

### Not waiting the appropriate time is associated with:

Infant Outcomes

* pre-term birth
* low birth weight
* small size for gestational age
* still birth
* newborn/infant mortality

Maternal Outcomes

* maternal mortality
* induced abortion
* miscarriage

**How long should you wait after having a child to try and get pregnant again?**

It is recommended that each family wait at least a full **18 months** after the birth of a child to begin trying to become pregnant with another.

**Why is it important to wait at least 18 months?**

This allows the mother's body to remain healthy to provide the healthiest and safest pregnancy for the next child. If less time is taken, the mother's body might not be ready to have a healthy child.

**What are some problems that could happen if a pregnancy occurs in less than 18 months?**

There is an increased risk of having a poor birth outcome and the mother and child's health are both at risk. A second pregnancy in under 18 months is also associated with infant mortality and other short and long term effects on the child.

**What are some ways that couples can practice birth spacing?**

To allow 18 months in between a pregnancy, sex should be avoided during the woman's ovulation period. Oral contraceptives or barrier methods can also be used to try to prevent pregnancy.

Birth spacing is the practice of waiting in between pregnancies.

What is birth spacing?

The Importance of Birth Spacing

Preconception Peer Education