

POWER

your next pregnancy



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It can be a tough question. You may think of your partner, the size of your living space, or whether you can provide enough attention to another child. You may also wonder whether you can handle another child emotionally. But while you're thinking of everyone else in your family, don't forget to ask yourself the most important question of all:

Am I ready for another baby?



It is important to consider everyone in your family—your partner, your children, and most importantly **yourself**—when you begin thinking of adding to it. Consider these questions when you make your family plan.

1. *Is my partner ready?*

- Can we afford another child right now?
- Can my partner handle it emotionally?

2. *What is best for me?*

- Do I already feel overwhelmed at the end of the day?
- Can I give a new baby the attention it deserves?
- (If you recently had a miscarriage, ask yourself) Have I taken the time to grieve?
- Have I checked with my doctor to see if my body is ready for another pregnancy?

3. *What is best for the children I already have?*

- How will they react to a new sibling?
- Will getting pregnant take energy away from being the great mom I want to be for them?



Can I get pregnant if I am still breastfeeding?

Women who breastfeed around the clock for the first six months of the baby's life typically do not ovulate. However, there is still a chance that you can get pregnant while breastfeeding, and the chances increase as your baby breastfeeds less. Talk to your health care provider about your birth control options while breastfeeding so that you can take care of yourself while taking care of the baby!

*Is your body ready?
Or do you feel you are
running on empty?*

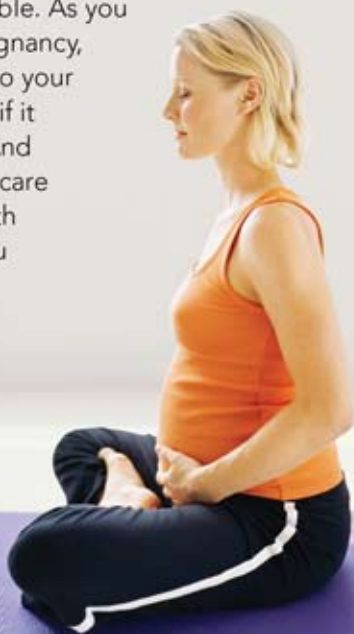
If you're running on empty, you need to fill up before you begin the next pregnancy journey.

Consider this: It took your whole life to build up enough iron and calcium to be able to nourish your first pregnancy. Do you know, though, how much time it takes for your body to fill up again to be able to nourish another baby?

Many experts say you should wait at least 18 months to 24 months to have another baby.

A mother who gets pregnant within six months of her last pregnancy is 40% more likely to have a premature delivery and 61% more likely to have a baby with a low birth weight. Low birth weight is the cause of 25% of newborn deaths in the U.S.—almost 5,000 babies a year.

You want your next baby to be as healthy as possible. As you plan your next pregnancy, consider the risks to your next baby's health if it comes too soon. And talk to your health care provider about birth control options you can use until the time is right.





Renew your body and your mind so your next baby will be a healthy baby. Talk about family planning with your partner and doctor.

Take charge of your health and refuel your body with vital nutrients, like iron in your blood.

Keep taking your vitamins! Make sure you get 400 mcg of folic acid every day.

This publication was supported by Grant Number H5MMC10869 from the Department of Health and Human Services Health Resources and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HRSA.

