Tubal Ligation."
  - In men this method is called "Vasectomy"
  - These methods are permanent. They can not be undone.
  - These methods do not affect a woman or man's ability to have sex.

? Would you be willing to try this procedure to prevent new pregnancy? Why or why not?

			
<b>7. Activity: Reminders and Techniques</b>	<b>8. Discuss Barriers</b>	<b>9. Practice and Coaching</b>	<b>10. Request Commitments</b>

## Permanent Methods to Prevent Pregnancy (Picture 5.3)



**Men or women can have surgery to prevent pregnancy forever.**





# Lesson 6: Talking to Your Partner

**Materials:**

- 1. Attendance Registers

		
<b>1. Game: Telephone</b>	<b>2. Attendance and Troubleshooting</b>	<b>3. Ask about Current Practices</b>

- ? Have you ever talked with your partner about family planning? Tell us about it.
- ? How do you negotiate a solution with your partner if you have a disagreement about sex or a family planning method?

*Let’s compare your thoughts with the messages on the following pages.*

## Using Good Communication Techniques (Picture 6.1)

	<b>4. Share the Meaning of Each Picture</b>
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- ? What do you think these pictures mean?
- Find a good time and a good place to talk.
  - o Find a quiet space alone with your partner where you will not be bothered by other people.
  - o Find a time when you and your partner are not busy with other activities.
- Plan out what you are going to say and speak clearly.
  - o Don’t mumble or talk too quietly.
  - o Have a clear message. Think before you speak.
  - o If the listener does not understand your message, say it again using different (or easier) words.
- Listen to what your partner says.
- ? Do you think these methods would help you speak to your partner? Why or why not?



## Using Good Communication Techniques (Picture 6.1)



**Find a good time and a good place to talk.**



**Plan out what you are going to say and speak clearly.**



**Listen to what your partner says.**







## Things to Discuss (Picture 6.2)



### 5. Share the Meaning of Each Picture

? What do you think these pictures mean?

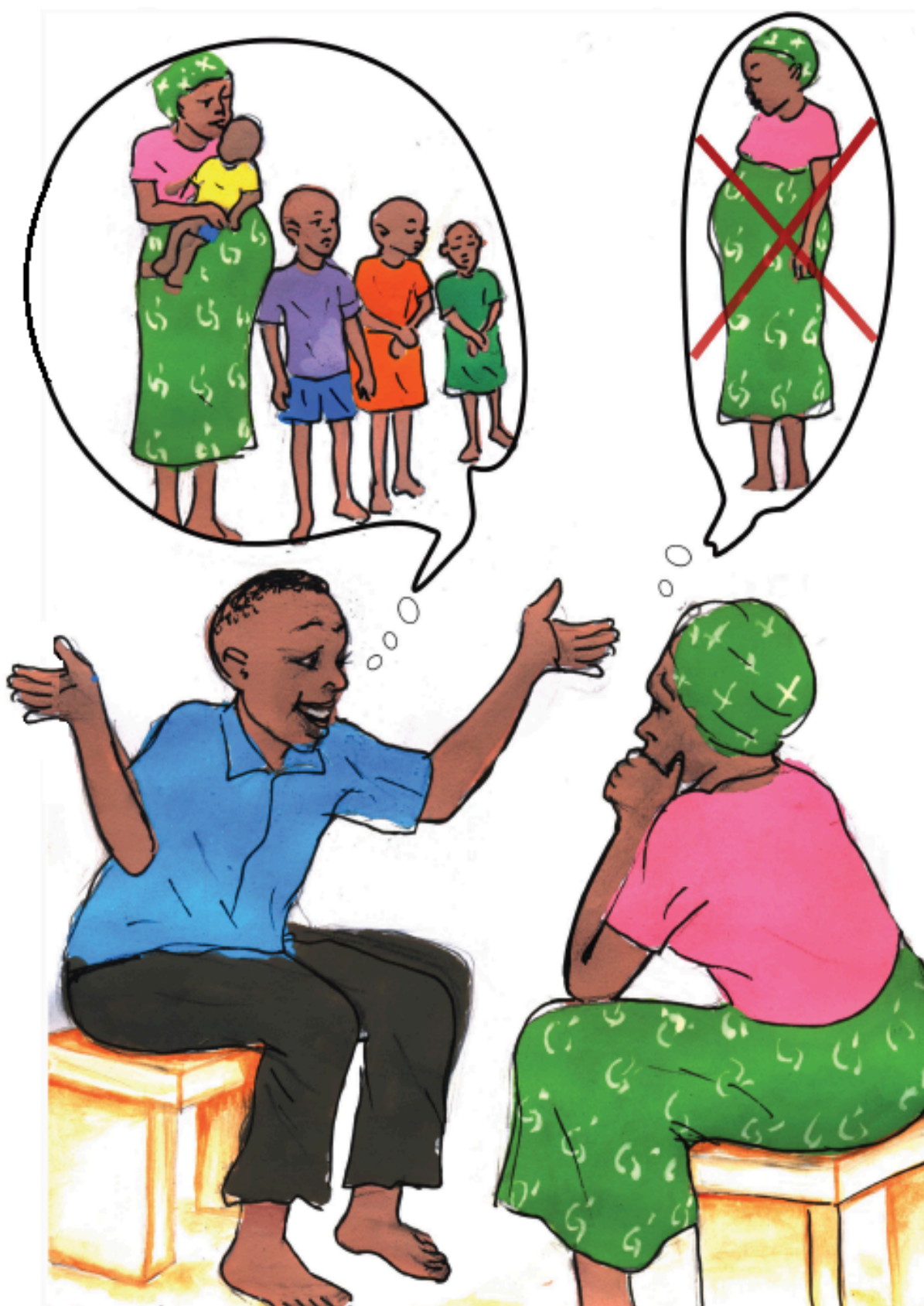
- Discuss the size of your family.
  - o Discuss how many children you want in your family.
- Discuss the time of your next pregnancy.
  - o Discuss when you would like to be pregnant again and how far apart you want your children.
- Discuss the good and bad things about each option.
  - o Discuss the good things about having children such as help around the house and field.
  - o Discuss the bad things about having more children such as the cost of school fees and cost of living.

