

Healthy Parenting

INFOGRAPHIC



1 Make Time for Your Kids

1. Prioritize: Make your children a priority in your schedule. Set aside specific times each day or week that are dedicated solely to spending time with them.

2 Boost Your Child's Self-Esteem

Provide Positive Feedback:
Offer specific praise and encouragement for their efforts and achievements. Focus on their strengths and accomplishments, reinforcing a positive self-image.



3 Show That Your Love Is Unconditional

Express Affection:
Regularly express physical affection, such as hugs, kisses, and comforting touches. Physical touch is a powerful way to convey love and security.

4 Be a Good Role Model

Demonstrate Respect: Treat others with kindness, empathy, and respect. Show respect for your children, your partner, family members, friends, and people from diverse backgrounds. This teaches your children the importance of treating others with dignity.



5 Remember your Parenting Goal

Your parenting goal is to nurture a strong and positive relationship with your children, supporting their emotional well-being, fostering a healthy self-esteem, and serving as a positive role model.

6 Make Communication a Priority

Active Listening: Practice active listening by giving your full attention to your child when they are speaking. Maintain eye contact, show interest, and avoid interrupting. This conveys that you value their thoughts and feelings.



Benefits of Family planning

Family planning is very important and helps in various ways



Essential for promoting the well-being and autonomy of a woman



Enables people to make informed choices about their sexual and reproductive health



Aids to allow proper spacing pregnancies and also aids in reducing infant mortality rate.



Helps in reducing population growth.“One key to slowing unsustainable population which results in negative impact on the economy”

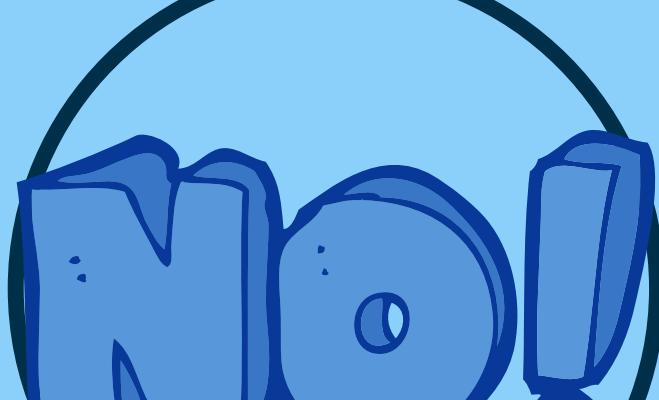
BIRTH CONTROL

CHOICES

1

ABSTINENCE

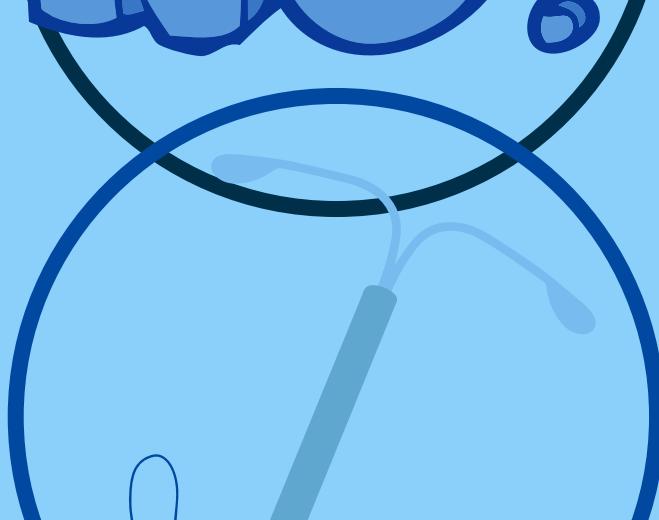
the most effective form of birth control. If two people don't have sex, sperm can't fertilize an egg and there's no possibility of pregnancy.



2

IUD

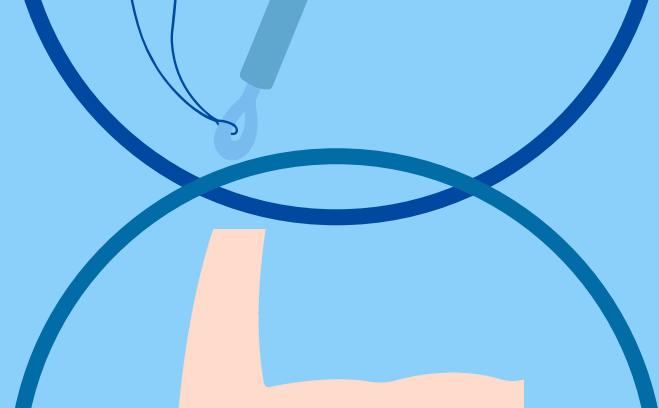
Intrauterine devices (IUDs) are small contraceptive devices that are inserted into the uterus (womb) to prevent pregnancy. The 2 types available are the copper IUD and the hormonal IUD (sold as Mirena™ or Kyleena™).



3

IMPLANT

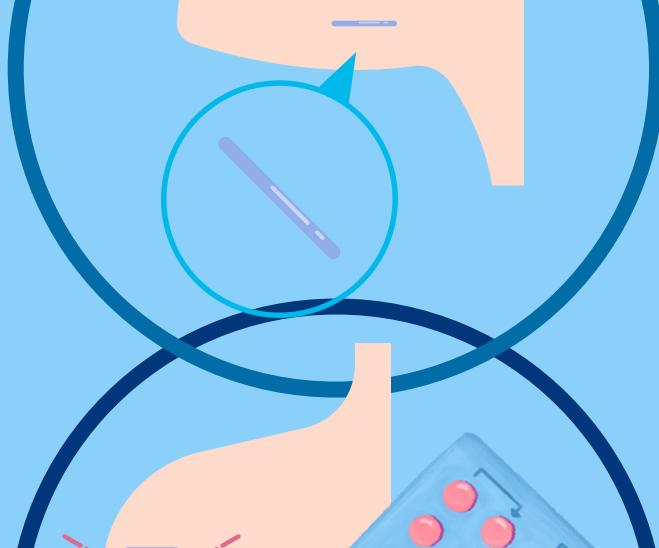
Contraceptive implants are a long-term birth control method. They're also called long-acting reversible contraception, or LARC.



4

PILLS AND PATCH

The birth control pill and patch are prescription birth control methods that contain hormones to keep you from getting pregnant. They work well at preventing pregnancy more than 99% of the time if you use them correctly.



5

CONDOMS

Condoms are the only type of contraception that can both prevent pregnancy and protect against sexually transmitted infections (STIs). There are 2 types of condoms: external condoms, worn on the penis – sometimes called male condoms. internal condoms, worn inside the vagina – sometimes called female condoms.

