

health of woman, Pregnancy on account of rape and When there is risk that child is born will suffer from deformities and diseases.

However, selection of sex of foetus is illegal and abortion should not be sought eliminating female fetuses.

Contraceptive needs

Many couple don't want more children. They also want some years gap between children. They are not using contraceptives for various reasons. You can help them in meeting their contraceptive needs. Planned pregnancies and births can add to the joy of life. Couples can plan it with help of safe days and other contraceptive methods. Spacing between two children keeps mother and children healthy.

Contraception methods are available to prevent and space pregnancies. Preventing unwanted births is a right of every woman and couple. We should try and meet this unmet need.

Reversible contraceptive methods

We have temporary (reversible) and permanent contraceptive (sterilization) methods. In the next chapter we will talk about condoms for men.

Use of condom by the husband is the easiest options for spacing between two children. Condom is a rubber balloon available at PHC or SC Health workers, or at the common village shops. You will also have condoms in your kits. It prevents entry of seeds present in semen. Condoms also prevents infections in genital tract of women and men. Condom should be removed carefully after each intercourse to avoid leakage. If not used properly this method may fail.

IuD is a device used for spacing. It is inserted in the uterus. Doctor or nurse puts an IUD in uterus after proper examination. This method is most reliable. Proper selection of a woman is necessary for IUD. There are other temporary contraceptives available for regulating interval between two births.

Oral pills: woman has to take one tablet daily for 28 days. Injectable contraceptives are also available with private practitioners. We will know about these methods soon.