



Beneficial Linkages Between Family Planning/Child Spacing & other Child & Family Health Issues

A woman's ability to space and limit her pregnancies has a direct:

- Impact on her health and well-being and the outcome of each pregnancy
- Positive impact on the family
- Positive impact on the economy (WHO)

Nutrition: FP/CS improves maternal and nutritional outcomes

- Children conceived within 6 months of a previous pregnancy face 42% greater odds of having low birth weights compared to those conceived 36-47 months interval
- Unintended pregnancies are associated with a high risk stunting during childhood (MIYCN-FP Tool kit 4)

Integration of FP & Routine Immunization:

- The ability of mothers to receive a resupply of FP/CS methods at the time of penta 2 and penta 3 contacts may provide added incentive for mothers to return to the clinic on schedule
- It presents also a beneficial opportunity to also ensure compliance both for Immunization and FP

Childhood killer diseases

- FP/CS enhances parental attention and care so reduces the risk of illnesses such as pneumonia, diarrhoea and under nutrition
- FP/CS can contribute to the reduction of U5 mortality rates by 25%

Investment in Family Planning will produce multiple return and benefits in all the areas of child and family health.

Be a FP/CS Champion. Fund Family Planning Blueprint for scaling up FP/CS in Nigeria!