**MAY PLANO AKO.**

**KAYA MO RIN MAGPLANO.**

Having a family is not a simple responsibility that one should take it into consideration. One should really think this mater as something that would change the person life forever. Parents are responsible for providing food, clothing, shelter and education for their children, family planning has an important long-term impact on the financial situation of the family. Family planning is important for the health of the mother and her children. Frequent pregnancies often result in serious health consequences for both the mother and her child. And the financial consequence of having children involves the medical costs of pregnancy and birth and the high costs associated with actually bringing up children. Since Limiting the number of children will make it possible even for scarce family resources to adequately provide the children's needs. The idea appears very sensible for a poor country like the Philippines.

The Department of Health-CHD I, in collaboration with Dagupan City Health Office and Region 1 Medical Center, recently conducted a Family Planning Caravan which aimed to provide FP information and services to around 150 urban poor communities in Dagupan City. These services are Family Planning (FP) Counseling, Medical services, implant insertion and provision of FP commodities.

The caravan underscores courage and choice among couples, to be more confident in claiming their reproductive rights, especially their right to choose when to have children and how many in accordance with their socioeconomic, emotional and psychological capacity.

The caravan served more than a hudred from the identified unmet needs in the city, in full consideration of informed choice and volunteerism. Family planning, globally, also contributes to the attainment of the 2030 Agenda for Sustainable Development.