

Children

- If a woman has children too close i.e. less than 36 months interval, her own health and her children's health suffer.
- Family with fewer children will be able to take better care of them, including their educational attainments, growth and development.

Other benefits

- Some contraceptives i.e. condoms (both male and female condom) help in protecting against infections of genital tract including HIV/AIDS as well as preventing unwanted pregnancies.
- Some methods are good to regulate irregular bleeding from uterus.
- Use of family planning methods will allow women to exercise their right over their own bodies. If they do not wish to have more children then they can use contraceptives with discretion.

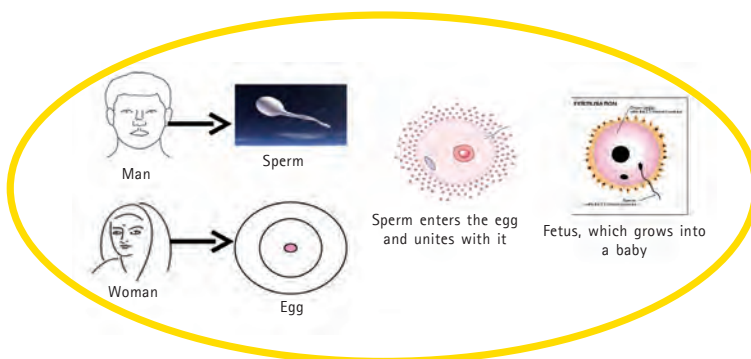
Different family planning methods

Pregnancies are caused by the union of egg produced by the woman and the sperm by the man. The egg (which later grows into a baby after union with the sperm) is produced inside the womb of the woman. When a sexual union between man and woman takes place, sperms released to the vagina of woman swim toward the egg in the womb. Union of egg and one of the sperms results in pregnancy. The walls of the womb provide nourishment to the egg. The egg unites with the sperm and grows into a baby.

There are five main types of family planning methods:

Barrier methods

If the sperm does not reach the egg, pregnancy can be avoided. For example, when a man uses a condom, the sperm remains inside the condom only. Therefore, the sperms are not able to reach the egg inside the womb. Thus pregnancy is prevented.



Hormonal methods

This prevents the woman's ovary from releasing an egg, make it harder for the sperm to reach the egg, and keep the lining of the womb from supporting a pregnancy. For example Mala N tablets.