

Would your body be ready?

Or do you feel like you are running on empty?

If you're running on empty, you need to fill up so you can stay healthy for your new family. Consider this: It took your whole life to build up enough iron and calcium to be able to nourish your first pregnancy. Do you know, though, how much time it takes for your body to fill up again for you to be at your healthiest?

How soon is too soon?

Planning to wait at least two years after giving birth before trying to get pregnant again is healthier for mothers and babies.

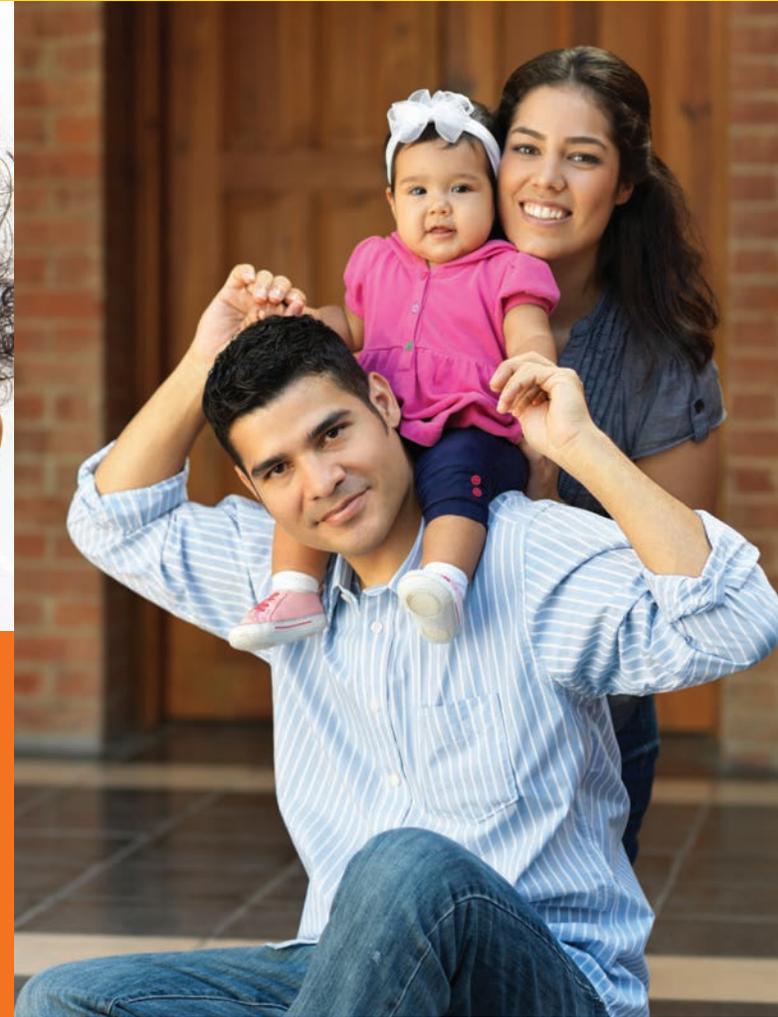
Why Wait?

- Improve your health and the health of your baby
- Give yourself time to heal and get back to normal
- Give special attention to each child
- Have time to lose your pregnancy weight

Be sure to talk to your health care provider about birth control options that will work best for you and your family.



POWER
your family plan



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 vital nutrients, like iron in your blood.

Keep taking your vitamins! Make sure you get at least 400 mcg of folic acid every day.

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Am I ready for another baby?

It can be a tough question to think about. You may think of your partner, the size of your living space, or whether you could provide enough attention to another child if you were to become pregnant. You may also wonder whether you could handle another child emotionally. 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 consider everyone in your family—your partner, your children, and most importantly yourself—if you were to become pregnant again. Consider these questions.

1 What is best for me?

Do I already feel overwhelmed at the end of the day?

Can I give a new baby the attention it deserves?

(If you recently had a miscarriage, ask yourself)

Have I taken the time to grieve?

Have I checked with my doctor to see if my body is ready for another pregnancy?

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 sibling?

If I get pregnant, will that take energy away from being the great mom I want to be for them?

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Can I get pregnant if I am still breastfeeding?

Women who breastfeed around the clock for the first six months of the baby's life typically do not ovulate. However, there is still a chance that you can get pregnant while breastfeeding, and the chances increase as your baby breastfeeds less. Talk to your health care provider about your birth control options while breastfeeding so that you can take care of yourself while taking care of your baby!

