



BIRTH SPACING SPEAKER'S NOTES

BABY

1. Increasing chances for a healthy baby:
 - Greater chance baby will be born on time and at a healthy weight
2. Increasing interaction and play:
 - More 1:1 time to interact and play with child to help prepare that child for school
 - Engaging in developmentally appropriate games and activities
3. Increasing Bonding Time
 - More individual attention can be given to that child
 - Fostering and connecting that mom and child
 - More time for mom to breast feed if she chooses

MOM

1. Regaining Physical Health
 - Time for mom to heal and recover from the physical stress of the pregnancy
 - Time to exercise
 - Return to pre-pregnancy weight
 - Address any chronic health issues
 - Visit her OBGYN for post-partum visit
 - Time to plan for future pregnancies if desired by creating a RLP
2. Restoring Emotional Wellness
 - Giving mom more time to focus on herself and her mood and feelings around new baby
 - Decreasing the risk of post-partum depression
 - Allowing time for mom to adjust to the emotional stress, lack of sleep that comes with parenting
3. Restoring vitamins and nutrients
 - Replacing key vitamins and nutrients that were lost (Folate and Iron)
 - Eating a well-balanced meal especially if breastfeeding to replace calories that are lost and continue to need the additional nutrients and vitamins
4. Decreasing stress and anxiety
 - Giving mom chance to regain energy
 - Giving mom opportunity to find balance in her life, juggling the different roles she plays

FAMILY

1. Increasing Family Time
 - Families have more quality time to spend together
2. Decreasing Financial Stressors
 - Children are expensive to raise
 - According to U.S. Dept. of Agriculture, it costs approximately \$250,000 to raise a child from birth to 18 years of age in health care costs, diapers, clothes, etc.
3. Increasing time with your partner
 - Giving partners time to spend with each other
 - Time to connect with one another