



What is family planning?

Many couples want to either limit the number of children in the family or wish to wait for some time before having children. Similarly newly married couples may like to delay having children for two to three years.

There are several ways by which couples can plan their family's size

Benefits of family planning

Using any family planning method for preventing pregnancies can lead to following benefits for the health of mother and children in the family.

Mother

- Women with four or more children have greater risk of death during childbirth.
- Similarly older women have more problems during childbirth.
- If adolescent girls get married early i.e. before 18 years they start having children too soon. These girls are more likely to have complications or can die during childbirth. Also children born to these mothers have low birth weight and more likely to die in the first year.