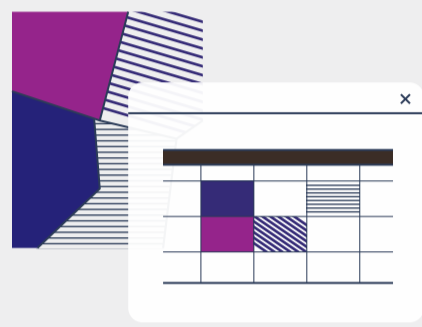




Why use this high impact approach?

Increased Postpartum Family Planning Services Results in Improved Maternal and Child Health

Providing family planning counseling as part of childbirth care raises awareness of the importance of birth spacing and postpartum contraceptive options. Postpartum family planning (PPFP) reduces risks of adverse health outcomes for women and infants.



STEP 1

Develop a PFP Strategy

Identify both public and private facilities that can provide PFP services, while assessing existing gaps and opportunities. Analyze PFP uptake data, disaggregated by age, parity and method choice, to better understand trends. Use this analysis to develop plan to meet the unmet needs for PFP services.



STEP 2

Integrate PFP across Contact Points of Service Delivery

Coach facility staff to integrate PFP counseling across service delivery points, including ANC, labor/delivery, pre-discharge, PNC, and immunization. Provide IEC materials to support PFP counseling. Service providers should also encourage male partners to engage in shared decision-making and support contraceptive use.



STEP 3

Capacity Building of Health Staff and Ensure Availability of Resources

Train sufficient number of service providers on PFP services. Ensure service providers adhere to medical guidelines for method selection based on the timing after birth and breastfeeding status. Conduct Whole-Site Orientation for both technical and non-technical staff to create an enabling environment for PFP services. Ensure availability of commodities, equipment, and human resources.



STEP 4

Mobilize the Community

Ensure ASHAs actively promote ANC visits, institutional deliveries, PNC visits and PFP in the community. They should encourage expectant parents to openly discuss family planning, explore couple's reproductive intentions for spacing or limiting pregnancies, and provide information on all modern contraceptive methods as well as the nearest service delivery points.