

## BENEFITS FOR MOM



Having a baby can be a huge change physically and emotionally. Birth spacing can provide time for these benefits:

- Restore key vitamins and nutrients
- Return to healthy weight with exercise and healthy eating
- Heal, recover, and regain energy
- Adjust to stress and new demands of parenting

## BENEFITS FOR BABY



Birth spacing can help to give your baby the best start in life with these benefits:

- Increase the chances of baby being born at the right time and a healthy weight
- Increase bonding time
- More time to breastfeed if mom chooses
- Increase interactions and play time
- Children are better prepared to begin kindergarten and perform better in school

## BENEFITS FOR FAMILY



Having a baby can be a huge change within your family and home. Birth spacing may provide these added benefits:

- Parents and other family members will have a chance to bond with the new baby
- Older children will have time to adjust
- Parents will have time with each other
- Decrease financial stress
- Increase family time



**18 MONTHS**

is how long you should wait between giving birth and getting pregnant again!