? Would you be willing to discuss these things with your partner?

? Why or why not?



## Things to Discuss (Picture 6.2)



**the size of your family and time of your next pregnancy.**



**Discuss the good and bad things of each option.**



Getting Advice (Picture 6.3)

	<p><b>6. Share the Meaning of Each Picture</b></p>
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? What do you think these pictures mean?

- Talk to a health worker about what options are best for you and your partner.
  - o Discuss the options that are available at the health center.
  - o Discuss the advantages and disadvantages of each option.
  - o Together, choose the option which is most comfortable for you.
- If conflict arises, talk to someone you trust like a pastor, health worker, or community leaders.
  - o Sometimes couples disagree on what is best for the family.
  - o Talk to someone that you both trust to help you come to a decision.

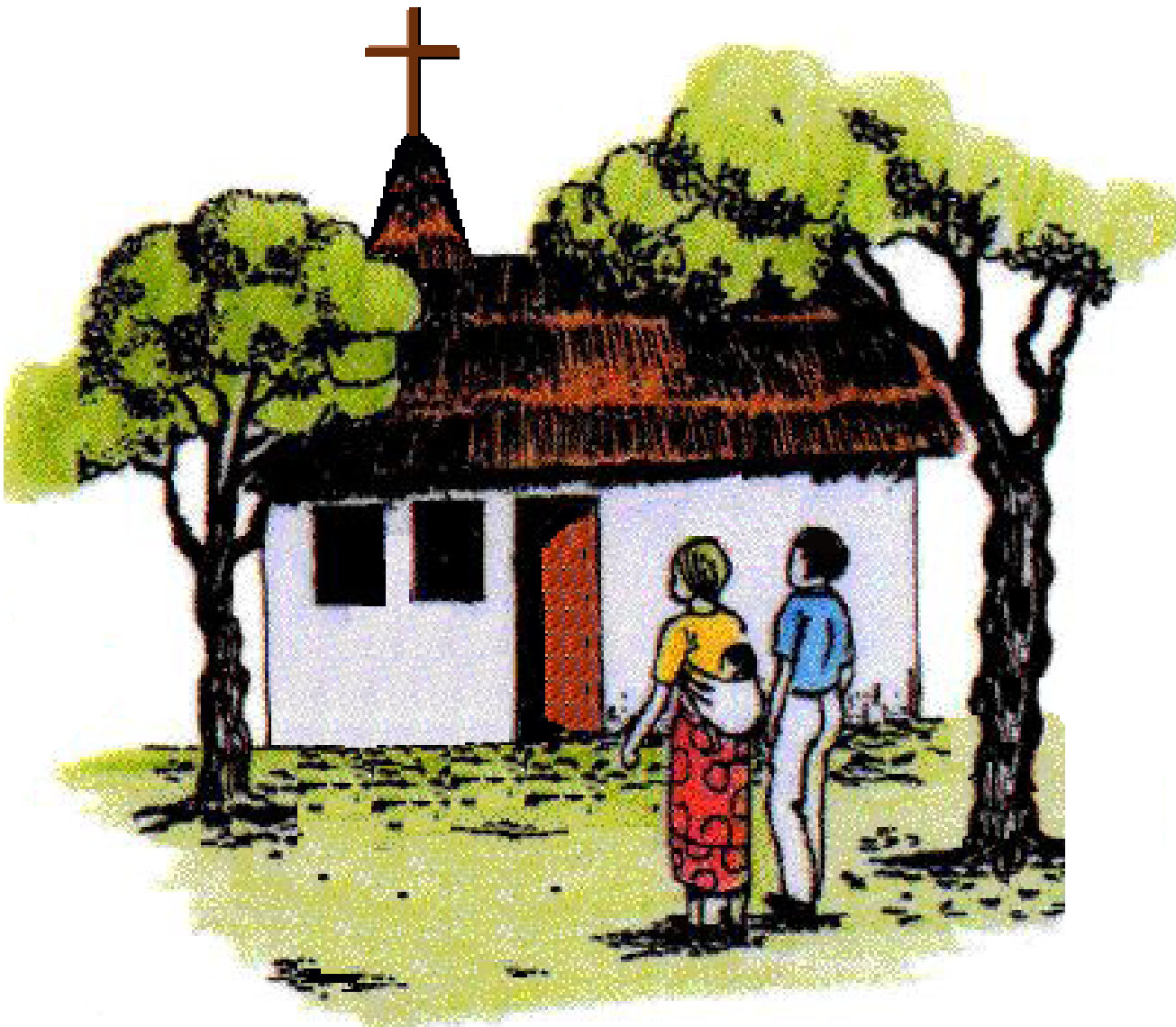
? Who could you talk to about delaying or preventing new pregnancies?

			
<b>7. Activity: Practice Discussing</b>	<b>8. Discuss Barriers</b>	<b>9. Practice and Coaching</b>	<b>10. Request Commitments</b>

## Getting Advice (Picture 6.3)



**Talk to a health worker about what options are best for you and your partner.**



**If conflict arises, talk to someone you trust like a pastor, health worker, or community leader.**

