



Would your body be ready for another pregnancy or do you feel like you're running on empty?

If you're running on empty, you need to fill up so you can be healthy for your new family. Just think...it took your whole life to build up enough iron and calcium to support your first pregnancy. Do you know how long it takes for your body to fill up again so you are at your healthiest?

How soon is too soon to get pregnant again?

Waiting at least 2 years after giving birth before trying to get pregnant again is healthier for birthing parents and babies.

Why wait?

- Improve your health and the health of your baby
- Take time to heal and get back to yourself
- Give special attention to each child

Be sure to talk to your doctor about birth control options that will work best for you and your family. Check out Birth Control After Baby.



Renew and refuel

Renew your body and your mind so if you get pregnant again, your next baby is more likely to be healthy.

Take charge of your health and refuel your body with important nutrients, like iron in your blood.

Keep taking your vitamins! Make sure to get at least 400 mcg folic acid every day to help prevent birth defects.

Order your free 3-month supply at

azdhs.gov/powermea2z

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Power

your family plan



Am I ready for another baby?

This might be hard to think about. You may think of your partner, the size of your living space, and whether you could give enough attention to another child if you get pregnant again.

You may also wonder if you could handle the stress of another child if you were to become pregnant. But while you're thinking of everyone else in your family, don't forget to ask yourself the most important question of all: ***Am I ready for another baby?***

It is important to think about everyone in your family – your partner, your children, and, most of all, yourself – if you get pregnant again.

Consider these questions.

1 What is best for me?

- Do I already feel drained at the end of the day?
- If you recently had a miscarriage, ask yourself: Have I taken the time to grieve the baby I lost?

2 Am I in a healthy relationship?

- Would my partner be ready?
- Could we afford another child right now?
- Could my partner handle it emotionally?

3 What is best for the children I already have?

- How will they react to a new baby?
- If I get pregnant, will that take energy away from being the great parent I want to be for them?

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Can I get pregnant if I am still breastfeeding?

Yes. People who fully breastfeed for the first 6 months of the baby's life usually do not ovulate (release an egg from an ovary), but there is still a chance that you can get pregnant while breastfeeding and the chances increase as your baby breastfeeds less.

Talk to your doctor about birth control options while breastfeeding so that you can take care of yourself while taking care of your baby.

Check out Birth Control After Baby at

