Track your Cycle Program

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Images Used:

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The Four Key Preconception Health Messages:

1. 3 Days after your missed Period (See State of DE Adult RLP)…So Track Your Period
2. 50% of pregnancies are Unplanned
3. 18 Months Birth Spacing message-for best chance of a healthy next pregnancy
4. Know your body-empowerment

Tools used:

1. Physical Calendar Printed Out
2. Suggested Phone Apps for women (and men) to download
3. Cycle IQ Quiz – co created with Bridget Buckaloo, MSN,RNC-OB
4. Display Board

Engaging with clients:

I introduced myself as an RN and that I am bringing information from the DHMIC and MOD.

I started out being “direct” and asked….”Do you Track your Period?”

Be ready for a variety of responses (depending on age, pregnancy status, birth control methods…)

………………………….

Sample Poster Display:



Websites:

* [www.healthywomende.com](http://www.healthywomende.com)
* Cycle app websites – see what is best/most current – sample them yourself for ease of use

Feel Free to replicate and let me know how it is received by the women and men to whom you present this topic/material.

This is an example of taking the State of DE Reproductive Life Plan messages and making them into a brief, impact board. The hope is to start a trend of women (and men) feeling empowered about their bodies, knowledgeable about their cycle, aware of a missed period and the immediate impact on that developing fetus, and tools to make them successful. **Send feedback along to Anne DeCaire at adecaire@marchofdimes.com**