

# A guide to family planning

for community health workers and their clients



Adapted from the WHO's *Decision-Making Tool for family planning clients and providers*

# Introduction for the provider

## Purpose of this tool

This flip-chart is a tool to use during family planning counselling or in group sessions with clients. It can:

- help your clients choose and use the method of family planning that suits them best;
- give you the information you need for high-quality and effective family planning counseling and care;
- help you know who may need referral.

## Preparing to use the tool

- For each topic in this tool, there is a page for the client and one for you. The client's page has pictures and key points and your page has more details.
- At the back are pages which provide more information on special topics and situations.
- This guide covers only the main points. When you talk with your clients, you can add information and discuss matters further, responding to the client's needs and concerns.
- Studying this tool will help you learn the information in it. Using it becomes easier with practice.

## Using the tool with clients

- Place the tool where you and the client can easily see it.
- Use only pages and information that meet the individual client's needs. To do this, keep listening to and assessing the client's situation, needs, and wishes.
- Use language that the client will understand. Do not read the text to the client. Once you know the tool, a glance will remind you of key information and your next steps.

## Methods

Carry with you examples of the methods (an IUD, a packet of pills, for example) so that your clients can see what they really look like.

## How to use pages as handouts

In order to give information to the client on the method she or he chooses, the methods pages were designed to be photocopied front and back and given to the client. These pages have key information for the client about how to use the method.

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# Why use family planning?

You have the right to choose how many children to have and when



## How can family planning help you?

- Healthier mothers and children
- Fewer children means more time and money for each one
- Delaying pregnancy lets young people stay in school

----- *Family planning can save your life* -----

# Why use family planning?

## Benefits

- Mothers and babies are healthier when risky pregnancies are avoided.
- Smaller families mean more money and food for each child.
- Parents have more time to work and to be with family.
- Delaying first or second pregnancy lets young people stay in school.

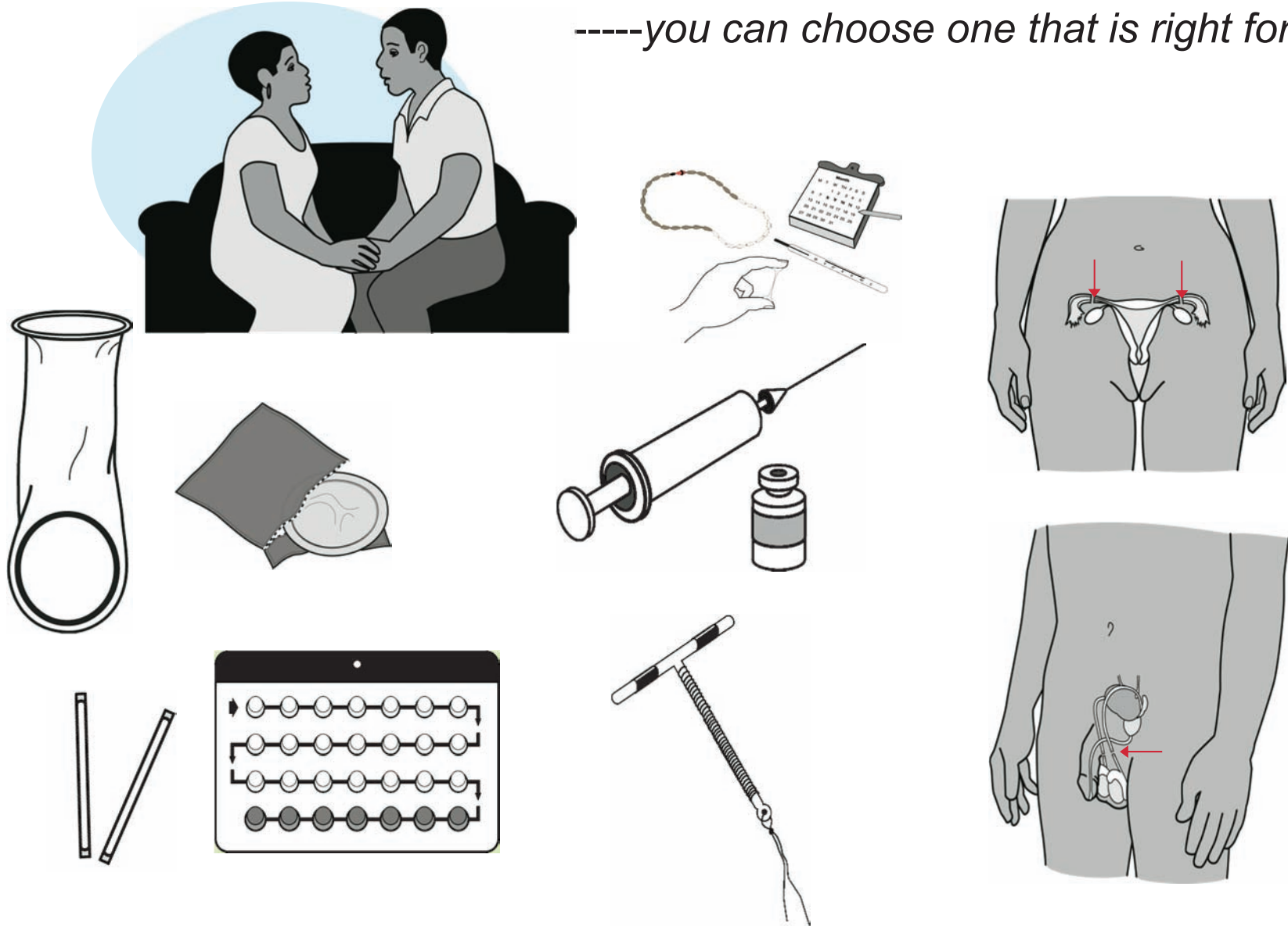
## Things to Consider

- Many young people need contraceptives to delay pregnancy. Ideally, young women and men should wait until at least 18 years or have finished studies, and are ready before having children.
- After having a child, it is healthier to wait at least 2 years to try to become pregnant again.
- Having more than 4 children makes childbirth riskier.



# There are many methods available...

-----you can choose one that is right for you-----



# There are many methods available

- Do you have children? Do you want (more) children in the future?
- Do you want to prevent pregnancy now?
- Are you using a family planning method now?
- Have you used a family planning method before?
- Is there a method you would like to use? What is it about that method that you like?
- Are you or your partner breastfeeding an infant less than 6 months old?
- Do you want to keep your method private from partner or parents?
- Have you talked to your partner about using family planning? Will he or she be helpful and supportive?
- Are you concerned about STIs or HIV/AIDS?
- Do you have any health problems? If yes, go to page 17

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