

BIRTH SPACING

Waiting 18 months between pregnancies is good for mom, good for baby, and good for family!

Implementing the Birth Spacing Campaign

Designate someone in your office to be in charge of implementing the birth spacing campaign.

Share the materials with everyone in your office so they know about the campaign, its goals and why your office is participating.

Train your nurses and others in your office on the importance of birth spacing.

Display the “Give Them Some Space” Brochure and Poster in your waiting room and exam rooms.

At the first prenatal visit, during the third trimester, and at the postpartum visit, give your patients the birth spacing educational materials. This is a perfect time for your nurses to personally educate your patients on why birth spacing is so important. Encourage them to emphasize the benefits for mom, baby, and family.

- **For mom:** give her time to heal, recover, and regain energy.
- **For baby:** more time for bonding, interacting and play time.
- **For family:** more time for parents to have with each other.

Document birth spacing education was done at the first prenatal visit, third trimester, and postpartum visit.

When your supplies of materials are running low, visit dethrives.com to order more materials. All materials are free of charge.



----- **18 MONTHS** -----
is how long you should wait between giving birth and getting pregnant again!



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